

lion's roar

TERM 4 • 10 NOVEMBER 2017 • VOLUME 290



From the Principal

Mrs Nicola Taylor, Principal

This week we welcome Mrs Alison Spencer as she commences her service to the College as the Head of Boarding. Mrs Spencer has a strong vision for Boarding at PLC Armidale as a place where girls feel safe and secure and where their needs are catered for, irrespective of background. Having worked in the capacity as House Mother in Austin, Mrs Spencer also has a strong commitment to create an inclusive environment where cultural differences are respected along with cross cultural links being forged. Mrs Spencer is keen to meet as many of our regional Boarder families as possible to appreciate more fully the expectations and aspirations they may have for their daughters. We also welcome Mrs Janine Bauer who has taken over Mrs Spencer's previous position.

There was a delightful atmosphere in the Dining Room last evening as Mr and Mrs Ball were farewelled by the Boarders. White linen tablecloths, vases of freshly picked flowers and fairy lights added to the occasion as Year 7 Boarders served a delicious two course meal. Tribute speeches were given by Molly Trindall, our incoming Boarding House Captain, Margaret Latham and Christine Nicholls current House Mothers and Catercare Manager, Michelle who flew up from Sydney for the occasion. A special drinks event is also being held this Friday afternoon which our Boarder parents are invited to attend to add their farewells to the Balls.

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10 TO 23 NOVEMBER 2017 calendar OF events

The Sound of Music	10 to 11/11/2017
Remembrance Day Ceremony	10/11/2017
Farewell to Margot and Murray Ball	10/11/2017
Boarders to Sound of Music Performance	10/11/2017
Remembrance Day	11/11/2017
Year 4 IT Parent Information Session	14/11/2017
Pre Kindergarten StEPS Eyesight Program	14/11/2017
String Soiree	17/11/2017
Kinder to Yr 2 Dinner and Sleepover to 18-11-2017	17/11/2017
Yr 10 Peer Support Workshop	20/11/2017
UNE Beef Clinic	21/11/2017
Year 10 Camp Somerset Urban Challenge	21 to 24/11/2017
Years 6, 7 & 8 Tri-Schools Debating	22/11/2017
Pre K to Year 6 Presentation Evening	23/11/2017

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Opening shows of the PLC Production "The Sound of Music" has demonstrated the strength of talent, but also of co-operation and community that exists within the College. No production of this size is without its challenges, yet the coming together of directors, producers, set design, props, backstage, promotion and of course the cast pays tribute to the strength of team and team work. Last minute tickets will be available at the door this evening and tomorrow for those who want to come or come again.

The Northern Region Innovation Awards are an annual program aimed at recognising the contribution made by businesses to the region's communities and residents. The Awards are also to showcase and promote initiatives, products and services which represent the region as a dynamic, forward thinking, global participant.

Last week, I received a phone call from Gary Fry, Project Officer for Regional Development Australia (Northern Region) to say that PLC Pathways has been selected by the judges as a strong finalist in the Education Category. This is a great honour and recognition of the hard work of many at PLC Armidale, especially in this the first year of operation to see an idea into fruition. The strength of our program, as for the rest of the College will continue to be in the quality of instruction and education provided to the students, coupled with the personalised care and support of them.

The commencement of the PLC Pathways program in our 130th Commemorative year has been serendipitous. Irrespective of the outcome at the Innovation Awards nights, the true recognition is, that PLC Armidale with its rich and diverse history has a vibrant and diverse future. In the words of English Clergyman William Pollard (1828-1893) "Learning and innovation go hand in hand. The arrogance of success is to think that what you did yesterday will be sufficient for tomorrow."



Guild Drama

Erin Foster, Guild Drama Coordinator

Hi parents, friends and old girls,

This year's Guild Drama theme is: CELEBRATING 130 YEARS OF PLC ARMIDALE.

Year 11 have been working extremely hard on producing a fantastic series of performances. They will be producing a short film that addresses 90 years of the College's history and then entertaining you with 4 decades of performance.

The order is as follows:

- 12.25pm Screening - 90 years in 90 seconds
- 12.30pm **Gregory** - The 1970s
- 1.00pm **Macquarie** - The 1980s
- 1.30pm **Wentworth** - The 1990s
- 2.00pm **Forrest** - The 2000s
- 2.30pm Pack up and change back into uniforms
- 2.50pm Announcing of Guild Cup winner and award of Guild Drama prizes
- 3.00pm HOLIDAYS COMMENCE!!

We welcome all members of the PLC Armidale community to this event and look forward to seeing many familiar faces on the day.



Air Force Flight Simulator visit

Our Senior School students were thrilled to receive a visit from the Airforce and their flight simulator last week.

Many thanks to Brad, Dan, Jaimie, Mitch, Al and Ross for their engagement and interactions. The airforce team certainly captured the girls' imaginations about the possibilities of a career in the airforce.

Thank you also to Louise and Steve from Prime 7 news for visiting and interviewing our girls and the team from the airforce! Top Gun here we come!



A Starry Night of Paddling

Anna Caldwell, Duke of Edinburgh's Award Leader

Hawkesbury Canoe Classic 2017 ...What an adventure!

The 41st Hawkesbury Canoe Classic saw PLC paddlers participating as part of the 48 strong team, from PLC, TAS and NEGS. The Hawkesbury Canoe Classic is a fabulous community event, where we all come together and work as one united 'Armidale' team.

This Year PLC had 1 student all girl crew, Gracie Martin and Grace Lehman and 1 father daughter crew, Charlotte and Will Caldwell. This was Grace Lehman's second Hawkesbury Canoe Classic, which is a fabulous effort. We also had old girl Georgina Haire ('14)paddle with her brother Angus, and former PDHPE teacher and mother of old girl Jessica, Suzie Wright, paddled in the 'Ad Astra' with old girl Rebecca Livings, nee Mcready ('91).

A mild winter was greatly appreciated by all paddlers this year who enjoyed their early morning training sessions on Malpas Dam. Our crews trained hard, developed and honed their paddling technique, worked on getting their timing in sync with their partners, and finalised the play list on their smart phones for the 111km event.

Paddling in the morning is great for general paddling experience and developing paddling fitness, but as the event is held over night, a night paddle was held at Grafton, to get the experience of paddling in the dark. This was also a great opportunity for the landcrew to meet and gain an understanding of what they were also going to be doing at the actual event. Chris Spencer took four of our Pathways girls to Grafton and they enjoyed the challenge of paddling 30km and paddling in the dark too!

The adventure and challenge started when we all travelled down on Friday 27 October. After a delayed start and the trailer breaking when we got to Tamworth, we eventually made it to the Avina Village Family Holiday Park just before midnight. A briefing was held after breakfast on Saturday morning, before we all travelled in convoy to Windsor, to get ready for the start of the race.

The day was spent preparing the boats, going through scrutineering, having hands taped, shoulders massaged and resting, conserving as much energy as possible and keeping well hydrated, as it was 33 degrees! Apart from it being so warm, we were blessed with almost perfect conditions. The tides were with the paddlers for most of the way, the water was calm...but it was cloudy so there was not much moonlight!

Grace and Gracie set off at 4.10pm and Charlotte and Will set off

at 4.25pm. Once they were all on the water, the landcrew packed up and set off to Cattai, where there is an opportunity to cheer the crews on, and then on to Sackville, which is the first official pit stop. All crews came into Sackville in good time and got back in their boats after a short break, filled with determination to press on to Wisemans.

The landcrew travelled on to Wisemans and anxiously watched the updates on the checkpoint board to see how their paddlers were travelling. All crews had a brief stop for food, a change of clothes and stretched their legs at Wisemans and then set off again for the last leg, heading towards Brooklyn.

The drive from Wisemans to Brooklyn, is long and winding and the landcrew all drove carefully, arriving at the finish line in time to cheer in all the paddlers. Suzie and Rebecca arrived at 5.51am. Charlotte and Will finished at 8.24am, after 15 hours, 58 minutes and 51 seconds, and Gracie Martin and Grace Lehman finished at 9.34am, after paddling for 17 hours, 22 minutes and 57 seconds.

