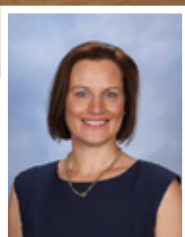


lion's roar

TERM 2 • 26 MAY 2017 • VOLUME 280



From the Head of Senior School

Mrs Anna Caldwell, Head of Senior School

Over the past two weeks we have been treated to some very impressive musical performances at the Eisteddfod. The Choral Night was a fabulous evening where our choirs and vocal ensembles demonstrated the incredibly high standard of music at the College. It was also very impressive to see the number of 'wonder women' we have at PLC, who made numerous and very speedy uniform changes between performances for the various choirs that they are members of, including NECOM Vocal ensembles.

Many of our girls then competed in the Composition Section the following evening. Congratulations to all of our students for their compositions. It was another very successful evening, but what really stood out were the number of girls who played beautifully for each other, even though they were all competing against each other. Their emphasis was not on the outcome but on supporting each other, with friendship and respect shining through as the real winners on the night.

continued on Page 2...

calendar^{OF} events

26 MAY TO
6 JUNE 2017

Eisteddfod New England Championship	26/05/2017
Speech and Drama Eisteddfod	29/05/2017 to 03/06/2017
Yrs 7 to 11 ICAS Science Competition	30/05/2017
Yrs 5 and 6 Maths Olympiad	31/05/2017
Yrs 6, 7 and 8 Tri Schools Debating - Round 2	7/6/2017
Bell Shakespeare	2/6/2017
Boarding Schools Expo - Coffs Harbour	2/6/2017
Eisteddfod Band Night	6/6/2017
Boarders' Weekend - Depart AM	9/6/2017
Model United Nations Assembly (MUNA)	2/6/2017 to 4/6/2017
Jnr Social - Yrs 6, 7 and 8	2/6/2017
Yrs 11 and 12 (10) HSC Study Day at UNE (History)	26/5/2017
Yrs 8, 9 and 10 (16) Exchange Field Trip	8/6/2017
Junior School Working Bee	28/05/2017
Yr 12 Chemistry to Water Treatment Plant	31/05/2017
Yrs 7 and 8 UNE Discovery Bus	7/6/2017
Yr 4 (PLC Blue) to ADNA Netball Carnival	28/05/2017
Snr String Ensemble (19) to Sydney Eisteddfod	31/5/2017 to 1/6/2017
Yr 12 (10) HSC Booster Day/UNE (Business Studies)	5/6/2017
North West Equestrian Expo	2/6/2017 to 6/6/2017

continued from Page 1...

I would like to make particular mention of our Year 12 students, Dakotah Love and Agnes Thwaites. Dakotah had the largest ensemble of the evening, singing and playing her piece entitled 'Jalapeno' and Agnes Thwaites had her composition entitled 'The Circus' performed by an ensemble of local musicians. Agnes won her section and then went on to be awarded the Adjudicators Award as well.

Congratulations to all our students and to Mr Matthew Minter, Mrs Constance Dunham, Mrs Deidre Rickards and all peripatetic teachers, who have put in many, many hours of rehearsals in preparation for this event. Next week sees the start of the Speech and Drama section of the Eisteddfod in Armidale and the Senior Strings will head to Sydney to compete in the Sydney Eisteddfod. We wish them all the very best.

We recently had two Netball teams, made up of Year 7 and 8 and Year 9 and 10 students, compete in the NSW Netball Schools Cup, held here in Armidale for the first time. Both teams played very well, with our Year 9/10 team narrowly missing out on progressing to the next level by just one point. Thank you to Lucy Keeping and Amber Vickery who umpired and mentored the girls and to Mr Greg Cotterell, for coaching the teams throughout the day.

Congratulations to Mia Emanuel, who after a lengthy selection process involving IGSSA trials, CIS trials and All Schools trials was selected as the goalkeeper for the NSW All Schools hockey team to compete at the Pacific Games in Adelaide in December.

As most of you would now be aware, we are recognizing and celebrating our 130th Year of the College. Over the course of this

year we have been learning some of the history of the College, from Mrs Taylor in her assembly addresses. We have evolved considerably since Mrs Spashatt first opened a 'Ladies School' to the PLC Armidale that we know today. There is a lot to be very proud of.

Knowing our history and culture, helps us build a sense of pride. When we learn about our history, how things came about, who things are named after and why, we develop a sense of connection and belonging. We have been blessed with a rich history of strong individuals, who were strong in mind, heart and faith and all committed to the education of girls.

