

lion's roar

TERM 3 • 18 AUGUST 2017 • VOLUME 285



18 TO 25 AUGUST 2017

calendar^{OF} events

| | |
|--|----------------|
| HSC Trial Exams | 18-08-2017 |
| Principal's Tour to Walcha | 18-08-2017 |
| Years K to 6 Book Week Celebration Presentation | 18-08-2017 |
| TAS Social K-5 | 18-08-2017 |
| Aqip | 22- 24-08-2017 |
| Year 11 Hospitality Students on Work Placement | 22-25-08-2017 |
| Years 3 to 6 Hanna Shield Swimming Carnival | 22-08-2017 |
| Years 5 and 6 Newcastle Permanent Maths Competition | 23-08-2017 |
| Years 7 and 8 da Vinci Decathlon | 23-08-2017 |
| Thailand Service Learning Preparation Meeting | 23-08-2017 |
| IGSSA Trip 2 - Netball and Hockey | 24-25-08-2017 |
| Years 5 and 6 da Vinci Decathlon | 24-08-2017 |
| Years 9 and 10 da Vinci Decathlon | 25-08-2017 |



From the Principal

Mrs Nicola Taylor, Principal

Last weekend saw the annual meeting of College Council at PLC Armidale. For those new to the PLC Armidale community, our College and PLC Sydney share the same governing body made up of dedicated, experienced and highly skilled councilors who oversee the policies and strategic vision which directs both Colleges. Three members of College Council are local delegates, Rev David Seaman, Mrs Kylie Alcorn, Rev Fiona May. As a regional school we benefit greatly from the expertise of members of College Council and the strategic alliance with PLC Sydney.

In what was a full and productive weekend, there were several highlights. The Commissioning Service for PLC Pathways led, attended by several special guests including: the Hon Barnaby Joyce, Deputy Prime Minister and Member for New England; the Rev David Burke, Moderator of the Presbyterian Church of NSW; the Rev John Seaton, Chair of the Property Trust of the Presbyterian Church of Australia in NSW; Ms Alysha Liu,

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CEO of Australian Academy of Commerce, Cambridge College International and Royal Education International; Mr Lindsay Woodland, Armidale Regional Council and Mr Rob Harrison, Senior Advisor for NSW Industry & Investment.

The Colin Buchanan Concert that afternoon was a fitting culmination to the Junior School Open Afternoon with nearly 600 children and adults filling the DKC enjoying a special anniversary celebration. The following evening, a smaller but no less enthusiastic gathering enjoyed a more intimate style singer/songwriter style concert with stories woven throughout of the people who inspired the song. A highlight was the debut of a song written that same day of a well known Angus Cattle breeder from Guyra.

Each of these events attracted people to PLC Armidale, some for the first time. Following each event, it was encouraging to receive emails and messages of appreciation to the College for being welcoming, inclusive and willing to share such experiences with our wider community. Thank you to those families who attended and supported these events. Thank you also to the students and staff who assisted in a variety of ways across the weekend, contributing greatly to the success of each event.



2017 NAPLAN Results

The 2017 NAPLAN results for students across Years 3, 5, 7 and 9 have been received at the College and distributed to families this week. Whilst we have yet to fully analyse the results for each grade, it is worth noting that the Year 9 cohort have performed exceptionally well. You may be aware that from 2017, NESA our state education regulator has introduced a set of measures to guarantee HSC Minimum Standards are met by all students.

One metric is that students in Year 9 attain the minimum of Band 8 in the NAPLAN Reading, Writing and Numeracy assessments. Students who attain less than a Band 8 in one or more of these areas in Year 9 NAPLAN have the opportunity to complete online Literacy and Numeracy assessments each year in Years Ten, Eleven and Twelve until the minimum standard is met.

In 2017, the Stage average attaining Band 8 or above for Reading was 55%. The PLC Armidale average for attaining Band 8 or above for Reading was 80%. The State average for attaining Band 8 or above for Writing was 42%. The PLC Armidale average was 75%. The State average for attaining Band 8 or above for Numeracy was 54%, the PLC Armidale average was 85%. We are delighted by these results with full credit going to staff for their preparation of our students and to the girls themselves for their application and diligence. Whilst NAPLAN is only one metric for school and student performance, we are delighted that our girls are all well on the way for attaining the newly introduced HSC Minimum Standard.

Senior School Notes

Anna Caldwell, Head of Senior School



We have made it to the middle of Term 3 already and it is all systems go! Our Year 12's have completed their Trial HSC Examinations and younger students have completed more ICAS and music exams. Last week we enjoyed the official Commissioning Service of our PLC Pathways program, Colin Buchanan Concerts, guest speaker Mrs Joanne Gamble, for Years 10 and 11 as part of our Inspire Program and the annual visit of our College Council. This week saw our Athletics Team head to Sydney for the 2017 IGSSA Athletics Carnival and we are now busy preparing for the next IGSSA Netball and Hockey trip to Sydney and our Grandparents Day and the Starry Night of Music.

