

lion's roar

TERM 2 • 23 JUNE 2017 • VOLUME 282



From the Principal

Mrs Nicola Taylor, Principal

As term two concludes, planning for the new term ahead is well underway. All staff return to the College on Monday 17th July to participate in a professional learning program being conducted by the Association of Independent Schools, NSW. The focus of the day will be Child Protection training and creating a safe environment for schools. This is a very important topic for us to receive regular and updated training in with a reminder of our Mandatory Reporter responsibilities each year.

Over the break, work to continue to improve and upgrade areas of our site continue. The restructure of our academic faculties this year has highlighted the need to create two separate, productive staff work spaces for our Humanities and STEM staff. We are also seeking to create distinct zones for the Senior School classrooms with a Humanities wing along the first corridor to the left as you enter the Senior School continuing around to the STEM corridor which makes its way across the Science Laboratory area and back down towards the Music classrooms.

A Humanities Faculty room is being formed within the existing secondary staff area with a reduced size classroom adjacent to it for use primarily by Senior School Learning Support. The previously named Room 16 is being converted over the break to a STEM Faculty staff room for our STEM staff to occupy. Along the STEM Corridor, rooms will have improved soundproofing and two small office spaces are being opened up to create a new mathematics classroom to cater for our increased student numbers and demand for additional classroom space.

Also in the Senior School, the room previously housing the teachers' photocopier is being renovated to become an office for Mr Peter Le Surf, our Director of Sport making it easier for students to find Mr Le Surf and sign up

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calendar^{OF} events

23 JUNE TO
28 JULY 2017

Boarders depart (AM)	23-06-2017
Staff Day for Senior School Teaching Staff	23-06-2017
DOE Bronze Qualifying Hike	24-25-06-2017
Boarders return - PM	17-07-2017
Staff Day	17-07-2017
School Resumes for Term 3	18-07-2017
Starry Night of Languages	19-07-2017
PLC Armidale P & F Meeting	20-07-2017
PLC Armidale Exchange Students to St. Andrews	22-7-2017 to 13-08-2017
Boarders Christmas in July	25-07-2017
Group Photographs	25-07-2017
Duval High School Careers Festival	26-07-2017
IGSSA Trip 1 - Netball & Hockey	27-07-2017 to 28-07-2017
Principal's Regional Tour - Scone & Quirindi	27-07-2017
Boarding Schools Expo - Tamworth	28-07-2017
Principal's Regional Tour - Tamworth	28-07-2017

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for the new sporting teams on offer at the College. The Junior School is not being overlooked in our facility improvement program with Buchan Cottage, where the Homework Centre operates from being painted, re-carpetted and given a much needed spruce up! Visitors to the Junior School foyer have all commented on the striking paintwork, the new Flourish stencil and the warm, welcoming feel just a few small changes can create.

We welcome to the College two new members of the Administration Staff. Mrs Kylie Nyssen has already commenced as the new Executive Assistant and we greatly appreciate her calm, efficient and very professional manner in this very important role. Mrs Nonni Vasiliev has taken up the position of Administration Officer assisting with the increased workload demands in our Development and Enrolments Offices. Nonni comes to us with a wealth of experience in administration and business practice and is herself an alumni of PLC Sydney.

Congratulations to Year 10 Student, Gracie Martin who has been selected to represent Regional Australia in the upcoming Oceania Area Athletics Championships in Suva over this coming break. Gracie has qualified for both the 200m and 400m track events. We wish Gracie the very best to have qualified for this prestigious event.

Academic progress reports for all students are being sent home this week. We trust they provide a snapshot of your daughter's progress over the course of the first semester. Should you require additional information or clarification of anything raised in the report, the College remains open throughout the break. Please email any queries regarding reports through via the Contact Us section of the College website <http://www.plcarmidale.nsw.edu.au/contact-us>

Best wishes to our PLC Armidale community for a safe, restful and relaxing break, ready to return in Term Three for a new semester of learning and continued celebration of our 130th year!



Curriculum Matters

*Trent Donaldson,
Head of Faculties*

Year 10 Information Evening

The Year 10 Information Evening will take place on Friday 4 August. This is an important evening for all parents and students in Year 10 to learn about the requirements of the Higher School Certificate, a presentation from various teaching staff about the nature of subjects on offer and the subject selection process.

The school will record the presentations for the evening for those parents that are unable to attend.



Senior School Notes

Anna Caldwell, Head of Senior School

Last week Mrs Paula Goode and I attended the 2017 Positive Schools Mental Health & Wellbeing Conference in Sydney. This was a fabulous event with guest speakers from all over the world, sharing the latest information, statistics and wellbeing strategies.

There was a strong focus this year on social media usage issues, and the message was loud and clear – parents and schools must work together to have a united approach in keeping our teenagers safe in their digital space.

Keynote presentations included: The Science of Achievement by David Bott, Geelong Grammar. Wellbeing: A predictor of Success, by Rob Stokoe who is based in Dubai and working on making Dubai the happiest city on Earth. Why Honesty Matters by Dr Helen Street. Supporting Teacher Resiliency and Wellbeing by Michael Bernard; Happy Bodies/ Happy Minds by physiotherapist Sharon Richens and Positive Education in an Online World by Paula Robinson and Nicky Sloss, just to name a few!

Dr Michael Carr-Gregg also spoke about the impact that Social Media is having on our teenagers and referred to the Mission Australia Youth Survey Results from last year, which found that the biggest issues concerning our youth are: coping with stress, school and study problems, body image and depression. He also addressed the friendship / relationship issues that are arising from the increased use of social media.

At the end of the week we had a great sense of affirmation for our Flourish Pastoral Care Program and we also came home with lots of new ideas to add to it too!

We met Dr Helen Street, one of the founders of the Positive Schools Conference and notable psychologist and we were also very lucky to meet and hear Li Cunxin, Mao's Last Dancer, talk about his life and his appreciation for his teachers. There was not a dry eye in the room and he received a standing ovation and rapturous applause when he finished. A truly inspirational story.

Looking ahead to Term 3

Term 3 will start with boarders returning to school on Monday 17 July and all students on Tuesday 18 July.

We will start our term with our Welcome Assembly at 9.00am in the Astra Arts Centre.

