

lion's roar

TERM 4 • 13 OCTOBER 2017 • VOLUME 288



From the Principal

Mrs Nicola Taylor, Principal

Welcome to Term 4! Things were straight back to business at PLC Armidale on Monday beginning with our customary whole school Commencement Assembly which featured the investiture of our new senior student leadership team comprising Prefects, Captains and Spiritual Leaders. As announced last term we have reverted to the previous practice of not having deputies for Guild leadership positions which allows for the collective leadership of our Year 12 student through the Guild structure. This was further reinforced throughout the day as the Year 11 Cohort embarked upon Leadership training and development along with preparation for the HSC Program they have now commenced.

The break saw four groups of PLC Armidale students embark on an array of adventurous journeys led by very committed and capable staff. Mrs Anna Caldwell and Mrs Kirsten Hey took a group of Duke of Edinburgh's Award contender's on a four day trek through the Lamington National Park in Queensland. Ms Jen Leahy led the Thailand Service Learning Trip with Year 10 and Year 11 students. Mr Chris Spencer led the Fiji Service Learning Trip with Year 8 Students whilst Ms Helen Templeton led the European Visual Arts and Culture study tour for Stage 5 and Pathways students which I had the pleasure to accompany. For a school of our

continued on Page 2...

13 TO 29 OCTOBER 2017 calendar of events

ISHE 2017 Inter-Schools' Horse Extravaganza	13-17-10-2017
HSC Exams Commence	16-10-2017
HSC Exams	16-10 to 7-11-2017
PLC Armidale P & F Meeting	17-10-2017
PLC Armidale Foundation Meeting	19-10-2017
Years 7-10 Examinations	19-25-10-2017
PLC Old Girls' Union Weekend	20-10-2017
Inspire	20-10-2017
PLC Armidale Celebratory Long Lunch	21-10-2017
Boarders' Church Service at St Paul's	22-10-2017
Yr 7 Vaccinations	26-10-2017
Upper Hunter Beef Bonanza	26-27-10-2017
IGSSA Gymnastics Competition	27-10-2017
2017 Hawkesbury Canoe Classic	27-29-10-2017

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size, reflecting on the diversity of these experiences demonstrates our commitment to developing an increasing awareness of Global Perspective. The need for students to be able to empathize with others, value diverse perspectives and cultures, understand how events around the world are interconnected, and solve problems that transcend borders has never been greater.

Technological development and ease of travel has led to a global interconnectedness at a level not known as fully by previous generations. For example, when travelling in Spain, I made contact with the Australian Honorary Consul in Barcelona where we were staying. He informed me that he had grown up in Tamworth and knew about PLC Armidale! Travel experiences such as the ones afforded to our students help to develop global competence; that is the attitudes, knowledge and skills needed to live and work in today's interconnected world and contribute to a sustainable and more inclusive world in the future. Attitudes such as openness, respect and appreciation of diversity. Knowledge of world history, culture and geography along with global issues and current events. The skills of communication, especially in languages other than English, of collaboration with people from diverse cultural backgrounds along with critical and analytical thinking all provide a framework for developing global competence.

Such trips as the ones above provide authentic engagement with global issues building on the foundation laid at the College. A commitment to learning languages other than English, the global perspectives sessions which take place as part of our Pastoral Care

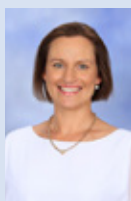
program, the operation of our intensive English Language centre as a residential program weave together to develop an awareness and deeper understanding than any isolated, single experience. To this end, I also wish to thank those members of the PLC Armidale community who opened their homes during the break to welcome some of our Pathways students for a homestay experience. The kindness and generosity shown in this way as well as the rich learning for the students involved is of great benefit to all.

In this final term of our 130th Commemorative Year, I trust families will make the most of the opportunities ahead to celebrate and enjoy belonging to the PLC Armidale community.

Student Leadership Team 2017/2018

Congratulations to our Senior School Student Leadership team who take up these important roles in the College.

Head Prefect	Chloe Stier
Deputy Head Prefect	Mackenzie Wood
Sports Prefect	Sarah Askey
Creative Arts Prefect	Lucy Quast
GUILD CAPTAINS	
Forrest	Gabriella Parsons
Gregory	Darcy Campbell
Macquarie	Allastassia Carter
Wentworth	Amber Whibley
Boarding House Captain	Molly Trindall
Spiritual Leaders	Mackenzie Wood
	Lucy Quast



Senior School Notes

Anna Caldwell, Head of Senior School

Welcome to Term 4. I trust that you enjoyed a relaxing, happy and healthy holiday and are ready for another busy term.

