

# lion's roar

TERM 4 • 14 OCTOBER 2016 • VOLUME 269



## From The Principal

*Mrs Nicola Taylor*

Welcome to the first edition of the Lion's Roar for Term Four. We wish our Class of 2016 all the very best as they commence the Higher School Certificate examinations this week. The girls have applied themselves consistently to their studies with quite a few attending study camps throughout the break to further hone and refine their examination technique. A special thank you to the Year 12 teachers who have also made themselves available throughout the break to provide feedback to the girls on draft essays or to clarify course concepts. In my exit interview with the Year 12 students a key theme emerging was their appreciation of the commitment of teachers to support, encourage and prepare them well for the HSC experience.

I trust you have also received a communication from the College summarising our 2015 NAPLAN results compared with like schools

at both the State and National level. These results are all the more commendable given that PLC is not a selective school and we do not spend weeks focusing just on NAPLAN preparation, but rather embed our preparation throughout the regular work of the classrooms. Girls are encouraged to have a go, to do their best and apply themselves to their learning each day. The NAPLAN results bear testimony to the strong culture of learning in place at the College. This culture of learning ensures not only academic success, but also that lifelong learner skills are developed such as application, diligence, critical thinking, problem solving and clear communication.

With the gardens of the College looking simply stunning as a result of good gardening and healthy rainfall, I trust that many in our school community will take the opportunity

to support the P&F at their High Tea next weekend. The establishment of the gardens at the front of the Senior School was a project of the P&F who make a generous annual contribution to their upkeep and improvement. It would be good to have as many people as are able to take part in this special event celebrating the PLC Armidale Community.

## IN THIS ISSUE

From The Principal .....	1
Senior School Notes .....	2
Term 4 Lunch Specials .....	2
Calendar of Events .....	2
2017 Student Leadership Team Announced .....	3
Duke of Edinburgh's Award Adventurous Journey .....	4
Junior School News .....	5
Term 3 Guild Gatherings, 2016 .....	6
Term 3 Sport Results .....	7
Development and Enrolments .....	8
Music Notes .....	9
Music students enjoy Beilman & Tyson concert .....	9
Fiji Report 2016 .....	10
Pastoral Care Conversation .....	11
Parenting Matters .....	12
P&F High Tea .....	14

# calendar OF events

**14 TO 28  
OCTOBER  
2016**

ISHE 2016 Inter-Schools Extravaganza	14-17/10/2016
New England Sings	15-16/10/2016
2016 NE Sings Primary Choir Final Rehearsal	15/10/2016
Yrs 7 to 12 Calrossy Soccer/Hockey/Netball Matches	19/10/2016
Inspire	21/10/2016
Yrs 8, 9, 10 and 11 AHIGS Festival of Speech	21-22/10/2016
OGU Reunion Weekend	22/10/2016
PLCA P & F High Tea	22/10/2016
Boarders' Church Service at St Paul's	23/10/2016
HSC Exams continue all week	24/10/2016
Yrs 9 & 10 'Butterfly Effect' Enlighten Education	25/10/2016
In House Concert	26/10/2016
Yr 7 Immunisation	27/10/2016
2016 Hawkesbury Canoe Classic	28/10/2016

## LUNCH SPECIALS TERM 4

Monday 10/10	Beef Burger
Wednesday 12/10	Creamy Chicken & Corn Pasta
Friday 14/10	Chicken Stir Fry with Noodles
Monday 17/10	Lamb & Feta Wrap
Wednesday 19/10	Thai Beef Salad
Friday 21/10	Basil, Sundried Tomato & Bacon Pasta
Monday 24/10	Beef Nachos with Guacamole & Sour Cream
Wednesday 26/10	Chicken Burger
Friday 28/10	Beef Stir Fry with Rice
Monday 31/10	Cajun Chicken Wrap
Wednesday 02/11	Roast Beef with Gravy Aioli
Friday 04/11	Pasta Bolognese
Monday 07/11	Beef Burger
Wednesday 09/11	Creamy Chicken & Corn Pasta
Friday 11/11	Chicken Stir Fry with Noodles

Monday 14/11	Lamb & Feta Wrap
Wednesday 16/11	Thai Beef Salad
Friday 18/11	Basil, Sundried Tomato & Bacon Pasta
Monday 21/11	Beef Nachos with Guacamole & Sour Cream
Wednesday 23/11	Chicken Burger
Friday 25/11	Beef Stir Fry with Rice
Monday 28/11	Cajun Chicken Wrap
Wednesday 30/11	Roast Beef with Gravy Aioli
Friday 02/12	Pasta Bolognese
Monday 05/12	Beef Burger
Wednesday 07/12	Creamy Chicken & Corn Pasta
Friday 09/12	Chicken Stir Fry with Noodles
Monday 12/12	Lamb & Feta Wrap
Wednesday 14/12	Thai Beef Salad
Friday 16/12	Basil, Sundried Tomato & Bacon Pasta

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## 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 the Gibraltar Range National Park on their Duke of Edinburgh Award adventurous journeys; playing for NSW in a State hockey competition in Perth, performing in the Australian World Orchestra at the Opera House, circumnavigating Australia on the Young Endeavour and travelling to New Zealand on the NIAS Netball tour...just to name a few of their amazing experiences.