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

Term 3 is set to be action packed with our Group photos on 25 July, our IGSSA competition trips to Sydney in Weeks 2 and 6, Speech and Drama exams, Starry Night of Languages, Prefect elections and it is the last school term for our Year 12s.

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



"When I make eye contact for the first time, I want it to be with the right person."



Junior School News

Fiona Wake, Head of Junior School

As we approach the end of our first semester for 2017, I am filled with pride. I have read through each and every Junior School report written by staff for your child/children, which you will receive at the conclusion of our term. I am delighted to see the progress and application displayed by students across all areas of the curriculum and across all grades. I am thankful to all of our parents/carers, staff and students who generously give up their time, support our charity events, attend our Chapel services and work relentlessly to provide wonderful opportunities for our little ones. I am very appreciative of the support shown by our Junior School staff, who nurture their students, socially, emotionally, academically and spiritually to develop in each student social emotional competency. According to Erica Frydenberg, *an educational, clinical and organisational psychologist*, social emotional competence (SEC) is comprised of skills that we need to acquire in order to achieve the best outcomes in life. SEC is acquired through life's journey as part of development and more directly through social emotional curriculum in the educational setting. Our Flourish program teaches our students SEC when we address important character strengths that help create who we are and how we interact with others, our tolerance and understanding of differences and our resilience. Together we are creating a wonderful partnership and solid foundation for a journey of 'life long learning'.

So, Why PLC?... Why not? We care, we can make a difference, we nurture, we listen and we do the best we can for each and every child. Our points of difference at times could, in my opinion, be summed up using three simple words;

'Kindness, Acceptance and Grace'

Kindness, the kindness our students' display toward each other, new students entering our community and to their teachers, makes working at PLC such a joy and honour and for students a safe, supported and happy place conducive to learning.

Acceptance, their endless giving and willingness to support others and varying charities is relentless and always in good faith. We appreciate that needs vary and we all come to school with varying ideals and understandings of the world. We love the opportunity to learn from others to better understand each other – this makes life interesting and exciting! Our students accept that sometimes things are hard, and can go wrong, we learn how to deal with these setbacks and accept responsibility for our actions.

Grace, the way in which each PLC student in the Junior School conducts herself, with honour and respect this is a wonderful reflection on you as parents/carers. Our teachers gracefully develop in our student character strengths, delivered weekly during pastoral care activities, which assists in creating our culture here at PLC and students with strength and integrity.

Homework Centre

Buchan Cottage/Homework Centre – I appreciate the effort and understanding displayed by parents/carers, staff, students and teachers with regard to the relocation of our Homework Centre to the Pre Kindergarten classroom over the past few weeks. Fortunately the Homework Centre will operate as usual from Buchan Cottage in Term 3 and we will enjoy the freshly painted walls, new carpet and stylish curtains that make this space feel a little more like home. A huge thank you to Warren Waters, Scott Wake, James Pankhurst, Lewis Taylor, Greg Brunson and Paul Edmonds for completing the work on the cottage that was required and initiated at our Junior School Working Bee early in the term. I also would like to thank Rosemary Richards and Lynda Wysel for relocating their services with understanding and resilience.

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 complete this form 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 collected by someone outside of your family or someone the school does not have as a contact, please inform the school.

Chess

On Friday 16 June, 2017, a team of Junior School and Senior School students departed PLC at 7:00am to head south to Calrossy Anglican School in Tamworth to compete in a Chess competition. Mrs Kirsten Hey and Mr Peter Le Surf accompanied the girls and commented on their exemplary behavior and how beautifully they represented PLC. Charlotte Baker (Year 6), Scarlett Loxley (Year 5) and Sophia Ruig (Year 4) should be congratulated for their efforts and sportsmanship as they embarked on the challenges this game presents. These girls informed me that they are already preparing for their next challenge and opportunity to compete in the future. In the mean time they will continue to attend Chess Club in the Junior School each Monday to improve their skills and understanding of this mind game.



Jump Rope for Heart



Our Year 6 Leaders thank our visitors on behalf of PLC Junior School

WOW? I am having a little trouble walking at present; those calf muscles have remained dormant for quite some time obviously. I personally managed to skip and re live my youth by successfully completing; an endurance skip, attempting the Double Dutch and mastering the Cross Over Skip! I did attempt the Mule kick ?? and soon realised this move was much better suited to the younger members of our community. **And** 'Mr. Donaldson, who would have thought you would give us all a run for our money!'

The Junior School staff and students participated in the 2017 Jump Rope for Heart event on Friday and were entertained by special guest skippers from Grafton South Primary School. Principal Peter Hickey and a team of five girls came to Armidale to share their tricks and enthusiasm for skipping. The girls certainly sparked yet another skipping frenzy as our PLC girls were determined to successfully perform some of the demonstrated tricks.

I would like to congratulate the Junior School students who collectively succeeded in jumping a massive 150,000 skips over the term. The purpose of this event was to educate students of the importance in remaining healthy and how important remaining active assists in doing so. This event raised money for the Heart Foundation and we successfully raised over \$2000 to assist this cause. Well Done everyone, and thank you for your support.

Premier's Reading Challenge

The Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely.

The 2017 Challenge kicks off Monday 6 March and closes Friday 25 August (midnight) for students. Your daughter should have received a Reading Log Sheet on which 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!

Kindergarten Orientation

Kindergarten Orientation is upon us and we would love your assistance in spreading the word. If you have any friend or acquaintance that you know may be interested in attending the three Kindergarten Orientation sessions advertised later in this addition of the Lions Roar, please pass the relevant details on. PLC is such an amazing and supportive school where girls flourish in a supportive Christian environment. Take a look at the exciting activities that took place last week during our first Kindergarten Orientation session.

Session 2: Thursday 14 September

Session 3: Thursday 9 November

Session 1 was a great success. Take a look!



On behalf of myself, and the staff at PLC Junior School, have a wonderful and safe break and enjoy special times with family and friends.

School resumes for Term 3: Tuesday 18 July.



