

lion's roar

TERM 4 • 24 NOVEMBER 2017 • VOLUME 291



From the Principal

Mrs Nicola Taylor, Principal

As we head into the remaining weeks of the 2017 school year, there is much happening. From all accounts the change of format of our annual String Soiree transforming the Astra Arts Centre into a more intimate 'supper club' setting was well received by an appreciative audience. Thank you to Ms Joanna Fairs-Wu who has capably led the Senior Strings program in the absence of Mrs Deidre Rickards this year, the evening showcasing the work Ms Fairs-Wu has accomplished with this signature ensemble of the College. A special thank you also to Mrs Janine Bauer who assisted in the organisation of this event as well as to Mr Minter for his continued desire to see girls across the College have opportunity to be involved in quality music education and performance opportunities.

Earlier this year a Uniform Committee was incepted with the purpose being to provide a reference panel to consider issues of supply, design, quality and consistency of the uniform at PLC Armidale. Increased representation in a number of sporting areas has also required additional uniform items to be incorporated into the range of sport wear. The College has faced the challenge of continuity of supply due to a number of factors, including the large number of suppliers providing often a small range and limited number of garments to the shop.

continued on Page 2...

21 NOVEMBER TO 7 DECEMBER 2017 calendar of events

Yr 10 Camp Somerset Urban Challenge	21 to 24-11-2017
Yr 5 HSIE Excursion to Uralla	24-11-2017
Cattle Team attending Dorriggo Show	24 to 25-11-2017
Yrs 3 to 6 PLC TrebleMakers to Pottery Shop Opening	25-11-2017
Yr 10 Celebration Dinner	25-11-2017
Activities Week	27-11-2017 to 1-12-2017
Yrs 3 to 5 Carols Rehearsal	30-11-2017
Yr 6 Dinner	30-11-2017
Yrs 3 to 6 Choir to Carols Rehearsal	1/12/2017
Pre K to Yr 6 Presentation Evening	4/12/2017
Carol Service	5/12/2017
Final Assembly	5/12/2017
Speech Day	6/12/2017
Christmas Dinner for Boarders and Parents	6/12/2017
Guild Drama	7/12/2017
Last Day of Term 4 - Boarders depart (PM)	7/12/2017

continued from Page 1...

This was especially so in winter when the supply of kilts was reduced leading to a limit in the number of new kilts available for purchase. Our Uniform Shop manager, Mrs Alex Notley, invited a number of suppliers to meet with the Uniform Committee, each showcasing their company, their range and the service they could supply to PLC Armidale. Following this process, Alinta Apparel was selected to be the major supplier of uniform items to the College. Alinta Apparel are a current supplier of some of the items in our current uniform range, they have considerable experience in the school uniform market and currently service a number of small schools. We anticipate that Alinta Apparel will commence their supply more fully in 2018. Feedback regarding the current uniform, or uniform related issues should be directed to the Uniform Committee through Mrs Notley.

Due to an increase in the range of subjects being offered within the Senior School and to cover some staff on leave, we welcome the following teachers to PLC Armidale for 2018. Mrs Lorna Ahern will be taking up a position within our Humanities Faculty. Mrs

Ahern is an experienced HSIE teacher having served previously as Head of Social Sciences at the Blue Mountains Grammar School. Mr Guy Davidson will also join the Humanities Faculty and will head up the newly introduced Studies of Religion course. Mr Davidson is an experienced English/History teacher and comes to us from St Andrew's Cathedral School Sydney where he has taught for many years. Mr Davidson was responsible for the delivery of the Studies of Religion course at St Andrew's as well as a Head of House responsibility and Assistant Chaplain role. Mr Steven Ahern will be taking up a position within our STEM Faculty. Mr Ahern is an experienced Science teacher with Biology and Agriculture specialisation. Since relocating to the New England region, Mr Ahern has been teaching at Guyra Central school having spent many years at schools in the UK as well as Sydney and the Blue Mountains.

With our continued focus on teaching and learning at the College, we are thankful to be seen as a school of choice for experienced educators relocating to the region.



Senior School Notes

Anna Caldwell, Head of Senior School

Finishing Well

As the end of the year is rapidly approaching we have been reminding the girls about the importance of finishing well, maintaining their energy and positive approach to all activities and events, and to taking pride in themselves and all that they do.

Over the last couple of weeks we have also focused on the girls taking pride in their appearance and wearing the school uniform correctly. If your daughters dress has become too short, can you please ensure that either the hem is taken down or a new dress is purchased before the start of 2018.

All girls are to travel to and from school, and around town wearing their full summer uniform, including their blazer and hat. It would be appreciated if you could please assist us in maintaining this dress code.

Peer Support Leadership Training Day

The end of Year 10 is an important transition phase for our girls as they progress from Stage 5 to Stage 6, move in to the senior years of the school and taking on roles of responsibility and leadership.

Year 10 recently participated in a Peer Support Leadership Training day that focused on developing leadership skills, building positive relationships and connections, realising responsibilities, personal strengths and characteristics and developing decision-making skills.

This training is part of the College's Pastoral Care program. It provides students with the opportunity to develop and practice leadership skills within a supportive environment and all skills will help prepare students for the demands of Years 11 and 12.

After undertaking this program, our Year 10 students applied to become a Peer Support Leader to support Year 7 in 2018.

The girls thoroughly enjoyed the day and look forward to assisting Year 7 with their transition to secondary school in the new year.

