

# lion's roar

TERM 1 • 17 FEBRUARY 2017 • VOLUME 275



## From The Principal

*Mrs Nicola Taylor*

The demonstration of PLC Community spirit was on full display this week. The Information Evening provided parents the opportunity of hearing of three exciting initiatives across the College from the key staff involved.

The capacity and passion for their respective areas was evident as Mr Peter Le Surf spoke about Sport@PLC, Mr David Moffitt about Digital Learning and Citizenship and Mr Chris Spencer about PLC Pathways.

These presentations were followed by a quick drink and noodle-box takeaway which were enjoyed as parents made their way to various classrooms around the College to learn more of some of the key features of the grade or stage of schooling their daughters are in.

The Whole School Swimming Carnival held the next day not only enabled our Boarder families to attend both events, but also carried on the PLC tradition of healthy competition and Guild Spirit. PLC Old Girl, Miss June Mitchell (Class of 1953) remembers in 1949 school swimming at the town pool and 'house' competitions which were contested in the spirit of doing your best and having a go.

PLC Armidale was also a regular participant in the Annual Swimming Carnival which was an inter-schools event commencing in 1944. In preparation, swimming practice was held at the town pool every Friday morning before school, including courses in life saving.

The official history of PLC Armidale, "The Common Task" records the school introducing Sporting Colours in 1944 which were awarded each year for Basketball, Athletics, Tennis and Swimming. In 1962

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the perseverance and prowess of the PLC Armidale swim team was clearly evident when they won the inter-school swimming carnival for the first time in history, setting four new inter-school records along the way.

Another celebration of community and collaboration will occur later in the year with the PLC Armidale production of "The

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Sound of Music". A joint initiative of several of the Creative Arts staff, put forward by Ms Constance Rolfe who will be the Music Director for the production, this serves to be a fitting way to celebrate the diverse talents of our girls and staff in this special commemorative year. More detail to come with auditions to take place in Week 8 of this term. Save the dates for performances across 9 to 11 November.

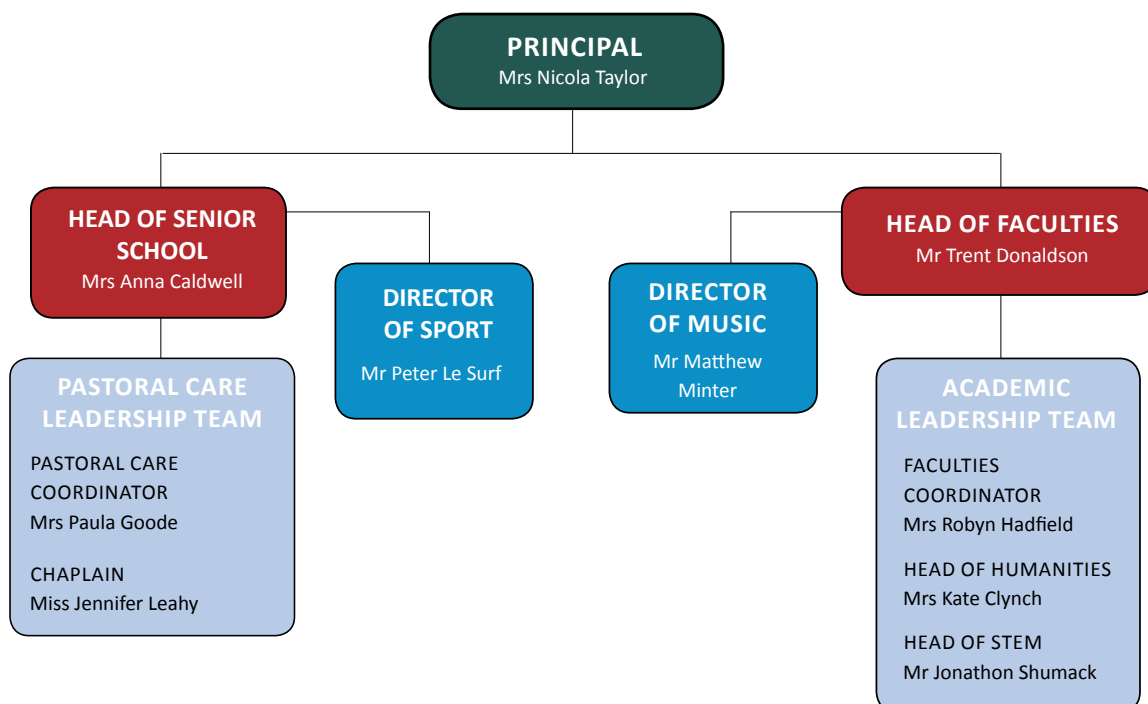
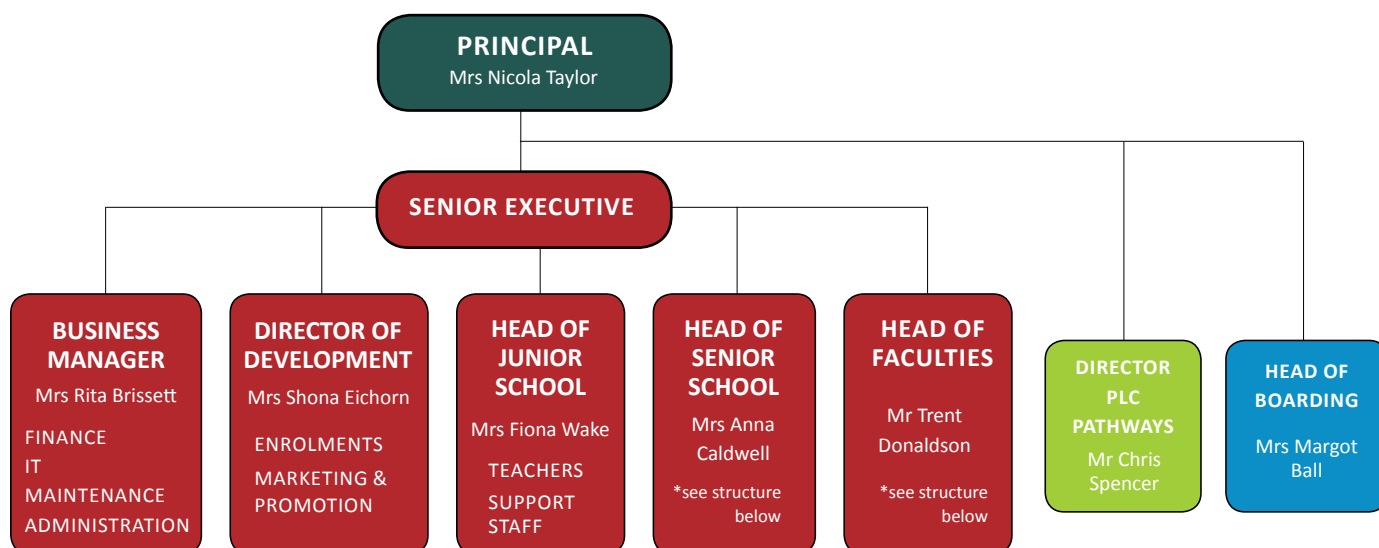
A very hearty congratulations to Mrs Anna Caldwell, Head of Senior School and Duke of Edinburgh's Award leader along with all our Duke of Edinburgh award participants. PLC Armidale was recently recognized as being in the top 100 of nearly 1000 registered providers. This outstanding result is determined by the number of girls registering and receiving awards through the College. Well done to all.