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**

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

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In alliance with **PLC SYDNEY**





Junior School Sport

Rebecca Ward, Junior School Sports Coordinator

Kim Small Shield Carnival

Neve Daugherty, Holly Dauparas, Maggie Ryan, Chelsea Waters, Catherine Alcorn and Alice Bourne will be playing hockey in the Kim Small Shield Carnival in Tamworth in the holidays. The carnival, along with the Under 11's York Cup Carnival will be played over 3 days from Saturday 8 July until Monday 10 July. This is the fifteenth-time Tamworth has run an Under 11's carnival (York Cup) and it is hoped that it will continue to grow and provide a development opportunity for junior players, umpires and coaches as well as a great social opportunity for the parents.

Weekend Sport

I hope everyone has a well-deserved break over the holidays. The number of PLC girls and parents who turn up every week to participate in netball and hockey is to be commended. Thank you to all the parents, family members and coaches who show their commitment and loyalty to their team each week. Without you, weekend sport would not be able to take place for the girls.

Play by the Rules

This magazine provides great articles and advice for helping to make sport inclusive, safe and fair. An article entitled "The Mercy Rule in Children's Sport: Help or Hindrance" revealed that the main reason children participate in sport is to have fun. It states that children "... look to participate in activities in which they are reasonably confident, that provide them with opportunities to be physically active, to socialise with friends, and above all, to have fun."

According to participants in a 2014 George Washington University study, children consider something to be fun when:

- they try their best
- when the coach treats the player with respect
- they get playing time
- they play well as a team
- they get along with team mates
- they are being active

Winning was ranked at 48th in their list. The above article goes on to say that "children do love to compete against one another because that is how they measure their abilities, their development and their progress, but they don't necessarily consider the score line." The article then suggests that "children redefine and broaden the definition of winning as one of self-improvement and individual goal attainment and to recognise and celebrate as children achieve those goals."

Every Monday, at Junior School lines, the girls present their sports reports. The scores are shared but more often than not, the girls are sharing how they found the game, what was the best part about it and they often praise their teammates for a good game or for doing their best. As a result, we have seen the girls develop confidence in their abilities and improvement on the sports field or court and work together as important members of their teams.





Guild Gatherings

Rebecca Ward, Guild Gatherings
Coordinator

Gregory and Macquarie

By Poppy Broun (Gregory Captain) and Lauren Earle
(Macquarie Captain)

This week in Year Six, Gregory and Macquarie teamed up as sister guilds and planned a Guild Gathering for the Junior School. Our character strength last week was 'Fairness' so all the guild leaders of our four guilds got together and organised an activity for our guilds.

Gregory and Macquarie chose to create pizza slices for the girls and had four different toppings which were mushroom, herbs, pepperoni and pineapple. We purposely chose an odd number of pizza toppings and we left them (with some assistance) to make sure everyone had the same amount of every pizza topping. We then placed our delicious looking "pizza slices" in some pizza boxes, which we then displayed on our 'Guild Gathering' wall which looked beautiful with its new editions.

We think this was a brilliant lesson for the younger girls and it was a lot of fun for us, as it always is. It also is good because we are improving our leadership skills and our ability to do small jobs in preparation for events.

During the gathering we had to consider the time that things would take and, as our activity was quite simple, we had to add in some games. So, we split up everyone and had two games going at once, which allowed more people to have a go in just a short amount of time.

Overall, we think that the gathering was very successful and we think the girls greatly enjoyed it.

Forrest and Wentworth

Laura Smitham and Piper Starr

Forrest and Wentworth Junior School Guild Captains

This term, the Year Six girls have planned Guild Gathering activities based on the character strength of that week. Last week we had a Sister-Guild Gathering based on the topic Fairness. Wentworth and Forrest played a couple of fun little games that got everyone involved and having a good time. The first game involved marshmallows (shhhhhhh) and a few people got two while the rest got one. We asked the girls if they thought that was fair. After we decided it was not fair, everyone got two. We then played a modified version of "Tip." One person from each guild wore a bib, which meant they could not get tipped. We then again asked them if that was fair and then played it correctly. Although Guild Gatherings are only for 20 minutes, everyone has fun and joins in. Lots of the girls really enjoy Guild Gatherings and we hope it's a tradition that carries on throughout the years to come.





Junior Music Notes

Constance Dunham, Junior Music Teacher

Organ Masterclass

On Wednesday 7 June, Year 6 travelled down to St Mary's Cathedral on Dangar Street to participate in an exploratory organ masterclass given by Warwick Dunham. The girls have been studying a unit on the pipe organ in class this term and it was a wonderful opportunity for them to get up close and personal with the largest pipe organ in Armidale. Warwick was a wonderful teacher, showing the students the capabilities of the instrument, showing them how to play it, what all the stops, pedals, swell box, pipes and keyboards do and then letting the girls each have a go at playing it. It was a wonderful experience enjoyed by all and we'll be definitely repeating the excursion with next year's Year 6.



Composition Showcase

On Monday 19 June, Year 5 put on their first composition showcase. They had been doing composition as a major project during Term 1 and until then, they didn't have an opportunity to perform their music for anyone. The composition showcase on Monday night was just that. Each student in Year 5 had the opportunity to perform and premiere their music for their parents and friends. The program of 6 new works were all performed beautifully and I am so proud of each the girls for their hard work in writing these pieces and then all coming to perform and support each other in what was for many girls, their first performance or their first composition.

The program:

Scarlett Loxley – Springtime Patterns
 Sophia Vanzella and Alice Bourne – Cinderella Broom
 Holly Dauparas – Shipwreck
 Keira Peet, Maggie Ryan and Chelsea Waters – Runaway
 Neve Daugherty and Anviti Sinha – Stars
 Abigail Thompson – Icicles

Congratulations on a wonderful performance and beautiful composition girls!



You're invited to the

Annual

Starry Night
 of
Languages

To celebrate the languages of PLC Armidale

Wednesday 19 July 2017

6.00pm - 7.30pm

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

ASTRA ARTS CENTRE, PLC ARMIDALE

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

Complimentary tickets may be reserved at:
<https://www.trybooking.com/QHML>

Bienvenue Willkommen Welcome!

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Around the Grounds Sports Report

Peter Le Surf, Director of Sport

Firstly, I would like to apologise for an error in the results at Coonabarabran a few weeks ago.