Yr 10 PDHPE Camp – The Urban Challenge

After participating in their Peer Support Leadership Training Day, Year 10 then set off for Sydney to complete their Stage 5 PDHPE Course and developed many life skills along the way too as they participated in numerous activities around the city.

End of Year Activities

With the end of term fast approaching, we are looking forward to our Activities Weeks in Weeks 8 and 9. To assist you with your organisation, please see the program below for all students.

There are three sessions each day.

Session 1 - Lifesaving

Girls will need: the school one piece swimmers, towel, goggles, sunscreen, hat, morning tea and clothes to swim in on some days.

Session 2 – Social Service

(Years 6-10) Classes (Year 11 and Pathways)

All girls are to wear full summer uniform except those doing Junior School Lifesaving, Landcare, and the Riverview Aged Care activity. These groups are to wear full PE uniform or old clothes to protect the uniform from paint may be required.

Session 3 – Guild Drama

Summer uniform is to be worn however old clothes may be required by those who are painting the backdrops and props to protect their uniform from paint.

Week 9

Week 9 has many events occurring on each day. An outline can be viewed on the next page.

We hope your daughters enjoy the end of year activities. If you have any queries please do not hesitate to contact the school.

Duke of Edinburgh's Award Adventurous Journey

Silver/Gold Expedition December Saturday 9 - Tuesday 12, Washpool and Gibraltar Range National Park. Information to come soon.

WEEK 8 TERM 4

MONDAY 27 NOVEMBER – FRIDAY 1 DECEMBER	
Session 1	<ul style="list-style-type: none"> Junior School Community Service (K – Year 5) Senior School Life Saving (Year 6 – Year 11)
Recess	
Session 2	<ul style="list-style-type: none"> Junior School Swimming (K – Year 5) Mon – Thurs. Fri 3 – 6 Choir Carols Rehearsal 12.15 – 1.15 Senior School Social Service (Year 6 – Year 10) Intensive Study Session (Year 11 & Pathways)
Lunch	
Session 3	<ul style="list-style-type: none"> Guild Drama Rehearsal (K – Year 11) Readers' Rehearsal (2:00-3:30) at Cathedral

WEEK 9 TERM 4

MONDAY 4 DECEMBER	
Session 1	<ul style="list-style-type: none"> Junior School Activities Senior School Life Saving (including Year 6) Senior School Choir to perform at TAS Carol Service Intensive Study Session (Year 11)
RECESS	
Session 2	<ul style="list-style-type: none"> Junior School Swimming (K – Year 5) Junior School Swimming Social Service group (some Year 10 Students) Intensive Study Session (Year 11) Carols rehearsal and Pastoral Care Class Activities
LUNCH	
Session 3	<ul style="list-style-type: none"> Guild Drama Rehearsal
After School 3.30pm – 5.00pm	<ul style="list-style-type: none"> Senior Choir Rehearsal at the Catholic Cathedral Transport provided to the venue. Please collect your daughter from the Cathedral at 5:00pm

TUESDAY 5 DECEMBER	
Session 1	<ul style="list-style-type: none"> K-6 Activity Final Assembly (Senior School Students)
RECESS	
Session 2	<ul style="list-style-type: none"> Class Parties and Clean-up (Yrs 7 – 10) Guild Drama Rehearsal
LUNCH	
Session 3	<ul style="list-style-type: none"> Speech Day Rehearsal – Prize winners and performance group 2:00pm – 2:30pm Guild Drama Rehearsal
After School	<ul style="list-style-type: none"> Service of Nine Lessons and Carols 6:00pm. Years 3-6 and Senior School Choir to arrive at the Catholic Cathedral at 5:15pm. All other students to arrive at 5:45pm.

WEDNESDAY 7 DECEMBER	
Session 1	<ul style="list-style-type: none"> K-6 Activity Years 7 – 11 students arrive at PLC at 8:45am Speech Day commences at 9:00am
RECESS	<ul style="list-style-type: none"> Morning Tea for Guests and Students provided in the Rose Garden (Years 7-11)
Session 2	<ul style="list-style-type: none"> Guild Drama Rehearsal
LUNCH	
Session 3	<ul style="list-style-type: none"> Guild Drama Rehearsal

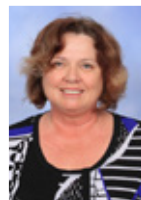
THURSDAY 3 DECEMBER	
Session 1	<ul style="list-style-type: none"> Guild Drama Rehearsal
RECESS	
Session 2	<ul style="list-style-type: none"> Guild Drama Rehearsal
LUNCH	
Session 3	<ul style="list-style-type: none"> Guild Drama commences at 12:25pm, in the following order <ul style="list-style-type: none"> Gregory Macquarie Wentworth Forrest

Church Pews for Sale

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

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





Giving Back

Shirley Tier, English Teacher

Two days after sitting her last HSC Examination, a time when many ex-students would head for the nearest beach in a hurry, Ragavi Jeyakumar was back at PLC. Why? She had come to run a workshop for Year 10 and 11 students who may wish to sit the UMAT (Undergraduate Medical Admissions Test) in order to qualify to study Medicine or certain related courses.

Ragavi sat the test herself this year and gained a score of 100, placing her in the very top percentile of the candidature, a remarkable achievement. Although she truly deserved a rest after a very demanding year of studies, Ragavi offered to come back and pass on what she had learned from her experience, while it was fresh in her mind. The students who attended the workshop found it extremely helpful. Thank you Ragavi, and all other ex-students who are prepared to 'give back', to support and encourage those coming along behind you!



