

# lion's roar

TERM 3 • 1 SEPTEMBER 2017 • VOLUME 286



## From the Principal

*Mrs Nicola Taylor, Principal*

The relationship between grandchildren and grandparents is a very special one. As grandparents are involved in the lives of their grandchildren, the bond between the two generations can be very strong. Most people have very fond memories of a grandparent, or someone who has been like a grandparent to them. Grandparents can be great teachers, confidantes and inspirations. Grandparents have authority based on experience, love which is unconditional and an influence which comes from the strength of relationship.

It has been said that what children need most are the essentials that grandparents provide in abundance. They give unconditional love, kindness, patience, humour, comfort and lots of special treats! Throughout the College today, the girls had an opportunity to show their Grandparents, or the Grandparents adopted for the day what they have been learning.

But what do our children learn from their Grandparents? History; a sense of time and place of experiences of lives lived very differently to theirs. Stories; stories of education, of community, of family, of life lessons learned along the way. Wisdom; the accumulation of knowledge, understanding and insight. Thank you to Grandparents for these and many more lessons taught to their grandchildren which equips them for the future.

As well known Christian evangelist Billy Graham once said, "The greatest legacy one can pass on to one's grandchildren is not money or other material things accumulated in one's life, but rather a legacy of character and faith."

1-15 SEPTEMBER 2017

## calendar OF events

Starry Night of Music	1/9/2017
Liverpool Plains Interschools Equestrian Event	1/9/2017
NAPLAN Online School Readiness Test	1/9/2017
Year 12 Formal	2/9/2017
Years 7 to 10 Middleton Public Speaking	5/9/2017
Thailand Service Learning Preparation Meetings	6/9/2017
Junior School Fathers' Day Breakfast	7/9/2017
Years 4, 5 and 6 (11) NSW Junior Chess League Tournament	7/9/2017
Year 7 Experience Day Sleepover	7/9/2017
Year 7 2018 Experience Day	8/9/2017
Yr 10 VALID Science Test - TBC	8/9/2017
Yr 12 (4) Geography Field Study	8/9/2017
Commemorative Book Preparation and Photography	10/9/2017
Boarders' Church Service at St Paul's	10/9/2017
Kinder/Year 1 Parent Information Session	12/9/2017
Yr 12 Boarder Farewell Dinner	13/9/2017
IGSSA Hockey/Netball Semi Final/Final	14-15/9/2017



## Senior School Notes

Anna Caldwell, Head of Senior School

### Leadership

Leadership takes on many forms and it is important that we recognise the potential leader in everyone. We are not born leaders, leadership develops over time and through many different experiences. At PLC leadership opportunities abound, from Pre-Kindergarten all the way through to Year 12.

Developing leadership skills is an important element of our holistic approach to the education of all our students. Leadership skills are learnt through the Pastoral Care Program Syllabus, specific training days, workshops and school camps and are put into practice through a wide range of opportunities that include the SRC, Peer Support, team captains in sport, debating and music, the Duke of Edinburgh's Award Scheme and our Year 12 leadership team. Leadership is also learnt through observation and role modelling.

Everyone has a leadership style; some are confident and lead from the front whilst others are quieter and lead from behind the scenes. It is important that we recognise the strengths of every individual and assist them in developing resilience, confidence, initiative, self-discipline, good communication skills, responsibility and strong moral values and integrity.

Over the next few weeks, we will be electing and welcoming in our new leaders for 2018. This is an important process for all those who nominated as it gives them a set of life skills and experiences for future endeavours. Not everyone will be elected into a position and for those girls, they will have to deal with their disappointment, find their inner strength to move on and support those who are elected. They must also understand that they do not need to have a title or a badge to be a leader. They all need to work together as one united team.

The girls who are elected will take on a role of leadership in the form of service to the College and our wider community. These positions are not just a badge of honour, they come with responsibility and require a lot of effort and hard work. To lead is to work as a team.

This is an exciting time of year, a time of change and fresh new ideas. It is also a time to appreciate the hard work and commitment of all our Year 12's as they prepare to hand over the baton at the end of the term.

Happy Fathers' Day to all our PLC Fathers and Father figures.