Leadership

All nominations and manifestoes for prefect and Leadership positions are due in to the school office by 3.30pm on Friday 18th August. Speeches by those who have nominated will be delivered during Week 6 and interviews will be conducted during Week 7 for those who nominated for Head and Deputy Head Prefect. Voting will take place in Week 8.

Their Manifestos will be on display in the foyer of the library for all to read.

Uniform

Please can you ensure that all items of school uniform are named.

Middle School and Senior School Socials – Postponed

Due to the illnesses that are currently going around town, it has been decided to postpone the socials this Friday 18th August.

Duke of Edinburgh's Award

Our next expedition will be a Silver and Gold hike, held during the second week of the school holidays. We will be leaving school early on Sunday 1st October, driving to Lamington National Park in QLD. We will hike all day Monday, Tuesday, Wednesday and Thursday and will drive back to Armidale on Friday 6th October. Students are asked to sign up on the Duke of Edinburgh's Award noticeboard.



PLC Pathways News

Rebecca Eastment, PLC Pathways

From a Shanghai high rise to a shearing shed in north west New South Wales, the last four weeks have been a study in contrasts for our newest Pathways students. After spending the first three weeks settling in to boarding house life and intensive language classes at PLC, it was time to venture out to taste a little of life on the land. Local graziers, Andrew and Lou Wood, hosted our students at 'Woodville', a property just 15 minutes north of town, where our girls were shown first-hand where the woollen suits of Chinese business wear are sourced. Despite the initial shrieks caused by shed mice darting into the shadows, the girls ventured into the shearing shed to take a closer look at the process.

Andrew explained the work involved in living on the land, from maintaining a mob of sheep to packing the wool for sale, introducing the girls to the roles of roustabouts, wool classers, and shearers. We watched the sheep and cattle being fed, sustaining them through the depths of Armidale winter, and ate in the 'smoko' room ourselves. However, no one could resist seeing the four new pups as more than simply farm help! There were plenty of cuddles spread among our 23 students (and one grandma).

When asked what they enjoy about Australia, our Pathways students inevitably mention our clear skies and fresh air. They speak about the glory of the stars at night and the gift of time. That is, being given the opportunity to pause and steal a few moments to enjoy the beauty of a night sky. Of course, the night lights of Shanghai have their own glory which cannot be denied, and the life of the city represents home and a future for our visitors. But in the future, when they don a woollen suit and step out into their careers, perhaps they will stop to pause and remember the Australian shearing shed, the Australian people, and the Australian education that was all part of the process.

Pathways students homestays needed!

With the holidays approaching, we have some international students in need of a Homestay for this period. If you would be interested in hosting an international student through the holidays (even just for one week), please contact Sally McCook on enrolments@plcarmidale.nsw.edu.au.



POSITION VACANT

PLC Armidale an independent Christian school for girls from Pre-Kinder to Year 12, located in Armidale, New England NSW. Applications are sought for the following position:

HEAD OF BOARDING

Following the announcement of the retirement of the current Heads of Boarding, Margot and Murray Ball, applications are sought for this strategic role within the College. Reporting directly to the Principal, the Head of Boarding has responsibility for the smooth operation of the Boarding House, creating a safe and supportive residential environment for students of the College. The Head of Boarding has primary responsibility for leading a team of staff as they attend to the pastoral needs, academic progress and personal development of the boarders. As a position of leadership, the Head of Boarding is expected to maintain a personal example of integrity and professional conduct consistent with the Christian values of the College.

The successful applicant will have :

- Evident commitment to girls' education and the unique needs of adolescents
- A willingness to support the Christian faith position of the College
- Demonstrated inter-personal skills and ability to work collaboratively with others
- High level organisational skills and capacity to manage the diverse operational needs of the boarding environment
- Capacity to review and implement boarding policies and procedures in line with NESA registration requirements
- Current NSW Working with Children Check Clearance and First Aid Certificate
- Experience within a girls boarding environment highly desirable

For more information, please see the link below.

<http://www.plcarmidale.nsw.edu.au/employment/positions-available>.

