

lion's roar

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From the Principal

Mrs Nicola Taylor, Principal

I trust this edition of the Lion's Roar does justice to the energy and enthusiasm which has characterised PLC Armidale over the past two weeks. A very big thank you to our parents, girls and staff for being so understanding and flexible in the last minute change of venue for our Athletics Carnival. The support of the local community to facilitate this change was outstanding. A special thanks to Jay Stone of the Armidale Athletics association for his professional advice and assistance in the preparation of the Harris Park venue. Thank you also to the P&F led by Catering Coordinator Kim Taylor for operating the Canteen so capably in unfamiliar circumstances and for all the willing helpers on the day. The girls themselves rose to the occasion with two longstanding track records being broken at the Carnival.

The display of community continued throughout the weekend with the Celebration Ball and Mother's Day brunch. Thank you to the PLC String Quartet led by Jessica Hughes (Year 11) who set the tone for the pre-dinner drinks at the ball, for the Prefects who welcomed, the Hospitality students who waitressed and the Duke of Edinburgh Students who babysat so that parents could enjoy what was an evening of feasting and fun! The Ball will be a much remembered event as it epitomized the heart of PLC Armidale. Past, present and future families coming together in a very visible show of appreciation and support for the provision of a high quality education for girls in a regional setting. A special thanks to Mrs Shona Eichorn who steered the

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calendar^{OF} events

12 TO MAY 2017

PLC Performs	12/5/2017
Yr 7 English (Twelfth Night)	12/5/2017
SRC Starlight Foundation Movie Night	19/5/2017
Cattle Team to Warialda Show	12-13/5/2017
IGSSA Cross Country	12/5/2017
Yr 8 NEMA Maths Day	12/5/2017
Boarding Schools Expo - Dubbo	19-20/5/2017
Eisteddfod Choral Evening	16/5/2017
Eisteddfod Composition Workshop and Awards	17/5/2017
Years 3 to 6 PSSA Cross Country Championships	17/5/2017
Years 11 and 12 Vaccinations	25/5/2017
Eisteddfod Strings and Chamber Music	21/5/2017
Year 12 HSC Booster Day	22/5/2017
Eisteddfod New England Championship	26/5/2017
Year 7 Vaccinations	25/5/2017
PLC Armidale Exchange Students (Year 9) to Columba	21/5/2017
Years 11 and 12 HSC Study Day at UNE (History)	26/5/2017
Year 11 Exams	11-16/5/2017

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organising committee and worked tirelessly with all of the groups involved to ensure the evening was such a success.

Our students continue to show resilience in the face of challenge with the Year 3, 5, 7 and 9 students undertaking the NAPLAN examinations this week with serious intent. Most were also preparing along with many other students for the commencement of the Eisteddfod Season to be launched by our dress rehearsal event PLC Performs this evening. I wish the girls well both individually and collectively in the various events entered. What is most encouraging is that the girls are motivated not by a desire to win at all costs, but a determination to give of their best to showcase their best.

Congratulations also to Mia Emanuel (Year 10) and Sarah Askey (Year 11) who have both been selected as members of the Hockey NSW Performance Squad to participate in an elite athlete training program. We are very blessed as a school community to have such display of talent and accomplishment across such a broad range of endeavours.



Paris Whibley in Year 9 displayed her whip cracking prowess after this week's Assembly. Paris recently performed exceptionally well at the Sydney Royal Easter Show.



Senior School Notes

Anna Caldwell, Head of Senior School

What a fabulous start to the term! Congratulations to everyone who participated in the Athletics Carnival with such enthusiasm and thank you to all the staff, parents, old girls and UNE students who helped run all the events. It was a fabulous day.

MYAT and NAPLAN

This week saw our students in Years 5 – 9 sit the Middle Years Ability Test on Monday and Years 3, 5, 7 and 9 sit NAPLAN on Tuesday, Wednesday and Thursday.

Eisteddfod

Next week sees the start of the 2017 Eisteddfod and our girls will be performing in numerous music events held at NECOM and Lazenby Hall. With both the Music and Speech and Drama Eisteddfods, please remember to contact the school in writing (email) to notify of any/all absences from school due to performances.

Sport Uniform

The school sport uniform is to be worn for all PE lessons and sport training before, during and after school. Long black skirts/sports leggings are permitted to be worn under their shorts during winter as an extra layer.

White socks for sport. Girls are to wear white sport socks for all PE lessons. It is not hygienic or appropriate to wear the long winter green socks or stockings.

Mothers' Day Brunch



What a wonderful way to celebrate all our Mums do for us at PLC Armidale, by sharing an early casual Mothers' Day Brunch in the gardens at the College in glorious Autumn sunshine!

Wishing all our PLC Armidale Mums and Grandmothers a very special and Happy Mothers' Day this coming Sunday, May 14.

Thank you for all you do for our PLC Armidale community.





Junior School News

Fiona Wake, Head of Junior School

Autumn Masterpiece!

Character Strength:

Why Care About Character? Performance character refers to 'those qualities needed to realise one's potential for excellence – to develop one's talents, work hard, and achieve goals (Richard V. Reeves, Joanna Venator, and Kimberly Howard in 'The Character Factor: Measure and Impact of Drive and Prudence).

Prudence – Let's reflect upon this Performance Character

Prudence is care, caution, and good judgment, as well as wisdom in looking ahead (Dictionary.com). Learning about this character strength helps students to develop attitudes that help them to be more focused and applied learners. It is important to teach students that there are gains to be made when one works hard and aims to always achieve their best. How does this character strength relate to what is happening across the Junior School at PLC?

