

# lion's roar

TERM 3 • 15 SEPTEMBER 2017 • VOLUME 287

15 SEPTEMBER TO 17  
OCTOBER 2017

## calendar<sup>OF</sup> events

IGSSA Hockey Semi Final/Final	14-16/19/2017
Year 11 Exams	15/09/2017
Farewell to Year 12 Chapel	18/09/2017
PLC Armidale P&F Executive Meeting	18/09/2017
Year 12 Final Day	19/09/2017
SRC Guild Lunch	19/09/2017
Valedictory Assembly	20/09/2017
Valedictory Dinner	20/09/2017
Thailand Service Learning Preparation Meeting	20/09/2017
Last Day of Term 3 for Senior School only	21/09/2017
Visual Arts Europe Trip	21/09-7/10/2017
Boarders Depart (AM)	22/09/2017
Staff Day - Senior School Teaching Staff Only	22/09/2017
Fiji Service Learning Trip	2/9-1/10/2017
Year 11 Thailand Service Learning Trip	24/9-3/10/2017
Silver/Gold Duke of Ed Hike	1-6/10/2017
Boarders Return - PM	8/10/2017
School Resumes for Term 4	9/10/2017
Prefect Induction Assembly	9/10/2017
Year 11 Leadership Workshop	9/10/2017
HSC Exams Commence	12/10/2017
PLC Armidale P&F Meeting	12/10/2017
ISHE 2017 Inter-Schools Extravaganza	12-17/10/2017

### From the Principal

*Mrs Nicola Taylor, Principal*



Hearing the challenges of others is often a good way of being prompted to embrace challenges one self or at least put challenging situations into perspective. This afternoon, some students in the Senior School had the opportunity of hearing Henry Olonga tell of his decision to do some very hard things and the consequences of that decision.

In 2003, Henry Olonga was the only black African to play in the Zimbabwean Cricket team. During the World Cup Series that year, Olonga and one other player decided to wear black armbands on the field to mark the death of democracy under the regime of Robert Magabe. The location of this protest was at a sports ground only a few hundred metres from the President's house. At the same time, Henry Olonga spoke out about injustices in his country of birth including torture, false imprisonment and starvation.

The consequence for Henry Olonga in speaking out was to have his career as a fast bowler terminated, being forced out of the national team and out of his country of birth. Now an Australian resident, Olonga's first appearance at the Sydney Cricket Ground wasn't to play the game, but to perform at a charity dinner as an Opera singer another one of his many talents.

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Whilst our girls may never be faced with a challenge that costs them family, career and country; it is foreseeable that in the future some will have to take a stand for what they believe to be true and right, being willing to face the consequence of noble choice.

Our focus as a school will always be on preparing students for academic attainment. However, we also have the privilege of equipping and enabling the girls to think critically and deeply about issues affecting their future on both a local and global scale.

Next week, we will commemorate the Valedictory of our Class of 2017. They are a diverse group of students; many of whom have demonstrated resilience, courage, commitment and strength of conviction to make a difference to the lives of others. They have led our student body well and we wish them the very best as they focus on the next hard thing ahead of them, the HSC Examinations!



## Senior School Notes

*Anna Caldwell, Head of Senior School*

### Farewell to our Year 12's

Next week our Year 12's will be finishing school. This next phase of their lives is important as it marks the end of their childhood and their years at school. It is a rite of passage, a milestone that is recognised and celebrated through our final assemblies and formal Valedictory events, which will be held next week.

I would like to take this opportunity to wish them all well with their HSC Examinations and in all their future endeavours.

### Drink Bottles

A reminder that all students are allowed to carry water bottles with them to each of their classes throughout the day. This is not only for their overall health, but reduces the time out of class when students leave to get a drink of water.

Please ensure that the bottles are plastic, not glass, and have a drinking spout / closed lid to prevent spillages. Please ensure that all water bottles are washed regularly.

### Term 4

Term 4 starts on Monday, 9 October, with boarders returning on Sunday, 8 October. Monday will start at 8.40am with our Commencement Assembly. Classes will resume as normal after the assembly.

### 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.

### Prefect Induction Assembly

The Prefect Induction Assembly will take place in the Commencement Assembly on Monday, 9 October. After this assembly, all of Year 11 will participate in a Leadership Training Day.

The Principal and staff of  
PLC Armidale invite you to  
join us at the  
**Year 12**

# Valedictory Assembly

**followed by morning tea in the garden**

**Wednesday 20 September 2017**

**9.00am - Astra Arts Centre**

### GUEST SPEAKER

Katie de Veau - PLC Armidale 1990 graduate

### RSVP

**by Friday 15 September 2017**

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

02 6770 1700 | [www.plcarmidale.nsw.edu.au](http://www.plcarmidale.nsw.edu.au)

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## 2017 "What Matters?" Writing Competition Winner

Year 9 student Caitlin Hansford recently attended the Whitlam Institute's ceremony day for its flagship program, the "What Matters" writing competition. Caitlin won the Year 9/10 category, from thousands of entries from all over Australia. The program's aim is to empower young people from Years 5 to 12, to think, to write and to have a voice about the things that matter to them. Our sincere congratulations to Caitlin, and what a fine representative of PLC Armidale. Well done!