Applications must be received by Wednesday 23 August, 2017

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

join us on facebook 

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

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1887



HSC

Design & Technology
Extension English
Extension History
Music
Visual Arts

oeuvre

6PM **TUESDAY 29 AUGUST 2017** ASTRA ARTS CENTRE



PLC
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LADIES' COLLEGE
ARMIDALE
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★ CELEBRATING 130 YEARS IN 2017



★ CELEBRATING 130 YEARS IN 2017



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

Year 12

Valedictory Assembly

followed by morning tea in the garden

Wednesday 20 September 2017

9.00am - Astra Arts Centre

GUEST SPEAKER

Katie de Veau - PLC Armidale 1990 graduate

RSVP

by Friday 15 September 2017

please contact Sue on 6770 1700 or
email aa@plcarmidale.nsw.edu.au



★ CELEBRATING 130 YEARS IN 2017

The Principal and staff of PLC Armidale invite you to
celebrate your daughter's graduation at the

2017 Year 12

Valedictory Dinner

Wednesday 20 September 2017

6.15pm for 6.30pm

IN THE PLC DINING ROOM

TICKETS: \$65 per person (students and adults)

DRESS: Lounge Suit

Purchase your tickets from the following link by
Friday 15 September 2017

www.trybooking.com/RPYO

Space restrictions strictly limit numbers to two parents per
graduate.

Please indicate special dietary needs when booking.

Parents are welcome to BYO.



Junior School News

Fiona Wake, Head of Junior School

Welcome to Term 3 Week 5!

OPEN Day!



COLIN Buchanan CRAZINESS – and how the girls LOVED it!



On Friday we opened our doors to exhibit the learning that takes place across the Junior School. Students, PLC families and members of the community enjoyed the opportunity to see for themselves what learning looks like in the 21st century. Our traditional classrooms have transformed in many ways into inquiry hubs and self-exploratory stations where students pave their own learning journey and fact gathering networks. Our students enjoyed the opportunity to showcase their classrooms they are very proud of and they always embrace the opportunity to welcome new friends, something embedded in the PLC culture.

So, What Does Learning Look Like in the 21st Century?

A comment I received on Open Day was that classrooms look very different to how they looked two generations ago. At times educators assume our community has an understanding of the direction in which education is taking. I thought I would outline what classrooms and learning looks like in the 21st Century.

The importance of a collaborative environment cannot be overstated. The ability to successfully work together to solve problems and create new materials is a critical skill that students must be given an opportunity to practice (Eutopia). Do you remember the cartoon the 'The Jetsons'? What seemed like a far-fetched ridiculous account of what the future may look like is very much the reality on many fronts. On the contrary Education seems to have moved a little more slowly, a stubborn holdover of an earlier time according to Sherman.

Education is not like that anymore, change is apparent and it is now messy, individualised, dynamic and often times chaotic. Education in modern times is more experimental and less regimented. What students learn and how they learn has changed in response to advances in science and technology, culture and environment; all the things that shape workplace and society. Education today must prepare students for a fundamentally different world than that of past generations. May I say teaching is not so simple anymore and requires clever designing with curriculum and standards-based alignment. It should consist of explicit instruction and collaborative learning tasks that require students obtain foundational knowledge and to think critically to create their own learning paths steered by inquiry questions.

In today's world information comes from multiple sources through multiple channels. Good teachers are teaching students the skills to critically process all this information swirling around them, which is why the modern classroom feels so active and dynamic – life is dynamic and the workplace is as well. Multi-modal learning and critical thinking skills, communication, collaboration and creativity are what students need to learn for future success.

Our role as educators and guardians is to provide a physical framework for the 'what and how?' Anthony Johnson, 2017 also supports this view and goes on to say collaboration should be

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encouraged and learning should be designed to promote this. Desks are designed for individual students—which is why I don't have any, he states. In my classroom you will only find tables, collaboration bars, and sofas that are perfect places for students to think creatively and problem-solve. It is important that students take an active part in their own learning and are able to solve problems using what they know and have learned - critical thinking skills to collaborate and complete performance-based lessons (PBL). Additionally, Johnson goes on to say, 'I find students work better when the teacher isn't hovering over them. PBL promotes students to think creatively and build the 21st-century skills they need to be successful in today's job market.'

When classroom teachers refer to STEM (Science, Technology, Engineering and Mathematics) they are referring to learning that is designed to create cross-curricular learning links and project based learning opportunities to promote critical thinking. Such models provide students with research resources, videos, and project prompts that encourage students to think outside the box and put them in real-world situations. According to Johnson, It's important to remember that every child is different and learns differently. Relating classroom lessons to real life helps students at any level connect with the content and interpret it in a way they are able to understand. When students become part of their own learning, they take pride in their education and become more engaged. PBL not only keeps students busy, but it allows each one to show what they've learned in a creative, supportive, and collaborative environment. I look forward to showcasing some of the PBL examples that our Junior School Students are creating in their STEM lessons.

Collaborative Learning at PLC Armidale!



Year 6



Year 1/2

This week is **BOOK WEEK!**

Importance of reading...

To celebrate Book Week 2017, on Friday August 18 author and parent Caroline Touhey, will be sharing her journey as an author with our K-6 students over two sessions in the Astra Arts Centre at 9:00am – 11:00am.

