

lion's roar

TERM 3 • 21 JULY 2017 • VOLUME 283



From the Principal

Mrs Nicola Taylor, Principal

Welcome to Term Three

The Astra Arts Centre was full on Tuesday morning as students and staff gathered together for the Term 3 Commencement Service. We welcomed some 22 new students to the College, across both section of the College and the PLC Pathways program. It is good to see a growing number of parents and families joining us at this service each term providing an opportunity especially to welcome the international families who were there.

A theme I have taken up with the girls at assembly this year has been an encouragement to "Do Hard Things", often by sharing the story of a person who has been willing to take a risk, have a go, make a difference or strive against adversity. The girls have been encouraged to identify something that is challenging for them, to strive to improve, rise above or overcome. The commencement of a new academic semester, provides an opportunity for students to reflect on the lessons learned in Semester One to set goals, reduce distractions, be more engaged in class, not leave tasks to the last minute, or simply to choose study over screen time.

Doing hard things will look different for different people. It might be to take a stand for what is right, even if this is not the choice peers make. It may be simply a willingness to step outside a comfort zone and try a new sport, make a new friend, advocate for a worthy cause. When we acknowledge or applaud the accomplishments of our students, it is with a recognition that their achievement is the result of application, persistence and dedication. When faced with choice, the discipline to do something challenging or to take the road less travelled.

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calendar^{OF} events

21 JULY TO
4 AUGUST 2017

Years 1 and 2 (22) to UNE Museum of Education	21-7-2017
PLC Armidale Exchange Students	
Year 10 to St Andrews	22-7 to 13-8-2017
Boarders Christmas in July	25-7-2017
Group Photographs	25-7-2017
Duval High School Careers Festival	26-7-2017
In-House Concert	26-7-2017
Principal's Tour to Scone and Quirindi	27-7-2017
IGSSA Trip 1 - Netball and Hockey	27-29-7-2017
Year 5 HSIE/Science Excursion to Dorrig Nat. Park	28-7-2017
Boarding Schools Expo - Tamworth	28-29-7-2017
Boarders' Church Service at St Paul's	30-7-2017
ICAS English Competition	1-8-2017
Junior School Parent/Teacher Interviews	1-2-8-2017
PLC Armidale Foundation Meeting	3-8-2017
Year 10 Information Evening	4-8-2017

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The Starry Night of Languages on Wednesday showcased the willingness of students to do something hard. A recent press article highlighted the challenge facing Australian school students to study a language other than their native one. Despite the well researched benefits, academically and culturally, of second language acquisition programs, the study of foreign languages in Australian schools is at an all time low. In the 1960's over 40% of students studied a foreign language, declining to around 10% last year. Despite the increased number of students in NSW completing the HSC program, the language courses are in decline with only 80 students studying Indonesian (Continuers) for example, once one of the more popular languages studied at school.

At PLC Armidale, we continue to defy the odds. Not only has the number of students choosing to study languages at the College increased steadily but also the range of languages being studied. French, the most popular foreign language in NSW schools is taught each year from Pre-Kinder to Year 8 then offered as an elective from Years 9 to 12. German is taught in Stage 4 (Years 7 and 8) then also offered as an elective from Years 9 to 12. Knowing the value of foreign language learning, we have chosen to extend the offering to students by providing access to other languages not taught at the College through the NSW School of Languages, the largest provider of foreign language courses in the State. These students are mentored and supervised by our language teachers. Girls studying languages as diverse as Latin, Italian, Mandarin and Chinese Heritage also showcased their learning on Wednesday evening, along with our French and German students and an impressive performance by two of our PLC Pathways students keen to demonstrate their growing fluency in English.

I wish to acknowledge the hard work, commitment and passion for the study of Foreign Languages shown by Herr Chris O'Neill and Madame Sarah Peters, who showcased not only their own language proficiency but also their acting skills with passion at the Starry Night of Languages. It was a wonderful evening well attended by our community and special guests.

