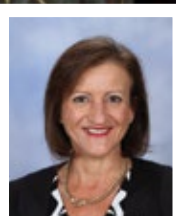


lion's roar

TERM 1 • 17 MARCH 2017 • VOLUME 277



From the Principal

Mrs Nicola Taylor, Principal

I read with interest the findings of the Grattan Institutes' report "Engaging students: creating classrooms that improve learning", the summary findings of which were published in national press earlier this week. Anecdotally, when interviewing a potential new student to PLC Armidale also this week, I asked about their favourite learning experience or classroom activity and was surprised at the response given by the primary school aged child "NAPLAN". When I asked why this was their favourite activity, the response was "because it's one time when everyone is quiet and concentrates on what they are doing."

I have written before about the culture of learning at PLC Armidale, we can easily take for granted or assume that it is the 'norm' for the main focus of the lessons to be on the learning at hand and not on managing behavior. Even trainee teachers completing their Practicum professional learning experiences at PLC Armidale will come prepared with a repertoire of classroom management strategies only to quickly discover that what is

continued on Page 2...

calendar^{OF} events

17 TO 31 MARCH 2017

Walcha Show	17/3/17
Campus to City Canter	18/3/17
Autumn Festival Parade	18/3/17
Years 6 to 12 Strings Performance at Artivate	18/3/17
Prefects' Afternoon Tea	21/3/17
Pre K to Year 6 Parent/Teacher Interviews	21-22/3/2017
Tildesley Tennis Tournament	21-24/3/2017
Boarders' Church Service at St Paul's	26/3/17
Year 12 Exams	28-31/3/2017
Years 7 and 8 Dubbo Science Excursion	29-31/3/2017
Year 10 to Canberra	29-31/3/2017
Year 9 PDHPE Outdoor Camp	29-31/3/2017

continued from Page 1...

required instead is a greater depth and breadth of material to teach to satisfy the learning needs and appetite of their classes.

What makes the findings of the Grattan report so alarming is the statistic that as many as 40% of students are consistently disengaged in class and unproductive as learners in a given year. Rather than just focusing on problems, the report also seeks to provide solutions both at an individual school level and also at a sector level.

As the Principal of a Pre-Kinder to Year 12 school, I was pleased to see the report note that *"what the teacher does, particularly in the early years of schooling, plays a big role in developing students' broader skills at school and work."* The importance of the foundational years of learning, habits of mind and sense of self as a learner established in the Junior School experience should not be under-estimated.

However, the report also highlights that compliant, but quiet disengagement can be just as detrimental for learning as disruptive behavior. Classrooms characterized by: high expectations, strong teacher-student relationships, clarity and structure in instruction, active learning, encouragement and praise, along with consistent corrections and consequences, were found to provide the optimal learning environment for students irrespective of their age or stage of schooling.

Many of these attributes are evident in any class on any day for any subject and year group at PLC Armidale. We will keep working on and talking about our culture of learning. We value the feedback that students and parents provide as we seek to strengthen student engagement and celebrate the accomplishments of our learners and their teachers.



Boarders' Representative Council

The newly elected members of the 2017 Boarders' Representative Council were presented with their badges in Assembly this week.

Congratulations to: Annabel Sevil (Year 8), Pollyanna MacIntyre (Year 7), Gabrielle Parsons (Year 11), Katie MacDougall (Year 10) Paris Whibley (Year 9), Isobel Moore - Deputy Boarding House Captain (Year 12) and Boarding House Captain, Lucy McDonald (Year 12)

Girls are pictured here with Head of Senior School, Mrs Anna Caldwell.



Senior School Notes

Anna Caldwell, Head of Senior School

Autumn Festival

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

We are also taking part in the Parade, which this year is themed '25 Years of Autumn Festival'. All students are to wear their full summer uniform including their blazer and hats. If the weather is cold then girls can wear their school jumper under their blazer. All students are to meet outside TAFE on Beardy street at 12.15pm and are to be collected at the Swimming pool car park at 1pm.

School Bus transport on March 20

On Monday 20 March 2017, Armidale Council has declared a half-day public holiday.

Buses will run their normal routes to all schools on Monday 20 March, both morning and afternoon.

It is possible due to the closure of Public schools for the afternoon, buses may run early in the afternoon. This will be dependent on passenger numbers.

Schools choosing to operate as usual are advised that their students should be early in the afternoon that day to ensure they catch their bus.

Buses will not leave PLC before 3.35pm.

PLC Armidale will be operating as usual, so all students who catch buses home on the afternoon of 20 March, will need to be at the bus stop straight after school, to ensure that they do not miss their bus as it may arrive at PLC earlier than usual.



Curriculum Matters

Trent Donaldson, Head of Faculties

Year 12 Mid-Course Examinations

The Year 12 Mid-Course Examinations will take place from Wednesday 29th March 2017 – Tuesday 4th April 2017.

All girls should have received an examination timetable and examination notification for each of their examinations.

Girls studying a subject at TAS will have their Mid-Course examination in Term Two.

Year 11 Mid-Course Examinations

Year 11 Mid-Course Examinations will take place from Thursday 11 May 2017 – Tuesday 16 May 2017.

All girls will receive an examination timetable early in Term Two.