We encourage you to read all the winning entries (and the previous years winners too) and learn a little as to "what matters" to the younger generation. [https://www.whitlam.org/the\\_program/what\\_matters\\_writing\\_competition/what\\_matters\\_2017](https://www.whitlam.org/the_program/what_matters_writing_competition/what_matters_2017)

### YEAR 9/10 WINNER NSW/ACT - Caitlin Hansford

#### **Art Matters**

The world in which we live is neither kind nor understanding. It does not explain its motives nor apologise for causing pain. People hurt and harm others, people hurt and harm themselves. But there is something that can deliver people from darkness and challenge those who need challenging. People are left crippled and hopeless by the harsh realities that run our world but out of their questioning come answers and hope. It is a distraction from the atrocities of daily life; sustains cultures, communities and individual lives; it is a sanctuary for many. There is freedom for all who crave it. What it is, is what we are, in the most pure and genuine mess. It comes from every crevice and crack of life in many different forms. It is the arts. It is what makes us human.

Art has meaning beyond that of anything else. It can be what one needs it to be. Sanctuary or motivation; pleasure or disgust; distraction or permanent change. To many people it comes as a saviour. Individuals that feel hopeless and dejected can find refuge, purpose, distraction or understanding that makes their life worthwhile. Art has power to turn lives around. In art, people of all backgrounds can join in harmony, civility and understanding when talking about something that could be seen as the minutiae of life. Something such as talking about the harmonies used in Bach's cello suites or the colours that Jackson Pollock used in 'Blue Poles'. This could be the only conversation that person has all day, week or month. It could save them from taking their own life or fading into the shadows. It gives people that society consider disabled a meaningful life. They can take part in entertaining, activating or freeing others. They can have independence and liberation from the constraints of society and physical condition. It gives power to everyday people by contesting inequality. It closes the divide between rich and poor, black and white, left and right, literate and illiterate. It can oppose war, conflict and discrimination. Whether art is a representation of real circumstances or imaginary, it has real power to change lives.

Unfortunately, artists are hampered in producing art by the noose that is money. In Australia, the funding of arts (and the freedom, growth and change that it brings) has been dramatically decreased. This is a worldwide phenomenon. Only 12% of artists can spend 100% of their working time involved in art due to the lack of income. The investment in arts education is also minimal despite much evidence that shows its positive impacts in other areas of education and life generally. The fact is that in countries that consistently rank among the highest for mathematics and science test scores, like Japan, Hungary and the Netherlands, music and art programs are mandatory in schools. New brain research shows that not only does music improve skills in maths and reading, it also promotes creativity, social development and self-worth. Yet, despite this, schools lack supplies

and expertise in the different areas of art. Money could be funding positive change through the arts but instead it maintains war.

Art is the story of humanity. It reflects and shapes our sense of identity, attitudes and cultural values. Art is change and connection to the past. It is the buoy some individuals need to survive and the way to a positive future. Art is powerful. It may be how equality comes and discrimination is ended. Art is what makes us human. Art matters.



### Discontinued Uniform

*Mrs Alex Notley, Clothing Shop Manager*

We would like to remind students and parents that at the end of 2017 the dropped waist summer dress is no longer part of the uniform. We have had the newer tab waisted summer dress in circulation for

3 years. All current stock will be donated to one of PLC's charities.

Could you please ensure your dress has the correct hem length, - it is on or below the knee not above the knee. Also that your dress does not have any holes, stains or buttons missing. If you have any queries please don't hesitate to contact the Clothing Shop.



## Middleton Public Speaking

*Jan Patterson, Speech and Drama Teacher*

On Tuesday, 5 September the Years 7 to 10 MIDDLETON PUBLIC SPEAKING COMPETITION was held in the Astra Arts Centre. The judges were Mr John Harris and Miss Belinda Macri who thought the overall standard of speaking was very high. The prepared topic was "Tomorrow the Internet will be switched off". The speakers ranged from highly positive about the effects on society to extremely tragic scenarios. The impromptu topic was "Think Big" and this elicited both humorous and inspirational responses. The audience was most attentive and supportive during the competition which was won by Mary Flannery, Year 7, with the runner-up being Isabelle Taylor, Year 9. One of our mainstream International students, Joan Shi, deserves a special commendation as she gained the largest audience response of any speaker. All speakers acquitted themselves admirably throughout the competition. Many thanks are due to the compere, Mia Tindale and the timers, Ella Atkin and Mackenzie Constable as well as the staff who assisted ably in the many roles required to run such a successful event.



## Hot-Seat Friday

*Joanne Wysel, Pathways Teacher*

Meeting new people can be scary for anyone, but meeting new people in a foreign country in a language that is not your own, can be even scarier.

The Pathways team have implemented a program called 'Hot Seat Friday' where our Pathways girls have the opportunity to develop their conversational skills in a safe and encouraging environment. Conversational skills beyond, 'Hello, how are you?', are imperative for our Pathways girls to easily immerse in to the life of PLC and to foster acceptance and engagement in the PLC community.

So how does Hot Seat Friday work? Each Friday a different participant volunteers their time to be interviewed (Hot Seat) by one or two of the Pathways girls, who direct the flow of conversation asking open ended questions, follow-up questions and gathering information to successfully engage in an interesting conversation. Crystal, Rita, Kate, Teresa, Ann, Vera, Jessica and Fiona have been among the first of our brave Pathways girls who have interviewed an array of different candidates including Dr Lim, our Chairman of the PLC Council, Gus Robinson, a local minister, Bella, Kate and Chantelle from Year 7, Laura and Lani from Year 8, Dakota, and even Hamish and Samuel— Mrs Eastment and Mrs Wysel's 7-year-old sons. The Pathways girls have asked

questions ranging from the basic to the insightful, such as 'why do you do the job you do', and 'how important is your career to you', and 'what has been the most inspiring thing that has happened in your life', 'I wonder what would happen if we asked more questions like this with each other?