Our girls have been very busy over the school holidays with Service Learning Trips to Thailand and Fiji, hiking in Lamington National Park and climbing Mt Warning on their Duke of Edinburgh Award adventurous journeys; circumnavigating Australia on the Young Endeavour and taking in many cultural delights throughout Europe on the Visual Arts Tour...just to name a few of their amazing experiences.

Uniform

All students will return to school in their summer uniform.

This includes the tartan summer dress, green or red jumper, blazer, hat, white socks and black school shoes. Green or red hair ribbons and regulation jewellery.

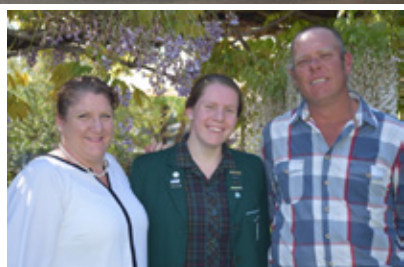
All students will wear the summer uniform for Terms 4 and 1.

Regulation jewellery includes a wrist watch and only one pair of either gold, silver or pearl small stud earrings.

Girls must wear their hats and blazers whenever they are out of school grounds.

HSC Examinations

The HSC starts on Monday 16 October. Whilst in and around the school and especially near the Year 12 Study block, please keep noise to a minimum. We wish our Year 12 students all the best in their exams.





PLC Pathways News

Rebecca Eastment, PLC Pathways

Hosting a pair of Chinese teenagers for a week of 'Homestay' might seem like a daunting task to many, especially for households who don't already have a teenager. This would be true indeed if staying in someone's home was all about entertainment. In the first week of the holidays, our family discovered that being hosts of 'Homestay' guests was more about sharing life together than about providing entertainment. Despite no teenagers already living under our roof, we decided to open the doors to unfamiliar guests from an unfamiliar culture. The experience reminded us of why we live the way we do and also of the unsaid rules, values and expectations that guide our lives.

Our week began with a celebration of the end of term. Thai takeaway with another family and their homestay guest involved the coming together of three generations around the dinner table. From our 87 year old aunt to 6 year old Elsie Spencer, everyone shared a highlight and low point of the term just passed. The conversation covered both the hilarious and the disappointing, like being rescued after a motor scooter breakdown, or being driven insane in the boarding house by the Italian language practice of a room mate. For Elsie, everyday at PLC was a highlight, especially the end of term movie that she had watched that day. Of course, amid it all was the homesickness for family members and friends in other countries, a sadness not restricted to our Chinese guests.

The next day we were invited to a barbecue dinner with the Thomas family who were also hosting a Chinese guest. Dinner by fairy light on the deck preceded rounds of 'Just Dance' to eighties music on the Wii. Fun for every age (if you dare to look silly), and very addictive if you have a competitive streak!

A week with the Eastments involves a few chores which was fine by our guests. Always happy to lend a hand with the washing up or setting of the table, Ann didn't realise that she would need to try her hand at shovelling poo - horse poo that is. Enjoying the horses on our property was a great highlight for both Ann and Teresa. Their riding improved dramatically over the week but also required the feeding, brushing and saddling of horses, leaving us covered in horse hair by the end of the day. However, an early morning ride on the last day made it all worthwhile.

We had planned a short break on the coast halfway through the week, so we packed our swimmers and headed to the beach. Hamburgers, swimming, and playing cricket on the sand are typical of how we like to relax. It was great to have some more fielders this time. We were blessed by the warm weather which gave us a glimpse of the approach of summer.

We were sad to see our Pathways girls head back to the Boarding house at the end of the week. (The Eastment kids were particularly sad given the supply of chocolate snacks, courtesy of Ann, was coming to an end!) But inviting outsiders to share family life with us for a short time was both a privilege and a reminder. Though ways of living and doing even simple things, like washing clothes, are different in China, our guests reminded us that the best things in life are not entertainment or digital technology, but sharing in the lives of others no matter their familiarity.