Jesse Younghusband placed **2nd in the D grade ODE**. The last edition had said Jesse had placed 9th. So, a huge congratulation to Jesse.

Some interesting numbers from Fitness and Sport

Sometimes we assume that because we play a lot of sport, that we are fit or getting fitter. This can be true; however, it is not always the case and it depends very much on the sport.

Take the recent French Open Finals. This was played between Rafael Nadal and Stan Wawrinka and was eventually won by Rafa 6-2, 6-3, 6-1. The match lasted over 2 hours and was a tough match, despite the score line.

Now, most of us would say that running around the tennis court for two hours would be a pretty good workout. Unfortunately, this is not the case when you look at the numbers. Despite the match going for over two hours, the ball was only in play for 22 minutes! (Brain Game Tennis – world leader in tennis statistics). Not a lot of time actually running around.

Other sports are similar when we break down the numbers.

For one hour of game time the actual playing times are as follows:

- Soccer = 33 mins
- Hockey = 25 min
- Basketball = 22 mins
- Tennis = 11 mins
- Baseball = 6 mins
- Golf = 1.2 mins

Something to think about!

Fitness will be on again next term, starting in the second week, Tuesday 25 July. We will be running it at the same time 6:30-7:30am.

Chess Tournament

On Friday 16 June two teams of enthusiastic chess players travelled to Calrossy College to compete in an interschool chess challenge. We had a team from both Junior School and Senior School.

We boarded the bus at 7am and headed down, ready to commence play at 9am.

Ten schools competed from around the region.

Our Junior team consisted of Charlotte Baker, Kaylee Swick, Scarlett Loxley and Sophia Ruig. Each of these players won a few games and finished the day in 6th place overall. A great result, for their first chess tournament.

The Senior team consisted of Rachael Kenrick, Sienna Catterall, Xinyue Li, Georgia Donoghue and Alex Wright. This was a tough assignment, since they were competing in an open section of the tournament.

The girls did extremely well, considering most of their opponents were in years 11 or 12. Again, overall the girls ended the day in 6th position.

A great result from all the girls. Well done!

Coming in Term 3

PLC Armidale Running Club

Runners are to participate in the Armidale Park Run, held at Sport UNE every Saturday morning, commencing at 8am.

The Park run is a 5km course around the grounds of UNE.

This team will work on a term by term basis and Guild points will be awarded for the following:

Guild Points:

- Most guild members completing the course across the term – 20 pts to their guild
- Person with the most completed park runs across the term – 10 pts to their guild
- Person with the greatest improvement in PB across the term – 5 pts to their guild
- Person with the fastest time recorded across the term – 5 pts to their guild

Term 3 Park Run dates – commence Saturday 22 July, and conclude Saturday 16 September

Students are to run/walk in their PLC Armidale uniform to qualify for guild points.

Teachers and parents can also earn points for their guilds and count in the “most guild members” category.



Sport Supporters' Group established

for more information please see page 13



Coonabarabran Equestrian Expo





Boarding House News

Article by *BRC Members Annabel Sevil and Pollyanna McIntyre*



The term has nearly come to an end and before everybody begins packing up ready for the big holidays the BRC has decided to host some fun activities for the last two weeks of term.

On Friday 16 June the BRC held their annual themed disco night. Frantically all of the representatives from each year gathered together to organise several activities for the night including Just dance, karaoke and a number of other smaller games including quoits, glow in the dark face painting and a UV photo booth. The night turned out better than expected with lots of finger food too keep us going through the night and a chocolate fountain accompanied by fruit kebabs near the end of the night. Everybody was enjoying themselves so much that we spent most of the night playing Just Dance with all the girls joining in, meaning that we didn't even get to play half the games we had planned. Here's what some of the girls had to say about the night.

Emma, "I really enjoyed the theme of this term's party, it was great that we could all have fun and enjoy ourselves with our glowing faces and the lights off. I really loved the games we played as we all felt involved and natural when we came to dancing with people.

Shaunie, "I really enjoyed the theme and all the games as well but my favourite thing was the food. Throughout the night we could help ourselves to chips, party pies and sausage rolls but my absolute favourite food was the chocolate fountain. I was so disappointed when there were no strawberries to dip into the chocolate.

Georgie, "I thought that it was amazing and I can't wait to see what next term brings.

The Glow in the Dark party was really good because everyone had a good time and everyone got into all of the activities and the dancing"

Not only were we having fun in the boarding house but outside and at home as well.

On Saturday morning most of the girls got off to an early start playing netball and hockey all throughout the day and from what we've heard they all played admirably. Some people came back with a few bruises and stories to tell like Georgie who got hit in the head with a hockey ball and Laura who was also wounded by a hockey ball. For the rest of the boarding house it was a day of rest after the night before. Here's what one of the girls said:

"After hockey Amber and Georgie dressed up like twins with crazy piggy tails, matching tops and denim jackets. Our quote for the day was "double denim".

On Sunday the boarders had a lovely morning at church that they all enjoyed very much.

Some of the girls were lucky enough to go for a trip down to town where they had a great time spending their money wisely (we hope).

Emma Barnier went to Sydney to receive a very special award. The Pierre de Coubertin Award but there will be more information about that next term.

We are saying good-bye to boarders Annabel S and Julia C, They will be day girls and welcoming Lani who will board from next term.

We wish everyone a safe, fun and relaxing holiday.

End of Term Housekeeping

Last day of term is Thursday and all girls can leave after school. There are girls leaving on Friday planes, coaches and train.

We will be collecting all the kilts and blazers that need dry cleaning over the holidays.

All girls should return to school on Monday 17 after midday for starting school on Tuesday 18 July.



PLC Pathways

Day Trip to Coffs Harbour - Boarders' Weekend - Saturday 10th June

Introduction: Crystal

During the boarders' weekend, all the boarders who live in the boarding house went back to their homes but the international students whose homes are in China can't go back so sometimes it is very boring to stay in the boarding house. So we planned a trip before the boarders' weekend with the Spencers and the Heys for a day trip to Coffs Harbour. To tell the truth, that was a really a colourful day!

The trip there: Alisa

Last week, we went to the Big Banana. We played on a big slide and I thought it was fun! This big slide was six rows, and the game was to see who slid the fastest. I was first many times.