As some may be aware, NESA (NSW Educational Standards Authority) previously known as BOSTES has undertaken a

review of the HSC and is introducing some key changes which will apply from the Class of 2019 (currently our Year 10 students). Some of these changes were outlined to the Stage Five parents at Information Evening. One change involves a revision to the syllabus taught in several subjects commencing with the Preliminary Course in 2018.

In order to best prepare for these changes, the last Friday of Terms 2 and Term 3 will be pupil-free Staff Days in the Senior School. The Junior School remains open on both days, with only the Senior School classes not operating. Some supervision may be possible for Senior School girls whose parents are not able to make alternative arrangements for these days with more detail to be provided closer to the time.

## PLC ARMIDALE LEADERSHIP STRUCTURE 2017







## Senior School Notes

*Anna Caldwell, Head of Senior School*

### Socials

Social Dates for this year:

Term 1 Friday 10<sup>th</sup> March Week 6 @PLC Yrs 6, 7 & 8 &  
@NEGS Yrs 9 & 10

Term 3 Friday 18<sup>th</sup> August Week 5 @TAS Yrs 9 & 10

Term 4 Friday 10<sup>th</sup> November Week 5 @NEGS Yrs 6, 7 & 8

### Excursions Week and Medical Forms

With the excursions taking place in Week 9 this term, can all parents please update all medical information on Edumate through the Parent Portal. If there are any significant changes can you please contact the school nurse, Angela Pieterse.

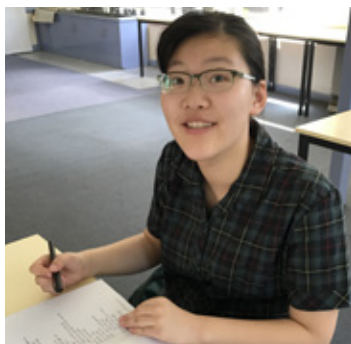
### Procedure for Roll Call, Assembly and Chapel

All students are to arrive at school by 8.40am everyday. On Mondays and Fridays they are to walk over to the Astra Arts Centre as soon as the bell rings for Assembly on Mondays and Chapel on Fridays. Students are to take their seats quickly and sit quietly.

Any student who arrives late to school (after 8.45am) on Mondays and Fridays, is to go to the AAC and sit upstairs. A staff member will be seated up stairs to mark the time of their arrival. If a student arrives late and does not travel to school by bus, this arrival time will be registered as a late arrival to school and an explanation from their parent/guardian will be required.

Year 11 and Year 12 students who do not have a class in Period 1, must be at school by 8.40am and sign in at the office immediately after Assembly or Chapel.

On Tuesdays, Wednesdays and Thursdays all students are to go straight to Pastoral Care Home Rooms where the roll will be marked by their Year Patron or Year Specialist.



## PLC Pathways News

*Chris Spencer, Director PLC Pathways*

Our very first ELICOS (English Language Intensive Course for Overseas Students) girls arrived last weekend to mark the official beginning of PLC Pathways.

If you thought that it has been hot for Armidale locals over the last week or so, spare a thought for our Chinese girls coming from a northern hemisphere winter! Still, they are acclimatising quickly and it has certainly been made easier by many of our Australian girls who have gone out of their way to make them feel at home. I have watched girls confidently approach and introduce themselves and push through the language barrier to make it clear to our newcomers that they are welcome here. And our Pathways girls feel it! They are constantly commenting on how friendly everyone is.

We have more coming over the next few weeks, some to join the intensive English classes exclusively and others who will enter into some mainstream classes as their English ability allows. We will have some opportunities for our local families to get to know our new girls in the near future.

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## calendar OF events

17 FEBRUARY  
TO 2 MARCH  
2017

Yrs 10 and 11 Drama Excursion	17-19/2/17
Cattle Team to Glen Innes Show	18-19/2/17
DOE Bronze Training	18/2/17
Tildesley Tennis Squad to NW JDS Singles Tournament	19/2/17
Yrs 6 to 12 SRC Lunch and Workshop	21/2/17
Pre K to Yr 2 Learn to Swim Classes	21/2/17
Yr 11 Biology Field Study	23/2/17
Yr 7 Vaccinations	23/2/17
PSSA Zone Swimming Carnival	24/2/17
AYO Sawtell Weekend - TBC	24/2/17
Cattle Team to Guyra Show	24-25/2/17
Tildesley Tennis Squad to Far Northern Championships	25-26/2/17
NIAS Netball Squad Training at PLC	25-26/2/17
Scholarship and Information Day	27/2/17
Music/VA Auditions	27/2/17
In-House Concert - Kinder to Yr 12	1/3/17
Yrs 5 and 6 Personal Development Evening	2/3/17
Musica Viva Concert	2/3/17
Boarders' Weekend - Depart AM	3/3/17

## Bush Children's Education Foundation financial assistance

The Bush Children's Education Foundation of NSW Inc has written to the College informing us of the financial assistance they provide to young people in rural areas whose educational opportunities are limited due to isolation and economic circumstances.

