

lion's roar

TERM 2 • 17 JUNE 2016 • VOLUME 263



From The Principal

Mrs Nicola Taylor

This week the College has hosted a team of Inspectors from the BOSTES to undertake a full Registration and Accreditation Audit of the College. There are some fifteen areas of operation that the BOSTES are responsible to checking and determining compliance which is a requirement of our 'license' to operate as a Pre-Kinder to Year 12 Day and Boarding school for girls. Whilst Registration and Accreditation is largely a rigorous compliance audit, it is also a very helpful opportunity to receive feedback and professional advice from Inspectors who are in and out of Independent schools across the state on a regular basis.

We were delighted by the positive response of the Inspectoral team to the work being done at the College and the smooth operation of both the day school and Boarding House. Some comments made by the Inspectors included "the girls appear happy and engaged in their learning, the learning spaces are inviting and well presented, the facilities are outstanding for a regional school the size of PLC (notably Junior School, Science Labs, Libraries, Hospitality Centre, Boarding

House, DKC, Music and Visual Arts area), the interactions observed between staff -both teaching and non-teaching and students were positive, supportive and mutually respectful, for a school it is a very calm yet very busy place!"

I am appreciative of the commitment, hard work and team effort of the staff to showcase the College so positively and look forward to incorporating aspects of the feedback received into the Strategic Planning process which has commenced this year. This commitment to the College, not only of staff but also of the students, parents and extended community is evident and an invaluable component of continual improvement. The strength of this commitment has been evident recently in various activities such as the Junior School Working Bee, the IPSHA Art Exhibition and Auction evening and the near completion within a very tight time frame of the Interior Courtyard of the Senior School. Thankyou to all who made these productive and successful events. Thankyou in advance to all who are supporting the P&F Trivia evening this week. Your donations, contributions and healthy competition in all things trivial are greatly appreciated!

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calendar OF events

4 TO 26
JUNE
2016

P & F Trivia Night	17/6/2016
Eisteddfod Gala Concert	19/6/2016
Boarder Church Service at St Pauls	19/6/2016
Years 10 and 11 Armidale Youth Forum	23/6/2016
Boarding Schools Expo - Newcastle	24/6/2016
End of Term 2 - Boarders depart (AM)	24/6/2016
DOE Bronze Qualifying Hike	25-26/6/2016
Boarders Return - PM	18/7/2016
Staff Day	18/7/2016
School Resumes for Term 3 - Week A	19/7/2016
Starry Night of Languages	20/7/2016
Ben Venue Athletics Carnival - P&F Catering	20/7/2016
PLC Armidale P & F Meeting	21/7/2016
Third Instalment Fees due	22/7/2016
PLCA Students to St Andrews NZ	17/7 - 11/8/2016



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Senior School Notes

Anna Caldwell, Head of Senior School

Anti Virus Audit

Many of us have already had our flu shot this year as the predicted winter flu and viruses are really not good. It is time to also check our ITC devices to make sure that our anti virus software is up to date, as there are some new viruses working their way through our networks that have catastrophic impacts, not only to our device but all others linked through servers and networks.

Over this week and next our IT department will be running audits on every device in the school to make sure that the anti virus software is up to date and working. You can help with this process by checking your devices, uploading antiviral software if you do not have it already and if, through the audit, your daughter's device is found to be lacking or needing updating in this area, please be sure to act on the advice quickly.

Skoolbag App

The PLC Armidale Skoolbag App is now up and running. This App is not only great for fast and up to date messages regarding sports draws and training but also has links to Health and Safety information, Educational tools and also a direct link to the Parenting Ideas Blog. We have been sharing Parenting Ideas articles in our Lions Roar newsletters for a while now and are pleased to be able to have a link to more advice and information through the blog. To find this link, click on the home button, then click on the Kool Kontent link, there is a list of useful sites, including the Parenting Ideas Blog.

Looking ahead to Term 3

Term 3 will start with boarders returning to school on Monday 18 July and all students on Tuesday 19 July.

We will start our term with our Welcome Assembly at 9am in the Astra Arts Centre.

Week 1 will be Week A of the timetable and Term 3 is a 10 week term.

Term 3 is set to be action packed with our IGSSA competition trips to Sydney, Speech and Drama exams, Prefect elections and it is the school last term for our Year 12s.

I would like to take this opportunity to wish you all a restful, happy, healthy and safe mid-year break and look forward to more fun with you all next term.

National Art School HSC Intensive Studio Practice

Congratulations to Year 11 student, Emma Ranck, who has been selected to attend the National Art School HSC Intensive Studio Practice (a NSW BOSTES endorsed HSC course), being held in Darlinghurst this coming holiday break as well as in the September/October vacation. Emma is featured at left with the artwork she submitted.