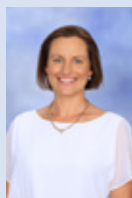
Congratulations also to the following students for the hard things they did over the break. In particular, Gracie Martin (Year 10) who was selected to represent regional NSW in the Oceania Area Championships held in Fiji with Gracie placing 5th in the 400m event. Congratulations also to Pip Constable (Year 7) who has been selected for the u13s State Hockey Team.

Our Commencement Service provided a fitting opportunity to congratulate Emma Barnier (Year 12), a state level gymnast, upon receipt of the Pierre de Coubertin award which recognises the contribution of secondary students who display values consistent with the Olympic Movement through participation in sporting activities.

In addition, Lucy Quast and Mia Emmanuel, both in Year 10 toured Estonia and Latvia having been selected for the Gondwana Voices International Tour. Isla Biffin, also Year 10 who has been selected to play with the Australian Youth Orchestra had the opportunity to perform during the holidays with the renowned Australian Composer, Nigel Westlake. Congratulations to these students and thank you for being such great ambassadors and role models of PLC Armidale.

In addition to new students at PLC Armidale, this week we also welcomed Mrs Rebecca Eastment and Mrs Joanne Wysel who have joined the teaching team in PLC Pathways. I have informed the Boarding Community that Margot and Murray Ball have indicated to the College their intention to retire from the Heads of Boarding role towards the end of 2017. Given the importance and uniqueness of this position, we intend to undertake an extensive recruitment process this term through print and digital media. We are appreciative to the Balls, and Margot in particular for their care and concern for the Boarders and their desire to create a home away from home experience for each girl.

We look forward to another busy and demanding term ahead providing opportunity for each one to do hard things for the benefit of self, others and community.



Senior School Notes

Anna Caldwell, Head of Senior School

Welcome back to school for Term 3, the start of Semester 2

After our three-week holiday, filled with sport and Duke of Edinburgh's Award expeditions it is good to be back at school. I especially enjoy the first few days back, listening to the excited chatter and sharing of holiday stories and the girls greeting each other as though it has been years since they last saw each other!

I would also like to warmly welcome all our new students and families who are joining us this term.

Group photographs

Our School Group photographs day is on Tuesday 25 July.

Prefect Leadership

This term is officially the last term of school for our wonderful Year 12 students and we look forward to celebrating their time at school with them through their Final Assembly, Valedictory Assembly and Dinner. This term is also an important term for our Year 11 students, as they are handed the leadership baton and take on the role of being the most Senior Class of the College.

Year 11 students have the opportunity to nominate for all Prefect positions with nominations and manifestoes being due in to the office by 3.30pm, Friday 18 August, which is the end of week 5. Speeches will be given in week 6 and interviews will be held for the Head Prefect, Deputy Head Prefect and Spiritual Leaders in week 7. Voting will take place in week 8.

Hawkesbury Canoe Classic

This year is the 41st Hawkesbury Canoe Classic, and it will be held on 28 and 29 October. If you are interested in participating in this event this year, you are to sign up on the Sports Notice Board. Training is on Sunday mornings at Malpas Dam, usually from 8.30am – 12pm. This event is open to any student from Years 9, 10 and 11, who will be 15 years or over by 27 October. Paddling crews can be made up of student pairs or a student and a parent, eg. Mother / daughter or Father / daughter.

Socials

There will be a Middle School Social and Senior School Social on Friday 18 August. The Middle School Social is being hosted by NEGS and the Senior School Social is being hosted by TAS.

All girls are to be at the bus bay at PLC at 6.45pm to have their names marked off the roll and they will all be transported together to their venues by an Edwards bus. The Socials run from 7pm - 9pm. A bus will collect all our girls and return them to PLC where they are to be collected by 9.15pm. No PLC students are allowed to be picked up from TAS or NEGS without prior arrangement with Mrs Caldwell. All students are to familiarise themselves with and adhere to the Socials Protocol, which can be found in their school diaries, in regards to dress code and expected behaviour.

Students will sign up for the socials in pastoral care.



Curriculum Matters

Trent Donaldson, Head of Faculties

Year 10 Subject Selection Evening

This information evening will take place on Friday 4 August 2017. The evening will consist of a presentation from myself around the changes to the Higher School Certificate, ATAR and subject selection process. This will be followed by some short presentations from various teaching staff about the subjects on offer in 2018 and 2019.