The event is run by over 400 hundred volunteers who worked incredibly hard to coordinate and facilitate the entire event. There were volunteers in checkpoint boats looking after the paddlers on the river. There were SES boats and rescue crews ready to help anyone in need. There were hundreds of helpers at the start and the finish. Physio's were on hand at the start, at Sackville, Wisemans and at the finish, providing massages free of charge, and the Scouts provided everyone with breakfast at Brooklyn. The generosity of these volunteers should not go unacknowledged. They all work together to not only give all paddlers an amazing event and for some a life changing experience, but they also keep them safe and support fundraising for the Arrow Bone Marrow Transplant Foundation.

The paddlers would also not be able to participate or complete the event if it were not for their landcrew. The landcrew team were exceptional throughout the whole weekend and played a pivotal role in the success of the event. They assisted with numerous tasks including preparing meals, ensuring efficient transitions at each pit stop, fixing broken equipment, sponging out the boats, and they looked after everyone, not just their own paddlers. The teamwork and camaraderie was amazing.

Special thank you to Tim Wheaton for coordinating the whole Armidale team and to all the staff who assisted from TAS, for all their organisation and hard work to make it such an amazing, collaborative and successful event.

Congratulations to all involved!





Oorala Day

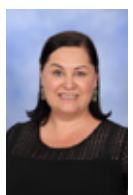
Larris Cleal, Year 10

On Tuesday 31 October, Sharnika Hammond, Chelsea Thornton, Kayley Morgan, Finnlay Barr and myself were privileged to attend the Indigenous Oorala day, celebrating its 30th anniversary at UNE.

The girls and I didn't know how the day was going to pan out, however the experience was something we will never forget. Our day began with a traditional dance to open the celebration. We had the opportunity to have a cooking demonstration with Clayton Donovan, who is the only Aboriginal hatted chef and bush food evangelist with a passion and love for Australian Bush Tucker.

Listening to the Elders speak to us about their background and what it was like for them growing up was very interesting for us. Not only did we learn about our culture, we also had fun. We met the talented Aboriginal singer Isiah Firebrace, who is one of Australia's most successful artists winning X Factor 2016 and going on to represent Australia at Eurovision. In the afternoon we went to different activities where we learned traditional weaving and making string and bracelets from raffia, we listened to some amazing people talk about their background, life stories and the ways of our culture, which we found very interesting.

We would very much like to thank Mrs Power for making this day happen and would love to do this again as it was such an amazing experience.



ICAS ENGLISH

Kate Clynych, Head of Humanities

English students from PLC Armidale tested their English skills and knowledge against students from all around Australia in the 2017 ICAS English Competition, run by the University of NSW.

Head of Humanities, Kate Clynych, recently received the results and was pleased with how PLC Armidale students from Years 2 to 11 had performed.

"We have many students at our school who performed to a very high level in the competition this year. A number are in the top 1% of their year level across Australia, including Harriet Gilpin in Year 6, and Jessica Li in Year 9. Two students gained High Distinctions, twelve gained Distinctions, and sixteen Credit certificates were awarded to our students," said Mrs Clynych.

"The ICAS English competition not only assesses reading skills across a wide variety of text types but also across a wide variety of subject matter, so the results give us an external benchmark as to how our students are going in certain aspects of English" she added.

Congratulations to our students on these excellent results!



Speaking 4 the Planet

'Speaking 4 the Planet' (S4P) is a public speaking and drama competition for high school students. It supports World Environment Day and uses the UN's World Environment Day theme as the focal point for speeches and performances. The Speaking 4 the Planet public speaking and drama competitions create opportunities for students to express their ideas for a better world. The theme for 2017 was 'Connecting People with Nature', and students were given the tagline "I'm with nature" as a prompt for their sections.

PLC Armidale students embraced the opportunity to combine ideas about sustainability and the environment, with a chance for some more public speaking and dramatic performance. The event was held at the Armidale Regional Council Chambers on 27 October.

Annabel Sevil and Georgia Donohue competed in the prepared speech section. Jessica Li and Annabel competed in the open impromptu speaking section, and the team of Alexandria Wright, Isla Biffin, Eleanor Harrell and Sienna Catterall donned their drama blacks for the impromptu eco-drama section.

All girls performed extremely well, and spoke and performed with great passion, poise, creativity and clarity. Their ideas were **original, innovative and quirky**, and addressed the issues facing our planet and linked well to the theme.

Jessica Li was awarded a prize as a runner up in the Impromptu Speaking section, and all girls were commended on their excellent performances.



European Art Adventure

Helen Templeton, Art Teacher

After a long plane trip, we arrived in Venice and got straight to visiting the international pavilion the 57th Venice Biennale. Here we saw a brilliant selection of works from all over the world and got a taste of what was to come the next day. We attended the main site of the Biennale the next day and were both astonished and inspired by the vastness of the works. On Monday, we took a ferry to the islands of Murano where glass has been made since the 13th century before going on to Burano, famous for making lace and their brightly painted houses. Then after almost four days it was goodbye Venice and off to Paris.

On our first day in Paris we took a day trip by train to Giverny where we visited the house, garden and village of Monet that provided him with much of his inspiration. We walked around the gardens and ponds, photographing the blooming flowers and gigantic bumble bees. On our return to Paris we purchased macarons from Pierre Hermé as we made our way to Ver Jus where we had an incredible five course degustation in a private dining room. On Wednesday, we made our way through the Jardin Tuileries on our way to see the Water Lilies by Monet at the Musée de l'Orangerie. The Water Lilies were spread over two rooms, on eight curved canvases and were an incredible display of colour and light. We had a great three course lunch before going to the Louvre. Our first stop was the Mona Lisa before spending the entire afternoon wandering through the different galleries. On Thursday, we visited the Sainte Chapelle with incredible stained glass before walking onto the Notre Dame. We then collected gelato on our way to the Musée Rodin. At the Musée Rodin we saw an exhibition of German painter and sculptor, Anselm Kiefer before entering Rodin's permanent collection and sculpture garden.. After the Musée Rodin we made our way to the Musée d'Orsay which is located within an old train station. There we saw French impressionist and post-impressionist works as well as an exhibition of Van Gogh. We took a daytrip to Versailles where we walked through the palace and then the gardens. On our return

to the city that evening, we visited the George Pompidou Centre. At the gallery, we saw an exhibition of David Hockney that ranged from his very first works to works done very recently. It was interesting to see his development over time and the influences of where he lived on the works. Saturday was our last day in Paris and some of us decided to have a sleep in while others went to explore the produce markets. We were then back to the airport and on to Barcelona.

After a late arrival we were straight to bed to get rested for an early start. At eight o'clock on Sunday morning we were off and ready to discover idiosyncrasies of Salvador Dali. After being picked up by our guide we headed to the Dali museum designed by Dali himself and was covered in loaves of bread and eggs. We entered the gallery and were beyond bewildered. In the gallery, we visited the crypt of Dali where he has recently been returned after exhumation. We then took a scenic drive to the coastal village of Cadaqués and had lunch in a charming restaurant that was housed in an old fishermen's house. We then went on to Dali's house and studio to discover some more of his quirks. The next day we were set to discover the architecture of Gaudi starting with the Sagrada Familia. We were left in awe of its scale and detailing. It was then on to the Parc Güell, a failed housing estate with public spaces covered in mosaics. Then to the Casa Batlló and Casa Milà, popularly known as La Pedrera, a house and apartment building designed by Gaudi. The next day we were due to visit the Picasso museum but were unable, due to strikes in the city. So waited in the hotel until we were back to the airport and off to Madrid.

On our first day in Madrid, we visited the Museo del Prado in the morning which was filled with European art from the 12th to 20th centuries, and the Museo Reina Sofia Calle in the afternoon with 20th and 21st century art. On our last day in Madrid and Europe, we visited the Museo Thyssen-Bornemisza where we saw a very wide range of styles from a large period of time. But before long, we were back to the airport and on our way to Dubai and then on to Sydney. We arrived back to Armidale on Saturday morning full of stories to tell our friends and family. This trip was an incredible experience that extended our knowledge and awareness of art and other cultures.