Junior School News

Ainslie Breckenridge, Head of Junior School

Travelling IPSHA Art Show

A big thank you to all our wonderful Junior School families who braved the terrible weather last week to attend our inaugural Junior School Art Show! It was great to see so many interested families come and enjoy the art works from schools across the state and also to enjoy the very vibrant auction. Every piece was sold and over \$1500 was raised for literacy resources in the Junior School.

I would like to thank Andrew Starr from Ray White Realty for making our auction fun and exciting, James Rogers who loaned us his amazing sculpture and art works and Emily Simson who also loaned us her inspiring pieces. Helen Templeton was an incredible help to all staff and students in getting organized for our event, thank you Helen.

The early stage one literacy information session that preceded the Art Show, was also a great success with our very own Fiona Wake explaining what THRASS is and how we use this exciting literacy tool in the Junior School. Altogether it was a great night and we look forward to an even bigger show next year.

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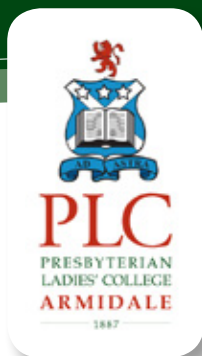
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Generosity

Generosity is the character strength this week for Flourish in the Junior School. A trait that is so reflective in a PLC girl. This term has seen girls give so much to help others and to raise awareness in certain things that are important to them. The SRC has raised funds for their environmental cause, we have become aware of the plight of orphans in Vietnam and later in the term, our girls will once again fight for a cause they believe in. Shortly, you will be made aware of a date for a multi/PJ Day to raise awareness and gather goods for a kindergarten in Fiji that lost it's resources in the cyclone earlier in the year.

Sometimes we can get overwhelmed with the amount of need out there and the girls can often ask 'what can I do?' Sometimes it is too easy to say 'it's someone else's problem' or 'what difference can I make at a small school'. At PLC we always encourage our girls to stand up for what is right, believe in what they think is an important issue and to have a voice. Please continue to support our incredible girls as they learn how to practice being responsible global citizens.





Annual

Grandparents' Day

You are invited to share a morning in the life of your granddaughter/s at PLC Armidale

Friday 2 September 2016

10.00am - 12.30pm at PLC Armidale

For the day's program, please see over
Bookings are essential for catering purposes
Please book your attendance by 31 August 2016 at:

<http://www.trybooking.com/IAPF>

**For assistance with booking please contact
Sue on 6770 1700**



Educating successful women of tomorrow in a Christian environment.



SkoolBag Notification App for PLC Armidale

David Moffitt – ICT Integration Coordinator

Skoolbag 
Complete communication solution

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. Many other features are available through the app, such as posting your child's absences and even receiving the Lion's Roar 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 from here.

IPHONE USERS: if you already have the iPhone app, please UPDATE because of a known bug that blocked notifications.

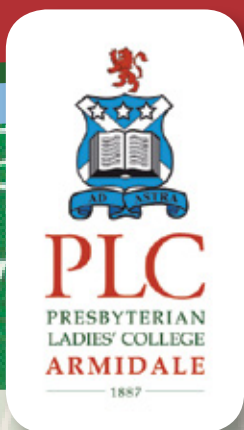
COACHES: You can access further instructions here. A meeting will be held in coming weeks for coaches and peripatetic staff for training and protocols.

Thank you and if you have any concerns or comments, please send me feedback at dmoffitt@plcarmidale.nsw.edu.au

Senior students gain insight into studying medicine

A seminar was conducted recently for senior students considering a medical career. Tim Pedersen, a first year medical student at UNE, talked to PLC seniors about the application process and his own experiences as a student.





Annual Starry Night of LANGUAGES

To celebrate the languages
of PLC Armidale

Wednesday 20 July 2016

6.00pm - 7.30pm

**Complimentary German
and French canapes
and tea/coffee available from 5pm**

Astra Arts Centre, PLC Armidale

Enjoy a variety of performances
showcasing the talents and skills of
PLC Armidale students in Years 8-11.

**Willkommen
Bienvenue
Welcome!**

Educating successful women of tomorrow in a Christian environment.



Australia's Biggest Morning Tea

*Nicola Matheson, Year 5
Teacher*

On 26 May the Junior School girls gathered for afternoon tea to raise vital funds for the Cancer Council. Amongst the cakes and biscuits we also heard a vital message from Jo Dolan, a volunteer from the Cancer Council who lost her daughter to melanoma. Thank you to all students and parents who attended or donated food. Thanks also to the SPAR Express coffee van who was present to provide much needed coffee and also made a generous donation to our fundraising cause - we raised a grand total of \$451.65!