Duke of Edinburgh's International Award

Anna Caldwell, Head of Senior School

The last week of the school holidays saw 20 intrepid Duke of Edinburgh's Award girls, Mrs Anna Caldwell, Mrs Kirsten Hey and her husband Mr Alasdair Hey and two sons, Lachlan and Rowan, make the trek up to Queensland for a 4 day hike in the spectacular Lamington and Wollumbin National Parks. The tropical rainforests, magnificent waterfalls, Australian Bush and the spring wild flowers were stunning, and the weather added to the challenge of hiking 74km!

As we drove up into Queensland the sky grew darker and we arrived to set up our tents as the heavens opened. I usually enjoy the soothing sound of rain on the tent but the rain was so heavy it made falling asleep, and then staying asleep a real challenge!

After checking in with the Rangers at the Binna Burra Lodge first thing on Monday morning, we learned that there was a red alert for very heavy rain with possible flash flooding. So we revised our route plan and our day of beautiful river crossings did not go ahead! We did however enjoy the canopy of the rainforest, that sheltered us along the first half of the Coomera Circuit and enjoyed the many waterfalls along the way.

Tuesday morning saw the skies clear a little and we had a lot of fun on the 165m Flying Fox, with Damien our instructor, who grew up in Armidale. The afternoon was spent enjoying Dave's Creek Circuit with six changes in vegetation and stunning views across the valley towards the Gold Coast. We made it back just in time before the heavens opened once more.

Wednesday morning saw us packing up early and heading off on a full day's walk, 22km, from Binna Burra, along the Border Track to O'Reilly's, on the Green Mountain side of Lamington National Park. Thankfully due to the rain the temperature was perfect for walking. The girls set a cracking pace, getting to enjoy a relaxing afternoon tea at O'Reilly's tea house. There were lots of King Parrots, Rosella's and Lorikeets, that were very friendly and even perched on people's heads!

Mr Hey met us with the bus and drove the group down to the base of Mt Warning where we set up camp at the Mt Warning Rainforest Park. We had beautiful clear skies, lit up by a magnificent full moon.

A group of 9 students, Mrs Hey and Mrs Caldwell set off at 3.30am with our head torches on, to climb Mt Warning. 4km of steps and steep ascent, with 400m of near vertical rock climb with a chain to assist in getting to the top. On our way up we enjoyed seeing first light, an enormous python and sunrise when we reached the top. The views were breathtaking and well worth getting up so early and walking in the dark. Mrs Hey and Isla B assisted another walker who had fallen and broken her ankle and worked with the SES to help get her off the mountain and off to hospital. It really was an action packed morning!

After we returned to the camp site and packed up the trailer we set off for home, via Byron Bay. Enjoying sunshine, fish and chips and a quick swim and walk on the beach, it was a well deserved active recovery after our four days of hiking.

I would like to thank Kirsten and Alasdair Hey for all that they did to make this expedition so successful and thank you also to all the Duke of Ed girls for being so much fun.

"It always rains on tents. Rainstorms will travel thousands of miles against prevailing winds for the opportunity to rain on a tent" Dave Barry.





Junior School News

Fiona Wake, Head of Junior School

Welcome back to Term 4

I hope you have had a restful break and have enjoyed family time and a change of routine. I know I certainly did, routines went out of the window, PJ's were worn until an unreasonable hour and I am not sure how thoroughly my daughters' hair was brushed as getting the knots out for Monday 9 October, despite washing thoroughly, was quite a challenge.

Term 4 is upon us and although only 9 weeks long, 2 weeks of which are assigned to Community service, Swim and Survive sessions and Guild Drama, we will find ourselves racing to the finish line to wrap up another year of learning. This term is a formal reporting term and assessment of student learning will take place over the following weeks.

A timetable of events, have been scheduled for Term 4 and the following four weeks are presented in the table at right. Remember the school calendar can be viewed from the PLC Website and gives a more comprehensive account of the events taking place across the whole school.

Summer Uniform

- Summer dress
- Blazer and straw hat to be worn to and from school
- If a school jumper is to be worn, blazers need to also be worn over the top
- Green ribbons, scrunchies must be worn each day
- All clothing should be labeled please

GUILD Gathering: Scavenger Hunt using QR Codes

In the last week of Term 3, Year 6 demonstrated their Leaderships skills by developing a Junior School Guild Team Scavenger Hunt. The Year 6 girls devised questions and presented clues that navigated each Guild team to a destination within the playground. At each station teams were required to answer a question that would award them an ingredient/piece of equipment to be used to make a bridge, volcanic eruption or play-dough. The Leadership, teamwork and collaboration displayed by the students was incredible and a true reflection of the inclusiveness and supportiveness of our students in their interactions with each other, *much fun* was had by all!