Many of the Pathways students do not have siblings, and for the ones who do, they are usually much older or much younger than themselves; so, when they heard from Dakota about 'sibling rivalry' and about 'wrestling' her younger brothers, there was surprise, confusion and laughter. We even had a demonstration of 'Wrestling 101' with Dakota and Crystal as an example!

The Hot Seat Friday program has been instrumental in developing relationships in the playground, and growing friendships between Pathways girls and mainstream students. They are growing in confidence as they settle in to life in Australia, and in to PLC.

But it's not just about the Pathways girls – the Hot Seat Program cuts both ways offering a platform for students of PLC and people in our community to have the unique opportunity to broaden their worldview; to learn about life experiences in China and Thailand - what they believe in and how different their lives are from ours. By talking with, and learning from each other, both the Pathways and mainstream girls can successfully broaden each other's worldview by sharing experiences of the past and moving forward to share experiences together in the future, alongside one another.







## Poetry in Action

*Kate Clynych, Head of Humanities*

Students from Year 6 to Year 11 were delighted to have 'Poetry in Action' visit PLC Armidale recently. The touring group of actors performed two very different and exciting shows for our appreciative audiences. 'The Paper Tiger' was a lesson in comedic poetry, with accompanying songs and dances for students in Year 6, 7 and 8, that brought the joy and silliness of language to life.

Senior students attended 'Words that Changed the World', an exploration of some of the great speeches that have been delivered throughout history, right up to today. Drawing on an incredible heritage of poetry, literature, theatre, and cinema these words have lifted hearts, offered hope, inspired courage, given comfort to the grieving, honoured the dead, demanded action, and in some cases changed the course of history itself.

Students enjoyed both of these performances, and have asked that Poetry in Action come back to PLC to perform every year!





# Grandparents' Day in the Senior School







Year 7  
Experience  
Day!





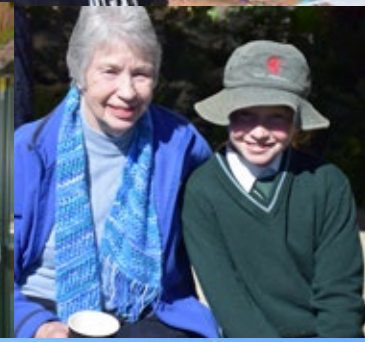


## Junior School News

*Fiona Wake, Head of Junior School*

### Wrapping Up Term 3... Grandparents' Day

Grandparents' Day celebrates the contributions grandparents and older people make to their families and communities. This special day takes our grandparents on a journey into 21<sup>st</sup> century learning and allows them to remember and compare yesteryear and the memories of the 'old school yard'. Our students love this opportunity to showcase their learning and share exciting experiences with their loved ones. Our Grandparents exhibit a very special place in our hearts and it is an event that the whole school community looks forward to. Take a look at the following snap shots, as a picture says a thousand words and these pictures show the love and commitment our Grandparents display for their granddaughter/s.



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## Fathers' Day Breakfast

Fathers' Day is celebrated worldwide to recognise the contribution that fathers and father figures make to the lives of their children. This day celebrates fatherhood and male parenting. Fathers' Day began on June 19, 1910 where a Fathers' Day celebration was held in Washington because a girl named Sonora Smart Dodd wanted to honour her dad (Wikipedia). Her father was a war veteran and he was a single parent who raised six girls. Sonora decided she wanted to create a whole day to recognise and celebrate the wonderful job her father did in raising her and her 5 siblings. It is because of this we have a special day in our calendar year named, Fathers' Day.

On Thursday morning the Junior School hosted a Fathers' Day Breakfast, daughter verse father soccer game and a chapel service to recognise the important role fathers play in the lives of their daughters. Although belated, it is our opportunity to say thank you Dads, for the care, love and support you give to your daughters each and every day.





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## Winter sport concludes and our summer sports begin

Congratulations to all of our Junior School teams who have displayed wonderful sportsmanship and improved skills in their chosen sports. I would also like to thank parents and guardians for their endless support when transporting their daughter/s to their weekly games and standing on the sideline showing your support and encouragement.

## Starry Night Concert

A night of dazzle and amazement! It is a special treat for grandparents, parents and our extended PLC community to be entertained by our up and rising musicians. It is also a wonderful opportunity to have our students perform and showcase their musical prowess and develop confidence in front of an audience.

## Pastoral Care

### Character Strengths – NOT just talk!

Our PC @ PLC program is based on the specific needs of each individual, year group, academic stage and our Guild System. Everyone works together to create and maintain a caring environment, which encourages resourcefulness and resilience in all students, and fosters a sense of social justice. Within this environment, our students are nurtured to develop self-esteem and confidence, and to grow as individuals.

Positive Psychology is woven into every aspect of life at our school. At PLC Armidale we teach resilience, forgiveness and gratitude, and an appreciation of personal strengths and positive emotions through our Pastoral Care Program, PDHPE classes and on the sports field. This message of positive reinforcement is embedded in every subject taught at the school, and in our Chapel services and Bible readings. All our staff consciously teach positive values as we want our girls to be healthy, vibrant and optimistic individuals. We encourage our students to be intellectually curious and determined to succeed in all pursuits. Our goal at PLC Armidale is for our students to be happy and flourishing. You only have to witness the girls playing in the playground, greeting each other on a daily basis, excited when they encounter a friend in the shopping mall or interacting during their learning experiences, to understand just how our Pastoral program has a tangible impact on relationships within the Junior School.