We will record the evening, for those parents unable to attend.

Year 12 HSC Trial Examinations

These examinations will take place in weeks 4 and 5 of this term. All girls have received their examination timetable.

Year 11 Preliminary Examinations

These examinations will take place in week 9 of this term.

SPEECH EXAMS

Jan Patterson and Kylie Alcorn

The speech exams will be held in Week 4 this term between 7 and 10 August.

The timetable should be ready by Friday and parents and students will be notified of your time.

All students will need to make a special individual rehearsal time for their exam during the next three weekends. Some boarders may be able to do their rehearsal during prep time in the evenings. The examinations will be held in the drama room this year and preparation will take place in the kitchen across the walkway from the drama room. Please email me if you have any questions on jpatterson@plcarmidale.nsw.edu.au

**French and German
Language Departments
Second Annual**

Starry Night of Languages





Having a Whale of a time!

Anna Caldwell, Duke of Edinburgh's Award Leader

Trial Bay Goal at South West Rocks was the starting point of the Bronze Qualifying expedition on the first weekend of the last holidays. 12 girls hiked from the Goal along the coastline to Smoky Cape Lighthouse, enjoying glorious sunshine, whales splashing out at sea and learning some interesting history about the area along the way. We camped at Hungry Camping Ground south of Hat Head and relaxed to the sounds of crashing waves as we gazed up at the amazing milky-way overhead.

The second day started with fun on the sand dunes followed by a hike up to Hat Head and around Korogoro Point. Everyone enjoyed the stunning views, the sandy beaches, and splashing about in the waves at the end of the hike. We saw numerous whales and one pod of dolphins to add to the excitement and enjoyment of the weekend. The girls demonstrated great camp craft and group skills and learnt how important it is to navigate and know where you are at all times! I look forward to seeing them all complete their Bronze Awards this year and take on the challenge of the Silver Award.

I would like to thank Mrs Kirsten Hey and Mr Will Caldwell who were our fabulous bus drivers and supervising staff on the hike. Without the help of amazing volunteers such as these, our Duke of Edinburgh's Award Expeditions would not be able to run, nor would they be as much fun!

Thank you.





Junior School News

Fiona Wake, Head of Junior School

Welcome Back!

I hope you have enjoyed special time with family and friends and enjoyed the mid year break. My family and I have travelled over 7000km exploring this sunburnt country of sweeping plains, ragged mountain ranges, droughts and flooding rains and may I say there is no place like home and no place more beautiful than the New England Tablelands. The view from the top of Uluru is no more beautiful than the view from my kitchen window and Kings Canyon and the Olga's, *Kata Tjuta*, are grand, however no more outstanding than the gorges throughout the New England region. The Adelaide Hills and Barossa Valley are pretty and so too is Dorriggo and Bellingen. It is so important we see the beauty in simple things and not take what we have for granted. The grass is no greener over the fence than the grass beneath your feet.

Travelling across four states of Australia was an amazing experience and it was so invigorating watching my girls enjoy the unravelling landscape, stand excited by its variance and amazed by its wonders. The DVD's were minimised and the i-pads were less attractive when there were so many new things to see and explore. Thank goodness for Satellite Navigation, it solved a lot of potential disputes, Is it possible to lose your way on a road that stretches from North to South straight through the middle of the county – ask the Wakes, I am still looking for Maggie Beers Farm Stay Restaurant and the Broken Hill Camel Safari rides.

The teacher in me could not be contained throughout our trip. I had the girls tallying and graphing the percentage of passers that nodded, waved or saluted as they passed us by. The acknowledgment received when covering these long stretches of isolated roads was incredible, the grey nomad salute, the one finger wave and the outback nod creates a warm welcoming feel in unfamiliar territory and rouses a sense of belonging and shared patriotism for our beautiful and safe country. This is the same feeling I get from the community here at PLC and when I observe the girls excitement when they greet or spot a peer in the street, in the shopping mall or on a boat in London on the Thames as two PLC families discovered. What is the chance? It certainly is a very small world.