Junior School News

Fiona Wake, Head of Junior School

Welcome to Week 5 of Term 4!

Testing and Reporting

There are only two weeks of formal learning left of the term. Achievement testing is taking place across all areas of learning and students are reflecting on their 2017 goals. Goal setting is such an important process of the learning journey. *Setting and pursuing learning goals also helps students to improve their academic performance. According to the findings of researcher John Hattie, when students set and pursue goals related to their learning they typically accelerate achievement, leading to more progress than would otherwise be expected in an academic year.*

Reports will be issued at the end of term for Semester 2. If there is any aspect of your daughter's report card that needs clarification or requires further elaboration, please make an appointment to see your daughter's teacher. It is also important to keep in mind that you are welcome to seek an interview at any time of the year, not just in the designated Interview Sessions that are carried out in Term 1 and Term 3.

Student Representative Council:

Waste Warriors

In Term 4, our Junior School SRC focus is on the environment and managing waste. Our four main avatars and key areas representing these actions are 'Waste Warrior', 'Sparky', 'Green Thumb', and 'Wild Child'.

- Waste Warrior focuses on recycling reusing and reducing waste.
- Sparky focuses on the usage of electricity within our school.
- Green thumb is involved with vegetable gardens and plants.
- Wild child is about loving the environment and enjoying the time spent in nature.

The girls have been vigilant in sorting and recycling classroom and lunchtime waste and classifying rubbish into specified recycling containers. The girls have been washing plastic containers allowing them to be reused for many other purposes across the Junior School. Nude Food November has seen the reduction of rubbish in the 'plastic recycle tub' and the students are dedicated to this process with thoughtful consideration to our Environment.

On Friday 10 November, Years 5 and 6 students will be heading to UNE to participate in a **Science Fun Day**, called, '**Far Out Science**'. Far Out Science is the theme for a day of hands-on workshops, where students take on experimental challenges and come face-to-face with cutting edge research and the scientists who do it. Activities on offer will include making slime and hot/cold packs in the chemistry lab, making hand cream in the pharmacy, monitoring blood pressure and heart rate in the sport science exercise labs, neuroscience and nursing, psychology, electronic and environmental and rural science activities.

Our students will experience the wonder of chemistry, the thrill of brain science and the awe of astrophysics. I look forward to posting some pictures of the day.

Learning with Year 4 – STEM

This term the girls in year 4 have been excited about creating fashions for their 3 dimensional augmented models. Mr Mills, our visiting scientist, has captured the imagination of the girls during his teaching of the unit "Down to the thread" – looking at fibres and materials. The girls have been fascinated to learn about the processes used in cotton production and have been doing research into the production of other natural and man-made fibres. Mr Mills showed the girls the iPad app



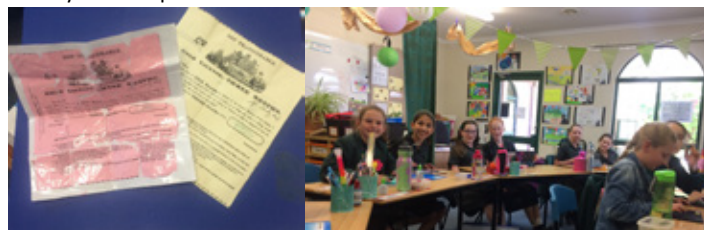
'Quiver Fashion' which allows the user to design outfits on paper and then upload images, which then translate into a 3 dimensional image. The augmented models then move along a catwalk showing off the outfit the girls have designed in a 2 dimensional environment. The girls have to research and justify the use of different materials for their model's outfits. The final presentation is sure to be an interesting lesson.

Learning with Year 5 – GOLD Fever!

Roll up! Roll up!

Year 5, are well into the swing of our Integrated Studies unit on 'The Gold Rush'. There has been much excitement amongst our gold prospectors as they are constantly working hard to unearth a wealth of knowledge about the way people's hungry desire for the precious metal has contributed to shaping our Australian way of life. At times shouts of 'Eureka!' can be heard in the air as another Year 5 miner strikes it lucky whilst fossicking in the stream.

All is not easy on the goldfields though and the miners are constantly on the lookout for 'Joes' like Constable Rob Etson and Constable Wake who are always in search of an easy gold nugget for any poor cove who cannot produce her gold license. Look out though, we are delving into the Eureka Stockade over the next week. Will there be a rebellion? Stay tuned and keep an eye out for any wanted posters.



Calendar of Events - What is happening over the next few weeks in the Junior School?

Junior School Events	
Week 6	
○	Pre K Learn to Swim final week
○	K-2 sleepover and dinner in Dining Hall
○	Technology Evening Presentation Tuesday 5:00pm
Week 7	
○	Final teaching week
○	Junior School Presentation Evening

We have an exciting year ahead, and in preparation we would like to invite you to some upcoming events on the PLC calendar.

Sound of Music

PLC Presents "The Sound of Music" – this much loved classic is suitable for the whole family. Come along and listen to the beautiful voices of our PLC girls (and friends) on November 9, 10 and 11. Tickets are available online at www.trybooking.com/Ryim

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Service of Nine Lessons and Carols

PLC "Service of Nine Lessons & Carols" at the St Mary & St Joseph's Cathedral, Armidale on Tuesday December 5 at 6pm. The spectacular PLC Choirs make this a Christmas celebration not to be missed.

PLC Guild Drama

The event of the year! A unique and very entertaining showcase of the performing arts at PLC on Thursday 7 December at 12.15pm. Don't forget to wear a touch of colour from your favourite guild!

We are looking forward to welcoming you to our PLC end of year events.

Late Arrivals

Remember that being at school on time, everyday, can improve student learning!

We encourage and expect punctuality. Unfortunately some students arrive at school late, and as a result may cause disruption to the learning programs already underway in classrooms. I ask parents of students who arrive late for school to please accompany their child to reception and sign them in.

Understanding Your Daughters Report Card

Outcome

Extensive Achievement: The student has an extensive knowledge and understanding of the content and applies this knowledge. In addition, the student has achieved a very high level of competence in the processes and skills and applies these skills to new situations.

Thorough Achievement: The student has a thorough knowledge and understanding of the content and a high level of competence in the processes and skills. In addition, the student is able to apply this knowledge and these skills to most situations.

Sound Achievement: The student has a sound knowledge and understanding of the main areas of content and has achieved an adequate level of competence in the processes and skills.

Basic Achievement: The student has a basic knowledge and understanding of the content and has achieved a limited level of competence in the processes and skills.

Elementary Achievement: The student has an elementary knowledge and understanding in few areas of the content and has achieved very limited competence in some of the processes and skills.

THRASS: The Teaching of Handwriting and Spelling Skills

Mental Computation Skills: In order for students to be properly prepared for the mathematical demands of life, school and work, they must be assisted to be proficient users of mental computation. At PLC we take a whole school approach to introducing and developing these skills so mental computation becomes not just a 'school skill' however a 'life skill'. ***Mental Arithmetic is based on the quick and accurate recall of number facts and relies mainly upon the skill of a child's memory (Caney, 2004).*** There is a component of mental computation, which relies on the commitment of number facts to memory. Therefore it is important for children to be able to recall basic number facts, develop automaticity as a prerequisite for flexible mental arithmetic (Van den Heuvel-Panhuizen, 1992). Being able to draw on knowledge of basic number facts allows students to solve complicated mental computation calculations.

At PLC we interview all students twice a year to assess their Mental Computation ability. This assessment is called LEIN and LIN, which is the acronym for Learning in Early Numeracy and Learning in Numeracy. This data is used internally to plan learning and track and profile individual student performance. This testing begins as early as K and continues through to Stage 3, Years 5 and 6.