As the school prepares for and participates in NAPLAN and MYAT Testing and Eisteddfod performances across the following fortnight it is important for them to keep perspective, remain focused and always work to achieve their best. When students have this attitude towards learning they move closer to achieving personal and academic goals and developing prudent skills for doing well in life (Richard V. Reeves, Joanna Venator, and Kimberly Howard in 'The Character Factor: Measure and Impact of Drive and Prudence).

At PLC we help students understand if they practise their musical instrument regularly and fine tune their skills by attending lessons and taking advice from their musical coaches, they will one day reach their goal of performing on stage or furthering their talents in their chosen musical field. Prudence is seeing what is ahead, what is achievable and what steps need to be taken to move toward obtaining success. It requires one to be patient, resilient and display perseverance.

At PLC we assist students to understand that certain actions within the playground and classroom require good judgment and self-control. That is why we have thoughtful, kind and considerate students who work hard at getting along with others and being respectful.

At PLC students are taught to care for others. Their good judgment establishes friendships, tolerance and understanding of differences.



May I be ever so prudent in saying that PLC students strive to develop the wisdom of always looking ahead and creating pathways in light of becoming the best they can be. They are encouraged to hold faith in knowing that hard work and perseverance will bring about reward!

WORKING BEE and BBQ Lunch: Sunday 28th May

9 am – 12 noon: The Hard Yakka! LUNCH: 12 noon. Bring along some meat for the BBQ and an Esky to house your refreshments. Lunch will be provided for the children along with salads, bread rolls and dessert for the adults.

Working Bees are more than just rolling up your sleeves and working on your weekend!



The most important role of a parent is to be receptive and encouraging to their son or daughter learning. Rob Mason, dad and KidsMatter Primary's Victoria Coordinator says research spanning several decades shows clear benefits for children when schools and families work together. "It shows that when school staff and families partner together, a caring school community develops around students. This

makes a significant positive difference to the wellbeing and learning capacity of students. So lets do it...

Let's tap into the skills set of our community, roll up those sleeves, put on the rubber boots, paint clothes and gardening gloves and work together to build community and create an aesthetically pleasing environment for our girls.

More information about the Working Bee will be emailed to you closer to the date of this event. However for catering purposes, please indicate your willingness to participate to fwake@plcarmidale.nsw.edu.au. I would greatly appreciate your support to make this event a success and to share in a conversation over a well-earned lunch.

WORKING BEE JOBS

- Preparing the Homework Centre for painting – internal
- Repainting the snake that occupies our path to the Pre K Building
- Outside Furniture – painting legs
- Renovating the Global Garden;
 - ☐ Weeding/repairing trellises
 - ☐ Repair Teepee in Global Garden
 - ☐ Repairing watering system – Global Garden
- Plastic Blinds – Homework Centre
- Refilling sandpit - sand
- Paving – outdoor chessboard
- Pressure hose Undercroft area – ideas on removing stains?



Your help would be greatly appreciated! Please email fwake@plcarmidale.nsw.edu.au if you are able to assist on this day.



MYAT, NAPLAN & ICAS

MYAT Testing – Middle Years Ability Test Years 5 and 6

NAPLAN - Years 3 and 5 have been participating in NAPLAN this week. As communicated from previous years, NAPLAN is only a 'one off' test and we ensure that multiple assessing techniques are used at PLC to gain a broad understanding of where our students are situated academically.

NAPLAN Schedule 2017		
Tuesday 9 May	Wednesday 10 May	Thursday 11 May
Language Conventions Writing	Reading	Mathematics

Tuesday 9 May was the beginning of our NAPLAN testing and I am very proud of how the girls have approached this task. On Monday I talked to the girls about perspective in attempt to ease the anxiety that some students experience when undertaking testing for the first time or in their early years of education. The following information published by BrisbaneKids may help when you are having discussions with your daughter about their concerns relating to the NAPLAN Testing or any form of testing they are required to undertake across the course of their education.

1. DISCUSS

Discuss a "try your best" attitude to exams in your home if NAPLAN is mentioned – be clear to your kids you are proud of the effort they put in, and you are less concerned about the outcome (i.e. the marks they get and how they compare to others – as many factors out of your child's control affect these).

2. EXPLAIN

Explain how exams are at least a little bit stressful for everyone – maybe share an appropriate story about a time when you had to complete an exam and found it stressful, but you just tried your best and got through it (this "normalising" of stress is helpful for many children).

3. PLAN A REWARD

Ask your kids to come up with some ideas for activities you could do as a family on the weekend after NAPLAN – discuss it as a "reward" for your child trying their best with NAPLAN. This will reinforce your "try your best" attitude to them and give them something else to think about and look forward to after the week of NAPLAN.

4. PRACTICE this has been done leading up to the testing that began today. The girls have been well prepared and have been exposed to the format and style of questioning presented in the NAPLAN tests.

Do some revision of skills and practice questions with your child in the weeks leading up to NAPLAN – if your child's teacher is able to provide you with practice questions to revise in the weeks leading up to NAPLAN, it's a good idea to help your child go through these if they are having difficulty. When they are able to complete some of the questions relatively easily, ask them to complete the next set of questions or re-do the questions they have already done without talking for a set period of time eg 10/20 mins for primary school aged children (to help them practice completing questions in 'test-like' conditions).

5. ENCOURAGE

Encourage your child to read each NAPLAN test question first (quietly in their mind) before answering a question. Also encourage them to look at the other questions on the exam paper before they start working on them and answer the questions they find easiest first (this will help to settle their nerves and improve their confidence during the test). You may need to practice this approach at home with your child using a worksheet to demonstrate what you mean.



ICAS –Science, Maths and English.

Science: 30 May, 2017

English: 1 August, 2017

Maths: 15 August, 2017

ICAS tests are optional and a permission slip has been emailed to you for you to grant permission for your daughter to be registered to sit these examinations. They are challenging exams however do provide an opportunity to assess your daughters performance in these three Key Learning Areas and they also assist to condition students for the anxiety often felt when sitting exams.