"If you don't know your history, then you don't know anything. You are a leaf that doesn't know it is part of a tree". *Michael Crichton.*

Our Guilds are a very significant part of the fabric of the College, and thanks to our Guild Leaders, we are now learning about the history of our Guilds in assembly. This week we learnt about the origins of Macquarie and Forrest and next week we will learn about Gregory and Wentworth.



Senior School Notes

Anna Caldwell, Head of Senior School

Water bottles

All girls are to have a water bottle with them at school. They are allowed to take them to most classes and are able to refill them at the water station in the dining room during recess and lunch. Hydration is very important all year round.



PLC ARMIDALE hosts

COLIN BUCHANAN

A LIVE CONCERT FOR CHILDREN

2pm Friday 11 August 2017

TICKETS
\$8 EACH

PLC ASTRA ARTS CENTRE /
GYMNASIUM

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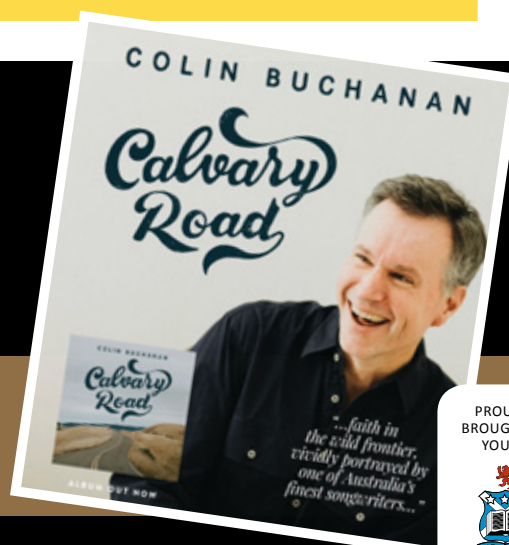
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COLIN BUCHANAN Calvary Road Singer/Songwriter Show 7pm Saturday 12 August 2017

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!



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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



Junior School News

Fiona Wake, Head of Junior School

Laughter Is the Best Medicine!

Research on humour has come into the sunlight of late, with humour now viewed as a character strength. Positive psychology, a field that examines what people do well, notes that humour can be used to make others feel good, to gain intimacy or to help buffer stress. Along with gratitude, hope and spirituality, a sense of humour belongs to the set of strengths positive psychologists call transcendence; together they help us forge connections to the world and provide meaning to life. Appreciation of humour correlates with other strengths, too, such as wisdom and love of learning. And humour activities or exercises result in increased feelings of emotional wellbeing and optimism. **Janet M. Gibson**

Character Strength: Humour

There's nothing better than laughing until you're out of breath and have tears streaming down your face. However when you think about it, laughter is actually kind of a bizarre behaviour. So why do we do it, and what makes our bodies have such an intense reaction to something funny?

How do our brains know when something is funny? As science reporter Tanya Lewis explains, it's thanks to the frontal lobe of our brain, which is responsible for our emotional responses. So while the left side is responsible for interpreting the words and structure of a joke, the right side determines whether that joke is funny or not. On average, humans laugh around 17 times a day, and as far as we know, we're one of the only species on the planet that laughs. Some primates do show signs of laughter when they're tickled, but scientists aren't quite sure if this is the same as human laughter.

At PLC, when the girls laugh they demonstrate their engagement with the task at hand and their appreciation for the learning that is taking place. The students here at PLC are truly happy most of the time. It is lovely to see the girls at play enjoying each others company, laughing at sad and somewhat corny jokes presented by teachers, laughing at themselves when things do not go to plan which demonstrated their growing awareness of perspective when things do at times go wrong. **(FIONA MACDONALD, 2015)**

WHAT'S SO FUNNY!



What causes one to laugh? What is actually happening?

By Robert Provine, Ph.D.

Laughter is part of the universal human vocabulary. All members of the human species understand it. Unlike English or French or Swahili, we don't have to learn to speak it. We're born with the capacity to laugh. One of the remarkable things about laughter is that it occurs unconsciously. You don't decide to do it. While we can consciously inhibit it, we don't consciously produce laughter.

We also know that laughter is a message that we send to other people. We know this because we rarely laugh when we are alone (we laugh to ourselves even less than we talk to ourselves).