## Poetry in Action

Year 6 had the privilege of viewing, 'The Paper Tiger', one of many performances offered to PLC on 31 August by Poetry In Action. Based on a selection of humorous poetry from around the world, this show brings the joy and silliness of language to life. A zombie apocalypse (masterminded by the fiendish Paper Tiger) has left freedom fighter Maya drained of all her inspiration and poetic knowledge. She must undertake a crash course in poetic instruction in order to save humanity from a future without art, poetry and imagination. Written by Matt Edgerton (Artistic Director of the Helpmann Award winning Barking Gecko Theatre Company) and directed by the incomparable Darren Gilshenan, this show is packed with fun and frivolity for both teachers and students alike. (<http://poetryinaction.com.au/the-paper-tiger-years-7-8/>)

## Chess Competition

### We're back in the game!

On Thursday 7 September, 9 students from Years 4 to 6 went to St Mary's Catholic School to compete in the NSW Junior Chess League tournament. The girls are new to competitive chess and this was going to be a steep learning curve for all. However, in true PLC style, the teams embraced the challenges before them with great enthusiasm and a positive attitude.

### Reflections of the day

The most interesting part of my day was when I won! I realised I was relaxed. It was just so surprising. *(Sophia Ruig)*

This was my first Chess tournament and I enjoyed it very much. I was the captain of my team, even though I was not the strongest player. My first game didn't go too well, but as the day progressed I picked up strategies and learnt lots. One of those things was that chess is fun and that is why I do it. *(Harriet Eastment)*

Each team was made up of three players. The strongest player plays on board one, the weakest plays on board three. We played seven games on the day. We had to be silent whilst playing our games. *(Sophie Hardin)*

It was a fun day playing against many different people. Some players were more experienced than us, but that was ok. When we finished each competition game, we were allowed to play a friendly game with our opponent. I was surprised that during these friendly games some players helped me to understand their strategy. Aren't they nice. *(Teya Catterall)*

Richard Gastinaeu-Hills is the Primary Schools Coordinator of the NSW Junior Chess League. He organises tournaments around the state of NSW each year.

"Good to see PLC is here today," said Mr GH.

"How long has it been?" I asked.

After checking through his database, Mr GH informed me that the last time PLC had entered teams into this competition was in 2000.

"Well, we're back in the game!" I exclaimed. *(Mrs Hey)*

## Calendar of Events - What is happening over the next few weeks?

### Week 9

Treble Makers Performance: Power House  
Saturday, 16 September.

### Week 10

Pre K -6 Gymnastics  
Last Day of Term 3 Friday, 22 September

**Term 4 commences** – Monday 9 October  
Uniform: Summer Uniform, this includes blazers and white hats please, that are clearly named.





## Junior School Sport

*Rebecca Ward, Junior School Sports Coordinator*

### It's a Wrap! – end of Saturday Hockey and Netball for 2017

With most Junior Winter Sport finishing last weekend, Laura Smitham and Lucy Young have been kind enough to write their own recounts of hockey and netball this year. Many thanks to parents and supporters during this season.

#### Junior School Hockey - Laura Smitham

Hockey is such a popular sport in Armidale with over 900 registered players. PLC Armidale is a school that really focuses on hockey as one of its main sports and I couldn't be happier at all the opportunities that hockey presents. There were three Under 9 teams, ranging from Kindergarten to Year 3. The Year 3 team, Eagles, came out undefeated, whilst the other Under 9 teams, Doves and Owls, played very well, but unfortunately they didn't win any games. They started really working together at the end of the season and showed great sports-womanship. The Under 11 Magpies played incredibly well together. Congratulations to the Under 13 Lions who made it into the semi-finals. The Under 13's Lightning, which was comprised of some Year 8 and 6 players, played really well thanks to the help of the best coach ever, Bez. She made us work on the field strategies that helped us to gel together as a team. We won one game and drew two. We finished fourth on the leader board. Great job to everybody who played hockey this season. You showed great sports-womanship, teamwork and all round effort. I encourage everyone to play Indoor Hockey this summer and Outdoor hockey next Winter. It is so much fun and I know you'll have a ball. Great job this season everyone and have a great Indoor Hockey season.



#### Junior School Netball - Lucy Young

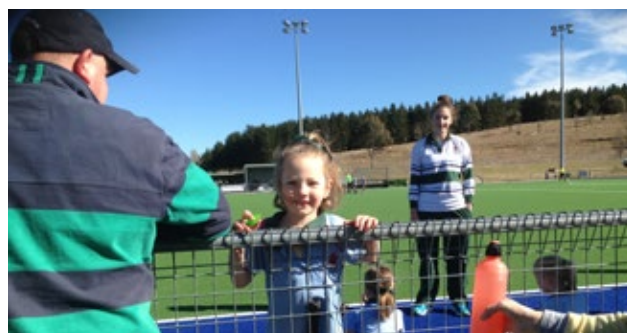
Throughout the whole Junior School, netball has really improved since last year. The girls in Netta have shown great sportsmanship, they didn't have enough players to make a team, so they had to split up into different teams. The Year 4 team (PLC Green) improved out of sight, and even made it into the Semi-finals. And finally, the Year 6 team (PLC Red) - in every game we improved and worked together. Unfortunately, we missed out on a spot in the major Semi-finals but we all played as a team and worked together well.

I encourage everyone to participate in Netball because it builds your teamwork and leadership skills, while creating lifelong friendships.

I loved this season and can't wait for next year.

#### Indoor Hockey and Basketball

These sports will be starting again in Term 4. Contracts will be going out soon to girls who have signed up and have expressed an interest in playing.







## Around the Grounds Sports Report

*Peter Le Surf, Director of Sport*

As the winter sports head towards the end of season we should take the time to think about some of the reasons why we play sport.

