

# lion's roar

TERM 1 • 2 MARCH 2018 • VOLUME 295



## From the Principal

*Mrs Nicola Taylor, Principal*

Having reached the midway point of Term 1, PLC Armidale girls are making their mark. This evening, the opening of the Armidale Show will feature two of our senior girls. Saskia Kennett Year 12, Equestrian Captain and Molly Trindall Year 12, Boarding House Captain will ride their horses into the arena as flag bearers with Saskia then leading the singing of the National Anthem. We wish them both well!

Congratulations to Gracie Martin Year 11 and Bella Watts, Year 8 for their recent success at the QLD State Championships both achieving personal bests and silver medals at this highly competitive event. Parents, we welcome news of the achievements of our girls to share with our community. Often, you are the best source of letting us know (and sending through photographs) as often the girls feel uncomfortable with self-promotion.

In my previous Lion's Roar Article, I outlined the four key values which we are seeking to strengthen and permeate throughout the College. In articulating this value at a recent Senior School Assembly, I told the story of Benjamin Franklin, inventor, scientist, diplomat and one of America's founding statesman who at the age of 20 was so convicted of his moral mediocrity that he created a system to improve his character in a project he called "moral perfection."

Franklin made a list of 12 areas of attitude and action that needed improvement he asked a friend to review his list and let him know if he had left anything out. His friend's reply offended and hurt him a little, for as Franklin wrote in his autobiography, the man "kindly informed me that I was generally thought proud; that my pride showed itself frequently in conversation." **Humility** was included as the 13th virtue in his project.

Humility, the last virtue in Franklin's list, is the first of the four core values at PLC Armidale. Humility is a word that is easy to say but much harder to do and be. Humility constantly demands we be honest as we assess our real merit. Humility asks us to acknowledge our imperfections. It requires that we admit when we are wrong and then change course. Humility promotes putting others first in thought, word, and deed. Humility is not an popular app in the iWorld in which we live in.

However, humility does not require that we deny reality. Those who have come first, achieved a personal best, were selected to captain a team or lead an ensemble; those who have qualified for a state or national event, achieved a near perfect ATAR, or were chosen for an elite ensemble or performance, should be recognised.

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## 2 TO 18 MARCH 2018 calendar OF events

Boarders' Weekend - Boarders depart AM	2/3/2018
Cattle Team to Armidale Show	2-3/3/2018
HNE Junior Indoor Hockey Competition	2/3/2018
DOE Bronze Duke of Ed Training	3/3/2018
Tildesley Squad to NW JDS Singles Tournament in Armidale	4/3/2018
Boarders' Chapel	5/3/2018
Netball Trials- Years 7-9	5/3/2018
ADNA Twilight Netball Comp	5/3/2018
IPSHA Swimming Carnival	5-6/3/2018
Netball Trials-Years 10-12	6/3/2018
Year 10 Science & Engineering Challenge	6/3/2018
Years 11 and 12 HSC Music Day	7-8/3/2018
Years 9 and 10 Music Day	9/3/2018
Walcha Show	9-10/3/2018
DOE Bronze Duke of Edinburgh Training	10/3/2018
Rotary District 9650 Conference	9-10/3/2018
Tildesley Tennis Training	11/3/2018
ADNA Twilight Netball Competition	12/3/2018
Boarders' Chapel	12/3/2018
Inter-school Chess Challenge (Local Heat)	13/3/2018
Representative Sport Teams Information Evening	13/3/2018
HNE Senior Indoor Hockey Competition	15/3/2018
IGSSA Swimming - Sydney	15-16/3/2018
HNE Junior Indoor Hockey Competition	16/3/2018
Campus to City Canter	17/3/2018
Autumn Festival Parade	17/3/2018
Tildesley Tennis Training	18/3/2018

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These are real and significant achievements to be acknowledged and celebrated. It is good to know and applaud the achievements of others, especially girls within our school community. Those who put down, mock, deride or dismiss the achievements of others demonstrate a proud heart and mean spirit which is the opposite of humility.

Humble people are not selfish and do not try to impress others. They see value in others and take an interest in them. They balance the needs of others with their own needs. True humility is not thinking less of yourself; it is thinking of yourself less (Rick Warren).



## Senior School Notes

*Anna Caldwell, Head of Senior School*

We are now half way through the term and everyone is incredibly busy. Over the next few weeks we have a number of excursions, assessments, IGSSA Swimming,

Tildesley Tennis, Music days, Winter sport trials, and preparations for our Outdoor Ed Camp in Week 9.

On top of all of this girls are studying hard, playing their summer sports, are coaching younger teams, have performed in In house concerts and have been away to Sawtell with the Armidale Youth Orchestra, and some of our girls have part time jobs as well!

With all this busyness, please remember how important it is to eat well, sleep well and maintain a balance with all our commitments.

### Mobile Phones

Dr Michael Carr-Gregg, a youth mental health expert has called for a ban on children under the age of 12 using social media. France has recently banned the use of mobile phones in all schools during the day. An increasing number of schools in the UK and US are banning the use of mobile phones at school and in Australia this is a topic of hot debate, with Federal Education Minister Simon Birmingham recently saying that smartphones should be locked away during school hours because they were a distraction and platform for cyber bullying. Many schools in Australia are now banning the use of mobile phones during the day at school too.

Why? Well the results of much research shows strong links to the negative impacts of mobile phones and social media usage. The results are alarming, but not really surprising.

Social media has been linked to an increase in youth mental health issues. The use of smartphones and mobile technology - including Ipad's and laptops has been linked to an increase in cyber bullying, diminished attention spans, ability to retain information and overall academic performance. The use of smart devices in younger children has been linked to developmental delays.

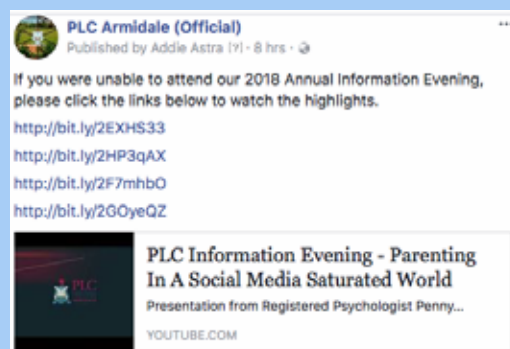
Jean Twenge, Professor of Psychology at San Diego State University, is one of many University Professors who has been conducting research in this area and she has found that depression and anxiety in teens spikes when they get a smartphone.

