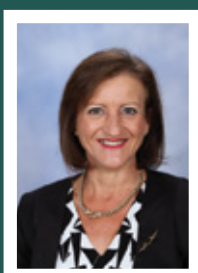
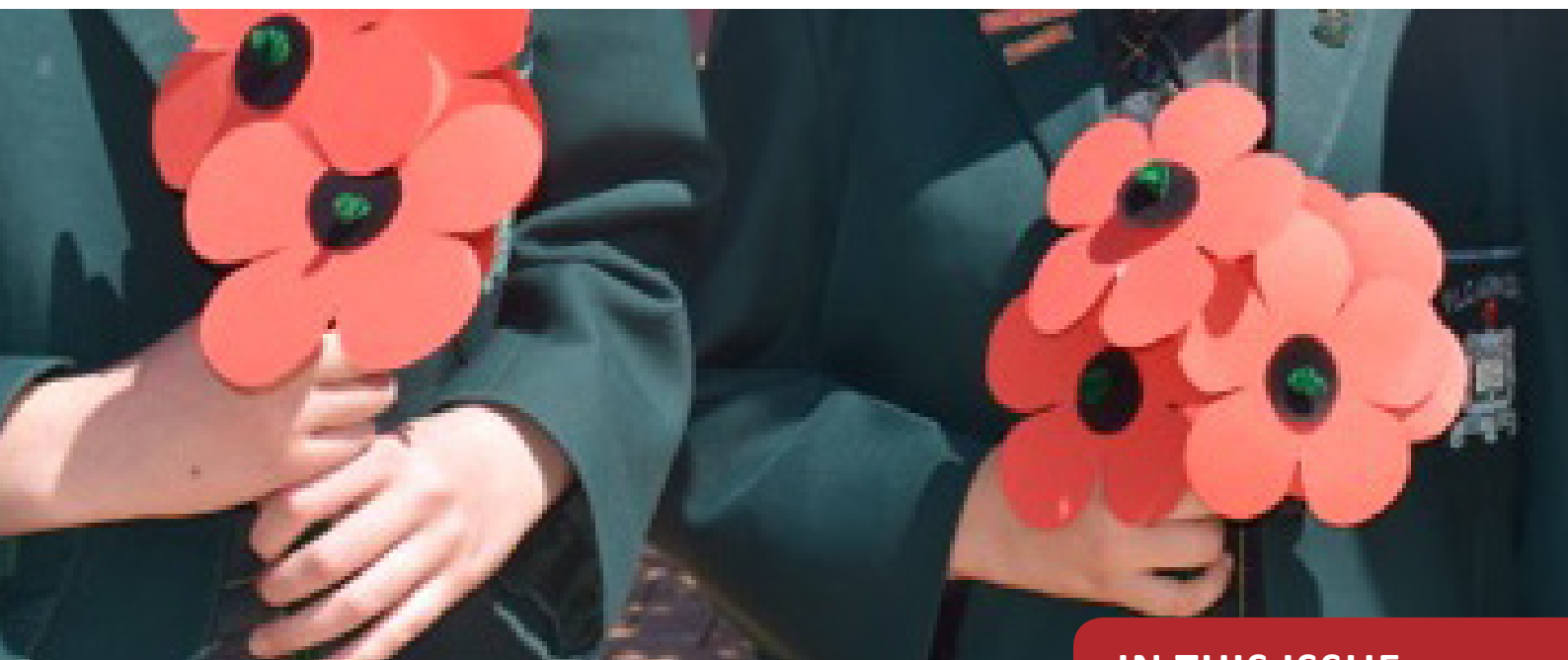


lion's roar

TERM 4 • 11 NOVEMBER 2016 • VOLUME 271



From The Principal

Mrs Nicola Taylor

A challenging life experience for many is caring for a loved one whose ability to remember is ebbing away. Our minds are fascinating entities with

the capacity to store the memory of images, sounds, textures and even smells which are recalled or triggered by many years later by a brief exposure to the same. Rote learning, by and large is seen as a teaching strategy of bygone days, however there is a substantive body of research that speaks to the importance of building into the memory of a young child the automatic knowledge and recall of foundational elements of literacy and numeracy; sounds and symbols, number patterns and basic facts. In a school with as long and rich a history that PLC Armidale has,

the culture of remembering the past through observing simple ceremonies or practices is important. As a nation, Remembrance Day provides an opportunity for quiet reflection, for acknowledgement of the peace and security we enjoy as a nation, paid for through the sacrifice of others through the theatres of war. Stopping to reflect and remember, staff and students alike this Remembrance Day will include singing the classic hymn, Abide with Me, listening to the recitation of In Flanders Field, a Bible reading, responding to the Ode, laying of a sheath, the Last Post being played, a minutes silence observed, the Rouse signalling the raising of the flag to full mast. A simple but moving ceremony reminding us to not forget the past as we busy our way through the present and look forward with expectancy to the future.

"Unless we remember, we cannot understand"

EB Forster

IN THIS ISSUE

From The Principal	1
Calendar of Events	2
Guild Drama Order	2
Senior School Notes	2
PLCA Serving the Community	2
Sports Awards Dinner	3
Lions Youth of the Year	4
Japanese Consulate Essay Competition	4
Junior School News	5
Gondwana Auditions	6
In House Concerts	6
Starry Night of Drama	7
NSW Reconciliation Council Schools Art Exhibition Launch	8
PLC Pathways News	8
Callout for Recipes	8
Hawkesbury Canoe Classic ... A Starry Night of Paddling!	9
Development and Enrolments	10
PLC Armidale Foundation	11
Pastoral Care Conversation	12

GUILD

This year's Guild Drama commences at 12:15pm on Thursday 7 December, with Guilds appearing in the following order:

DRAMA

MACQUARIE..... 12.30PM
FORREST..... 1.00PM
GREGORY 1.30PM
WENTWORTH..... 2.00PM



Senior School Notes

Anna Caldwell, Head of Senior School

Uniform

Please check that your daughter has the correct uniform.