Laughter is social and contagious. We laugh at the sound of laughter itself. That's why the Tickle Me Elmo doll is such a success — it makes us laugh and smile.

The first laughter appears at about 3.5 to 4 months of age, long before we're able to speak. Laughter, like crying, is a way for a preverbal infant to interact with the mother and other caregivers. Contrary to folk wisdom, most laughter is not about humor; it is about relationships between people.

The best part about all of this is that laughter is actually good for you. Researchers at the University of Maryland in the US have linked laughter to the healthy function of blood vessels - something that can lower your chance of a heart attack. And laughter also boosts heart rate and the production of certain antibodies, which strengthens our immune system.

Why is laughter so contagious? This is your challenge. Please email me to share what you find out.





WORKING BEE and BBQ Lunch: Sunday 28th May

9:00am – 12:00noon: The Hard Yakka!
LUNCH: 12:00 noon. Bring along some meat for the BBQ and an Esky to house your refreshments. Lunch will be provided for the children along with salads, bread rolls and dessert for the adults.

Working Bees are more than just rolling up your sleeves and working on your weekend!

The most important role of a parent is to be receptive and encourage your child's learning. Rob Mason, Dad and KidsMatter Primary's Victoria Coordinator says **"research spanning several decades shows clear benefits for children when schools and families work together."** It shows that when school staff and families partner together, **a caring school community develops around students.** This makes a significant positive difference to the well-being and learning capacity of students. **So let's do it...**

Let's tap into the skills set of our community, roll up those sleeves, put on the rubber boots, paint clothes and gardening gloves and work together to build community and create an aesthetically pleasing environment for our girls.

Uniform

Please be sure to check with your class teacher, the times your daughter is required to wear her Sports uniform to school. Weekly homework sheets specify the day timetabled for PE and SPORT for each year level. This uniform should be worn with **white collared fold down socks. Ankle socks should not be worn and have never been part of the PLC Junior School uniform.**

I understand how convenient it is at times to pop on this uniform however it is beginning to creep in a little too often and unnecessarily. Keep in mind we do make exceptions from time to time and if disaster strikes at home and there is no alternative of course this would be the best option for you to take. Exceptions are also made at times if the girls are to wear this uniform for a special concert in the evening, in which we can appreciate it would be best clean and ironed, so wearing the sports uniform throughout the day is a sensible option when this is the case. When these exceptions apply, we will endeavor to notify you.

Upholding a standard across the College is important and uniformity and consistency can make our little ones feel less isolated when they are dressed differently to their peers. I appreciate your assistance regarding this matter.

Understanding your Daughter's School Report

(Guidelines set by NSW Education Standards Authority)

Reporting student progress

You will receive a written report on your child's progress at school at the end of Terms 2 and 4. The report will include information about your child's academic achievement, their commitment to learning, attendance, social development and participation in extra-curricular activities. The report will also include the effort put into each subject.

It is important the report be easy to understand, provide a grade of achievement and include detailed comments for each Key Learning Area. The academic section of your child's report is based on formal assessments (such as tests, assignments and projects) and informal assessments (such as teachers' observations of student's participation in discussion, question and answer sessions and helping others).

What do the grades mean?

At PLC Armidale grades are given according to the level of knowledge, skills and understanding of a subject that a student is expected to achieve.

Assessment of Achievement

Extensive	The student has an extensive knowledge and understanding of the content and applies this knowledge. In addition, the student has achieved a very high level of competence in the processes and skills and applies these skills to new situations.
Thorough	The student has a thorough knowledge and understanding of the content and a high level of competence in the processes and skills. In addition, the student is able to apply this knowledge and these skills to most situations.
Sound	The student has a sound knowledge and understanding of the main areas of content and has achieved an adequate level of competence in the processes and skills.
Basic	The student has a basic knowledge and understanding of the content and has achieved a limited level of competence in the processes and skills.
Elementary	The student has an elementary knowledge and understanding in few areas of the content and has achieved very limited competence in some of the processes and skills.

For more information about report grades: <http://arc.boardofstudies.nsw.edu.au/go/k-6/common-grade-scale/>

What other information about academic achievement will I receive?

Grades or similar descriptions of achievement are a useful way of knowing where your child is relative to the curriculum level. However, you need more detail than that.

The reports have teacher comments about each subject, which describe what your child understands and can do. They also include information about what they need to learn next.