"The arrival of the smartphone has radically changed every aspect of teenagers' lives; from the nature of their social interactions to their mental health."

Principals Australia Institute (PAI) CEO, Paul Geyer, said today's children live in a "constantly connected culture" thanks to smartphones and social media.

"This can lead us to compare ourselves to others to a sometimes obsessive degree, and also means it's difficult to truly escape unhealthy interactions that could previously be left at the school gate," Geyer told The Educator.

### Parent Information Evening Video Presentations available now on PLC Armidale (Official) Facebook Page



However, the news is not all negative. There are many positive effects of banning the use of phones at school, which include improved relationships and improved social skills, and an increase in student achievement, productivity and performance at school.

### Mobile Phones at PLC Armidale

We have had mobile phone use guidelines and expectations at PLC Armidale for many years now, where the girls are allowed to bring their phone to school but are expected to have them switched off during the day, unless they are asked and instructed to use them for educational purposes by their teacher. This is clearly stated in the Student Handbook and also the Student Diaries.

Mobile phones are to be switched off from 8.30am until 1.35pm when the girls are allowed to turn their phones on to check for messages and then they are to be switched off again from 1.55pm until 3.30pm. Any student who is found to be using her mobile phone during the day will receive a demerit. Repeat offenders will be given a detention and will also have their phones confiscated. \*

Girls are to either leave their phones in their locked locker during the day or keep it in their pocket and place it in the box on the teachers desk at the start of every lesson.

Research has found that even if a phone is out of sight in a pocket, if a message is received and the person feels the phone vibrate, it causes a distraction from thought and concentration on the task at hand, as they wonder who has messaged them and what they are missing out on. It can take up to 15 minutes for them to be able to refocus and get back on task which out of a 47 minute lesson, is far too much of a lesson wasted! Mobile phones are a proven distractor in all contexts, not only whilst driving.

We want our students to be engaged in their learning, interacting with each other face to face and we also want them to be active during recess and lunch and not sitting around on their devices.

If you need to get an urgent message to your daughter, please contact the College office, and the message will be passed on to her. Please do not phone or message your daughter during the day and expect her to reply before 1.35pm or 3.30pm!

\*This rule does not apply to students who require the use of their mobile phone for medical reasons and have been granted permission to have their devices switched on throughout the day. These students must however abide by all other guidelines and expectations.

### Flourish@PLC Armidale Outdoor Education Program

All information and forms for the Years 7, 8 and 9 compulsory Outdoor Ed Camp in Week 9 were sent home this week. Please read through them carefully, get on to the Somerset Outdoor Learning Centre Website to complete their required forms online and sign and return all the other forms to the Office by Friday 2 March.

If you have any questions please do not hesitate to contact Mrs Caldwell.





## French Exchanges

During the Christmas holidays in 2017 I went on an exchange to Pontoise, a small village about half an hour away from Paris. It was the trip of a lifetime. Overall, I spent 6 weeks in France and learnt a lot about both the French culture and language at home and at school. School was quite different – with a lot more homework, and an unusual schedule. As I was so close to Paris I got to go and see famous attractions such as the Eiffel Tower, the Sacré Coeur, the Galleries Lafayette and some Christmas markets. Over Christmas, my host family and I travelled to Brittany in the north-west of France to visit their families in Rennes. It was very interesting to see the differences between an Australian Christmas and a French Christmas. In France everyone opens their presents on Christmas Eve. Overall, it was an amazing experience and would do it again if had the chance. My French has improved dramatically and I would definitely recommend it to everyone.

*Elinor Warwick*

Over the holidays I had the chance to participate in a NACEL exchange program. I spent eight weeks staying with Lola Cottin, who came over to Australia herself earlier in 2017 as an exchange student. Spending six out of those eight weeks at school in France – which was very different to school in Australia – was an amazing experience. While I was in France there was never a boring moment; we visited Paris and saw the Eiffel Tower, the Louvre and many other famous museums and monuments. We also went skiing in the Alps and every weekend was filled with visits to local museums and football matches. I made many lifelong friends over there and I would definitely recommend this incredible experience to any other girls learning French as a second language.

*Alexandria Wright*



# Homestays needed!

We have some international students in need of a Homestay for the April holidays. If you would be interested in hosting an international student (even just for one week), please contact Sally McCook on [enrolments@plcarmidale.nsw.edu.au](mailto:enrolments@plcarmidale.nsw.edu.au).



## Investigating PLC Armidale's past

*Tessa Roe, Year 8 History teacher*

Year 8 students have begun their study of History for Stage 4. As part of looking at how historians and archaeologists investigate the past, the girls had the opportunity to undertake the role of a historian to discover and learn about the past of PLC Armidale. The girls were required to put their historical skills into practise as they developed some key inquiry questions to guide their investigation and explored the usefulness and reliability of a range of primary sources.

The collection of primary source information involved a visit to the College's Archives, a walk through the Administration building and a tour of some main buildings of the College. Our visit to the Archives was expertly guided by our historian in residence (and recently retired staff member) - Mrs Maureen Brown who shared her vast knowledge of some key artefacts significant to PLC Armidale.

The girls will now have the opportunity to piece together the evidence they collected from the site study to develop a timeline of the College's history.

Finally, we would like to thank Mrs Brown for returning to share her insights and stories of the past which has sparked further knowledge and interest about the history of PLC Armidale.



# Interschool Chess Challenge 2018 at PLC Armidale

**Tuesday 13 March 2018**

**8:30am - 3:30pm**

at PLC Armidale Astra Arts Centre & Gym

\$15 per child (Year 4 to Year 12 students)

**Bring as many students as you like!**

(NB: lunch is not provided)

Snacks and drinks will be available for purchase... there will even be a Barista!

**To register,** contact Sydney Academy of Chess  
02 9745 1170 • [www.sydneyacademyofchess.com.au](http://www.sydneyacademyofchess.com.au)  
Registrations close Friday 9 March 2018



**For further enquiries,** contact Stephanie Belson at  
[sbelson@plcarmidale.nsw.edu.au](mailto:sbelson@plcarmidale.nsw.edu.au)

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

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## Cattle Team Guyra Show Report

*Judy Miller, Cattle Team Coordinator*

Eight PLC girls attended Guyra Show last weekend, 16 and 17 February with Tim and Briony, to compete in the Stud Competition on Saturday. For the new Year 7 members it was an opportunity to see how a cattle show operates.