Dresses are to go to the knee. If they are shorter than this, then please either take the hem down or purchase a dress that fits. Socks are to be ankle length and folded over, not ankle sport socks. Blazers and hats are to be worn to and from school and when the girls are in town in their uniform.

If they are found to be without their hat and/ or blazer then they will be issued with a demerit. Three demerits result in a detention.

Jewellery

Students are only permitted to wear one pair of earrings – and they are to be round studs, not sleepers, and only gold, silver or pearls. No other shapes or diamonds are allowed. Earrings anywhere else on the ear other than on the lobe are not permitted. Nose piercings are also not permitted.

Students may wear a wrist watch, but no bracelets or necklaces.

Thank you for your help in ensuring the girls are wearing the school uniform correctly.

Stage 5 Exams in Week 6

Years 9 & 10 will sit their End of Year examinations in week 6. Please rearrange all peripatetic lessons for this week.

Stage 6

The HSC Exams are now completed for another year. Year 11 will soon move into the Year 12 Study Block and will commence their HSC studies.

Yr 10 Peer Support Leaders Training Day and Coffs Coast Camp in week 7

Year 10 will participate in a Peer Support Leaders Training day on Monday 21 November, in the AAC. This training day will focusing on:

- Leadership skills
- developing connections
- responsibilities
- Personal strengths and characteristics
- Decision making

This training is part of the College's Pastoral Care program. It provides our senior students with the opportunity to develop and practice leadership skills within a supportive environment and all skills will help prepare them for the demands of Year 11 and 12.

After undertaking this program, the girls will have the opportunity to apply to be a Peer Support Leader to support Year 7 2017, which is an important component of our transition to Senior School program.

Year 10 will then head to Coffs Harbour on Wednesday 23 October for their PDHPE Coffs Coast Surfing and Standup paddle boarding camp.

UNE Social Media Research Project

Students from Years 10 & 11 recently participated in interviews conducted by the Education Faculty at UNE. The project aims to explore how social media may influence young people's understandings of the body and what are the potential implications for their health. We are looking forward to reading the results and learning more on the impact of social media, which has become a large part of our lives.

lion's roar

TERM 4 - 11 NOVEMBER 2016 - VOL 271

calendar OF events

11 TO 25
NOVEMBER
2016

Remembrance Day Ceremony	11/11/2016
Kindergarten Orientation	11/11/2016
Stage 5 Examinations	15-17/11/2016
Kinder to Year 2 Dinner and Sleepover	18-19/11/2016
Kindergarten Orientation	18/11/2016
Year 10 Celebration Dinner	19/11/2016
Year 10 Peer Support Workshop	21/11/2016
Year 10 PDHPE to Coffs Harbour	23-25/11/2016
Pre K to Year 6 - Presentation Evening	24/11/2016
Cattle Team to Dorriggo Show	25/11/2016
Year 6 Sleepover	25/11/2016



PLCA Serving the Community

Jen Leahy, School Chaplain

As we have for the last 8 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 28 November until Friday 2 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, PE/Guild Shirt, joggers, hat and sunscreen to and from school each day.

2016 PLC Armidale Sports Awards

Reeve Cup: Hockey Recognises a student's dedication & consistent effort to PLC Armidale Hockey.

Clare Askey

Lawton Trophy: Netball Recognises a student's dedication & consistent effort to PLC Armidale Netball.

Genevieve Walsh

Tom Award: Recognises a student's loyalty, reliability, dependability, leadership, quiet persistence and achievement in sport at PLC Armidale.

Emma Ranck

Spirit in sport: Acknowledges a student's all round participation in a wide range of sporting areas at PLC Armidale whilst displaying a high level of sportsmanship & encouragement.

Kiera Shaw

Student Coach of the Year: Acknowledges the time and effort applied by a student to develop skills of the younger members of PLC Armidale.

Georgia Breckenridge & Laura Cotterell - Netball

Most improved team of the year: PLC 5 Netball

(Junior IGSSA Netball team) –

Shona Eichorn (Co-Coach), Gracie Martin, Amber Vickery, Grace Lehman, Mia Tindale, Alice Berry, Kaylee Morgan, Sarah Miron, Anna Thomas, Jessica Smith, Mrs Shane Moffitt (Co-Coach)

Junior Team of the Year: Sisson Trophy Recognises the most successful sporting team in Years 7-9.

PLC Storm Indoor Hockey - won their Grand Final.

Senior Team of the Year: Recognises the most successful senior sporting team at PLC Armidale.

PLC 1 Hockey (Open IGSSA Hockey team) - Dakotah Love, Sarah Evans, Alex Hiscox, Kiera Shaw, Tara Price, Sarah Askey, Lucy Quast, Lily Neilson, Mackenzie Constable, Coach Kim Taylor, Madelaine Atkin, Georgia Hutton, Ruby Van Den Hoek, Clare Askey, Mia Emanuel and Rebecca Marquardt.

Youman Shield: Acknowledges a student's dedication and commitment to training and the encouragement and development of team spirit in swimming.