ICAS Examinations

The dates for the Science, English and Mathematics ICAS examinations are below.

Science – Tuesday 30 May 2017

English – Tuesday 1 August 2017

Mathematics – Tuesday 15 August 2017

Following the same procedure as last year, girls will be asked to nominate in class over the next two weeks. An email will then be sent to their parents as confirmation that their daughter will be completing the examinations.

Cattle Team achievements

Our Cattle team members have acquitted themselves well of late in the respective local Shows, from Tenterfield to Inverell, Glen Innes, Guyra and Armidale.

They all did a wonderful promotional presentation in this week's Assembly, outlining the benefits of being a member of the PLC Armidale Cattle team, and even gave away a little "cow" as a prize!

Armidale Show Results include:

Emily Peet - 1st place in Intermediate stock horse judging.

Laura Hayes and Paris Whibley both reached finals of fleece judging.

Lucy Wright - 1st in Junior Section of meat sheep judging.

Laura Hayes came first in intermediate meat sheet judging.

Here is a photo of Laura Hayes taken at Guyra Show with her trophy, where she won the Champion Junior Herdsman competition.



Traffic Conditions

Our Year 12 Leaders have re-instated the "traffic conditions" in the Senior School.

Brianna Robertson and Georgina Hebblewhite explained in today's Assembly.



Junior School News

Fiona Wake, Head of Junior School



CAMP - Off On Their Merry Way!

On Sunday morning Year 5 and Year 6 boarded a coach with enthusiasm, nervousness and with great anticipation to head south to Myuna Bay for a three-day camp. Despite the weather being a little damp to say the least, I have received reports that the girls are happy and their experience has not be hampered in any way by this rather wet weather.

On Monday morning with raincoats in hands and umbrellas in tow, the Year 3 and 4 girls also boarded a bus bound for Coffs Harbour with the same zest and enthusiasm displayed by our Years 5 and 6 girls. The rain they thought would just add to their experience and make the mud fighting all the more fun!



The Importance of School Camps

Camps provide opportunities for students to improve their social skills, interact with each other in different settings and different environments and to help them develop skills needed to help them grow in understanding of who they are and what they are capable of.

Although these camps can create anxiety among parents, you can be assured that the staff at these camps are well trained to deal with home-sickness and are aware of how vulnerable our little ones can feel especially if it is their very first school camp and away from home experience.

According to Sue Norton from the ACT Education and Learning Directorate, camps can provide great experiences for both students and teachers.

"School camps are fantastic, and more and more schools are having them at the beginning of the year for a range of reasons," she said.

"One of them is that quality teaching is based on really strong, positive relationships," Ms Norton said, "putting teachers and students in an outdoor learning environment could help expedite these relationships. It also gives teachers an opportunity to get to know children in a different environment outside the classroom," she said.



The PLC Junior School Staff spend a lot of time and effort preparing our students for our school camps. It is our intention to provide positive experiences for our daughters. In the first instance, children might be reluctant to participate, but as time goes by and with encouragement and good values, children by the end of the camp are usually quite willing. Overall, camping experiences teaches our students, independence, resilience, tolerance and builds self esteem and confidence.



Dr. Seuss is having a birthday...

What does he have to say about Curiosity?

Curiosity

In the Junior School, I continually observe new doors opening as students move along learning pathways that challenge their thinking and create further questioning. Enquiry based learning experiences implemented across the College are creating 'little problem solvers' rather than filling 'little vessels' with knowledge that is then unable to be applied to solve problems. Differentiated learning experiences and engaging units of work are creating curious classrooms.

But why is curiosity so important? Here are four reasons:

- It makes your mind active instead of passive Curious people always ask questions and search for answers in their minds. Their minds are always active. Since the mind is like a muscle which becomes stronger through continual exercise, the mental exercise caused by curiosity makes your mind stronger and stronger.
- It makes your mind observant of new ideas.
- When you are curious about something, your mind expects and anticipates new ideas related to it.
- It opens up new worlds and possibilities. By being curious you will be able to see new worlds and possibilities, which are normally not visible.



We keep moving
forward,
opening new doors
&
doing new things,
because we're
curious
&
curiosity
keeps leading us
down new paths.

Walt Disney

- It brings excitement into your life.
- The life of curious people is far from boring. It's neither dull nor routine. There are always new things that attract their attention, there are always new 'toys' to play with. Instead of being bored, curious people have an adventurous life.

Now, knowing the importance of curiosity, here are some tips to develop it:

- Keep an open mind.
- This is essential if you are to have a curious mind. Be open to learn, unlearn and relearn. Some things you know and believe might be wrong, and you should be prepared to accept this possibility and change your mind.
- Don't take things as granted.
- Ask questions relentlessly.
- A sure way to dig deeper beneath the surface is asking questions: What is that? Why is it made that way? When was it made? Who invented it? Where does it come from? How does it work? What, why, when, who, where and how are the best friends of curious people.
- Don't label something as boring.
- Whenever you label something as boring, you close one more door of possibilities.
- See learning as something fun.
- Read diverse kinds of reading.
- Don't spend too much time on just one world; take a look at other worlds.