### Uniform

All students should have returned 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 Thursday 13 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.



## 2017 Student Leadership Team Announced

The Student Leaders for 2017 were announced last term at PLC Armidale following elections and a rigorous selection process. However, on Monday, October 10, on Day 1 of Term 4, they were all officially inducted in a special ceremony witnessed by not only their proud families and staff, but the entire student body of the College.

Head Prefect for 2017 is Ragavi Jeyakumar (from Armidale / Guyra) and her Deputy is Inverell's Kate Biddle. Sports Prefect is Emma Ranck and Creative Arts Prefect, Dakotah Love, both from Armidale. (Full list attached)

It will be a very special year for this group of talented student leaders, as PLC Armidale will celebrate its 130 year anniversary.

In her address to the audience last term, Principal, Mrs Nicola Taylor, spoke of the attributes of leadership and what characterizes an effective leader.

"Leadership is patient, leadership is kind, it does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Leadership does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres..."

Leadership can be lonely and not always easy or glamorous. Leading with humility, wanting to give more than you receive is leadership with purpose and will be a blessing to you and others. In the words of John Maxwell a Christian author on leadership... A leader is one who knows the way, goes the way and shows the way."

At Monday's ceremony, the girls were officially inducted with their official leadership badge by Acting Principal, Mrs Anna Caldwell, who was deputising for Principal Mrs Nicola Taylor, who was on official duties in China, promoting the new PLC Pathways programme.

Following the Induction ceremony, the student leaders enjoyed Morning Tea with their families and then attended a leadership training course in preparation for their duties and responsibilities in their final year.



Student Leadership Team 2016/2017

<b>Head Prefect</b>	—	Ragavi Jeyakumar
<b>Deputy Head Prefect</b>	—	Kate Biddle
<b>Sports Prefect</b>	—	Emma Ranck
<b>Creative Arts Prefect</b>	—	Dakotah Love
<b>Guild Captains</b>		
<b>Forrest</b>	—	Alex Hiscox
<b>Gregory</b>	—	Georgia Hutton
<b>Macquarie</b>	—	Anna Finney
<b>Wentworth</b>	—	Jessica Chambers
<b>Deputy Guild Captains</b>		
<b>Forrest</b>	—	Laura Cotterell
<b>Gregory</b>	—	Kiera Shaw
<b>Macquarie</b>	—	Sarah Evans
<b>Wentworth</b>	—	Amanda Richards
<b>Boarding House Captain</b>	—	Lucy McDonald
<b>Deputy Boarding House Captain</b>	—	Isobel Moore
<b>Spiritual Leaders</b>	—	Georgina Hebblewhite
	—	Dakotah Love







## Duke of Edinburgh's Award Adventurous Journey

*Anna Caldwell, Duke of Edinburgh's Award Leader*

### The World Heritage Walk, Washpool and Gibraltar Range National Parks.

During the first four days of the holiday 18 Duke of Edinburgh's Award Bronze, Silver and Gold Awardees went hiking in the Washpool and Gibraltar Range National Parks, enjoying the dramatic and ever changing natural environments of the World Heritage Walk.

We hiked under the canopy of tropical rainforest, by subalpine swamps, over creeks and through dry Eucalypt forests. We climbed up on top of the Dandahra's Crags at 1084m and took in the breathtaking views. We also enjoyed swimming in the Coombadjha Creek, near Mulligans Hut each afternoon, cooling off and soothing our tired feet.



The girls, who were from Years 9, 10 and 11 all worked well together over the four days demonstrating great team work, leadership, navigation, camp craft, observation and group skills as well as incredible displays of tenacity and enthusiasm. We were blessed with fabulous weather and enjoyed camping at Mulligans Hut.

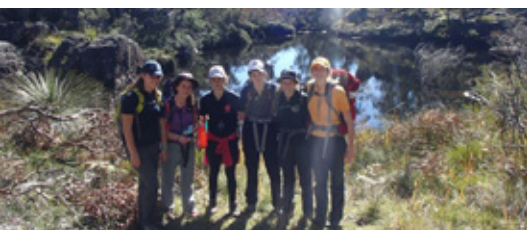
Fellow campers and bushwalkers that we passed on the World Heritage Walk commented on how lovely the girls were; how they enjoyed all the laughter, hearing the girls looking after each other and how respectfully they spoke to one another. I am immensely proud of them all.