Mia Emanuel

Year 7 Rookie Award: Acknowledges a Year 7 student's consistent performances across a wide variety of sports.

Jorja Power

Mullen Award for Soccer: Players' player, acknowledges the player who made the most effort throughout the year.

Mimi Raymer

Diebold Shield: Acknowledges the fastest crew in Hawkesbury Canoe Classic.

Grace Lehman & Ella Atkin

Supporter's award: Recognises the interest displayed in PLC sport through attendance, support and encouragement at various sporting events.

Greg Cotterell

Service to sport: Invaluable contribution made by a student or parent to sport at PLC Armidale.

Belinda Murray

Junior Sports shield: Acknowledges a Year 7-9 student's all round achievement and contribution to sport at PLC Armidale.

Charlotte Caldwell

Junior Sportsperson of the year: Recognises the individual achievement of a student in Years 7-9 in or outside of the schools pathway.

Mia Emanuel

Senior Sports shield: Acknowledges a student's all round achievement and contribution to sport at PLC Armidale.

Emma Barnier

Years 7-9 Sportsmanship Award Junior student who goes to training, gives their best, turns up, "doesn't give any grief" to the coach, referee or other players and gives their all.

Sarah Miron

Years 10-12 Sportsmanship Award Senior student who goes to training, gives their best, turns up, "doesn't give any grief" to the coach referee or other players and gives their all.

Chloe Stier

Most outstanding individual achievement in sport Recognizes the highest achievement in sport outside the schools' pathway.

Sarah Askey – Hockey & Indoor Hockey (Armidale)

lion's roar

TERM 4 - 11 NOVEMBER 2016 - VOL 271





Lions Youth of the Year

Jan Patterson, Speech & Drama Teacher

On Wednesday, 2 November, the Armidale Heats of the Lions' Youth of the Year Competition was held at the Bowling Club. In a very competitive field. Ragavi Jeyakumar, our new Head Prefect, won not only the Public Speaking section, but also the overall title of Armidale Lions' Youth of the Year. This was awarded after an extensive panel interview and general knowledge quiz. She now progresses to the regional competition in February, which, this coming year will be hosted in Armidale and will include winners from all the surrounding districts. The judges were most impressed with the standard of thought and response during the impromptu speaking, the most challenging section of the competition in which each speaker delivers two 2-minute topics with nil preparation time. The topics were: 'Cats or Dogs – Which are the better pets?' and 'We live in Dangerous Times'



Japanese Consulate Essay Competition

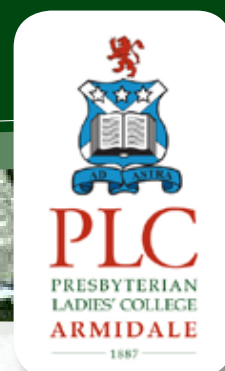
This week, the Japanese Consulate has announced its awards for the NSW-Northern Territory essay competition.

Gracen Moore from Year 9 was one of the 12 senior students in the two states who received an award for her high quality writing on the topic "Discuss some of the possible costs and benefits of introducing high speed trains to Australia". She has been invited to the Japanese

consulate on December 8 to receive her prize. The essay that she submitted was part of the classwork for 9/10 creative writing in English Extension for Term Three. Congratulations Gracen!

lion's roar

TERM 4 - 11 NOVEMBER 2016 - VOL 271



The Principal of PLC Armidale requests the pleasure of your company at the

Service of Nine Lessons & Carols

Tuesday 6 December 2016

6.00pm

AT ST MARY & ST JOSEPH'S CATHEDRAL,
DANGAR ST ARMIDALE

Speech Day

Wednesday 7 December 2016

9.00am

ASTRA ARTS CENTRE PLC ARMIDALE
Guest Speaker - former PLC Armidale student

Catherine Armitage (1979)

*Senior Writer, Innovation and Ideas,
Editorial Writer Sydney Morning Herald*

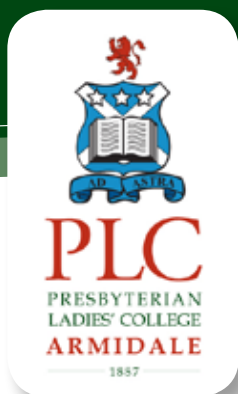
Guild Drama

Thursday 8 December 2016

12.15pm

DOROTHY KNOX CENTRE, PLC ARMIDALE

Educating successful women of tomorrow in a Christian environment.



Please join us for the
**JUNIOR SCHOOL
2016**

*Presentation
Evening*

Thursday 24 November 2016

5.45pm for a 6.00pm start

PLC Armidale Astra Arts Centre



Educating successful women of tomorrow in a Christian environment.

Junior School News



Ainslie Breckenridge, Head of Junior School

A few weeks ago our Years 5 and 6 girls sat the Newcastle Primary Mathematics Competition. This has been running for 36 years. It commenced in 1981 with 2337 students from 70 schools participating and it has now grown to the point that 18889 students from 337 schools entered in 2016.

PLC Junior School students performed incredibly well this year. Congratulations to all our girls who participated in this event. Below is a list of the girls who achieved a Merit, Distinction and High Distinction.