Duke of Edinburgh Gold Award

Anna Caldwell, Duke of Edinburgh's Award Leader

Congratulations to Clare Askey, who was presented with her Gold Award by his Excellency General The Honourable David Hurley AC DSC (Ret'd) at Government House, Sydney this week.



★ CELEBRATING 130 YEARS IN 2017



The Principal of PLC Armidale requests the pleasure of your company at the following events

Service of Nine Lessons & Carols

Tuesday 5 December 2017

6.00pm

ST MARY & ST JOSEPH'S CATHEDRAL, DANGAR ST ARMIDALE

Speech Day

Wednesday 6 December 2017

9.00am

ASTRA ARTS CENTRE PLC ARMIDALE

Guest Speaker: Kylie Alcorn (nee Marjoram)

PLC Armidale Old Girl (1985)

Associate Adviser, Financial Planning

Guild Drama

Thursday 7 December 2017

12.15pm

DOROTHY KNOX CENTRE, PLC ARMIDALE

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

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Cattle Team Report

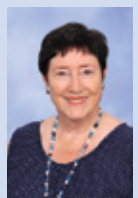


Judy Miller, Cattle Team Coordinator

As the school year comes to an end, the opportunity to compete at shows also winds down, however there are still a couple of events to report on.

For the first time in a number of years PLC was represented at the Upper Hunter Beef Bonanza, in Scone, by year 7 students Lucy Wright and Isabelle Leitch who led Tim and Briony's two steers. Isabelle placed first in her heat in the paraders' competition; Lucy was unlucky this time to miss out on a place. The steers, a Red Poll and a Red Poll/ Simmental cross, did extremely well achieving first and second places on the hook in the middleweight class of 15. It is highly competitive at Scone with large numbers of students and cattle alike and to do so well with both steers is a great achievement. Congratulations Briony and Tim!

Tuesday 21 November was National Agriculture Day, a perfect opportunity for the cattle team girls and Year 9 agriculture students to participate in the UNE Cattle Clinic. The day consisted of 4 workshops including animal health and welfare, meat judging and technology, genetic selection and ruminant nutrition. There was also a session where the students were able to taste test steak from different parts of the animal. There was no need to ask what their favourite session was!



Sound of Music resounding thank you

Jan Patterson - Dramatic Director, Sound of Music

On Sunday morning, 12 November, a remarkable event took place at The Arts Theatre at UNE. At 8am, a crew of 20 volunteers, parents and staff completely dismantled the very complex set of our show in 2.5 hours. The set, the scaffolding, the props and costumes, lighting and sound were removed and transported and the stage and dressing rooms were swept clean and vacuumed. I have witnessed the BumpOut of many shows, but this was the most efficient effort I have ever seen. Enormous thanks are due to the volunteers who made it such a successful end to such a wonderful week of performances. My profound thanks to all who put in such a fantastic effort to create such a satisfying experience for students and audience alike.



Tri-Schools Debating

Kate Clynch, Head of Humanities

The final round of the Tri-Schools Debating Competition was held at NEGS on the 22nd of November, and was a excellent way to finish the debating year for our PLC teams. Some of the students were debating for the very first time as part of this competition, and it was wonderful to see students who are new to debating getting involved and representing the school so well. All 3 PLC teams from Year 6, Year 7 and Year 8 won their debates during the afternoon, with all girls speaking well, and debating with style and gusto. This round of wins in the 3rd round means that the perpetual trophy for the Tri-Schools Competition was once again retained by PLC Armidale, for the 7th year in a row. Well done debaters!





Junior School News

Fiona Wake, Head of Junior School

Welcome to the final LIONS ROAR report for 2017.

Reflection!

I cannot believe the end of the 2017 teaching and learning year has arrived so quickly. This year has been a year of insight, reflection, new experiences and fulfilment on many personal and professional fronts. I would like to take this opportunity to thank you for your support and encouragement as I have taken on my new role, Head of Junior School. When I look back at the events that have taken place across 2017, I smile and I question how we have all managed to stay so positive, resilient and tenacious during the busyness of the PLC College calendar of events. Thank you for your interminable support.

2017 has been a year of discovery for me and one certainty I have taken from my experience is the importance of partnerships; partnerships between staff members, partnerships between staff and parents, partnerships between staff and students, partnerships between students and their parents. Together we create experiences for our girls that create positive relationships. Respectful relationships are the glue that holds a positive school community together. Schools, through their policies and practices, can create a positive environment where all community members feel included, valued and supported. I hope to have achieved this in 2017 and will work to continue to do this for the future.

The following 2 weeks will be filled with activities such as cooking, craft, Community service, Swim and Survive sessions, Guild Drama, classroom and school clean up and gardening. A timetable of events and uniform requirements has been emailed to you to assist you with planning and for you to know the whereabouts of your daughter/s on any given day of Activities Week. If your child will be away for any reason please follow the normal procedure of contacting Emma Young and recording the absence.

Calendar of Events

Junior School Events

Week 7

- Final teaching week
- **Junior School Presentation Evening**
Monday 4th December, 2018.

Showcase of Learning...

STEM Year 3 and Year 4:

Year 3 and 4 has combined and has been working on research projects titled 'Celebrations'. The girls have enthusiastically been gathering facts about how different countries around the world celebrate special occasions. In STEM Mr Mills has been facilitating workshops on the responsible use of resources and the wastefulness of our society and the need for this awareness. Mr Mills, Mrs Hey and Mrs Dare have created a culinary experience for the girls where last night's leftovers became a delicious lunchtime treat the following day. The pictures speak for themselves...



continued on Page 7...