### Gold Award!

Congratulations to Jessica Chambers who has now completed her Adventurous Journeys for her Gold Award.

### Bronze Award 2017

If you are in Year 8 and are interested in taking on the challenge of the Duke of Edinburgh's Award next year, you will be given the opportunity to sign up this term. Mrs Caldwell will be giving you all the information soon.





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## Term 3 Guild Gatherings, 2016

### Wentworth

Guild Gatherings were a great success for the Wentworth Guild. Throughout Guild Gatherings, we had a Space theme and made slime, a Recycled theme, and made recycled monsters as well as lolly activities. The girls learnt to work together and cooperate in groups while completing tricky tasks. We got to know the girls in our guild and it was fun to plan the activities and games. We learnt to work with lots of ages and classes too. To us, Guild Gathering was a good chance for everyone in the guild to get to know each other. We had fun with everyone in Wentworth, doing lots of fun activities.

### Forrest

For the first year ever, instead of Peer Support, Year 6 lead Guild Gatherings. In Term 3, we lead two sessions - Space and Recycled Art. For the Space theme, we had an alien style-newspaper-fashion runway. The girls were to design an alien themed outfit. Their supplies were newspaper, tinfoil and sticky tape. They had half an hour to create their crazy costumes. The Recycled Art theme had the girls make an animal from the savanna, ocean or forest using the materials provided (recycled objects). From both these activities, the girls learnt to work together, use the short time wisely and we learnt as guild leaders to be patient, plan ahead and to not get stressed if things didn't work. The highlight for all of the Forrest leaders was getting to know our guild and having fun.

### Macquarie

Over this term, we did two Guild Gatherings. During the first one, we painted nebulae. Each girl painted a nebula on a black sheet of paper. It went quite well but the tidying up was crazy!

Destiny showed the girls an example of a nebula on her iPad and started to draw one so that they had an idea of what to paint. Our second one was making newspaper pictures on a polystyrene background. It work well but the girls were quite noisy. We made one the day before and showed them, then Grace showed them how to make it. They learnt that, if you spill the glue bottle it will go everywhere! They also learnt about recycling and how to work together. We learnt how stressful it is to be a leader and how the teachers feel when they're trying to explain and people are talking. Our favourite thing about Guild Gathering was how the girls worked together as a guild.

### Gregory

For guild gathering this year, we had such a great time getting to know the girls in our guild a bit better. Some of the activities we did this term were, a scavenger hunt – which included five teams who had to find different objects to make an alien. Another activity was a hand rainbow, which included the girls having to work together in groups to paint each other's hands and then to put them in colour order of the rainbow! This was very effective and a great final activity. The girls learnt to work together and not to be bosses, but to be leaders. Year five especially are learnt what leadership was going to be like for when they become Year 6! As leaders we learn to build on each other's ideas, and not to rush other on the lead up to the actual day. The highlight of the Guild Gatherings was the final guild gathering, where we felt like we had done our jobs as leaders to get Year 5 involved and for everyone to be working as a team! "It gave us a feeling that our job was done!"







## PRESBYTERIAN LADIES' COLLEGE ARMIDALE HEAD OF JUNIOR SCHOOL

PLC Armidale is an independent Christian girls' school located in Armidale, New England.

Applications are sought for the position of Head of Junior School at PLC Armidale, commencing Term 1 2017. **The position has a teaching allocation of 0.5FTE.**

The successful applicant will be an enthusiastic, experienced educator with outstanding skills to lead our all-girls' Junior School.

An understanding of THRASS (or similar) approach to foundational literacy education would be highly regarded, as would an understanding of the Reggio Emilia approach employed within our Pre-Kinder Class program.

**Applications close 26 October 2016.**

**For more information, please see the link below.**

<http://www.plcarmidale.nsw.edu.au/employment/positions-available>

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

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## Term 3 Sport Results

*Jason Browne,  
Sports Coordinator*

### Basketball

Last term PLC had three teams competing in the local competition. A team from Year 8, Year 9 and 10 and Year 12. All three teams had successful and enjoyable seasons. Unfortunately the Year 8 and 12 teams were defeated in the grand final qualifier, while the Year 9 girls won their game against Duval to progress to the grand final. They played a very good O'Connor team in the final, while all girls played to the best of their abilities and in good spirit, they were not able to match the opposition on the night. A special mention to Millie Graham who has coached the Year 8 girls throughout the year.