After that we went ice skating, we tried the skate shoes, slipping on the ice. It was good fun. I used some equipment to help skate and slide. It was really interesting, I liked the Coffs Harbour's excursion.

The view of the beach: Alice (*-*)

When we arrived at the beach in the morning it was raining so we didn't go swimming as planned. After the rain stopped we went to the beach by car but the wind was very strong and the water was also very cold, so we didn't stay there for a long time.

Breakfast at Shearwater :

✨WENDY❤MICHELLE✨

The most interesting events that I think were the brunch and dinner. Although the banana pancakes were very delicious, but I thought it was so interesting not because of the excellent food, it was because we had the funniest time playing card games with Mr. Spencer's daughters and Ms. Hey's sons.

I taught Lachlan (Ms. Hey's elder son) how to play "Landlord" which was a very famous Chinese card game. He beat Michelle (who is an excellent player) in his first game! I was so proud of him as a teacher. Elsie took hundreds of funny photos and videos of Lachlan on Joan's phone, just like a little fan of Lachlan.--Wendy Zheng

I enjoyed the breakfast a lot. I chose a pancake with honey, banana and ice-cream. It was tasty. When we finished our breakfast, we played a Chinese card game and a really sad thing happened, Lachlan won the game. Suddenly I felt I am not a real Chinese. We also took a lot of ugly face selfies. It was a great morning and breakfast.--Michelle

Activities at the Big Banana: Joan Shi, Cindy Wang, Laura Beautiful

SLIDE(😂😂✨LAURA😂😂CINDY✨😂😂)

During the boarder's weekend, we traveled to the Coffs Harbour. My favourite activity was the Giant Slide in the BIG BANANA PARK. Firstly when I saw that six long and nearly vertical slides, I felt a little bit afraid of them, but I still thought I would have a try on them. The one thing that I hadn't thought about was that we needed to climb to the top of the slide and that made me feel really tired. Finally, I climbed to the top, the slides looked more terrible and higher from the top of them. I tried my first time with Mr. Spencer sitting by my right hand side, when the green light went on, we pushed ourselves out of the start line. I WAS SWINGING ON IT!!!!!! That feeling was so great! I loved it!!!! Mr. Spencer was so fast, he finished his ride while I just stopped at the ground (maybe because the weight of everyone is different). I ignored the tiredness when I was climbing to the top of the slides and I played four times and that was so good!!!! I learned that we need to try everything, and that made me feel happy!!!!

Ice Skating - Vera, Joan

On a rainy day, we went ice skating but actually some of us didn't do really well, the skiing place is very cold.

We had a lot of fun though. My favourite activity is Ice skating. The day before we did roller skating in PDHPE class. I didn't even know how to skate. Michelle taught me. She is a very responsible teacher. I thought, "I can skate by myself!" So, I tried. It worked! I was so proud of myself. But then I fell down. That hurts a lot. On that day, Michelle and Wendy taught



me how to do ice skating. It was more difficult than roller skating. They helped me to go straight. Wendy said: "you need to push your feet, left, right, keep straight." I practiced a lot and then I could do it by myself. But at last I fell down again. Chen was skating with me so she fell down too. However it was unforgettable! I love ice skating!

Shopping!: Fiona, Jessica, Winnie

We went to shops after ice skating; there are more than fifty here! We are all interested in shopping. There are many kinds of shops, such as stationery and electrical appliance shops. I even got a pair of earphones.

In there we can see "BIG W, Tigar and Jewellery shop. And we can buy Smiggle stationery in there. Julia, Crystal, Alisa and Winnie were shopping together. I bought crystal mud in Smiggle. Taylor Swift is Winnie's idol. So she bought a CD - Speak Now, by Taylor Swift. It is the best time for us.

The shopping mall there is much bigger than Armidale's. There are many kinds of shops. There are some cafes and restaurants as well. So most of us spent 2 hours shopping there. There are many beautiful clothes and interesting things. We all enjoyed shopping very much.

Dinner at Mr Deng's Chinese Restaurant:

✨WENDY❤MICHELLE✨

We had dinner at Mr Deng's Chinese Restaurant. Although the food was quite good, I still think some of the dishes were not the real Chinese dishes; it tasted 'Australian'. And then we played the card games again. This time I beat Lachlan and Wendy at the first time, but I lost the next round. Lachlan and his brother won the round. They were so smart. --Michelle

The last thing that we did in Coffs Harbour was having dinner in a Chinese restaurant. The food was quite good, but all of us thought it was not the real Chinese food. After dinner we played "Landlord" again and Lachlan won again which was unbelievable! Then I had learned from Mr. Spencer's daughters of some Australian cards games called "Speed" and "Cheat". Both of them are super fun and I think I will teach my Chinese friends when I go back to China. --Wendy Zheng

The Trip Home: Chen

We were very quiet. Almost all the people just slept. Someone didn't fall asleep, they wrote name on the window. At the end, we talked about Japanese for a little while. We all thought it was a good traveling.

Conclusion: Hanna

The day trip is a great way to educate us in many ways. And we all thought this experience has brought us a lot of notable benefits. On the one hand, it led to a friendship due to having to sit with someone we don't usually talk to in school and create a friendship. Just like some of girls found both sons of Ms. Hey very approachable and easy to talk with, so they taught them how to play "Landlord" and introduced lots of interesting Chinese events to them. On the other hand, it let us think about more for all our did which would lead to a better prepared adult. For example, we did ice skating in the Big Banana Park but only a few girls knew how to do it well. However, other girls who didn't even know how to skate never give up until they can skate by themselves. I was so proud of those guys, and I also thought there was a lesson in perseverance. To cut a long story short, we all had fun from this experience. It made us to be more optimistic that it then view life through rose-coloured glasses.



Development and Enrolments

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



Principal's Regional Tour

What a wonderful way to end the term, visiting Glen Innes, Inverell and Moree last week. Our sincerest appreciation to the very generous Biddle family in Inverell for hosting a lovely gathering last Thursday evening. We literally ran into Old Girls and Past Parents, wherever we went as well! I would like to encourage all of our current families to bring along at least one additional family who has a daughter and may be interested in learning more about PLC Armidale. You are the best promoters of our College as you are living the experience, so it would be much appreciated if you could assist us in spreading the word. Please contact Enrolments Manager, Sally McCook, should you be interested in introducing PLC Armidale to others in your community. The Tour continues early in Term 3 to the Upper Hunter and Tamworth.

