

lion's roar

TERM 1 • 16 MARCH 2018 • VOLUME 296

16 MARCH
TO 1 APRIL
2018

calendar of events



From the Principal

Mrs Nicola Taylor, Principal

It may be thought the Principals' prerogative to tell of the accomplishments and achievements of their school.

However, in the case of PLC Armidale it is also a delight to be able to share and showcase the many and varied achievements of those within our community.

Last weekend we were honoured to host the annual Rotary District 9650 Conference. It was encouraging to receive an email from the Chairman of the organising committee who provided the following feedback "Thank you and your staff most sincerely for their assistance during these two events. Not only is the Dorothy Knox Centre and associated buildings a great site, situated in very attractive grounds, but the staff were unstinting in their support. It all went to make for two extremely successful events, and I can assure you that it opened the eyes of many of our 250-odd out-of-town visitors as to what PLC Armidale can offer."

This sentiment was echoed later in the week by the convenor of the Sydney Chess Championships who was appreciative of PLC Armidale's willingness to host a local heat of the Inter-school Chess Challenge, involving over 150 competitive players including PLC Armidale teams. Likewise, the convenor was also very complimentary of the facilities, space and hospitality available to enable the players to focus on their games. Thank you to Mr Le Surf, Mrs Belson and Mrs Hey for your organisation of this event.

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Cattle Team to Manilla Show	16/17-03-2018
HNE Junior Indoor Hockey Competition	16-03-2018
Campus to City Canter	17-03-2018
Autumn Festival Parade	17-03-2018
Tildesley Tennis Squad Training Session	18-03-2018
Senior Choir, Years 7, 8 and 9 Pathways Choral Workshop	19-03-2018
Year 11 Legal Studies Class to Courthouse	19-03-2018
Boarders' Chapel	19-03-2018
ADNA Twilight Netball Comp	19-03-2018
Years 7/8 Online Debating Round 1	20-03-2018
Tildesley Tennis Tournament	20-22-03-2018
Junior School Parent Teacher Interviews	20/21-03-2018
Junior School Easter Chapel Service	22-03-2018
HNE Senior Indoor Hockey Competition	22-03-2018
Horse Riding for Pathway Students	22-03-2018
HNE Junior Indoor Hockey Competition	23-03-2018
PLC Armidale P & F Trivia Night Term 1 Fundraiser	23-03-2018
Years 7, 8 and 9 PDHPE to Somerset Outdoor Camp	26-29-03-2018
Years 5 and 6 Naamaroo Excursion	26-29-03-2018
Boarders' Chapel	26-03-2018
ADNA Twilight Netball Comp	26-03-2018
Swimming at TAS	27-03-2018
Years 3 and 4 Lake Keepit Excursion	27-29-03-2018
Horse Riding for Pathway Students	29-03-2018
HNE Senior Indoor Hockey Competition	29-03-2018
Good Friday	30-03-2018
Easter Saturday	31-03-2018
Daylight Saving Ends	1-04-2018
Easter Sunday	1-04-2018

continued from Page 1...

Congratulations to Emily Thompson, Year 7, Elinor Warwick Year 11 and Isla Biffin Year 11 who have all be selected for the prestigious Australian Youth Orchestra Young Symphonists program. This is the leading youth orchestra in Australia for 12 to 17 year olds. Four students from Armidale were successful in the selection process with three of these being PLC Armidale musicians. Emily and Elinor make up two of the 16 violinists in the orchestra with Isla the only harpist selected. This is an outstanding achievement and we look forward to hearing more of the opportunities ahead for these talented musicians.

Next week a team of six players will travel to Sydney for the tennis event, the Tildesley Tennis Tournament. This year is a significant year for Tildesley, being the Centenary year since the commencement of the tournament in 1918. Not only is it the longest running sporting fixture on the Independent Girls' Schools Sporting Association calendar, but it is also the longest running tennis tournament in Australian History.

The tournament was sponsored by Miss Evelyn Tildesley, Headmistress of Normanhurst School (Ashfield) herself a keen tennis player who wished to see a tennis tournament that would provide an opportunity for smaller schools to participate just as actively as larger schools with a scoring system based on percentage of games won against games played. The idea of playing for the team was emphasized, rewarding the school with the best average irrespective of size.

Fifty years after its inception, the following comment was made of Tildesley "It is the most coveted trophy in school tennis because it teaches the girls to play for their school rather than for themselves" At the Centenary Celebrations the ideals of team spirit, school spirit and wide participation in tennis is still the focus of the Tildesley Shield. We wish the PLC Armidale team (Lucinda Caldwell, Charlotte Caldwell, Pip Constable, Mackenzie Constable, Sarah Miron and Alex Wright), all the best as they represent the College and support one another next week. Thank you to Mr Le Surf for his training and preparation of the team in this special celebratory year for Tildesley.



Senior School Notes

Anna Caldwell, Head of Senior School

Autumn Festival

This weekend is the Autumn Festival and we will have a large PLC team participating in the Campus to City Fun Run which starts at 8am at Sport UNE. All girls are to wear their school PE/ sports uniform.

We are also taking part in the Parade, which has a St. Patrick's Day theme, as it is on St Patrick's Day. All students are to wear their full summer uniform including their blazer and hats. If the weather is cold then the girls can wear their school jumper under their blazer. All students are to meet outside TAFE on Beardsley street at 12.15pm and can be collected at the Swimming pool car park at 1pm.

Outdoor Ed@PLCArmidale

With just over a week to go until camp, excitement is definitely building. Thank you for returning all the camp forms and ensuring that your daughters have all that they need for their time away on camp.

Digital Distractions

In our last edition of the Lion's Roar I discussed mobile phones and reiterated our rules and expectations around their usage at school and explained why we are not allowing them to be used during the day at school.

I have since had several really interesting conversations with students and parents about their rules surrounding devices at home. It is pleasing to hear that a growing number of parents are not allowing devices in bedrooms, ensuring there is no screen time for at least an hour before bed, are setting up overnight charging stations in the kitchen or study, and are collecting all devices at set times, just like we do in the boarding house.

Some parents have installed apps that control the times that their children are allowed to be on social media, that control what they are able to watch and download and also monitor their internet activity. Other great ideas included device free time at home on weekends, which creates more family time. No

mobile phones allowed at the dinner table and the introduction of regular games nights, where the family plays board games or card games together.