Congratulations

I would like to take this opportunity to congratulate Emily Thompson on her musical achievements.

Emily recently received an offer of acceptance for the NSW Regional Youth Orchestra. This offer is for students outside of Sydney, aged 12- 20 years, selected from approximately seventeen different NSW conservatoriums.

The first Regional Youth Orchestra event is 29 November to 3 December in Lismore. Emily is a dedicated and determined student, who is committed to reaching her potential as a young musician. She hopes to later be a participant of the Australian World Orchestra Project and/or the Opera Orchestra Australia Project (later in the 2017/18 Regional Youth Orchestra season). Our PLC community wishes Emily all the best for her future endeavors and we look forward to hearing of her future success and recount of this wonderful experience.

To further add to Emily's success, both Emily and her little sister Abigail Thompson were also successful in their application for the National Choral School in January 2018, with Emily also being offered a place in the National Childrens' Choir Gondwana Voices. Emily's mother Jacqui writes, Emily and Abi are both very grateful for the couple of lessons and expertise Mrs Dunham kindly gave them to prepare for the audition, despite being an extremely busy time for her. We thank Connie Dunham for her dedication and assistance in providing opportunities for our students and giving up her personal time to do so.

CALENDAR OF EVENTS

Week 1

- Summer Sport begins
- We welcome NEW students ...
- Zoe Webb – Year 4*
- Abigail McDonald – Year 4*
- Amelia Webb – Year 2*
- Nylah Webb – Year 1*
- Sharni Webb – Year 1*

Week 2

- Pre K Learn to Swim begins
- Student Golf Afternoon 3:45 – 4:45pm
- Years 3-6 Orienteering Day @ Gara Dam Stock Reserve
- Summer sport begins

Week 3

- Pre K Learn to Swim
- Golf Afternoon 2, 3:45 – 4:45pm
- Technology Evening Presentation (TBC)

Week 4

- Pre K Learn to Swim



CELEBRATING 130 YEARS IN 2017



Please join us
for the

Junior School 2017 Presentation Evening

Thursday

23 November 2017

5.45pm for a 6.00pm start

PLC Armidale Astra Arts Centre



Guild Gatherings

Rebecca Ward, Guild Gatherings Coordinator

Final Junior School Guild Gathering for 2017

On the last Thursday of Term 3, Year 6 ran their final Guild Gathering for the Junior School. This time Year 6 ran a scavenger hunt involving QR codes. The girls were organised into groups of mixed ages and with their sister guilds. As each group reached a QR code, they scanned the code which revealed a clue. Each clue led the girls to another part of the Junior School, collecting items and materials along the way. Once they had finished the scavenger hunt, the girls then used the materials and items to complete a challenge or task. Gregory and Macquarie gathered ingredients to make playdough, which was then used to create a small sculpture for each girl. Forrest and Wentworth divided their groups into Pre-K to Year 2 and Year 3 to Year 6. The younger girls had the challenge of making a volcano using a recycle bottle, baking soda, vinegar and tinfoil. The older girls had gathered craft sticks which were used to create a boat, strong enough to float a stone. Once the girls had completed their challenges, they enjoyed playing a variety of games with their guilds.

Overall, the Guild Gatherings have encouraged the Year 6 girls to develop their leadership skills while learning the valuable skills of time management and organisation. The younger students have learnt about the different character strengths in the Flourish programme while interacting with their 'sisters' of all ages.



ENJOY A

ZOOOPERDOOPER

FOR 50c AT LUNCH! NO IOUs!

Bring 50c and buy one zooper dooper at lunch! Don't forget your money! No IOUs!

Buy one of 8 Flavours:
cola, lime, candy floss, blackcurrant, raspberry, bubblegum, pineapple or orange!

Sold at the Junior School Undercroft!

50c



Around the Grounds Sports Report

Peter Le Surf, Director of Sport

Welcome back to term 4!

Before we have a look at sports on offer this term, I would like to take a look at the achievements of our athletes at the end of last term.

Near the end of term 3 we took a team to compete at the IGSSA Athletics Carnival, held at Olympic Park, Sydney.