Boarding Schools' Expos – final one for year

We will be showcasing PLC Armidale at the final Boarding Expo in Tamworth, next term on July 28/29. So, please let your friends and family know that we will be at the Tamworth Town Hall from 12noon on the Friday until 3pm on the Saturday.

Kindergarten Orientation

Our Junior School is hosting a series of Orientation days throughout this year. Should you have a friend or family member who has a daughter starting Kindergarten in 2018, please encourage them to visit and contact Mrs Wake for more information.

A change to our Junior School Open Day for 2017 (and Colin Buchanan performance)

No dress ups this year! 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 and joining in the fun of the Colin Buchanan concert from 2pm.

continued on Page 13...

Principal's ²⁰¹⁷ Regional Tour

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

TERM 2

GRAFTON Thursday 1 June

COFFS HARBOUR Friday 2 June

GLEN INNES / INVERELL Thursday 15 June

MOREE / BINGARA Friday 16 June

TERM 3

SCONE / QUIRINDI Thursday 27 July

TAMWORTH Friday 28 July

WALCHA Friday 18 August

URALLA Tuesday 22 August



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

We will also be exhibiting at the Boarding Schools' Expos:
DUBBO 19 & 20 May
COFFS HARBOUR 2 June
TAMWORTH 28 & 29 July
AGQUIP @ Gunnedah 22-24 August

 CELEBRATING 130 YEARS IN 2017

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

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

Educating successful women of tomorrow in a Christian environment

In alliance with **PLC SYDNEY**





CELEBRATING 130 YEARS IN 2017



We invite you to our 2017

Kindergarten Orientation Program

where we welcome parents and daughters to experience a taste of life as a PLC Armidale student.

Join us on

THURSDAY 15 JUNE 8.30AM TO 10.30AM

THURSDAY 14 SEPTEMBER 8.30AM TO 10.30AM

THURSDAY 9 NOVEMBER 8.30AM TO 3.30PM

- Followed by afternoon tea and a presentation on our approach to Literacy (THRASS)

RSVP juniorschool@plcarmidale.nsw.edu.au

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

Educating successful women of tomorrow in a Christian environment

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continued from Page 12...

Last chance to contribute to the Foundation's Annual Giving 2017

At the end of each financial year, like many Foundations and Charitable organisations, the PLC Armidale Foundation reaches out to our community, past and present, through its Annual Giving Program, where you may choose to support either the Building or Scholarship Fund. Many girls in our College are currently benefitting from the Scholarship program, due to the generosity of many donors, past and present. Every donation makes a genuine difference to these girls and their families and is very much appreciated. Please remember that every donation over \$2 is tax deductible. You can also choose to make smaller regular payments across the year, by setting up a Direct Deposit from your Bank Account to the account outlined on the attached flyer (using your name as the narration). Please contact Business Manager, Rita Brissett for more information.

Commemorative Book – Photos, Recipes and Stories

Thank you to all those people who have already submitted an item for the PLC Armidale Commemorative Book. Have you organised your story, photos or recipe yet? Please email Shona ASAP at development@plcarmidale.nsw.edu.au

Dear Community - Celebrating Success

Should you have any information or photos from a specific event or activity which your daughter or you have been involved in and wish to be promoted, whether be on the PLC Armidale Facebook page or website, Lion's Roar, Green Tartan or regional media, please contact Shona Eichorn on development@plcarmidale.nsw.edu.au or 6770 1733 or 0458 701 701.

P&F Update

The next meeting of the P&F will be held in the PLC board room on Thursday July 20 (week 1). All parents are welcome to attend the meeting.

The P&F would also like to sincerely thank those who helped on June 16 in the Junior School in handing out the hot lunch to students after their Jump Rope for Heart. Thanks go to Donna Keeping and Cathy Marquart.



Sport Supporters' Group established

At PLC Armidale we recognise that many parents like to support sport and their daughter's involvement in sport. So much so, after numerous discussions on the sidelines and in the Board room about the possibilities and opportunities, that a Sport Supporters' Group (SSG) be established which liaises directly with and is co-ordinated jointly by the Directors of Sport and Development. Any parent is able to be involved, with the inaugural Chair of the SSG by virtue of his experience in establishing a similar group at another school, is Mr Greg Stier (father of Chloe on Year 11).

The primary objectives of the SSG include:

- 1 To foster and build community through sport across the whole College (both Senior and Junior).
- 2 To generate some funds to subsidise or contribute to costs of girls' sporting commitments through various sanctioned social activities.

This SSG will also be a wonderful opportunity to recognise and celebrate the contributions made by our parent community to sport at PLC Armidale. It is envisaged that the SSG will meet once a term, with the first gathering to be held in Week 2 of Term 3. WATCH THIS SPACE FOR MORE DETAILS!!

For more details contact:

Director of Development, **Shona Eichorn** development@plcarmidale.nsw.edu.au

Director of Sport, **Peter Le Surf** plesurf@plcarmidale.nsw.edu.au



PLC
FOUNDATION
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1999

Annual Giving 2017

Why give to PLC Armidale?

- Because you believe in making a difference now and into the future.
- Because you believe in our mission of educating the successful women of tomorrow in a Christian environment.
- Because you believe that more girls in regional Australia should be able to access PLC Armidale's dedicated teachers, life-changing opportunities, and inspiring experiences.

How Giving Benefits our Students

Look around our school – everywhere you will see the legacy of generosity and forward thinking. For 130 years PLC Armidale students have benefitted from the time, expertise and financial generosity of others. It shows in our culture of learning, achievement and care for others, in our thoughtfully planned and nurtured school grounds and in the accomplishments of our alumni.

Ways to Give

Giving to PLC Armidale through the Foundation is easy. You can make a tax-deductible contribution by cheque, credit card or electronic funds transfer.

You have the option of supporting the capital needs of the school, through the Building Fund, or enabling more high achieving girls to access a PLC Armidale education, through the Scholarship Fund.