### Sports boost self-esteem

Children learn to be confident on the field. They learn, under the watchful eyes of a coach, to try new things. Seeing their hard work pay off has a positive impact on their self-esteem. When kids achieve their goals on the field it teaches them they can achieve any other goal they set later in life.

### Playing sports helps develop teamwork, goal setting and leadership skills

Working as a team to reach a common goal helps children develop communication and problem solving skills that will benefit them on the field and off.

### It's a natural stress reliever

Exercise is a great way for kids to loosen up and let go. Sports also help kids develop tight bonds with their teammates which will provide them with a support system.

### Kids develop lifelong healthy lifestyle habits

Regular physical activity improves a child's fitness and helps them to stay in shape. Also, if children are active they are more likely to do better academically. Sport has been shown to improve learning, memory and concentration.

### It's fun!

The memories made playing youth sports will last a lifetime. You may forget the name of your year 6 Science teacher, but the memory of scoring the winning goal in the hockey finals will always stay with you.

### Results from the weekend of semi-finals and finals:

#### Netball –

**PLC 1 def NEGS 1 to advance into the Grand Final on Saturday 16 September**

PLC 2 lost to VIP Diamond Divas

PLC 6 lost to ACSC Pegasus

PLC Green lost to ACSC Rubies

#### Hockey- Grand Finals

PLC 4 U13 lost

PLC 2 U16 lost

PLC 1 Opens lost to Guyra

A tough day at the hockey fields. It was a disappointing result, however the girls played so well. They showed great team spirit in accepting a defeat.

It was nice to see so many parents and supporters on the sidelines over the weekend.

### IGSSA Finals

On Thursday 14 September, we head back to Sydney with both our hockey teams to compete in the semi-finals and then (hopefully) the finals of the IGSSA competition.

On Friday afternoon our Senior Rep team take on Pymble in the senior division 1 at 4:15pm followed by PLC Junior Rep Team take on Roseville at 5:30pm.

On Saturday the finals will be at 8am or 9:15am.

I would like to wish the girls the very best of luck, and if you happen to be in Sydney next weekend you could come out to Olympic Park to watch the girls play.



### Liverpool Plains Equestrian Inter-schools

Saskia Kennett recently participated in the Liverpool Plains Equestrian Inter-schools event, a three day equestrian competition held in Quirindi. The event offered numerous events such as a One Day Event, Show jumping, Dressage, Sporting, Working horse classes, Show Riding and Gymkhana.

Saskia was very happy with her results from this event, especially considering the horse she used for many of the events had never competed before.

#### RESULTS:

##### Show jumping:

80cm accumulator- 5th

##### Sporting:

Three mugs- 6th

Snakes and Ladders- 2nd

Washington pole pend- 2nd

Bonfield Bounce- 1st

##### Dressage:

Prelim 1.3- 4th

Novice 2.1- 8th

##### Gymkhana:

Lead class- 2nd

Hack class- 1st

Rider class- 1st





# Sport Supporters' Group (SSG)

Thanks to Sally for setting up the BBQ at last weekend's Junior Hockey Grand Finals.

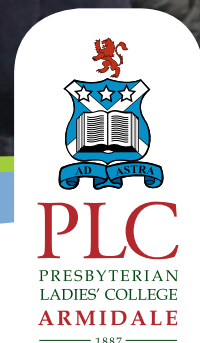
Looking forward to seeing all our supporters again at the Courtyard by Marriott in Sydney for the IGSSA Finals this weekend to support our representative Hockey players. Good luck to both teams.

## Next events for your diary:

### Term 4 – Saturday November 4

Get ready for a casual BBQ Lunch and afternoon of **girls v parents** sporting activities, before the annual Starry Night of Sport dinner. Sports to be decided! Details out soon!

For more details about the Sport Supporters' Group (SSG) and how you can get involved, please contact Peter Le Surf, Director of Sport or Shona Eichorn, Director of Development.



## Dear Parents/Supporters

You're invited to an **informal pre-dinner gathering during the IGSSA Hockey and Netball events in Sydney** organised by the newly established **SPORT SUPPORTERS' GROUP (SSG)**

**WHERE** COURTYARD<sup>®</sup>  
Marriott  
SYDNEY-NORTH RYDE

**Hotel**, 7-11 Talavera Rd, North Ryde

**WHEN** Friday 15 September 2017

**TIME** 6.30pm (or as close as possible to the conclusion of IGSSA games)

**COST** Canapes provided by the SSG & Courtyard by Marriott Hotel. Drinks may be purchased from the Bar.

**NB** Dinner for parents / family members may also be booked.

Please **RSVP** by **Monday 11 September** to [plesurf@plcarmidale.nsw.edu.au](mailto:plesurf@plcarmidale.nsw.edu.au) or [sportadmin@plcarmidale.nsw.edu.au](mailto:sportadmin@plcarmidale.nsw.edu.au)

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## P&F News

### Starry Night Concert

The P&F would like to thank all the wonderful volunteers who assisted at the Starry Night concert with donations of food or helping to serve drinks, set up and clean up on the night. You helped make the night a great success.

### Next Meeting and AGM

A reminder that the next P&F meeting is to be held on the first Thursday back in term 4 – Thursday October 12 at 6pm in the PLC Board Room. This will be our AGM. All parents are welcome to attend. At this meeting, we also like to start identifying Liaison Parents (LP) for 2018, so if you are keen on continuing in your current year group as LP, or are interested in volunteering for the role, please email the P&F: [pandf@plcarmidale.nsw.edu.au](mailto:pandf@plcarmidale.nsw.edu.au)

If you would like more information about the P&F or the role of Liaison Parent please call the Presidents - Theresa Smith-Ruig on 0427434720 or Kelly Smitham on 0411955084.