We counted the number of kangaroos, emus, camels, wild brumbies and goats along our way. The goats were a clear winner quite a disappointment really considering they are an introduced animal who way outnumber our natives it appeared. We tasted kangaroo, buffalo, crocodile and emu – the winner we voted as buffalo and the clear loser the kangaroo. An outdoor classroom, 'seeing *is* believing' and tactile experiences plant in our memories a lot more readily. The 'WHY' question was asked time and time again and the answers were right at our fingertips with Google at hand, and when we had service – our explanations a little sketchy it seemed once clarified when we were on air again. We are all experts these days as long as we keep asking the question Why?, remain engaged and interested enough to learn and discover the World Wide Web at our disposal. Our family experience is just one of many as I am very aware that many of our PLC families have travelled near and far to create memories, touch base with loved ones, invigorate curiosity and learn about a very big world outside of Armidale. Others have enjoyed the simple pleasures Armidale has to offer without the manic rush to race the clock and be ready for school on time???? A challenge we all can relate to! **Welcome back to Term 3.** I look forward to reuniting with the students and our PLC families and listening to them recount their own holiday experiences.

What is happening over the following weeks in the

Junior School? Homework Centre

WEEK: beginning 17 July to 14 August

WEEK 1

- Welcome back
- Year ½ Armidale Museum excursion
- Homework Centre OPEN

WEEK 2

- Pre K - 6 Gymnastics begins for the term
- School Tree Day on Friday
- Year 5 Dorriggo Rainforest Excursion

WEEK 3

- English ICAS
- Parent Teacher Interviews Tuesday and Wednesday

WEEK 4

- PSSA Athletics Carnival Armidale High School
8:30am departure from PLC via BUS and parents/
careers are to organise transport for their
daughter/s from the carnival
- OPEN Day/OPEN Classrooms and Colin Buchanan
Concert **Friday 11 August**

Further details regarding these events
will be forwarded to you when required.

Buchan Cottage is looking fantastic and has reopened. Thank you once again for your patience and understanding whilst renovations were taking place over the previous weeks. It was well worth it as the Homework Centre is looking fabulous and is much warmer, brighter and more like home!

BOOKING Procedure – Yellow slips are available from Emma Young's desk. When you complete the booking form please pass it on to Emma and she will see to it that it is passed on to Rosemary Richards. Alternatively, you may ring Emma and she will fill this form in on your behalf and pass it on accordingly. If you are unable to make the 3:45pm pick up time at the front gate, the supervising teacher will chaperone your child to the Homework Centre where they will be booked in on arrival. The procedures mentioned above will ensure your daughters are safe and accounted for at all times. If alternative arrangements need to be made, please email myself and cc your child's teacher also. If your daughter is to be picked up by someone outside of your family or someone the school does not have as a contact, please inform the school.

Premier's Reading Challenge

The 2017 Challenge commenced on Monday 6 March and closes Friday 25 August (midnight) for students. 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!



We invite you to
**take a closer
 look at our**



Junior School

We will be opening our doors to the
 community from 12 noon to 1.45pm

FRIDAY 11 AUGUST 2017

Walk through the classrooms, talk with our staff and students,
 enjoy a sausage sizzle lunch and join us for the
 Colin Buchanan concert at 2pm in the Astra Arts Centre.

RSVP juniorschool@plcarmidale.nsw.edu.au

by MONDAY 7 AUGUST 2017



Around the Grounds Sports Report

Peter Le Surf, Director of Sport

It has been a great start to a busy term.

Congratulations to Emma Barnier on receiving the very prestigious Pierre De Coubertin Award.

This is an award, presented by the NSW Olympic Committee to a high school student that has displayed the Olympic traits of fair play, sportsmanship, teamwork and commitment to their sport.

This award can only be won once in your entire life and a school can only nominate one person per year to receive the award.

Many of those who have received this award since it began in 1993 have gone on to represent Australia at the Olympic Games.

So again, congratulations to Emma.