Year 5

Distinction

Emily Thompson, Makenzie Robertson, Harriet Gilpin, Gabrielle Cotterell, Poppy Broun, Laura Smitham

Merit

Lucy Young, Catherine Alcorn, Zoe Martin, Chloe Davison

Year 6

High Distinction

Destiny Mills

Distinction

Emma Dauparas

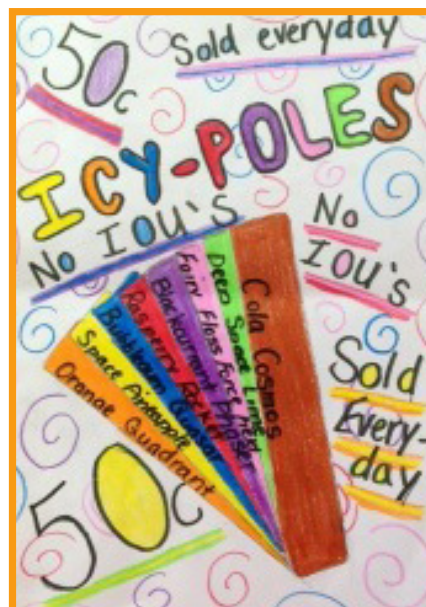
Merit

Amelia Wake, Lucinda Caldwell, Heidi Martin, Pip Constable

Premier's Reading Challenge

This year we had 54 girls complete the Premier's Reading Challenge. A great effort from everyone. The PRC is a wonderful way to not only get students reading but also provides a vast array of different books for the girls to read. We support the PRC in the Junior School as it encourages the girls to read a wide variety of books that they may not normally read. It gets students thinking 'outside of the box' and taking a risk in reading something new.

Congratulations to all the girls who persevered and a big thank you to parents who helped in the process.



The Year 6 girls are fundraising to purchase a gift for the Junior School. This will be presented at the Presentation Evening. The Icy Poles will be sold during the second half of lunch, at the Undercroft of the Junior School.



Gondwana Auditions

Constance Rolfe - Junior Music Teacher and Director of Bel Canto Ensemble

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: Gabrielle Cotterell (Year 5), Sarah Hughes (Year 8), Lily Neilson (Year 8), Isabelle Taylor (Year 8), Mia Emanuel (Year 9), Jessica Hughes (Year 10), Lucy Quast (Year 10), Dakotah Love (Year 11) and Jessica Tan (Graduated Year 12).

Gabrielle Cotterell is the youngest student in the New England Region to be selected and both Mia and Lucy have also been selected to go with Gondwana on their International Tour to Europe next year.

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



In House Concerts

Matthew Minter, Director of Music

The Inaugural Wind and Brass In House Concert was a success last Wednesday.

We had twenty girls performing in the School Band, which can now be called a Concert Band!

A great mix of instruments and a very enthusiastic and committed group of players. For many girls it was their first performance in the wind ensemble.

Congratulations also to the three Junior School ensembles, led by Mr Paul Marshall. The performances were tight and expressive. Well done! It was exciting to hear one of Mr Marshall's own compositions featuring in the program.

The audience were treated to some lovely solos by Eva Goswell, Thurkka Jeyakumar, Emma Ward, Natalie Brennan, Agnes Thwaites and Flurina Detweiler. Congratulations to all!

It was very inspiring to see beginnings of our strategic plan to develop the wind and brass programs at PLC coming to fruition! Stay tuned!

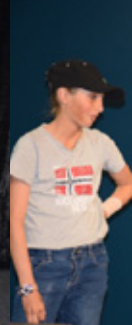
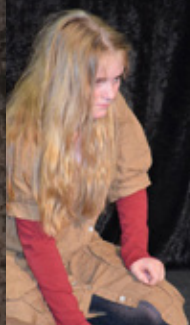


Annual String Soirée

Deidre Rickards, Director of Strings

The PLC community is invited to bring friends for a one hour showcase of our fabulous Junior and Senior Strong Orchestras as they present in concert lovely repertoire for Strings. Joining us will be some of our String Alumni (Eliza Scott, Jess Hughes and Charlotte Low have confirmed their attendance) and we have Mr Minter's wife, Oboist Li Ling Chen playing a Marcello work with the Senior Chamber orchestra.

Details of this event are on the flyer which is included in this edition of Lions Roar.



Annual Starry Night of DRAMA



Erin Foster, Drama Teacher

On October 31st, PLC hosted A Starry Night of Drama. This is our annual Drama showcase, now in it's third year. As always, the girls were 'stars' showcasing their ability to perform before a live audience - even some of our most quiet and most reserved students showcased their inner extrovert. The night is a mixture of students who undertake Speech and Drama as a co-curricular activity with Mrs Jan Patterson and those who chose Drama as an elective subject for their Stage 5 studies with Ms Foster.

It is always a delight to watch students flourish within the creative and performing arts and Mrs Patterson and Ms Foster would like to thanks all parents who have supported this event and Mrs Paula Goode and Mrs Sarojni Kumar who always provide a lovely supper for us to enjoy.

Mrs Patterson and Ms Foster would also like to thank Agnes Thwaites, Brooke Fuller, Selina MacDougall, Georgia Hutton and Elizabeth Mackie, five talented Hospitality students who gave up their Sunday to prepare the supper with Mrs Goode. It really is wonderful to work and learn in such a naturally collaborative environment.

We hope to see you all again next year.





NSW Reconciliation Council Schools Art Exhibition Launch

Saumarez Homestead, 4 November.

Anna Caldwell, Head of Senior School

Year 7, and eight of our Indigenous Students attended the official launch of the NSW Reconciliation Council Schools Challenge Art Exhibition at Saumarez Homestead, where the winning art works are on display. The NSW Schools' Reconciliation Challenge is an art and writing competition designed to inspire young people in NSW to engage with Aboriginal cultural heritage and to participate in the reconciliation process.