Annual *Starry Night* of **MUSIC**

To celebrate the music of PLC Armidale

Friday 28 August 2015

6.00pm - 7.30pm

Refreshments available from 5.00pm

Astra Arts Centre, PLC Armidale

Adults \$15 • Children \$10 • Family \$30

A proportion of proceeds from ticket sales will go to the P&F who will serve refreshments before the event

Tickets may be purchased at:

<http://www.trybooking.com/IAOZ>

Limited tickets will be available at the door



Educating successful women of tomorrow in a Christian environment.

ignite
THEIR PASSION FOR THE
SCIENCES



SAVE the DATE

The official
launch of our
**NEW
SCIENCE LABS**

**will be held on
Friday August 12.**

Details to come.

**by invitation only*

**Have a safe and
happy holiday!**

**Term 3 begins on
Tuesday 19 July**

(Boarders return Monday 18 July)



PLC Hockey

Carolyn Beresford

Everything out at the HNE grounds in Junior and Senior Hockey is running smoothly.

I have organised a training session on Thursday 23 June from 4:00 -5:00pm with Blair Chalmers, the HNSW development officer. Blair is going to run a session for PLC, with the help and support of the PLC Hockey Coaching team. Blair is up-to-date with all of the latest drills, skills and game plans and the girls should get a lot from attending the session that he will run.

Open IGSSA Hockey team

our results so far:

Guyra - win to PLC 5-0

Breakaways - win to PLC 1-0

UNE - win to PLC 8-1, win to PLC 7-0

ROBB - win to PLC 7-0, win to PLC 3-1

ESC - win to PLC 7-1

NEGS - win to PLC 6-0

Flamingoes - win to PLC 3-1

United - win to PLC 5-1

The Open IGSSA Hockey girls have had an amazing start to the Hockey season here in Armidale. The girls are playing in Division 2 of the HNE women's competition, have played 10 games and thus far remain undefeated.

The girls are working extremely well as a team, with the newer players to the squad this year fitting in well and the team have had convincing wins over the 8 other women's teams in the local competition.

We have engaged Mitch Bullen, an elite cycling athlete, to provide weekly fitness sessions and Bikram Yoga New England are providing weekly yoga sessions for the team.

Our hockey campaign will continue next term when we travel to Sydney to participate in the IGSSA Hockey competition, where we will compete in Division 1. Our local hockey games also continue during Term 3.

The girls are to be congratulated on their commitment and attitude to training, fitness and games. Thank you to all our supporters who continue to support us - despite the cold!

Hockey NSW Development Clinics

Hockey NSW is very excited to announce the return of our Under 12 Development Clinics in the July School Holidays.

This programme is targeted for players of all abilities including those that have never played before. It is set to be a fun, active and educational experience for young hockey players to develop their core skills. All clinics will be run by our highly certified Regional Coaching Coordinators.

The one day sessions incorporate Hockey Australia's Hookin2Hockey Programme designed to build friendships and teach key skills for young players.

Of special note, Kate Jenner will be running the clinic in Armidale.

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HOCKEY IN THE HOLIDAYS



FUN
ACTIVE
EDUCATIONAL

GET YOUR SCHOOL HOLIDAY ACTIVITIES SORTED AND SIGN UP TO AN UNDER 12 DEVELOPMENT CLINIC TODAY. RESERVE YOUR SPOT VIA THE DETAILS BELOW.

New England Hockey Complex

TIME: 10am - 3pm

DATE: Monday 11th July

CONTACT: Blair Chalmers

PHONE: 0447 186 477

REGISTER AT

<https://developclinics.eventdesq.com>



Speech and Drama reminders

Jan Patterson, Speech & Drama Teacher

After a most successful eisteddfod, it is now time for speech students to be finalising their folders for the AMEB examinations which will be held between 8

and 12 August in the Hilton Boarding House Common Room. There are only 4 lessons left before the exams and students need to be diligent in attending all lessons and bringing folders with scripts neatly presented inside. After the July holidays, all lessons will take place in Hilton and a special individual rehearsal will be arranged for each student on a weekend or in the evening on a weekday. It would be highly appreciated if parents could listen to the memorised work for word accuracy. Please ring or email jpatterson@plcarmidale.nsw.edu.au if there are any queries.





Music Notes

Matthew Minter, Director of Music

Eisteddfod

The Eisteddfod competition is finally over! It has been very inspiring to see how well represented PLC was in the Eisteddfod.

A very high percentage of winners and place getters came from PLC, even though the school population is relatively smaller. These successes came in both ensemble and individual events, and were spread across all aspects of the competition including vocal and instrumental performance and speech and drama. Many girls put in an enormous effort to prepare for so many sections, some girls more than 30!

We are delighted to announce that the Senior Choir has been selected to perform in the Gala Concert on Sunday 19 June at 2:00pm at the Old Teacher's College Auditorium.

Since the last Lion's Roar the final school ensembles to perform were the Year 8 and 9/10 Elective class ensemble and the school Wind Ensemble.