## Pathways students homestays needed!

With the holidays approaching, we have some international students in need of a Homestay for this period. If you would be interested in hosting an international student through the holidays (even just for one week), please contact Sally McCook on [enrolments@plcarmidale.nsw.edu.au](mailto:enrolments@plcarmidale.nsw.edu.au).



CELEBRATING 130 YEARS IN 2017



**PLC**  
PRESBYTERIAN  
LADIES' COLLEGE  
ARMIDALE  
1887

The Principal and staff of  
PLC Armidale invite you to  
join us at the

**Year 12**

# Valedictory Assembly

followed by morning tea in the garden

**Wednesday 20 September 2017**

9.00am - Astra Arts Centre

### GUEST SPEAKER

Katie de Veau - PLC Armidale 1990 graduate

### RSVP

**by Friday 15 September 2017**

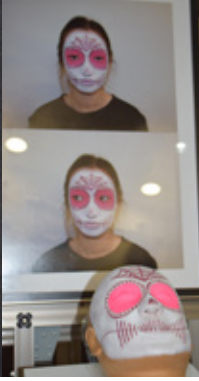
please contact Sue on 6770 1700 or  
email [aa@plcarmidale.nsw.edu.au](mailto:aa@plcarmidale.nsw.edu.au)

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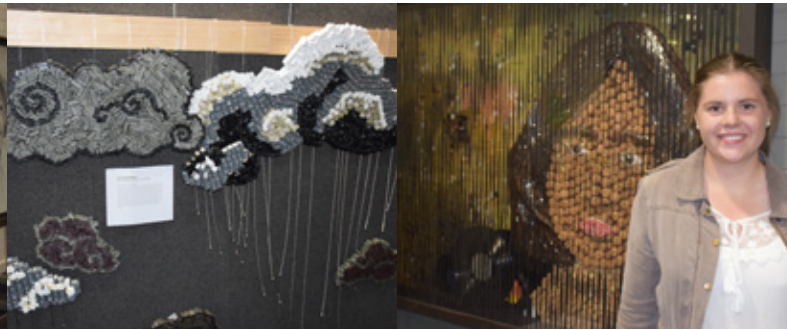
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# HSC | oeuvre

Design & Technology • Extension English • Extension History • Music • Visual Arts







### daVinci Decathlon

On Thursday 24 August, 16 students from the Junior School participated in the da Vinci Decathlon where they competed in teams of eight across 10 disciplines: Mathematics and Chess; English; Science; Code Breaking;

Engineering Challenge; Ideation; Creative Producer; Art and Poetry; Cartography and General Knowledge.

**The da Vinci Decathlon is an academic competition designed to challenge and stimulate the minds of school students.**

Leonardo da Vinci (1452-1519) was one of the world's greatest thinkers and scholars. da Vinci demonstrated an ability to perceive the interconnected nature of knowledge and embraced learning with a lifelong passion and determination to uncover the unknown. The Decathlon competition places a particular emphasis on higher order thinking skills, problem solving and creativity.

The Decathlon is held over three days with teams competing in year level groups in a Year 5 and 6 event, a Year 7 and 8 event and a Year 9 and 10 event. The 2017 theme for the Regional da Vinci Decathlon is 'Imagination'.

Jacquelyn Whitland accompanied the girls and commented on their manners and the way in which they conducted themselves throughout the competition. *"Throughout the day the girls behaved beautifully. They were respectful, courteous and helpful and participated in the immense academic challenge of the decathlon with great enthusiasm, persistence, resilience, and teamwork."*

The results from the competition itself were also wonderful; especially for our Year 5 team participating in their first decathlon.

#### **Our Year 5 team placed:**

Second in 3 categories - English, Mathematics, and General Knowledge

#### **Our Year 6 team placed:**

First in 3 categories - Art and Poetry, Creative Producers, and General Knowledge  
Second in English  
Second overall in the Year 6 competition

Jacquelyn wrote, *"It was a great pleasure to be able to take the girls to participate in such an exciting event and I am so proud of them for all of their efforts and the positive way in which they approached every challenge set before them"*.

**"Imagination is everything. It is the preview for life's coming attractions."** Albert Einstein.

*continued on Page 5...*



## Junior School News

*Fiona Wake, Head of Junior School*

On Friday the Junior School and staff enjoyed coming to school in character as they celebrated Book Week, 2017 **'Escape to Everywhere'**. We are very thankful to Caroline Touhey who inspired us with her journey as an author and her tips for up and coming writers. Caroline has kindly offered her assistance in reading through the girls writing and providing constructive feedback, a fortunate opportunity for our students that we are very grateful for.