Should you wish to find out more information with regard to seeking financial assistance please visit their website at this link <http://bcef.org.au/>

## NEW STAFF

We warmly welcome all new staff to the PLC Armidale community.



Susanne Dowling



Peter Le Surf



Gerry Vanzella



Stephanie Belson



Alison Dare



Michelle Power

*Absent: Kirsten Hey and Alison Spencer.*

We also welcome new duty mistresses: Amy Chiu, Cara Fang, Tanea Bower, Joanne Anugerah, Desiree King, Lydia Kelly and Olivia Freeman.



## Junior School News

*Fiona Wake, Head of Junior School*

It is delightful to return to school to the laughter and smiles of the PLC Armidale Junior School community. I warmly welcome back students, staff and new and existing families to what is going to be a year where educators not only adopt the mindset of the educator as a lead learner but also to model, demonstrate, and teach his/her learners the process of learning how to learn new 'things'. According to a professor of psychology at Kent State University in Ohio, "teaching students how to learn is as important as teaching them content, because acquiring both the right learning strategies and background knowledge is important – if not essential – for promoting life long learning.

The development of new programs and the refinement of old programs will enable flexibility for teachers to meet the needs and interests of our students. **Engaged enthusiastic learners achieve!** As Head of Junior School I look forward to working closely with teachers and the Executive team, to ensure students are supported in their learning so they remain focused and develop positive attitudes towards learning.

### NEW Staff Members

I am pleased to introduce and welcome the following new staff to our PLC Junior School.

**Kirsten Hey** - We extend a warm welcome to Kirsten Hey who joins us from Macarthur Anglican School, Camden. Kirsten has been teaching for many years and brings with her great knowledge and commitment to educating and supporting each child in their efforts to achieve their best. Kirsten will replace Lucy Donaldson when she begins her Maternity Leave and will teach Year 4 commencing Week 7 of Term 1.

**Susanne Dowling** - Susanne Dowling joins our Junior School teaching team and brings her extensive teaching experience to the Year 1/2 composite class. Susanne has currently been teaching in Armidale at Ben Venue Public School and is excited about joining our dedicated teaching team.

**Gerry Vanzella** - Gerry will teach Kindergarten. Gerry has been a valued member of our teaching team on a casual basis prior to this appointment and we welcome her acceptance of this full time position for 2017.

**Stephanie Belson** - Stephanie is no stranger to PLC as she is a PLC Armidale Old Girl. Stephanie will be teaching Pre K in 2017 in Michelle Kennedy's absence. Michelle has taken up a temporary teaching position in Singapore for 12 months.

### NEW Roles

Rebecca Ward will take over the Sports Co-ordinator role for the Junior School whilst Lucy Donaldson is on Maternity Leave. Rebecca will work with the newly appointed Director of Sport Peter Le Surf to ensure quality sport programs continue to be delivered.

### Senior School Staff

The following Senior School Staff will be joining our Junior School Teaching Team for 2017.

**Jacquelyn Whitland** – Mathematical Problem Solving, Learning Support and Extension

**Madame Peters** - French

**Anna Caldwell and Trent Donaldson** – Physical Education (K-2)

**Constance Rolfe** – Music and Choir

**Janet Paterson** - Library

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### Junior School Chapel

Junior School Chapel services take place each Thursday at 8:55am in the Astra Arts Centre. During these services, students listen to a Bible reading led by Miss Jennifer Leahy, share in prayer and sing songs. Students are also recognised for their achievements by being presented with merit certificates. Parents and Friends are welcome to join these services.

### Shuttle Bus Service

The afternoon Shuttle Bus service will continue from PLC to TAS each afternoon. This service is available to the PLC Armidale Junior School Students only. If you wish for your child to catch the shuttle bus please contact Mrs Young at Reception for more information. The PLC Shuttle Bus will drop students at the designated "Bus Zone" in Douglas Street near the Brown Street entrance of TAS.

### Buses

All buses leave from Crest Road and secondary teachers supervise students. A Junior School teacher walks the children from the Junior School entrance to the bus stop each afternoon.

### School Uniform Reminder

It is important that the girls wear full Summer Uniform as outlined in the Junior School Handbook. A summer dress, straw hat and blazer must be worn to and from school. Girls do not need to wear a blazer if the day is very hot. However, a jumper cannot be worn without a blazer. Shoes are black lace up shoes with white ankle socks.

**Hair and Earrings:** Only small gold, silver or pearl stud earrings are to be worn in pierced ears. This is a safety issue. If your daughter's hair is longer than shoulder length it must be tied up with a green ribbon or scrunchie.

**Hats:** In accordance with our PLC "no hat, no play" policy, all children from Pre-Kinder to Year 5 must wear a wide brimmed green play hat in the playground. Year 6 girls must wear a wide brimmed hat or PLC sports cap. Children may wear a sports cap for PE and Sports lessons.

**Sports Uniform:** PLC sports skirt or PLC sports shorts, PLC sports shirt, PLC jersey, green track pants or tracksuit, white socks, predominantly white sports shoes with non-marking soles.

Girls from K-6 must wear PLC swimmers for swimming lessons and the swimming carnival.

On PE and sports days girls may wear their PE uniform to school. In Terms 2 and 3, a tracksuit or jersey and track pants must be worn to and from school. Class teachers will inform parents of these days through their class letter or homework sheet.

### EVENTS

A calendar of school events was distributed to parents at the beginning of each term. Reminders of events will also appear in the school newsletter and letters sent home to parents. Our newsletter, The Lions Roar can be downloaded from the PLC website.

**School Calendar:** A calendar of school events can be viewed from Edumate.

**Management System, Edumate.** Daily messages are also posted on the Noticeboard and there is access to the school calendar and each individual student's diary.

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## Leadership

### PLC Armidale Junior School Leadership

Student Leadership is part of our school responsibility in nurturing the physical, educational, social, physical and spiritual and educational needs of our students. It involves respecting the views and opinions of students as well as assisting them to develop problem solving and decision-making skills. It also provides a focus for team building, goal setting, awareness of diversity and conflict resolution.