Book Donation New or Used

There is a book basket in the Junior School Foyer so you can donate a book which will be presented to the Armidale Hospital Children's Ward.

What Is Happening Over the Next Few Weeks?

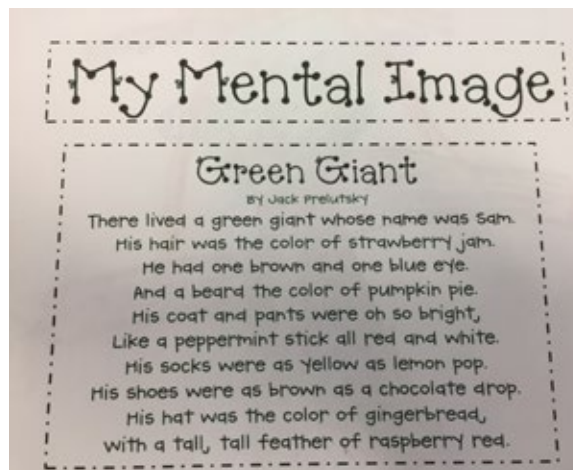
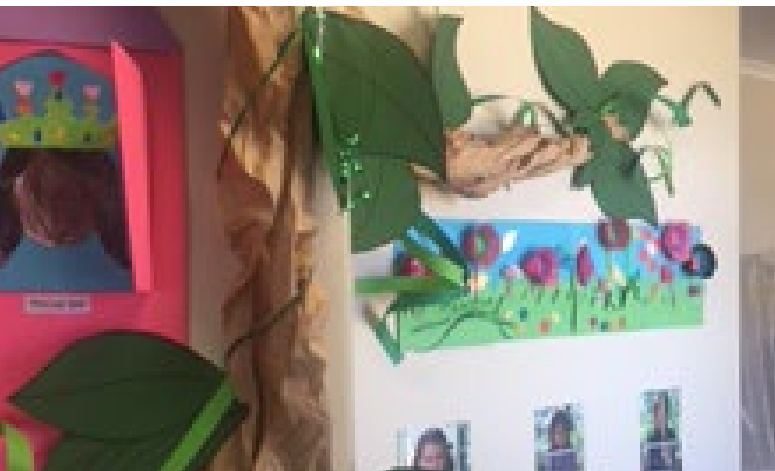
Junior School Events

Week 6

- Hanna Shield Swimming Carnival
- Pre K Gymnastics
- Newcastle Permanent Mathematics Competition Years 5 & 6
- K-6 Gymnastics
- Years 5 & 6 Da Vinci Decathlon

Week 7

- IPSHA Athletics
- Pre K Gymnastics
- Poetry in Action Years 6
- **Grandparents' Day**
- Starry Night of Music
- PSSA 1500m event



Junior School Events

To find out what is happening across the Junior School you can either, access the PLC Armidale website www.plcarmidale.nsw.edu.au/ and click on **Calendar** or you can access Edumate (school administration and communication platform) using your **username and login**, click on **Diary** and click on **School Calendar**. The Term 3 calendar will present itself week by week. If you have not been issued with Edumate login details, please email Emma Young and she will ensure you receive these details to access our calendar this way in the future. Choosing to communicate in this manner is the preferred option as this calendar is constantly being updated. Emailed and printed forms are not preferred as they quickly become outdated as times and events are rescheduled or changed.

Feature Classes Year 3 and Kindergarten

Using Sun and Shade to Tell Time: **Year 3** has been learning about time and how in times past the time was told using the sun. Year 3 has been creating sundials using foil sculptures and shadows. Sundials reveal time according to the position of the shadow that is cast by the sun. Whilst studying this phenomenon, Year 3 has learnt that in the past, human beings did not have clocks or watches, and they used a shadow stick to keep track of the time.



Symmetry

Premier's Reading Challenge

DUE NOW! Please return to your classroom teacher. Your daughter should have received a Reading Log Sheet where they can record their reading over the coming weeks. If your child fills her sheet and she would like another, she can get this from her class teacher. Happy Reading! When the challenge date has been reached, please bring your Reading Log Sheets to school and hand it to classroom teachers.



Kindergarten has been learning about fairytales. Their room has peeking princesses protruding from their door and Jack's beanstalk is creeping up to the giant's house way beyond the stalk root. Integrated learning has allowed many sounds of the THRASS Chart to be tied in with this unit on fairytales. What are the different ways we can make the 'j' sound – j as in jam, g as in giant, dge as in bridge, ge as in cage? How long is the beanstalk? How creative are you when you are drawing yourself as a princess? Where do princesses live? Can you write a story about a princess? Why are princesses always portrayed to be good? How many princesses can you name? Who are our real life princesses? As you can see studying a unit on fairytales allows for many opportunities to address our Key Learning areas of English, Mathematics, History, Geography, Personal Development and Health, Creative and Visual Arts and Music. With such a crowded curriculum, the most efficient way to address learning outcomes, outlined in our NSW Syllabus, is to devise units that link learning outcomes through themes and like concepts. The Kindergarten class are focusing on the Comprehension Strategy – Visualisation. Whilst hearing the poem 'The Green Giant' by Jack Prelutsky, the girls are creating mental images of the giant's appearance. Take a look!