Snapchat streaks have become the latest fad, which can take up a lot of time each day as it has become a competition to see who can have the most streaks over the longest stretch of time. Some families have put a cap on how many are allowed to be sent in a 24 hr period and are implementing consequences including device confiscation for 24 hours if they break this rule!

It is so important to be a good role model yourself, so if we ask for no phones at the dinner table, that includes us too. We have to lead by example.



Speech and Drama Eisteddfod Entries

Jan Patterson, Speech and Drama Teacher

To Parents of Speech and Drama students:

The closing date for Eisteddfod entries is today, Friday 16 March. I will be entering your daughter in approximately 5 sections of the eisteddfod at an average cost of \$35. The Speech Eisteddfod starts on Tuesday 29 May. This is one of the occasional chances that students have to perform in front of an audience and it is a valuable step in boosting confidence and preparing thoroughly for the examinations in August.

Mrs Alcorn and I would appreciate if parents would check that their daughter has a display folder for storing her scripts and also if you could listen to her pieces as she starts the memorising process.

Please ring or email if you have any questions.



International Women's Day

Paula Goode, Pastoral Care Coordinator

International Women's Day (IWD) on March 8 celebrated the social, economic, cultural and political achievement of women. On that morning at PLC, various activities were provided in Pastoral Care classes (7-12) to allow the girls to join in the celebration by decorating classrooms with posters and bunting, creating female role-model mini-booklets, completing an inquiry task that involved writing a speech about women role-models, creating collages of women in various careers, championing the reading of books on inspirational women, as well as raising awareness and encouraging the girls to take progressive action (joining women worldwide in an email campaign and a social media thunderclap) to help accelerate gender parity #PressforProgress for International Women's Day 2018 and beyond.

Each student in the Senior School was given a purple pipe cleaner for each to sculpt into a bow, a flower, a heart, a female symbol, a bangle or anything of their fancy to be worn throughout the day. At lunchtime the girls enjoyed posing for a cause and having fun at the colourful Photo-Booth in the Library foyer. The main corridor of the College has been transformed into an 'exhibition' space and with information and image posters of Women in Art, Design and Music.

Now, more than ever, there's a strong call-to-action **#PressforProgress** to press forward and progress gender parity, motivating and uniting friends, colleagues and whole communities to think, act and be gender inclusive.



Science and Engineering Challenge 2018

David Moffitt – ICT Integration Coordinator

Once again, PLC Armidale entered our Year 10 students in the annual University of Newcastle Science and Engineering Challenge, held at the UNE campus on Wednesday, 7 March. This competition attracts hundreds of schools from around the country to build and solve solutions to real problems facing engineers, such as bridge construction, optical fibre networks, power transmission grids and bionic prosthetic hands.

In preparation for the event and as part of our focus on Motion and Energy, Year 10 have been making and launching water rockets across the oval, landing lunar rovers from the DKC mezzanine and racing electric cars around the undercroft. Our team dominated the first half of the day, being placed at lunchtime before groups rotated and major event of the day, the bridge testing. By day's end, we were placed 4th in a very tight table even though we won the bridge-build!! Most outstanding was the teamwork and collaboration evident in groups thrown together at the last minute, with students from our Pathways Program joining the Year 10 group to bring a fresh perspective to the challenges. All girls remained positive and focused throughout the event, enjoying the technical challenge and the social aspects of competing against teams from around the region.



SAVE THE DATE

FOR TERM 2 EVENTS

SUNDAY 6 MAY - 1PM

PLC Dads' Day Out

A Social 9 Holes of Golf!

Details next Lion's Roar

For more information contact Warren Waters:
warrenandheidi@bigpond.com
(Year 6 Liaison Parents)

SATURDAY 12 MAY

- 6 FOR 6.30PM

Biennial Father/Daughter Dinner Dance

For Dads of girls in Year 11 & 12

Details to come!

AND...

Mums' night out @ the Newie

6.30pm - Details to come!



PLC Pathways News

Rebecca Eastment, PLC Pathways

Kangaroo Burgers anyone??

This term the Beginner Pathways students have donned their aprons and embarked on a cooking journey in the Hospitality School. We have made ice-cream, pancakes, Chinese dumplings and this week... Kangaroo burgers!

Did you know that a considerable amount of English grammar and vocabulary are required for cooking and reading recipes? In class, we have been studying the features of procedural texts: ingredients, amounts, count and non-count nouns, and the imperative verb form.

Not only are there many language demands required to cook, but even more to **describe** food. When was the last time you described a beautiful meal using more descriptive words than simply "amazing" or "delicious"?

Our Chinese girls really miss their local food. Almost every Pathways student lists "food" as one of the top reasons for homesickness. Given this passion, we have had some great laughs in our classroom as we have written love letters to our favourite foods. Julia has even been heard to say to her parents... "We are writing love letters to food! Too crazy!"





Cattle Team Armidale Show Report

Judy Miller, Cattle Team Coordinator

The Cattle Team did exceptionally well at Armidale Show recently, particularly in the various Junior Judging competitions with the girls taking home a number of ribbons.

Sheep Meat Judging (Juniors) – 1st place to Meg Kealey, 2nd place to Charlotte Lamaro, 3rd place to Lucy Crowley. Tessa Brechin also made the finals.

Sheep Meat Judging (Intermediate) – 5th place to Isabelle Leitch.

Fleece Sheep Judging (Merino) – 5th place to Chelsea Waters. Zoyara Kelly also made the finals.

Steer Judging (Juniors) – 1st place to Meg Kealey, 3rd place to Zoyara Kelly. The finalists also included Tessa Brechin, Lucy Crowley, Madison Mitchell and Charlotte Lamaro.

The Overall Winner of the Steer Judging with the Highest Point Score –

Congratulations to Meg Kealey.

An exceptional effort by all the girls. Not only as individuals; the teamwork shown over the weekend is a credit to them all.



The official P&F Association Facebook Page - Now Available!

It's here the official P&F Association Facebook Page - for all you ever wanted to know about what's happening socially and in the PLC world of community fundraising!

Keep up to date via your Year's Closed Facebook Group!