Donald Latumahina

**Enjoy being Curiously
Curious!**

Mrs Donaldson's Farewell

The Junior School farewelled Lucy Donaldson last week with cake, flowers, balloons and good cheer. Mrs. Lucy Donaldson commences Maternity Leave on March 13. We wish Lucy, her husband Trent and their two daughters Lily and Evie all the best as they welcome their new little baby to their family.

We welcome Mrs Kirsten Hey to our Junior School Teaching Team. Kirsten fortunately begins her teaching appointment by accompanying the Year 3 and 4 girls to Coffs Harbour on their school camp. This will be a wonderful opportunity for her to get to know the girls and share in their achievements in this outdoor learning environment.

Science Discovery Project – WOW!

Science Discovery UNE designed and delivered engaging, hands on experiences for our girls last week in subjects relating to STEM subjects (Science Technology Engineering and Mathematics). The Junior School Library was transformed to allow students from each grade to participate in one 45 minute lesson facilitated by trained educators based on the following topics;

Pre-K - 2 – Ants, Years 3 and 4 – Pollination and Years 5 and 6 – Paleontology.



SCIENCE DISCOVERY

**UNE
visit
PLC!**



UNIFORM

Uniforms depict solidarity, and this has been this way through out, right from the days of the Roman Empire to the modern day.

Benefits of School Uniforms

- **School uniforms have a positive effect on students AND teachers!**
School uniforms promote a single standard of dress. Therefore, school environments become less competitive and more focused on learning. Similarly, research has shown there is a link between a student's appearance and teachers' expectations. High expectations mean high achievement!
- **School uniforms boost school spirit!**
Helping to build a sense of community within the school, uniforms create an atmosphere of belonging. This essence of unity can positively effect a child's attitude toward school and can lead to better learning and improved attendance. A child excited about school is a child ready to learn! "Hurrah!" for school pride!
- **School uniforms promote a safe, healthy learning environment!**
- **School uniforms make mornings easier!**
- **School uniforms are cost-effective.**
- **School uniforms encourage individual self-expression.**
With uniforms, students find ways to express themselves creatively, rather than through their clothes - through the arts, music, sports, personality and academic achievement.

Frenchtoast

I am very grateful for the effort you make to have your daughter dressed in her school uniform each day. This is a friendly reminder that the girls are to wear their blazer and summer hat to and from school each day. I appreciate your assistance in ensuring this is the case. We have a lovely uniform, so let's wear it with pride! Thank you.

LEARNING in the CLASSROOMS



Feature Class: Kindergarten



Leadership

The girls have been busy rallying the troops for an ACTION Group activity named **COLOUR for a CURE**. The PLC Armidale Junior School Leaders and the SRC members across the College are designing and preparing for this Fun Raising activity to raise money for Cancer research. This charity event will take place on 5th April, 2017. Further details regarding this event will be emailed to you soon.



COLOUR for a CURE

Puppet Show – Camp Quality Sydney

Creativity with Fruit: Pre-K – Year 6

Afternoon Tea – provided for Parents/ Carers and Community members

Canvas Creation – Paint Bombing Colour for a Cure

Ribbon Dance - presented by the Junior School students

Chapel

Chapel Change - Week 8 This Chapel service will take place on Wednesday 22 at 8:40am instead of Thursday 23 March as the Junior School will be heading to NEGS for a Well Being Workshop.

Easter Service Week 10 Thursday 6 April at 8:40am.

Notification App for PLC Armidale

We are now using the Skoolbag mobile phone app to keep you up-to-date with events across the College. This app can also provide the platform for communicating what is happening across the College whilst students are at events such as Swimming and Athletic carnivals and School Camps. Instructions on how to download this app to your personal device was presented in the last edition of the Lion's Roar.



Welcome Kindergarten 2017

It has been a very busy start to the year for our eleven Kindergarten students. The girls have been all smiles since day one, having all attended the PLC Armidale Pre-K program.

Our classroom is beginning to be decorated on every wall with very vibrant works created by our clever Kindergarten artists. The focus units in our classroom this term include: This is me at School and Weather in our World.

Last week Kindergarten and all classes in the Junior School were very fortunate to have a visit from the Science Discovery van from UNE. Our budding Kindergarten Scientists were very busy in our playground and the Global Garden exploring soils and discovering what lives underground. It was great to be able to have an up-close look with a magnifying glass and microscopes. Here is a peek at what we have been up to:

Gerry Vanzella



It's Excursion Week in PLC Armidale Junior School

Our Year 6 girls are featured here with teacher Rebecca Ward, ready for the big bus trip to Myuna Bay yesterday with our Year 5 girls.

And here they are today having fun in the lagoon before heading out to Lake Macquarie!

They also went spotting for sea turtles, before time out for lunch followed by rock climbing.

Looks like you're having fun girls and teachers!

At the same time, our Years 3 & 4 have travelled to the Coffs Coast today for their action-packed excursion.

Whilst our younger students in Pre-K to Year 2, have the Junior School all to themselves for a few days, in between classes and swimming lessons of course!





Around the Grounds Sports Report

Peter Le Surf, Director of Sport

Big Wins at IGSSA Swimming

Wins come in many forms. Anytime we step out in life we can have a win. It may not necessarily be winning a race or winning a game. If we aim to do a Personal Best(PB) each time we compete then we have had a win. One more mark in a maths exam, one more correct question in a science exam, or one-tenth of a second faster; these are all PB's.