The results are as follows:

Te-Angie Hereford Stud took out the Grand Champion Hereford Female led by Isabelle Leitch.

Te-Angie heifers placed 1st, 2nd and 4th in the 16-18 month Hereford class. The girls who led the Herefords in their various classes were: Paris Whibley, Lily Coleman, Lucy Crowley, Isabelle Leitch, Temicka Seagrave, Charlotte Lamaro and Meg Kealey.

The Grand Champion Red Poll Male and Grand Champion Red Poll Female were won by Lagoon with Briony leading the bull and cow and Meg Kealey leading the calf.

The two JRL Brahman led by Isabelle Leitch and Lily Coleman placed 3rd and 4th in the Brahman heifer class.



## Boarding House News

*Alison Spencer, Head of Boarding*

Now that we are in the middle of first term, the routines of life in Boarding at PLC are becoming more established and familiar. Most sports are now underway and the patterns of study and social activity are becoming more familiar for our new girls.

Still, there are always some activities and events that punctuate the term which bring some fresh interest and activity. On Valentine's Day, we had a special dinner (including chocolate dipped strawberries) and music quiz. The following night we enjoyed a Chinese new year celebration.

Most of us and not really familiar with Chinese New Year (also known as Lunar New Year), but 15/02/18 was the eve of the Year of the Dog. For our Chinese girls, the New Year celebrations are of the same magnitude as Christmas, so it is worth reflecting for a moment on the particular challenge for these girls being so far from family and home on this most significant of family holidays. To mark the date, the kitchen staff produced an incredible feast of Chinese food traditionally served at new year. As the meal progressed the traditions were explained by our Chinese students and we all had the chance to try the foods as we struggled with chop sticks.

It was a great fun evening of sharing cultural stories and perspectives. Most of the Australians were horrified by stories of the dragon monster of the New Year eating anyone who doesn't stay up past midnight(!) and the overseas girls were equally horrified with stories of fat men in red climbing down chimneys for our big holiday.



## P&F Trivia Night

**Friday March 23, 6.30pm**

**PLC Dining Room**

**Theme: 80s Revival**

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

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

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

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

To book your tickets and babysitting go to:

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



# P&F Trivia Night

**Friday 23 March 2018**

**6.30pm**

**\$15 per ticket**

Tables of 8, maximum 10

Childminding available \$5

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

Venue: PLC Armidale Dining Room

**BYO: food and drinks, glassware, crockery and cutlery**

**SILENT AUCTION AND TRIVIA PRIZES ON THE NIGHT**

**Theme:**  
**"80's"**  
**Revival**

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

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



## Church Pews for Sale - only 4 left!

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

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







## Junior School News

*Fiona Wake, Head of Junior School*

Welcome to Week 5. Parenting is hard. It takes effort, patience, resilience and perseverance, all the Character Strengths we teach at the College through our Pastoral Care Program on a daily basis. One of the most heart-breaking aspects of parenting is dealing with the sadness of our children when they experience unkindness in the playground or within their friendships. How do we help our little ones through difficult times? Understanding girls and their social interactions is important to us here at PLC and although difficult, the reality is, we all experience bullying of some nature, friendship issues to navigate and non-verbal body language that gives off a negative tone, so having strategies to cope with these uncomfortable situations is necessary.

What can we do as parents and educators to help our daughters and students with inevitable experiences relating to friendship issues, conflict among peers and bullying behaviours? How can we teach our girls the skills and strategies on how to develop these important life skills that carry them through to adulthood?

The world of little girls begins as such a lovely place. Heart and rainbow doodles adorn notebook covers, best friendships are formed within seconds, and bold, exuberant voices carry squeals of carefree laughter and brazen delight. Happiness is worn on a sleeve and anger is voiced with authentic candour.

Length-of-stay in this accepting, kindly world is time-limited for many girls, however, seemingly overnight, sweet sentiments like, "I love your dress," can turn into thinly-veiled criticisms such as, "why are you wearing that dress?" Yesterday's celebratory birthday party becomes today's tool of exclusion, as guest lists are used to enforce social hierarchies.

**To Intervene or Not to Intervene?** Adults often struggle with the question of, "Should I intervene in a child's friendship problems?" The line between helicopter and hands-off can get confusing, as adults waver between wanting to protect young people from the pain of broken friendships and believing that bullying is an inevitable rite of passage. The bottom line is this; no child should have to find her way through painful conflict alone. Kids need adult support and insights when it comes to navigating the choppy waters of friendship, disguised as a weapon. Here are some fundamental ways adults can help:

**Teach Her to Know it When She Experiences It** [https://www.huffingtonpost.com/signe-whitson/how-to-help-girls-cope-wi\\_b\\_6456546.html](https://www.huffingtonpost.com/signe-whitson/how-to-help-girls-cope-wi_b_6456546.html)

Developing close friendships, humility, integrity and self-control has been the discussion across the Junior School this week. Recognising the importance of building strong team ship, understanding ourselves and others and showing resilience has seen Year 4 work together to develop Friendship bands to be sent to Thailand Agape Home where material things are limited and hardship and loss is real and defining. The girls have displayed selflessness in challenging themselves to make 100 Friendship bands and resisting the want to make for themselves. The girls are taking the message of giving and not receiving seriously as they embark on this challenge in true PLC style. I am very proud of our little girls and look forward to sharing their success with you.



## LEARNING in the CLASSROOMS

### Feature Class YEAR 5

What an exciting year of 'wonder' it will be this year. Year 5 have already begun to make their personal mark on our classroom with colourful displays and interesting anchor charts going up on our walls.

The girls have begun setting a variety of personal and academic goals that are both small and large and are now looking at the finer details of creating action plans to help make their wishes become reality. We look forward to sharing our progress and successes in the future.

In Mathematics we have been working on finding ways to assist in learning some of our times table facts that aren't yet completely mastered and using more mental strategies to solve addition problems.

But it is the sharing of stories that has made such a great impact on us all in exploring our individuality, creativity and our sense of belonging.

### School Camps – Save the Date!

Our Stage 2 and Stage 3 girls are getting excited about their up and coming school camps. The Year 3 and 4 classes will be heading to Lake Keepit – Gunnedah on Tuesday 27 March until Thursday 29 March and the Year 5 and 6 classes will be heading to Naamaroo, Sydney from Monday 26 March to Thursday 29 March, 2018. More information will be coming soon.