### NAPLAN

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a series of tests focused on basic skills that are administered annually to Australian students. These standardised tests assess students' reading, writing, language (spelling, grammar and punctuation) and numeracy and are administered by the Australian Curriculum, Assessment and Reporting Authority (ACARA). The National Assessment Program is a snapshot of a student's current abilities. The tests do not measure higher-order thinking skills or creativity. NAPLAN is a tool used for school improvement.

The data gathered from NAPLAN is a guide to help us reflect upon individual student performance and PLC Armidale's performance across the Region, State and Nation, so we are guided in our planning for the future. It is important to note that this is one test carried out on one day and nerves and anxiety can affect individual performances and this is certainly reflected upon and taken into consideration. This data is by no means the sole data used for planning and designing learning for our students at PLC Armidale. It is an extra piece of information that forms part of a much bigger and more complex assessment and data gathering process.

### Sickness

Over the past few weeks there has been a lot of absenteeism due to sickness. We are very appreciative that you keep your daughter at home if she is presenting fever, cold like symptoms, headaches and generally feeling unwell inhibiting her ability to concentrate at school. If your daughter is unwell and absent from school please send through an email to explain her absence.

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## Calendar of events

### Junior School Events

#### Week 8

Pre K - 6 Gymnastics  
 Father's Day Breakfast – 7:45 – 8:40am  
 Breakfast/Soccer Match/Chapel  
 CHESS Competition – NSW Junior Chess  
 Tournament at St. Mary's Armidale 8:45am-3:15pm

### Junior School Events

To find out what is happening across the Junior School you can either, access the PLC Armidale Website [www.plcarmidale.nsw.edu.au/](http://www.plcarmidale.nsw.edu.au/) and click on Calendar or you can access Edumate (school administration and communication platform) using your username and login, click on Diary and click on School Calendar. The Term 3 calendar will present itself week by week. If you have not been issued with Edumate login details, please email Emma Young and she will ensure you receive these details to access our calendar this way for the future. Choosing to communicate in this manner is the preferred option as this calendar is constantly being updated. Emailed and printed forms are not preferred as they quickly become outdated as times and events are rescheduled or changed.

### Hanna Shield Swimming Carnival

PLC Junior School Hanna Shield Swimming team are to be congratulated for their fine effort and sportsmanship as they competed in the Hanna Shield Swimming Carnival held at TAS on Tuesday. Not only did the girls swim beautifully in remarkable time, they displayed their PLC sportsmanship and exemplary behavior. I would also like to thank Rebecca Ward, Mr. Chris O'Neil, Mr. Peter Le Surf and accompanying parents for their support of the team. Well done girls, your effort and performance is a credit to you and inspirational for spectators.

#### Times:

10 & Under 50 Free = 2.52.53

11 & Over 50 Free = 2.31.06

10 & Under 50 Medley = 3.18.56

11 & Over 50 Medley = 3.02.93

PLC tied with St Mary's Primary School and both schools were awarded first place and the Hanna Shield.

Possession of the trophy will be shared between the two schools and arrangements will be made for PLC to hold it for the second half of the 12 month duration.



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 ARMIDALE  
 1887

# Please join us for the JUNIOR SCHOOL Fathers' Day Breakfast AND CHAPEL SERVICE

**Thursday 7 September 2017**  
**from 7.45am**

**JUNIOR SCHOOL UNDERCOVER AREA**

followed by Chapel service at 8:45am  
 in the Astra Arts Centre

**RSVP** by Monday 4 September 2017

to: [juniorschool@plcarmidale.nsw.edu.au](mailto:juniorschool@plcarmidale.nsw.edu.au)  
 or 6770 1726

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## Junior School Sport

*Rebecca Ward, Junior School  
Sports Coordinator*

### PLC Junior Athletics Team compete in Sydney!

Congratulations to the PLC Junior Athletics Team who represented PLC Armidale so beautifully at the IPSHA Athletics Carnival in Sydney.