The IGSSA Carnival is run in 3 divisions and PLC Armidale is currently in Division 3. This is due to the size of our school and athletics team. The girls race in their division against 8 other schools in division 3.

If you win your heat, this does not guarantee you a place in the finals. The finalists are the best 9 times/distances across all divisions.

HEAT WINNERS:

Larris Cleal – 3rd shot put: 15years

Charlotte Caldwell – 3rd 200m: 15 years

Imogen Dellow – 3rd 200m: 14years

Ellen Kirk – 2nd long jump 12 years
2nd shot put 12 years

Sophia Grant – 2nd Javelin: 13 years

Maddi Campbell-Pickering – 2nd long jump: 13 years
2nd 100m: 13 years

Gracie Martin – 1st 200m: 16 years
1st 400m: 16 years

Isabella Watts – 1st 200m: 13 years
1st 400m: Intermediate level

Junior Relay Team: 1st 4 X 100m: Junior level
I. Watts, S. Hammond, M. Campbell-Pickering, I. Dellow

Making it into the finals is a major achievement and PLC Armidale had 3 girls make it to the finals and received medals for placing.

Emma Barnier-Merzliakov – Bronze medal 3rd 18 years long jump

Gracie Martin – Silver medal 2nd 200m 16 years

Isabella Watts – Silver medal 2nd 200m: 13 years
Silver medal 2nd 400m: 13 years

With these great results we had 4 girls selected to represent IGSSA at the NSW CIS championships which was held 20 September.

The selected girls were:

Emma Barnier-Merzliakov – girls 18 years long jump

Maddi Campbell-Pickering – girls 13 years 200m

Gracie Martin – girls 16 years 200m

Isabella Watts – girls 13 years 200m and 400m

Unfortunately, Emma could not attend the Championships due to school commitments however the other 3 girls did compete.

The results from the CIS Championship:

Isabella Watts – gold medal 1st: 13years 200m and bronze medal 3rd: 13 years 400m

Maddi Campbell-Pickering – 11th: 13 years 200m

Gracie Martin – silver medal 2nd: 16 years 200m

This was a fantastic effort from the girls who are now off to The All School Championships this week. I would like to wish them all the very best for this next competition.

If you would like your daughter to get involved in **athletics training** the Armidale Athletics Club conduct sessions at Harris Park on Monday, Wednesday or Friday. There is some information on the sports noticeboard.

Sports in Term 4

We have a great deal of sport on offer this term.

- **Basketball**
- **Park Run**
- **Twilight Soccer**
- **Volleyball**
- **Tennis**
- **Indoor Hockey**

We also have a couple of **Golf** “come and try” sessions happening in both the junior and senior school.

If you are wanting to get involved in sport this term, check the sports noticeboard for all the details.

I look forward to seeing you on a sporting field again this term.



The PLC Armidale Sport
Supporters' Group (SSG)
presents the

Inaugural Social Sports Day

Saturday 4 November 2017

Kick Off 1pm (until approx. 3.30pm)

BBQ Lunch \$5 Adults (includes a drink) Children complimentary
followed by

Girls V Parents

Games of: Indoor Hockey, Netball, Futsal (2 x 15 minute halves)
PLC Gym (DKC) & Hospitality area

To nominate which sport you or your child would like to play (as well as numbers in your family attending),
please contact Peter Le Surf: plesurf@plcarmidale.nsw.edu.au by 3 November 2017.

This event will be followed by the Starry Night of Sport at 6pm at the Armidale Bowling Club.

A number of special Auction items will be auctioned at this dinner.

The two main items are:

- Signed & Framed Photo - 2000 Olympic Australian Women's Hockey team - donated by former Hockeyroos Captain, Katrina Powell.
- Signed & Framed NSW Swifts Photo and Abbey McCulloch's WD Bib - donated by NSW Swifts.

We appreciate that not everyone will be attending the Starry Night of Sport, so if you would like to place a bid or two,
please email Shona Eichorn - development@plcarmidale.nsw.edu.au
or phone 6770 1733 by 3 November 2017.

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Boarding House News

Margot Ball, Head of Boarding

Welcome back to Term 4 everyone.

I would like to introduce a new Duty Mistress for Term 4.

Jemima Harper is 22 years old and attended Oxley High School.

While there, Jemima was in the band and played trumpet.