Resuscitation Year 6

Mrs Paula Goode and Ms Ward have been busy teaching the girls resuscitation in preparation for the Swim and Survive sessions that take place in Activities Week. The girls have enjoyed these sessions and have responsibly taken on board the serious message this activity represents.



K-2 Sleepover

The K-2 Sleepover has been successful once again with a very excited cohort, sharing in games, enjoying a yummy supper, viewing a movie with popcorn and milk and simply snuggling up in their classroom and staying overnight at school, a novelty in itself. The behavior among the children was exemplary once again, a wonderful reflection of our PLC Community.



Asian Documentaries Year 5

The Year 5 classroom was filled with the scent of Asian cuisine as a smorgasbord of Asian treats were presented and shared by Year 5 families for the Asian Documentary viewing on Wednesday night. The girls enjoyed sharing their documentaries with their loved ones to showcase their talents in bring together their skills of inquiry, ICT Integration and creativity.



Kindergarten - Recount of Excursion to Uralla

By Lola Ferguson

On Tuesday I caught the train to Uralla with Kindergarten and Pre K. Firstly I got on the train. Then we got off the train. Next all of us went to the park to have our crunch and sip. After that we walked to the fire station. We learned about putting out fires. I put on a fire coat and fire helmet. Then we went to the police station and had morning tea. We got to go in the police truck. I arrested Mrs Vanzella but Pippi saved her. After that we had lunch. The bus came to take us to the airport to see a helicopter. It was called Lucy. After that the bus came to take us back to Armidale. I had a fun day.

Sound of Music

"The Sound of Music" – congratulations to the cast and crew and the supportive families that worked together to make this musical SPECTACULAR!

Uniform Standard

There has been a noticeable drop in standard over the following term regarding our school uniform. I have continually noticed the incorrect white socks being worn with the sports uniform and green ribbons that are absent from the girls' hair on a daily basis. I understand how challenging it is at times to ensure the standard is upheld, however it is necessary the correct uniform be worn at all times to reflect the pride and respect we have for our College. I appreciate your assistance with regard to this matter. Please read the 2018 Junior School Handbook, emailed in January, to become familiar with the correct school uniform requirements. All uniform items should be clearly labeled to ensure lost items are returned to their rightful owners.

Have a wonderful holiday and a very Merry Christmas. I look forward to what the future holds in 2018.



Junior School Sport

Rebecca Ward, Junior School Sports Coordinator

Thank you to Coaches and Umpires...

Sport in the Junior School would not happen without the support of our coaches and umpires who help the games run smoothly. These are usually made up of Senior students, who have given up their time to help with Junior School Sport. These coaches and umpires understand the need to ensure the games played are to the correct rules of the game, while still being age appropriate.

I'd like to thank the following students who have helped with coaching or umpiring this season, in a formal capacity or by stepping in at the last minute:

Darcy Campbell, Jane Spencer, Julia Chambers, Lucy Keeping, Lily Graham, Allastassia Carter, Charlotte Caldwell, Lucy Caldwell, Chloe Stier, Jorja Power, Mary Flannery, Amelia Wake, Heidi Martin, Naomi Martin, Makenzie Wood, Finn Barr, Sarah Askey, Mia Emanuel

While we have coaches at school, parents can help with 'coaching' at home as well and on the sidelines. While searching for the definition of a basketball rule called "Forcing the Jump", I came across an informative website about coaching and how to be a supportive parent with sport.

You can find the link here: <http://www.basketballforcoaches.com/youth-sports-parent/>

For more information on the jump shot rules in basketball, this link is also very interesting: What are the biomechanical principles involved in the basketball jump shot that will improve accuracy?



Netball Clinic

Teya Catterall, Year 4

On Saturday India and I went to a netball clinic run by Susan Pettitt who played netball for Australia. She played Goal Attack and was on a team that won the world championships.

The first part of the clinic was shooting. We learnt that so much of playing sport is in your mind. I practiced how to shoot properly, by bending my knees and flicking my wrists like a rainbow. After the shooting clinic, India joined in for a netball all-rounder clinic. We did some teamwork skills – facing back to back with a partner and placing the netball between our backs and trying to get from one end of the court to the other without dropping the ball. We also did some games that involved quick thinking. One of our favourites was when we got split into 3 groups and had to pass the ball down the line. When your number was called you had to run in and try to shoot before the other teams got the ball in the hoop. It was so much fun.

You can go to Susan's website, www.spnetball.com to find lots of interesting things like warm ups and activities to help you improve your netball skills. We hope Susan Pettitt will come to Armidale another time.





Around the Grounds Sports Report

Peter Le Surf, Director of Sport

Volleyball 2017

This term PLC Armidale has had two teams training and playing up at UNE on a Monday afternoon. The girls have really taken to the sport and have shown great improvement across the term.

They have been treated to an hour of coaching from qualified volleyball coaches, followed by playing a match.

I would like to thank the guys at UNE for a very professional approach to their coaching of the girls. They have done an amazing job and the girls have appreciated their efforts.

Some are even asking about playing in the IGSSA Volleyball Comp for 2018! Something to aim for next year.

Athletics – Relay Championships

Last edition we mentioned the result from relay championship. In case you missed them...