Either way you will be making a difference in the lives of PLC Armidale students.

PLC Armidale Foundation

Officially established on 20 December 1999, PLC Armidale Foundation exists to support the goals of the College, such as improving building facilities and growing enrolments of high achieving students. It does so by providing a tax-effective entity through which donations to the Building Fund or the Scholarships Fund may be tax deductible for donors. Management of Foundation activities and funds is conducted by a Board of Management elected from the Foundation membership.

Foundation's strategic priorities for the next 5 years include:

- continuing to raise funds that support scholarships for high achieving girls;
- improved communication channels between Foundation and donors; and
- meeting the needs of donors for connection, friendship and involvement in College life.

**Giving to PLC Armidale is a gift
that will last a lifetime.**



**Thank you
for your Gift!**

All donations over \$2 are tax deductible. If you would like your gift to be anonymous please tick here ☐

For receipt purposes please mail this form to PLC Armidale, Locked Bag 5, Armidale NSW 2350

Name: _____ Email: _____
Address: _____

I would like to give to the: ☐ Scholarship Fund ☐ Building Fund
☐ \$100 ☐ \$250 ☐ \$50 ☐ \$500 ☐ \$350 ☐ \$ another amount _____

My payment method is...

☐ EFT BSB 032 607 **Scholarship Fund Account Number: 223426 Building Fund Account Number: 128584**
☐ Cheque Please enclose and return to PLC Armidale Foundation, Locked Bag 5, Armidale, NSW 2350

☐ Credit Card ☐ Visa ☐ Master Card ☐ Amex

Card number: _____ Cardholder's Name: _____

Signature: _____ Expiry date: ____ / ____

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

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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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POSITIONS VACANT FOR 2018

PLC Armidale an independent Christian school for girls from Pre-Kinder to Year 12, located in Armidale, New England NSW.

Applications are sought from suitably qualified teachers for the following two positions:

SECONDARY ENGLISH/DRAMA TEACHER

SECONDARY SCIENCE TEACHER

with Biology specialisation preferred

(Maternity Leave Position)

Suitable applicants will have a deep knowledge of their respective discipline with demonstrated capacity to teach this effectively across Stages 4 to 6. Curriculum expertise accompanied by demonstrated effectiveness in classroom practice is required. PLC Armidale has a strong culture of learning with classroom teachers supporting and developing this fully both within the teaching and learning framework as well as in curriculum related experiences. Applicants must have an understanding of and be fully supportive of the Christian faith, values and position of the College. An awareness of the unique context of an all-girls' school is highly desirable.

For more information, please see the link below.

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

Applications must be received by 5pm Thursday 22 June 2017.

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

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parenting*ideas insights



Anxiety in Secondary School Kids

By Dr Jodi Richardson



Anxiety is common and treatable, but it's also something that can be scary and confusing.

It doesn't have to be. I'm hoping that this article helps you feel more in the know and better equipped to understand what's happening in an anxious mind, recognise it, support your teen and seek help if needed.

First, some stats. In Australia, 1 in 3 women and 1 in 5 men will experience anxiety in their lifetime. That's an average of 25 per cent of the population. I'd be surprised if you didn't know someone who has it. The statistics are more comforting when it comes to secondary school kids where 7 per cent (that's around 1 in 14) are diagnosed with anxiety.

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, talking in front of our colleagues, preparing for a job interview or even just opening our email. Our lives are not in danger but our bodies react as if this were the case. The same can be true for teenagers.

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. And despite having ups and downs like everyone else, on the whole I live

a rich, full and meaningful life. Your teenagers can too.

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 including the family GP.

How do I know what's 'normal'?

Nervousness, stress and anxiety are normal reactions to logical circumstances. What to look out for is if your teen is reacting anxiously to situations where there's no danger present, their reaction is out of proportion to the circumstances or they can't participate in normal daily activities. Below are some of the other symptoms of anxiety in teenagers:

- Difficulty concentrating
- Poor memory
- Mind racing
- Difficulty sleeping
- Always tired
- Feeling edgy
- Avoidance behaviour
- Stomach pains
- Chest pain
- Shakiness
- Nausea
- Diarrhoea
- Sweating

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Anxiety in Secondary School Kids

Okay, so how can I help?

1. Maintain open lines of communication with your teen by regularly spending one-on-one time together, having fun together and making yourself available at a regular time each day for an uninterrupted chat.

2. If you think your teenager is experiencing anxiety, talk to him/her and go together to see your GP to have a conversation about what's been happening.

3. Help your teenager understand what's going on in their body and brain when they are experiencing anxiety. Explain that the amygdala is trying to protect them but can 'overreact' sometimes and prepare their body for 'fight or flight' when it's just not warranted. It's the amygdala that causes all of the physical symptoms like a racing heart (pumping more oxygen to the muscles, readying them for battle), light headedness (due to an imbalance between oxygen and carbon dioxide caused by fast, shallow breathing), shakiness (due to the adrenaline being pumped into their bloodstream), and nausea (resulting from the body shunting blood away from the stomach to the arms and legs so they're primed for a fight or a sprint).

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 they really are running for their life!

5. Mindfulness is a superpower for the anxious brain (any brain in fact!) and there are lots of great ways to help teenagers learn. The Smiling Mind app is a wonderful way to introduce a regular mindfulness practice or you could take mindfulness classes together. Mindfulness reduces the size of the amygdala as well as fostering other protective changes in the brain.

6. If they are worrying excessively over something – let's say it's presenting a project to their class, a test or an exam – instead of saying, "You'll be fine, you always do so well" 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". They want to know you 'get' it and that they're not alone. You could also ask, "Is it helpful to keep thinking about it?" When they (inevitably) say "no", suggest focusing attention on something that will help, like practicing more, making cue cards, revising, doing another practice exam or doing something completely different to engage their mind in a fun and positive activity.

7. Help them to discover their values so they can take action in the direction of what really matters to them despite feeling anxious.