This years theme 'Always was, Always will be', explored the spiritual and cultural connection to land that Aboriginal people have maintained for thousands of years and highlighted that while we must never forget our history, we have also enjoyed shared progress.

Local Elder and custodian of this land, Steve Widders, of the Anaiwan people, gave the Welcome to Country and then talked about the importance of this initiative, building respect and understanding and his wish for all Australians to work and walk together in our global village.

The girls also heard from Bevan, who works at the Armidale Aboriginal Cultural Centre and Keeping Place, about what they do at the center, including educating international groups who visit Armidale and they also hold many art exhibitions throughout the year. He also brought along some 'bush tucker' to try, including a bush seed dukkah and lemon myrtle tea.

NSW Reconciliation Council is the peak representative body for reconciliation in NSW. Their vision is to create a reconciled, just and equitable community for Aboriginal and Torres Strait Islander peoples and other Australians.



PLC Pathways News

Chris Spencer, Director PLC Pathways

If I had harboured any belief that it would be a challenge to interest PLC families to become involved in the Pathways initiative when I started in August, it was demolished immediately. In the first week, I was approached by numerous members of the PLC community to express enthusiasm for PLC's initiative to develop this unique course. The narrative was consistent – PLC families want to share their lives with our overseas girls.

And the sentiment is mutual. The families entrusting their daughters to PLC want their daughters to experience life in Australia, have broader horizons and understand the culture and way of thinking that forms our society.

In the year that Pathways' girls will join our school, there are many ways that we might foster these important relationships, but it seems timely to broadcast Homestay as a particularly significant opportunity for involvement.

Homestays are the chance for our overseas girls to be drawn into the family life of the PLC community. Ideally, one or perhaps two girls of a similar age to an Australian PLC girl would go home for a holiday break or weekend from time to time and live an Australian lifestyle. It might include travel, or spending time on a farm, or just doing what the family generally does in that holiday break. There are opportunities for all parties to learn more about each others' language and culture. And who knows? Perhaps the invitation will be reciprocated one day!

I would invite interested families to contact me at cspencer@plcarmidale.nsw.edu.au for more information about what a homestay entails.

WE NEED YOU!



People are PLC Armidale. To commemorate the College's 130th milestone next year, PLC Armidale is planning to celebrate in a very special way. We are compiling a pictorial, coffee-table style book which will feature the College's history, family recipes, anecdotal stories about the College, its gardens and most importantly its people, the students and staff who have made PLC Armidale the flourishing place it is today. It is expected that this commemorative publication will be available for purchase in December 2017.

In compiling information and stories for this book, the PLC Armidale Development Office would like to hear from you, particularly if you have a favourite family recipe you would like to share. If you could please submit your recipe BY JANUARY 31, 2017, we will then organise a number of "cooking days" to prepare, cook and photograph your recipe. We would also enjoy hearing your / or your family's story to include with it.

This will be no ordinary Recipe Book for purchase. It will be a hard back, coffee table style commemorative keepsake, which tells a story of the College's history through its gardens, food and families. For more information, please contact Shona Eichorn, Director of Development, on development@plcarmidale.nsw.edu.au



Hawkesbury Canoe Classic ... A Starry Night of Paddling!

Anna Caldwell, Hawkesbury Canoe Classic Coordinator

The 40th Hawkesbury Canoe Classic saw the largest contingent of PLC paddlers to date 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 11 girls paddling, 4 student all girl crews and 3 father daughter crews. After our boat naming ceremony, which was held after assembly on Monday, the boats were loaded on to the trailer, ready to make the trip to Sydney.

We travelled down on Friday and stayed at the Avina Village Family Holiday Park. A briefing was held before breakfast on Saturday morning, before we 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.

The weather forecast threatened rain and thunderstorms. However, we were blessed with almost perfect conditions. The tides were with the paddlers for most of the way, the water was calm...but there was no moon! When the clouds cleared, the stars came out but it was pitch black out on the water.

Our all girl crews, Kate Biddle and Tara Price, Ella Atkin and Grace Lehman, Nikki Yates and Sophie Hansen, Julia Chambers and Paige Jackson set off at 4.30pm and our three father daughter crews of Chloe and Greg Stier, Brianna and Matthew Robertson and Jessica and Michael Chambers set off at 4.45pm. 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. Unfortunately for Sophie and Nikki, ill health set in between Sackville and Wisemans and at checkpoint F, after 47.4km and 7 hours 57 minutes of paddling, they were withdrawn from the event. Our 6 other crews had a brief stop for food, a change of clothes and to stretch 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. Chloe and Greig finished first out of all the PLC crews. Their finish was exciting, as they came in, in a dead heat with Andrew and Nick Kirk – the fastest adult/junior mixed pairs at 6.30am.

Ella Atkin and Grace Lehman were incredibly determined and finished first out of the Junior Ladies Rec 2 boats and were our first all girl crew in at 7.52am.

Kate and Tara enjoyed a gentle start to the event, but picked up the pace to come in third out of the PLC crews and broke the Hawkesbury Canoe Classic

lion's roar

TERM 4 - 11 NOVEMBER 2016 - VOL 271



record for the Junior Ladies L Rec 2 class in a time of 15hrs 35 mins and 38 seconds.

Brianna and Matthew Robertson paddled well together and crossed the finishing line in style and with enormous smiles at 8.05am. Jessica and Michael Chambers also enjoyed their time paddling together and came in fifth, at 8.20am. Julia and Paige finished sixth coming into Brooklyn at 10.40am.