Knowledge of basic facts and the skills to apply this knowledge may be reported in such ways as;

Friends to 10: 7+3, 8+2, **Friend to 20:** 11+ 9, 14 + 6, **Doubles:** 3+3, 12+12, **Near Doubles:** 8+7, 23+24, **Times Tables:** 5 x 6, 70 x 6, 20 x 30, **Jump Strategy;** **Bridging to 10;** **Compensation Strategy;** eg 63 +

29: 63 + 30 = 93, subtract 1 to obtain 92, **Split Strategy;** e.g. 23 + 35: 20 + 30 + 3 + 5 = 58, **Place Value Knowledge;** using place value to partition numbers, e.g. 2500 + 670: 2500 + 600 + 70 = 3170, **Partitioning numbers in non-standard forms;** e.g. 500 + 670: 670 = 500 + 170, so 500 + 670 = 500 + 500 + 170, which is 1000 + 170 = 1170.

Informative, Persuasive and Procedural Texts: To understand different text types and reference to these in your daughters school report, please refer to the following website. <https://www.det.nsw.edu.au/eppcontent/glossary/app/resource/factsheet/4108.pdf>

Inferential Comprehension: Inferential comprehension is the ability to process written information and understand the underlying meaning of the text. This information is then used to infer or determine deeper meaning that is not explicitly stated.

Literal Comprehension: Retelling and locating information provides a model of explicit instruction for students on how to retell the key events from a text using their own words. The purpose of developing the skill of retelling is to teach students to monitor their understanding whilst reading and to develop the prerequisite skills required for the more difficult task of summarising.

Decode: To break apart a word into its basic sounds, i.e. sounding out when reading.

Encode: To order sounds correctly to spell a word accurately, Spelling.



Please join us
for the

2017 Junior School Presentation Evening

Thursday
23 November 2017

5.45pm for a 6.00pm start

PLC Armidale Astra Arts Centre



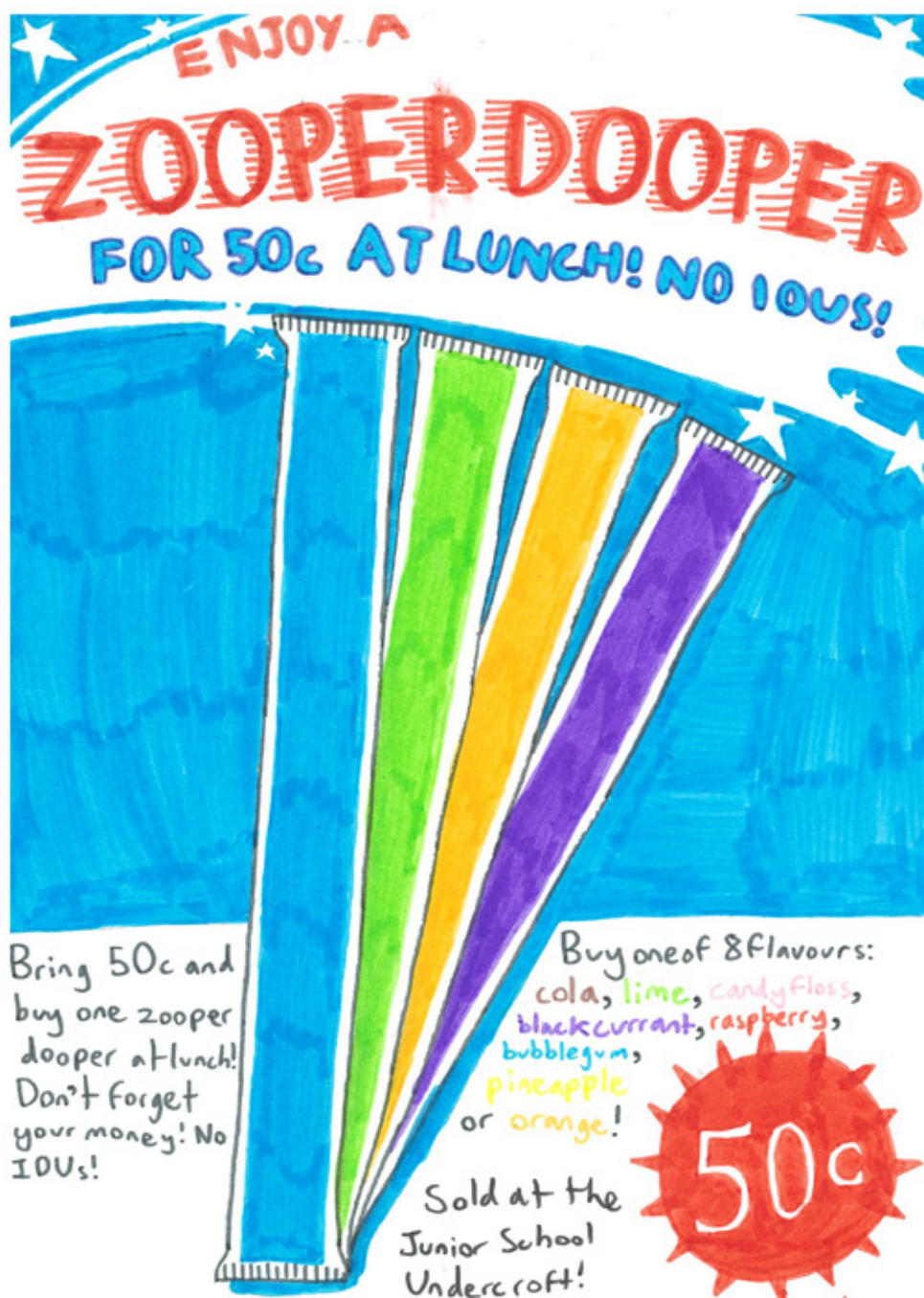
Junior School Sport

Rebecca Ward, Junior School Sports Coordinator

Sienna Dellow just returned from the NSW Relay Championships where she was representing Armidale Athletics. The squad performed well with many of the team achieving personal bests. Sienna achieved a personal best in the 100m and 200m. Well done Sienna!



Congratulations to Laura Smitham who received a medal Best and Fairest player in Hockey PLC 3 Lightning Under 13 team.





Around the Grounds Sports Report

Peter Le Surf, Director of Sport

Starry Night of Sport

On Saturday 4 November, over 160 parents, family and girls attended the PLC Armidale Starry Night of Sport at the Armidale Bowling Club. It was a wonderful evening, enjoyed by all.

It is fantastic to see the amazing achievements of all the girls and it was certainly a long process to decide the eventual winners of each award.

Some facts that I found while preparing for this night are:

In the 2015 Fortune 500 list of the top female executive in the world, 80% played competitive sport.

In the 2017 Fortune list of "The most powerful women in the world", 65% played competitive sport.

2017 PLC Armidale Starry Night of Sport Awards

Reeve Cup: Recognizes a student's dedication and consistent effort to PLC Armidale Hockey: **SARAH ASKEY** - coaching juniors for indoor and field hockey, attended extra training sessions

Lawton Trophy: Recognizes a student's dedication and consistent effort to PLC Armidale Netball: **EMMA RANCK** - assisted with all the registrations, attended ADNA meetings, umpiring duty, assisted with coaching during the season

Youman Shield: Acknowledges a student's dedication and commitment to training and the encouragement and development of team spirit in Swimming: **HELEN WATERS** - Squad training, IGSSA Swimming team, Age champion

Tom Award: Recognizes a student's loyalty, reliability, dependability, leadership, quiet persistence and achievement in sport at PLC Armidale: **SARAH ASKEY** - Always offered to coach junior teams, Made the NSW State teams, Made CIS and IGSSA representative teams, Would always turn up to training/games unless there was a clash with rep, Would talk to junior teams about responsibilities and assist with their development

Mullen Award: Player's player, acknowledges the player who made the most effort throughout the year: **KEIRA SHAW** - Voted Player's Player, Ran extra training sessions

Student coach/s of the Year: Acknowledges the time and effort applied by a student to develop skills of the younger members of PLC Armidale: **JULIA CHAMBERS** gave up lunchtime to coach junior teams, attended games on Saturday for field and Friday evenings for indoor