Getting the whole picture

Information about academic achievement is just one part of your child's report. But it's not the only form of learning your child is involved in. There is also information about social development, attendance and commitment to learning, as well as participation in other areas of school life.

The mix of information in your child's report will help you best understand their progress and help you support their learning.

You don't have to wait for the report

If you have a concern about your child's progress or behaviour or want to know how your child's learning can be extended or further challenged, or you just need to have a general discussion, you don't have to wait until you receive a written report. At PLC Armidale we encourage good communication and we are always willing to find an opportunity for you to talk with your child's teachers or myself on request. There will be a formal opportunity to speak with your child's teacher at a parent-teacher interview in Term 1 and 3. If you are unable to make the scheduled times available for these interviews, please feel free to make an appointment that suits you in consultation with your class teacher. You can always call the College to make a time for a special meeting. It's best to phone the College in advance to schedule a mutually convenient time.

Your Feedback

If there is any information that is presented on your daughter's report that is confusing or presented in a language you do not understand, please inform me of this. It is important a School Report communicates the progress of your child and I would like to ensure it is presented in a manner to parents that is easily understood.

Eisteddfod

Over the past week and the week to follow, we have many students performing in the Armidale Eisteddfod for both group and individual events. Last week saw the K-2 and 3-6 Choirs perform under the direction of Connie Dunham. The girls sang beautifully and their confidence, performance skills and uniforms were outstanding. The K-2 Choir received positive and constructive feedback regarding their performances. The 3-6 Choir placed first in the Eisteddfod in their division. The girls sang well, followed Mrs. Dunham's lead with increased precision and managed to take out first place. This week there will be many students performing in individual events. I would like to thank parents for their support in making sure they are available to ferry their child to these individual Eisteddfod events. Our Strings girls will perform on Thursday and I will look forward to relating how they perform in the next Lion's Roar edition. I wish them good luck.

Eisteddfod Performances for the following week

Tuesday 23 rd May	12:00pm	ST75	Middle School Strings Ensemble	OTC	12:30pm	Bus both ways
	12:00pm	ST76	Senior Cello Ensemble	OTC	12:45pm	Bus both ways
	12:00pm	ST77	Harp & Strings Ensemble	OTC	1:15pm	Bus both ways
	12:00pm	ST80	Senior Strings Ensemble	OTC	12:15pm	Bus both ways
	12:00pm	ST81	Senior Strings Ensemble	OTC	2:15pm	Bus both ways
	12:00pm	ST79	Middle School Strings Ensemble	OTC	2:45pm	Bus both ways
Thursday 25 th May	12:00pm	ST74	Upper Primary String Ensemble	OTC	12:30pm	Bus both ways
	12:00pm	EN13	Junior String Trio	OTC	1:00pm	Bus both ways
	12:00pm	EN15	PLC Senior School Quartet	OTC	1:35pm	Bus both ways
	12:00pm	EN15	Year 10 String Trio	OTC	1:55pm	Bus both ways
	12:00pm	EN15	Year 9/10 String Trio	OTC	2:05pm	Bus both ways
	12:00pm	EN15	Year 9/10 Piano Trio	OTC	2:15pm	Bus both ways

Leadership

Last Thursday, our Junior School students received their Leadership badges to recognise their roles in the Junior School as Head Prefect, Deputy Head Prefect, Guild Captains, Guild Team Leaders and SRC members.



Student Leadership is part of our school responsibility in nurturing the physical, educational, social, physical, spiritual and educational needs of our students. Our Junior School PLC leaders for 2017 understand that leadership involves respecting the views and opinions of students as well as assisting them to develop problem solving and decision making skills. It also provides a focus for team building, goal setting, awareness of diversity and conflict resolution.

The PLC Community is confident that these girls will carry out their leadership duties honestly and respectfully. The Junior School community will endeavor to support all of these girls in their positions.

Robotics

CODE Away! The Junior School Robotics Club have challenged themselves this fortnight to program their Bee-Bots to move in a sequence according to encoded instructions.

Bee-Bot is an exciting new robot designed for use by young children. This colorful, easy-to-operate, and friendly little robot is a perfect tool for teaching sequencing, estimation, problem-solving, and just having fun! ... Press GO to send **Bee-Bot** on its way.





Junior School Sport

Rebecca Ward, Junior School Sports Coordinator

PLC Armidale at PSSA Cross-Country

On a bright, crisp Autumn day in May, six PLC students competed in the annual Armidale Zone School Sports Association Cross Country Championships, held at the Bellevue Rugby Oval at UNE. The girls who participated were Scarlett Loxley, Annabelle Pennington and Chelsea Waters in the 10-year-old race, while Poppy Broun, Jenna Marquardt, and Piper Starr ran in the 12-year-old event.