The results:

Gracie Martin 4x100m u20 female - Silver medal

Gracie Martin & Bella Watts 4x400m u18 female - 4th in NSW

Bella Watts 4x400m u16 female - 5th in NSW

Gracie Martin & Bella Watts Open Sprint Medley Relay Female A Team - 6th in NSW

Gracie Martin 4x200m u20 female - 6th in NSW

Imogen Dellow Open Sprint Medley Relay Female B Team - 8th in NSW

Bella Watts & Imogen Dellow u18 Discus team event 9th in NSW

Gracie Martin 4x100m Open female - 10th in NSW

Bella Watts & Imogen Dellow 4x200m u16 female - 14th in NSW

Bella Watts & Imogen Dellow 4x100m u16 female - 15th in NSW

Some great results for our girls. Some are off to the NSW Country Championships in January and I wish them all the very best.

The 2017 Wrap!

The year is coming to an end.

I would like to take this opportunity to say thank you to all who have been supportive in this last year.

2017 has been an outstanding year for sport at the College. This has been my first year at PLC and I would like to say that it has been a huge privilege for me to work with some amazing girls, parents and staff.

To the girls, I would like to say "thank you". The commitment and passion that you have shown has been remarkable. You have been tenacious on the sporting fields and more importantly, respectful in victory and in defeat.

I thank you for your dedication and enthusiasm to sport at the College. It has been a pleasure to see.

To the parents and family members who have been taxi drivers throughout the year, sometimes getting girls to three or more sporting events in a weekend: The College is grateful for your support and I am appreciative of your tireless efforts. Without you, the sporting program would simply not be possible.

Behind every great athlete, is a great support staff.

In 2017 the girls have been treated to some great advice, from some amazing coaches, athletes and professionals in their sporting fields. I would like to thank all those that gave up their time to assist in the development of the sporting skills of the girls throughout the year. The guest speakers and athletes that met the girls only have praise for the way the girls held themselves both on and off the sporting field.

To all those involved in sport throughout 2017, I would like to say a big "thank you" and I look forward to working with you again in 2018 to build the profile of sport at PLC Armidale.

To all those reading this, I would like to wish you all a relaxing break and hope you stay safe across the holiday period. And I look forward to catching up with you again in 2018.





String Soiree



Music Notes

Matthew Minter, Director of Music

STRING SOIREE

The 2017 String Soiree was a tremendous success which was a credit to the outstanding work of Mrs Joanna Fairs Wu who has been Acting Director of Strings for Semester Two.

This year we trialled a new format for the event. The Astra Arts Centre was filled with round tables, beautifully decorated and lit. The guests enjoyed wine, a selection of cheeses, fruit, dips and other delicacies while they relaxed and enjoyed the performances. Our sincere thanks to our new Music Admin Assistant, Janine Bauer, for coordinating this aspect of the evening.

From the Junior School three ensembles performed including the Junior School String Trio of Emily Thompson, Gabrielle Cotterell and Laura Smitham, The Junior String Ensemble and the newly formed Silver Strings ensemble, featuring entirely students who have been learning through the PLC Junior Strings Program, an initiative that started last year in the Junior School.

The evening featured lovely performances by the Year Nine and Ten String Trio, including Elinor Warwick, Sophia Mackson and Clare Warwick, the Year Ten String Trio including Elinor Warwick, Mackenzie Constable and Mia Emanuel and The Cello Ensemble who performed a multi movement Baroque Suite. Thank you to

Robert Jackson for his excellent leadership of the cello ensemble and also to our chamber music tutors Laura Curotta and Camilla Tafra.

This year's concert also featured a new instrumental addition, a virtuoso duet on the pi par performed by Rita Chen and Helen Zhou from the PLC Pathways program. The girls performed the National Dance of the Yi Nation. It was a very exciting and impressive performance on these authentic traditional Chinese instruments that are amongst the most challenging of all Chinese instruments to master.

Congratulations to Jessica Hughes who performed the 3rd Movement of the J. S. Bach Violin Concerto in E Major, and Lucy Quast who performed the 4th Movement of the 4th Movement of the Telemann Viola Concerto in G Major.

The concert concluded with an exceptionally high quality performance of the Rimsky-Korsokov's Capriccio Espagnol by the Senior School String Ensemble. It was a riveting performance and a credit to the talent and commitment of the students in the ensemble, the expert leadership and conducting of Mrs Fairs Wu and the culture of fine string playing that Mrs Rickards has established and nurtured over many years at PLC Armidale.

Sport Supporters' Group (SSG)

Whilst the Girls v Parents Sports Challenge did not proceed last Saturday, there was a lot of action at the annual Starry Night of Sport dinner with over \$1700 being raised from the three Auction items. The final meeting of the inaugural Sport Supporter's Group will be held in the Board room next Tuesday 28 November from 5.30pm, where activities for 2018 will be confirmed.



Development and Enrolments

Shona Eichorn, Director of Development
Sally McCook, Enrolments Manager



COMMEMORATIVE BOOK "REPAST" - NOW ON PRE-SALE

Pre-Sales of the PLC Armidale Commemorative Book, **REPAST** have commenced. **Definitely a limited edition** so get ready to make all your purchases eg.

Christmas, Signature Birthdays such as 18th, 21st, 50th etc; Valedictory or Graduation, the possibilities are endless! Our final day of cooking/styling and photographing will be on Sunday December 10. We expect our books will be published by mid Term 2 in 2018. Please contact Shona on email or phone 6770 1733 for more details.