Looking at this award and the Olympic Creed, I think of our teams about to head to Sydney next week to compete in Athletics, Netball and Hockey. "The important part is not to have conquered, but to have fought well!"

Too often we look at results to determine whether a team is successful or not. When I worked at the Academy in Perth and we were looking at young players wanting to make a career in tennis, one of the qualities we looked for was not just talent. It was simply, did they enjoy competing? Did they actually love to get out on the court, every day, and enjoy fighting it out with someone? If not, then they were not selected, despite their talent, because fighting it out on the court was going to be their "job".



When we, as a PLC Armidale Representative Team, get on the field, do we love the fight? Do we get up in the morning and really look forward to the game? Not based on the result, but based on the fact that we get the chance to compete.

Do we fight as hard as we can to put our best effort into every minute of the game? Something we must ask ourselves.....

Representative Team Information Evening

I realise that it is a busy term, however, just a reminder that we have another information session for our representative teams and their parents coming up this week. On Tuesday 25 July, 6:00 for 6:30pm we have Rob Tindale (Physiotherapist) presenting "Tips on Injury Prevention" followed by Stan Gilchrist (Father of Adam Gilchrist, former Vice-Captain of Australian Cricket Team) presenting "Advice for Parents of Talented Athletes".

This will be followed by a short presentation on the PLC Armidale Sport Supporters Group, an initiative this year to the College.

I look forward to seeing you all on Tuesday as this evening is open to all students, their parents, and community.



Development and Enrolments

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

There is so much happening this term, so hang on for the ride!



Principal's Regional Tour – continues next week to Scone, Willow Tree and Tamworth.

Should you know any families in these areas, please extend an invitation to them!

Boarding Schools' Expo

We will be showcasing PLC Armidale at the final Boarding Schools' Expo in Tamworth, next week on July 28/29 at the Tamworth Town Hall from 12noon – 6pm on the Friday and 9.30am – 3pm on the Saturday.

PLC Armidale Foundation Annual Giving 2017

Thank you to all the members of our community who gave generously to this year's Annual Giving campaign. Every contribution is much appreciated and assists the Foundation in their work to grow both the Building and Scholarships Funds.

Junior School Open Classrooms (and Colin Buchanan performance)

PLC Armidale Junior School will open its doors to the whole community on Friday August 11 from 12noon – 1.45pm. The day will include a walk and talk with staff and students in the classrooms, a sausage sizzle as well as joining in the fun of the Colin Buchanan concert from 2pm in the Astra Arts Centre/Gym.

Commemorative Book – you won't want to miss out!

Just imagine a beautifully cloth bound, hard cover, commemorative coffee table book which can be used as gifts for Graduations, 21st Birthdays or even Weddings or just used for the every day!!

Stories about real people, and real experiences lived through their times at PLC Armidale.

This is what a small group of enthusiastic PLC Armidale Supporters are current compiling in order to celebrate the College's 130 years.

People live on through their recipes, so too do organisations through contributions from their people.

Please submit any recipe or story ASAP. It doesn't have to be a lengthy story/recipe, it just has to be YOUR story or recipe or photo. Authenticity is what we are seeking, not perfection.

If you're unsure what you can contribute, please contact Shona.

Thank you to all those people who have already submitted an item for the PLC Armidale Commemorative Book. People live on through their recipes, so too do organisations like our College. Have you organised your recipe or story yet? Please email Shona ASAP at development@plcarmidale.nsw.edu.au

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Principal's ²⁰¹⁷ Regional Tour

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

TERM 3

SCONE / QUIRINDI Thursday 27 July

TAMWORTH Friday 28 July

WALCHA Friday 18 August

URALLA Tuesday 22 August

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



We will also be exhibiting at the **Boarding Schools' Expos:**

TAMWORTH 28 & 29 July

AGQUIP @ Gunnedah 22-24 August

 CELEBRATING 130 YEARS IN 2017

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

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

Educating successful women of tomorrow in a Christian environment

In alliance with **PLC SYDNEY**



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Sport Supporters' Group (SSG)

With a growing interest in sport and its development at PLC Armidale, the time was right to establish a parent supporters' group at the College.

What and Who is it?