Each girl ran spectacularly well, with Scarlett placing ninth, Annabelle fifteenth and Chelsea sixteenth out of 59 participants. Jenna and Poppy placed seventh and eighth out of 41 participants respectively, with Piper also coming in at tenth place.

The girls are to be commended for their excellent sportswoman-ship, determination and perseverance during the event. Thanks also go to the parents who provided support on the day, cheering our girls on as they came across the finish line. All in all, a wonderful day for these girls.

Sports Notifications and Updates

If you have not downloaded the Skoolbag App onto your phone, I would encourage you to do so. This is the quickest and most reliable way to keep parents and girls informed of events, changes to trainings, games and updates. Team changes and notifications are also delivered to parents through the use of this app. If you are unsure, please contact the College for instructions on how to download and use Skoolbag.





Flourishing at Guild Gatherings

Last Monday, the Junior School held their first Guild Gathering for the year. Guild Gatherings are an opportunity for Year 6 students, to use their developing leadership skills, to help the younger students to learn about and explore some of the character strengths we use at PLC.

The Year 6 girls provided each Guild with an activity to learn about the character strength of Spirituality – not an easy concept to explain to young children! Forrest created mobiles, Wentworth blue hearts, Gregory co-constructed a large flower and Macquarie made a collage. Each of these crafts or artworks were illustrated pictures or words showing what each girl was thankful to God for.

Year 6 were instructed to plan, collect resources and run each activity, all within a small timeframe. They are to be commended for their patience, gentleness and ability to plan quickly and efficiently!

Each student was fully engaged throughout the Guild Gathering, with teachers commenting on how lovely it was to start the week so calmly and quietly. Guild Gatherings will be run fortnightly during Terms Two and Three.





Around the Grounds Sports Report

Peter Le Surf, Director of Sport

Teamwork.....what does it mean?

There is an ancient saying:

"A snowflake is one of God's most fragile creations, but look what they can do when they stick together!"

Each weekend I get around and watch some of our sporting teams. Many are getting some fantastic results. They may not be the most skilled players, they may not have been selected into the representative teams, and yet they are playing well above their age.

On the weekend, I watched a junior hockey game. The ball was passed from defence out to the wing. It was then passed through 7 others until finally a shot was taken. Unfortunately, the shot went wide, however the teamwork was amazing. Eight players were involved in the attack. Some players were more talented than others and ran with the ball. Some just got a small touch on the ball to pass it off. Each player had a vital part to play. Without the small touches, the entire process would have broken down.

We all must remember that an individual cannot win a team sport. Each member of the team is vital for the team to succeed. For without the team members, the individual would not be able to shine.

If you are the best goal scorer in the world, in any sport, you cannot perform your skills without the other team members passing you the ball. Without the other members, you would not be on the field.

The Navy Seals have a saying, "Individuals play the game, teams beat the odds!"

The best teams are those that work together as one to overcome the opponent. So, let's all work together and include all members to achieve great sporting results.

NSW Netball Cup

On Tuesday 16th PLC Armidale had two teams in the NSW School Cup Netball Competition. This competition was held in Armidale, at Lynches Road.

The day was very well organised and the teams played up to 6 games of netball throughout the day.

Our Year 7/8 team had a tough start to the day, losing their first two games to O'Connor and Glen Innes high schools. They fought back and finish strongly, winning two out of their last three games and tying the third. The overall result was a third-place finish in the pool of six teams.

Our Year 9/10 team played 6 games. They started strongly against some very good opposition from Glen Innes and came away with a great win. The second game was against a very determined Armidale High School. Unfortunately, a couple of late goals gave Armidale High the win. The girls then picked themselves up and played strongly for the rest of the day, winning all but one of their remaining matches, which they tied.

The overall result was finishing in second position by one point.

A big thank you goes out to Amber Vickery and Lucy Keeping who, not only umpired all games, they also ran the girls through training drills and warm up routines in between matches. Also to Mr Greg Cotterall who coached the Year 9/10 team for the whole day.

Below: The NCIS team played in the NSW All Schools Football Championships in Sydney this week. PLC was represented by Tara Price and Kiera Shaw (pictured below left).