Spirit in Sport: Acknowledges the all-round participation in a wide range of sporting areas at PLC whilst displaying a high level of sportsmanship and encouragement: **EMMA RANCK** - Netball - Local and IGSSA level, Tennis - Representative team, Soccer - Local and NCIS level

Most Improved Team of the Year: **PLC 6 NETBALL** - Grand final for ADNA

Junior Team of the Year - Sisson Trophy - Recognizes the most successful junior sporting team at PLC Armidale: **PLC 2 HOCKEY** Grand finalist in Hockey New England Under/16 competition, Finalist in IGSSA competition

Senior Team of the Year: Recognizes the most successful senior sporting team at PLC Armidale: **PLC 1 NETBALL** - Recognized for most points scored in Division 1 ADNA competition, Made Grand Final in Division 1 ADNA

Year 7 Rookie Award: Acknowledges a Year 7 student's consistent performances across a wide variety of sports: **CECILIA GREIG** - Athletics age champion, Swimming age champion, Represented PLC Armidale at IGSSA Swimming and Hockey, Netball, Indoor and field hockey

Diebold Shield: Recognizes the fastest crew in the Hawkesbury Canoe Classic: **GRACIE MARTIN AND GRACE LEHMAN** in a handicapped time of 17 hours, 22 minutes and 57 seconds.

Supporter's Award: Recognizes the interest displayed in PLC Armidale sport through attendance, support and encouragement at various sporting events: **DR ROD MARTIN** - Attending Swimming and Hockey events in Sydney and willing to give medical advice to any injured athletes.

Service to Sport: Invaluable contribution made by a student or parent to sport at PLC Armidale: **MR GREG STIER** - Instrumental in establishment and development of inaugural Sport Supporters' Group

Junior Sports Shield: Acknowledges a Year 7-9 student's all round achievement and contribution to sport at PLC Armidale: **CHARLOTTE CALDWELL** - Tennis - Tildesley team, Hockey representative team, Athletics age champion Soccer - local and rep team, Coaching of junior teams for Hockey

Years 7-9 Sportsmanship Award - Junior student who goes to training, gives their best, always turns up, doesn't give any grief to coach, referee or other players and always gives their all: **EMMA THOMPSON**

Years 10-12 Sportsmanship Award - Senior student who goes to training, gives their best, always turns up, doesn't give any grief to coach, referee or other player and gives their all: **KATE BIDDLE**

UNE Spirit in Sport Award **GEORGIA HUTTON**

Senior Sports Shield: Acknowledges a student's all-round achievement and contribution to sport at PLC Armidale: **TARA PRICE** - Soccer - local and NCIS team, always stepped in when asked to, Tennis - made Tildesley team, Hockey - PLC representative team, stepped in to assist the team when in need, Cross country age champion

Junior Sports Person of the Year: Recognizes the individual achievement of a student in Years 7-9 in or outside of the school's pathway: **JORJA POWER** Australian Inter-school Championship NSW Dressage Team, Open age to all school children aged 13-17, Competing at the Advanced level, Placed 9th in Australia

Most Outstanding Individual Achievement in Sport at PLC Armidale: Recognizes the highest achievement in sport outside the school's pathway: **MIA EMANUEL** - made the NSW indoor and outdoor Hockey teams, Member of All Schools' Hockey team, Made the CIS and IGSSA representative teams

A huge congratulations to all the girls who competed in a variety of sports throughout the year.

Also on the night we announced the Sports Captains for 2018.

Congratulations to:

Larris Cleal - Basketball

Saskia Kennett - Equestrian

Sarah Askey - Hockey - (Field and Indoor)

Sophie Hansen - Netball

Ally Carter - Soccer

Lucy Martin - Swimming

Mackenzie Constable - Tennis

Congratulations, and I look forward to working with you in 2018 to build the profile of sport at PLC Armidale.

Sport Supporters' Group (SSG) meeting - Tuesday 28 November from 5.30pm in the PLC Boardroom.

All welcome!

Photos from the Starry Night of Sport over the page



Starry Night of Sport 2017

Speech by 2017 Sports Prefect Emma Ranck

Good evening Mrs Taylor, Mrs Caldwell, Mr Le Surf, staff, parents and friends, and of course girls.

I would like to begin by welcoming you all here tonight in a celebration of the sportsmanship, effort and commitment the sporting teams of PLC and the supporters of these teams have provided in what truly was a spectacular year of sport.

I'd like to begin tonight by comparing my sporting involvement here at PLC to a **sock**.

Well, what really is a **sock**? If we break it down all the way to the threads that are tightly woven, we can conclude that those threads hold the **sock** together, that they make the **sock** functional.

If the **sock** was constructed any other way, if the threads were not woven but simply layered or if the thread was in small pieces stuck together by glue, it wouldn't be the same.

It wouldn't have the same support, comfort or persistence to overcome all the different types of feet or shoes.

The PLC community, (the girls, the staff, the coaches, the supporters) you are all the threads in the **sock**. As an individual thread, you are alone, but together you build something stronger, something that can help, support and comfort others.

Its easy to forget how lucky we are to have such incredible opportunities as a student and member of this school, which is an such an important thread in the **sock**. So here I see an opportunity to thank all coaches, all staff, all supporters, and anyone who helped a girl here tonight become stronger, more confident, kinder, more passionate or simply just more coordinated!

If there's one thing I've learnt after 13 years of schooling its that it's who you know, not necessarily what you know. The tight knit community of PLC has helped mould me into a leader, a teammate and person who appreciates the relationships and friendships I've formed with some of the most wonderful people I've ever met, on netball, basketball or tennis courts, the hockey or soccer field, or simply just on the sidelines.

I would like to thank everyone who has helped me this year in my role as Sports Prefect, in particular, Mr Le Surf and Ms Beresford, but more importantly, you beautiful girls who have helped shape me into a leader in

which I can be proud of, and a teammate which has memories to cherish for a lifetime. And I wish all the best to the incoming Sports Prefect, Sarah Askey.

So without further ado, I'd like to begin tonight with a netball report.

Whilst netball has certainly been a very hectic year, it has also been a very successful one.

From travelling down to Sydney to tackle the Sydney schools in the IGSSA competition, to the 10 teams who competed in our local Saturday competition, PLC proved this year that they are force to be reckoned with.

This year, many communities within and around PLC Armidale have recognised our wonderful participation and achievement in a variety of netball competitions in and outside of the region.

This year, PLC has undeniably given it their best shot, with a variety of outcomes.

Some to be mentioned are:

The Senior IGSSA team, coached by Steph Belson, who were runners up in division 1 of the local competition and were the winners of the Association's School Team of the season (which is the highest point scoring school team with 472 goals).

The Junior IGSSA team, coached by Sophie Sincock, who at the end of the IGSSA rounds, qualified them for finals in September, where they demonstrated amazing courage and sportsmanship.

PLC 2 players Zoe Macdougall, Brooke Fuller, Kate Biddle, Tahlia Morgan, Holly Butler, and Anna Thomas, who (despite a player down) fought it out in the semi finals for division 2b and won pushing them through the grand final, but unfortunately had to forfeit due to lack of available players, but definitely proved their worth throughout the season as possible grand final winners for division 2.

And; PLC 6 who made it to the semi finals.

Also a special mention and congratulations to our PLC Armidale girls Sophia Grant and Mia Tindale, who were selected in the 2018 NIAS Netball squad.

I look forward to hearing about the 2018 season where PLC can once again demonstrate their amazing sportsmanship and participation in netball.



ISHE 2017

Saskia Kennett, Year 11

A team of ten PLC Armidale girls competed at the Inter-School Horse Extravaganza (ISHE) in Tamworth from Friday 13 to Monday 16 October.

The PLC Armidale girls represented the College with grace and dignity in all events and had an absolute blast. Filled with the usual ups and downs of horse sports, the PLC Equestrian team were brave and full of courage which lead them to be very successful at a huge event! The Equestrian team consisted of: Saskia Kennett, Molly Trindall, Julia Chambers, Eva Flannery, Jorja Power, Lani Almond, Abby Stevenson, Mary Flannery, Jesse Younghusband and Lucy Wright.