### Head Girl and Deputy Head Girl

Lucy Young is to be congratulated for her success in obtaining the Junior School Head Girl position and Emily Thompson is the Junior School Deputy Head Girl. Both of these girls presented an honest account of what they characterise a true leader to be and how they would serve the College, its staff and their fellow students positively. The PLC Armidale Community is confident that both of these girls will carry out their leadership duties honestly and respectfully. As a Junior School we will endeavor to support both of these girls in their positions.

### Guild Captains for 2017

**Forrest-** Laura Smitham

**Gregory-** Poppy Broun

**Macquarie-** Lauren Earle

**Wentworth-** Piper Starr

### Badge Ceremony

All of the Year 6 girls will receive recognition as leaders when they are presented with leadership badges and a Certificate of Leadership Responsibilities. This badge allocation ceremony will take place during Chapel on a date to be advised.

### Life Education

The Life Education NSW Van made its annual visit to PLC Armidale last week. Life Education offers a broad health program with a particular focus on preventative drug education. It is aimed at students in their formative years, from Pre Kindergarten to Year 6. Through participation in Life Education, and in conjunction with the school's PD/Health/PE program, opportunities are provided for children to develop a healthy respect for themselves and their bodies, self-esteem and self-awareness and skills in dealing with influences in society. These lessons were enjoyed by all of the Junior School students and they are very fond of 'Gerald' the Life Education Van mascot who delivers these important messages in a fun and informative way that engages the students and maintains their interest.

### THRASS

THRASS continues to be a focus in the Junior School to explicitly teach Reading, Spelling and Handwriting Skills. It has been delightful teaching classes across the Junior School, and watching phonemic and graphemic knowledge build. Our youngest members of our Junior School are linking the beginning sound of their name to the THRASS chart and our eldest members are applying their knowledge of IPA to explore new words, their meanings and correct pronunciation. Ask your daughter what she looks after on the THRASS Chart or ask your daughter to write Presbyterian Ladies College using IPA.

### Messages/Absences

If you need to send a message to your child during the school day, please phone Mrs Young in the Junior School on 6770 1726. If a student is to be absent from school, parents are required to phone the Junior School Reception on 6770 1726 on the morning of the absence before 10am.

An email or hand written note is required explaining the absence within 7 days. Parents will be sent a reminder email for any unexplained absences. Please forward all attendance related emails to Mrs. Emma Young [juniorschool@plcarmidale.nsw.edu.au](mailto:juniorschool@plcarmidale.nsw.edu.au). Parents are requested not to go directly to classrooms during the day. Parents must sign in at the Junior School Office and report to Mrs Young if something needs to be dropped off to a child.

### Before School

The morning bell rings at 8.45am and all children assemble in the courtyard before going to class. Children should arrive after 8.30am. Children who arrive earlier will be supervised from 8.15am. Children in the Pre Kinder class must be "signed in" and "signed out" each day. The "sign in" book is held in the Pre-Kinder classroom where the teacher will welcome students from 8.30am.

### After School

Students are dismissed at 3.30pm and wait at the front of the school building on Crest Road to be collected. A teacher is on duty until 3.45pm. Any child not collected by 3.45pm is taken to the "Homework Centre", please phone 0402 474 415.

### Edumate Parent Portal

PLC Armidale provides academic, pastoral, medical and attendance information to parents and students through a portal into our Student Management System, Edumate. Daily messages are also posted on the Noticeboard and there is access to the school calendar and each individual student's diary.

Academic information such as upcoming assessment task dates and task results are also available through the portal, as well as past reports (from Semester 2, 2013).

The URL for Edumate is: <https://plcarmidale.edumate.net.au/saas/web/app.php/login/> and there will be a link to the Parent Portal on the website.

You will need an individual Username and Password (available from [pa@plcarmidale.nsw.edu.au](mailto:pa@plcarmidale.nsw.edu.au)). Please email the Head of Senior School to provide any feedback or if you require assistance.

### Skoolbag app

The Skoolbag Notification App for PLC Armidale can be downloaded.

We are now using the Skoolbag mobile phone app to keep you up-to-date with events and changes for your daughter's teams, music groups and class events. Any last-minute changes to training, like cancellations or venue changes, can appear right across your home-screen on your phone.

Just search for "schoolbag Presbyterian" in your app-store (either Android or iTunes) and choose the year-group and teams or groups to which you want to subscribe.

You can download further instructions for installing the app on your phone.

You can also use this app to record your daughter's absences.







## Music Notes

*Matthew Minter, Director of Music*

Congratulations to all the girls who were involved in Gondwana National Choral School in the holidays. The two week intensive event brings together about three hundred of Australia's finest choral singers to work with Australian and International leading conductors. To have eight girls from PLC Armidale at this event is remarkable, and reflects the high standard of choral singing in both our College and the wider community.

Congratulations to the following girls: Isabelle Taylor, Lucy Quast, Jessica Hughes, Sarah Hughes, Dakotah Love, Gabrielle Cotterell, and past students Jessica Tan and Lily Nielson.

Congratulations and good luck to Syrana Glenn. Syrana will be performing at the Bravissimo concert in Port Macquarie on Wednesday 22 February.

Bravissimo is an encore concert for outstanding HSC candidates from Northern NSW. Syrana was nominated and selected as a Music Extension student 2016, for her outstanding performances of Australian Art Songs.

Syrana will be accompanied on the piano by Mrs Rickards. We are very proud of Syrana's outstanding achievement and we wish her all the best for her performance next Wednesday. More information about the concert can be found online at <http://www.glasshouse.org.au/Whats-On/Bravissimo-Feb-2017>

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It is wonderful to report that at the moment we are processing an unprecedented number of new students enrolling to study an instruments. Through the school peripatetic and our partnership with NECOM it is possible to study each of the following with specialist teachers: guitar, flute, recorder, piano, violin, cello, voice, viola, trumpet, French horn, double bass, saxophone, clarinet, oboe, musicianship, trombone, euphonium and tuba. If any students are interested in learning an instrument, please come and see Mr Minter, or submit a co-curricular music form to the Junior or Senior School offices. (The form is located on the College website, or pick one up from Mr Minter or Mrs Young)

This year we are very happy to welcome new peripatetic teachers Denis Dos Santos Arakaki on guitar and Kristal Spreadborough on flute. PLC Armidale Old Girl (Alice Rickards also joins our team as the string quartet coach. Alice is a professional violinist with the Scottish Symphony Orchestra. She is taking one year of leave from her orchestral position to spend time in Australia with her family and we are very fortunate to have the benefit of her expertise.