### Hockey

In the holidays Chelsea Thornton travelled to Perth as part of the NSW Under 13 Field Hockey Team. Congratulations once again for being selected in the NSW U13 team.

There were a group of PLC students who played with Harlies Under 16 team last term because we did not have enough girls to enter a second Under 16 team in the competition. Ms Beresford kindly found the girls a team to play in and they had a very successful season, winning the grand final against Breakaways. Congratulations to Alison Chapman, Anna Finney, Sarah Askey, Julia Chambers, Paige Jackson and Lily Neilson for this achievement. At the HNE presentation Alison Chapman was also named Junior Goal Keeper of the year. Congratulations Alison.

### Tennis

Training will start next week for any interested students in preparing for Tildsley team selection which will take place in Term 1 next year. There is a sign-up sheet on the Sports noticeboard.

### Calrossy Visit

This Wednesday afternoon Calrossy school from Tamworth is coming up to Armidale for our annual sport afternoon. All games will take place out at Sport UNE between 4-5pm. There will be Junior and Senior Netball and Hockey teams and a Senior Soccer team. Can all students please ensure they have returned their permission notes to reception by Tuesday.



You're warmly invited to join  
**Principal of PLC Armidale**  
**Mrs Nicola Taylor**

at the inaugural

*2016 Principal's Breakfast*

**Thursday 10 November 2016**

**7.45am for 8.00am**

**AT NERAM ARMIDALE**

**TICKETS: \$25 per person**

Purchase your tickets from the following link:

**[www.trybooking.com/NFST](http://www.trybooking.com/NFST)**

Bookings are essential and must be made by  
Monday 7 November 2016

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



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## Development and Enrolments

*Shona Eichorn, Director of Development*

*Sally McCook, Enrolments Manager*



## Greetings from China

As you read this edition of the Lion's Roar, Mrs Taylor and I have already spent almost a week in China, hosting events and meeting with families, promoting the PLC Pathways program. We have received a great deal of interest and already have students enrolling for 2017. We will also have some interesting stories to share with you on our return!

A very warm welcome to our new students and families who have joined us already from China.

## P&F High Tea and the Annual Old Girls' Reunion Weekend – Next Weekend

Our ever supportive and hard-working P&F is hosting their biggest fundraiser of the year next Saturday ... the highly anticipated and very popular, High Tea. It only happens every two years, so please don't miss this opportunity to come along to this quintessential PLC event! Tickets are selling fast, so run to your computer now and jump on [TryBooking.com/MLYY](http://TryBooking.com/MLYY). This year, the High Tea is being conducted at the same time as our Old Girls' annual Reunion weekend. The Old Girls' Reunion commences with the AGM at 1pm (light refreshments available) followed by College tours. The High Tea then starts at 3pm. Old Girls' Weekend actually kicks off next Friday with the annual INSPIRE program where some of the 20 year leavers return to share their life and career experiences with our current girls. If you happen to bump into any of our Old Girls around town or the College, please make them feel very welcome!

## IGNITE ... Have you seen our magnificent timber PLC Armidale Periodic Table yet?

Have you had a chance to have a look at the newly refurbished Science Labs yet? Please take time to come and have a look at the Labs and the PLC Periodic Table, which sits outside in the Foundation Science Wing. Expertly crafted by PLC Armidale staff member, Mr Jason Browne, you will not be disappointed with the \$300 per element price tag ... or you could create your own for a slightly higher fee of \$500.

Should you be interested in investing in PLC Armidale Science (or STEM), this would be a perfect way to show your support. Please see me for further details (all donations are tax deductible).

## PLC Armidale ... celebrating 130 years in 2017.

Plans are already underway to celebrate this milestone year for the College. In the meantime, you might like to add this to your 2017 diary. Stay tuned for more information.

We hope you all enjoy Term 4!





## Music Notes

*Matthew Minter, Director of Music*

Isla Biffin, Mia Emanuel, Elinor Warwick and Clare Warwick performed with the Australian World Orchestra in the Sydney Opera House during the

holidays.

The Australian World Orchestra is a combination of the greatest players from Australian Orchestras and Australia's most acclaimed orchestral musicians now working overseas, who are invited back for an annual concert at the Sydney Opera House.

The orchestra represents the pinnacle of the Australian orchestral tradition. As part of the program 39 school aged players from around NSW were invited to join the mighty orchestra, sitting alongside the greatest players in Australia, in a performance of two exciting works at the beginning of the evening. You can see the PLC girls in this photo on the stage of the Sydney Opera House.

This event was part of the Regional Youth Orchestra (RYO) program. The RYO is an initiative of the Wollongong Conservatorium of Music on behalf of the Regional Conservatorium's in NSW to bring together many of the most talented and accomplished orchestral players from around the state.