POSITIVE PARENTING



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

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

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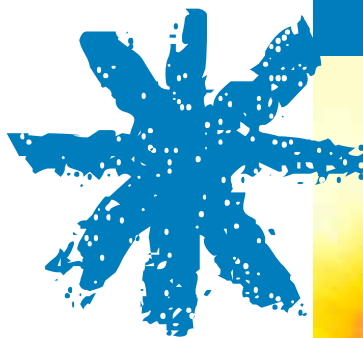
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parenting ideas insights



POSITIVE PARENTING



Building self-esteem away from the screens

By Martine Oglethorpe

As so much of a young person's social world revolves around their online feeds and connections, it is no wonder that 'likes' and comments have become a social currency and a reflection of where young people see themselves amongst their peers.

Whilst social media has the ability to ignite a flourishing self-esteem with glowing comments, hundreds of likes and thousands of followers, it can also have a negative impact. A lack of likes, followers or comments, or even just a small number of nasty or negative comments, can do irreparable damage to a struggling self-esteem.

In addition, because many of the social networks kids are using centre around the sharing of visuals, this can lead to an over representation of aesthetics as the yardstick of popularity. Instagram, Snapchat and musical.ly are some of the popular networks right now and all are based on photos, video and performance. Which is all well and good if you have a good sense of who you are and are not relying on the feedback from these networks to decide your worth. But for many, putting themselves out there can mean they open themselves up to judgement and even ridicule.

And even if they get hundreds of likes or lots of lovely comments, it is often the one nasty one they remember the most.

We need kids to know they are worth more than their likes and followers. We need them to know their sense of self is not based on what others, and even strangers, may think of them.

But how do we do that in a world that sees kids so attached to their screens and their online social connections?

Well, like all things in parenting today, there is no one simple solution. However there are certainly ways we can help ensure that a sense of self-worth is based on the achievements, the values and the qualities that make each and every child unique.

Build their independence and resilience early

From a very early age, provide them with opportunities to build their independence, have responsibilities, learn to fail, make mistakes and problem solve when things don't go to plan. These skills will become invaluable in a world that sees constant comparison and the inevitable negative interactions of the online world.





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Building self-esteem away from the screens

Stay relevant

Don't resort to the "in my day we...". We may well reminisce about the more carefree days where we got to switch off and hangout with mates in the neighbourhood oblivious to what the rest of the world thought of our latest picture. But that's not particularly relevant to our kids today. And shutting down their account, turning off their computer and walking away from social media altogether is really not an option for most. Be sure your kids know that you understand the role the technology plays and the challenges they face. That way you put yourself in the best position to have the right conversations and put in place the right boundaries.

Provide other role models and community

Getting involved in outside pursuits and interests away from the screens can help them form connections with other parts of the community. Coaches, youth leaders and other role models can all play a part in mentoring a child about the importance of balance whilst reminding them that there is a life beyond the screens.

Give them opportunities to help

There is no better way to feel better about oneself than to feel useful.

Helping at home, helping in the community and volunteering can be great ways for kids to build self-worth away from the screens. It may be helping coach some kids at the local sports club or getting involved in a cause or issue that matters to them. This will give them a sense of purpose that revolves around their actions and their input and not just what others perceive about them.

Family rituals

Regular meals and time where no devices are present can be crucial to providing the stability and security young people need. Mealtimes have been proven to be an effective way of letting kids know they always have a place that is familiar, secure and unconditional. This may not be a reality for every family every night, but trying to incorporate any sense of ritual into a family, especially one where screens are not involved, will certainly provide a positive impact.

We know that the technology and the devices are going to continue to play a huge role in the social and emotional lives of our children. Therefore we need to ensure that we are doing all we can to give them a balanced, true and positive view of themselves that continues to flourish both in real life and online.

POSITIVE PARENTING



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



Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Devices and the online world will continue to play an increasing role in the lives of our families for much of their information, education, entertainment and socialisation. It is imperative therefore, we have the skills, understanding and strategies to help them navigate the challenges and make the most of the opportunities that the technology has to offer. Martine is available for student workshops focused on positive online behaviours, for teacher professional development on how the digital world affects what happens in the classroom and for corporate and parent information sessions. If you would like to book Martine for a presentation or to get more ideas on dealing with the digital world then head to her website themodernparent.net. Contact details: info@martineoglethorpe.com.au themodernparent.net [facebook.com/themodernparent](https://www.facebook.com/themodernparent)

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now we know.

New England Conservatorium of Music



JUNIOR ORCHESTRA WORKSHOP

Wed 28 & Thurs 29 June 2017

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

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

Violin, viola, cello, double bass, harp

Flute, oboe, clarinet, bassoon, saxophone

Trumpet, trombone, French horn, tuba

Orchestral percussion (pianists may apply)

Book Online: www.trybooking.com/QBEY

For more information:

📶 Web: www.necom.org.au

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

music greets volumes



Golf Links Road, Armidale; 0417 957 982

June/July 2017 Fun Tennis Camps & Tennis/Golf Camps

Come along and meet our new tennis coach, Dave Bunn. Dave is a Tennis Australia Club Professional and was the Senior Tennis Development Coach for The Scots College, Sydney (before opting for a "tree change")

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

Dates	Full week – tennis (9am-12 noon) Golf (1-3pm) including lunch		Daily cost – full day	Daily cost – ½ day
Week 1: (5 days) Mon 26 th - Fri 30 th June Tennis & golf week	Tennis Full Week Only \$187	Golf full week \$121	\$83 Includes lunch	\$44
<u>Tennis Only Camp</u>				
Week 2: (5 days) Mon 3 rd - Fri 7 th July	Full Week – all day \$242	Full week – ½ day \$187	Daily cost – full day \$55	Daily cost – ½ day \$44

Camps will be on rain, hail or shine

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

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

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

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

Mobile Phone:email:.....

(Private school Holidays) Week 26th – 30th June Days: M T W T F

Week...3rd - 7th July..... Days: Tennis Only M T W T F



Holiday Club

St. Peter's Anglican Cathedral

Tingcombe Lane, Armidale

9:30am to 12:30pm

Monday 3rd - Thursday 6th July 2017

(first week of the school holidays)

for Primary-aged children (K-6)

\$5 per child per day or \$15 per child for 4 days

Call Alison on 6772 8783 or email
simon@stpetersarmidale.org.au for a registration form.

Limited spots available!

Quiz Worx
sharing Jesus with kids everywhere