The Year Eight classes did extremely well presenting their class xylophone piece, with Year Eight 1 being awarded first place and Year Eight 2 being awarded third place, out of six competitors.

The Year 9/10 Elective class was also a hotly contested section. The girls performed a movement from *Carnival of the Animals* by Saint Seans. It was a very impressive performance with two pianos, strings and xylophone, however we came second behind Duval High School in another large section with many contestants.

The Wind Ensemble performed very well and was awarded equal second out of a field of 9. This was a very exciting result as it was the first performance for many of the players in the ensemble. The music was carefully arranged to showcase the excellent skills of our flute section led very capably by Agnes Thwaites, Sara Perry and Ragavi Jeyakumar.

Well done to everyone involved in the competition and best of luck for the upcoming AMEB Music Exams.

The next In House Concerts will be held on 27 and 28 July, in Week Two Next Term, at 6:00pm both nights. Could any girl interested in playing please write your name on the Music notice board.

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PLC Junior String Orchestra

Deidre Rickards, Director of Strings

In case people in our community didn't know, we have a fantastic String Orchestra in our Junior School. Mrs Creagan walked past last week with her class and they all had to stop and listen to us play and left with smiles on their faces.

The Eisteddfod performances were very successful and we won the Kip McGrath shield with our full orchestra. I congratulate all of our players for their dedication and practice.

This weekend I found a Vivaldi Concerto in G for 2 Violins and String orchestra. I modified a few of the parts for some students however I am pleased to say that I was able to give the solo parts out to Emily Thomson, Gabby Cotterell, Poppy Bruen, India Smith and Alanna Williams. These violinists are capable of playing the notes Vivaldi wrote and together with the string orchestra, they sight read the score this morning. It was thrilling to hear these lovely string players working with this terrific music. We look forward to presenting to the wider community at some stage this year.

I hope all girls will practice their instruments during the holiday period and aim to lift their standard of reading and playing. It is good to see many aiming for AMEB exams and some will be participating in the Junior orchestra workshop which will be held at NECOM in a couple of weeks time.

Bravo Girls!



Senior String Winners

ST15 Cello Solo (16 Years and Under) 1st Mia Emanuel
 ST15 Cello Solo (Open) 1st Georgina Cornall, 3rd: Dakotah Love
 ST17 Double Bass Solo (open) 1st Georgia Breckenridge
 ST50 Cello/Double Bass Solo, Romantic (16 Years and Under) 1st Mia Emanuel
 ST41 Cello/Double Bass Solo, 20th/21st Centuries (16 Years and Under) 1st Georgia Breckenridge
 ST42 Cello/Double Bass Solo, 20th and 21st Century (open) 1st Georgina Cornall
 ST59 Cello/Double Bass Solo, Romantic (Open) 1st Dakota Love
 ST37 Violin or Viola solo, Romantic (open) 1st Isabella Post
 ST47 Violin or Viola Solo, Romantic 1st Isabella Post
 ST10 Viola Solo 2nd Lucy Quast
 EN13 Chamber Ensemble (Year K-6) 1st YOPO Unicorns 2nd PLC Junior Chamber Ensemble
 EN15 Chamber Ensemble (Years 9-12) 1st PLC String Quartet 2nd Flying Scales 3rd Annika McGushin-Deak, Jessica & Sarah Hughes
 ST71 Large Ensemble on any bowed instruments (Years K-6) 1st PLC Junior String Orchestra
 ST72 Large Ensemble on any bowed instruments (Year 8 and Under) Armidale Youth String Orchestra
 ST05 Violin Solo (14 Years and Under) 1st Isla Biffin 2nd Elinor Warwick
 ST35 Violin or Viola Solo 20th/21st Centuries (14 Years and Under) 1st Elinor Warwick 3rd Alexandria Wright
 ST54 Violin or Viola Solo, Romantic (14 Years and Under) 1st Mackenzie Constable 3rd Alexandria Wright
 ST06 Violin Solo 16 Years and Under 1st Jessica Hughes
 ST36 Violin or Viola 20th/21st Century (16 Years and Under) 1st Lucy Quast
 ST55 Violin or Viola Solo, Romantic (16 Years and Under) 1st Jessica Hughes
 ST14 Cello Solo (14 Years and under) - 1st Sarah Hughes 3rd Caitlin Hansford
 ST58 Cello Solo, Baroque (14 Years and under) 1st Sarah Hughes 3rd Caitlin Hansford
 ST40 Cello Solo, 20th/21st Century (14 Years and Under) 2nd Sarah Hughes 3rd Caitlin Hansford
 ST76 New England String Age Championship (13-15 Years) Isla Biffin
 ST77 New England String Age Championship (16-18 Years) 1st Jessica Hughes