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.



## Netball Clinic

On Friday K-6 participated in a 'Netball Introductory Clinic' facilitated and implemented by Sophie Sincock, Regional Development Officer of the Northern Inland Branch of Netball NSW. The girls learnt how the game is played, ball skills and positions of the court. The girls had a wonderful time and it was lovely seeing our existing netball players supporting those who were experiencing this game for the first time.

## Events and Dates

Here is a brief outline of the term's events.

I hope you will find this useful;

JS Parent Teacher Interviews

20, 21 March 4-6:30pm

JS Easter Chapel Service

22 March 8:45-9:30am

Years 5/6 Excursion to Naamaroo,

Sydney 26-29 March

Years 3/4 Excursion to Lake Keepit

27-29 March

Good Friday 30 March-Easter break

Students return - Tuesday 3 April

IPSHA Cross Country Carnival, Sydney

- 7 April

Whole School Cross Country - 12 April

End of Term 1 - 12 April



## Junior School Sport

*Lucy Donaldson, Junior School Sports Coordinator*

### PSSA Swimming Carnival

It was a chilly start to the day on Thursday 22 February for the annual PSSA Swimming Carnival, where we had 14 Junior School girls competing; Kate L, Libby D, Amaal S, Bella M, Natashia B, Sophia S, Sophie Y, India S, Scarlett L, Ruby B, Amelie V, Maggie R, Alice B, and Holly D. By mid-morning it had started to heat up and jackets and tracksuits were swapped over for t-shirts, hats and sunscreen! All of the girls are to be commended on their amazing swimming results with many PB's and ribbons achieved on the day. Their great sportsmanship and cheering on of their team mates was wonderful to see. Thank you to all of our wonderful parents and friends who came along on the day to support the girls – your presence there was most appreciated by all.

A special congratulations to the following girls who received overall first, second or third places on the day:

**Holly Dauparas** 3<sup>rd</sup> 12 Years 50m butterfly

**Kate Loxley** 3<sup>rd</sup> 8 Years 50m freestyle

**Scarlett Loxley** 3<sup>rd</sup> 11 Years 50m Freestyle

### Isabella McKay

1<sup>st</sup> 10 Years 50m Freestyle

1<sup>st</sup> 8-10 Years 50m Backstroke

1<sup>st</sup> 8-10 Years 50m Butterfly

2<sup>nd</sup> 8-10 Years 200 Individual Medley

3<sup>rd</sup> 8-10 Years 50m Breaststroke

### Maggie Ryan

1<sup>st</sup> 12 Years 50m Freestyle

1<sup>st</sup> 12 Years 50m Breaststroke

1<sup>st</sup> 12 Years 50m Butterfly

1<sup>st</sup> 11-13 Years Individual Medley

1<sup>st</sup> Open 100m Freestyle

3<sup>rd</sup> 12 Years 50m Backstroke

**Senior Relay** – Scarlett Loxley, Alice Bourne, Ruby Broun and Maggie Ryan - 3<sup>rd</sup> Place

Well done everyone on a wonderful day of swimming and best of luck to the girls as they travel to Sydney to compete at the IPSHA swimming carnival on 6 March.



## Other Junior School Sport News

### Basketball

Basketball began on Monday 19 February. There are new rules around registering this year and information as to how to do this has been forwarded to relevant families. Please make sure you read this and register your daughter/s.

### Winter Hockey and Netball

Sign-Up Sheets will be put up on the Junior School noticeboard in Week 5 for both hockey and netball. Please discuss with your daughter if they would like to play and if you have any questions, please contact me via email [ldonaldson@plcarmidale.nsw.edu.au](mailto:ldonaldson@plcarmidale.nsw.edu.au). Games will be on Saturday mornings. Team sports are a great way to form and strengthen friendships along with learning to be part of a team. **Anyone from K-6 can sign up to play!**







## Around the Grounds Sports Report

*Peter Le Surf, Director of Sport*

The term is off to a flying start and the girls seem very excited to get back on the sporting fields.

Firstly, a big congratulations to our dedicated netball girls that made it into the ADNA representative teams for this season.

U15s	Sophia Grant
U14s	Emma Thompson
U13s	Lucy Young
U12s	Gabby Cotterell Annabel Kaberry Charlotte Baker
U11s	Teya Catterall Ruby Broun Zoe Webb

Well done girls and I look forward to hearing about your results throughout the season.

**Next, to our athletics girls.** Congratulations to our two 400m stars, who have both clocked personal best times and grabbed silver medals at the QLD State Junior Championships.

13 year old Bella Watts now takes sole ownership of the fastest female 400m time on record from the Armidale Athletics Club, clocking an astounding 57.95 seconds to win the silver medal in the U15 female division.

Gracie Martin hit the track a few minutes later, and despite being sick all week sliced nearly half a second off her personal best, running 59.35 to also grab silver in the u18 females. Gracie 's runs sits her as the 3rd fastest club female on record.



Bella also competed in the u15s 200m and placed 4th in Queensland with a time of 26.23.

Bella is now focusing on Australian Junior Athletics Championships to be held mid March and we would like to wish Bella the very best of luck for this event.

**The PLC Armidale Representative Hockey teams.** Trials were held last week and the girls were put through their paces by Greg Doolan and Blair Chalmers (both NSW State selectors). I would like to thank Greg and Blair for giving up their time to travel to Armidale and assist with the hockey selections.

I would like also to congratulate the girls on the efforts that they put in during selections.

The teams are as follows:

Opens Representative Team	Junior Representative Team
Mia Emanuel- GK	Heidi Martin
Mackenzie Constable	Naomi Martin
Sarah Askey	Laura Hayes
Lucy Quast	Laura Smitham
Pip Constable	Jenna Marquardt
Jorja Power	Piper Starr
Ella Atkin	Georgia Donoghue
Lucy Martin	Sophie McRae
Jessica Hughes	Bronte Dagg
Julia Chambers	Emily Peet-GK
Mary Flannery	Amelia Wake
Charlotte Caldwell	Rochelle Peet
Maddison Eccles	Maddison McCook
Finnlay Barr	Emma Dauparas
	Ellen Kirk

### Dates to remember

**Our trips to Sydney to play in the IGSSA competition are August 2-4 and August 30-September 1.**

**Come and Try Girls Rugby:** held at Rologas Fields on March 14, 21 and 28. A sign up sheet is on the noticeboard

**AFL come and try Day** has been postponed to Wednesday March 7. We do need a few more players for this to go ahead, So if you have every thought of playing AFL now is the time to have a go!