As part of the Regional Youth Orchestra Mackenzie Constable and Mia Emmanuel performed with members of the Australian Opera and Ballet Orchestra earlier in the year in an opera performance at the Opera House. Elinor Warwick and Clare Warwick will also be travelling to Dubbo for the RYO Artlands Project in October for 6 days.

Congratulations to Isla Biffin for being selected for all three Australian Youth Orchestra programs including Young Symphonists, National Music Camp and the Australian Youth Orchestra. Lucy Quast, Jessica Hughes and Elinor Warwick were also selected as reserve players.

Congratulations also to Syrana Glenn and Jessica Tan. Syrana was selected and Jessica is on standby to perform at Bravissimo, the encore concert for outstanding HSC performances from Northern NSW and is held every February in Port Macquarie.



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TERM 4 - 14 OCTOBER 2016 - VOL 269

During the holidays I attended the Australasian Double Reed Convention in Sydney. I competed in the Open Age Composition Competition for a piece for oboe or bassoon and was selected as one of four finalists. Unfortunately I narrowly missed the first prize in the finals being beaten by my old professor from the Sydney Conservatorium!

As well as all the excitement of for the competition, it was very inspiring to hear a recital of outstanding Australian works for oboe and bassoon written by Australian Composers over the last twenty-five years, including masterpieces by composers such as Ross Edwards and Margaret Sutherland. It is always inspiring to see a tradition of fine music, respected internationally, emerging from contemporary Australia.

As part of the convention I also perused the vast array of wind instruments available and discussed with several leading importers of instruments the requirements for the expansion of the wind and brass program at PLC Armidale. It is very exciting planning, arranging repertoire and laying down the foundations for the future wind and brass program at our college. Next year all students in Year 7 and 8 will have the opportunity to learn orchestral wind, brass or percussion as part of the classroom music program.

It is exciting to witness so many girls learning and engaging in Music at PLC. Watch out for an even larger orchestra on the stage of the Astra Arts Centre at Starry Night 2017!



## Music students enjoy Beilman & Tyson concert

*Deidre Rickards, Director of Strings*

A number of PLC String students were part of the enthusiastic audience in the Armidale Town Hall for the final Musica Viva concert this year. We were privileged to hear two young American performers who were giving an international tour for Musica Viva. It was wonderful listening to two musicians who played each work sincerely and with an assured understanding of the nuances in each work. They gave two encores and the students left with inspired thoughts about their own playing. It was a fabulous concert.

### Musica Viva Dates and Artists for 2017:

**Thursday 2 March, 6.30pm:** Elena Kats-Chernin & Tamara-Anna Cislowska

**Thursday 4 May, 6.30pm:** The Arcadia Quintet

**Sunday 6 August, 3pm:** Andrey Gugnin, piano (Winner 2016 Sydney international Piano Competition)

**Thursday 31 August, 7pm:** Australian Chamber Orchestra Collective with guest Director and violinist Pekka Kuusisto



## Fiji Report 2016

David Moffitt – ICT Integration  
Coordinator

During the first week of the September/October school break, the annual Service Learning trip to St Christopher's Home in Fiji was attended by four PLC Armidale students from Year 8. The Home is an Anglican church facility that performs the function of accommodating and caring for at-risk and orphaned children from all over Fiji. Together with TAS and NEGS, we spent nine days in Fiji to assist at the Home and build relationships with the children and the



## PRESBYTERIAN LADIES' COLLEGE ARMIDALE ECONOMICS TEACHER

PLC Armidale is an independent Christian girls' school located in Armidale, New England.

We are seeking to employ an HSIE trained teacher with demonstrated capacity or experience in teaching Commerce, Business Studies and Economics. This full-time permanent position would suit someone with an interest in girls education, commitment to excellence in teaching and learning and willingness to be involved in the wider life of the College. Commencing in 2017 the successful applicant will be supportive of the Christian values and ethos of the College and able to contribute professionally to the culture of learning within the College.

**Applications close 19 October 2016.**

**For more information, please see the link below.**

<http://www.plcarmidale.nsw.edu.au/employment/positions-available>

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Sisters. This year, we focused on renovating the kitchen, building a vegetable garden bed, painting the boy's dormitory and laying fresh floor tiles in many areas. Anyone without a job quickly learned the value of "sugar-soap and elbow-grease". Each student had at least one "buddy" with whom they exchanged letters before travelling and gave gifts to upon arrival. Watching the relationships develop between our girls and their buddy was a delight and resulted in some wonderful moments of sharing, lots of healthy play and many hugs.