Please join us for the
JUNIOR SCHOOL
Fathers' Day
Breakfast
 AND **CHAPEL SERVICE**

Thursday 7 September 2017
from 7.45am

JUNIOR SCHOOL UNDERCOVER AREA
 followed by Chapel service at 8:45am
 in the Astra Arts Centre

RSVP by Monday 4 September 2017
 to: juniorschool@plcarmidale.nsw.edu.au
 or 6770 1726

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Junior School Sport

*Rebecca Ward, Junior School
 Sports Coordinator*

PSSA District Athletics Carnival

On Tuesday, 8 August, a group of energetic and enthusiastic girls accompanied Ms Ward and Mr Le Surf to the PSSA District Athletics Carnival 2017 held at Armidale High School. This event consisted of most athletic events, with PLC Armidale girls participating in 100m, 200m and 800m races, along with high jump, long jump, shot put, discus and relays.

Anais Dettwiler, Sophie Young, Sophia Smart, Elsie Wake, Scarlett Loxley, Sophie Hardin, Sienna Dellow, Keira Peet, Lucy Young, Poppy Broun, Annabelle Pennington, Ruby Broun, Sophia Vanzella, Piper Starr and Anviti Sinha are to be commended for their excellent sportswoman ship, conduct and the wonderful way they represented PLC Armidale. Not only were their manners and behaviour impeccable, but they supported each other as a team. As most of these girls will be attending the IPSHA Athletics Carnival in Sydney, PSSA provides these girls with the opportunity to represent the college as the PLC Junior Athletics Team.

Well done girls!

NB: For the girls who are not attending IPSHA, it would be greatly appreciated if you could return your (freshly washed) athletics singlet to Ms Ward ☺

Hanna Shield Swimming

The following girls have been selected to represent PLC Armidale at the Hanna Shield Swimming Carnival for Primary School students - Abigail Thompson, Scarlett Loxley, Amelie Van der Werf, Ruby Broun, Emily Thompson, Maggie Ryan, Zoe Martin, Alice Bourne and Gabrielle Cotterell. This year's carnival is to be held at The Armidale School Swimming Pool on Tuesday 22 August 2017.



Sport Supporters' Group (SSG)

Next events for your diary:

TOMORROW NIGHT, Saturday 19 August.

Watch the Bledisloe Cup (Wallabies v All Blacks) on the big screen at the WICKLOW HOTEL (if you're not lucky enough to have a ticket to the game in Sydney). Come along with family and friends for a fun, relaxed evening, dissect the day's sporting fixtures and cheer on the Wallabies from **6.30pm** (game officially kicks off at 8pm)!!

\$10 per person includes nibbles which have been generously donated by the Wicklow Hotel, along with the opportunity for some lucky door prizes! Drinks may be purchased from the Bar. (Flyer attached) Proceeds to the SSG fund. ALL WELCOME!

Friday night August 25 (from 6.30pm), at the Courtyard Marriott Hotel in Sydney during the next IGSSA gathering of Hockey and Netball games.

Captain of the Sydney Swifts Netball team, Abbey McCulloch, will be joining our girls and parents for another inspirational chat brought to you by the SSG! There will be some canapes provided by the Courtyard Marriott Hotel, with the opportunity to bid on an auction item or two. Drinks may be purchased from the Bar. Please RSVP to Peter Le Surf plesurf@plcarmidale.nsw.edu.au

Term 4 – Saturday November 4

Get ready for a casual BBQ Lunch and afternoon of girls v parents sporting activities, before the annual Starry Night of Sport. Sports to be decided! An event not to be missed. More information soon!

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



The new PLC Armidale Sport Supporters' Group (SSG) warmly invite you, your friends and family to an informal, fun gathering

on **Saturday 19 August**
@ the Wicklow Hotel, Armidale

to cheer on the Wallabies in the first Bledisloe Cup game live on the big screen at the Wicklow Hotel.



from 6.30pm
(game kicks off at 8pm)

\$10pp includes nibbles and Lucky door prize opportunities!
(Drinks may be purchased at the Bar).

Funds raised support opportunities for girls in sport at PLC Armidale and the activities of the SSG.