ST62 Duet on Any Bowed Instruments (15 years and under) 1st Lucy Quast,

ST69 Ensemble on any bowed instruments (Years 7-12) 2nd PLC Senior Strings Chamber Ensemble

ST68 Ensemble on any bowed instruments (Years 8 and under) 1st PLC Middle School Orchestra

ST73 Ensemble on any bowed instruments (Open) 1st PLC Senior String Orchestra



Woodwind and Brass

WB19 Recorder solo (12 Years and under) - Eva Goswell

WB43 Flute Solo (Novice) - Natalie Brennan

WB61 New England Wind Age Championship (12 Years and under) - Eva Goswell

Keyboard Winners

KB27 Piano Solo - Baroque (AMEB Grade 7 and Above) - Xinyue Li

KB31 Piano Solo - Popular or Jazz (16 Years and Under) - Ragavi Jeyakumar

KB30 Piano Solo - popular of Jazz (14 years and under) - Lily Neilson

KB08 Piano Solo - 14 years and under - Xinyue Li

KB10 Piano Solo - 16 Years and under - Ragavi Jeyakumar





Junior School Music

Constance Rolfe, Junior School Music

The Eisteddfod is coming to a close with the Gala Concert (a showcase of the best performances from the Eisteddfod) being held on Sunday 19 May in the Auditorium of the Old Teachers' College.

The students of the Junior School have been very involved in the Eisteddfod this year with all girls performing in the choirs and string ensembles and many girls playing and placing in their individual events. We've had girls playing in Piano, Strings, Woodwind and Voice sections all with great success. Many of the students then also played with the NCOM Ensembles and Choirs with great success, which just shows how talented these girls are. Congratulations to all the girls for your amazing efforts, I am very impressed with your progress and dedication to your musical studies this year!!

Please find below the complete music results list for PLC Junior Students at the Eisteddfod:

CHOIRS:

PLC Treble Makers - Highly Commended

PLC K-2 Choir - Non Competitive

PLC 3-6 Choir - Unison - 2nd Place

PLC 3-6 Choir - 2-part - 2nd Place

COMPOSITION:

Holly Dauparas (Year 4) - Highly Commended

WOODWIND:

Sophia Ruig (Year 3)

WB15 recorder solo 8 years & under - highly commended

WB23 recorder solo restricted 8 years & under - third place

Flurina Dettwiler (Year 3)

WB42 Flute Solo (Years K-6) - 2nd Place

STRING ENSEMBLES:

PLC Junior String Chamber Ensemble - 2nd Place

PLC Junior String Orchestra - 1st Place

PLC Junior String Trio - 1st Place

STRINGS:

Alannah Williams (Year 3):

ST02 - Violin Solo (8 Years and Under) - 3rd

ST33 Violin Solo 20th Century (10 Years and Under) - Highly Commended

Teya Catterall (Year 3):

ST02 - Violin Solo (8 Years and Under) - Highly Commended

India Smith (Year 3):

ST43 - Violin Solo, Romantic (10 Years and Under) - Highly Commended

ST52 - Violin Solo, Baroque (10 Years and Under) - Highly Commended

ST33 - Violin Solo, 20th Century (10 Years and Under) - Highly Commended

Gabrielle Cotterell (Year 5)

ST52 - Violin Solo, Baroque (10 Years and Under) - 3rd Place

ST03 - Violin Solo (10 Years and Under) - Highly Commended

Jade Foster (Year 2)

ST29 - Cello Solo, restricted (8 Years and Under) - 3rd place

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Amelie Van der Werf (Year 3)

ST29 - Cello Solo, restricted (8 Years and under) - 2nd place

Neve Daugherty (Year 4)

ST30 - Cello solo restricted (10 years and under) - Highly Commended

Sophie Young (Year 3)

ST30 - Cello Solo, restricted (10 Years and under) - 2nd Place

Laura Smitham (Year 5)

ST49 - Cello Solo, Romantic (12 Years and Under) - 1st Place

ST57 - Cello Solo, Baroque (12 Years and under) - 1st place

ST39 - Cello Solo 20th Century (12 Years and under) - 1st Place

ST13 - Cello Solo (12 Years and Under) - Equal 3rd Place

ST75 - New England String Age Championship (11-12 years) - 2nd Place

Emily Thompson (Year 5)

Violin Solo, Romantic (10 Years and Under) - 1st Place

Violin Solo, Baroque (10 years and under) - 1st place

Violin Solo (10 years and under) - 2nd place

New England String Age Championship (10 Years and under) - 1st place

Abigail Thompson (Year 4)

Cello Solo (10 Years and under) - 1st place

Cello Solo, Baroque (10 Years and under) - 1st place

Cello Solo, Romantic (10 Years and under) - 1st place

Cello Solo, 20th Century (10 years and under) - 1st place

Pip Constable (Year 6)