The event is run by hundreds of 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, all working together to not only give all paddlers an amazing event and for some a life changing experience, but to raise funds 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 Will Caldwell and all the staff who assisted from TAS, for all their organisation and hard work to make it such an amazing, collaborative and successful event.

	Time	Handicapped Time
Ella A and Grace L	15.21.42	HC 11.31.16
Kate B and Tara P	15.35.38	HC 12.47.13
		* New HCC Record
Paige J & Julia C	18.07.01	HC 14.51.21
Sophie H & Nikki Y	7.57.00	
Chloe and Greig S	13.45.20	
Brianna and Matthew R	15.22.52	
Jessica and Michael C	15.43.00	





Annual

String Soirée

Featuring Junior and Senior String Orchestras
plus String Alumni

Tuesday 29 November 2016

6.30pm - 7.30pm

Light supper and refreshments available afterwards

Astra Arts Centre, PLC Armidale

Adults \$15 • Children FREE

Tickets will be available at the door



Educating successful women of tomorrow in a Christian environment.

lion's roar

TERM 4 - 11 NOVEMBER 2016 - VOL 271



Development and Enrolments

Shona Eichorn, Director of Development

Sally McCook, Enrolments Manager



PLC Armidale Calendar for 2017 – for sale at end of year events

In preparation for the celebrations of the 130th Anniversary of PLC Armidale in 2017, we have produced a College Calendar. It will be available for purchase at the various end of year events. More details in the next Lion's Roar.

At PLC Armidale ... It's personal

This term, as every term, PLC Armidale offers personalised Experience Days for any prospective student interested in spending a day or two for a taste of life at PLC Armidale, whether in Junior or Senior School. Should you know of anyone interested, please contact our Enrolments Manager, Mrs Sally McCook. Our Junior School is also offering special personalised Kindergarten Orientation days on the following Friday mornings: November 11 and 18 from 9am -10.30am. So, please share this information with your family and friends who may have a little one ready to start school in 2017.

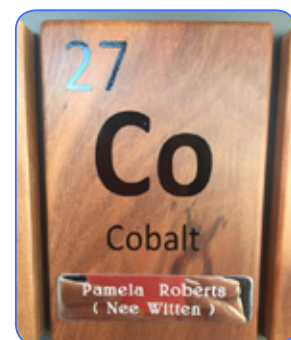
Purchasing an Element.

Give the Gift of a PLC Armidale Periodic Table element this Christmas!

This is the final opportunity for you to purchase a piece of PLC Armidale history!

Why not team up with others in your year group or Elective class, pool your resources and make a purchase. For just \$300 you could have eg. Silicon, Indium, or even Beryllium, to name a few! Please contact me for further details.

Here is an example of what your plaque could look like on the PLC Armidale Periodic Table:



Advocacy

As you know, any organisation's best form of promotion is "word of mouth". Each experience adds to our own opinion. At PLC Armidale, we value your opinion and appreciate that you will share. We have no doubt that you know a young girl in our community who would benefit from an education at PLC Armidale, please encourage her (and her family) to contact Enrolments Manager, Mrs Sally McCook and start the conversation. We very much appreciate your personal recommendations.

Social Media

... and don't forget to like and follow us on Facebook!



PLC Armidale Foundation

Ignite Campaign for the Science Laboratories

In 2015 and 2016 PLC Armidale Foundation has been proud to assist the school in fundraising for the much-needed upgrade of the School's science laboratory facilities through its *Ignite*

Campaign. This rebuilding and refurbishment project is now completed and students are enjoying the use of four state of the art science laboratories plus modern preparation rooms.

I am very pleased to announce that Foundation has raised 80% of its target of \$100,000 – thank you to everyone who has donated so far.

You can still be involved!

Foundation is embarking on a final 'spark' to raise the remainder of its campaign target. Through the purchase of one of the elements of the Periodic Table you can contribute to the project and have your name – or that of your family, or a family member -- immortalized forever on the beautiful Periodic Table Donor Recognition Board built by PLC Armidale teacher Mr Jason Browne. The Board takes pride of place on the wall outside the laboratories, and each of the elements has been hand-crafted in a beautiful wood. I urge you to take a look next time you are in the Senior School – it is a true piece of art.

To purchase your tax-deductible periodic table element by direct deposit to the PLC Armidale Foundation:

BSB: 032 607

Account No: 142722

Reference: Full name

or go to: www.plcarmidale.nsw.edu.au

lion's roar

TERM 4 - 11 NOVEMBER 2016 - VOL 271

Successful Women's Series 2017

Save the date! Wednesday 8 March 2017

Foundation is proud to announce its 2017 Successful Women's Series guest speaker will be the Chief Scientist for New South Wales, Professor Mary O'Kane.

Coinciding with International Women's Day, *Successful Women* is always a highly enjoyable PLC Armidale event and attracts over 120 guests to network, learn and be inspired.

Sponsorship Opportunities available

Would you like to feature as one of the sponsors of this signature event? The Successful Women's Series is a unique marketing opportunity for businesses to promote their product or service to a diverse audience of local business people, professionals, academics and educationalists, and Foundation is keen to support PLC Armidale family businesses.

If your business is interested in either a Gold or Platinum sponsorship opportunity please phone Foundation Chair Mrs Deb Martin on 0417 624 618 to discuss the sponsorship package and benefits.