Meet the team behind REPAST – photo 1 and 2! Thanks team!

PLC PUBLICATIONS

Ad Astra – is our annual publication for Current families which showcases the activities of the College across the whole year. This publication is charged to each family's account at the end of the year. Please be aware that due to the enormous amount of work that this publication as well as the one-off commemorative book takes to design and produce, that from 2018, we aim to have the publication to families by the end of Term 1 not the beginning of Term 1 as was previous practice.

Green Tartan – this bi-annual publication will be available soon. Whilst there will only be a few copies printed, this will be emailed to families as well as being placed on the website as usual.

Scholarships, Scholarships, Scholarships
 Applications for 2019 Scholarships open next week on December 1. Please see the Ad for details or contact Enrolments Manager, Sally McCook.

Thank you for your support in our commemorative year, 2017

Danke, merci, tack, grazia, spasibo, arigato, gracias, "shey shey" (phonetic for thank you in Mandarin) . . . no matter the language, the meaning is universal! We at PLC Armidale very much appreciate the support of our families and wider community. We also appreciate the staff and students who go above and beyond each day to welcome new girls and their families to the College and help in so many other ways in ensuring each girl flourishes and the activities are successful. On behalf of the Enrolments & Development team, Sally, Nonni, Bronwyn and I sincerely thank you.



Our Gift to you... a Scholarship IN 2019

Applications OPEN
 1 December 2017

Scholarship Day & Exam
 26 February 2018

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

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Boarding House News

Paris Whibley

It's been a busy couple of weeks in the Boarding House, as everyone is enjoying their last weeks to school work, and getting excited about Christmas and the holidays. There have been regular pool trips, town trips, the park run and many other fun activities to keep everyone busy.

On the weekend, many girls got their crafty side on and made bath bombs, for Christmas presents or for themselves. They all had lots of fun making them. Cecilia Grieg said "it was fun, they smelt good and I made a good one...and a half"

Finally, after a five-year wait, on the weekend, the Year 11 girls were allowed to move upstairs. They were all very excited to and are loving it.

Everyone has been busy with sport including volleyball, twilight soccer, basketball, indoor hockey and many others. Shaunie Yu, who plays volley ball said "It's fun, even though we haven't won many games". Many horse events have been on lately with a couple of girls from within the Boarding House attending. Lani Almond went to one on the weekend and said "I smashed it". She was pretty pleased with herself.

The Year 10 girls have been packing to go to Sydney for a couple of days. They are wondering how the Urban challenge will turn out but are excited. After their return, they have their formal. All the girls are very excited about it.

This coming weekend, a couple of girls in the cattle team are heading up to Dorrigo show. Lily Coleman, Laura Hayes, Temicka Seagrave, Paris Whibley and Isobel Leitch will be spending Friday night there and showing cattle on Saturday. This is the start back into show season. Laura Hayes said, "I just can't wait to get showing again" and Lily Coleman said "I love leading my heifer, she's a good fella". Good luck to all the girls!!

This coming weekend is a Tamworth trip, where everyone gets the opportunity to go down to Tamworth on the train or bus and spend the day doing Christmas shopping. It is a much enjoyed activity by everyone.



PLC
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— 1887 —

PLC ARMIDALE COMMEMORATIVE BOOK - REPAST

Pre-order FORM

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

NUMBER REQUIRED

PLC Armidale Commemorative Book - REPAST

_____ copies @ \$49.95 per copy \$ _____

Specially gift wrapped edition of REPAST in linen tea towel

_____ copies @ \$59.95 per copy \$ _____

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Shona Eichorn, Director of Development

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Email development@plcarmidale.nsw.edu.au

Please complete this form and return to:

PLC Armidale, Locked Bag 5, Armidale, NSW 2350

or email to Shona Eichorn:

development@plcarmidale.nsw.edu.au



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

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Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

Next week, just as we have done each year, PLC embarks on activities week. The morning session is **LIFE SAVING**. PLC Armidale has been a loyal partner of the RLSSA and has had long history of teaching lifesaving skills using the nationally accredited Swim & Survive and Bronze programs, promoting essential foundation skills in swimming, water safety, personal survival, CPR and basic rescue. These programs are designed to build awareness of dangers in aquatic environments and to arm students with lifesaving skills used in both prevention and rescue.

The focus for our girls will be: **Swim and Survive Active**, which is a progressive program suitable for school aged children from 5 to 14 years; and the **Bronze Lifesaving** scheme, that allows students to progressively achieve awards usually culminating at the Bronze Medallion/Cross.

Lifesaving develops knowledge, skills, fitness and judgement in prevention and rescue. Achievement of these awards is highly sort after in many leadership activities and workplaces.

Did you know?

The Royal Life Saving Society (RLSS) was founded in England in 1891 to combat a high drowning toll. Many countries soon adopted the techniques advocated by the Society and today the RLSS represents the largest single organisation dedicated to the teaching of lifesaving and the prevention of drowning.

The first Australian Branch was formed in New South Wales in 1894 and the movement soon spread to all States. In December 1924, a dual system of lifesaving was established with Surf Life Saving Australia being responsible for ocean beaches and the Royal Life Saving Society - Australia responsible for all other waterways and still water environments.