Fiona Taber from TAS handed over the coordinating of the trip to me this year and together with the other schools, we donated over \$13,000 to the Home as well as many sheets, towels, underwear, medical and sporting supplies. This year we paid for Maths and English tutoring to assist several students from the Home who have suffered dislocation and family breakdown.

Our time was steeped in Christian tradition, with morning chapel service, evening singing and visits to the local Anglican church. Most striking was the steadfast commitment and care given by the Sisters of the Home who spend long days providing a loving family for 20-30 children, including 3 little ones under 8 months. It is in this environment that our girls found their buddies to be happy, grounded and grateful; which had a profound effect on how our girls saw themselves. All girls were able to identify that they were deeply moved by the experience and hoped that it would have a lasting effect on their attitudes towards "stuff" when they returned home. As their accompanying teacher, I was proud of their work ethic, their ability to connect and build relationship with others and the respect they all showed throughout the trip.

The attending students from PLC Armidale were Charlotte Caldwell, Katie Allen, Thurkka Jeyakumar and Jessica Li.







## Pastoral Care Conversation

Anna Caldwell, Head of Senior School

I recently watched a TED talk by Reshma Saujani, the founder of 'Girls Who Code' on teaching our girls bravery not perfection. It

was inspiring, honest and made me very glad to live in the country and work at a school where we are able to focus on girls only, and give them the opportunity to be brave.

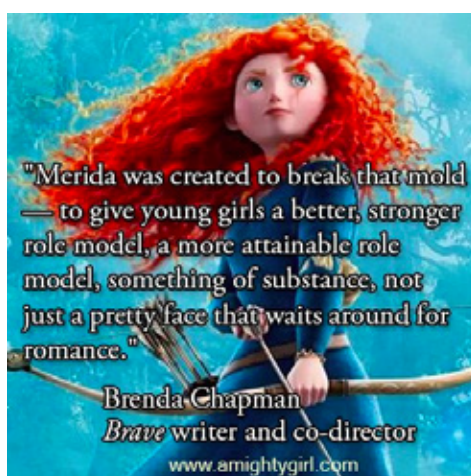
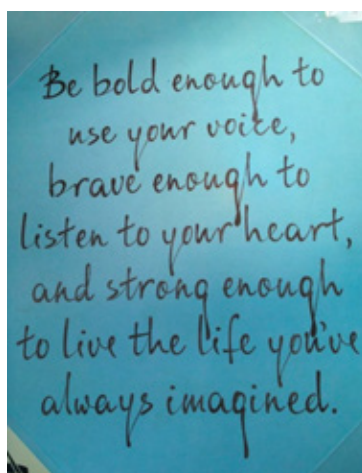
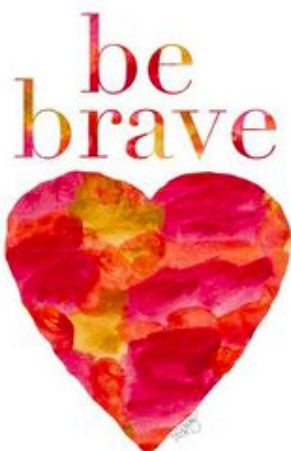
It also made me very glad that my parents taught me to be brave and to take risks. There was no stereotyping, no pushing, just encouragement, freedom to run and play outdoors, climb trees, get muddy, make decisions and learn from my mistakes and take responsibility for my words and actions. There was no expectation that I had to be 'perfect', only to aim to be the best version that I could be of me.

They thankfully did not smother me in cotton wool, bubble wrap or helicopter parent me either, which is sadly what a lot of parents do to their children these days. Too much over-parenting is really limiting, especially for girls and it is potentially detrimental to their development.

After watching this TED Talk I have thought about our girls at PLC and the opportunities they have to be brave. They ride horses and mountain bikes, bushwalk all over the world, rock climb and hike up mountains, abseil and surf. They hang upside down on the monkey bars, climb trees, face up in the goals when playing team sports and when on the swings, swing as high as they can, to see if they can touch the clouds.

Our girls are encouraged to take risks, to step outside of their comfort zone in signing up for the debating team, to go for the solos in the choir. They are encouraged to perform their musical instruments in concerts, act in Guild Drama and play their hearts out on the sporting field. They are encouraged to try out for representative teams locally, at state level and nationally too. They take on the challenge of the Duke of Edinburgh's Award in very impressive numbers and achieve remarkable things. Our girls are also encouraged to be brave with their learning in the classroom as well.

Society has been trying to socialise our girls to be perfect. We are given cultural ideals as to how we should look and what our body size and image should be. Girls have this incredible pressure on them to be liked at all costs, to look pretty and to be perfect. Even those considered to be the most beautiful have their photos edited until they are considered to look perfect. It has all gone too far and we all need to make a stand to set things right.