She was also a SRC member and on the Creative and Performing Arts Council.

She has been active back stage in productions.

She played netball, hockey and Tae Kwon Do.

Jemima is at UNE doing a B of Ed K -Yr 12 Teaching

We welcome you Jemima.



New Head of Boarding

Congratulations to Mrs Alison Spencer upon her appointment to the position of Head of Boarding at PLC Armidale. Mrs Spencer has been working in the Boarding House as a House Mother this year and comes to the position also with a background in Occupational Therapy along with the raising of four daughters of her own. Mrs Spencer was selected from a very competitive field of applicants but impressed the panel with her vision for boarding at PLC Armidale and her commitment to the pastoral care and unique support needs of girls in Boarding. We are appreciative of Margot and Murray Ball's willingness to support Alison as she transitions to her new role ensuring a smooth handover is in place.



Development and Enrolments

Shona Eichorn, Director of Development
Sally McCook, Enrolments Manager



Your LAST CHANCE to enjoy the Long Lunch and celebrate ...

Next Saturday October 21, PLC Armidale hosts a very special event ...the **Celebratory Long Lunch** celebrating 130 years of this wonderful College. The Long Lunch will be *long in length and long in duration*, and will be held "down the main drive"

of Parker Ave beneath the Spring canopy of the lime green leaves of the majestic Pin Oaks (NB. In the DKC if wet).

Book in your family and friends from near and far for a relaxed and indulgent afternoon, sharing stories and time together, and enjoying a regionally inspired three-course feast and complimentary glass of champagne with catering by PRONTO (from Tamworth). Details available on the **attached flyer**. Complimentary child-minding is also available but you **must book in by Friday 20 October** by emailing development@plcarmidale.nsw.edu.au

This lunch also coincides with our **annual Old Girls' Reunion Weekend**, which commences on Friday October 20 with the INSPIRE program at 2pm. This year we have three Old Girls, who are our 20 year Graduates, returning to informally address the Senior Students about their careers and life experiences. The following day there will be the OGU AGM, as well as tours of the College, followed by the Long Lunch.

Pre-Sales of the **PLC Armidale Commemorative book** will commence at the Long Lunch. It will *definitely be a limited edition* so get ready to make all your purchases eg. Christmas, Signature Birthdays such as 18th, 21st, 50th etc; Valedictory or Graduation, the possibilities are endless!

Complimentary
Child Minding available!
please contact Shona:
development@plcarmidale.nsw.edu.au



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

Saturday 21 October 2017 from 1pm

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

\$65 per person CASH BAR AVAILABLE

A combined Friday and Saturday event

LAST CHANCE!
Purchase tickets by Friday 20 October

BOOK AT trybooking.com using the code:
<https://www.trybooking.com/PKXE>

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Lyrics by OSCAR HAMMERSTEIN II

Book by HOWARD LINDSAY and RUSSEL CROUSE

Musical Director CONSTANCE DUNHAM

Dramatic Director JAN PATTERSON

Creative Director ERIN FOSTER

Producer LISA QUAST

9, 10 & 11 NOVEMBER 2017

UNE ARTS THEATRE

Booloominbah Drive, University of New England, Armidale

THURSDAY 9 NOVEMBER 7:00pm

FRIDAY 10 NOVEMBER 7:00pm

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

TICKETS ADULTS \$25 CHILDREN \$13

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

"The Sound of Music" is presented by permission of ORiGiN™ Theatrical
on behalf of R&H Theatricals: www.rnh.com



Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

This term is a term of **finishing well and finishing strong**, particularly with the final examinations and the end of the school year nearly upon us, so I encourage all of you to aim high. Here are some words from a little inspirational book called: ***Make the most of you*** by Patrick Lindsay, which I refer to quite often, and would like you to contemplate.

Astonish them

*Always set your aims high...
So high that you'll amaze people.
Make it your default position.
Even when you fall short, you'll impress.
And when you reach your target...
You'll leave them astounded.*

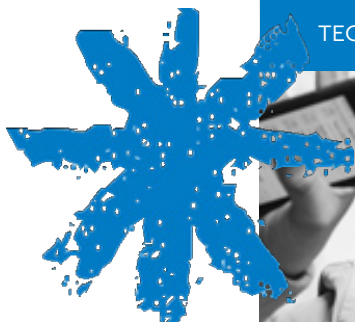
Another way of looking at it may be likened to driving a car: **aiming high** for driving purposes means look further ahead, instead of looking at the road just in front of your car. The idea is from a safety point of view, if you look further ahead, you can see what is coming, and at the same time in your vision you can see what is already there. The same could be applied to any situation in life. So choose today to be strong, aim high and finish well! Don't let your "hope to do's" become your "wish you had's."