This team was made up of the following girls: Georgia Smitham, Anais Dettwiler, Ruby Broun, Annabelle Pennington, Sophie Young, Sophia Smart, Elsie Wake, Macey Wake, Scarlett Loxley, Sophie Hardin, Chelsea Waters, Sienna Dellow, Keira Peet, Alice Bourne, Catherine Alcorn, Lucy Young, Poppy Broun, Piper Starr, Jenna Marquardt, Gabrielle Cotterell, Lauren Earle, Meg Earle, Annie Wake.

All girls competed well, with a few of our team winning place ribbons within their heats.

Sienna Dello came third out of 110, and first out of 102 in the Girls 11 Year Olds 100 and 200 Metre Sprints respectively. This means that Sienna will now go on to participate at the Combined Independent Schools (CIS) Athletics Competition on 13th September.

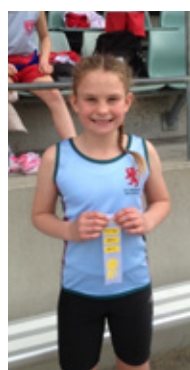
Congratulations Sienna!

### Updated PSSA Athletics Results

I have received some updated results from the PSSA Athletics Carnival which was held on Tuesday 8 August at Armidale High School. Congratulations to - Sienna Dellow who came first in the 11 years Girls 100m and 200m races; Scarlett Loxley came third in the Junior 800m; Poppy Broun came second in the Senior Girls Long Jump and Lucy Young, Sienna Dellow, Poppy Broun and Piper Starr who came second in the Senior Girls Relay. Great work girls!

### 2017 Hanna Shield Swimming Carnival

On Tuesday, 22 August, two teams represented PLC Armidale at the annual Hanna Shield Swimming Carnival held at the TAS Swimming Pool. Abigail Thompson, Scarlett Loxley, Amelie Van der Werf and Ruby Broun made up the 10 years' girls freestyle and medley relays, while Emily Thompson, Zoe Martin, Alice Bourne and Maggie Ryan were the 11 years' girls freestyle and medley relay team. PLC Armidale raced incredibly well and tying with St Mary's for first place in all the female relays. This is the third consecutive year that PLC Armidale has won the shield. The girls were outstanding, demonstrated what it means to be part of a team and showed that they were good sports by shaking hands with the girls they swam alongside. Huge thanks go to Chris O'Neill for his coaching of the team and to the parents for their support on the day.







## Around the Grounds Sports Report

*Peter Le Surf, Director of Sport*

A great week in sport.....

On Thursday 24<sup>th</sup> August we travelled to Sydney for our second round of the IGSSA competition in netball and hockey.

### THE RESULTS:

#### Netball:

##### **PLC Armidale Senior Team**

Win vs SCEGGS 31-24

Lost vs Roseville 27-30

Lost vs Brigidine 24-27

**Finishing 6<sup>th</sup> on the ladder**

##### **PLC Armidale Junior Team**

Lost vs Kambala 19-43

Lost vs Brigidine 24-27

Win vs Loreto Normanhurst 33-29

**Finishing 4<sup>th</sup> on the ladder and may be off to semi-finals, depending on the last few results.**

#### Hockey:

##### **PLC Armidale Senior Team**

Win vs SCEGGS 1-0

Win vs Loreto Normanhurst 2-1

Lost vs PLC Sydney 1-4

Tie 1-1 vs Abbotsleigh

**Finished 4<sup>th</sup> on the ladder and are off to semi-finals on September 14**

##### **PLC Armidale Junior Team**

Win vs Roseville 2-0

Win vs MLC 2-0

Win vs Kincoppal 5-1

**Finished 2<sup>nd</sup> on the ladder and are off to semi-finals on September 14**



The girls (and parents) were treated to a wonderful presentation by Abbey McCulloch, Captain and WD for the Sydney Swifts Netball team on the Friday night.

Abbey spoke about determination to succeed and her journey. She spoke about being dropped and benched for most of a season and the "fire in the belly" that she had when she wanted to fight her way back into the team.

A great story of the amount of work needed and the willingness to work hard when things don't always go your way.



## Sport Supporters' Group (SSG)

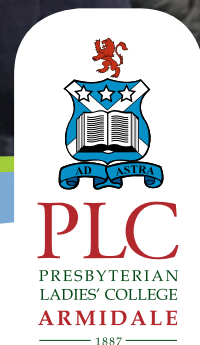
Thank you to all those supporters who came along to the recent SSG events, both at the Wicklow Hotel in Armidale, and the Courtyard by Marriott in Sydney.