1

SOLD

Hydrogen

2

SOLD

Helium

3

SOLD

Lithium

4

Be

Beryllium

11

SOLD

Sodium

12

SOLD

Magnesium

19

SOLD

Potassium

20

Ca

Calcium

21

Sc

Scandium

22

SOLD

Titanium

23

V

Vanadium

24

Cr

Chromium

25

Mn

Manganese

26

SOLD

Iron

27

SOLD

Cobalt

28

SOLD

Nikel

29

SOLD

Copper

30

SOLD

Zinc

31

Ga

Gallium

32

SOLD

Germanium

33

SOLD

Arsenic

34

SOLD

Selenium

35

SOLD

Bromine

36

SOLD

Krypton

37

Rb

Rubidium

38

Sr

Strontium

39

Y

Yttrium

40

Zr

Zirconium

41

Nb

Niobium

42

Mo

Molybdenum

43

Tc

Technetium

44

Ru

Ruthenium

45

Rh

Rhodium

46

Pd

Palladium

47

SOLD

Silver

48

Cd

Cadmium

49

In

Indium

50

Sn

Tin

51

SOLD

Antimony

52

Te

Tellurium

53

I

Iodine

54

SOLD

Xenon

55

SOLD

Cesium

56

Ba

Barium

57-71

72

Hf

Hafnium

73

SOLD

Tantalum

74

SOLD

Tungsten

75

Re

Rhenium

76

SOLD

Osmium

77

SOLD

Iridium

78

SOLD

Platinum

79

SOLD

Gold

80

SOLD

Mercury

81

SOLD

Thallium

82

SOLD

Lead

83

Bi

Bismuth

84

Po

Polonium

85

At

Astatine

86

SOLD

Radon

87

Fr

Francium

88

Ra

Radium

89-103

104

Rf

Rutherfordium

105

Db

Dubnium

106

Sg

Seaborgium

107

Bh

Bohrium

108

Hs

Hassium

109

Mt

Meitnerium

110

Ds

Darmstadtium

111

SOLD

Roentgenium

112

Cn

Copernicium

113

Uut

Ununtrium

114

Fl

Flerovium

115

Uup

Ununpentium

116

Lv

Livermorium

117

Uus

Ununseptium

118

Uuo

Ununoctium

57

La

Lanthanum

58

Ce

Cerium

59

Pr

Praseodymium

60

Nd

Neodymium

61

Pm

Promethium

62

SOLD

Samarium

63

Eu

Europium

64

Gd

Gadolinium

65

Tb

Terbium

66

Dy

Dysprosium

67

Ho

Holmium

68

Er

Erbium

69

Tm

Thulium

70

Yb

Ytterbium

71

Lu

Lutetium

89

Ac

Actinium

90

SOLD

Thorium

91

Pa

Protactinium

92

SOLD

Uranium

93

Np

Neptunium

94

Pu

Plutonium

95

SOLD

Americium

96

Cm

Curium

97

Bk

Berkelium

98

Cf

Californium

99

SOLD

Einsteinium

100

Fm

Fermium

101

Md

Mendelevium

102

No

Nobelium

103

Lr

Lawrencium

119

SOLD

name it

120

SOLD

name it

ignite

THEIR PASSION FOR THE SCIENCES

Support PLC Armidale by making a once in a lifetime purchase of an element on the PLC Armidale Periodic Table.

create your own @ \$500 each

create your own
@\$500 each





Pastoral Care Conversation

Anna Caldwell, Head of Senior School

The Acts of Giving and Kindness

Did you know that witnessing acts of kindness produces oxytocin, which aids in lowering blood pressure and improves our overall heart health? Oxytocin also increases our self-esteem and optimism, which is extra helpful when we are feeling anxious or shy in a social situation.

Did you know that kindness can be taught? A researcher from the University of Wisconsin says 'It's kind of like weight training, we found that people actually build up their compassion 'muscle' and respond to others suffering, with care and a desire to help.'

Did you know the positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to 'pay it forward'. This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people.

Did you know that perpetually kind people have 23% less cortisol (the stress hormone) and age two times slower than the average population!

Observing the positive impact of giving on the lives of others can elicit contagious feelings of joy. This joy was felt by all who recently listened to our girls who shared their experiences of giving on their Social Service Learning trips to Thailand and Fiji. They gave up their holiday to give to others less fortunate than themselves and experienced the phenomenon called the 'helpers high', which is the feeling that you get when you are kind to another person. The brain's pleasure and reward centres light up as if you were the recipient of the good deed, not the giver.



NOVEMBER 13TH IS WORLD KINDNESS DAY!

A global 24-hour celebration dedicated to paying-it-forward and focusing on the good.

lion's roar

TERM 4 - 11 NOVEMBER 2016 - VOL 271

We hold social service and the act of giving and doing for others, as one of our strongest Christian values. It is embedded into the program for every year group at school and is the focus of the end of each year with our Activities Week. When old girls come back to school and talk about what they have done since leaving school, they all talk about their experiences of volunteering and working with the less privileged. Paying it forward.

At this time of year I have the pleasure of signing off numerous completed Duke of Edinburgh's Awards and the list of social service activities that have been performed on a regular basis over the course of the year is long and impressive. From donating hair to make wigs for people with cancer to doing chores for the elderly; looking after animals at Wires and the RSPCA to assisting disabled children learn to ride; knitting squares to make blankets for Wrapped with Love to feeding the homeless. The acts of giving and kindness are many and greatly appreciated.

Kind, positive school environments ensure that students learn more and at a faster rate, learning is easier and more enjoyable for everyone. Research has found that students perform better in tests when they feel safe, happy and valued and are in a kind and positive environment. Every Pastoral Care Class has worked on a social service project throughout the year and have given generously with their time and pocket money for projects such as Operation Christmas Child and Days For Girls, and they even donated blood with the Red Cross.