P&F Trivia Night

Friday March 23, 6.30pm

PLC Dining Room

Theme: 80s Revival

Please organise a table of friends (maximum 10 per table) to come along and enjoy what is always a fantastic and highly entertaining event. The cost is \$15 per head. Babysitting will be available for \$5 per child in the Senior School library until 10pm. Pizza and movies will be provided for the children with the Duke of Ed girls supervising.

There will be a lucky door prize, silent auction, and other prizes up for grabs. Come dressed in the theme of the 80's.

It is BYO drinks and food. Pack a hamper of food to share with your table. No cutlery, plates or cups are provided.

We hope that each year group can commit to organising a table to make the night a great success.

To book your tickets and babysitting go to:

<https://www.trybooking.com/UJUF>



Church Pews for Sale - only 4 left!

The college has only four church pews for sale. They are made from maple and are priced at \$200 each (pick up only, no delivery available).

If you would like to view or purchase any pews, please contact James Pankhurst on 0409 838 720.



PLC
P&F ASSOCIATION
ARMIDALE
1887

P&F Trivia Night

Friday 23 March 2018

6.30pm

\$15 per ticket

Tables of 8, maximum 10

Childminding available \$5

(in the library with Pizza, drinks and movie included - Duke of Ed girls supervising)

Venue: PLC Armidale Dining Room

BYO: food and drinks, glassware, crockery and cutlery

SILENT AUCTION AND TRIVIA PRIZES ON THE NIGHT

book at [trybooking.com](https://www.trybooking.com) (by Monday 19 March)

using the code: <https://www.trybooking.com/UJUF>





Junior School News

Fiona Wake, Head of Junior School

Welcome to Term 1 Week 7. Creativity and Critical Thinking is at the forefront of our thoughts!

In the Australian Curriculum, students develop capability in critical and creative thinking as they learn to generate and evaluate knowledge, clarify concepts and ideas, seek possibilities, consider alternatives and solve problems.

Critical and creative thinking involves students thinking broadly and deeply using skills, behaviours and dispositions such as reason, logic, resourcefulness, imagination and innovation in all learning areas at school and in their lives beyond school.

Thinking that is productive, purposeful and intentional is at the centre of effective learning. By applying a sequence of thinking skills, students develop an increasingly sophisticated understanding of the processes they can use whenever they encounter problems, unfamiliar information and new ideas.

Responding to the challenges of the 21st century – with its complex environmental, social and economic pressures – requires young people to be creative, innovative, enterprising and adaptable, with the motivation, confidence and skills to use critical and creative thinking purposefully.

Critical thinking is at the core of most intellectual activity that involves students learning to recognise or develop an argument, use evidence in support of that argument, draw reasoned conclusions, and use information to solve problems. Examples of critical thinking skills are interpreting, analysing, evaluating, explaining, sequencing, reasoning, comparing, questioning, inferring, hypothesising, appraising, testing and generalising.

Creative thinking involves students learning to generate and apply new ideas in specific contexts, seeing existing situations in a new way, identifying alternative explanations, and seeing or making new links that generate a positive outcome. The products of creative endeavour can involve complex representations and images, investigations and performances, digital and computer-generated output, or occur as virtual reality.

Dispositions such as inquisitiveness, reasonableness, intellectual flexibility, open and fair-mindedness, a readiness to try new ways of doing things and consider alternatives, and persistence, promote and are enhanced by critical and creative thinking. These dispositions are taught as Character Strengths at PLC and are taught cyclically through our Flourish program and align well when considering their role in creative and critical thinking.

At PLC we recognise the importance of creative and critical thinking as an integral component to 21st Century Learning and we make it a priority when planning Integrated Units of work. These units of work are multidisciplinary in that, projects are designed that incorporate learning outcomes from our many Key Learning Areas underpinning our NSW Syllabi and Australian Curriculum.

Pedagogy in the 21st Century has to place emphasis on collaboration, critical thinking, creativity and communication. We call these the 4C's. In our fast-changing world, more of the same (20th Century) knowledge and skills will not address the challenges of the future (Michele Bruniges, Secretary, Department of Education, NSW, 2013). According to the Melbourne Declaration on Educational Goals for Young Australians, Critical and Creative thinking are fundamental to students becoming successful learners. Critical and creative thinking are integral to activities that require students to think broadly and deeply using skills, behaviours and dispositions such

as reason, logic, resourcefulness, imagination and innovation in all areas of school.

How does this relate to the future direction of education and how is this recognised at PLC?

Today's work, according to Fullan and Langworthy 2013, looks different. Work is project based and performance is measured by the impact of ideas and the team's ability to execute those ideas, very apparent when our girls take to the sports field or work on team challenges in Science and Technology or project work and research during Library sessions, when they compose persuasive texts or debate as part of the Tri Schools Debating team. We see over and over students engaging in these challenges with enthusiasm and they demonstrate capabilities to connect with others to create innovative products or solutions and their ideas on how to implement them.

An interesting fact published by Justin et al, 2004 on *Major Changes Have Taken Place in How Children and Teens Spend Their Time*, and discussed at a recent Professional Development workshop I attended recently on *Critical and Creative Thinking Across the Curriculum*, stated that compared to the 1970's, children now spend 50% less time in unstructured outdoor play. The Stanford School of Medicine, 2007, *'Building Generation Play'* quotes "Free play is essential to supporting cognitive, physical, social, and emotional development." Albert Einstein quotes, 'Play is the highest form of research.'

All this being said, let's pop those devices aside momentarily, restrict time around their use and send the children to play. Let them climb trees, make a tree house, a cubby house out of cardboard boxes, make a billy cart as my own children have just completed, sneaking in Mr Google to work out how to make an axle so the wheels would spin. Whilst making a dam my own girls worked out a way to balance two rocks on a Boogie Board and float them down the creek to where they were making a dam wall and a self-constructed swimming pool. All of which they used collaboration, creativity, critical thinking, communication and problem solving when they worked out that they may in fact be blocking the water supply to stock by doing so. How indicative of Catchment Management and the fair allocation of water resources among upstream and downstream users within a catchment. Whilst observing play and listening to the dialogue between my four girls, conversations were heard on numerous occasions as follows,

What if we..., Do you think? Can you help me...? I can think of a better way? Let's do this first and then we can...