At the IGSSA Swimming meet held in Sydney on Thursday 9 March, we had some personal bests achieved. I am very happy with the performances of all our girls who competed.

Mia Emanuel (Year 10) and Cecilia Grieg (Year 9) both made the finals of the 50m freestyle in their respective age groups, which is an amazing achievement, considering the level of competition.

Lilly McCook also picked up our only ribbon for the meet, placing 3rd in the 14 years Breaststroke heat. This again was a fantastic result.

Our biggest win, however, was not in the pool. The Manager and staff of the Marriott Courtyard Hotel commented to me, over breakfast, on the behaviour of our girls. His comment was that our girls "looked and behaved as a team!"

This, I feel, is one of the best compliments that we could have achieved and made me very proud to be associated with them. A far greater win than we could have hoped for!

I was very impressed by the food selections of all the girls when offered the option of a full buffet dinner and breakfast. They were obviously taking on board the information that was passed on in the presentations by Selena Chan (nutritionist) and Marni Heitbrink (sports psychologist).

Overall, we had a very successful trip and I look forward to seeing the continual striving to achieve a PB!

Spectator Behaviour

Have you ever looked across the sporting field and seen the spectator that applauds and cheers for every great sporting moment, regardless of which team they are supporting? Ever thought how wonderful it would be to be that positive about all children playing sport? Well, that spectator could be you!

With finals of Summer sports just around the corner and the Winter sports fast approaching, we must take a moment and look at how we are seen to be a role model for our children. Some important things to remember:

Children play sport for enjoyment – do not discourage them.

There is no million-dollar paycheck at the end of each game.

The umpires are human and we do not have the benefit of video replays.

Most officials are volunteers that just love the game.

Without officials, we would have no games.

If we can keep these few simple things in mind when watching and supporting our teams we can continue to watch them grow as sportspeople.



Junior School Sport

Lucy Donaldson, Junior School Sports Coordinator

IPSHA Swimming Carnival

Eighteen enthusiastic and energetic girls made their way to Sydney on 6 March to participate in the IPSHA Swimming Carnival. We stayed at the Naamaroo Uniting Venue at Chatswood, where we had a surprise visit from Mrs Breckenridge and Nina. We were very well looked after by the friendly and helpful staff at Naamaroo, who fed us well before we retired to our cabins for a good night's sleep.

We woke early, in order to beat the Sydney traffic, loaded up the bus and made our way to the Olympic Aquatic Pool for the carnival.

PLC Armidale certainly made their mark in Sydney, with all of the PLC Armidale girls swimming incredibly well, with many girls winning lots of heat ribbons.

Once the carnival had finished, we packed up and loaded our things back onto the bus. Several movies were shared on the long journey home, along with a couple of stops to stretch our legs and have dinner.

A special thank you to Ebony McKay, Kathie Marquardt and Sarah Ryan for accompanying Ms Ward and the girls on the bus. We were fortunate to have many parents, grandparents, uncles and aunts arrive at the pool to give their support on the day.





Sport Supporter's Group

NEXT MEETING:

Tuesday 28 March, from
5.45pm for 6pm in the
Boardroom at PLC Armidale



NCIS Soccer

A very enthusiastic PLC Armidale Football (Soccer) team took the pitch in the NCIS Football competition played at TAS in very wet conditions earlier this week, under the guidance of coach, Mr Brian Shaw.

They all played admirably, finishing second in their Pool, after a convincing win over the TAS girls, and a narrow loss to Emmanuel College from Ballina.

In the play off for third and fourth place, the PLC Armidale stepped up another level and won 2-1 against Lindisfarne Grammar from Tweed Heads. The girls are now eagerly awaiting official news of selections in the NCIS team, which will compete in the CIS Football tournament. More details in the next Lion's Roar. Congratulations to all girls on their fine display of football skills, sportswomanship and passionate play.



Tennis success

Congratulations to Year 12 student, Kiera Shaw who has been competing in the region's Junior Development Series for Tennis.

Kiera won both recent tournaments in Gunnedah and Inverell, and will again compete in the Tamworth JDS competition this weekend.

Kiera is the 2017 PLC Armidale Tennis Captain who will also lead our team in next week's annual Tildesley Tennis (IGSSA) competition in Sydney.

More on that later. Good luck Kiera and girls!



Music Notes

Matthew Minter, Director of Music

IN HOUSE CONCERT

The first In House Concert for 2017 was held on Wednesday 1 March. The performances were exceptional. It was particularly pleasing to see such a high standard of performance from Junior School girls. Thank you Kelly Smitham and Lisa Quast for catering, Deidre Rickards, Sue Metcalfe and Robyn Bradley for accompanying, our peripatetic teachers for their support and coaching of the girls, and of course all the parents of the performers for their continued support.

Bravo to all of these girls for their performances:

Laura Smitham
Emily Thompson
Abigail Thompson
Dakotah Love
Alex Wright
Pip Constable
Kaylee Swick
Gabrielle Cotterell

Sophia Mackson
Elinor Warwick
Clare Warwick
Isla Biffin
Mackenzie Constable
Maddi George
Mia Emanuel
Sandra Alhassan
Emma Dauparas
Georgia Smitham



COMPOSITION WORKSHOP WITH ELENA KATSCHERNIN

On Friday 3 March the Elective Music students from years 9-12 attended a composition workshop led by Elena Kats-Chernin. During the first session Elena described the process of composing one of her recent pieces, her Concerto for Eight Double Basses written for the Australian World Orchestra concert held last year in October. In the second session Elena demonstrated how to build a whole piece of music from three notes given to her by the students. Throughout the workshop the students learnt many invaluable lessons about composition, and were encouraged to extend themselves creatively.