## Music Notes

*Matthew Minter, Director of Music*



### STARRY NIGHT OF MUSIC

The annual Starry Night of Music was a great success this year with very commendable performances from all the ensembles that performed. The concert opened with the PLC Wind Ensemble and with so many new players we managed to fit all the girls on stage of the Astra Arts Centre, only just! The second item was the newly formed school orchestra involving all the students in both the Senior Strings and the Wind Ensemble. This year the orchestra was joined by our peripatetic wind and brass teachers. I was very impressed with how well the group focused, rehearsed and performed, and all girls and staff are to be congratulated on such an impressive achievement.

The concert then included a rich and varied program including chamber music ensembles, string orchestras led by Acting Head of Strings Mrs Joanna Fairs Wu, choirs from the Junior and Senior schools led by Mrs Constance Dunham and accompanied by Mr Warwick Dunham. Special congratulations to our 2017 Creative Arts Prefect Dakotah Love for her excellent work as compare. Dakotah also had two compositions performed on the evening, one being her HSC Music 2 Major Work for three part treble choir and three cellos, and the other a vibrant work for String Quartet and Didjeridoo. Thank you to guest didjeridoo artist, Takotah Griffiths, for your contribution to the evening.

I would like to extend a hearty congratulations to all the girls who performed and a huge thank you to all the staff who worked tirelessly to make our Annual Starry Night of Music such a terrific success. More photos of the event are on the following page.

### HSC MUSIC

The HSC Music students have been extremely busy preparing for their final performance exams which were held this week. As part of the preparation the girls performed in several evening functions. Including three combined school performance workshops at NECOM and TAS, and our HSC Creative Major Works Exhibition Evening: Oeuvre. The Music One examination was held on Tuesday, 12 September. Both our Music 1 students Agnes Thwaites and Amanda gave very commendable, polished performances. Dakotah Love presented a magnificent performance of all six of her works in her Music 2 and Extension Recital Program today, Friday, 15 September. Congratulations girls!

### JUNIOR SCHOOL IN HOUSE CONCERT

The inaugural Junior School In House Concert was held on Wednesday Evening, 13 September. It was a tremendous success, with almost standing room only in the Music Room! The Junior School In House Concert will definitely will be a new feature on the Music calendar. At the In House Concert we heard two new music ensembles give their first performances: the Junior School String Quartet, and the Silver Strings Ensemble. Congratulations to both of these groups for presenting very commendable performances. The evening concert was a lovely opportunity for our newest beginners from the Junior School Instrumental Program to give their first public performance, including Rhidima Das, Amaal Shahid, Aaliyah Howarth, Annie Keeping and Anais Dettwiler. The concert also featured a very impressive program of challenging repertoire presented by the more advanced players including works up to 7th and 8th grade standard. Congratulations to all the girls who performed solos on the evening including the girls mentioned above, as well as Harriet Minter, Georgia Smitham, Mackenzie Robertson, Kiera Peet, Scarlett Loxley, Mabel Spencer, Kate Spencer, Abigail Thompson, Kaylee Swick, Laura Smitham and Emily Thompson.

### AUSTRALIAN CHAMBER ORCHESTRA EXCURSION

The PLC Senior Strings players, as well as the Elective Music Students, attended the very exciting Australian Chamber Music Collective Concert held on Thursday, 30 August at the Armidale Town Hall. It was an exciting concert and a tremendous opportunity, having one of Australia's premier orchestras to visit our community. This was the third classical concert in a series presented by Musica Viva this year.

### MUSIC POCKETS

The deadline for pockets is fast approaching!

A reminder to start filling out those lengthy application forms!

Could all girls interested in applying for Music pockets please bring your forms to Mr Minter or Mrs Dunham as soon as possible!











## Boarding House News

*Cindy Wang, Boarders Representative Council*

### Park Run

Every Saturday this term at 7:00 am, some Pathways girls get up and get ready to go to Park Run. Park Run is a community activity that boarders' especially Pathways and even some staff in the boarding house participate at UNE. They continue running around 20-60 minutes until they run back to UNE. They feel hard when they start this activity. But up to now they all persist in running and getting up so early on the weekend.

### Rock climbing

Some girls who like rock climbing go to SportUne's rock climbing room every Monday after school. The activity takes 1 hour and the skin on their hands gets hard, tough and red. The girls didn't know it is hard for them to try at the first time that the wall is not as straight as they think. It is slanted towards them. They thought it was not that hard, but they found they were wrong. It is not as easy as they thought when they saw it. However, they just did it. They keep doing it every week.

### Basketball

Some sporty girls in our boarding house including the Pathways girls and some Year 11 students love basketball. On Wednesday afternoon they play basketball in the basketball court at UNE with some students from other schools. It last about 1 hr 40 mins for each competition. These girls also enjoy making friends with the opponents.

### Rowing

On 2<sup>nd</sup> September a few girls in Pathways went rowing in Grafton on the Clarence River, where it takes 4 hours to drive from Armidale. They left about 5:45 pm, rowing 30 kms and reached the destination at about midnight and returned to the boarding house at 4:00 am. Mr Spencer was responsible for this activity. He helped these girls in the dark night finding their way. The girls thought it was really challenging, for they attended the competition by practicing only once. They felt very exhausted during the 30 kms. They did want to give up, but because they encouraged each other and relied on the moon light and the help from Mr Spencer, they finished eventually. They understand that teamwork is really important all the time.

### Birthday Party

We had an Annual Birthday Party for all boarders and those who have their birthday in September. It happened at dinnertime on Wednesday, the 6<sup>th</sup> of September. We had dinner with a series of popular music given by girls in the boarding house. We had Chicken wings, chips, spider drinks, chocolate fountain and cakes that were provided by the dining staff. We had a good time that night.