### Next events for your diary:

#### Term 4 – Saturday November 4

Get ready for a casual BBQ Lunch and afternoon of **girls v parents** sporting activities, before the annual Starry Night of Sport dinner. Sports to be decided! Details out soon!

For more details about the Sport Supporters' Group (SSG) and how you can get involved, please contact Peter Le Surf, Director of Sport or Shona Eichorn, Director of Development.



### Dear Parents/Supporters

You're invited to an **informal pre-dinner gathering during the IGSSA Hockey and Netball events in Sydney** organised by the newly established **SPORT SUPPORTERS' GROUP (SSG)**

**WHERE** COURTYARD<sup>®</sup>  
Marriott  
SYDNEY-NORTH RYDE

Hotel, 7-11 Talavera Rd, North Ryde

**WHEN** Friday 15 September 2017

**TIME** 6.30pm (or as close as possible to the conclusion of IGSSA games)

**COST** Canapes provided by the SSG & Courtyard by Marriott Hotel. Drinks may be purchased from the Bar.

**NB** Dinner for parents / family members may also be booked.

Please **RSVP** by **Monday 11 September** to [plesurf@plcarmidale.nsw.edu.au](mailto:plesurf@plcarmidale.nsw.edu.au) or [sportadmin@plcarmidale.nsw.edu.au](mailto:sportadmin@plcarmidale.nsw.edu.au)



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You're invited to the

**Annual**

# Starry Night of Music

To celebrate the music of PLC Armidale

**Friday 1 September 2017**

**6.00pm - 7.30pm**

Refreshments available from 5.30pm

**TONIGHT!**

Tickets purchased at:  
<https://www.trybooking.com/QHMS>

Limited tickets will be available at the door

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We invite you to our 2017

# Kindergarten Orientation Program

where we welcome parents and daughters to experience a taste of life as a PLC Armidale student.

Join us on

**THURSDAY 15 JUNE 8.30AM TO 10.30AM**

**THURSDAY 14 SEPTEMBER 8.30AM TO 10.30AM**

**THURSDAY 9 NOVEMBER 8.30AM TO 3.30PM**

- Followed by afternoon tea and a presentation on our approach to Literacy (THRASS)

**RSVP** [juniorschool@plcarmidale.nsw.edu.au](mailto:juniorschool@plcarmidale.nsw.edu.au)

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## Boarding House News

Paris Whibley and Laura Hayes  
Boarders Representative Council

*\*Please note: The article in the last Lion's Roar was written by Gabriella Parsons and Katherine MacDougall BRC, not Margot Ball, as stated. Apologies to all.*



It's been a busy few weeks, with many events happening in the boarding house. On Sunday, many girls in Years 7 to 9 as well as pathways girls came together and took time out from their weekend to do some charity work. This was decorating pillowcases that will be sent to Fiji for the orphanage. This activity was liked by many girls who said they enjoyed decorating the pillowcases. It was nice to know that they are going to a good cause.

Last Thursday night it was time for the 20187 Boarding House Captain speeches. Gabi P and Molly T were in the running for it this year and both their speeches were well written making everyone have a good laugh about Gabi and her Barbie dream house bearing house, with Mrs and Mr Ball being Barbie and Ken, and Molly's speech talking about her family, how she's a mother to adopted children, girls in the younger years. Good job to both of them!

Almost all the girls play a winter sport on Saturday morning, giving them something to look forward to on the weekends. Netball, Hockey and Soccer are all popular sports, as well as the Park Run being a big hit early on Saturday mornings.

### Cattle Team

Very early on a Saturday morning a couple of weeks ago, Molly T, Paris W, Lily C, Laura H and Isobel L left and headed up to Brisbane to spend a week at the EKKA. They competed in Junior Judging and Parading. Molly got 5th in her Paraders age group and the school Junior Judging, with Molly, Paris and Issy getting in the top 6. It was also hard for the girls to say good bye to the steers that they had broken in, loved and prepared, but they knew it had to happen, as they were in the hoof and hook competition, where their carcasses would be judged. Molly led Monty, Paris led Barry and Lily led Custard. All the girls said that it was a fun week where they all got to know each other better. Lily C said 'I really enjoyed the week, and it was a good opportunity to spend more time with the girls of other years' and Isobel L said 'I can't wait for next year and am definitely going back' The cattle team is a fun, safe environment that gets girls out of the boarding house in afternoons and lets them get to know more about agriculture. It is filled with many laughs and inside jokes, as well as providing opportunities to learn and grow through agriculture. It is recommended for anyone of any year to do, and it doesn't matter how much you know as you go down there to do just that, to learn and have fun.