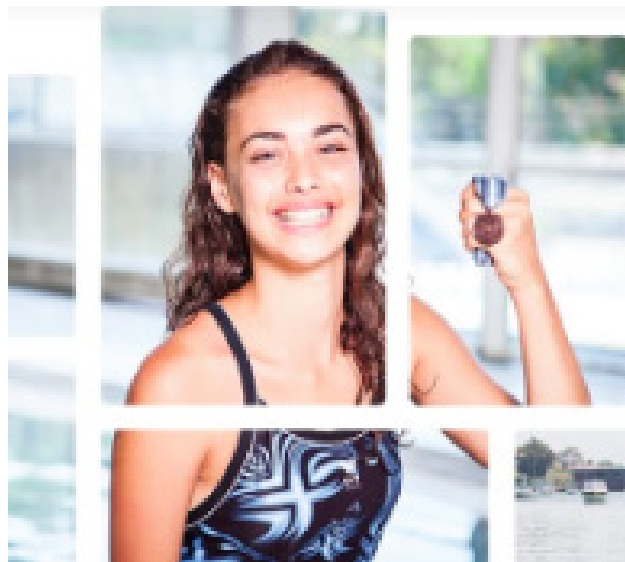
Over one million Australian's undertake a Royal Life Saving course or program every year. Over 5 million Australians have achieved their Bronze Medallion since its inception, and over 10 million have learnt their essential water safety skills through Swim and Survive.

Drowning remains one of the leading causes of preventable death in Australian children.

Here is a statistic snap shot of the 2017 National Drowning Report:

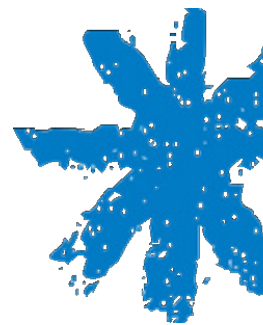
SNAPSHOT

- 291** people drowned in Australian waterways
- 214** drowning deaths were male (74%)
- 70** drowning deaths occurred in people aged 65 years and over (24%)
- 43** drowning deaths occurred in people aged 25-34 years (15%)
- 93** drowning deaths occurred in NSW (32%)
- 68** drowning deaths occurred at rivers, creeks and streams (23%)
- 73** were swimming and recreating immediately prior to drowning (25%)



Royal Life Saving and PLC Armidale believe everyone can be a lifesaver. Whether as a responsible member of the community or for a lifesaving career, the skills you learn are skills for life and will ultimately contribute to reduce these staggering statistics.





21 GIRL-FRIENDLY PARENTING TIPS AND STRATEGIES

There are a number of factors that we need to consider when we are raising and educating girls.

It is part nature and part nurture.

From biological differences, such as brain development and hormones, to societal differences such as gender stereotypes and expectations, raising girls presents different challenges, and equally as many different rewards.

Parents who do best raising girls respond to the specific needs of their gender, rather than use a one size fits all approach.

Here are 21 parenting strategies guaranteed to meet the diverse needs of the girls in your life:

Boosting self-esteem & better communication

In a culture that's so image-based, it can be difficult for girls to develop the self-confidence needed to become strong, independent risk-takers who learn from their mistakes and who think of others.

1. Develop positive self-talk

Our girls can be experts at talking themselves down. It takes practice to change the patterns of negative self-talk. Mothers, in particular, need to be aware of their self-talk when your daughters are around. Teach her about the language of affirmation and be kind to yourself when your daughters are around.

2. Teach them to think beyond themselves

Some of the most confident girls and young women we know at Parenting Ideas are those who invest time in others, whether that be volunteering, raising funds for those in need, or helping siblings when they need a hand. Not only do girls take more learning risks when they assist others, they develop a range of high-level traits such as tolerance, patience and acceptance.

3. Foster journaling

Journaling is a great way for a girl to express their thoughts and feelings in a safe way, helping her navigate the changing landscape of her life. Some girls journal on social media, but lack of privacy of the digital world leaves many girls exposed.

4. Encourage girls to use I-statements

Girls can struggle to stand up for themselves, particularly girls who are brought up to be 'good girls.' Learning to use I-statements empowers girls to take responsibility for communicating how they feel. I-statements are strong statements which help your daughter express her feelings appropriately.

The script for I-statements is:

"When you... (went to the movies with those girls) I feel/felt ... (angry) because... (I was left out of the group) . I would like...(you to let me know next time, rather than keep it a secret).

5. Help her find her voice at home

Through many experiences, many girls learn to suppress their thoughts and feelings because that's what good girls do. 'Be seen and not heard' applies more to girls than boys. Help your daughter express her thoughts and needs at home, by starting with small problems. She doesn't always have to compromise to keep the peace. Encourage your daughter to speak up at home and be vigilant about stamping disrespectful put-downs that may come from siblings when she does speak up.

Making and keeping friends

Girls are more relational by nature than boys. Friendships are the greatest sense of pleasure as well as their most intense source of pain for most girls.

6. Give girls social scripts

Help your daughters develop social scripts she'll need for all sorts of situations from a four-year-old meeting new friends at pre-school to an eighteen-year-old negotiating No when in a compromising personal situation. Give girls the language they need to be social and safe in a variety of situations along their path to womanhood.

7. Encourage perspective taking

Many girls, particularly eldest girls in families, can be inflexible in their thinking and have difficulty understanding viewpoints that are different to their own. Debating two sides of a topic or argument with your daughter is a great way to develop more flexible, empathetic thinking that's so helpful when keeping friendships.

8. Play the game

Team sports help girls develop many valuable friendship skills including teamwork, cooperation, encouragement, resolving conflict and leadership. Encourage your daughter's involvement in at least one group activity or sport.