Please RSVP to:

Director of Sport: Peter Le Surf
plesurf@plcarmidale.nsw.edu.au
Director of Development Shona Eichorn
development@plcarmidale.nsw.edu.au
By c.o.b Friday 18 August

For more details phone Peter or Shona: 6770 1700



Dear Parents

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

WHERE Courtyard by **MARRIOTT**



Hotel, 7-11 Talavera Rd, North Ryde

WHEN Friday 25 August 2017

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

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

NB Dinner for parents / family members may be booked College note (1 June 2017)

Please **RSVP to both events by Friday 18 August** to plesurf@plcarmidale.nsw.edu.au or aa@plcarmidale.nsw.edu.au



Cattle Team EKKA Results

Judy Miller, Cattle Team Coordinator

Here is a summary of our results from the 2017 Brisbane EKKA:

- Molly 5th in 16-18 years School Paraders
- Molly, Issy and Paris Top 6 Schools out of 28 Schools in Team Junior Judging
- Paris called into top line for Paraders in huge Intermediate classes.

Carcass Results:

- Custard Reserve Champion School Steer Carcass (Led by Lily)
- Monty 4th place in Open steers out of 33. (Led by Molly)
- Barry 12th place in Open Led steers out of 51. (Led by Paris)

Studs:

BAL Simmental:

- BAL Make A Difference 1st in big class of Junior Bulls. (Led by Molly)
- BAL Midnight 4th out of 9 in baby bull class. (Led by Briony)

Lagoona:

- Lagoona Oreo

Junior Champion Bull and Grand Champion Red Poll Bull. (Led by Tim)

- Lagoona Qinta (Led by Issy) Junior Champion Red Poll Female and Grand Chamoion Red Poll Female.

- Lagoona Brittany (Led by Emily) 2nd to Qinta in Junior Heifer class.

- Lagoona Pandora (led by Tim, Calf led by Laura) Senior Champion Cow.

Paris also won the Whip Cracking!

Congratulations to all our girls and huge thanks again to Tim and Briony for their instruction, supervision, advice and support of the Cattle Team!





CELEBRATING 130 YEARS IN 2017



PLC
PRESBYTERIAN
LADIES' COLLEGE
ARMIDALE
1887

You're invited to the

Annual

Starry Night of Music

To celebrate the music of PLC Armidale

Friday 1 September 2017

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:

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

Limited tickets will be available at the door

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

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IGSSA Athletics

A snapshot of the IGSSA Athletics Carnival in Sydney. Full results will be published in the next edition of Lion's Roar.





Boarding House News

Margot Ball, Head of Boarding

The girls have been very busy over the past few weeks in the boarding house. To begin with, Laura Hayes, Paris Whibley, Molly Trindall, Lilly Coleman and Isabelle Leitch travelled to Brisbane last weekend to participate as part of the cattle team for Ekka. The girls were successful in representing the school and had an enjoyable time. The school steer, Custard, was declared reserve champion in the carcass results, and the school was highly commended for their junior judging. The year 12s have been busy studying for their trial examinations, and have been in hibernation. Saskia Kennett has been channelling her inner rider, participating in many horse events. The park run has become a trend among the boarders, with many Austin and Todd McBean girls running for their guilds. On Saturday night the Collin Buchanan concert was held at the Astra Arts centre, with attendance from years 7-9. The girls had a lovely night singing and grooving. There were free tennis lessons, which many girls participated in for the first time, and also creative activities, where many girls decorated their own bowls. This has been a very enjoyable weekend for many of the boarders.





Development and Enrolments

Shona Eichorn, Director of Development
Sally McCook, Enrolments Manager



Out & About with PLC Armidale

We are now packing up our promotional gear to attend the annual **Agquip** Field Days in Gunnedah (August 22-24). Please tell all your family and friends in the New England/North West (and further afield) to drop in and say hello (we will even look after your shopping if you like). We will again be in the bright orange Essential Energy building on the way to the popular Shopping arcade.

Events, Events, Events - Have you booked in yet???

In only a fortnight's time on *September 1*, we warmly welcome our Grandparents for their annual visit to PLC Armidale, followed by the annual Starry Night of Music later the same evening. On *Saturday October 21*, we host the **Celebratory Long Lunch** celebrating 130 years of PLC Armidale. Book in your family and friends from far and wide for a relaxed and indulgent afternoon, sharing stories and time together, and enjoying a regionally inspired three-course feast and complimentary glass of champagne with catering by PRONTO (from Tamworth). Details available on the attached flyer.

Commemorative Book – A once in a lifetime opportunity!!

Please submit your recipe / story now. It doesn't have to be a lengthy story or complicated recipe, just YOUR story and recipe. Authenticity is the key.

Thank you to all those people who have already submitted something for the PLC Armidale Commemorative Book. The absolute FINAL DATE that we will be accepting submissions is FRIDAY SEPTEMBER 22, at the end of this term. Please email items to development@plcarmidale.nsw.edu.au

Thank you

Our sincere thanks to all those people who were involved in last weekend's activities, from the Pathways Commissioning Service to Junior School Open Classrooms to both Colin Buchanan concerts, followed by the College Council dinner.