Junior School Supervision

This is just a friendly reminder to families that active supervision for your daughter does not begin each morning until 8:15am when the early morning Junior School staff supervision roster commences. It has been brought to my attention that some children are being dropped off prior to this time. Whilst the Junior School Staff at PLC make every effort to ensure the safety of your children, there can be no guarantee that they will be available to provide this prior to 8:15am.

Front Gate Collection – If your daughter is not collected by 3:45pm, they will be taken to the Homework Centre by the teacher on duty were Rosemary Richards will record their attendance. When you arrive to collect your daughter, you will be asked to sign her out and her attendance will incur a \$10 charge.

After School Bus Service – A staff member escorts the girls to the PLC Bus Stop and supervises the girls when they are boarding. Busses are not allowed to leave PLC before 3:35pm to allow time for the children to arrive at the PLC bus stop. If for any reason your daughter misses her bus, we will phone you to organise an alternative pick up arrangement or booking on your behalf to attend the Homework Centre where they can be collected. The Homework Centre closes at 5:30pm.

Tennis – If you daughter participates in tennis coaching on a Thursday afternoon, they are to change into their tennis clothes if required and assemble in the Junior School Foyer where they will be collected by their coach and escorted to the courts. When the weather is unsuitable for outdoor tennis, the girls play under the covered area in the Junior School. The girls will be instructed to wait here until you arrive to collect them.

Thank you for your understanding regarding this matter. It is always the intention of our PLC Junior School Staff to ensure the safety of our students and your assistance and understanding regarding this matter is greatly appreciated.

Athletics Carnival

I would like to thank all of the parent helpers who assisted with carnival supervision last Friday. The smooth running and safety of our students is supported when our parent body willingly commits their time to assist with this.



It's On...

Sign up for the

PLC CHESS CLUB

Where: Mrs Hey's Room

When: Lunchtime on Monday

Enjoy the game played by millions around the world.

All Welcome... Beginners to Expert.

Warning: Chess will drive you to THINK!

Go Ahead, Make Your Move

The Chess game as a tool, to increase higher level thinking skills, advance math and reading skills, and build self-confidence.

Chess develops thinking skills, and chess teaches higher level thinking skills such as the ability to visualize, analyze, and think critically.

It is a universal game, with worldwide rule consistency. Age, gender, ethnic background, religious affiliation, size, shape, color, and language don't matter when playing chess. Everyone is equal on the chessboard.

Chess is one big science experiment; every time you play a game you are testing hypotheses and learning by trial and error.



Pictured left to right receiving their awards: Senior School Age Champions for 2017, and the winning Guild - Macquarie!



Around the Grounds Sports Report

Peter Le Surf, Director of Sport

Sport is a funny thing!

Sometimes we work so hard and try so hard to achieve certain things and just when it is within reach someone comes along and takes it from us. We have worked for years to make it into a representative team and now that we are in our senior years at school we have a "right" to make the team. Then, along comes someone younger, faster and stronger, who trains harder and they steal our place in that team.

For some this can often be the case. Our Principal, Mrs Taylor says that we should "do the hard things!" And the "hard thing" in this case, is that we must look at ourselves and ask whether we put in enough effort to make it into the team. Did we actually put in 100% effort during the trials or did we just coast along thinking that selection trials were a mere formality and we should be in the team because we are older.

Our response here shows our strength of character. Do we go away and sulk? Or do we prove the selector wrong? Do we work extra hard to show that we should have been selected or do we just give up?

Vince Lombardi, coach of NFL teams, once said "Winners never quit and quitters never win!"

At the same time, when we do get selected into the team, do we now just relax, take it easy, because we have finally made it? Andy Murray, world number 1 tennis player, recently said in a television interview that he has never had to work so hard as he has done since becoming world number 1. He said that it was easier getting to the number 1 position than it is to maintain it.

If and when we do get through the trials and make the team is not a guarantee that we are going to stay there. There are younger, faster stronger players out there, all wanting your position in that team. You must work harder than them to retain your spot.

Selecting into a team is limited by numbers. There can only be a limited number of people on the field at any one time. If you want one of those places, you should train harder than one of the people in the team.

If you did not get selected into the team you wanted, pick yourself up, dust yourself off and work hard both on and off the court/field to make the selectors take note, for the right reasons! And if you already made the team, remember there are a lot of girls behind you wanting your spot!

Athletics Carnival 2017

The sky was blue and the grass was green and a light breeze blew across the grounds – we could not have asked for a better day for the Whole School Athletics Carnival.

It was a last-minute decision to move the Carnival to Harris Park, and it was a decision that paid off. The venue was in top condition and it was a fantastic day. It was great to see so many parents coming to watch the girls compete. I was also impressed by the considerable number of girls that did compete.

The Age Champions for 2017

8 years	Anais Dettwiler
9 years	Sophie Young
10 years	Scarlett Loxley
11 years	Sienna Dellow
12 years Junior	Lucy Young
12 years Senior	Cecilia Greig
13 years	Isabella Watts
14 years	Imogen Dellow
15 years	Charlotte Caldwell
16 years	Gracie Martin
17 years	Mackenzie Wood
18+ years	Emma Barnier-Merzliakov

It was an enjoyable day of competition and the records were falling both on the track and in the field.

Event	Time/Distance	New Record Holder
11 years 100m	14.51s	S. Dellow
13 years 100m	13.69s	M. Campbell-Pickering
16 years 100m	13.05s	G. Martin
11 years 200m	30.49s	S. Dellow
13 years 200m	27.87s	I. Watts
11 years 400m	1:15.60	S. Dellow
11 years 800m	2:58.00	S. Dellow
12-13 years (JS) long jump	3.31m	P. Starr
12 years (SS) long jump	3.45m	E. Kirk
18-19 years long jump	4.63m	E. Barnier-Merzliakov
12-13 years (JS) discus	18.31m	L. Young

On the day the total points for each guild:

1st	Macquarie	1512
2nd	Wentworth	1382
3rd	Gregory	1181
4th	Forrest	1177

A fantastic performance from the girls and congratulations to all who competed.