YEAR 9 / 10 MUSIC DAY

The Year 9 and 10 Elective class enjoyed a wonderfully informative and diverse program of activities at NECOM on Wednesday 8 March. The day included choral, composition and a series of world music workshops including Romanian Music, African Drumming and Javanese Gamelan.



MUSICA VIVA CONCERT

On Thursday 2 May the Elective Music students from Year 9 to 12 attended the first Musica Viva Concert of 2017 alongside more than fifty elective students from all schools in the region as part of a new NECOM initiative.

Prior to each concert in the Musica Viva series elective Music students across Armidale study the repertoire and work through a series of common activities. The concert featured Elena Kats-Chernin, one of Australia's leading composers, and concert pianist Tamara-Anna Cislowska, performing an exciting program of piano duets and solos, mostly the work of Elena Kats-Chernin herself. It was wonderful to see the Armidale Town Hall full to capacity with an appreciative audience including more than secondary school students.



YEAR 11 / 12 MUSIC DAY

Armidale is extremely fortunate to host the annual two day intensive Music Workshop for the North West Region, organised by NECOM. This outstanding event is specifically focused on assisting students meeting the challenges of the Music 1 and Music 2 Syllabuses, including sessions on Performance, Composition, Musicology, Aural and Sight Singing. Each session is run by an experienced senior marker from Sydney.

Among the highlight of the two-day event for our students was the opportunity for both Dakotah Love and Agnes Thwaites to perform in the performance masterclasses. Another invaluable experience was the opportunity for our Year 12 students to present their HSC Major Works to a senior composition marker for some extremely helpful advice.

Altogether it is a very intensive two days with a strong academic focus. The girls learnt a lot from the experience.

KIND DONATIONS

Thank you to David Allingham and Cathy Sniekers for their kind donations of sheet music recently. The piano and trumpet music will become an invaluable asset to our collection.

MUSICAL AUDITIONS

Plans are well underway for the school production of Sound of Music. We have had such an overwhelming show of interest from the students that all the original audition times for lead roles were filled within days and we have had to organise extra times! A similar show of interest has been shown for the production support team, however we are still seeking girls interested in taking leadership roles for making backdrops and props.

Auditions and interviews for production leadership roles have already started. There will be further auditions next week. All girls should have received their audition packs and audition times have been confirmed. Please see Miss Rolfe if you have any questions about the audition process.

EISTEDDFOD

This year PLC Armidale will be entering the following groups in the Eisteddfod:

JUNIOR SCHOOL:

1. Junior School String Trio
2. Junior School String Quartet
3. Upper Primary String Ensemble
4. Upper Primary String Orchestra
5. Year Five Composition Competition
6. Junior School Wind Ensemble
7. PLC Treble Makers
8. K-2 Choir
9. 3-6 Choir

COMBINED:

10. Senior String Orchestra
11. Wind Ensemble
12. Middle School String Ensemble
13. Middle School String Orchestra

SENIOR SCHOOL:

14. Years 9 and 10 Composition Competition
15. Years 11 and 12 Composition Competition
16. Senior Choir
17. PLC Bel Canto Vocal Ensemble
18. ELICOS Percussion Ensemble
19. Senior String Quartet
20. Harp Quintet
21. Years 9 and 10 Class Ensemble
22. Years 9 and 10 Vocal Ensemble
23. Years 9 and 10 String Trio
24. Senior School Piano Trio

25. Senior School Piano Quartet
26. Senior School String Trio
27. Senior School Harp and Strings Ensemble
28. PLC Cello Ensemble
29. PLC Orchestra
30. Year 8 Class Ensemble

The music department will be extremely busy in the coming weeks as the ensembles master their repertoire. We will be presenting a preview of the program at the PLC Performs concert on Friday 28 April at 6:00pm in the Astra Arts Centre.

NEW JUNIOR SCHOOL INSTRUMENTAL GROUPS

Last year an Instrumental Program was launched in the Junior School, to give girls an opportunity to learn an orchestral wind, brass or string instrument in small groups. This program was very successful with approximately 90% of the girls continuing this year. Many of those have transferred to individual lessons and more advanced ensembles both at PLC Armidale and through NECOM.

Due to high demand, this program is expanding with a number of new girls enrolling in the beginning groups and several new ensembles being created for intermediate players, including the Silver Strings and the Junior School String Quartet.

SYDNEY EISTEDDFOD

This year the Senior String Ensemble will be competing in the Sydney Eisteddfod on 1 June. This is an exciting competition and our school will be competing against the top schools in Sydney. Last time Mrs Rickards took the girls to Sydney, they won!