'It's not the mountain we conquer but ourselves.'

– Sir Edmund Hilary (1919-2008)



parenting*ideas insights



TECHNOLOGY AND PARENTING



Staying relevant in a Digital World

by Martine Oglethorpe

As technology continues to advance and our lives become more immersed in everything digital, the challenges faced by parents can often feel overwhelming.

We know that the technology is here to stay and we also know the many benefits that we can reap from the digital world. There are amazing ways we can connect and collaborate, raise awareness, create, learn and share. We are also frequently made well aware of the dangers and pitfalls of this connected world. We hear often about the predators, the pornography, the paedophiles, the gaming obsessions, the screen-time addictions and the cyberbullying.

So how do we ensure that our kids are getting the very best that the technology has to offer whilst avoiding those negative elements?

One of the best ways we can do this as parents is to remain relevant. But how do we stay relevant in a world that seems to move so fast? In a world where our kids already seem to know so much?

It starts by taking the time to get to know the world your children are growing up in and work to understand the challenges they face. Because kids do face challenges and they will make mistakes. We need to ensure that those mistakes are ones they can learn from and aren't life changing.

Be the Wise ones

Well they may well have a lot of knowledge when it comes to all things technical. But they are not necessarily wise like us. Now I use the word 'us' very loosely here in referring to the adult population, because anyone who has spent any time online knows there are many adults who are not wise. But generally speaking, adults have a lot more understanding of the intricacies of interactions, relationships and the complexities of human behaviours than kids do. Our kids are interacting and connecting with others in a world that is often beyond what they are developmentally and emotionally ready for. We need to help them with that.

Play and interact

Sure we all love the lure of an iPad to ensure we can finish our coffee whilst its hot or get the dinner cooked uninterrupted. But if we also take the time to play and interact with our kids and their devices, we get a different perspective about what they enjoy. We get the bonus of the interactive element as well as time to bond and enjoy something together. We also put ourselves in a much better position to set relevant boundaries and help them understand those boundaries.

We're a Parenting Ideas school

parentingideas.com.au/schools

**Listen to others and listen to your child**

If your friend's child is playing a game, has an account on social media or enjoys certain websites, then there is a good chance your child does too. Just as we would play at the park or hang out at the milk bar where our friends were when we were young, so too our kids will hang out where their mates are playing. So listen to those parents in the playground. Listen in to which popular apps and games are spoken about in the media. Listen to your child. Ask them what they like to do. Ask them about their concerns or their challenges. You may never keep up with every single app or site that your child visits, but if you have a good understanding of the ways kids are using technology and the sorts of things the technology is capable of, then you are in a much better position to help them use it safely and smartly.

**Be open and honest about what is out there**

Whilst there are times we certainly lament the passing of the good old days where screens, and social media were not such an integral part of our lives, we cannot afford to be in denial about the role technology is and will continue to play in the lives of our children. So rather than shut it down and try to avoid it, we need to be ready to have conversations that we may prefer not to have. We need to know that the average age a child first sees pornography is about 11, so we should understand that this is a very real possibility for our children. So how are we going to prepare them for that?

What conversations would we need to have if we suspect this has happened? Because we do want to make sure that the education they are getting comes from us and not from the online world itself.

So seek out knowledge, interact, talk to your kids and put yourself in the best position to remain relevant to your child's world. Be the one they come to should things go wrong. Be the one they come to to share the positive experiences they have online.

Our role as parents is not to shut down the accounts and take away the screens, but rather to ensure we are giving them the skills, the understanding and the thinking to make the very best decisions every time they go online.

**Martine Oglethorpe**

Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Martine is available for student workshops focused on positive online behaviours, for teacher professional development on how the digital world affects what happens in the classroom and for corporate and parent information sessions.