Junior School Sport

Rebecca Ward, Junior School Sports Coordinator

Thank You!

Last Friday, the Whole School Athletics Carnival was held at Harris Park. A huge thank you goes out to the parents who helped to supervise and support our girls as they went about competing in their events. We could not do this without you, and it is reassuring to know that we have the support of our parent community.

NETBALL

The winter netball season has well and truly begun, with a number of girls demonstrating team spirit and loyalty, by turning up every Saturday, to represent PLC Armidale. Games are held on Saturdays at the Lynchs Road Courts.

Trainings:

PLC Red (Primary 2 division) – Friday Lunchtimes in the DKC. Coach – Sophie Hansen, Makenzie Wood

PLC Blue (Go) – Tuesday Lunchtimes in the DKC. Coach – Lucy Keeping, Erica Smith

HOCKEY

Hockey has well and truly begun. Games are held on Saturdays at UNE.

Trainings:

PLC U9 Owls – Thursday Lunchtimes on the Tennis Courts. Coach – Julia Chambers, Sarah Askey

PLC U9 Doves - Thursday Lunchtimes on the Tennis Courts. Coach – Julia Chambers, Sarah Askey

PLC U9 Eagles - Thursday Lunchtimes on the Tennis Courts. Coach – Julia Chambers, Sarah Askey

PLC U11 Magpies - Thursday Lunchtimes on the Tennis Courts. Coach – Makenzie Constable

PLC 3 U13 Lightning – Thursday from 4.00 to 5.15pm. Coach – Carolyn Beresford

The weekly draws for hockey and netball are posted on the Skoolbag app, as well as on the Sport Noticeboard in the Junior School foyer. Please check there to find out game times.

A final reminder... Please return basketball singlets to Ms Ward by the end of Week 5.





Music Notes

Matthew Minter, Director of Music

The Eisteddfod is nearly upon us!

The girls have been working extremely hard with the preparations, with many girls performing in more than ten school ensembles, and several out of school ensembles, making mornings, lunchtimes, afternoons and weekends very busy lately! Altogether there are 34 school ensembles entering in the Eisteddfod this year.

The Eisteddfod commences on Tuesday at Lazenby Hall UNE with the Junior School choirs during the day and the Senior School choirs in the evening.

Please see the attached timetable for a detailed breakdown of events.

COMPOSITION AT THE EISTEDDFOD

A feature of the Armidale Eisteddfod is the composition competition. At the end of last term all the Elective Music students submitted an original composition to the adjudicator, renown Australian composer Luke Byrne. The adjudicator selected four finalists from each section. The finalists will present their works in the Composition Night next week on Wednesday the 17th of May in the final stage of the competition.

Despite the high number of entries for the Composition Eisteddfod, with up to 17 entries per section, PLC has done extremely well with 15 out of the 26 school aged finalists in the competition coming from our College!

Well done girls!

All fifteen finalists will need to perform their works next Wednesday evening and rehearsals have been round the clock for all these ensembles. PLC has been extremely fortunate to have a number of professional and community musicians assisting us with the performance of Agnes Thwaites work for wind ensemble. The Senior School choir will be performing Dakota Love's Major HSC Composition at this event. Could all the girls meet at the Orchestral Rehearsal Room on Wednesday the 17th at 5:15pm in school uniform please.

WIND ENSEMBLE WORKSHOPS WITH MARYANNE PIPER:

A professional clarinet player from Germany, Maryanne Piper, is visiting Australia for six weeks and we have been very fortunate to have her visit us at PLC.

Maryanne, originally from Tamworth, has pursued a very successful career as a soloist and orchestral musician in Europe for the last 14 years. We are very fortunate that she is visiting family in Australia on a short break from her European engagements and is able to play a major role as a soloist in the performance of Agnes Thwaites' composition at the Composition Championship next Wednesday evening. Maryanne is also giving two masterclasses to the Wind Ensemble. We are extremely fortunate to have an opportunity to work with a musician of such a high calibre.

ELICOS MUSIC

The girls in the pathways music program are all participating in the Eisteddfod in a Class Ensemble section. The girls come from a diverse range of backgrounds musically, and they are all enjoying rehearsing a complex piece for mallet percussion ensemble. The girls are very

enthusiastic and highly motivated. They have compiled the work as a class and each girl has a unique role in the group and plays their own melody. The class is very excited about having an opportunity to compete in the Eisteddfod.



TONIGHT!

An invitation to

PLC Performs

We hope you can join us

Friday 12 May 2017

Light refreshments from 5.30pm

Concert commences at 6pm

Astra Arts Centre PLC Armidale

Entry by \$5 donation

ALL GIRLS PRE-KINDER TO YEAR 12.
BOARDING FROM YEAR 5.