ISHE began with Camp Drafting on the Friday which was a new event this year, along with the Working Horse Challenge, Time Trial and for some classes, the first phase of their One Day Events (ODE), Dressage. Five PLC Armidale students competed: Saskia Kennett, Julia Chambers and Eva Flannery rode their dressage tests for the first phase of their Eventin, and Abby Stevenson and Lani Almond competed in the Camp Drafting, Time Trial and Working Horse Challenge. Abby placed 42nd and Lani placed 14th in the Working Horse Challenge in a class with 93 entries, which is an amazing achievement! Saskia was placed 3rd in the Eva 80cm Division B, by point 0.4% after the Dressage phase with a score of 70.20%. Julia had a score of 61.80% and was placed 16th in the Eva 80cm, Division B, where there were 28 competitors in the age group. Eva scored 60.00% in her Dressage phase of the Eva 80cm Division A, placing her 15th in a class of 28 competitors.

On Saturday, the Eva 80cm and above ODE's continued and the Eva 60cm and below ODE's began. PLC had eight girls riding this day. Jorja Power, Mary Flannery, Abby Stevenson, Jesse Younghusband and Lucy Wright started their day with the Dressage phase of their ODE and Eva, Saskia, and Julia continued the last two phases of their ODE.

Jorja kicked her Eva 60cm Division B ODE off with a bang, placing 1st after Dressage with a score of 76.25%. She stayed consistent during the entire event and ended up keeping her place throughout her three phases (Dressage, Showjumping and Cross Country). Mary placed 18th in a class of 28 in the Eva 60cm, Division A class with a score of 62.08%, Mary had some faults in Show Jumping but went well and cleared on Cross Country, which led to her gaining a 13th place in her class of 28. Abby placed 11th after Dressage in the Eva 60cm, Division B class with a score of 69.58% and ended up placing 5th after having a clear Show Jump round and Cross Country. Jesse placed 13th after scoring 63.54% in her Dressage phase and with a clear Show Jump and Cross country, she ended up with a 12th place in a group of 28 riders. Lucy competed in her very first One Day Event in the Eva 40cm as a non-competitive rider, achieving a score of 53.70% in the Dressage and a very steady Show Jump and Cross Country ride.

Eva began the next phases of her ODE with a clear but steady Show Jump round and Cross Country, with a few time faults which gave her the place of 21st in a class of 28 riders. Saskia began the next phases of her ODE with a clear Show Jump and clear Cross Country, due to these clear rounds her third placing stayed consistent and was her final place. Julia had a clear Show Jump round with slight time faults, but had a wonderful clear Cross Country and finished in 14th place.

Sunday saw the beginning of some very competitive Dressage and Show Jumping classes, where PLC Armidale had eight girls competing in these events. Saskia competed in the level 6 Dressage, 80cm and 1m Show Jumping, where she had a clear

round in the 80cm Accumulator round, clearing the joker (which is a jump in the Accumulator round that is up to 15cm higher than the set height of the round, this jump is worth up to 120 points), Unfortunately, Saskia was too slow to secure a place in this round. In the 1m Accumulator Saskia knocked one rail but cleared the joker which stood at 115cm and in the 1m Am7 class she knocked one rail but had a lovely consistent round. In the Dressage, she scored 66% in the Novice 2.2 test and scored 68% in the Novice 2.3 test. Saskia was happy with her horse's performances considering she was riding her brand new horse (of one week) at the time and they are both very young and inexperienced.

Molly Trindall competed in the 80cm Show Jumping and had a clear first round in the Am7, which progressed her to the second round. A fantastic result in such competitive classes! Molly also had a lovely round in the Accumulator, unfortunately, knocking the joker but a consistent round none the less.

Julia also competed in the 80cm Show Jumping, where she had a lovely smooth round but an unfortunate knock on the joker. In the accumulator round Julia had a clear first round in the Am7 which got her into the second round which is a great achievement. She also took part in the Level 5 dressage.

Eva competed in the 90cm Show Jumping, where she had very smooth rounds and was happy with her results in a very large and competitive group of riders. Mary competed in the 75cm Show Jumping and did very well with some lovely smooth rounds.

Jorja rode in the Level 7 Dressage and the Show Jumping, where she achieved some fantastic dressage highlights, placing 5th in the Elementary 3.2, 6th in the Elementary 3.3 and 5th Overall in the Open Elementary dressage!

Jesse show jumped 60cm and had a blast, riding two great rounds. Abby rode in the 80cm Show Jumping, which was the first time she had competed at the height. Abby did tremendously well and rode very bravely. After a few scares in her first round, she pushed on and braved the second round!

On Monday, the Gymkhana and Show Riding events were held. PLC Armidale was represented by Jorja Power competing in the Show Riding, which has two rounds of each class with different judges, and Saskia Kennett, Jesse Younghusband, Eva Flannery and Mary Flannery competed in the Gymkhana events, which had one round of each class. The PLC girls were very successful with Jorja receiving first and second in her rider classes, second and third in the Hack classes, second and fourth in the Handler classes. Jesse rode in the 13 years age group and received a first in pairs with Mary, a second in Pleasure Hack and a third in Bareback. These are amazing results for such a large competitive age group.

Mary rode brilliantly in the 13 years age group and placed second in her Hack class, fifth in her Pleasure Hack class and first in pairs with Jesse.

Eva was in the 15years age group which was huge! She placed second in the pleasure hack, fourth in the rider class and fifth in the hack.

Saskia competed in the 16+ years age group and placed fifth in the Hack class, third in pairs (with her pair Matilda McCarroll from NEGS), third in Pleasure Hack, second in her Rider class and first in her Bareback Rider class.

It was the third year that PLC Armidale has sponsored both the Senior and Junior Rookie events. This year the Junior Rookie EVA was awarded to Lauren Grocott from Karangi Public School and the Senior EVA 60 Rookie was awarded to Hannah Thurn from Calrossy in Tamworth. Many thanks to Mr Le Surf for attending to support our team and present the PLC Armidale awards on behalf of the College (although the delay in the day's event meant that the final presentations were also delayed).

Other Sporting News

Indoor Hockey

Pip Constable, Cecilia Grieg and Laura Smitham all represented Hockey New England in the U13 girls Indoor Hockey champs this weekend. They finished 3rd in their pool.

Athletics – NSW Relay Championship results: Gracie Martin, Bella Watts, Imogen Dellow and Sienna Dellow all competed in the NSW Relay Champs over the weekend.

The results:

4x100m u20 female (Gracie Martin) - Silver medal

4x400m u18 female (Gracie Martin and Bella Watts) - 4th in NSW

4x400m u16 female (Bella Watts) - 5th in NSW

Open Sprint Medley Relay Female A Team (Gracie Martin and Bella Watts) - 6th in NSW

4x200m u20 female (Gracie Martin) - 6th in NSW

Open Sprint Medley Relay Female B Team (Imogen Dellow) - 8th in NSW

u18 Discus team event (Bella Watts and Imogen Dellow) 9th in NSW

4x100m Open female (Gracie Martin) - 10th in NSW

4x200m u16 female (Bella Watts and Imogen Dellow) - 14th in NSW

4x100m u16 female (Bella Watts and Imogen Dellow) - 15th in NSW



PLCA Serving the Community

As we have for the last 9 years, students will be participating in Social Service activities around Armidale during Activities Week. The aim of this program is three-fold. Students will

1. Appreciate service is intrinsic to our Christian ethos
2. Practically extend themselves to serve others in the community
3. Be encouraged to foster a life-long involvement and commitment to service

We have a range of organisations around Armidale that will be hosting us from Monday 27th November until Friday 1st December. Students will be in groups of 12-14 people from Year 6 to Year 10 and will be accompanied by a member of staff at each venue.