Armidale Choral Society performance of the Mass in D by Dvorak

Here we see one of Australia's leading choral specialists, Brisbane based conductor, Paul Holley with singing teacher Inge Southcotte and two of our lovely singers, Lucy Quast and Dakota Love. During the rehearsals conducted over the recent Choral weekend, an annual event held in Armidale which draws on a large choir made up of people from all parts of Australia and the Armidale Symphony orchestra. This year they performed the Mass in D by Dvorak.

Lucy and Dakota were part of the solo ensemble. They had some challenging parts to sing against the orchestra and they prepared and delivered extremely well. The audience loved them. Well done girls.



Senior String Ensemble

Deidre Rickards, Director of Strings'

The SENIOR STRING ENSEMBLE will perform in Hannas Arcade on Saturday 18 March at 10am for about 30 minutes. They will perform from the area in front of the stained glass window. The PLC Community is especially invited to come along and enjoy the music. This is of course a public presentation.

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
UPPER PRIMARY STRING ENSEMBLE	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
SENIOR CHOIR ADDITIONAL REHEARSAL	TUESDAY Lunch	MUSIC ROOM	MR MINTER
BEL CANTO	WEDNESDAY 8:00 – 8:40am	MUSIC ROOM	MISS ROLFE
SILVER STRINGS	WEDNESDAY Lunch (to start in Term 2)	THE COTTAGE	MRS FAIRS-WU
WIND ENSEMBLE	THURSDAY 7:45-8:40am	JUNIOR MUSIC ROOM	MR MINTER
STRING TRIO	WEDNESDAY Lunch	MUSIC ROOM	MR MINTER
JUNIOR STRING TRIO	THURSDAY Lunch	THE COTTAGE	MS LAURA CUROTTA
YEAR 9 & 10 STRING TRIO	THURSDAY 3.30-4.15	MUSIC ROOM	MR MINTER
PIANO TRIO	THURSDAY Lunch	MUSIC ROOM	MR MINTER
STRING QUARTET	FRIDAY 7:45-8:40am	JUNIOR MUSIC ROOM	MS ALICE RICKARDS
TREBLE MAKERS	FRIDAY 8:00 – 8:40am	MUSIC ROOM	MISS ROLFE
JUNIOR SCHOOL STRING QUARTET	FRIDAY 1.30-2.00pm	THE COTTAGE	MRS TAFRA



Boarding House News

Margot Ball, Head of Boarding

We trust you had a enjoyable weekend with your daughters for the mid-term break. Now in the second half of the term the Boarding House is getting busy. Winter Sports are starting soon but girls have been busy with Indoor Hockey, Basketball and going to the gym. The Cattle Team has been busy so look out for the results in this Newsletter.

Last weekend, the Armidale Show was on, so girls went either in the afternoon or in the evening to enjoy the festivities.

This weekend is the Autumn Festival and the girls will have a very full Saturday, starting with the Fun Run where most of the girls will participate. This is followed by a pancake breakfast in the park. The girls will then return to shower and get ready for the parade starting around midday. The girls will be able to go to the show in the afternoon or evening again where several events have been scheduled followed by fireworks.

The Boarders Representative Council BRC finally got their badges this week and we have had a good meeting discussing Boarding House matters and activities for the rest of the term. Girls are keen on a Master Chef cook-off so that will probably happen on the weekend of Week 8. The BRC members will take turns in writing articles for the Lion's Roar, so the next article will be written by our Boarding House Captain Lucy Mc Donald, and Deputy Boarding House Captain Isobel Moore.

The remake of Beauty and the Beast will be screening on Week 8 as well. The girls will then be attending Church on the Sunday.

In Week 9, all years are at Camp except for Years 11 and 12. Year 12 have exams and Year 11 will have lots of assessments and assignments, so it's time to settle down to some real work. Leave from now on will be closely scrutinised to ensure that study is the first priority.

A Food Forum was held on Monday evening with our catering company to discuss the Term 2 menu. This is a time when all girls can have a say in our menu planning.

We hope your daughter is enjoying her Boarding experience. Please feel free to call me to discuss your daughter's welfare at any time. My office number is 6770 1724. For general boarding matters call Ms. Latham after 2.30pm on 6770 1716.





Development and Enrolments

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

Celebration Ball – Saturday MAY 6. Announcing the details!



We are now able to announce details of the event you've all been waiting for ... the PLC Armidale Celebration Ball, celebrating the College's 130th milestone year. Just think a sumptuous 3 course menu showcasing New England produce by FoodSense Catering and a sensational live band called WHOOSHKA from Sydney, complete with complimentary champagne on arrival (BYO for the night) and the opportunity to socialise with your friends and those of PLC Armidale. And think,

this is a quality event and it will be worth every cent of the \$90 pp ticket price because it is something special that PLC Armidale has not seen for a very long time!

PLC Armidale, together with the P&F, Foundation and Old Girls' Union will host the Celebration Ball and we would like to invite you and your friends.

Should you be interested in gathering a group and hosting a table of TEN, please let me know ASAP as tables are being claimed very fast. What an opportunity for past, present and future families to join together in celebration of this wonderful College and it's amazing 130 year history.

Many thanks in advance to our fabulous PLC Armidale parent, Amanda Kennett from Food Sense, who is preparing an exquisite menu for the big night and Steve from popular Sydney band, WHOOSHKA.