Join us on facebook

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

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Armidale Eisteddfod 2017

Date	Arrival Time	Event	Ensemble	Venue	Est. Perform. Time	Transport
Tuesday 16 May	9:00am	CH05	Treble Makers	LazenbyHall	10:00am	Bus both ways
	9:00am	CH01	K-2 Choir	Lazenby Hall	10:45am	Bus both ways
	12:30pm	CH03	3-6 Choir	Lazenby Hall	2:00pm	Bus both ways
	5:30pm	CH06	Jnr Secondary Choir	Lazenby Hall	6:40pm	Own
	5:30pm	CH07	Senior Choir	Lazenby	7:10pm	Own
	5:30pm	CH08	Elective Music Vocal Ens.	Lazenby Hall	8:10pm	Own
	5:30pm	CH09	PLC Bel Canto Ensemble	Lazenby Hall	8:30pm	Own
	5:30pm	CH09	Senior Choir	Lazenby	8:40pm	Own
Wednesday 17 May	9:30am	CH04	3-6 Choir	OTC *	10:30am	Bus both ways
	4:00pm	MC	Composition Workshop	OTC	4:00pm -	Own
	5:15 pm	MCO1 to MCO6	Composition Finals All Composition Ensembles	OTC	Throughout the evening till 7:15 pm	
Tuesday 23 May	12:00pm	ST75	Middle School String Ens.	OTC	12:30pm	Bus both ways
	12:00pm	ST76	Senior Cello Ensemble	OTC	12:45pm	Bus both ways
	12:00pm	ST77	Harp and String Ensemble	OTC	1:15pm	Bus both ways
	12:00pm	ST80	Senior String Ensemble	OTC	1:45pm	Bus both ways
	12:00pm	ST81	Senior String Ensemble	OTC	2:15pm	Bus both ways
	12:00pm	ST79	Middle School String Ens.	OTC	2:45pm	Bus both ways
Thursday 25 May	12:00pm	ST74	Upper Primary String Ens.	OTC	12:30pm	Bus both ways
	12:00pm	EN13	Junior String Trio	OTC	1:00pm	Bus both ways
	12:00pm	EN15	PLC Senior String Quartet	OTC	1:35pm	Bus both ways
	12:00pm	EN15	Year 10 String Trio	OTC	1:55pm	Bus both ways
	12:00pm	EN15	Year 9/10 String Trio	OTC	2:05pm	Bus both ways
	12:00pm	EN15	Year 9/10 Piano Trio	OTC	2:15pm	Bus both ways
	12:00pm	EN16	PLC Piano Quartet	OTC	3:00pm	Bus both ways
	12:00pm	ST78	Upper Primary String Ens.	OTC	3:15pm	Bus both ways
Tuesday 6 June	8:30am	EN07	PLC Year 9/10 Music Class	OTC	9:50am	Bus both ways
	8:30am	EN07	ELICOS Class Ensemble	OTC	10:15am	Bus both ways
	5:30pm	EN20	PLC Wind Ensemble	OTC	7:45pm	Own

* OTC – Old Teachers' College.



Development and Enrolments

*Shona Eichorn, Director of Development
Sally McCook, Enrolments Manager*



Celebration Ball – oh what a fabulous night!!

PLC Armidale shone last weekend in Diamonds, Pearls and Rubies (ie. 60 + 40 + 30 = 130 years) in more ways than one! Around two hundred past, present and prospective families enjoyed the delicious meal provided by PLC Armidale parent, Amanda Kennett and her team from Food Sense, and danced the night away to our sensational band from Sydney, Whooshka! Many sincere thanks to all who gave so generously of their time to assist with the commemorative event, with very special thanks to our Committee who worked tirelessly behind the scenes to make it all happen, along with the myriad of people who assisted in other small ways along the way, including our PLC Armidale students who served, played and babysat on the night.

Mothers' Day Brunch

We hope that all our families who came along last Sunday to our very relaxed PLC Mothers' Day Brunch enjoyed the morning in the glorious Autumn garden and sunshine with their children and others in our community.

Wishing all our fabulous Mums a very special Mothers' Day this Sunday. Thank you for all that you do for your daughters and PLC Armidale.

Principal's Regional Tour

Yesterday, Mrs Taylor and I travelled out west to Narrabri and Coonamble as part of our annual Principal's Tour. It was so lovely to connect with families past, present and future, and hear about their aspirations for their daughters. Very special thanks to current parent (and Old Girl) Rebecca McIntyre and husband, Barry, along with Pollyanna's (in Year 7) siblings, Jemima and Henry for hosting such a large gathering for afternoon tea at their beautiful property, just south of Coonamble.

The Principal's Tour continues on Mrs Taylor's return from China, where we then travel to the Mid North Coast, as well as Glen Innes, Inverell and Moree, all in Term 2. Please contact Enrolments Manager, Sally McCook, should you like to host and event or be interested in introducing PLC Armidale to others in your community.

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Principal's ²⁰¹⁷ Regional Tour

Principal, Mrs Nicola Taylor, welcomes the opportunity to meet with you to discuss the many opportunities for your daughter at PLC Armidale. She invites you to join her and key staff at the following locations:

TERM 2

PORT MACQUARIE Wednesday 31 May

GRAFTON Thursday 1 June

COFFS HARBOUR Friday 2 June

GLEN INNES / INVERELL Thursday 15 June

MOREE / BINGARA Friday 16 June

TERM 3

SCONE / QUIRINDI Thursday 27 July

TAMWORTH Friday 28 July

WALCHA Friday 18 August

URALLA Tuesday 22 August



Please contact Enrolments Manager,
Mrs Sally McCook on 6770 1727 or
enrolments@plcarmidale.nsw.edu.au

We will also be exhibiting at the **Boarding Schools' Expos:**

DUBBO 19 & 20 May

COFFS HARBOUR 2 June

TAMWORTH 28 & 29 July

AGQUIP @ Gunnedah 22-24 August

 CELEBRATING 130 YEARS IN 2017

ALL GIRLS PRE-KINDER TO YEAR 12.
BOARDING FROM YEAR 5.

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Term 2 Boarding Schools' Expos – Dubbo & Coffs Harbour

PLC Armidale will have a stand at both Expos in these locations this term, with the first at Dubbo next week, Friday & Saturday 19 & 20 May. The other will be in Coffs Harbour on Friday June 2. Please let your networks know that we are there and to call in and see us!

Commemorative Book – Photos, Recipes & Stories

This book will offer so much more than just another cook book and will be a celebration of the 130th milestone of PLC Armidale.