For more information head to her website themodernparent.net. Contact details:

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Lunch Specials Term 4

Monday	09/10	Butter Chicken with Steamed Rice
Tuesday	10/10	Chicken Caesar Wraps & Salad Bar
Wednesday	11/10	Beef Massaman Curry & Rice
Thursday	12/10	Chicken Stir Fry with Noodles
Friday	13/10	Beef Nachos with Guacamole & Sour Cream
Monday	16/10	Chicken Burger with Lettuce, Cheese & Tomato
Tuesday	17/10	Chicken Caesar Wraps & Salad Bar
Wednesday	18/10	Pulled Pork & Salad Roll
Thursday	19/10	Chicken Curry & Steamed Rice
Friday	20/10	Hoisin Beef with Steamed Rice
Monday	23/10	Creamy Sundried Tomato, Bacon & Chicken Pasta
Tuesday	24/10	Chicken Caesar Wraps & Salad Bar
Wednesday	25/10	Beef Sausage or Hot Dog
Thursday	26/10	Pasta Bolognese
Friday	27/10	Potato Topped Beef Pies
Monday	30/10	Honey Mustard Chicken with Steamed Rice
Tuesday	31/11	Chicken Caesar Wraps & Salad Bar
Wednesday	01/11	Lamb & Feta Wrap
Thursday	02/11	Pork & Vegetable Noodle Stir Fry
Friday	03/11	Beef Burger with Lettuce, Tomato & Cheese
Monday	06/11	Butter Chicken with Steamed Rice
Tuesday	07/11	Chicken Caesar Wraps & Salad Bar
Wednesday	08/11	Beef Massaman Curry & Rice
Thursday	09/11	Chicken Stir Fry with Noodles
Friday	10/11	Beef Nachos with Guacamole & Sour Cream

Monday	13/11	Chicken Burger with Lettuce, Cheese & Tomato
Tuesday	14/11	Chicken Caesar Wraps & Salad Bar
Wednesday	15/11	Pulled Pork & Salad Roll
Thursday	16/11	Chicken Curry & Steamed Rice
Friday	17/11	Hoisin Beef with Steamed Rice
Monday	20/11	Creamy Sundried Tomato, Bacon & Chicken Pasta
Tuesday	21/11	Chicken Caesar Wraps & Salad Bar
Wednesday	22/11	Beef Sausage or Hot Dog
Thursday	23/11	Pasta Bolognese
Friday	24/11	Potato Topped Beef Pies
Monday	27/11	Honey Mustard Chicken with Steamed Rice
Tuesday	28/11	Chicken Caesar Wraps & Salad Bar
Wednesday	29/11	Lamb & Feta Wrap
Thursday	30/11	Pork & Vegetable Noodle Stir Fry
Friday	01/12	Beef Burger with Lettuce, Tomato & Cheese
Monday	04/12	Butter Chicken with Steamed Rice
Tuesday	05/12	Chicken Caesar Wraps & Salad Bar
Wednesday	06/12	Beef Massaman Curry & Rice
Thursday	07/12	Chicken Stir Fry with Noodles
Friday	08/12	Beef Nachos with Guacamole & Sour Cream
Monday	11/12	Chicken Burger with Lettuce, Cheese & Tomato
Tuesday	12/12	Chicken Caesar Wraps & Salad Bar
Wednesday	13/12	Pulled Pork & Salad Roll
Thursday	14/12	Chicken Curry & Steamed Rice
Friday	15/12	Hoisin Beef with Steamed Rice



Would You and Your Family Like To Get Healthier?

Nutrition Connect is an online program aimed at getting children and their families healthier! Participating in the program is **free** and your family may receive 2 online face-to-face consultations with an Accredited Practising Dietitian, plus 3 months online resources including free subscriptions to our Nutrition website custom-design for families and a Facebook support group exclusively for program participants only.

Your family can participate in the program, if:

- ✓ You have access to the internet via a smartphone, tablet, laptop, or computer
- ✓ You have a child aged 4–11 years (before 12th birthday)
- ✓ At least one parent or carer is willing to participate in the program
- ✓ You are able to attend appointments in Tamworth or Armidale, NSW

Register your interest at bit.ly/c0nnecT

Wondering if your family can participate? Ask us today or fill in our online form at above link!
For more information contact Amy Ashman at amy.m.ashman@newcastle.edu.au or 0488 399 533

This project has been approved by the Hunter New England Human Research Ethics Committee, Approval No. 16/07/2014.04 and the University of Newcastle Human Research Ethics Committee, Approval No. H-2016-0329.