Any parent can join! It is a group established for parents of the whole College who would like to support and assist Sport at PLC Armidale.

The main purposes of the SSG are:

- To foster and build community through sport sidelines at PLC Armidale.
- To generate some funds to subsidise costs of sporting activities eg. IGSSA trips, through various planned activities.
- To recognise the contributions made by our parent community to sport at the College.

The Group will be co-ordinated by the Directors of Sport and Development and has a nominated parent Chair, who in the inaugural year is Mr Greg Stier (father of Chloe, Year 11).

When Is It? What Does it Involve?

The Group will meet regularly each term to plan activities. You just need to nominate yourself by contacting either Director of Sport, Peter Le Surf or Shona Eichorn, Director of Development, and contribute as much or as little as you're able. You just need to be a passionate supporter of sport at PLC Armidale to join! The Group's first activity will be a social gathering at the first IGSSA weekend for Hockey and Netball in Sydney on Friday July 28. Please see the invitation attached.



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)** which will be officially launched at the Sport Presentation Night on Tuesday 25 July at 6pm).

WHERE Courtyard by MARRIOTT Hotel, 7-11 Talavera Rd, North Ryde



WHEN Fridays 28 July & 25 August

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 21 July** to plesurf@plcarmidale.nsw.edu.au or aa@plcarmidale.nsw.edu.au

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

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PLC Pathways News

*Chris Spencer,
Director PLC Pathways*

PLC Pathways is experiencing significant growth this term! For the first time in a number of years, Austin House is full!

We have 17 new students arriving to join our intensive English program from China and now also, Thailand. It is very exciting to be able to welcome so many new girls to the school and enjoy the very present energy of such rapid growth.

There is also a very sobering sense of obligation as we take responsibility for these young women. To deliver a daughter to a College in a far land is a difficult experience for many of our overseas families. It is a demonstration of the trust they have invested in us to look after their daughter's education and opportunities.

Our Pathways girls are increasingly gaining confidence to make use of the opportunities that the College offers in the way of sport and co-curricular activities. This has been helped immensely by the warmth of welcome by the Australian girls who are continuing to take the time to make friends and show them the ropes of their areas of interest. Thank you to all the girls helping out in this way.

PLC ARMIDALE hosts

COLIN BUCHANAN

A **LIVE** CONCERT
FOR CHILDREN



2pm Friday
11 August
2017

TICKETS \$8 EACH
PLC ASTRA ARTS CENTRE /
GYMNASIUM

BOOK AT:
[HTTPS://WWW.TRYBOOKING.COM/QFQK](https://www.trybooking.com/QFQK)

ENQUIRIES:
development@plcarmidale.nsw.edu.au
02 6770 1700

PROUDLY
BROUGHT TO
YOU BY



COLIN BUCHANAN

Calvary Road Singer/Songwriter Show

7pm Saturday
12 August 2017

A ticketed concert for the New England community

Join Colin Buchanan in concert for the Calvary Road Singer/Songwriter Show sharing stories in song of ordinary people, living ordinary lives. Colin's rustic sensibility collides with his faith as never before in a way that's fresh and arresting and will be entertaining. This songwriter concert has limited seating so book now!



TICKETS \$20 PER PERSON (light refreshments available)
PLC ASTRA ARTS CENTRE

BOOK AT: [HTTPS://WWW.TRYBOOKING.COM/QFQR](https://www.trybooking.com/QFQR)

ENQUIRIES: development@plcarmidale.nsw.edu.au 02 6770 1700

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parenting ideas insights



Anxiety in Primary School Kids

By Dr Jodi Richardson

Anxiety affects people from all walks of life, and lots of kids have it. If that's what's happening in your family, your little one is lucky that you know, care, and are seeking answers.

The idea that one of our kids might be experiencing anxiety sets off all sorts of alarm bells in us as parents. It's fair to say it makes us anxious ourselves, and has us asking all sorts of questions like "What does it mean?", "What's 'normal'?" and "What can I do to help?"

Like anything else in life, the more informed we are about anxiety, the calmer and more empowered we'll feel, enabling us to support and advise our precious kids through their challenges and seeking help when needed.