There is currently an enthusiastic and experienced Committee of four people working on this exciting opportunity for the College, including past parent Lynne Walker (a feature writer), current parent Sarah Burrows (former writer for Vogue Entertaining & Travel magazine), Old Girl Bronwyn Grills (and current PLC Armidale graphic designer) and myself.

The book will showcase a collection of favourite stories and recipes from past and present day, and we are endeavouring to capture the diversity of representation (day/boarding; ages; staff/students; young and old; different cultures) which makes PLC Armidale so culturally rich and unique. It is our aim to have this hard cover book published ready in time for Christmas sales this year, or at least close to it, so time is of the essence now. We understand that through your involvement at PLC Armidale, you will have an item to share and we would love to include it.

So, we are appealing to your sense of adventure, your sense of PLC Armidale pride and your sense of willingness to be involved in something that will be a lasting legacy for the College as it takes centre stage on the coffee tables and kitchens of families in our past, present and future community.

Please email Shona ASAP at development@plcarmidale.nsw.edu.au with photos, history, stories and/or recipes.



P&F News

Kelly Smitham & Theresa Smith-Ruig

TRIVIA NIGHT SUCCESS!

The P&F Committee held their Trivia night fundraiser in Term 1. The night was very successful and made a profit of approx. \$5,700. The night couldn't have been the success it was without the support of many of our wonderful school community donating their time and prizes.

The P&F would like to thank:

- Erica Smith for being an entertaining MC on the night;
- Mark Atkin and Fred Keeping for running the auction;
- Janine Rank and Debbie Hiscox for coming up with the novel games and donating the prizes;
- Year 1 & 2 & 12 parents for helping set up and clean up;
- Tracey Wright and Jules Ditchfield for devising the trivia questions;
- Megan Kliendienst and Trisha Shaw for helping to process payments on the night.

SCHOOL ATHLETICS CARNIVAL CANTEEN

On Friday May 5, the P&F also helped run the canteen for the School Athletics Carnival. Kim Taylor did an amazing job to get the canteen up and running despite the change of venue. Thank you to all those parents who donated a plate of food or helped in the canteen on the day.

130th ANNIVERSARY BALL

Thank you to all those P&F members involved in the PLC anniversary ball. This was a fantastic evening and a tremendous demonstration of the strong support for the school among our community.

The next major fundraising event for the P&F is the Long Lunch to be held in October. More details will be provided closer to the date.

The P&F Committee welcomes any suggestions for events or activities that can help continue to foster our strong school community. For any suggestions please email:

pandf@plcarmidale.nsw.edu.au



Boarding House News

By Gabriella Parsons, Year 11 Boarders Representative Council, and Margot Ball, Head of Boarding



It has been a busy start of term in the boarding house, with many activities occurring with skating on the first Friday back. On the first weekend of term the cattle team girls travelled to Moree for the show and staying at the Whibley's. They will be going to Warialda this weekend.

In Austin house on the first weekend the Pathways girls participated in some cooking with their parents at the Spencer's home, whipped up some wonderful Chinese dishes as well as enjoying time playing games.

During last week some girls went to watch a performance of "Grease" by St Albert's College, and on the following weekend participated in a movie and/or games night, Stargazing and marshmallow roasting, with church on the Sunday, followed by the Mother's Day Breakfast.

Girls were making Mother's Day cards to send as well.

This weekend boarders are going to see 'Twelfth Night' by the Felt Tip Theatre. Darcy C is in that production.

Some girls will make Mother's Day cakes to take home this weekend.

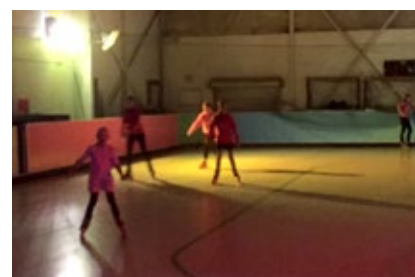
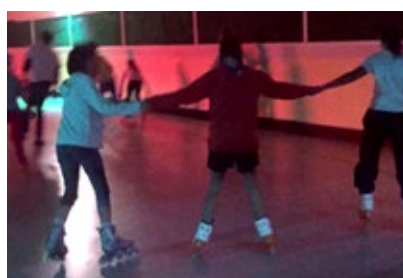
Gabriella Parsons

Outings and activities are arranged every weekend but we still have girls who do not participate. The pull of technology is always there. Can you please talk to your daughters about participating without us having to make things compulsory.

The term is getting busier with sport, exams and the Eisteddfod coming up.

The girls will get the opportunity to go home for the long weekend in June so please inform Mrs Latham asap if your daughter is going home.

Margot Ball





Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

Two weeks ago on ANZAC day we showed signs of respect to those who fought and are still serving to give us the freedom that we enjoy today. But do we understand what respect actually is? Respect denotes a positive feeling of deep admiration for someone or something elicited by his or her abilities, qualities, or achievements. It is characterised by specific actions and conduct that demonstrate esteem. Specific ethics of respect are of fundamental importance to various cultures. Respect for tradition and legitimate authority is identified by Jonathon Haidt as one of the five fundamental moral values shared to a greater or lesser degree by different societies and individuals.

We show respect by considering and taking seriously other peoples feelings, thoughts, behaviours, and needs. By showing respect to others, we show that we value them and their thoughts. We also show respect by listening to others, being truthful with them, acknowledging them, and accepting their uniqueness. When people respect each other, there are less conflicts and less fighting.

Respect is something that is earned and often must be shown first before it is returned to you. Specific ways of showing respect include: asking how others feel, listening, empathising, validating their feelings, and taking their feelings into consideration. Showing respect also includes allowing others to solve their own problems without telling them what to do, without underestimating them, or telling how to do it. Mutual respect and trust are the critical elements in any successful relationship.