Music Notes

Matthew Minter, Director of Music

Eisteddfod results highlights to date

The Eisteddfod season has kicked off to an amazingly successful start. Bravo to all the girls for their amazing performances, and congratulations to all the teachers for their outstanding leadership of the ensembles and individuals.

Amongst the highlight of the Eisteddfod so far PLC came first in each of the following sections.

PLC Lower Secondary Choir - 1st in Year 10 and Under Choral
Elective Music Class Ensemble - 1st in Vocal Ensemble 10-20
Voices

K-6 Choir Two Part Division 1

Senior and Junior Strings won all of the following sections:

Years 8 and Under Small String Ensemble

Years 7-12 Small String Ensemble

Open Small String Ensemble

K-6 Large String Ensemble

Years 8 and Under Large String Ensemble

Open Large String Ensemble



Chamber Music Results:

Junior School String Trio - 1st in Chamber Music K-6

Year 9 and 10 String Trio - 1st in Chamber Music 7-12

Composition Results:

PLC won 15 of the 27 prizes in the entire composition Eisteddfod.

Composition K-6 was won by Abigail Thompson

Composition Year 9 was won by Sarah Hughes

Composition Year 10 was won by Mia Emanuel

Composition Year 12 was won by Agnes Thwaites

Composition Adjudicators Grand Prize for the most outstanding work in the whole competition was also won by Agnes Thwaites.

A complete report will be published after the conclusion of the Eisteddfod.



Armidale Eisteddfod 2017

Tuesday 6 June	8:30am	EN07	PLC Year 9/10 Music Class	OTC	9:50am	Bus both ways
	8:30am	EN07	ELICOS Class Ensemble	OTC	10:15am	Bus both ways
	5:30pm	EN20	PLC Wind Ensemble	OTC	7:45pm	Own

* OTC – Old Teachers' College.



Boarding House News

By Katie MacDougall

The Boarding House continues to be a place of celebration these past few weeks with many of the girls going home for the weekend for Mother's Day. Girls made cakes to take home to their mothers and we had a high tea here in the afternoon for mums, grandmothers and aunties returning girls from weekend leave.

It was National Boarding Week from the 14th to the 20th May, a week to celebrate all the students and staff involved in Boarding Schools all around Australia.

On Friday in conjunction with SRC Movie Night we had a Year 7-8 sleepover that involved boarders and day girls staying over night in the school's hospitality centre. They spent their evening playing games and 'hanging out'. Olivia, Year 8 said "a lot of the boarders hadn't really had a sleepover with the day girls so we got to spend time with them and connect with them like you would at a sleepover at home" Annabel, Year 8 said her favourite part was Singstar in the Astra Arts Centre, Laci, Year 8 said hers was spending time with each other. Some quotes from the girls in

Year 7, include Amber "we played lots of games it was fun" and Isabelle "we played dodge ball laser tag (we're not quite sure what this is but we are sure it was lots of fun) and karaoke". She said her favourite part was staying up late and getting to know the day girls better. Overall the girls had tons of fun and claim they don't know who is the worst singer was but there was some debate over who was the best.

This weekend Tara Price travelled to Sydney to play along side Kiera Shaw with the NCIS (North Coast Independent Schools) soccer team. This is Tara's third time playing for the team.

Saskia also competed at a One Day Equestrian Event in Tamworth and although her Cross Country and Show Jumping went well, her Dressage was not her finest. She competed even though she had a heavy cold but it was all good practice for the North West Equestrian Expo, Coonabarabran coming up next week.

Lily Coleman has gone on exchange to Columba College, Christchurch, NZ. We hope she has a great time and gets to go up the mountains in the snow. Annabel Sevil and Emma Younghusband will be going to PLC Melbourne at the end of the week. Have a great time.





Development and Enrolments

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



Principal's Regional Tour – next week

The Principal's Tour continues next week, when Mrs Taylor and I travel to the Mid North Coast, followed by Glen Innes, Inverell and Moree areas on June 15 & 16. Please contact Enrolments Manager, Sally McCook, should you like to host and event or be interested in introducing PLC

Armidale to others in your community. We very much appreciate your advocacy.

Term 2 Boarding Schools' Expos – Coffs Harbour next week

We appreciated meeting the many current, prospective and past PLC Armidale community members who visited the stand at the Dubbo Expo last weekend and now look forward to doing the same in Coffs Harbour next Friday.

Please let your networks know that we are there and to call in and see us!