Girls need to be taught to take risks and be brave. We learn from our mistakes, not from being perfect.

We need to fill their lives with bravery and resilience and the earlier we start this, the better. We need to encourage our girls to step outside of their comfort zone, let them experience being a little scared and feel the adrenaline pumping. We need to acknowledge this feeling and the excitement, exhilaration, confidence and sense of achievement that also goes along with it.

This week saw the world celebrate the International Day of the Girl. Raising awareness that all girls deserve equal access to healthcare, education and basic human needs. This day also celebrated the enthusiasm and tenacity of girls worldwide to impact change and shape society.

In her letter to the incoming prefects and school leaders, Mrs Taylor listed several inspiring leaders who were all brave and took risks, including Joan of Arc and Mother Theresa. Later that same day, our year 11 students created their own list of role models, as part of their Leadership training day. The list was interesting and varied and included the likes of Emma Watson and Michelle Obama. They were strong, inspirational role models who all have used their position of wealth and fame to do good in the world, influence world leaders and many of them have addressed the UN in spectacular style on some very serious issues.

It is also pleasing to see that even Disney is changing with the times and we no longer have the damsels in distress, being rescued

by the handsome prince. The lead characters are strong females, who have their own minds. The hugely successful movies Frozen and Brave, clearly depict girls making tough decisions, standing up for their beliefs and being brave.

There is a big difference between being brave and adventurous and being reckless and putting yourself in danger. Whilst we are teaching our girls to be brave we also need to teach them to assess the risks, think through the consequences, understand their skill level and be humble in the face of natural forces that are greater than themselves. They need to be determined, motivated and have a strong desire to succeed.

For our girls to be "successful women of tomorrow" they need to be brave.

[https://www.ted.com/talks/reshma\\_saujani\\_teach\\_girls\\_bravery\\_not\\_perfection?language=en](https://www.ted.com/talks/reshma_saujani_teach_girls_bravery_not_perfection?language=en)

## Parenting *ideas* INSIGHTS



### *Building parent-school partnerships*

WORDS Michael Grose

## Teach kids to solve problems

When parents solve all children's problems we not only increase their dependency on adults but we teach them to be afraid of making mistakes. That's fertile ground for anxiousness and perfectionism, which often go hand in hand.

Of course, if you keep solving them, they'll keep bringing them. "Mum, my sister is annoying me?" "Dad, can you ask my teacher to pick me for the team?" "Hey, I can't find my socks!"

It's tempting if you are in a time-poor family to simply jump in and help kids out.

Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. "What can you do to make her stop annoying you?" "What's the best approach to take with your teacher?" "Socks, smocks! Where might they be?"

**Here are 5 questions you can ask kids to encourage them to resolve their own problems:**

**1 "Can you solve this yourself?"**

Get kids thinking they can do it.

**2 "What do you think needs to happen?"**

Start kids thinking about solving problems.

**3 "What's the first step?"**

Sometimes just getting kids started is enough to get them working out issues themselves.

**4 "How would you like me to help?"**

Get kids considering the type of assistance they need.

**5 "What's the best way to do this?"**

Get kids assessing and prioritising.

Problem-solving is one of the four major skills (optimism, social skills & independence being the others) that resilient kids share, yet it's the one that many of us aren't equipped to develop. Start by stepping back and asking good questions when kids bring you their problems to solve.

*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](http://parentingideas.com.au). You'll be so glad you did.



[parentingideas.com.au](http://parentingideas.com.au)

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## Tennis at PLC Armidale

Term 4 2016 – Starts Thursday 15th October

Lessons are now being conducted both after school and lunch times.



### Pee Wee Tennis

This is an internationally recognised tennis program for 5-7 year olds. It is developed around the “red ball stage” of Hot Shots. Smaller nets and courts, as well as a larger, low compression ball make rallying easier.

At this level we work with only 5-6 kids per coach and the lessons are only 30 minutes long.

**Cost for this 8 week program is only \$88**

**Classes will be held: Thursday “lunchtime” or 3:45-4:15 or 4:15-4:45pm**  
**Starting on Thursday 15<sup>th</sup> October**

### Little Masters Tennis

This is a fun class for beginners aged 7-12 or those that have had little experience. This is played with an orange ball on a ¾ size court. The kids will learn to rally and play tennis from day 1.

These classes are 1 hour long and we work with 6-8 children per coach.

However, all children will be playing on their own court. There is no standing in line waiting for a turn. All children will be active all the time!