ST39 - Cello Solo 20th Century (12 Years and under) - 2nd Place

ST13 - Cello Solo (12 Years and Under) - Equal 3rd Place

Pip Constable and Makenzie Constable (Year 6 and 9) - Duet on any bowed instruments (15 Years and under) - 3rd place

VOCAL:

Gabrielle Cotterell (Year 5)

VC02 - Vocal Solo - Non competitive

VC12 - Vocal Solo, Folk Song (12 Years and under) - 2nd place

VC22 - Vocal Solo, Musical Theatre (12 Years and under) - 2nd place

PIANO:

Maggie Ryan (Year 4)

KB03 - Piano Solo (9 Years and under) - Highly Commended

KB16 - Piano Solo, restricted (9-10 years) - Highly Commended

Jenna Marquardt (Year 5)

KB04 - Piano Solo (10 Years and under) - Highly Commended

KB21 - Piano Solo, 20 Century (AMEB Grade 2 Standard) - 1st place





Development and Enrolments

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



EOFY Annual Giving – Please consider giving this year and help a girl each day!

At the end of each financial year, like many Foundations and Charitable organisations, the PLC Armidale Foundation asks for the support of the PLC Armidale community, past and present. The focus for 2016 is to increase opportunities for girls to attend PLC Armidale, by way of a Scholarship. I trust that you have received your invitation to contribute to this worthy cause close to all our hearts and that you will consider making a gift. Every donation makes a genuine difference to these girls and their families and is very much appreciated. Please remember that every donation over \$2 is tax deductible. Giving is a gift . . . to give is to receive.

2017 All Rounder & Boarding Scholarships – Round Two LAST CHANCE!!

Our PLC Armidale Foundation offers a range of Scholarships for worthy recipients as well as financial assistance by way of various bursaries annually. This is only possible due to the generosity of the numerous donors and benefactors who are passionate about providing opportunities for girls as well as improving the facilities

at the College. So should you know of a girl (Year 7 to 11 in 2017) who fits the criteria outlined (check the website for more details) for the Boarder and All Rounder Scholarships, please encourage her to apply now.

Experience Days

It is that time of year, where we facilitate the opportunity for prospective students to come and see what a day as a PLC Armidale girl is like. Thank you to all our staff and students who have been so welcoming and accommodating to ensure that our future girls have enjoyed a wonderful experience. Should you know of any girl who too would like this opportunity whether it be for Junior or Senior School, please do not hesitate to contact our friendly Enrolments Manager, Sally McCook.

Happy holidays

While holidaying in warmer climes or in fact relaxing by a warm campfire, we encourage and appreciate your advocacy and support. Should you have any friends or family who are interested in a PLC Armidale education for their daughter, I will be in the office to take enquiries and tours for the first week and Sally will be here for the following two weeks.

We hope you and your family enjoy a relaxing break.



Pastoral Care Conversation

Anna Caldwell, Head of Senior School



"Winter is the time for comfort,
for good food and warmth,
for the touch of a friendly hand
and for a talk beside the fire:
it is the time for home."
— Edith Sitwell

Beating the Winter Blues.

Wellbeing and Mental Health are now commonly used words in our everyday vocabulary. This term has seen Years 8 and 9 focus on various aspects of Mental Health in their PDHPE classes and Year 10 have decided to take on Mental Health as their Social Service initiative for the year, addressing support and care in the school and fundraising for Beyond Blue, who do so much each year to help those who are suffering from mental health issues.

Last week in assembly, representatives from the Year 10 class gave an informative presentation on the importance of recognizing and looking after our Mental Health and where to go for support and help. They have enlisted the help of Years 6 and 8 to assist with the education and support of the whole school and they are holding a Bake Sale in Week 8, with all funds going to Beyond Blue.

This is a fabulous time of year to have a mental health awareness focus as winter is a time when people are more likely to feel down, get sick and suffer from the 'winter blues'. With the shorter days and colder, wetter weather, most of us would prefer to hibernate. This however is not very good for our mental health!



We need to embrace winter, make the most of the crisp mornings and appreciate the beauty of frosts. We need to dress appropriately and enjoy wearing warm jumpers and woolly socks and drinking hot chocolate by a roaring fire. Deciding to embrace winter will do wonders to help combat winter blues. With these few steps it is actually quite easy to do:

- Enjoy as much natural light as possible. Sit close to windows, open blinds and curtains and enjoy being outside when you can.
- Eating well is important all year round, but it can be hard to eat healthy foods when the temperatures drop and we start craving comfort foods. We need to enjoy these comfort foods in moderation and make the effort to nourish our bodies with wholesome foods that give us sustained energy and make us feel good.
- Be active and exercise every day.
- Get a good nights sleep. Try to go to bed earlier and aim to get at least 7 hours sleep every night. Sleep is vital to our health and wellbeing.