### Activities coming up

Friday Starry Night. All in-house boarders to attend.

Saturday Park Run

Sat 2<sup>nd</sup> Trip to see all the Yr 12 girls getting their Formal photos taken

Sat Night in-house activities

Sunday Shopping trip

Sat 9<sup>th</sup> Tamworth Trip postponed due to sport finals.

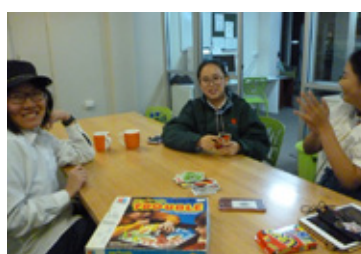
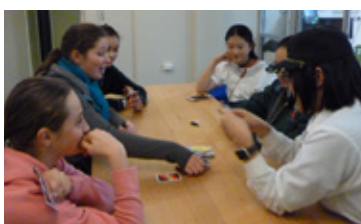
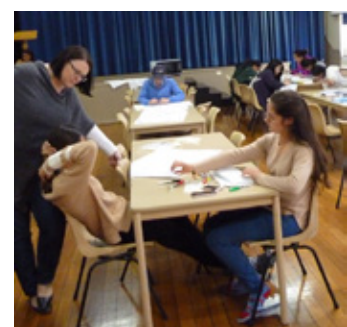
Sun 10<sup>th</sup> Maybe Tamworth TBA Church PM

Wed 13<sup>th</sup> Boarder Farewell Dinner for Year 12's

Sat 16<sup>th</sup> Red Balloon Theatre production

Wed 20<sup>th</sup> Valedictory Assembly and Dinner Last Day for Year 12's

Friday 22<sup>nd</sup> Travel day. Boarders can leave after school on Thursday and Friday anytime.







## Development and Enrolments

Shona Eichorn, Director of Development  
Sally McCook, Enrolments Manager



**1887 – 2017 ... You're invited to Join us for the Celebratory Long Lunch.**

**On Saturday October 21**, PLC Armidale hosts a very special event ...the **Celebratory Long Lunch** celebrating 130 years of this wonderful College. The Long Lunch will be *long in length and long in duration*, and will be held "down the main drive" of Parker Ave beneath the Spring canopy of the lime green leaves of the majestic Pin Oaks (NB. In the DKC if wet).

Book in your family and friends from far and wide for a relaxed and indulgent afternoon, sharing stories and time together, and enjoying a regionally inspired three-course feast and complimentary glass of champagne with catering by PRONTO (from Tamworth). Details available on the **attached flyer**. **Purchase your tickets on Try Booking NOW before you miss out!**

### Commemorative Book – A once in a lifetime opportunity!!

Please submit your recipe / story ASAP. It doesn't have to be lengthy or complicated recipe. We are just asking for authenticity not perfection! **The absolute FINAL DATE that we will be accepting submissions is FRIDAY SEPTEMBER 22**, at the end of this term.

Please see a "mock-up of a page" so that you can visualize the style and quality of the pages we are compiling. Contact Shona for further information and email items to [development@plcarmidale.nsw.edu.au](mailto:development@plcarmidale.nsw.edu.au)



## Year 7 Experience Day

*"Blossom for a day, Flourish for a season of schooling"!*

Whilst girls are able to experience life as a PLC Armidale Senior School student on any given day, we will be hosting our annual special Year 7 Experience Day on Friday September 8, with Boarders having a sleepover (with activities) in the Boarding House the night before. All Year 7 students for 2018 (including our current Year 6 girls) will enjoy a day in various classes, familiarising themselves with the routines of Senior School and getting to know each other. Parents are also welcome to come along to the Parent Information session which will be immediately following Chapel, and be followed by a special Morning Tea.