Ensemble rehearsals are in full swing, please see Mr Minter or Miss Rolfe if you are interested in joining the choirs or would like to form or be involved in any of the instrumental ensembles.

Here is the current weekly rehearsal schedule.

## MUSIC REHEARSAL TIMETABLE 2016

GROUP	DAY/TIME	VENUE	ENSEMBLE DIRECTOR
SENIOR CHOIR	MONDAY 8:45-9:40am	MUSIC ROOM	MR MINTER
JUNIOR WIND AND BRASS ENSEMBLE	TUESDAY 8:00-8:45am	MUSIC PRACTICE ROOM No. 3	MR MARSHALL
SENIOR STRINGS	TUESDAY 7:30-8:30am	JUNIOR MUSIC ROOM	MRS RICKARDS
JUNIOR STRINGS	TUESDAY 10:45-11:30am	JUNIOR MUSIC ROOM	MRS RICKARDS
CELLO ENSEMBLE	TUESDAY Lunch	JUNIOR MUSIC ROOM	MR JACKSON
JUNIOR TRAINING STRING ENSEMBLES	TUESDAY 8:00-9:00am and Lunch	THE COTTAGE	MRS FAIRS-WU
BEL CANTO	WEDNESDAY 8:00 – 8:40am	MUSIC ROOM	MISS ROLFE
WIND ENSEMBLE	THURSDAY 7:45-8:40am	JUNIOR MUSIC ROOM	MR MINTER
STRING TRIO	WEDNESDAY 3:30-4:15pm	MUSIC ROOM	MR MINTER
JUNIOR STRING TRIO	THURSDAY Lunch	The Cottage	MS LAURA CUROTTA
PIANO TRIO	THURSDAY Lunch	MUSIC ROOM	MR MINTER
STRING QUARTET	FRIDAY 7:45-8:00am	JUNIOR MUSIC ROOM	MS ALICE RICKARDS
TREBLE MAKERS	FRIDAY 8:00 – 8:40am	MUSIC ROOM	MISS ROLFE



## AYO National Music Camp

In January Isla Biffin attended the prestigious Australian Youth Orchestra National Music Camp. This camp is something of a rite of passage for emerging professional Australian Orchestral musicians. Most of the students are at university studying full time degrees in performance. It is an absolute honour for Isla to be selected for this extraordinary event and we are very proud of her impressive achievements. Isla is one of Australia's leading young harpists. Here is her report.

In the holidays I attended the Australian Youth Orchestra's National Music Camp, playing harp. National Music Camp gathers the best young musicians from around Australia to participate in two weeks of intensive rehearsals and public concerts. It was held in Adelaide this year and we rehearsed at the Adelaide University. There were three orchestras - a string orchestra, and two symphony orchestras, Bishop and Alexander. I was in Bishop, which was slightly the largest orchestra. During the camp I was able to work with two fabulous conductors Ditrich Parades and Elim Chan. Both were incredible and I am extremely grateful to have been able to work with them. The repertoire was also fantastic, we played some of the greatest orchestral works of all time including Shostakovich Symphony No. 5, Bartok Concerto for Orchestra and Rimsky-Korsakov's Caprice Espagnol (which was my favourite). I had the most amazing time and it really was an incredible experience.

**ISLA BIFFIN**



## More Music News

### Bus Service to NECOM

There will be a bus service for students after school to NECOM on Monday, Tuesday and Wednesday afternoons.

The Monday service is new this year and is to cater for girls involved in New England Sings, however any student is welcome to travel on the bus any day if they have lessons or rehearsals at NECOM after school. The bus leaves at 3:35 from the Maintenance Area carpark.

### Join our music groups

If any student is interested in joining the choir, Bel Canto or the Junior School Treble Makers, please see Mr Minter or Miss Rolfe.

All students are welcome to come along directly on Monday mornings for choir rehearsal at 7:45am

### In House Concert

The first In House Concert for the year will be held on Wednesday afternoon, the 1st of March, commencing at 5:00pm. Any student interested in performing, please write your name on the sheets on the Senior or Junior school noticeboards.

### Co-curricular Music Program

There are still places to learn instruments through the co-curricular program. We are currently offering lessons in musicianship, clarinet, saxophone, recorder, flute, oboe, French horn, guitar, voice, violin, viola, cello, double bass, piano and organ. Please see Mr Minter, or download a form from the website.



**Above:**

Emily Thompson, Kayleigh Swick, Poppy Broun and Gabby Cotterell are all in Year 6 and play the violin. They are seen here warming up for our weekly rehearsal.



# Netball Registration

**URGENT** to all Netball players at PLC in regards to Netball registration for 2017

Registration for the 2017 Netball season is open, and needs to be completed before or by 24th February. It is up to individual players to register online themselves. They should use the same login and password as last year. If any players have lost their login ID please let me know and I can reset it. Links to your clubs registration forms can be found on the ADNA webpage (<http://armidale.nsw.netball.com.au/home.aspx?>). Independent teams and NetSetGo players should use the ADNA registration form

Team registration closes on the 24th February. Please be reminded that a minimum of 5 financial players must be registered before the team can be accepted. Grading will be held the following day at 10am.

Games will commence on the 18th March giving us 17 rounds. Re-grading will be done after the 3rd round and the draw will be finalised at this time also.

If any club representatives require a copy of the Clubs user manual please let me know and I will email it to you. You will need this to set up your teams, submit and grade them.

NetSetGo will not commence until the 29th April, after the school holidays so their registration will not open until the 18th February 2017 and will close on the 1st April to allow enough time for their teams to be formed and a draw prepared.

If you have any questions please don't hesitate to ask.

**Mrs Jo-Ann Sozou**

Registrar/Recorder

Armidale District Netball Association

Phone: 02 6773 3449 (work)

Mobile: 0418 260 953

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### Raising funds for Cancer

*Ms Erin Foster, Year 10 Patron on behalf of Year 10*

Parents and friends,

This month, Year 10 are getting behind our friend and colleague Anya Zuber who is doing the Bob 'Tug' Wilson walk from Sydney to Manly. This walk is 26 kilometres and raises money for kids with Cancer.