How lovely, as described to me by my own parents whilst watching the girls at play and their creative and innovative thinking and reasoning, was their bonding, their laughter, their shared experience they will speak of as adults and their compromising that was so necessary to allow each to try and express her own opinion and ideas. The Character Strengths that are taught under our PLC College banner became evident in their conversations and actions as they showed respect for each other, resilience when their ideas failed and thoughtfulness towards each other when the odd rock fell on their toe or squashed a finger whilst stacking the Great Wall of Ben Lomond, requiring them to be adaptable and redefine their approach to avoid such disasters.

What was observed was in fact confidence and autonomous problem-solvers and thinkers, responding to the challenges that required my little girls to be creative, innovative, enterprising and adaptable, with the motivation, confidence and skills to use critical and creative thinking purposefully to build a backyard pool because their Mum and Dad believe a pool is not a sensible option in the cool Ben Lomond climate. My youngest innovative and dynamic thinker thought it very justified as it could be an ice skating rink during winter, ***I say no more other than, a creative and critical thinker!***



Learning in the classrooms Feature Class YEAR 3

Year 3 girls have been working with Year 4 during Reading Groups this term. Together we have been focussing on the 'Super Six' comprehension strategies, where the skills of predicting, connecting, visualising, monitoring, summarising and questioning help to build stronger skills and strategies.

During these sessions, girls work with their peers to read and enjoy books together, and to complete activities such as book reviews and visualisation artworks to give their opinion and share their thoughts with others. Ms Rowland and I appreciate the girls' hard work and are pleased with the progress we are seeing.

CHESS Competition hosted by PLC

Check Mate! Many Senior School and Junior School students participated in the Chess Competition that took place on Tuesday 13 March at PLC with enthusiasm and confidence. The pictures that follow speak for themselves.



A view from above. All set ready to go.



I am intrigued, inquisitive and deciding if this may be the game for me. Our Junior School getting a glimpse of what Chess competitions are all about.

IPSHA Carnival

I would like to congratulate our PLC IPSHA Swimming Team who travelled to Sydney last week to compete against many Independent School students across NSW at Sydney Olympic Park Aquatic Centre. The girls represented PLC and themselves beautifully and showed their true competitive spirit by trying their best and setting goals to make faster times in their events for the future. It was lovely to be joined by NEGS who shared our accommodation and coach to Sydney. Soon the girls were making new friends, asking of their success in the pool and sharing their special memories with their New England friends. A huge thank you is extended to our parents who supported their daughters and myself as we took part in this carnival.

A special mention to our team:

8 Years: Kate Loxley

10 Years: Isabella McKay, Natasha Barton, Sophia Smart, India Smith and Amelie van der Werf

11 Years: Scarlett Loxley, Ruby Broun

12 Years: Maggie Ryan, Alice Bourne, Holly Dauparas



Our Junior School Chess Team.



Contemplation and Concentration!



Junior School Sport

Lucy Donaldson, Junior School Sports Coordinator

Indoor Hockey

The 2017-2018 Indoor Hockey competition is drawing to a close. Semi-final matches will be played on Friday, 16 March followed by finals on Friday 23 March. Good luck to all teams involved and thank you to all players and coaches for another successful and fun season.

Winter Hockey and Netball

Sign-Up sheets are up on the Junior School noticeboard for both hockey and netball. Please discuss with your daughter/s if they would like to play and sign up asap. Games will be on Saturday mornings during Terms 2 and 3. Hockey is played at the UNE synthetic fields and netball is played at the Lynches Road netball courts.

Team sports are a great way to form and strengthen friendships along with learning to be part of a team. **Anyone from K to 6 can sign up to play!**

It is crucial that all players are registered before the season begins and to assist with organising teams.

Please register your daughter/s NOW:

Netball: <http://armidalena.nsw.netball.com.au>



Net Set Go players (under 10s) will need to register. Please follow links on the website. Select the applicable group depending on your daughter's age. **You are required to pay online and will receive a pack from My Netball.** You will not be charged by PLC for this competition.

Junior players (over 10 years and have played NSG) are required to register by following the 'Link for Registration Forms' and selecting Presbyterian Ladies' College. **DO NOT PAY**, you will be charged by the College at a later date.

Hockey: <https://www.revolutionise.com.au/hockeyne/>

For further information or if you are having problems with registration, please contact Lucy Donaldson.

Hookin2Hockey

Hockey New England (HNE) will be running Hookin2Hockey this year. This is a program for players new or beginning years to hockey.

It's an 8 Week program, costing \$85 per player. This price includes a kit with a bag, stick, shin pads, ball and top that is delivered to your address when you register.

Hockey New England will be running Hookin2Hockey on Friday afternoons 4pm for U9's and Saturday mornings 10am for U7's. The program will begin on 4 May. This program is a Hockey Australia initiated. Here is the link for registration and further information

<http://hookin2hockey.com.au/>

EVENTS AND DATES

Here is a brief outline of the term's events. I hope you will find this useful;

JS Parent Teacher Interviews 20, 21 March 4-6:30pm

JS Easter Chapel Service 22 March 8:45-9:30am

Year 5/6 Excursion to Naamaroo, Sydney 26-29 March

Year 3/4 Excursion to Lake Keepit 27-29th March

Good Friday 30th March-Easter break

Students return Tuesday 3rd April

IPSHA Cross Country Carnival, Sydney 7th April

Whole School Cross Country 12th April

End of Term 1 12th April



IGSSA Hockey Trials

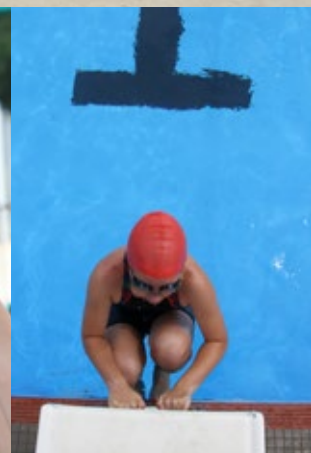
Peter Le Surf, Director of Sport

PLC Armidale girls (and a ring-in from Abbotsleigh - Cecelia Grieg) at IGSSA 16/under hockey trials today at Sydney Olympic Park. All the girls made possible/probable, with Mackenzie being successful in gaining a position on the IGSSA team. Kenz will play on the 27 March.