PLC Armidale Celebration Ball

Hosted by PLC Armidale,
together with the P&F, Foundation
and Old Girls' Union

Saturday 6 May 2017

6pm for a 6.30pm start

\$90 per ticket (includes complimentary champagne on arrival,
delectable three course meal and amazing entertainment)

VENUE DKC/Astra Arts Centre

TABLES OF 10, BYO

CHILDMINDING available \$5 (in the Senior library with
Pizza, drinks and movie included)

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

DRESS Black Tie

CELEBRATING 130 YEARS IN 2017

THEME
"Diamonds,
[60 YEARS]



Rubies
[40 YEARS]



and Pearls"
[30 YEARS]



celebrating 130 years!

EXQUISITE CATERING BY



SENSATIONAL
ENTERTAINMENT BY
popular Sydney band

WHOOSHKA

www.whooshka.com.au



Scholarships

Whilst allocations for Academic, Visual Arts and Music Scholarships are currently pending, we are still accepting submissions from families (both current and prospective) for girls looking to apply for an All Rounder or Boarding Scholarship for 2018.

Principal's Regional Tour – Terms 2 and 3 in 2017

The dates and locations are out! Principal Mrs Nicola Taylor and key staff will be travelling to a location near you in Terms 2 and 3. She is very keen to meet with both current and prospective families in their own community, so please get in contact with Enrolments Manager, Sally McCook or myself to arrange a time to meet.

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 ASAP. 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. We look forward to hearing from you!

Principal's ²⁰¹⁷ Regional Tour

Principal, Mrs Nicola Taylor, welcomes the opportunity to meet with you to discuss the many opportunities for your daughter at PLC Armidale. She invites you to join her and key staff at the following locations:

TERM 2

NARRABRI / GUNNEDAH Thursday 11 May

DUBBO Friday 12 May

PORT MACQUARIE Wednesday 31 May

GRAFTON Thursday 1 June

COFFS HARBOUR Friday 2 June

GLEN INNES / INVERELL Thursday 15 June

MOREE / BINGARA Friday 16 June

TERM 3

SCONE / QUIRINDI Thursday 27 July

TAMWORTH Friday 28 July

WALCHA Friday 18 August

URALLA Tuesday 22 August



Please contact Enrolments Manager,
Mrs Sally McCook on 6770 1727 or
enrolments@plcarmidale.nsw.edu.au

We will also be exhibiting at the
Boarding Schools' Expos:
DUBBO 12 & 13 May
COFFS HARBOUR 2 June
TAMWORTH 28 & 29 July
AGQUIP @ Gunnedah 22-24 August

✱ CELEBRATING 130 YEARS IN 2017

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

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

Educating successful women of tomorrow in a Christian environment

In alliance with **PLC SYDNEY**





Pastoral Care



Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

Bend, Not Break - Being a Resilient Individual

Everybody has different strengths and that's what makes us all unique. Everyone – and I mean everyone - has something that's interesting and great about them. Working out what your something is can be the ticket to happiness. Coping with everything, keeping on going, and collecting something to help you is what resilience is all about.

'Resilience' is an engineering term meaning the force or pressure a structure can withstand before it breaks. For people, it's the ability to recover from setbacks, adapt well to change, and keep going in the face of adversity.

In some video games you have to get your character through all sorts of obstacles to the next level, and then do the same sort of things again! On the way you can 'power up' by hitting or jumping on something and that would give you the strength to keep going. Well, life is a bit like that. You go through life trying to 'get to the next level', and there are all sorts of obstacles to stop you, and times when you can 'power up' to help you keep going.

So where is it that you get your 'power' from?

- A caring and supportive family
- Caring friends who you can trust
- Being encouraged to try
- Setting yourself realistic goals and reaching them
- Being confident in your own abilities
- Being able to communicate with others
- Successfully using your problem-solving skills
- Managing strong feelings like anger.

"IT'S NOT WHAT
HAPPENS TO YOU,
BUT HOW YOU
REACT TO IT THAT
MATTERS"



www.sallymatterson.com.au

Teenagers who are resilient have:

- emotional awareness and the ability to regulate their emotions
- control over their impulses
- an optimistic mindset
- flexible and accurate thinking
- empathy towards others
- believe that they can achieve things (self-efficacy)
- a willingness to seek help when needed.

So why is resilience important for teenagers? Having resilience reduces the effects of negative or stressful situations on wellbeing. When teenagers develop resilience, they have access to, and know how to apply, skills that help them to cope during challenging times such as exams. All teenagers can benefit from being resilient and the good news is that it can be taught, which is why it's a great topic for discussion in schools and for parents to endorse at home. The website **Reachout** has a lot of great information about strengths, confidence and coping, and how to nurture yourself:

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

- Confidence
- Strengths
- Coping



When life throws us a major curve ball, we must learn the art of resiliency to survive and then thrive.



The way we were

It's always interesting to see how life progresses over time. Throughout this 130th milestone year, we will be showcasing various aspects of the College since 1887. Should you have any photos, articles or stories from any decade during this time, we would really appreciate your contributions. Please send to Mrs Shona Eichorn, Director of Development - development@plcarmidale.nsw.edu.au

These photos were sent in by old girl, Angela Swales (Tremain - 1990), and current parent of Georgia in Year 7.