9. Differentiate between friendships and a clique

Start a conversation about friendships with your daughter before she moves into puberty. In particular, talk about how a good friend acts and discuss the difference between a friendship group and a clique. The former is a supportive, healthy group whereas the latter is restrictive and unhealthy.

continued overleaf...

10. Teach the skills of optimism

Girls can be really hard on themselves when they fail. They are more likely to blame themselves when they fail than boys. This is a strength (taking responsibility) and a weakness (leading to perfectionism). Teach your daughters the skills of optimism so that they think of their failures and successes in ways that foster confidence, mastery and flourishing mental health.

Girls and technology

The ever-changing landscape of the Internet provides many challenges for parents of girls.

11. Safety comes first

It's a parent's job to keep her daughter safe in both the real world and the digital world – this is made more difficult with geotagging, flaming and cyber-bullying. Develop a digital safety plan with your daughter that includes social media, entertainment and learning.

12. Take some time out

Girls with Internet connected devices are never alone. Mental health experts are now linking this hyper connectivity to anxiety and depression. Insist your daughter takes some time out from online activities on a daily basis. Small, regular breaks prevent the need for digital detoxes that many internet-addicted girls (and guys) need for them to maintain a semblance of balance.

Promoting healthy body image

Body image has been placed in the top three concerns for teenage girls every year in the last eight years. But body image is also a primary school issue with 80% of ten year olds citing that they are afraid of being fat.

13. Encourage involvement in pursuits that don't involve image

We need to encourage girls to value their bodies for what they can do, not just how they look. Encourage your daughter to become involved in pursuits that aren't image-based such as team sports, rock climbing, water sports and also activities that help them explore their skill such as writing, singing and music.

14. Call the media out on its portrayal of the perfect body

You've got to talk to your daughters about how the media portrays the perfect female form through film, television and advertising. Discuss the notion of digital alteration in the media including how and why this happens.

15. Model healthy eating and self-care

You can't be what you can't see. As a mother, monitor your self-talk about your own body shape, complexion and weight. Provide your daughter with a soundtrack that's forgiving of imperfection and caring for your own well-being.

Girl-friendly tips for mothers

The bond between mother and daughter is truly unique. The mother-daughter relationship is one that has far reaching effects on the development and socialisation of girls throughout their lifetime. Increasing the emotional connection between mothers and daughters can foster mutual support.

16. Fracture the good girl image

Allow your daughters to make mistakes and to be okay with saying No. Don't expect your daughter to always subjugate her own needs to accommodate the needs of others. Replace Good Girl with Strong/Caring/Loving Girl.

17. Help her find her passion

Cast a wide net and encourage your daughter to discover her passions. Some girls take longer than others but once they find their passion (also known as 'spark') they will literally use that as the springboard to develop a range of skills and interests that will stay for life.

18. Express yourself

Show your daughter it's okay to express a full range of emotions rather than bottle them up. Anger, sadness and fear are just as legitimate to express as happiness, pride and joy.

Girl-friendly tips for fathers

Fathers affect the lives of their daughters in intriguing ways. A well-fathered daughter is most likely to have relationships with men that are emotionally intimate and fulfilling, and have better emotional and mental health.

19. Make a connection

One of the most natural ways a father can make a connection with his daughter is through purposeful physical affection. Fathers are also naturally more inclined to engage their daughters physically. Daughters need more than just everyday gestures given in passing, they need opportunities to be involved on physical play. It helps to stress-proof them and creates a zest for life.

20. Listen without fixing

Fathers tend to communicate with a clear purpose and problem solving focus. Girls are feelings focused and want to create a shared understanding. Listening is essential for every father, even though it sometimes goes against his instincts.

21. Be a positive male role model

As a girl tries to figure out what men are like, the first one she watches is her father. As her father, you play a large role in showing her what a proper, respectful male response sounds like and feels like. Show her at home that she is accepted and appreciated, and this empowers her to make competent decisions. With such a positive reference point, she'll learn what to expect from the men she meets.

ARMIDALE TENNIS ACADEMY

SUMMER TENNIS CAMPS - AO SERIES

WEEK 1: 10 DEC - 14 DEC 2017*

WEEK 2: 17 DEC - 21 DEC 2017

WEEK 3: 08 JAN - 12 JAN 2018

*Week 1 is a half day camp open to all ages

Grab your enrolment form -

<http://armidaletennisclub.weebly.com/coaching.html>

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\$65.00 per day OR \$300.00 for the week

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Golf Links Road Armidale 2350





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SUMMER CAMP 2017

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Pirates

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For pirate fun

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and much, much more.**

WHEN: 8th January - 12th January, 2018.

WHERE: Armidale District Baptist Church
Cnr. Rusden and Jessie St, Armidale.

TIME: 9.00am – 3.00pm

YEARS: K-6

**COST: EARLY BIRD OFFER
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\$7.00 a day or \$30.00 a week

OR AFTER 31ST DECEMBER

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Morning and Afternoon tea provided.

**Children to bring their own lunch,
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NEW ENGLAND

STARS

Date: Sunday the 10th of December

Time: 2:00 to 5:30

Venue: Armidale City Bowling Club

Talented young people 3-14 years of age are invited to perform a talent item of their choosing at the New England Stars Talent Quest!

Performances will be allocated 3 to 5 minutes each.
Participation awards for all as well as various prizes on offer thanks to our generous sponsors!

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