Great success for our hockey girls!



2018 Whole School Swimming Carnival



Results from the Whole School Swimming Carnival 2018

AGE CHAMPIONS

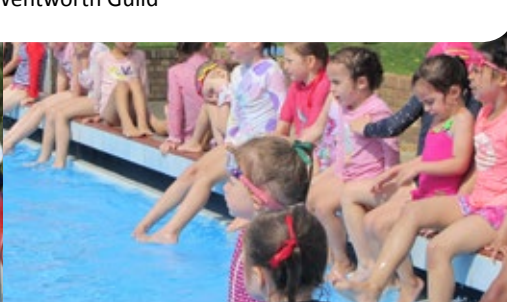
8 years	Kate Loxley	Gregory
9 years	Amaal Shahid	Forrest
10 Years	Isabella McKay	Forrest
11 Years	Scarlett Loxley	Gregory
12 Years JS	Maggie Ryan	Wentworth
12 Years SS	Gabrielle Cotterall	Forrest
13 years	Emily Thompson	Gregory
14 Years	Heidi Martin	Gregory
15 years	Lilly McCook	Wentworth
16 years	Lucy Martin	Gregory
17 years	Mia Emanuel	Macquarie
18+ Years	Helen Waters	Wentworth

WAR CRIES

Won by Forrest (by one point)

OVERALL WINNING GUILD

Wentworth Guild





Music Notes

Matthew Minter, Director of Music

NECOM MUSIC DAYS

Last week the Years 11 and 12 Music students attended the two day HSC Music workshop at NECTOM.

As usual NECTOM presented an extraordinary event with an exceptional team of presenters leading Music students from across the Armidale region through deeply relevant and informative sessions on all aspects of the curriculum including performance, musicology, aural training, sight singing and composition.

The presenters included Helene Gallettis, the author of the principal HSC Music Textbook, Jeff Willey and Jane Cateris, both teachers at the Conservatorium High School and Senior Markers, specialising in composition and musicology respectively.

Congratulations especially to Jessica Hughes and Lucy Quast for performing in the HSC Performance masterclass held on Thursday afternoon.

On Friday the Year 9 and 10 Music class attended the Stage 5 Music Day. The girls enjoying the very practical program that was presented and attended six exciting workshops throughout the day including, choral singing, African drumming, composition and movement in Music, ukulele performance and mallet percussion/marimba performance.

The NECTOM Music days are an excellent initiative and provide a wonderful opportunity for Music students across the region to work together and learn from some of the most distinguished music educators and composers in Australia.

EISTEDDFOD 2018

The Eisteddfod is getting closer and closer! The first events will be the primary and secondary choral events starting on Tuesday 15 May (Tuesday of Week 3).

Could all students please ensure they attend rehearsals to ensure the best possible standard of performance at the competition. Attendance at all rehearsals is closely monitored and will be taken into consideration for pocket applications this year.

RICHARD GILL VISIT

We have some exciting upcoming choral masterclasses including a workshop with Peta Blyth next Monday morning at 9:15am, as well as a choral masterclass with Australia's most renowned music educator and choral conductor, Richard Gill on 3 May.

Lexi Hutton (PLC Armidale Old Girl) is also coming to Armidale on Thursday 5 April to work with our singers. Please let Mr Minter know if you are interested in this exciting opportunity.



Development and Enrolments

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



Community – is something that really does distinguish PLC Armidale from all others. This was clearly evident last weekend when PLC Armidale hosted not one, but two Rotary District Conference dinners at PLC Armidale, using our state of the art hospitality kitchen, gym and Astra Arts Centre. 20 Duke of Edinburgh girls worked diligently and happily alongside our Pathways and international girls, to help prepare and serve close to 600 meals over the two days. Mrs Caldwell and I worked with the girls, and I can honestly say, they were nothing short of impressive in the manner in which they undertook each task. This was all in front of a very influential and regional (as well as international) audience (many of whom were also past parents of the College), who were equally as impressed. Thank you to each and everyone of our girls for their contribution to helping our wider community.

ICPA – now to a different type of community ... the ICPA. This



stands for the Isolated Children's Parents Association, to which PLC Armidale is a member. This organisation provides various opportunities for regional and remote students to access educational opportunities, including travel subsidies. This week, the ICPA held its annual conference in Mudgee, and our Enrolments Manager, Sally McCook attended on behalf of PLC Armidale, making lots of fabulous connections, and bringing back lots of information.

Savvy Birds in Tamworth

Chair of the PLC Armidale Foundation, Mrs Deborah Martin and myself recently attended a series of presentations in Tamworth, conducted by the new Savvy Birds organisation. In the very notable line up of guest presenters, was one of our PLC Armidale Old Girls, Fiona Norrie, an Agronomist from Moree. Originally from Narrabri, Fiona shared her story of making her way in a career which she is passionate about, and one which is very male dominated.

International Women's Day

In reflecting on International Women's Day, staff were asked to share who had been a female of influence/mentor/inspiration in their lives and why? Here are some of the responses:

Mrs Richards - Without doubt, the main role model in my life has been my mother. She was a powerful inspiration because she lived by the principles she believed in - Christianity and honesty. World War II demonstrated her ability to rise to the big challenges with courage, retraining as an Engineering Inspector and working in a factory manufacturing war planes - a prime target for the massive enemy bombings in London where she lived. She showed the strength to make tough independent decisions, later sailing 12,000 miles to the other side of the world to marry the man she loved.

By example, Mum shone a light on the value of motherhood, providing my sister and me with that rock solid foundation which love and security bring. I admired her ability to be content with the simple things in life together with her caring nature as shown in her devotion to family and many charitable works.

Ms Beresford - My daughters, Elischia and Micayla, because when I looked at them, all I wanted to do was be the best person I could be for them.

Mrs Brissett – former Head of School, Debra Kelliher, because she is a fair, honest, empathetic, generous, hard-working and wise leader who has had to endure many serious setbacks in her life. She remains positive and focused and determined not to let the negatives shape her future.