THE Celebratory* LONG LUNCH

[along Parker Ave, the College main drive]

Saturday 21 October 2017 from 1pm

enjoy a 3 course feast by PRONTO CATERING
and complimentary glass of champagne

\$65 per person CASH BAR AVAILABLE

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

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

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



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Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

Friendships ebb and flow

As teachers we are at times called upon to encourage friendships or to try to sort out friendship issues of the students we teach and care for. We all need to understand that friendships are interpersonal relationships that ebb and flow! That there are times in every friendship when you or your friend are too busy to call, or are more focused on other relationships. It will hurt, but it's rarely personal. Making it personal usually makes things worse, and being too clingy or demanding can drive a friend even further away. Like people, friendships can get "overworked" and need to rest. In the meantime, figure out other friends you can connect with. But that's all part of friendship: understanding just how hard – but at the same time, rewarding it can be. Friendship is such a significant emotion that can't be ignored especially when it is out of kilter. It is an emotion that can brand teenage girls' friendships as either: sugar and spice or scars for life.

Whilst trying to find inspiration for this piece I came across this little story that I would like to share.

Sand and Stone - *Author unknown*

This story tells of two friends who were walking through the desert. At some point in the journey they had an argument, and one friend slapped the other one in the face. The one who got slapped was hurt, but without saying anything, wrote in the sand: "TODAY MY BEST FRIEND SLAPPED ME IN THE FACE."

They kept on walking until they found an oasis, where they decided to take a bath. The one, who had been slapped, got stuck in the mire and started drowning, but the friend saved him. After the friend recovered from nearly drowning, he wrote on a stone: "TODAY MY BEST FRIEND SAVED MY LIFE."

The friend who had slapped and saved his best friend asked him, "After I hurt you, you wrote in the sand, but now you write on a stone... why?"

The other friend replied: "When someone hurts us, we should write it in sand... where the winds of forgiveness can erase it from view. But, when someone does something good for us, we should engrave it in stone... where no wind can ever remove it."

SO, WRITE YOUR HURTS IN THE SAND, AND FORGET THEM.

BUT CARVE YOUR BENEFITS IN STONE, TO

BE REMEMBERED.

It reminds me a little of a well-known Bible story – about building foundations and trust!

"Don't walk in front of me, I may not follow.

Don't walk behind me, I may not lead.

Walk beside me and be my friend."

Albert Camus...



Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Lakshmi Singh

Which subjects should I choose?

Subject selection, career direction and planning for the future can put pressure on secondary students. Lakshmi Singh outlines a step-by-step approach to making this process as stress-free as possible.

Subject selection, career direction and planning for the future are all hot topics in high school kids' lives at this time of year.

Understanding interest areas, strategically planning how many subjects to study, keeping an eye on current industry trends, while listening to advice from family and friends, may all seem like an overwhelming amount of information to take on. However, with the right support, a bit of confidence and instilling trust in their own reasoning, the decision making process doesn't have to be painful for high school students.

THE PARENT TRAP?

Parents always want what's best for their kids, however, it is important that parents stick to their role as advisors and allow kids some space in this regard, says Dr. John Taccori, Careers Counsellor from www.careersdoctor.net.

"Sometimes, [parents are] overwhelmingly keen to the point that it suffocates the child's ability to freely choose their own subjects," he says. Instead of making decisions for

them, parents should let children "own their decisions" and not overly try to influence their child with their beliefs and prejudices, he says.

"For example some parents view the world and their knowledge of education from a narrow perspective. This may result in giving the child the wrong advice. Ultimately it's they who need to sit for the exams and do the HSC [or the equivalent]. Most students are quite savvy or knowledgeable about what they need to do - they just need a little more advice on tweaking those subjects for maximum benefit."

USING THE SCHOOL'S RESOURCES

It is worthwhile taking a three-pronged approach to seeking out information about the subject selection process, advises Dr. Taccori.

"Firstly, attend the subject selection evening at your child's school. You would be very surprised to know that a lot don't attend."

"Secondly, make an appointment (for the child and parent) to see the school's career adviser. Have a list of questions you would like to ask."

It doesn't matter if the aim is to just clarify a career path they've already chosen and running the chosen subjects by as validation or if the conversation takes on a more "I have no idea what I want to do" tone. Career advisors are trained for various scenarios and can also guide students who have changed their mind to make sense of how they can achieve something positive and vocationally meaningful if and when the need arises, he says.

Finally, the child should discuss with specific subject teachers to gain insight into the course they would like to do.

Dr. Taccori also says it would be beneficial for the child to speak to students who are already doing the course in Years 11 and 12. This can help them assess whether the content of the course is something of interest to them.

more on page 2 >>



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OTHER SOURCES OF INFORMATION

Several publications, outlets and services now exist specifically to help guide students navigate the subject selection period.