You're invited to a

## Year 7 Experience Day

**BLOSSOM FOR A DAY,  
FLOURISH FOR A SEASON  
OF SCHOOLING**

**FRIDAY 8 SEPTEMBER 2017**

Your opportunity to see for yourself how girls flourish at PLC Armidale

**RSVP** [enrolments@plcarmidale.nsw.edu.au](mailto:enrolments@plcarmidale.nsw.edu.au)  
by Friday 1 September 2017

### Kindergarten Orientation Program

On Thursday 14 September, from 8.30am to 10.30am, we welcome parents and their daughters to experience a taste of life at PLC Armidale Junior School for the second of our Kindergarten Orientation mornings. Should you know of anyone in the wider New England community who has a Kindergarten aged daughter, please encourage them to register and come along. The final Kindergarten Orientation is a full day in Term 4 on Thursday 9 November, which will be followed by Afternoon Tea and a presentation on our approach to Literacy (THRASS). Please RSVP to [juniorschool@plcarmidale.nsw.edu.au](mailto:juniorschool@plcarmidale.nsw.edu.au)



THE  
*Celebratory*  
LONG LUNCH  
[along Parker Ave, the College main drive]

**Saturday 21 October 2017** from 1pm

enjoy a 3 course feast by PRONTO CATERING  
and complimentary glass of champagne

**\$65 per person** CASH BAR AVAILABLE

A combined **Fundraising** & **Fundraising** event  
of the Old Girls' Union, P&F, Foundation and College

For more details, please contact:  
**Shona Eichorn**, Director of Development  
[development@plcarmidale.nsw.edu.au](mailto:development@plcarmidale.nsw.edu.au)

**BOOK AT [trybooking.com](http://trybooking.com)** using the code:  
<https://www.trybooking.com/PKXE>

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## Pastoral Care Conversation

*Paula Goode, Pastoral Care Coordinator*

"We can do no great things – only small things with great love," maintained Mother Teresa a woman who made a difference in the lives of millions. It's a matter of what we focus on. In other words, it's not just what we do that matters, but the inner motivation behind our action that really counts. A practice of selfless giving is something that we all have access to, no matter who we are or what we do.

When you serve, you discover that often the most important things you have to offer are not things at all. You start to uncover the full range of resources at your disposal – your time, presence, attention – and recognise that the ability to give stems from a state of mind and heart, a place much deeper than the material. Inspired by the possibilities this opens up in every moment, you begin to discover humble opportunities to serve – everywhere.

*"We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully."* Romans 12:6-8

Service is not something to be tacked onto our schedules when we can spare the time. It is the heart of the Christian life. Jesus came "to serve" and "to give" — and those two verbs should define your life on earth, too. What each of us can do, on a personal level, is make small offerings of service that ultimately create the foundation for deeper change.

***The transformation starts with you and me.***

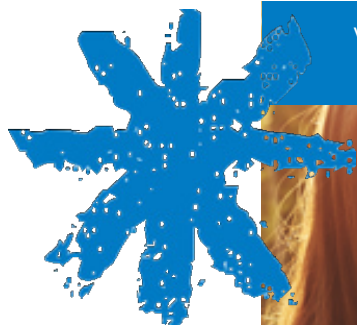
## Be Defined By Your Service To Others

Over the past few weeks whilst attending a workshop for Days 4 Girls and at last week's assembly when Mrs. Taylor in her address spoke about the legacy of the senior business woman and entrepreneur - Wendy Simpson, who was awarded an OAM in 2013 for recognition of her significant contribution to youth organisations, women's groups, mentoring; as well as the Year 7's and their guest speaker Craig Jennings State Manager from Samaritan's Purse who gave a short presentation about Operation

Christmas Child I was been reminded of service to others. To me, means being selfless, it means doing something for someone else without expecting any reward or gain. Service to others, to me, also means helping people out when they cannot complete a task by themselves. There are many different ways to provide service to others varying from helping someone carry their groceries to their car to serving your country in the armed forces. By serving people, you are bettering your character and the character of those around you; people say that one act of kindness leads to another one.