The program during Activities Week is as follows. For Session 1 (8:45am until 11:00am), Students will travel by bus to the Monkton Aquatic Centre participating in the college's lifesaving program. Students will then have morning tea at the pool and then travel on the correct bus to their social service for Session 2 (11:00am until 12:30pm). At the conclusion of Session 2, students will be taken back to PLC for lunch and Guild Drama during Session 3 (2:00pm until 3:30pm)

Students will need to bring with them: Swimmers, towel, sunscreen, hat, morning tea (Boarders will need to collect a morning tea pack at breakfast), water, hair brush, All students (except those below) need to wear full uniform including white hat to and from school each day.

Students assisting with Junior School Lifesaving or Landcare are able to wear their green PE shorts/Jeans for Landcare, PE/Guild Shirt, joggers, hat and sunscreen to and from school each day.



SOUND OF MUSIC

The cast and crew of Sound of Music have been working very hard in the final lead up to the show, with all day rehearsal on Sunday, the official dress rehearsal Monday evening, the Junior School Preview performance on Wednesday and the Opening night last night, Thursday 9 November.

The opening night was a great success and the cast, crew and staff have done a magnificent job. Congratulations to our Director, Mrs Jan Patterson, Musical Director, Mrs Constance Dunham, Creative Director and Stage Manager, Ms Erin Foster, and set designer and constructor Ms Helen Templeton. This core team of PLC Armidale staff have worked tirelessly for many months to pull the show together, assisted by producer Lisa Quast, Choreographer Georgia Seymour, Assistant Stage and Production Manager Sara Perry. Costume Designer and Coordinator Mrs Millie Graham who was assisted by Margie Roberts, Tracey Wright and Sandra Grant who have all put in an enormous amount of work to prepare the costumes.

Special thanks also to Warwick Dunham for his expertise on the piano as repetiteur, to Martin Hansford for his exceptional sound and lighting, assisted by Louise Fisher, Mr Dave Moffit and Mrs Shane Moffit. Thanks also to Lauren Zell for hours of prompting at rehearsals.

Thank you to our visiting professional musicians who have assisted in the orchestra including, Phil Oxley, Dave Brown, Kristal Spreadborough, Alastair Finco, Paul Marshall, Jodie Ostenfeld and Arlene Fletcher

And of course a huge congratulations to all the cast, crew and musicians.

A limited number of tickets will be available at the door!

Music Notes

Matthew Minter, Director of Music

In House Concerts

Congratulations to all the girls who performed in the Term Four In House Concert held on Wednesday 1 November. It was lovely to see a diverse range of instruments including two Chinese instruments, the erhu and the pi par. It was also lovely to see so many girls from the Junior School participating, including girls learning through the new beginner strings training programs. All the girls performed extremely well. Congratulations to the following girls: Harriet Minter, Rita Chen, Winnie Huang, Sophia Ruig, Katie McDougall, Isabelle Douglas, Charlotte Thomas, Lucy Martin, Clare Warwick, Elinor Warwick, Isla Biffin, Sophia Mackson, Amaal Shaahid, India Smith, Flurina Dettwiler, Anais Dettwiler, Aayliah Howarth, Scarlett Loxley, Annabel Sevil, Kaylee Swick, Sandra Alhassan, Gabby Cotterell, Abigail Thompson, Emily Thompson, Zabella Hinds, Chen Qu, Wendy Zheng, Laura Yu.





Gondwana National Choral School

*Constance Dunham,
Junior Music Teacher*

Towards the end of Term 3, PLC singers in the Junior and Senior schools had the opportunity to audition for the Gondwana National Choral school in January.

Established by Lyn Williams in 1997, Gondwana National Choirs are truly national ensembles whose members come from throughout Australia and range in age from 10 – 26. They are the children of dairy farmers and miners, teachers and doctors, engineers, office workers and musicians. They perform music that is close to their hearts: new Australian works which capture the mystery and grandeur of our land and display the cultural diversity of the Australian people. The work of the choirs is a powerful expression of the determination of young Australians to work together to create extraordinary musical ensembles.

They form every January for intensive training and performances across 4 or 5 vocal ensembles with leading national and international conductors at the Gondwana National Choral School, which includes programs for developing composers and conductors. The sound of Gondwana National Choirs' ensembles is vibrant and energetic, indicative of their intensive rehearsal process and the joy of being together.

Last week, the audition results were released and 9 PLC Singers were selected to join other students from across Australia in January.

These girls are: Abigail Thompson (Year 5, Junior Gondwana), Gabrielle Cotterell (Year 6, Gondwana Novus), Emily Thompson (Year 6, Gondwana Voices), Sandra Alhassan (Year 6, Gondwana Novus), Sarah Hughes (Year 9, Gondwana Voices), Lily Graham (Year 9, Gondwana Singers), Isabelle Taylor (Year 9, Gondwana Singers), Clare Warwick (Year 9, Gondwana Voices), Elinor Warwick (Year 10, Gondwana Voices), Lucy Quast (Year 11, Gondwana Chorale), Dakotah Love (Graduated Year 12, Gondwana Chorale).

Abigail Thompson is the youngest student in the New England Region to be selected and Emily Thompson is the youngest student to be selected for the prestigious Gondwana Voices.

Congratulations girls and I know you will have the best time.



You're invited to the

Annual

String Soiree



Friday 17 November 2017

6.00pm for 6.30pm start

Astra Arts Centre, PLC Armidale

Entry \$5 donation at door to cover cost of supper

Please RSVP by 15 November 2017

to Janine Bauer

email: jbauer@plcarmidale.nsw.edu.au

02 6770 1700 | www.plcarmidale.nsw.edu.au

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Development and Enrolments

Shona Eichorn, Director of Development
Sally McCook, Enrolments Manager



COMMEMORATIVE BOOK "REPASt" - NOW ON PRE-SALE

Pre-Sales of the PLC Armidale Commemorative Book, **REPASt** have commenced. **Definitely a limited edition** so get ready to make all your purchases eg. Christmas, Signature Birthdays such as 18th, 21st, 50th etc; Valedictory or Graduation, the possibilities are endless!

Recipes are being either cooked, styled and photographed by the REPASt team on the specific dates. We have already survived our first day of cooking and are now preparing to cook/bake, style and photograph, this Sunday 12 November then again for our final day on Sunday 10 December. We expect our books will be published by mid Term 2 in 2018. Please contact Shona on development@plcarmidale.nsw.edu.au or phone 6770 1733.

PLC PUBLICATIONS

Ad Astra – is our annual publication for Current families which showcases the activities of the College across the whole year. This publication is charged to each family's account at the end of the year. Please be aware that due to the enormous amount of work that this publication as well as the one-off commemorative book takes to design and produce, that from 2018, we aim to have the publication to families by the end of Term 1 not the beginning of Term 1 as was previous practice.

Green Tartan – this bi-annual publication will be available shortly. Whilst we will have a few copies printed, this will be emailed to families as well as being placed on the website as usual.

Scholarships, Scholarships, Scholarships Our Gift to you!

Applications for 2019 Scholarships open very soon on December 1. Please see the Ad for details or contact Enrolments Manager, Sally McCook.

Sport Supporters' Group (SSG)

Whilst the Girls v Parents Sports Challenge did not proceed last Saturday, there was a lot of action at the annual Starry Night of Sport dinner with over \$1700 being raised from the three Auction items. The final meeting of the inaugural Sport Supporter's Group will be held in the Board room on Tuesday 28 November from 5.30pm, where activities for 2018 will be confirmed.



Our Gift to you... a Scholarship IN 2019


Applications OPEN
1 December 2017

Scholarship Day & Exam
26 February 2018

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Farewell Margot and Murray
...thanks for the memories!
HAPPY RETIREMENT!





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PLC ARMIDALE COMMEMORATIVE BOOK - REPAST

Pre-order FORM

A milestone year provides any organisation with an opportunity to tell its story. 130 years of providing a high-quality education for girls at PLC Armidale is certainly an accomplishment worth celebrating. In compiling this commemorative keepsake, we have endeavoured to showcase aspects of life at the College in a unique way, through the stories, recipes and eyes of its community, past and present. We hope you enjoy it!