# PLC Armidale

## Representative Teams

## Information Evening

**Tuesday 13 March 2018** - Astra Arts Centre

5:30 pm - nibbles & drinks

6:00 pm - presentations start

Approximately 7:00 pm - conclusion

This is a compulsory event for all students wishing to play in any PLC Armidale representative team. We would encourage all parents to come along as well!

### Guest speakers:

#### **Diane Gray - "The Team Advantage"**

Diane Gray is the founder of Grayheart, a consultancy company specialising in team management and leadership development. Diane has worked with many business leaders and also many high performance athletes and shown them practical methods to develop skills that have allowed them to reach their full potential.

#### **Holly Harris - professional mountain bike rider**

Holly Harris is a local girl who has made it to the top of her chosen sport. Holly has narrowly missed selection into the Australian Mountain Bike team to compete at the Commonwealth games in April on the Gold Coast.

#### **Selena Chen - dietitian - "Eating for an Athlete"**

Selena has been with us before and now she come back to explore the differences between "eating for a regular teenager VS eating for an athlete". When you look on the internet, you will find many different opinions of what you should or should not be eating. Having changed the diets of some athletes and seen them rise to the top of their sport. Selena has a wealth of knowledge and experience to cut through the information and present a balanced look at diets.

Please RSVP to Mr Peter Le Surf: [plesurf@plcarmidale.nsw.edu.au](mailto:plesurf@plcarmidale.nsw.edu.au)

RSVP's to this event are preferred but not essential. We look forward to welcoming you all!





## Music Notes

Matthew Minter, Director of Music

### In House Concert

Congratulations to all the girls who performed in the first In House Concert for 2018 on Wednesday evening 28 February.

It was a very special evening as the audience were treated to a magnificent program of fine music presented by many of the talented musicians from both the Senior and Junior Schools. The repertoire was rich and diverse from a Telemann Recorder Fantasy to masterpieces by Faure, Haydn and Debussy.

Bravo to all the following girls for their exceptional performances.

Aaliyah Howarth, Nathea Ping Kee, Rachael Kenrick, Abigail Thompson, Gracen Moore, Emily Thompson, Gabrielle Cotterell, Laura Smitham, Isabelle Douglass, Teresa Yuan, Flurina Dettwiler, Anais Dettwiler and Kaylee Swick.

Thank you also to Robyn Bradley for her exceptional accompaniments during the evening.

### Encore Nomination

Congratulations to Agnes Thwaites, Year 12 class of 2017, for her Encore nomination for her HSC Music 1 Major Composition work titled *Two Minute Circus*. Bravo Agnes!

Congratulations also to the many girls who attended exciting National music events in the holidays including Isla Biffin and Elinor Warwick who attended the National Music Camp, Isla Biffin also performed as a professional harpist with the Australian Opera and Ballet Orchestra (see her report!).

Also congratulations to all those girls who were selected for the Gondwana National Youth Choirs and who attended the National Choral School in January including: Lily Graham, Isabelle Taylor, Clare Warwick, Gabrielle Cotterell, Lucy Quast, Emily Thompson, Abigail Thompson and Sarah Hughes.

### Ensemble Rehearsal Times

Please see attached copy of the rehearsal schedule for Music Ensembles.

As we prepare for the Eisteddfod it would be really appreciated if all girls involved in the ensembles please attend rehearsals as this is vital to ensure good performances in the competition.



## PLC MUSIC ENSEMBLE REHEARSAL SCHEDULE

ENSEMBLE	DAY	TIME	ROOM	TEACHER
Senior Choir	Monday	7:45am-8:40am	17	Mr Minter
Senior Choir	Monday	2nd Half Lunch	17	Mr Minter
Senior Strings	Tuesday	7:30am-8:40am	18	Mrs Fairs Wu
Junior Strings	Tuesday	10:45am-11:35am	18	Mrs Fairs Wu
Cello Ensemble	Tuesday	Lunch	18	Mr Jackson
Silver Strings	Tuesday	Lunch	Cottage	Mrs Fairs Wu
Bel Canto Vocal Ensemble	Wednesday	8:00-8:40	17	Mrs Dunham
Elective Choir	Wednesday	2nd Half Lunch	17	Mr Minter
Wind Ensemble	Thursday	7:50am-8:40am	18	Mr Minter
Year 11 String Trio	Thursday	Week A 7:45am-8:30am Week B 3:30pm-4:15pm	17	Mrs Tafra
Year 10-11 String Trio	Friday	7:45am-8:30am	18	Mrs Tafra
Treble Makers Vocal Ensemble	Friday	8:00am-8:40am	17	Mrs Dunham



program. I was selected to be a part of the advanced chamber program, which was incredible because I was able to play with the best of the best at NMC and play more advanced repertoire.

My group played a work

entitled 'Quintette Instrumental' by Villa-Lobos, written for flute, violin, viola, cello and harp. This is a rather unusual grouping of instruments, and although simultaneously rather funky and beautiful, the piece was very difficult to coordinate but it came together in the end and the experience was extremely rewarding. Elinor played in the general chamber program in a violin quartet, which she also really enjoyed. We were lucky enough to have two artists in residence who gave wonderful inspirational talks. I was very excited as one of the Artists in Residence, Marshal McGuire, was a harpist and I was able to see him perform and discuss all sorts of things related to harp – not to mention getting to have a play on his Baroque double harp. The other artist in residence, Ashley William Smith, was a clarinetist and was absolutely unbelievable. He taught us a valuable lesson that musicians are, in fact, athletes and that anyone serious about becoming a musician should be very aware of their fitness.

There were so many other wonderful things about NMC - the people you meet, all the young musicians and the friendships formed for life, the tutors who shared their invaluable knowledge, the conductors who were such an inspiration - and playing such incredible music and being a part of that AYO magic.

The two extraordinary weeks at NMC were perfect preparation for then taking up my first professional engagement as principal harpist with the Opera Australia Orchestra. I played in Opera Australia's production of Lehar's The Merry Widow at the Opera House, and through the course of the week I played 5 performances, with one night off in the middle. On that night I went to watch the show so I could see what was happening on the stage... it was out of this world. It was more than opera, it was opera meets Broadway meets musical theatre. The cast were super human - singing, dancing, acting - it seemed like a breeze to them. And it didn't stop there - the costumes, set and lighting were all impeccable. Not to mention the music - which I can proudly say I was a part of. The music was so fun to play, and it was so beautiful and well written. And getting to play it with such amazing musicians is a dream come true. Getting to live that dream for a week was truly incredible and I can't wait until it becomes a reality every single day.