In the absence of respect, there is humiliation, contempt, dishonesty, bullying, feeling that one is not heard, and feeling misunderstood. Many therapists believe that one cannot respect others until one respects oneself. Those lacking in self-respect are focused on pleasing and getting others to like them and not taking care of their own needs.

People with self-respect: like themselves because of who they are not because of who they know, what they can do, or how much social power they have. People with self-respect assert themselves to others and do not allow themselves to be made fun of or treated rudely or badly. People with self-respect are

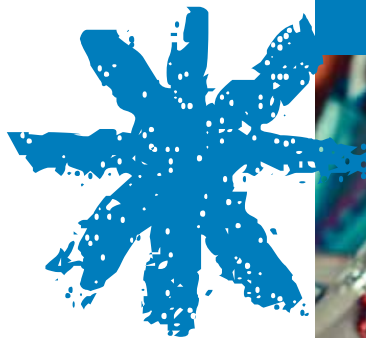
true to themselves, can handle criticism, are content with themselves, can forgive themselves, are not people pleasers, and are selfless.

“Do unto others as you would have them do unto you,” commonly known as “The Golden Rule,” is indeed a biblical principle. Luke 6:31 records Jesus saying, “Do to others as you would have them do to you.” This statement is in the context of a lesson from Jesus about loving our enemies. Jesus took the conventional quid pro quo method of treating people and turned it on its head. Rather than doing to others what they have done to us or giving them what they may deserve, we are to treat them the way we want them to treat us.

So follow the Golden Rule:

- Treat others as you want to be treated
- Try to understand people and be tolerant rather than insulting them or their culture
- Show courtesy, treat people fairly and honestly, listen to what they have to say
- In a conflict, recognise that the issue is probably the problem, not the person
- Do not steal from, manipulate, insult, bully or harm others
- Consider other people’s points of view and listen without interrupting
- Believe in yourself and be content to be yourself - don’t pressure yourself to compare or compete with others
- When disrespected, stand up and say being disrespected is not acceptable to you
- Take care of yourself - show respect for your body by exercising and eating well
- Seek professional help if you have difficulty respecting yourself or others or find yourself with many interpersonal conflicts and arguments

Without feelings of respect, what is there to distinguish men from beasts? ...Confucius



The language of Independence

By Michael Grose

Independence-building is vitally important for parents. It's the pathway to children's competency, confidence and creativity, and the short cut to resilience and real learning.

Families always develop shared language around the values that have strong meaning for them. If resilience is a shared value then there invariably will be a strong set of words and phrases about resilience factors such coping, flexibility and perseverance.

Similarly, the values of independence and self-sufficiency are reflected in a family's proprietary language. In fact, it's through shared language that culture exists. If you are looking to building a culture of independence in your family then creating your proprietary language around independence is a great way to start.

These following twelve examples of independence-building language, and the principles behind them, will help you create your own family's language.



1. **Never regularly do for a child the things a child can do for him or herself**

Goal: Independence

This is perhaps the original parenting-for-independence manifesto, and it's a philosophy that guides many teachers and parents today. In effect, this sentence means that wherever possible - we give children the skills and competencies to look after themselves physically and emotionally. It requires a great deal of patience, time and courage from parents and teachers as the sentence is easier to say than to put into practice. But it's a worthy guiding principle that leads to self-sufficiency in children, and ultimately redundancy as parents.

2. **"Is this something you can do?"**

Goal: Self-help

Independence takes many forms but perhaps the most common is the development of self-help skills. The confidence, pride and, for most, sheer pleasure that kids doing the simple things for themselves such a toddler tying his shoelaces or a child making her own lunch is immeasurable. Yet it is so easily denied by well-meaning parents and adults who see it as their job to do everything for children. Independence begins at home with the development of self-help skills.



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The language of Independence-building

3. "Have you checked the help roster today?"

Goal: Contribution

A great way to develop a sense of independence is to give kids opportunities to help out at home. There is no need to overburden children with jobs, but a sensible allocation of chores according to their age and study requirements is not only a great help to you, but fantastic training for them. It also builds accountability and a work ethic, both highly valued characteristics for continuing success at school and later in life.

4. "Which of these two would you prefer?"

Goal: Decision-making

Parents as wise leaders need to call the shots on how the family life is conducted, including health and welfare issues such as appropriate bed and bath times. Some things are not up for negotiation. But there are areas where parents can rightfully hand autonomy to children and say, 'It's your call!' Choice of clothes, how they keep their bedroom, what they eat and who they play with are the types of decisions they can make. Naturally, this is age-related and you do need to have some influence on their choices.

5. "How can you make this happen?"

Goal: Problem-solving

Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child's problems. The first question when a child brings you a problem should be: 'Can you handle this on your own?' Next should be, 'What do you

want me to do to help you solve the problem?' These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

6. "We rely on you to do this."

Goal: Reliability

Reliability is closely connected to responsibility and other aspects of independence. Every child over the age of five, at the eldest, should do something that someone else relies on whether it's looking after a pet, clearing the meal table or emptying the garbage on a regular basis. Having others rely on you has its challenges and can be a learning curve. They'll inevitably forget to put the rubbish bins out on garbage night, meaning your bin will be overflowing for the next week. They'll need to be reminded about feeding the pet or clearing the table. Kids inevitably won't get things right, but that doesn't mean we should stop giving them responsibilities.

7. "What can you learn for next time?"

Goal: Self-sufficiency

Learning from mistakes is part of the independence-building process for children. Often adult impatience or unwillingness to put up with errors prevents us from giving kids the chance to do things for themselves or take real responsibilities. If independence is to be a major part of your family's culture then it's imperative that we help kids learn from their mistakes whether social, behavioural or just messing up while helping out at home.