If you manage to do these few things everyday, then you are on your way to enjoying a happy and healthy winter.

*** ENGAGE YOUR BRAIN!**

at the PLC Armidale

P&F
TRIVIA Night

Theme:

**PLC Pursuit & the
Olympic Games**

Come dressed up, best table
wins a prize!

Friday 17 June 2016

6pm for a 6.30pm start
in the PLC Dining Room

Tables of 8 (maximum 10) - give your team a name!

BYO Food & Drinks, glassware, cutlery, crockery

Silent Auction on the Night

It's not too late!

Ticket Price \$15 per head

book at: <https://www.trybooking.com/LNEA>

Babysitting available @\$5 per child

Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Jenny Brockis

Why effective learning starts with a good night's sleep

Sleep is an active phase of the learning process, which is why as parents the single most important thing we can do to help our kids be more effective learners is to ensure they get enough sleep.

During sleep the brain is very busy replaying the day's activities extremely fast, picking out the key items it believes are most relevant for long-term storage in our memory banks, and tossing out the rest.

The amount of sleep children require varies with age and they require more sleep than adults. In primary school the recommendation is between 10 and 11 hours per night. High school students need around 9 hours to function at their best. The challenge is how to fit everything into the school day along with homework and extra curricular studies such as sport, music and drama, have enough down time to chill and relax, and get enough sleep.

The best way to learn anything is to study the topic hard for a period of time and then go to sleep for 8 hours. While this may not be practical in our every day lives, the principle is pay attention to what needs to be learned and then use sleep

to consolidate memory and deepen the understanding of the subject.

Talking with your child can help them understand why sleep is so important, not just to help with their studies but also to manage their emotions more easily. Anxiety or worry about academic performance, friendship issues and generally keeping up with everything can interfere with sleep, as can receiving text messages or snap chats during the night.

Our children spend many hours engaged with technology to help them study and for social connection. All these gadgets emit a blue light that fools the brain into thinking it is still daytime. Because the brain needs 2-3 hours to wind down and prepare for sleep, switching off the laptop or tablet late at night and then hopping into bed means it will be much harder for your child to then fall asleep.

The most effective way to study for a test is to space the learning. This requires studying the subject for a period of time and then putting it to one side to do something else. Later that day test recall of the subject by jotting down just the key

points. Those that have been forgotten can be quickly revised. Repeating this process with increasing lengths of time between self-testing is an excellent way to strengthen memory because it makes the brain work harder to recall the information. This method has been shown to be far more effective than rewriting or highlighting notes.

Getting sufficient sleep ensures the brain is fully rested and refreshed to study more effectively. A tired brain finds it harder to concentrate, focus, remember or learn. Feeling grumpy or irritable doesn't help either!

The temptation to stay up late and cram for a test or exam can be strong, especially if others are doing it. Encouraging your child to get a good night's sleep instead means their brain will be far better prepared to enable them to deliver their best the next day. Trying to stuff more facts into a tired brain just leads to feeling stuffed, which isn't helpful to anyone and not worth the one or two extra marks they might have been hoping to gain.

more on page 2 >>



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. You'll be so glad you did.



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Parenting *ideas* INSIGHTS

Building parent-school partnerships

... Why effective learning starts with a good night's sleep ...

Helpful tips to assist your young person to get enough sleep

- 1 Keep to a regular sleep schedule for both going to bed and getting up. It can be tempting to sleep in over the weekend, but while getting an additional hour or so can be helpful to pay off some sleep debt, spending longer than that is counterproductive as it further disrupts the normal sleep pattern.
- 2 If they are tired, suggest kids start going to bed 10 - 20 minutes earlier each night. It may not seem like much but can quickly start to make a difference to daytime alertness and wellbeing in just a few weeks.
- 3 Encourage daily physical activity. Some kids are naturally sporty but if your child dislikes exercise, suggest they go for a daily walk for 20-30 minutes or engage in an activity such as dancing. Movement primes the brain for better learning, reduces stress hormones, enhances mood and wellbeing and helps us all sleep better.
- 4 Many young people use their mobile phones as an alarm clock. If so, they can switch it to silent so messages from friends won't wake them during the night. Or buy them a clock so they don't need their phone at all!
- 5 There are a number of apps such as f.lux that will change the display light on computer screens to yellow, which doesn't impact the brain disrupting sleep patterns.

Sleep is essential to better brain health and performance, which is why getting enough sleep is never negotiable.