## AYO National Music Camp

*Isla Biffin, Year 11*

During the holidays I was lucky enough to be a part of several incredible music experiences. I had an extraordinary time and those three weeks are some of the best of my life. It started out in early January when I headed off to Adelaide with Elinor Warwick to participate in the two-week National Music Camp - a program run by the Australian Youth Orchestra. It is the most prestigious music camp in Australia, and today 2 out of 3 professional Australian musicians in the classical field have participated in AYO camps. To be selected for my third NMC was a great honour for which I am extremely grateful. NMC has easily become the highlight of my year - and this time I really enjoyed getting to share it all with Elinor who was there for the first time. There were 3 orchestras - two full symphonic orchestras and a string orchestra, as well as programs for composers, stage managers and Words about Music for prospective music journalists.

For the first week Elinor and I were both in the Bishop orchestra, which was conducted by the incredible and inspirational Moritz Gnann. Moritz had come all the way from Germany and is a renowned conductor throughout the world - it was such a privilege getting to work with him. For the second week I played in both Bishop and Alexander, which meant I was able to work with Moritz again as well as with Christopher Seaman. Elinor and I both agreed that Christopher was one of the funniest conductors we had ever come across. His favourite word was Wally, and he somehow managed to use it as a verb, noun, adjective...it could do anything. He also liked to give people names that began with the letter of the instrument, so we had Horace the horn player, Bertha the Bassoonist, and I became Helen the harpist. Elinor and I played fantastic repertoire, including works by Debussy, Bernstein, Vaughan Williams, Dukas and more. Getting to play with a full symphonic orchestra was amazing, it was so inspiring to be around such incredible young musicians. Many conductors who have conducted Australian Youth Orchestras have said that there is a certain energy in AYO that they can't replicate in any professional orchestra they conduct, and when you are a part of something like that, it is truly magical.

Although the orchestra is the main focus of the camp, we also got to participate in several other activities, including the chamber music







## Development and Enrolments

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



### This year's "Opportunity Day" . . . aka "Scholarship & Information" Day

What a showcase it was for PLC Armidale earlier this week! It was very encouraging to welcome so many girls and families to our annual day, which provided the opportunity for everyone to ask lots of questions of staff and students alike. While the students sat the respective exams, the parents were able to hear more about PLC Armidale in the

various presentations by key senior staff: Head of Senior School, Mrs Anna Caldwell; Head of Boarding, Mrs Alison Spencer; Director of Sport, Mr Peter Le Surf; and Director of Music, Mr Matthew Minter, as well as from Principal, Mrs Nicola Taylor who was 'beamed in' via a video presentation on "Why All Girls?". We now look forward to having each of those applicants join the College in 2019 or earlier! Thank you to everyone who assisted in the organisation of this day.

*NB. Our All Rounder and Boarding Applications are also still available with submissions for Round One due before the end of Term 1.*

### PLC Armidale Old Girls – Afternoon Tea

It was lovely to meet so many PLC Armidale Old Girls, together with new OGU President, Mrs Kathie Marquardt, at last weekend's OGU Afternoon Tea. It was a very casual social gathering in the garden café, owned and operated by Mrs Lou Forsythe, herself a PLC Armidale Old Girl. Stories were shared and suggestions made. The girls are pictured here. We look forward to greater interactions and activity from our PLC Armidale Old Girls in the future.

## News ... News ... News ...

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



**PLC**  
PRESBYTERIAN  
LADIES' COLLEGE  
**ARMIDALE**  
— 1887 —

## PLC ARMIDALE COMMEMORATIVE BOOK - REPAST

# Pre-order FORM

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

### NUMBER REQUIRED

PLC Armidale Commemorative Book - REPAST

\_\_\_\_\_ copies @ \$49.95 per copy    \$ \_\_\_\_\_

Specially gift wrapped edition of REPAST in linen tea towel

\_\_\_\_\_ copies @ \$59.95 per copy    \$ \_\_\_\_\_

Collect from PLC Armidale    ☐    FREE

Delivery (@\$10 per book)    ☐    \$ \_\_\_\_\_

**TOTAL:**    \$ \_\_\_\_\_

### For overseas delivery OR bulk orders please contact:

Shona Eichorn, Director of Development

Phone 02 6770 1733

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

### Please complete this form and return to:

PLC Armidale, Locked Bag 5, Armidale, NSW 2350

or email to Shona Eichorn:

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



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

### PAYMENT

☐ **Cheque** Payable to PLC Armidale

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

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Cardholder's Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Expiry: \_\_\_\_ / \_\_\_\_    CCV: \_\_\_\_\_

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\_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

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

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## Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

### What is good Mental Health?

Much of the conversation about mental health these days focuses on mental illness. But there's more to mental wellbeing than simply being without mental illness. Think of mental health and a list of mental illness often springs to mind – there's depression and anxiety, eating disorders and addictions, schizophrenia and bipolar disorder to name just a few. Efforts to raise awareness of mental illness mean most of us are now somewhat familiar with the more common mental disorders, even if we've never had the personal experience of one. But in recent years, both researchers and clinicians have been moving away from viewing mental health in terms of the presence or absence of symptoms. Instead, they have been seeking to discover **what it means to be in good mental health, and what we can do to foster our own mental wellbeing.**

According to Tim Sharp, founder and Chief Happiness Officer at The Happiness Institute, the shift has been an important one. Rather than spending most of his time stopping people from being at their worst, he now devotes much of his working life to ensuring people are at their best.

Psychologist Martin Seligman has been raising the profile of positive psychology over the past couple of decades. Seligman's notion of good mental health boils down to five key domains that together form the acronym PERMA: positive emotions, engagement, relationships, meaning and purpose, and accomplishments.