## Year 6 Experience Sleepover

*By Pollyanna McIntyre, Boarders Representative Council*

Last Thursday night some Year 6 girls from all different towns came to experience boarding at PLC Armidale. After school we played some volleyball and we jumped on the trampoline, told lots of funny jokes, had a mini talent show and some of the girls showed us amazing tricks. After dinner we had a 'pyjama party' we played 'just dance' and some of the current PLC girls got up danced their hearts out. We also watched a movie called 'The Parent Trap'. At Quiet Time we told more jokes and they were really funny. We the girls really enjoyed their boarding experience at PLC. We also hope that we will be able to see them next year.







## Development and Enrolments

Shona Eichorn, Director of Development  
Sally McCook, Enrolments Manager



### Who doesn't enjoy a Long Lunch?

**On 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**. **Purchase your tickets on Try Booking NOW before you miss out!**

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 five 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 an OGU AGM, as well as tours of the College, followed by the Long Lunch.

### Your Very Very LAST Chance ...

**Commemorative Book – A once in a lifetime opportunity!!**

**The absolute FINAL DATE that we will be accepting submissions is FRIDAY SEPTEMBER 22.** Please see a "mock-up of a page" so that you can visualize the style and quality of the pages we are compiling. Contact Shona for further information and email items to [development@plcarmidale.nsw.edu.au](mailto:development@plcarmidale.nsw.edu.au)

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

### Year 7 Experience Day

– so great to see *so many* Year 7 students preparing to enrol for 2018 who joined us for the annual Group Experience Day last Friday.





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 **Fundraising** & **Fundraising** event  
of the Old Girls' Union, P&F, Foundation and College

For more details, please contact:  
**Shona Eichorn, Director of Development**  
development@plcarmidale.nsw.edu.au

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

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# PLC ARMIDALE

*proudly presents*



# *The* SOUND *of* MUSIC

Suggested by  
"the Story of the Trapp Family Singers"

PLC Productions present their interpretation  
of the much loved international musical.

**A show for all the family, not to be missed!**

Music by RICHARD RODGERS

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](http://www.rnh.com)





# COURAGE IS A CHOICE

@THEWAYWOMENWORK



## Pastoral Care Conversation

*Paula Goode, Pastoral Care Coordinator*

Courage is something that everybody wants — an attribute of good character that makes us worthy of respect. From the Bible to fairy tales, an ancient myth to Hollywood movies, our culture is rich with exemplary tales of bravery and self-sacrifice for the greater good. From the cowardly lion in The Wizard of Oz who finds the courage to face the witch, to David battling Goliath in the Bible, to Star Wars and Harry Potter, children are raised on a diet of heroic and inspirational tales.

Yet courage is not just physical bravery, as a quote from Mary Anne Radmacher suggests - 'Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.'

Courage can be defined as mental or moral strength to venture, persevere and with stand danger, fear or difficulty. It is derived from the French word coeur meaning heart. Being courageous

even in small ways will create shifts in your reality. Once you bring courage into the equation, your choices and goals will be easier to achieve. Leading a courageous life is powerful because, when you are courageous, you are using your heart as well as your mind. When you feel courage, you are fully focused on what on what you want to do and will have greater success in achieving your goals.

Know that courage is a choice; you have the power to expand your horizons:

- Choose to live the life you have imagined
- Be with the people who nourish you
- Assert yourself and not let other peoples' behaviour or attitudes deplete you
- Decide what is important rather than urgent
- Change what you can and let go of the rest.

Make the changes you need in order to invest in yourself. Choose to do it now. Don't forget to celebrate your successes and make sure that your wellbeing investment is a life long habit. Some food for thought!

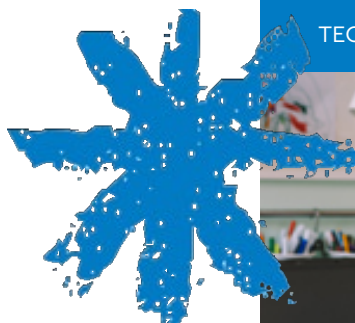
**'Life shrinks or expands in proportion to one's courage.'**  
**— Anais Nin**







# parenting\*ideas insights



TECHNOLOGY AND PARENTING



## The Myth of Multitasking

by Martine Oglethorpe

*Being a parent today has plenty of challenges, none more so than keeping up with what our kids are doing on their devices. This is particularly the case when we think they should be using their time more productively.*

These days so much of the kids' school work and study is done on a computer or tablet that it gets tricky to discern how much of their screen time is work and how much is scrolling on Instagram or snapping on Snapchat.

Of course our kids don't see a problem with this. They believe they are pretty proficient multitaskers, able to scroll a social media feed, live stream music, answer a text message and study for their maths test at the same time.

And we shouldn't be surprised that they think this, because most of us think the same. Most parents are also now regular users of a digital device and also believe we can multitask with ease. We routinely scan Facebook while simultaneously stirring the cheese sauce, breaking up an argument in the other room and listening to our partner recap their day at work.

The truth is that neither our kids nor ourselves can effectively multitask and do the best job possible at any given time. Research tells us that the brain has a finite amount of attention it can devote at any one moment in time. When we pile tasks on top of one another, we reduce the effectiveness of our brain as it must now share that limited resource amongst those multiple jobs. We are not multitasking – we are switch tasking. This means that each of those tasks takes longer as we rapidly flick our attention from one of them to another, refocusing each time. We lose momentum and we lose efficiency.

So how can we help our kids (and ourselves) stay focused and concentrate on one task at a time?