Jenny Brockis

Dr. Jenny Brockis is the Brain Fitness Doctor. She speaks and writes about brain health and performance. Her new book *Future Brain: The 12 Keys to a High Performance Brain* is available online and at all good bookstores.
www.drjennybrockis.com



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Golf Links Road, Armidale; 0417 957 982

June/July 2016 Fun Tennis Camps & Tennis/Golf Camps



Week 1: Spend the morning at tennis and the afternoon at golf, or just spend the whole day at tennis. Cost includes lunch and transport to golf club for those staying all day. Children under 8 must choose the "tennis only" option.

Dates	Full week – tennis (9am-12 noon) Golf (1-3pm) including lunch		Daily cost – full day	Daily cost – ½ day
Week 1: (5 days) Mon 27 th June -Fri 1 st July Tennis & golf week	Tennis Only \$187	Golf \$121	\$83 Includes lunch	\$44
<u>Tennis Only Camp</u>				
Week 2: (5 days) Mon 4 th July -Fri 8 th July	Full Week – all day \$242	Full week – ½ day \$187	Daily cost – full day \$55	Daily cost – ½ day \$44

Camps will be on rain, hail or shine

9:00am – 3:00pm for 8+ 9:00am - 12:00noon for 5-7 year olds

- Improve your tennis/golf game
- Loads of fun games with tennis/golf
- A tournament/point play session is held every day after lunch.
- **Lunches (sandwiches) are provided, fresh each day for those staying all day**

Bring a hat, sunscreen, water bottle something for morning tea and a racquet if you have one. Racquets can be borrowed free of charge. **Contact 0417 957 982 or email peterlesurf@optusnet.com.au**

1. Childs name..... Age..... Whole/Half Days
2. Childs name..... Age..... Whole/Half Days
3. Childs name..... Age..... Whole/Half Days

Mobile Phone:**email:**

(Private school Holidays) Week 27th June – 1st July Days: M T W T F

Week...4th - 8th July..... Days: Tennis Only M T W T F



2016 Junior Orchestra Workshop

Wed 29 & Thurs 30 June 2016

The New England Conservatorium of Music (NECOM) annual Junior Orchestra Workshop gives young musicians an inspiring two days of invaluable performance experience playing in a large orchestra under the leadership of specialist conductor Anne Phelan and NECOM tutors.

The Workshop is open to students in Years 3-9 who can read music and have at least 12 months experience playing one of the following instruments:

Violin, viola, cello, double bass, harp
Trumpet, trombone, French horn, tuba

Flute, oboe, clarinet, bassoon, saxophone
Orchestral percussion (pianists may apply)

For information and enrolment forms

New England Conservatorium

Web: <http://www.necom.une.edu.au>

Tel: 02 6788 2135 Email: admin@necom.org.au

music speaks volumes

ANNUAL GIVING 2016

Giving is a gift...
to give is to
receive!

Consider
making your
gift before
JUNE 30!

every donation over \$2 is tax deductible

When we give we all grow

Each year, the PLC Armidale Foundation asks its community to help provide the best possible educational opportunities for girls attending the College now and in the future.

PLC Armidale has a culture of learning, engagement and achievement, the envy of many schools. I would like to encourage you to join the generations of donors who for almost 130 years now have demonstrated their faith in the College. Your gift to the Annual Giving Campaign 2016 will contribute to this culture of giving in our community.

With each and every gift, you are supporting the College's mission of educating successful women of tomorrow in a Christian environment today.

On behalf of PLC Armidale Foundation, thank you for your support.

Mrs Deborah Martin, Chair, PLC Armidale Foundation

This year, PLC Armidale is planting the educational seed with the launch of its Scholarship Giving Tree in recognition of your generosity (although you may also wish to remain anonymous). The "tree" will adorn the walls of the Astra Arts Centre, where each leaf will feature the name of each donor over \$100. You can also choose to have your "leaf" in the colour of your Guild if you are a past student or parent, or in any of the Guild colours - red, yellow, blue or green, depending on your colour preference.

Show your true PLC spirit by donating today.

Join the generations of
generous PLC Armidale donors.

"Madi excelled academically at PLC Armidale Junior School, but socially, by her very nature, remained quiet and reserved. When it came time to go to high school, we knew we would struggle financially to keep Madi at PLC but we also knew PLC was the very best school for her to flourish, and she did - Dux of Year 6, Dux of Year 12 2015 and Head Prefect 2015 - are testament to how the amazingly talented teachers and staff at PLC Armidale who nurtured, encouraged and supported our bright, shy little girl into becoming the strong, intelligent and fiercely independent person she is today. None of this would have been possible without the Academic Scholarship Madi received in Year 5. For that we are forever grateful."

Jacqui and Andrew Moar
Parents

For more information contact the Foundation by directing your enquiry to:

SHONA EICHORN Director of Development

PHONE 02 6770 1733

EMAIL development@plcarmidale.nsw.edu.au

WEB www.plcarmidale.nsw.edu.au



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Educating successful women of tomorrow in a
Christian environment



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