Books such as the UAC guide, portals like the MyFuture website, and services and events like career expos and private career advisory practices allow students to explore options, express concerns, seek guidance and even get a taste of what their future career could look like.

Certain types of psychological tests offer students a glimpse into their own psyche and can help them discover their own intrinsic interests and tendencies. Services like Psych Press's Career Interest Test can provide a comprehensive look on what work skills, job interests and career values can match the student's personality.

INTEREST AREAS

It should come as no surprise that a child's interest in a particular subject will and should influence what they choose. Even if they don't see themselves as having a career in that area, they should still pursue it, says Dr. Taccori.

"For example if a student loves history, then they should do it. It does not mean that they are going to be historians. One of the aims of schooling is to gain an all-rounded comprehensive education."

Complementary and necessary subject areas that are related to their career intentions also need to be considered, he adds.

"If [they] want to be a physiotherapist then they should be thinking of doing mathematics and a science."

STRATEGY

Strategy plays a big role in children selecting what subject they are going to do and how many they are willing to take on, says Dr. Taccori.

"We know that if a child loves a particular subject and does it, then they are most likely going to get much better grades than if they did a subject they hated."

Similarly, choosing to do different subjects to cover all allotted units of study during Years 11 and 12 may be considered a good insurance policy for some. Not doing well in one subject may be negated by a better performance in another. Or having done a subject that incorporates Vocational Education Training (VET) may mean doors to certain apprenticeships are open, allowing for more careers to choose from.

There are also options for participating in special programs offered by universities where students can undertake vocational studies that contribute to their school leaving certification. For example, Swinburne University offers the Vocational Training and Education in Schools (VETiS) program that contribute to units to be completed as part of Years 11 and 12 and also allow the student to receive a formal Certificate from the university.

TAKING THE PLUNGE

It is important to consider different information sources and the advice from

teachers, parents, careers advisors and peers, but Dr. Taccori says, above all, students should listen to their own inner voice of reason.

"Once you have gathered this information, then make a decision. If you have questions about that at the end, then talk to mum and dad and the career adviser (just to finalise your decision). Then take the plunge and just do it. You can only make the best decision based on the resources and advice you have at the time. You have done your best so it's important not to have any regrets. Any minor mistakes can be ironed out later."

There is no such thing as a wrong subject choice.

FURTHER READING:

- PsychPress, Talent Management Psychologists, Career Interest Test - www.psychpress.com.au/psychometric/talent-careeringahead.asp?subject-selection
- Swinburne University's Vocational Education and Training in Schools - www.swinburne.edu.au/study/diplomas-certificates/pathways/vocational-education-training
- HSC and Careers Expo - www.hscandcareers.com.au
- MyFuture website - www.myfuture.edu.au
- Universities Admission Centre - www.uac.edu.au/

Lakshmi Singh 



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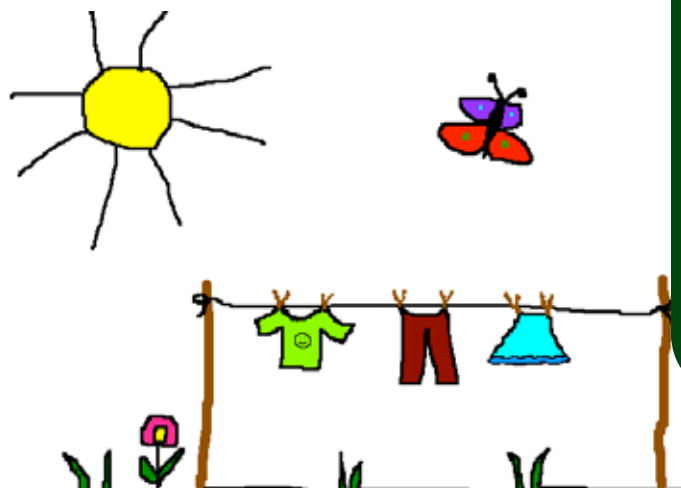
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- 9.00am Classroom Visits
- 10.30am Morning Tea - Dining Room and gardens
- 11.00am Grandparents depart and students return to class.

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- ✓ You have a child aged 5-11 years (before 12th birthday) who is above healthy weight
- ✓ At least one parent or carer is willing to participate in the program
- ✓ You are able to attend appointments in Tamworth or Armidale, NSW

Register your interest at
<http://bit.ly/nutritionconnect>

Wondering if your family can participate? Ask us today or fill in our online form at above link!
For more information contact Amy Ashman at amy.m.ashman@newcastle.edu.au or
0488 399 533

This project has been approved by the Hunter New England Human Research Ethics Committee, Approval No. 16/07/20/4.04 and the University of Newcastle Human Research Ethics Committee, Approval No. H-2016-0329.

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