That's what this article is about. Giving you the facts and helping to settle your mind so that you can begin to help them settle theirs.

Before reading on, I want you to close your eyes and take three long, slow breaths in and out... Depending on what you're up to right now, you may indeed be experiencing a level of anxiety at the moment, and this breathing exercise will help.

Okay, let's get you some answers to those questions.

Anxiety, what is it anyway?

Anxiety is a feeling. We've all experienced it. It's a completely normal reaction under dangerous or stressful circumstances. Perhaps you've narrowly avoided a car accident. Your heart pounds, your breathing becomes shallow and fast, your body floods with adrenaline to put you on red alert, your blood pressure goes up, you might perspire, and glucose dumps from your muscles into your bloodstream. All of this is preparing you to face up to the 'threat' or run like heck in the other direction. This is 'fight or flight' in action.

This reaction is a survival instinct dating back to early times when life-threatening situations were ever present. These days we can experience anxiety when we're under pressure to meet a deadline, preparing to talk in front of our colleagues or for a job interview, or simply noticing how many emails are awaiting our reply. Our lives are not in danger but our bodies react as if this were the case. The same can be true for our kids.

Anxiety is a normal response to a threatening situation. All of these physical changes happen instinctively as a tiny part of our brain called the amygdala tells the sympathetic nervous system to take over and fire

us up so we can do what we have to in order to survive.

Do you know the feeling? Perhaps it happens to you now and then. But maybe, if you're one of the two million-plus Australians (including me) who experience an anxiety disorder, your body and brain respond like that more often, more quickly and more intensely than others.

Trust me, it feels awful. I've experienced anxiety since I was a child, still do and always will. My parents didn't even know anxiety existed when I was a kid and it took me until my early twenties to be diagnosed. Now that I know, I can, and do, take action to manage it. I have my ups and downs like everyone else but on the whole I live a rich, full and meaningful life. Your kids can too. Anxiety is common, it's treatable and there's so much we can do to help as parents.

Our kids are lucky. They have great parents (that's you) who know to look out for their mental health, and who have access to lots of great resources.

Anxiety affects people from all walks of life, and lots of kids have it. If that's what's happening in your family, your little one is lucky that you know, care, and are seeking answers.



parenting*ideas

Anxiety in Primary School Kids

How do I know what's 'normal'?

All kids experience fear and worry about things. It's understandable given that so much is new for them; new experiences, new places, new people, new teachers, new skills, new challenges to name just a few. What we need to look out for is when their amygdala (remember that tiny part of the brain?) is causing them to react anxiously to situations where there is no danger. Signs of this include:

- Their worries and fears begin to outweigh the situations and challenges that they are facing.
- Their anxiety starts to interfere with their participation at school and the activities, sports, parties, playdates and events than other kids their age are enjoying.
- They're more anxious, and anxious more often, when compared to other kids their age.
- They're obsessed with symmetry or cleanliness and they repeat behaviours like hand washing.

What does anxiety feel like for them?

Our minds and bodies are interconnected and are now considered as one, not separate. How we think and what we think affects us physically, regardless of age. Anxious kids can complain of tummy pains, diarrhoea, headaches and difficulty getting to sleep. They are easily upset and often like to stay close to you.

Some anxious kids will worry a lot, mulling over and over their thoughts which only serves to fuel their anxiety.

They can also look to us as parents to help them cope by seeking our reassurance that the scary thing won't happen or avoiding a confronting and anxiety-provoking situation.

Okay, so how can I help?