Mrs Tier - Germaine Greer, a fearless fighter for women's rights and freedoms at the forefront of second-wave feminism, had a massive impact on the world. Women today can be grateful to her and others like her for being strong enough to really stand her ground, when a milder approach would have been brushed aside. I admire Greer's scholarly approach to many subjects, her expertise in English literature, but above all her courage to stand up for her beliefs, even when she is bound to provoke retaliation for her often-controversial positions.

Scholarships

Thank you to everyone for all the applications we received for Scholarships. These are currently under review and announcements will be made by the end of the term.

News ... News ... News ...

Should you wish to have any achievement or activity promoted, please send the information to: development@plcarmidale.nsw.edu.au



PLC
PRESBYTERIAN
LADIES' COLLEGE
ARMIDALE
— 1887 —

PLC ARMIDALE COMMEMORATIVE BOOK - REPAST

Pre-order FORM

A milestone year provides any organisation with an opportunity to tell its story. 130 years of providing a high-quality education for girls at PLC Armidale is certainly an accomplishment worth celebrating. In compiling this commemorative keepsake, we have endeavoured to showcase aspects of life at the College in a unique way, through the stories, recipes and eyes of its community, past and present. We hope you enjoy it!

NUMBER REQUIRED

PLC Armidale Commemorative Book - REPAST

_____ copies @ \$49.95 per copy \$ _____

Specially gift wrapped edition of REPAST in linen tea towel

_____ copies @ \$59.95 per copy \$ _____

Collect from PLC Armidale ☐ FREE

Delivery (@\$10 per book) ☐ \$ _____

TOTAL: \$ _____

For overseas delivery OR bulk orders please contact:

Shona Eichorn, Director of Development

Phone 02 6770 1733

Email development@plcarmidale.nsw.edu.au

Please complete this form and return to:

PLC Armidale, Locked Bag 5, Armidale, NSW 2350

or email to Shona Eichorn:

development@plcarmidale.nsw.edu.au



**Please note: this is an indicative cover only, not the final artwork.*

PAYMENT

☐ **Cheque** Payable to PLC Armidale

☐ **Credit Card** ☐ Visa ☐ Master Card ☐ Amex

Card number: _____

Cardholder's Name: _____

Signature: _____

Expiry: ____ / ____ CCV: _____

DELIVERY

Name: _____

Delivery Address: _____

_____ State: _____ Postcode: _____

Phone: _____ Email: _____

☐ I give permission for the package to be left at my door. (Please ensure you complete the authority to leave package). Any specific delivery instructions?



Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

Setting goals - why bother?

The saying that 'life is too short' is so very true. When we get caught up with everything we need to do in a busy life, we seem to blink and another day, another week and another month has slipped by and we wonder what on Earth happened to the time!

Setting goals is one of those things we hear a lot about, but not many of us do it effectively. Most of us want to make the most of our lives but often we don't know where to start. It takes courage to make changes in our lives.

At the start of each new school year in Pastoral Care the Year Patrons and Specialists ask the students to reflect on the previous year (to building positive engagement and become self-aware of progress), then ask them to set some SMART goals (setting self-expectations using a growth mind set) – both short and long term educational learning goals and more personal

**"SETTING GOALS IS
THE FIRST STEP
IN TURNING THE INVISIBLE
INTO THE VISIBLE."**

- TONY ROBBINS
ITSALLYOUBOO.COM

ones to add meaning and purpose through striving to become their best possible self. At the half way mark of the term students should sit back and contemplate on how they are travelling, and if not on track redirect and reconnect themselves to what they really want to achieve. It is really about a continuous cycle of self-improvement.

Simply, setting goals work! Planning what you really want and how you want to

feel is one of the important investments you can make in life and your wellbeing. It helps to create a sense of moving forward and not getting stuck year after year. You are responsible for making this happen. No one else can do it for you.

By setting goals, you can work towards them, enjoy the sense of accomplishment in achieving them. It is a powerful form of building and investing in your wellbeing and confidence as well. It's a win-win for you!



insights



The agony and ecstasy of teenage peer groups

by Michael Grose

Young people generally want to fit into their various social groups so peer approval is a significant driver for their behaviour. For a young person, resisting peer influence can mean isolation or instant ostracism so it sometimes takes great strength of will to refuse to follow the crowd.

Having a group of friends is one of the most important parts of being an adolescent. It is how teenagers learn to get on in the world of their own age group and to gradually become independent. It is important for parents to understand the value of peer groups for young people and also to remember that peers can be positive influences.

Positive peers

Peer groups can give young people a sense of belonging, which gives them an increased sense of self-confidence. These groups also provide safe testing grounds for attitudes and values outside their family at a time when young people are trying to define their identity. By and large, peers can be very supportive of each other. However, they can also be judgemental and can be the cause of heartache when conflict or alienation occurs.

Unwanted peer pressure

While the increased influence of peers is a normal part of a young person's development, they can sometimes use some help to resist any pressure to conform that is placed on them.

The following ideas may assist you to help young people resist unwanted peer pressure:

1. Talk about peer influence with your young person

Be open and frank about the subject. Call peer pressure out for what it is: unwanted pressure to conform to the views or behaviours of others. Let him or her know that while much of the influence of their friends is positive, some is definitely not in their best interests.

2. Help young people say 'no' while still saving face and status among their friends

Ask them how they would refuse an offer of a cigarette, an illegal substance or an invitation to behave in a way that they felt uncomfortable with. How could they say no? What words could they use? How could they react if they were pestered? How can they refuse and still be 'cool' and accepted by others? Be upfront with them – after all, their peers will be.

3. Be the scapegoat that they need

Many young people in the 11 to 14 age group are frequently pressured by early maturers to act older than they are. They are often asked to go to places or behave in ways that make them feel unsafe or uncomfortable. In these situations, kids need a scapegoat and that should be you. Allow them to blame you for not letting them do



something they don't feel comfortable with but can't admit to.

4. Go easy on praise

Parents who use praise like a nervous tic are setting their kids up to be susceptible to peer pressure. When we continually praise kids for their good behaviour, good marks at school and good performance in any of their leisure activities we are inadvertently making their sense of self-esteem dependent on the approval of others. Peers replace parents as the source of approval in adolescence.