**Cost for this 8 week program is only \$88.**

**Classes will be held: Thursday 3:45-4:45pm Starting on Thursday 15th October**



### Future Champs Tennis

This program is for those that have played before. They must be able to rally and serve before entering this program.

The program is a 60 minute session each week, with some time dedicated to playing a “match”. This “match” is themed based and the theme is the tactic used in the start of the lesson. This gives the children an opportunity to practice the tactic in a match without the pressure.

We use green low compression tennis balls in accordance with the international standards set by the ITF (International Tennis Federation).

**Cost for this 8 week program is only \$88.**

**Classes will be held: Tuesday “lunchtime” Starting on Friday 13th October**

**Bookings are essential. Contact Peter Le Surf on 0417 957 982 or email [peterlesurf@optusnet.com.au](mailto:peterlesurf@optusnet.com.au)**

Peter is also available for private lessons before school or lunch times.

PLC ARMIDALE

# High Tea

## GARDEN PARTY

PLC Armidale Parents & Friends presents

**An Afternoon of Elegance**

**SATURDAY 22 OCTOBER 2016**

3pm

Tickets \$40

available from [www.trybooking.com/MLYY](http://www.trybooking.com/MLYY)

(please book by Wednesday 19 October)

The PLC Armidale High Tea Garden Party is an afternoon of elegant fashion, traditional High Tea held in the beautiful grounds of PLC Armidale.

Please join us for complimentary champagne and an introduction to the latest looks for Summer 2016.

Enjoy the chance to win wonderful prizes.

### MYSTERY BOX FUNDRAISER

Guests can purchase a box valued at \$30 each and will win a prize valued between \$20 and \$200.

There will be 60 boxes sold on the day each containing exquisite items.



PROUDLY SPONSORED BY:



TURNERSarmidale



"Mr Beilman is a passionate performer with a deep, rich tone" NEW YORK TIMES



## Beilman & Tyson

**Saturday 8 October, 4pm**

**Armidale Town Hall**

**Tickets \$40 Adults, \$30 Pensioners, \$20 Full-time Students**

In one of the most exciting classical music debuts of the year, two brilliant young stars make their first recital tour of Australia performing Mozart, Saint-Saëns, Janáček and a world premiere by Jane Stanley.

### PROGRAM

MOZART Sonata no 35 in A major, K. 526

JANÁČEK Violin Sonata

STANLEY New Work (World Premiere)

*Commissioned by Musica Viva's Hildegard Project*

SAINT-SAËNS Sonata no 1 in D minor, op 75

## BOOK NOW

Ph: 02 6788 2135  
or from NECOM office

[www.trybooking.com/181730](http://www.trybooking.com/181730)  
[www.musicavivaarmidale.org.au](http://www.musicavivaarmidale.org.au)

# NEW ENGLAND CONSERVATORIUM OF MUSIC

Proudly Presents

## *New England Sings!*

Sunday 16 October @ Lazenby Hall, UNE



**Concert 1@11am**

**Concert 2@2:30pm**

*New England Sings!* tickets now on sale at:  
[www.trybooking.com/MRJJ](http://www.trybooking.com/MRJJ)

Adults \$23, FT Students \$15 (no conc)

*New England Sings!* our region's biggest choral showcase will present over 800 students from 25 schools in 2 concerts on Sunday 16 October, Concert 1 at 11am and Concert 2 at 2:30pm.

Students will be performing an inspiring program of Australian music, featuring well-known songs and premiering new commissions for Combined Primary Schools Choirs and for the Combined Secondary Choir and Orchestra.

Each concert has only 550 seats available so now is the time to book your seats early to avoid missing out. Below is a list of schools performing at each concert.

Students performing in **BOTH** Concerts, 11am & 2:30pm

NECOM Choirs: Mini Singers, Cantilena, New England Singers, Side-by-Side Choir

**Massed Secondary Choir students from:**

Armidale High School  
Calrossy Anglican School, Tamworth  
Glen Innes High School  
PLC, Armidale  
The Armidale School

Bellingen High School  
Duval High School  
New England Girls School  
O'Connor Catholic College  
Armidale Waldorf School

### Primary Schools in 11am Concert

- Ashford Central School
- Ross Hill Public School
- Armidale City Public School
- Sandon Public School
- Walcha Central School
- St. Joseph's Primary School, Glen Innes
- St. Patrick's Primary School, Walcha
- Calrossy Anglican School, Tamworth
- St. John's Junior School (NEGS)

### Primary Schools in 2:30pm Concert

- Ben Venue Public School
- Kelly's Plains Public School
- Martin's Gully Public School
- Newling Public School
- St. Mary's Primary School, Armidale
- PLC Armidale Junior School
- The Armidale School Junior School (TAS)

*music speaks volumes*

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