The funds raised will go directly into supporting the hospice that cared for Anya during her treatment.

Year 10 have decided to capitalise on the heat and will be selling Zooper Doopers across the school. The icy poles have been donated by PLC Armidale staff and all the proceeds will be used to sponsor Anya and old girl, Erin Wright.

If you are still on your 2017 health kick but would like to support the team, you can donate online at: [https://walk17.everydayhero.com/au/team-anya?\\_ga=1.234361565.2112807262.1483763212](https://walk17.everydayhero.com/au/team-anya?_ga=1.234361565.2112807262.1483763212)

<http://www.walkforkidscancer.org.au>

## Feeling hot, hot, hot?



Cool down for a good cause and help Year 10 raise funds to sponsor Anya Zuber who is doing the **26 kilometre 'Bob 'Tug' Wilson Walk'** to raise money for kids with cancer.

# \$1

Zooper Doopers will be on sale this week and next week, **out front Mrs. Caldwell's office.**

Enjoy a Zooper Dooper AND help kick cancer to the curb. Now, that IS **COOL** !





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## Year Seven Friendship Camp



On the first morning the girls were allocated their groups and were given a series of outdoor challenges. These included working out how to cross a waterway on tyre tubes, building a tall tower using blocks of wood, fishing for crayfish and golf accuracy games. Later on the first day the girls had time to get to know each other in their groups through reflections and quieter challenges during which the girls were asked to reflect on their life and goals.

In the evening the girls rehearsed and presented drama items. Each group performed a skit that they had created. They were given a topic and an item that they had to include in the play. They were very creative. Everyone was involved and the performances were very amusing and clever.

On Thursday morning the fashion parade was held. The girls designed, made and presented dresses, complete with shoes and headwear, made entirely out of newspaper, plastic bags, tin foil and masking tape. Some of the results were very impressive, particularly the long trains. Mrs Taylor then led a beautiful reflection in the picturesque setting of Metz Gorge.

During the camp the girls and staff were treated to the fine cuisine of Echidna Gully. Our hosts Jeremy and Theresa Monk did a stunning job of looking after us and ensuring the girls and staff had a wonderful time.

Wow! What a terrific camp! Last week, on Wednesday and Thursday, the Year Seven and Year Eleven students travelled to Echidna Gully where they spent two wonderful days getting to know each other, forming strong friendships and enjoying being in a beautiful natural setting.

The Year Eleven students did a magnificent job as Peer Support leaders. The Year Seven students divided into seven groups each led by two Year Eleven girls.

The groups worked closely together, and were given many challenges that required teamwork and cooperation to complete. The enthusiasm and engagement of all the students was very impressive and the Year Eleven girls took on their leadership roles superbly.

All the year eleven girls came out and helped run and set up the camp. It was their first leadership opportunity and they rose to the challenge superbly.

Since our return to classes at school it has been wonderful to see the students interacting so well as a year group. The camaraderie that was formed during the camp has continued and set the tone for the year. Also the camp really brought the year groups of Year Seven and Eleven together and this has the newly arrived students confidence, ease and a genuine sense of belonging as they commence their studies in Secondary School.

Congratulations to all involved.







**Above:** We welcome six new Duty Mistresses to the team.

## Boarding Staff

Murray & Margot Ball **Co-Heads of Boarding**

Margaret Latham **Deputy Head of Boarding**

Christine Nichols **House Mother**

Alison Spencer **House Mother**

Paige Kranz **Senior Duty Mistress and Academic Co-ordinator**

Desiree King **Senior Duty Mistress**

### **Duty Mistresses**

Amelia Brissett

Amelia Washbrook

Anne Johnston

Tanea Bower

Olivia Freeman

Nicole Packer

Amy Chiu

Cara Fang

Lydia Kelly

Joanne Anugerah

# lion's roar

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## Boarding House News

*Margot Ball, Head of Boarding*



A very warm welcome back to returning boarder families and to new boarders and families.

Our hope is that every boarder will find at PLC Armidale a "home away from home" and to that end we have an open house policy for family and friends and have few restrictions on leave and communication.

Our aim is to ensure that all girls are safe, they are supervised well, get adequate sleep and they have the opportunity to study and achieve academically to the best of their ability.

We endeavour to encourage the girls to be active in sport, music, drama and any extra-curricular activities they choose and we provide transport wherever possible to facilitate this.

Our staff at PLC Armidale boarding work hard to ensure the girls are well-cared for, nurtured and valued individually. With a total staff of seventeen we feel we can provide an extra-ordinary experience for the girls.

While we provide an activities program for the girls this is flexible given that busy girls need down time as well. The girls are consulted on these activities, some are compulsory but most are optional, however it is important that the girls are active socially.

We encourage the girls to monitor their IT time, and spend their spare time interacting with their fellow boarders.

You will receive an activities program for this term and we hope you will encourage your daughters to participate.

Boarders enjoyed a beach weekend at Coffs Harbour with perfect weather last weekend. This weekend is to help the girls get to know each other, meet the staff and have fun together.

Please feel free to call me anytime if you have questions concerning your daughter's welfare.

## Questions & Answers

**Q: If I want to take a boarder out how do I go about it?**

**A:** The boarder will complete an EXEAT form with all the details including the 'host' details. name, address, phone number and exeat time details.

The form is submitted on WEDNESDAY evening for approval. Ms Latham processes all leave and will call parents and hosts to confirm the details.

It is important that what is written on the exeat form is exactly what happens. Hosts are totally responsible for boarders, their safety and behaviour. You are required to collect the boarder, sign that you understand your responsibility in taking a boarder out. You are required to return the boarder at the specified time and sign the boarder in.