5. Teach your young person to shrug

Sometimes an attitude of nonchalance is a young person's best friend, particularly when a peer makes a snide remark about their choice of clothes, their appearance or their friend. An 'I-don't-care-what-you-think' attitude conveyed with a shrug of the shoulders and a 'whatever' look may be the best weapon to use against such unwanted peer pressure.

Peers and parents

Belonging to a peer group is a significant stepping stone away from their family for most teenagers. While friends can never replace family, they help young people start the transition from being a compliant member of their family to eventually starting a family of their own in adulthood. Peers can have their own code of conduct, their own set of rules and their own expectations which maybe different to those experienced in the family. So what's a parent to do? Embrace their young person's friends. Here's how:

- Make them welcome in your home. Take an interest in them and get to know them.
- Set some house rules regarding what's acceptable in your house, but don't be too heavy handed as you want your home to be a welcoming place for young people.
- Provide space and privacy for your teenager and their friends in your home.
- Keep some food available and encourage them to make their own snacks and clean up their own mess.
- Be firm about your views on acceptable videos, alcohol use and sexual activities at home.



Disapproval of friends

It is common for parents to disapprove of their young person's choice of friends, due to those friends' behaviour or poor reputation, or the adverse influence they may have. This is a testing issue for many parents as it very often means they need to trust their young person's judgement. Criticising a young person's choice of friends is like criticising them personally so parents need to be careful how they handle these issues.

Finally

Peer groups are generally a positive influence but it is natural to have concerns about a young person's choice of peers. Get to know your children's friends and make your home a teenager friendly place. Give your young person some skills to recognise and resist adverse peer pressure and display your trust in his or her ability to make smart choices.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.



Viper Squad Athletics, with Jay Stone

The Coach

- 2017 Athletics NSW Club Coach of the Year
- 2016 Regional Australian Team Coach at Oceania Championships
- Coach of NIAS Athletics Squad
- Over 15 years coaching experience in Armidale
- Level 2 Advanced coach in Sprints, Relays, Hurdles, Middle and long Distance



The Athlete



- Two time World Masters Champion
- Seven time Australian Masters record holder
- 14 time Australian Masters Champion
- Seven time medallist at Oceania Championships
- Ten time Armidale Athlete of the year

The Training

- Group sessions run seven days a week at Harris Park in Armidale
- All new athletes get 5 free trial sessions
- All ages and abilities welcome
- Private sessions/field event training by appointment
- Mobile: 0402 498 059 email: just_glyding2@yahoo.com

ARMIDALE TENNIS ACADEMY

EASTER HOLIDAY TENNIS CAMP

WEEK 1: MON 16 - FRI 20 APRIL 2018
HALF & FULL DAY CAMPS

**FULL DAY CAMP INCLUDES - LUNCH,
 FRUIT, SNACKS, WATER, TREATS & PRIZES**

9.00am - 12pm HALF DAY (kids 5 to 7yrs)
 \$50.00 per day OR \$225.00 for the week

9.00am - 3.00pm FULL DAY (kids 8+)
 \$65.00 per day OR \$300.00 for the week

For more info & to enrol -

<http://armidaletennisclub.weebly.com/coaching.html>
 E: dave@armidaletennisacademy.com.au

Golf Links Road Armidale 2350



PLC Armidale seeking Sports Coaches

Presbyterian Ladies' College (PLC) Armidale is an independent day and boarding school for girls from Pre-Kinder to Year 12, established in 1887, with a proud tradition of academic, music and sporting excellence.

PLC Armidale is seeking suitably qualified, experienced and enthusiastic coaches for the 2018 Netball and Hockey seasons.

The successful applicant will work closely with the Director of Sport and Sports Administration Assistant, to ensure a professional and consistent approach to the delivery of PLC Armidale Sports programs and services.

Successful Applicants will:

- possess relevant coaching qualifications and a willingness to update skills in this area.
- have a proven track record in coaching girls' sport would be advantageous, as would qualifications in sports management.
- have excellent interpersonal and communication skills;
- be highly organised;
- have demonstrated ability to work both independently and within a team environment;
- be motivated, enthusiastic, reliable and enjoy working as part of a team.
- have a commitment to supporting the Christian ethos of the College and abide by its Code of Conduct.
- willing to sign and abide by the Coaching Agreement for the duration of the season.
- be employed under the relevant award.

A current Working with Children Check is essential.

Applications should include a cover letter, brief resume (including Working with Children Check number), the names of two referees, and be emailed to:

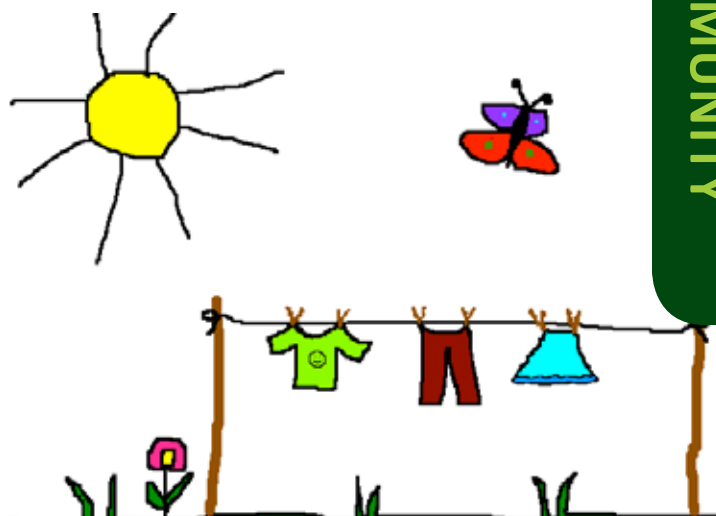
PLC Armidale - Director of Sport
Attn. Mr Peter Le Surf
plesurf@plcarmidale.nsw.edu.au
By Friday 16 March 2018.



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

Educating successful women of tomorrow in a Christian environment

In alliance with **PLC SYDNEY**



3rd Kids Clothing Bazaar Armidale

Friday, 16th March 2018, 2-5pm

at St. Paul's Church Hall, 137 Faulkner Street, Armidale

Sell and buy kids clothes, toys, books and more:
Bring your clothes and we sell them for you
and/or come and buy some bargains for your children.