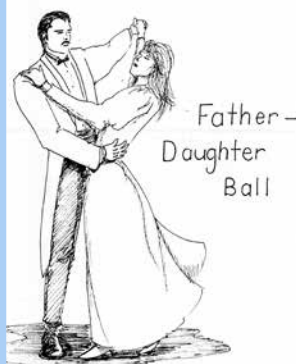
"Looking back through the photos they brought back lots of memories and I've noticed a few things have changed (most for the BETTER!!!!):

- the following things have gone – the blue dresses, the green hats, the brown shoes, the whitewash buildings, the brown bedspreads and thankfully the fashion!
- the Guilds used to have 2 colours each
- Some of the photos are of Ag excursions where we used to go out to the Morse's to do our ag pracs, they were the best lessons - we did everything from drenching sheep to weighing (and eating) corn, we were very lucky to have Mrs Morse living so close to town.
- The friendship group leaders photo has Rev Robins in it who used to live on campus, we used to go to the Robertsons property near Glen Innes.

I also thought you might be interested in seeing the original invite to the first ever father/daughter ball.

One thing that I hope never changes and I doubt it will is the friends that you make for life."

Thank you Ang



Dear Parents,
On Saturday the 15th of September 1990 the girls of M'Beon and Todd Houses will be holding a Father/Daughter ball. The function will be a fundraiser for the purchase of microscopes and will involve girls from Year 9 to Year 12. The tickets will be approximately \$35.00 double.
The night will begin at 7pm and consist of a sit down meal followed by dancing. We will be hiring a band to provide the music for the night. The dance will finish at 10.30pm.
This will be the first Father/Daughter dance held at PLC. Before finalising these arrangements we must have an indication of numbers/interest. If interest is complete the attached form and return with your daughter at the beginning of terms.
Thank You,
Angela Tremain
Brockie Lord





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 (by Monday 27 March)
using the code: <https://www.trybooking.com/OVFW>

 **CELEBRATING 130 YEARS IN 2017**



SPECIAL OFFER FOR PLC STUDENTS



Opera in the Paddock

Coming to town **24 March 7pm**
LAZENBY HALL, UNE - Armidale

Enter the stage **25 March**
"MIMOSA" - Delungra

A night at the opera at an affordable price that students will never forget
Including a special guest appearance by local children from NECOM's Cantilena Chorale

Since 2002, *Opera in the Paddock* has been committed to presenting emerging local talent and encouraged their participation in this event of unparalleled quality in regional NSW. Don't miss this magical evening comprising a stunning selection of opera, operetta and much-loved classic musicals.

The 2017 performance includes a stellar line-up of our brightest stars including:

- **Eleanor Greenwood**, mezzo soprano
- **Panayiota Kalatzis**, soprano and **Peta Blyth**, soprano
- **Jeremy Kleeman**, bass baritone
- **David Hamilton**, tenor
- **Timothy Sexton**, conductor, Artistic Director of State Opera of South Australia
- **Mimosa Orchestra** comprising twenty-two members
- **Cantilena Chorale** featuring local children from Armidale

**SPECIAL DISCOUNTED TICKETS
FOR PLC STUDENTS: \$20***

OPERA IN THE PADDOCK IS A CELEBRATION OF WHAT CAN BE ACHIEVED BY PEOPLE
WHO BELIEVE IN THEIR RURAL COMMUNITY AND ITS FUTURE.

OPERAINTHEPADDOCK.COM.AU
TEL: 1800 240 301

* conditions apply – check the website for details



ayō
Armidale Youth Orchestras

Rosemary Leitch AYO GARDEN PARTY

10:30am
Sunday 2 April 2017
Chevy Chase
643 Dangasleigh Road

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

TICKETS:
www.trybooking.com/OZFC
• Adults: \$45 • Pensioner \$30 • Child \$20

Catering by Jazzamatazz
Thanks to Armidale High School,
PLC and TAS




Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop in your area will be held:

TIME & DATE:	VENUE:	BOOK NOW ON:
22 nd March 2017 6pm – 8pm	Traffic Education Centre 10 Mann Street (east) Armidale.	Tania Archer 0267213656

**Helping learner drivers
become safe drivers**







Colour WAR

April 9
2:30pm
Curtis Park

Capture the flag and other games



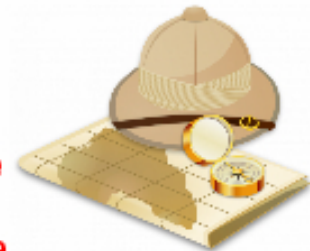
ARMIDALE YOUTH WEEK 2017!

What's On?

1

Photo Scavenger Hunt! - Week Long

Take photos on the letters of YOUTHWEEK17 make into a collage and upload to the Armidale YouthSpace Facebook page and hashtag #YWSCAV17 and you could win a GoPro or some movie tickets!

**2**

Wipeout and Bubble Soccer!

- Friday 7th April 3:30pm onwards

**3**

Outdoor movie! - Friday 7th April

Join us for an outdoor movie night in Curtis Park. This years movie is "Tomorrow When The War Began". Movie starts at sundown

**4**

Colour War - Sunday 9th April from 2:30pm onwards in Curtis Park

Join Youth Council in a colour war with capture the flag and other games



for up to date information go to Armidale Youth Space on Facebook or call 67703605

PosterMyWall.com