Service to others is a very important part of making a community. By helping and serving others you are allowing the value and respect between others and yourself to grow - a budding mutual respect. This developing appreciation allows a community to thrive and grow stronger. As this awareness grows, you inevitably start to perceive beyond the individual, beyond the 'me'! Each small act of service is an unending ripple that has combined effect with countless others. So I extend an invitation to for all to engage in small acts of generosity, continually shifting towards a mindset of inspired contribution.





## The agony and ecstasy of teenage peer groups

by Michael Grose

*Young people generally want to fit into their various social groups so peer approval is a significant driver for their behaviour. For a young person, resisting peer influence can mean isolation or instant ostracism so it sometimes takes great strength of will to refuse to follow the crowd.*

Having a group of friends is one of the most important parts of being an adolescent. It is how teenagers learn to get on in the world of their own age group and to gradually become independent. It is important for parents to understand the value of peer groups for young people and also to remember that peers can be positive influences.

### Positive peers

Peer groups can give young people a sense of belonging, which gives them an increased sense of self-confidence. These groups also provide safe testing grounds for attitudes and values outside their family at a time when young people are trying to define their identity. By and large, peers can be very supportive of each other. However, they can also be judgemental and can be the cause of heartache when conflict or alienation occurs.

### Unwanted peer pressure

While the increased influence of peers is a normal part of a young person's development, they can sometimes use some help to resist any pressure to conform that is placed on them.

**The following ideas may assist you to help young people resist unwanted peer pressure:**

#### 1. Talk about peer influence with your young person

Be open and frank about the subject. Call peer pressure out for what it is: unwanted pressure to conform to the views or behaviours of others. Let him or her know that while much of the influence of their friends is positive, some is definitely not in their best interests.

#### 2. Help young people say 'no' while still saving face and status among their friends

Ask them how they would refuse an offer of a cigarette, an illegal substance or an invitation to behave in a way that they felt uncomfortable with. How could they say no? What words could they use? How could they react if they were pestered? How can they refuse and still be 'cool' and accepted by others? Be upfront with them – after all, their peers will be.

#### 3. Be the scapegoat that they need

Many young people in the 11 to 14 age group are frequently pressured by early maturers to act older than they are. They are often asked to go to places or behave in ways that make them feel unsafe or uncomfortable. In these situations, kids need a scapegoat and that should be you. Allow them to blame you for not letting them

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do something they don't feel comfortable with but can't admit to.

## 4. Go easy on praise

Parents who use praise like a nervous tic are setting their kids up to be susceptible to peer pressure. When we continually praise kids for their good behaviour, good marks at school and good performance in any of their leisure activities we are inadvertently making their sense of self-esteem dependent on the approval of others. Peers replace parents as the source of approval in adolescence.

## 5. Teach your young person to shrug

Sometimes an attitude of nonchalance is a young person's best friend, particularly when a peer makes a snide remark about their choice of clothes, their appearance or their friend. An 'I-don't-care-what-you-think' attitude conveyed with a shrug of the shoulders and a 'whatever' look may be the best weapon to use against such unwanted peer pressure.

## Peers and parents

Belonging to a peer group is a significant stepping stone away from their family for most teenagers. While friends can never replace family, they help young people start the transition from being a compliant member of their family to eventually starting a family of their own in adulthood. Peers can have their own code of conduct, their own set of rules and their own expectations which maybe different to those experienced in the family. So what's a parent to do? Embrace their young person's friends. Here's how:

- Make them welcome in your home. Take an interest in them and get to know them.
- Set some house rules regarding what's acceptable in your house, but don't be too heavy handed as you want your home to be a welcoming place for young people.
- Provide space and privacy for your teenager and their friends in your home.
- Keep some food available and encourage them to make their own snacks and clean up their own mess.
- Be firm about your views on acceptable videos, alcohol use and sexual activities at home.



## Disapproval of friends

It is common for parents to disapprove of their young person's choice of friends, due to those friends' behaviour or poor reputation, or the adverse influence they may have. This is a testing issue for many parents as it very often means they need to trust their young person's judgement. Criticising a young person's choice of friends is like criticising them personally so parents need to be careful how they handle these issues.

## Finally

Peer groups are generally a positive influence but it is natural to have concerns about a young person's choice of peers. Get to know your children's friends and make your home a teenager friendly place. Give your young person some skills to recognise and resist adverse peer pressure and display your trust in his or her ability to make smart choices.



### Michael Grose

*Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.*

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