Acceptance of items*: Friday, 16th March 9-11am; Return/payment: 7-7:30pm

*For a client number and more information email: kidsclothingbazaar@gmail.com

Visit us on facebook: kids clothing bazaar Armidale



For more information please call 1300 136 833
or email sportscouncil@armidale.nsw.gov.au

Registration forms available from Newcastle Permanent or online at
www.armidaleregional.nsw.gov.au/community/sport-and-recreation/get-active-armidale



ARMIDALE
Regional Sports Council

**Come
& Try**

GET ACTIVE
7 - 20 March 2018

Netball

Wed 7
Time: 4.00pm - 5.00pm

Zumba Dance Fitness

Wed 7 & 14 • Mon 12 & 19
Time: 6.15pm - 7.15pm

Boxing

Thu 8 & 15 • Tue 13 & 20
Time: 5.30pm - 6.30pm

No Lights No Lycra Armidale

Thu 8 & 15
Time: 6.30pm - 7.30pm

Muay Thai

Thu 8 & 15 • Tue 13 & 20
Time: 6.30pm - 7.30pm

Mountain Biking

Thu 8 & 15
Time: 5.00pm - 6.00pm

Road Cycling

Sat 10
Time: 3.00pm - 4.00pm

Hollywood Circuit

Sat 10 & 17
Time: 6.00am - 7.00am / 7.00am - 8.00am

Group Fitness – Sisbock Fitness

Mon 12
Time: 6.00am - 6.35am

Physical Culture

Mon 12
Time: 4.00pm - 6.15pm
Wed 14
Time: 4.30pm - 6.15pm

Australian Dance Enterprises

Armidale & Guyra
Mon 12 & 19 • Thu 8 & 15
Time: 3.45pm - 4.45pm / 5.00pm - 6.00pm
(check online for ages limits & locations)

Cub Scouts

Tue 13 & 20
Time: 6.00pm - 7.30pm

Scouts

Wed 7 & 14
Time: 6.30pm - 8.30pm

Junior Rugby Union

Wed 14
Time: 3.45pm - 5.45pm

Information Session: Eating Well in 2018

Thu 15
Time: 6.00pm - 7.00pm

Bell Ringing

Thu 15
Time: 5.30pm - 7.30pm

Rowing

Sat 17
Time: 8.30am - 10.30am

Body Pump @ Sport UNE

Wed 7 & 14
Time: 1.00pm - 2.00pm

Mobility Plus (Aged & Rehab) @ Sport UNE

Thu 8 & 15
Time: 9.30am - 10.30am

Yoga @ Sport UNE

Fri 9 & 16
Time: 8.00am - 9.00am

RPM @ Sport UNE

Sat 10
Time: 8.00am - 9.00am

Body Balance @ Sport UNE

Sun 11
Time: 5.00pm - 6.00pm

Fitness Plus @ Sport UNE

Mon 12
Time: 9.30am - 10.30am
Tue 13
Time: 7.00am - 8.00am

Pilates @ Sport UNE

Thu 15
Time: 1.00pm - 2.00pm

Silver Sneakers @

Healthy Inspirations (55+ yrs)

Mon 12 & 19 • Tue 13 & 20 • Wed 7 & 14
• Thu 8 & 15 • Fri 9 & 26 • *Female only*
Time: 9.30am - 10.30am (check online for class details)

HIIT-IT @ Healthy Inspirations

Wed 7 & 14 • *Female only*
Time: 1.00pm - 1.45pm

Healthy Pump @ Healthy Inspirations

Thu 8 & 15 • *Female only*
Time: 1.00pm - 1.45pm

Healthy-fit @ Healthy Inspirations

Fri 9 & 16 • *Female only*
Time: 1.00pm - 1.45pm

Zumba @ Healthy Inspirations

Sat 10 & 17 • *Female only*
Time: 9.30am - 10.30am

B-Fit @ Healthy Inspirations

Mon 12 & 19 • *Female only*
Time: 1.00pm - 1.45pm

Monkeynastics @ PCYC (3-5yrs)

Fri 9
Time: 4.00pm - 5.00pm
Sat 10
Time: 9.00am - 10.00am
Cost: \$2 per child

Lunch Box @ PCYC (13+ yrs)

Mon 12 • Wed 14
Time: 1.00pm - 1.30pm
Cost: \$2 per session

Morning Burn @ PCYC (17+ yrs)

Mon 12 • Tue 13 & 20 • Wed 14 •
Thu 15 • Fri 16
Time: 7.00am - 8.00am
Cost: \$5 per session

Morning Burn @ PCYC (17+ yrs)

Mon 12 • Tue 13 & 20 • Wed 14 •
Thu 15 • Fri 16
Time: 7.00am - 8.00am
Cost: \$5 per session

Boxfit @ PCYC (13+ yrs)

Tue 13 • Thu 15
Time: 5.30pm - 6.30pm
Cost: \$2 per session

Visit our website to
register & for more
info on each activity!

ARMIDALE
Regional Council





ayo
Armidale
Youth
Orchestras

ROSEMARY LEITCH AYO GARDEN PARTY

10:30am Sunday 8 April 2018

A morning of beautiful music from the Armidale Youth Orchestras in the magnificent garden of Chevy Chase. Lunch and one free drink is provided. Cash bar available.



Catering by Bistro on Cinders

Thanks to Armidale High School, PLC and TAS

Chevy Chase, 643 Dangarsleigh Road, Armidale

TICKETS: www.trybooking.com/UEXS

Adult: \$45 • Pensioner \$30 • Child \$20





KARIN SCHAUPP & UMBERTO CLERICI

Armidale Town Hall
7pm, Thursday 5 April
www.trybooking.com/TDGU

SCHUBERT	MANUEL DE FALLA
RAVEL	RUTTER
MONTEVERDI	RACHMANINOFF
CACCCINI	DVORAK
RODRIGO	COPLAND
MENDELSSOHN	KATS-CHERNIN

Musica Viva
Armidale

 new england
conservatorium

The North West Theatre Company



...presents...

BACK from BERLIN



Soprano
Alexandra Hutton
Pianist
Thomas Williams



Saturday April 14, **4:00pm** Roxy Theatre, Bingara an 'Opera Lounge'

Tickets: \$30 Adults, \$25 Concessions (includes after show High-Tea!)

Bookings: www.roxybingara.com.au/category/whats-on/ or 6724 0066