NUMBER REQUIRED

PLC Armidale Commemorative Book - REPAST

_____ copies @ \$49.95 per copy \$ _____

Specially gift wrapped edition of REPAST in linen tea towel

_____ copies @ \$59.95 per copy \$ _____

Collect from PLC Armidale ☐ FREE

Delivery (@\$10 per book) ☐ \$ _____

TOTAL: \$ _____

For overseas delivery OR bulk orders please contact:

Shona Eichorn, Director of Development

Phone 02 6770 1733

Email development@plcarmidale.nsw.edu.au

Please complete this form and return to:

PLC Armidale, Locked Bag 5, Armidale, NSW 2350

or email to Shona Eichorn:

development@plcarmidale.nsw.edu.au



**Please note: this is an indicative cover only, not the final artwork.*

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to be missed!

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Lyrics by **OSCAR HAMMERSTEIN II**

Book by **HOWARD LINDSAY and RUSSEL CROUSE**

Musical Director **CONSTANCE DUNHAM**
Dramatic Director **JAN PATTERSON**
Creative Director **ERIN FOSTER**
Producer **LISA QUAST**

9, 10 & 11 NOVEMBER 2017

UNE ARTS THEATRE

Booloominbah Drive, University of New England, Armidale

THURSDAY 9 NOVEMBER 7:00pm

FRIDAY 10 NOVEMBER 7:00pm

SATURDAY 11 NOVEMBER 1:30pm and 7:00pm

TICKETS ADULTS \$25 CHILDREN \$13

AVAILABLE AT: <https://www.trybooking.com/Ryim>

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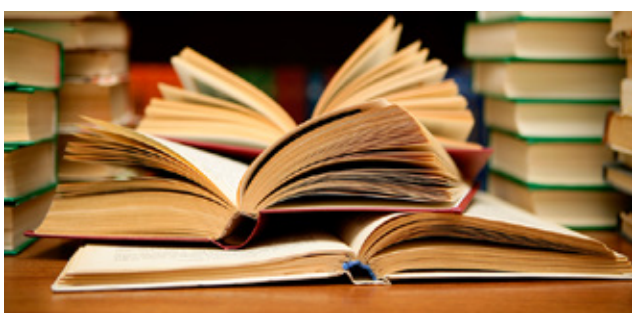


Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

It's the little things you do that often determine success or failure.

As author Gretchen Rubin wrote, 'What you do every day matters more than what you do once in a while.' Without a set of daily practices to keep you aligned and invigorated your talents may eventually fail you. While there are many that you can implement to help you stay at the top of your game, there are a few keystone practices that can pull your world together and set you up to be productive, happy and healthy.



Daily Study

You can't draw water from an empty well. Do you take time each day to fill yours? The quality of input that you curate often determines the quality of your creative output. As Steve Jobs once quipped, 'creativity is just connecting things', but to do so you obviously need things to connect. Set aside time to fill your well, to read inspiring or challenging books, to watch videos or listen to talks, or to otherwise fill your well so that you have something to draw from.



Reflection and Journaling

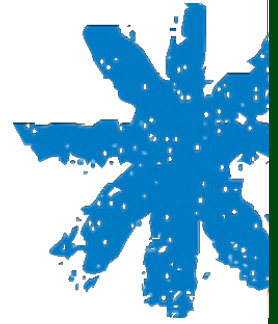
It's not enough to simply absorb a lot of stimuli. If you're not taking the time to make connections and consider how those stimuli might apply to your life, they will be quickly forgotten. Take time to reflect on how what you're learning and seeing what might apply to your life.



A Daily Walk

Consider getting outside once a day for a short walk. It's not only good for your health to move around a bit, but it's also good for your creative productivity. The variety of stimuli that you'll encounter will often jog new insights, and the break from 'the grind' will allow your mind to form patterns out of loose connections that are often overlooked in the hustle and bustle of your day.

Whatever they are, make sure that you have a set of practices to ground you and help you maintain stability in the midst of uncertainty. The infrastructure you build into your day is what will sustain you when life is stretching you beyond your limits. Remember, what you choose to do everyday sets the tone for your life – make it count!



WHEN DOES A HABIT BECOME A PATTERN THAT STAYS FOR LIFE?

BY MICHAEL GROSE

Ever wished you had your time over again?

Recently, I was speaking to Jeremy, a colleague, who wished he had his time as a parent over again.

He told me how his twenty-two year old son was drifting from job to job and course to course. This father told me that since leaving school at sixteen his son had changed jobs or courses at least twenty times.

This dad lamented that his son hadn't even finished one course he'd started or stayed at a job long enough to receive a qualification or complete an apprenticeship.

As soon as a course or job got tough or a boss put some pressure on him to lift his game, his son would leave rather than put in the required effort.

Poor patterns start with poor habits

Jeremy believed that the seeds of his son's inability to see things through were sown at a very young age. He blamed himself for letting his son give in too easily when things got tough.

In primary school when subjects became too hard, his son would make excuses and give in. His parents would often be at school pleading their son's case for teachers to ease up. "He's only a boy. Don't push him too hard!" was the approach they'd take.

Jeremy's son also chopped and changed at leisure and sporting activities, never seeing any activity through to completion. As soon as he met with difficult people, didn't get his own way or the learning/competition became too hard he gave in and went on to try something else.

His dad allowed him to keep changing activities in the hope that he would find something he was good at. In doing so, he allowed his son to develop the habit of avoidance. Eventually, this habit after so many repetitions became a life pattern, which is difficult to break.

Now as an adult as soon as he meets with resistance or difficulty of any kind at work and in relationships his immediate response is to look for new opportunities, rather than work through the difficulties to achieve mastery. The pattern of avoidance has become so ingrained that his son simply cannot see anything difficult through. The tragedy of course, is that a worthwhile achievement of any kind, whether it's getting a qualification, mastering a musical instrument or learning a new language, will always present significant challenges that need to be worked through. By continually giving in, this young man will never achieve anything of significance, unless he adopts a new pattern, which takes considerable commitment and work.

Help your kids develop positive life patterns

The habits that parents encourage in their kids will eventually become entrenched life patterns so it makes sense to encourage positive habits from the earliest possible age. Here are five positive habits to develop in kids that with practice, repetition and parental encouragement will become positive patterns or ways of behaving that generally stay for life:

1. Pattern of contribution: This pattern starts by parents developing the helping habit in their children. Expect your kids to help you and others without being paid. It's the pattern that leaders in every field display.
2. Pattern of self-sufficiency: This pattern starts by parents encouraging kids to look after themselves; do simple life tasks and take increasing personal responsibility for their behaviour as they become older. Doing too much for kids puts the breaks on the self-sufficiency pattern.
3. Pattern of problem-solving: This wonderful pattern starts when parents give children ownership of their mistakes and challenges, allowing them to find their own solutions to problems. Rescuing and micro-managing children develops the pattern of dependence, which is an endemic among today's twenty-somethings.
4. Pattern of help-seeking: Past generations are renowned for keeping adversity close to their chests rather than reaching out and seeking help and assistance from friends and family, or professional help, when needed. Encourage help-seeking behaviours in children and young people so that help-seeking becomes a normalised, accepted pattern when life gets tough.
5. Pattern of expressing gratitude: Ever noticed how some people seem to have so much in terms of wealth, possessions and talent yet they never seem happy with what they have, while others who may have very little in terms of material possessions are thankful for the little things that happen in life? This pattern of gratitude was more than likely established in childhood. It's a wonderful resilience attribute that contributes so much to a person's happiness and well-being.

It's empowering as a parent to know that the habits we encourage in our kids usually become ingrained as patterns of behaviour that stay for life. It's in this patterning that the true impact of parents and family-life can be found.

*For more positive patterns to develop in kids book check out my latest *Spoonfed Generation: How to Raise Independent Kids*. There are many positive habits outlined that with practice and repetition will become successful life patterns.*

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