1. Spend regular quiet time with your primary schooler to foster a loving and open relationship while giving them time to share with you their thoughts, fears and worries. You can also help immensely by remaining calm under stressful situations (I know – easier said than done sometimes!)
2. If you think your primary schooler is experiencing anxiety, talk about it and go together to see your GP and have a conversation about what's been happening.
3. Teach your child about anxiety so he/she knows what underlies the thoughts and feelings. I highly (highly) recommend Hey Warrior! A book for kids about anxiety, by Karen Young. Anxiety is not nearly as frightening when you understand why.
4. Because breathing becomes shallow and fast with anxiety, a simple yet incredibly effective way to show the amygdala that everything is okay is to take deliberate, slower breaths (in for 3, hold for 1, out for 3). After all, no-one can do this when their life really is in danger!
5. Mindfulness is a superpower for the anxious brain (any brain in fact!) and there are lots of great ways to help kids practice mindfulness. One fun game is lying on the floor, eyes closed and asking them to tune into their 'Spidey Senses', listening carefully

for any sounds near or far, feeling any sensations under their hands and body and smelling for any scents in the air. Mindfulness reduces the size of the amygdala among other incredible changes in the brain.

6. If they are worrying about things over and over in their minds – let's say it's about presenting to their class – instead of saying, "You'll be fine, I've heard your presentation, it's wonderful," or, "Don't worry, all the other kids will be nervous too," or similar, try this instead: "I understand how you're feeling, that's so normal. I'd feel the same way; is it helpful to keep thinking about it?" No! "Okay, then let's focus our attention on something we can do to help, like practicing more, making cue cards or going outside to bounce on the trampoline." They need to know that you understand, that you 'get' it, and that they're not alone.

"Is it helpful?" is a great question (when asked compassionately), followed up with asking your child what they can do that will help the situation, or engaging him/her in something meaningful and enjoyable, making a positive step forward.

Visit our website for more ideas and information to help you raise confident and resilient young people.



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Dr Jodi Richardson Jodi is a happiness and wellbeing speaker and writer, retreat facilitator and mum to two primary school aged kids. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au

Dinosaurs! Skeletons! Tea & Cake!

UNE's new Natural History
Museum is open.

Come and explore on the Vice-Chancellor's
Community Open Day,
Sunday July 23, from 10am-3pm

- Everyone welcome
- Hands-on science activities
- Children 8-14 can win a Night at the Museum*
- Sausage sizzle - gold coin donation
- Complementary tea and cake
- Café 77 open all day
- Free parking and entry

More information:
une.edu.au/vc-open-day

*Check the website for competition conditions.
University of New England CRICOS Provider Number 00003C



Would You and Your Family Like To Get Healthier?

Nutrition Connect is an online program aimed at getting children and their families healthier! Participating in the program is **free** and your family may receive 2 online face-to-face consultations with an Accredited Practising Dietitian, plus 3 months online resources including free subscriptions to our Nutrition website custom-design for families and a Facebook support group exclusively for program participants only.

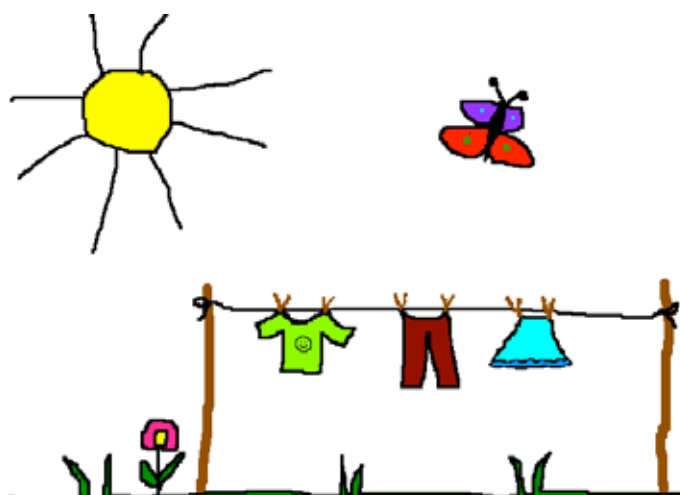
Your family can participate in the program, if:

- ✓ You have access to the internet via a smartphone, tablet, laptop, or computer
- ✓ 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. 16/07/2014.04 and the University of Newcastle Human Research Ethics Committee, Approval No. H-2016-0329.



2nd Kids Clothing Bazaar Armidale

Friday, 25th August 2017, 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, 25th August 9-11am; Return/payment: 7-7:30pm

*For a client number and more information email: kidsclothingbazaar@gmail.com

Visit us on facebook: kids clothing bazaar Armidale