### **Contact reminders:**

Email: [boarding@plcarmidale.nsw.edu.au](mailto:boarding@plcarmidale.nsw.edu.au)

Mrs Ball 6770 1724 school hours

Boarding staff 6770 1724 outside school hours

# SAVE THE DATE

## Anniversary Ball

Saturday May 6 2017  
at PLC Armidale

**MORE DETAILS AVAILABLE SOON!**



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## Boarders' Beach Weekend AT COFFS HARBOUR







## Pastoral Care Conversation

*Paula Goode, Pastoral Care Coordinator*

### Positive Friends and Teamwork

Nearly everything we achieve in life is with and through people, side-by-side (teamwork) and face-to-face. Being able to build rich and caring relationships with other people is essential to students' wellbeing. Social-connectedness is the single greatest factor in people being happy. Friends are like oxygen for all of us, especially adolescents and it is also important for them to have a number of friendship groups; should one have conflict, they have others to turn to.

**"A friend is someone who accepts you the way you are." - Confucius**

There are many components to building friendships and participation. They include living and learning collaboratively, cooperatively and respectfully with other people; living by giving to make a positive difference to others' lives; focusing on mutual respect – everyone is special – expect it and respect



it; appreciating others for their strengths, talents, skills and uniqueness, to learn from them by asking tell me more; mindfully listening with their eyes, their ears and their heart – being fully present; being true to themselves – respect the person you see in the mirror, and build empathy for others' feelings, needs and views.

Close knit friendship groups provide students and teachers with opportunities to: participate and enjoy leisure activities, learn and study together, share good and not so good times together and combine their strengths to achieve what they set out to do. As the old adage says:



## Development and Enrolments

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



### Scholarship & Open Day – Monday 27 February, 2017

Applications for Academic, Music & Visual Arts Scholarships are open until Friday 17 February. Our annual Scholarship & Open Day will be held on Monday 27 February from 8.30am. As in previous years, the day will also feature a presentation by our Head of Senior School (and at that time Acting Principal) Mrs Anna Caldwell, on "Why an all-girls' education at PLC Armidale", along with short presentations by key staff members. And whilst the presentation may appeal more to prospective families, current families are more than welcome to come along as well and share in the morning tea which will be provided in the Hospitality Centre. Please pass this information on to others in the wider community. All Rounder and Boarding Scholarships are also available.

### Anniversary Ball – Save the Date, Saturday MAY 6

As you may or may not know, PLC Armidale is celebrating 130 years this year of educating successful women of tomorrow in a Christian environment, and there are a number of events planned, including the major one on Saturday May 6.

PLC Armidale, together with the P&F, Foundation and Old Girls' Union will host the Anniversary Ball and we would like to invite

you and your friends. If you would like to host a table of 10, please let me know. The specific details of the event will be available soon, although we do know that it will be held at PLC Armidale (in the transformed DKC) and will be a quality event with great food, great music and will be lots of fun with great friends (new and old)!

Should you be interested in gathering a group and hosting a table, please let me know ASAP. In the meantime, please SAVE THE DATE ... May 6, 2017 and spread the word!

### Commemorative Book – WE NEED YOU!

People are PLC Armidale!!

As a special memento of the 130 years of PLC Armidale, we are compiling information, stories, photos, recipes, as well as the history in a commemorative hard cover book, which we will be available for purchase at the end of the year. If you have a special family recipe or PLC story to share we would love to hear from you by Friday 17 February. We will then organise a series of cooking days to prepare, cook and photograph your recipe. It will be no ordinary cookbook. It will be a hard back, coffee table style commemorative keepsake which tells a story of the College's history, through its gardens, food and families. I look forward to hearing from you!

### Social Media

For those families new to PLC Armidale, we do have an official Facebook page. We are also in the process of expanding our suite of social media, so watch this space!

Please LIKE US and check out all the action from various PLC Armidale activities and achievements.



## Year 12 spread Valentine's Day love and joy for a good cause

With full hearts and fine voices, our dedicated Year 12 students spent their time bringing love and joy to those around them for Valentine's Day. Students were raising money for the 'Agape Home' in Thailand, a charity close to the hearts of many of our PLC students. The girls had cards, chocolates and songs available to be purchased by PLC girls, and they delivered them faithfully at TAS. The girls sang with great gusto, and enjoyed spending their lunchtime playing cupid, raising nearly \$200 for their chosen charity, and spreading love and friendship.



girls flourish  
AT PLC ARMIDALE

## SCHOLARSHIPS for 2018


**APPLICATIONS CLOSE TODAY!**

**APPLICATIONS  
CLOSE**  
17 February 2017

**EXAMINATION  
DATE**  
27 February 2017

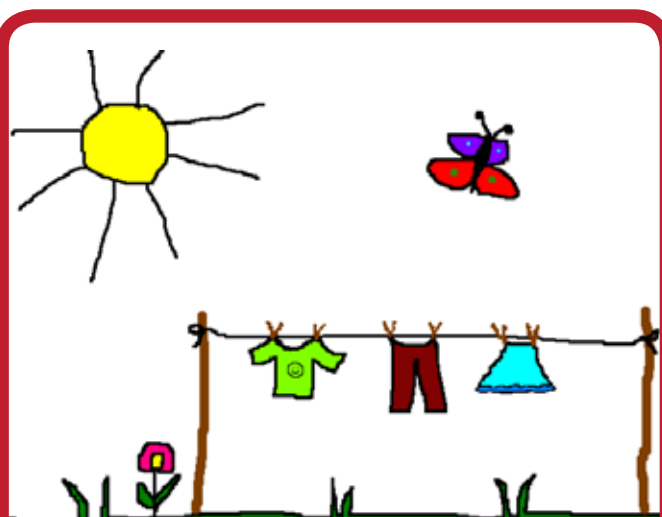
CELEBRATING 130 YEARS IN 2017

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

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

Educating successful women of tomorrow in a Christian environment

In alliance with **PLC SYDNEY**



## 1<sup>st</sup> Kids Clothing Bazaar Armidale

**Friday, 17<sup>th</sup> March 2017, 2-6pm**

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, 17<sup>th</sup> March, 9-11am; Return/payment: Saturday, 18<sup>th</sup>, March, 9-10am

\*For a client number and more information email: [kidsclothingbazaar@gmail.com](mailto:kidsclothingbazaar@gmail.com)

Visit us on facebook: [kidsclothingbazaararmidale](https://www.facebook.com/kidsclothingbazaararmidale)