Other researchers believe additional factors also play a role. Felicia Huppert, director of the WellBeing Institute at the University of Cambridge and Professor of Psychology at the Institute for Positive Psychology and Education at the Australian Catholic University, has been studying mental wellbeing for more than two decades. She describes mental health as being a spectrum. "At one end are the common mental disorders [of anxiety and depression] and at the other end is positive mental health, or flourishing." To define what it means to flourish, Huppert reasoned that attributes of positive mental health would be opposite those that define poor mental health. By looking at internationally agreed measures of depression and anxiety and defining the opposite of each symptom, Huppert distilled a list of 10 features of positive wellbeing. This list includes the five PERMA attributes, as well as emotional



stability, optimism, resilience, self-esteem and vitality. As such she says **Flourishing refers to the experience of life going well. It is a combination of feeling good and functioning effectively.**

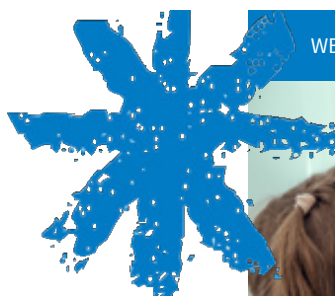
As a school we are aiming to put positive mental health at the forefront of the Pastoral Care Program and integrate as many experiences as we can. A number of practices that are being encouraged and have been shown to improve our mental health are mindfulness, using a gratitude diary, understanding optimism, having realistic expectations, social engagement through volunteering, as well as a healthy diet, exercise and getting adequate sleep - all of which play a role in how the individual thrives and flourishes.

Look out for the **tips for a healthy headspace** posters in the classroom and halls so you can look out for your mental health and wellbeing everyday...



## The power of gratitude for a happier life

by Dr Jodi Richardson



### Dr Jodi Richardson

*Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](http://drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://facebook.com/DrJodiRichardson). Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)*

*More than just a nice feeling, gratitude is integral to happiness. If we can inspire and cultivate gratitude in our children, we're doing so much more than teaching them to be polite by saying 'thank-you'. We're helping them develop a strength that will positively affect their mental health and wellbeing over a lifetime. It's that powerful.*

Remember how many times you had to remind your kids to use their manners all those years ago? I know, probably too many! Still reminding? You're not alone! In the same way good manners eventually become a part of daily life, sincere gratitude will too. It's worth persevering.

### Benefits of a grateful mindset

The science tells us that compared with those who don't, people who practice gratitude are more enthusiastic, more determined, perform better at school, are more likely to avoid risky behaviours, experience less depression and envy, are more kind and helpful, sleep better and are 25 per cent happier.

Adolescents with a grateful mindset are more optimistic and experience greater social support, which is essential to their health and happiness. They experience more fulfilling friendships and family relationships, are more content in themselves and with their school, have higher grades and are less focused on material possessions.

There's simply no down side!

Practicing gratitude is a sure-fire way to boost happiness, something we absolutely want for ourselves and for our children. In addition, teaching our children genuine appreciation helps them develop strong relationships over the course of their lives, and we know that strong relationships are critical to our overall happiness.

Gratitude isn't just good for the giver either. It's wonderful for the recipient too. Do you remember how you felt the last time sincere gratitude was expressed to you? It lifts our spirits, boosts our mood and inevitably strengthens our relationship with the person expressing their thanks.





**Where do I start?**

The best way to teach gratitude is for us as parents to role model it. When you're feeling grateful, tell your kids and explain why. If you do something kind for someone to thank them for helping you, share your story over the evening meal. Like all values we want for our kids to embrace, it's 'monkey see, monkey do'.

Different families teach gratitude in different ways. The trick is to introduce a gratitude practice that doesn't feel like a chore. Even if there's a little resistance at first, don't give up. It feels good to be grateful, so it should eventually become something that doesn't need too much of a nudge.

**Supporting your child to become more grateful begins with teaching three fundamental ideas:**

1. Awareness that someone has purposefully done something to benefit them.
2. Awareness that taking action to provide you a benefit cost that person in some way.
3. Understanding that the benefit of that person's actions is valuable to them.

**There are loads of fun ways to practice gratitude. Here are a few to get you started:**

- Regularly express sincere gratitude to your partner and to your children, explaining why.
- Prompt your kids to note things they're grateful for in colourful textas on poster paper on the fridge.
- Paint a wall in chalk paint for your family to artistically (or not!) express their gratitude using chalk.
- Ask each family member what they're thankful for each evening at dinner.
- Stop to savour and appreciate the little things like a beautiful flower or a colourful sunset.
- Find the silver lining in difficult circumstances.
- Relive happy moments together.
- Hold hands at the dinner table and thank the person who prepared the food.
- Ask the kids to take photos of the things they're grateful for.
- Keep thank-you notes at the ready and let the kids know when you write one and why. Encourage them to do the same.
- Encourage a contribution from your kids' pocket money towards something they want.
- Start a gratitude journal and invite the kids to make contributions.
- Encourage your kids to help others.
- Help your kids reflect on what they're grateful for, last thing at night.
- Start a gratitude jar and each weekend spend time reading over the notes within.



It's really about finding the right fit for your family. You may need to try a few different ideas. You don't even have to do it everyday, even just a few times a week works well, though it is good to get into a routine with it.

Lastly, Associate Professor Jeffrey Froh, a leading authority on gratitude in young people, tells us that "the deepest sense of gratitude in life comes from connecting to a bigger picture, to an issue that matters to others, and doing things that contribute to society down the road."



Knowing this we can also be on the lookout for opportunities to fan the flames of our childrens' passions and yearnings to make a difference in the lives of others. Step-by-step, day-by-day, we can raise grateful young people who are happier because of their perspective, and who lead rich and fulfilling lives because of what they do for others.



## Viper Squad Athletics, with Jay Stone

### The Coach

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



### The Athlete



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

### The Training

- Group sessions run seven days a week at Harris Park in Armidale
- All new athletes get 5 free trial sessions
- All ages and abilities welcome
- Private sessions/field event training by appointment
- Mobile: 0402 498 059      email: just\_glyding2@yahoo.com





— NSW —  
**RUGBY UNION**



## Calling all **GIRLS RUGBY** enthusiasts **March 14th, 21st & 28th**



Come and Try women's Rugby Union  
Wednesday, 14 March 2018 3:45pm

**Ages:** 6-17

**What to bring:** Water bottle and mouth guard

**What to wear:** Suitable exercise clothes and shoes / boots & hat

**Location:** Rologas Sports Fields, Taylor Street, Armidale

**Cost:** **FREE**

**Register Online:** <http://www.armidaleregional.nsw.gov.au/community/sport-and-recreation/get-active-armidale/register->

## PLC Armidale seeking Sports Coaches

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

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

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

### Successful Applicants will:

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

A current Working with Children Check is essential.