On November 13, the world will celebrate World Kindness Day.

What kind acts are you going to do to make someone else's day?

"WHEN WE FEEL LOVE AND KINDNESS TOWARD OTHERS, IT NOT ONLY MAKES OTHERS FEEL LOVED AND CARED FOR, BUT IT HELPS US ALSO TO DEVELOP INNER HAPPINESS AND PEACE."

—DALAI LAMA



Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Michael Grose

Earning the right

Earning the right and not assuming a sense of entitlement is a life lesson parents, teachers and coaches must instil in children.

On talk-back radio recently I heard a caller tell a timely story about how as a child she was lucky enough to receive riding lessons from a renowned horse expert.

He had one condition. She had to earn the right to be taught to ride a horse. That meant she had to muck out the stables; brush and feed the horse; look after the gear and do everything else required to look after a horse. Only when she'd proved herself could she earn the right to ride a horse under his tutelage.

This caller said this powerful lesson shaped her entire life. It taught her that there were no entitlements in life; to work hard and value her achievements. She never took anything for granted.

Contrast this with the extraordinary sense of entitlement of Australian tennis players Nick Kyrgios and Bernard Tomic who routinely treat the public, players and the game that serves them well, with utter disdain. Their attitude of entitlement is mind-boggling, not to say embarrassing to reasonable-minded, hard-working people.

Our kids should earn the right

The talk-back caller's earning the right story is

a fabulous lesson for all parents and teachers. If we want to raise a generation to appreciate what they have, then we shouldn't give children or young people everything on a platter. In an era of small families, child pester power and relative affluence it's tempting to simply give kids what they want.

"Dad, can I have a...?"

"Sure!"

The Rolling Stones were right four decades ago when they sang, "You can't always get what you want!" Those words form a great child-rearing lesson. That is, just because you can provide something for your kids, doesn't mean that you do.

They need to earn the right to have something by saving, working for or simply waiting until they are old enough to appreciate it.

Similarly, kids don't automatically have a right to greater freedoms such as going out at night; those rights need to be earned by proving they are trustworthy.

Also, kids who think they are entitled to use a part of the house such as a living room without cleaning up mess are acting with a false sense of entitlement.

In fact, there are no entitlements, only rights. And rights are earned by being responsible.

A child has a right to use the living room but they also have a responsibility to clean up a rather than leave it a pigsty. A night banished to their room is a reminder that spending time in the living room is not an entitlement. It's a right that comes with conditions.

Earning the right! A simple phrase with so much complexity.

I suspect it's a phrase that neither Nick Kyrgios or Bernard Tomic heard much when they were growing up. Maybe their parents thought their prodigious talents excused them from having conditions placed upon them. If so, they did them no favours as good manners, gratitude and graciousness appear to be lacking in their social repertoires.

It usually takes a parent, teacher or coach to remind kids that they have to earn the right to have things, to do things and ultimately to be respected. That's a lesson that stays for life.

Michael Grose 



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



parentingideas.com.au

© 2016 Michael Grose



ayo
Armidale
Youth
Orchestras

2pm
Sunday 13 November 2016
Lazenby Hall, UNE

GALA CONCERT



Armidale Youth Orchestras Gala Concert 2016

Sunday November 13 at 2pm

Lazenby Hall, University of New England

TICKETS: www.trybooking.com/NFWD • Family: \$35
Adults: \$15 • Pensioners/students \$10 • Children \$5



NIAS is a not-for-profit community based organization

The Northern Inland Academy of Sport (NIAS) has great pleasure in inviting you to the 2017 inaugural **National Football Camp (NFC)**.

The NFC is an inclusive football camp catering for athletes of all standards for Primary and Secondary School students **aged U12, U13, U14, U15 and U16's in 2017**.
The NFC will be held over the week **22nd – 25th of January** and will be hosted in the beautiful city Armidale is the thriving hub of the New England Region of NSW and is renowned for its amazing scenery and first class education facilities.

The NFC has the support of **Newington College's** Head of Football Brian McCarthy and is fully endorsed by **Northern NSW Football** who will be providing high profile coaches as special guests in support of this camp.

Headlining the NFC will be Head Coach **Brian McCarthy**. The quality of every Session, Theory or Practical as well as materials and pre event publicity will be of a quality level in keeping with Brian's 12 years of top International Football Involvement at 4 European Championships, 3 World Cups, and 2012 EURO Finals Series with the Irish National Team.
During his time in European Football Brian worked very closely with Giovanni Trapattoni, Marco Tardelli, Sir Bobby Robson, Martin O'Neill, Roy Keane, Robbie Keane, Damien Duff, Steve Staunton, Packie Bonner, Alan Kelly, Kevin MacDonald, Paul Clement (Bayern Munich Asst Manager), Les Reed (present Southampton Academy Director and former English FA Technical Director), Brian Kerr, Steve Walford, Steve Guppy, etc. Brian's son is a current talent scout working for **Jose Mourinho** at **Manchester United**

The National Football Camp is a football (soccer) camp for both **boys and girls** aged U12, U13, U14, U15 and U16's from across the country taking place in a three-day comprehensive football camp. The NFC embraces **inclusivity, enjoyment, friendship in sport and sportsmanship** as its core values.



NIAS is a not for profit community based organisation and we cannot thank you enough for your support as we continue to 'Develop Potential both on and off the field'.