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The language of Independence-building

8. "How do you feel about this?"

Goal: Emotional intelligence

An often over-looked aspect of independence is the ability to self-manage your emotional state. Emotional self-management starts with the recognition of how you feel about a particular event or action and then labelling that feeling. If possible prompt to identify their emotions before they act on them. You can also revisit events and ask children about the feelings that may have led to a certain behaviour such as hurting or yelling at a sibling.

9. "When you muck up, you make up."

Goal: Accountability

Kids of all ages will make mistakes. In fact, mucking up is part of the learning process. But kids will just repeat their mistakes unless they experience the consequences of their decisions. The use of behavioural consequences is a way of teaching children to take greater responsibility for their lives and to learn to make smarter choices.

10. "How will you fix this?"

Goal: Restoring relationships

Independent kids are usually socially-smart kids who don't operate in a bubble. They know that their behaviour impacts on others they are mindful of the thoughts, feelings and behaviours of others. They also make amends or restore relationships when their behaviour impacts negatively on others.



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Relationship restoration is a lifelong skill and involves the following: swallowing your pride, making up, giving something back, not holding a grudge and moving on.

11. "You need to do what's right, not what's easy."

Goal: Integrity

A sense of integrity is important for a child's independence because it's the basis of reasoned and socially focused self-control and self-management. The job of parents is to move their children from 'Me' to 'We'. Integrity is the great socialising agent for a child. They may get by without courage, endurance and grit but they won't get far socially without integrity.

12. "Let's find a way to make this happen."

Goal: Positive risk-taking

One of the ways to develop independence is to work with them to build their skills and abilities to safely navigate an ever-broadening environment outside of the relative safe confines of their home. Ideas include adults and kids doing things together such as catching public transport until they are ready to go it alone or with friends; and giving kids smaller freedoms that lead to bigger liberties such as allowing a young child to walk part of the way to school on their own and then extending the distance as they get more experience and feel more confident.

Independence-building is vitally important for parents. It's the pathway to children's competency, confidence and creativity, and the short cut to resilience and real learning. We've gradually retreated from this approach over recent generations much to our children's detriment. It's time to help kids reclaim their independence. Getting our language right is a good place to start as family change always begins with shared language.



Visit our website for more ideas and information to help you raise confident and resilient young people.



Special note: I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at parentingideas.com.au

parentingideas.com.au

now we know.

PLC drama students **Alessandra Perry** and **Darcy Campbell** feature in Felt Tip Theatre production of **Shakespeare's Twelfth Night** **Five shows only 11-13 May**

Armidale fans of Felt Tip Theatre will be disappointed (as are his devoted cast and production team) that Director Alex Robson has announced this is his final production in the New England. Yet how better to end this era than with a play from the Bard.

One of Shakespeare's best loved comedies, *Twelfth Night* is an intriguing play with extremes of humour and dark themes. Shipwrecked on the island of Illyria, the young lady Viola disguises herself as a boy to go amongst the people of the island. An entertaining plot of duality, love, jealousy, and mistaken identity ensues with a fascinating cast of characters.

Sir Toby (Matthew Whittingham) drunk but in high spirits, is hilarious conspiring with his fellow inebriated knight Sir Andrew (Josh Osborne). Olivia (PLC year 12 drama student Alessandra Perry) is spoilt, rich and predatory in her pursuit of men. Sadly, for Duke Orsino (Alex Evans) he is not the object of Olivia's affections and is forlorn in unrequited love. PLC year 11 drama student, Darcy Campbell, plays a pivotal role as Olivia's mischievous, scheming maid Maria. Charlotte Charteris is the cross dressing Viola. She is mirrored by her twin Sebastian (and they do look alike) played by Nick Moar. Alex Robson as Malvolio is a kill joy puritan; definitely not typecast this time round.

A unique feature of this Felt Tip production is the musical dimension, with original tunes penned by Opera Australia's pianist Antonio Fernandez to the words of Shakespeare sung by Torsten Stokirch as the ever witty, tragicomic clown, Feste. In addition to the dedicated Felt Tip costume designer Margaret Sims, the production team includes two young protégés of Robson; Phebe Anderson as Assistant Director and Amy Showell as stage manager.

For a sneak preview of the cast in costume, and very much in character, head for Felt Tip Theatre's Facebook page. They strike dramatic poses (as is their wont) in stills by Armidale's longstanding theatrical photographer, Terry Cooke. There is also a bird's eye view video of the cast in the autumnal park basked in golden light behind NERAM taken by Peter Newman. Matthew Whittingham has enhanced the imagery with poetic gems from Shakespeare.

This will be the last in a series of quality productions from Felt Tip including: Wilde's *The Importance of being Earnest*; Moliere's *The Misanthrope*; Brecht's *Threepenny Opera*; Grahame's *Wind in the Willows*; Shakespeare's *The Tempest*, Carroll's *Alice in Wonderland*; Robson's own *A Short Guide to Shakespeare* as well as Shakespeare's Villains, and Grimm Tidings.

There are only five performances of *Twelfth Night* so book early to avoid disappointment. The Friday matinee for schools is nearly sold out. Other shows are 7.30pm Thursday 11th May, 7.30pm Friday 12th May as well as 1.30pm & 7.30pm Saturday 13th

May. The venue is TAS Hoskins Centre, Armidale. (Be aware that those attending the Saturday matinee will need to come early as TAS has its athletics carnival that day and parking will be very limited.)

Tickets are available from Carr's Newsagency or via the Felt Tip Theatre web site at www.felttiptheatrecompany.com or TAS Hoskins Centre web site. Ticket prices are adults \$25, concession \$20 & children \$15. This play is supported by TAS Hoskins Centre and the Armidale Drama & Musical Society.



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DIRECTED BY
ALEX ROBSON

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