**PLC**  
P&F ASSOCIATION  
**ARMIDALE**  
— 1887 —

# P&F Trivia Night



**31st March 2017**  
6.30pm

**\$15 per ticket** Tables of 8, maximum 10  
Babysitting available \$5 (in the library with Pizza, drinks and movie included)

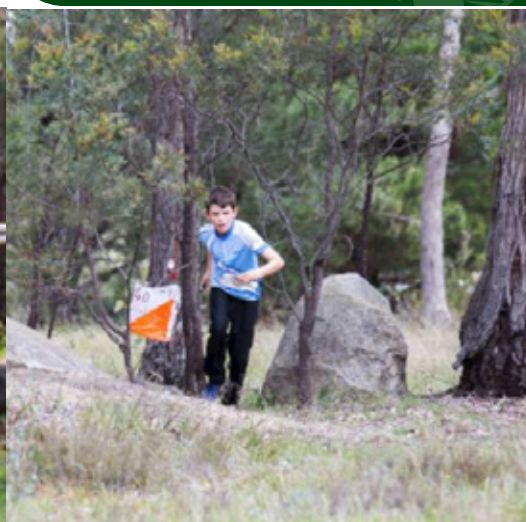
Venue: PLC Armidale Dining Room

**Theme: “Old School”**  
in honour of our 130th birthday celebrations this year.

BYO: food and drinks, glassware, crockery and cutlery  
Silent auction and trivia prizes on the night

**book at [trybooking.com](http://trybooking.com)** (by Monday 27 March)  
using the code: <https://www.trybooking.com/OVFW>

 CELEBRATING 130 YEARS IN 2017



## ORIENTEERING COACHING WEEKEND

Bush 'n' Beach  
Orienteering Club



### Saturday 25<sup>th</sup> and Sunday 26<sup>th</sup> February

Visiting Finnish orienteer, Atte Lahtinen, will be providing individual and group coaching for all levels of experience

#### **Saturday:**

- An orienteering event at the Blue Hole in the morning, with coaching provided before and after you participate.
- Preview coaching 8:30 am – 11:00 am: book at Registration on arrival.
- Starts: 9:30 am – 11:30 am (course closure 1:00 pm)
- Post-event coaching from 1:00 pm: join the group review of your course as you relax with your BYO picnic lunch
- Training activity: after a swim in the Blue Hole, join the training activity at 3.00 pm
- Social evening from 5:00 pm: BYO “pot luck” dinner to share at the Armidale Showground (stove & dishwasher available) group dining facility. “Armchair” orienteering for all, and a mini-night-O (BYO torch) for kids.

#### **Sunday:**

- An orienteering event at Oakview (20 km on Bundarra Road) in the morning (starts from 8.30am – 10.30am), so you can put into practice all that you have learned.

**Members of an orienteering club can register at <https://eventor.orienteering.asn.au>**

**Alternatively you can book at <https://www.trybooking.com/OUNY>**

**For more information phone Maurice on 02 6772 9604 or Helen on 0478 226 601**



## Parenting *ideas* INSIGHTS



### *Building parent-school partnerships*

WORDS Michael Grose

## Make this year your child's best ever at school

A new school year means a clean slate for students. Here are 7 ideas to help you make the most of the fresh start and make this year your child's best year ever at school

A new school year means a fresh start for students. Regardless of your child's performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours. Here are five ideas to help you make the most of the fresh start and make this year your child's best year ever year at school:

#### 1 Commit to your child going to school every day on time

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

#### 2 Help kids start each day well

A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.

#### 3 Establish work & study habits

The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child's or young person's school

and help them establish a work routine that matches.

#### 4 Make sure your child gets enough sleep

Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night's sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.

#### 5 Insist kids exercise

The old saying about 'a healthy body and a healthy mind' is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.

#### 6 Focus on being friendly

Schools are very social places requiring kids to negotiate many different social situations

each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be open and tolerant; to be friendly; to be sensitive to others; to be involved in plenty of activities and to be social risk-takers. These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over-competitiveness, self-centredness and lack of sharing.

#### 7 Develop self-help skills

Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you'll find that the rest will fall into place.



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.



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

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**GET YOUR GIRLS INTO THE FUN OF T20 BLAST**

**FUN, SAFE & ACTIVE**

**IT'S CRICKET & IT'S A BLAST!**

ALL GIRLS RECEIVE A BONUS PLAYER PACK WHEN THEY REGISTER

## ARMIDALE MILO T20 BLAST - GIRLS ONLY CRICKET

Starts Tues 14th Feb 2017 @ PLC School Oval, All welcome

Target age - 7 to 12 years individual or teams TIME 4 - 6pm

T20 Program Convener Josh Targett CNSW - 0422 656 823

Packaged 8 week program \$99 pack & all equipment

NOMINATE A GIRLS ONLY TEAM NOW

VISIT [PLAYCRICKET.COM.AU/GIRLS](http://PLAYCRICKET.COM.AU/GIRLS) TO FIND OUT MORE





NECOM's range of programs are designed to inspire and develop music skills for life in every child!

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Enrol now for 2017!



### Instrumental Lessons

NECOM's Instrumental Program offers instrumental lessons by our dedicated teacher-musicians or Music Educator Members. For children through to adults, string, brass and woodwind lessons at NECTOM or in schools are available, along with an option to hire instruments.



### Foundation Music Program

The ideal foundation for children (K-Yr 6) beginning to learn a string, woodwind or brass instrument. The Foundation Music Program's comprehensive training pathway includes lessons, ensembles, concerts and optional instrument hire that will inspire and support children to develop their innate musical talents.



### Ensemble Program

Playing music together with friends is one of the most enjoyable experiences and NECTOM offers many ensembles ranging from beginner, intermediate and advanced, including the Chamber Ensemble Program, Armidale Youth Orchestras and Con Brio Strings for adults.



### Junior Choral Program

The New England Conservatorium is one of the leading regional centres for choral excellence in Australia. Its sequenced training program for students from Kinder to Year 12 nurtures outstanding young choristers, many of whom win selection in the prestigious Gondwana National Choral School and become members of its internationally acclaimed choirs, every year.



### Senior Choral Program

The acclaimed New England Singers provides talented and committed young singers in years 7-12 the opportunity to develop their musical skills in a challenging and inspiring environment focused on achieving excellence in performance.

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