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

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



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

Educating successful women of tomorrow in a Christian environment

In alliance with **PLC SYDNEY**



## 3rd Kids Clothing Bazaar Armidale

**Friday, 16<sup>th</sup> March 2018, 2-5pm**

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

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

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

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

Visit us on facebook: Kids clothing bazaar Armidale

It's on Again!



2<sup>nd</sup> & 3<sup>rd</sup> of March

## Armidale & New England Show



What's on for the kids?

Friday 2<sup>nd</sup> of March:

- ❖ Treasure Hunt, starting at 10am on Schools Day, teachers will have the opportunity to take their students around the showground searching for Showground treasure.

Saturday 3<sup>rd</sup> of March:

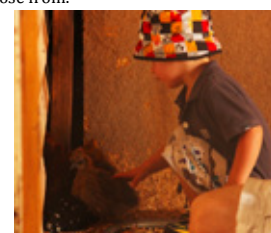
- ❖ Pet Show, 9am start with 16 classes to choose from.

Children's Work:

- ❖ 41 classes to enter
- ❖ Classes vary from artwork, pottery & Lego

Pavilion Exhibits:

- ❖ Cookery- Junior Section
- ❖ Wool- Child's Pet Section
- ❖ Farm Produce- Junior Classes
- ❖ Scrapbooking- School Section
- ❖ Photography- 12yrs & Under
- ❖ Decorated Cakes- Junior Section



\*\*For more information and things to see at the Armidale & New England Show, visit <http://www.armidaleshow.org.au>\*\*





For more information please call 1300 136 833  
or email [sportscouncil@armidale.nsw.gov.au](mailto:sportscouncil@armidale.nsw.gov.au)

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



**ARMIDALE**  
Regional Sports Council

**Come  
& Try**

**GET ACTIVE**  
**7 - 20 March 2018**

### Netball

Wed 7  
Time: 4.00pm - 5.00pm

### Zumba Dance Fitness

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

### Boxing

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

### No Lights No Lycra Armidale

Thu 8 & 15  
Time: 6.30pm - 7.30pm

### Muay Thai

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

### Mountain Biking

Thu 8 & 15  
Time: 5.00pm - 6.00pm

### Road Cycling

Sat 10  
Time: 3.00pm - 4.00pm

### Hollywood Circuit

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

### Group Fitness – Sisbock Fitness

Mon 12  
Time: 6.00am - 6.35am

### Physical Culture

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

### Australian Dance Enterprises

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

### Cub Scouts

Tue 13 & 20  
Time: 6.00pm - 7.30pm

### Scouts

Wed 7 & 14  
Time: 6.30pm - 8.30pm

### Junior Rugby Union

Wed 14  
Time: 3.45pm - 5.45pm

### Information Session: Eating Well in 2018

Thu 15  
Time: 6.00pm - 7.00pm

### Bell Ringing

Thu 15  
Time: 5.30pm - 7.30pm

### Rowing

Sat 17  
Time: 8.30am - 10.30am

### Body Pump @ Sport UNE

Wed 7 & 14  
Time: 1.00pm - 2.00pm

### Mobility Plus (Aged & Rehab) @ Sport UNE

Thu 8 & 15  
Time: 9.30am - 10.30am

### Yoga @ Sport UNE

Fri 9 & 16  
Time: 8.00am - 9.00am

### RPM @ Sport UNE

Sat 10  
Time: 8.00am - 9.00am

### Body Balance @ Sport UNE

Sun 11  
Time: 5.00pm - 6.00pm

### Fitness Plus @ Sport UNE

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

### Pilates @ Sport UNE

Thu 15  
Time: 1.00pm - 2.00pm

### Silver Sneakers @

### Healthy Inspirations (55+ yrs)

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

### HIIT-IT @ Healthy Inspirations

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

### Healthy Pump @ Healthy Inspirations

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

### Healthy-fit @ Healthy Inspirations

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

### Zumba @ Healthy Inspirations

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

### B-Fit @ Healthy Inspirations

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

### Monkeynastics @ PCYC (3-5yrs)

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

### Lunch Box @ PCYC (13+ yrs)

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

### Morning Burn @ PCYC (17+ yrs)

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

### Morning Burn @ PCYC (17+ yrs)

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

### Boxfit @ PCYC (13+ yrs)

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

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

**ARMIDALE**  
Regional Council



# Musica Viva Armidale

Inspiring Audiences since 1954

*"beautiful chamber music and virtuosic performances"*

## ANNOUNCING 2018 CONCERTS

### Thursdays @ 7pm Concert Series



#### **Karin Schaupp & Umberto Clerici**

**Thursday 5 April @ 7pm - Armidale Town Hall**

[www.trybooking.com/TDGU](http://www.trybooking.com/TDGU)

In 2018 they continue their critically acclaimed collaboration with a programme exploring song throughout the ages. From gentle Spanish lullabies to fiery contemporary works, from Schubert to De Falla, Clerici and Schaupp reinvent beautiful melodies with lush accompaniments for the unique and intoxicating combination of cello and guitar.



#### **Richard Gill and Sydney Chamber Choir**

**Thursday 3 May @ 7pm - Lazenby Hall UNE**

[www.trybooking.com/TDGY](http://www.trybooking.com/TDGY)

The human voice is the most expressive of all instruments, and this concert features some of the great masters of choral writing: Hildegard of Bingen's ecstatic melodies; exquisitely passionate madrigals by Monteverdi and Gesualdo; the lush harmonies of Brahms and the delicacy of Debussy; and three thrilling Australian choruses for a mighty finale.



#### **Goldner Quartet**

**Thursday 8 November @ 7pm - Armidale Town Hall**

[www.trybooking.com/TDHC](http://www.trybooking.com/TDHC)

Approaching their 25th anniversary in 2020, Australia's premier string quartet remain in demand internationally as performers and recording artists. The Goldners bring unmatched musical intuition to every phrase. It's this closeness that makes them so appealing to watch in performance – every motion and every glance appears in the music as well.

#### **More Information:**

New England Conservatorium

Phone: 6788 2137

Email: [marketing@necom.org.au](mailto:marketing@necom.org.au)

[www.necom.org.au](http://www.necom.org.au) [www.musicavivaarmidale.org.au](http://www.musicavivaarmidale.org.au)