### Have them set up study blocks

This can start with time slots as short as 20 minutes in which they focus on one task only for that period. The blocks need to be timed and need to be devoted to only a single task.



### Turn off notifications

The binging and beeping of a device will always encourage diversion as the owner feels the need to respond to their messages or check that email. By turning off all the noise-based distractions, your kids (and you) are less likely to be interrupted during a focused study period.

### Allow them to reward themselves

Each time they manage to complete a set study period, they can be rewarded with a short break to do

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# parenting\*ideas

something else. If this is checking social media then they need to set a timer and stick to it. We all know how easily we can get sucked into the vortex of social media feeds and never-ending scrolling. Other breaks might involve playing with a pet or listening to a song. Getting up and moving to get the blood pumping is a great way to take a break and ensure your brain is ready to refocus when the time comes for the next block.

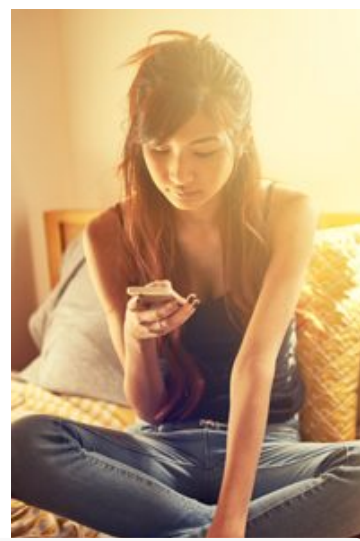
## Invest in an analogue clock

Use a clock or a visual timer that counts down the time for each study period. When the brain sees time literally ticking away it finds it easier to grasp the concept of how fast time is going and, in turn, what is being accomplished in that time. This doesn't quite work the same way when we use a digital clock, so using an analogue clock can be a really useful exercise to try.

## Monitor your child

When parents lament to me that they don't know if their child is doing any work, or they are always distracted by their devices, then I ask them to have the conversation with them. Find out what they are doing and if they are struggling with anything. Look at how they are keeping up with all aspects of their lives. Ask their teacher if they are still on track. Remember that monitoring your child – and not just on their devices – is the best way to ensure they are in control and getting the things done that they need to be doing.

There are certainly some tasks that we can do at the same time without compromising efficiency. Hanging out the washing while listening to a podcast is something I can confidently achieve. But when it comes to more cognitive pursuits that require greater focus, then we must remember that our brains need to be able to focus solely on one task at a time in order to achieve them in the most productive manner possible.



### 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](http://themodernparent.net). Contact details: [info@martineoglethorpe.com.au](mailto:info@martineoglethorpe.com.au), [themodernparent.net](http://themodernparent.net), [facebook.com/themodernparent](https://facebook.com/themodernparent)

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Golf Links Road, Armidale



# September Holiday Tennis Camp

Monday 25 September to Friday 29 September 2017

9.00am – 12pm **CAMPS** for kids 5 to 7 years

9.00am – 3.00pm **CAMPS** for kids 8+

- Camps will be on rain, hail or shine
- Loads of fun tennis camps and activities, matchplays and more!
- Improve your game and make some new friends too
- Lunch (sandwiches) provided fresh daily, if that isn't for you feel free to bring your own lunch!



**Remember to bring your hat, sunscreen, water, snacks and your racquet – don't worry if you don't have one, you can borrow one for the days you are at camp!**

**Full Day camps \$55.00 per day OR \$242.00 for the whole week**

**Half Day camps \$44.00 per day OR \$187.00 for the whole week**

Need more info? Call Dave on 0412 743 967  
or email [dave@newenglandtennisacademy.com.au](mailto:dave@newenglandtennisacademy.com.au)

1	Childs Name _____	Age _____	Whole / Half Day _____
2	Childs Name _____	Age _____	Whole / Half Day _____
3	Childs Name _____	Age _____	Whole / Half Day _____

**MON**

**TUES**

**WED**

**THUR**

**FRI**

**Any medical or other important information we should know about your child/ren?**

\_\_\_\_\_

**Emergency contact Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_



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*UNE Discovery &  
Armidale War Memorial Library present*

# STEAM powered in Term 4!

**Monday's 4pm - 5pm,**

from Monday 9 October to  
Monday 11 December 2017

**At the Armidale War  
Memorial Library**

The program is for  
children 8-12 years old

The Armidale  
War Memorial Library has  
teamed up with UNE  
Discovery to STEAM power  
your Mondays in Term 4.

**The library Maker Space will  
come to life with hands on  
activities across Science,  
Technology, Engineering,  
Arts & Maths, culminating  
in a food science end  
of year party!**

**Bookings are essential, Only 20 places are available!**

**Bookings are for the entire 10 week program –  
not individual activities.**

**Phone 67703636 to reserve your place.**

A parental/guardian permission form will need to be signed before your child can participate in this activity. The form is available at the library and must be returned before your child commences the program.  
Some activities may involve the child leaving the Library building under adult supervision.



Armidale War Memorial  
**Library**





# School Holidays

## Maker Party in a box

**Tuesday 26 September**  
2.30pm - 4.30pm

**Wednesday 4 October**  
10.30am - 12.30pm

Race a  
Sphero robot,  
Build your own  
electro circuit,  
Create with  
LittleBits and  
more!

### Bring your imagination!

Armidale War Memorial Library, 182 Rusden St - Ages 8-12

**Bookings essential. Limited places available.**

**Phone 6770 3636 to reserve your place.**

Maker party in a box, proudly sponsored by Telstra, is a program designed to inspire regional kids to explore the possibilities of robots, computers and the world.



Armidale War Memorial  
**Library**