Green Tartan publication

The bi-annual publication will be distributed this week, a little later than usual. As mentioned previously only a limited number are actually being printed, with most being distributed electronically. Should you wish to receive a printed copy, please email development@plcarmidale.nsw.edu.au

Our Foundation – Annual Giving

At the end of each financial year, like many Foundations and Charitable organisations, the PLC Armidale Foundation asks for the support of our community, past and present through its Annual Giving Program. The focus for 2017 is to increase opportunities for girls to attend PLC Armidale, but way of a Scholarship. Many girls in our College are currently benefitting from the Scholarship program, due to the generosity of many donors, past and present. This week, you should have received an invitation via email to contribute to this worthy cause close to all our hearts. 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.

continued on Page 10...

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

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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: ____ / ____



continued from Page 10...

Commemorative Book – Photos, Recipes & Stories

This book will offer so much more than just another cook book and will be a celebration of the 130th milestone of PLC Armidale.

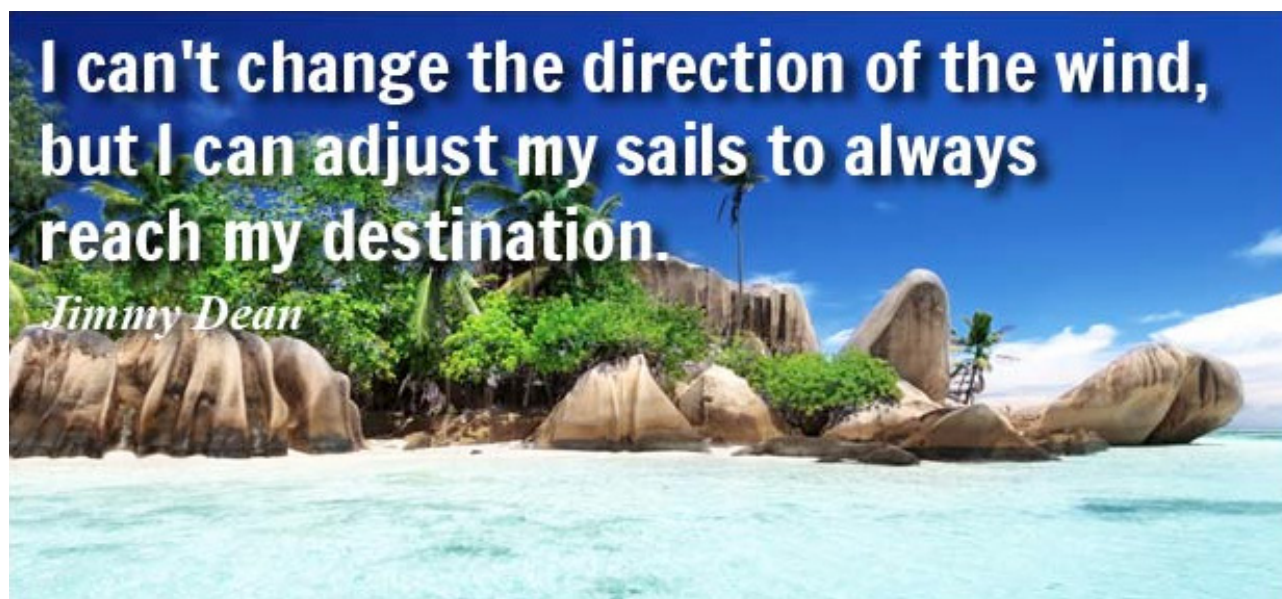
There is currently an enthusiastic and experienced Committee of four people working on this exciting opportunity for the College, including past parent Lynne Walker (a feature writer), current parent Sarah Burrows (former writer for Vogue Entertaining & Travel magazine), Old Girl Bronwyn Grills (and current PLC Armidale graphic designer) and myself.

The book will showcase a collection of favourite stories and recipes from past and present day, and we are endeavouring to capture the diversity of representation (day/boarding; ages;

staff/students; young and old; different cultures) which makes PLC Armidale so culturally rich and unique. It is our aim to have this hard cover book published ready in time for Christmas sales this year, or at least close to it, so time is of the essence now. We understand that through your involvement at PLC Armidale, you will have an item to share and we would love to include it.

So, we are appealing to your sense of adventure, your sense of PLC Armidale pride and your sense of willingness to be involved in something that will be a lasting legacy for the College as it takes centre stage on the coffee tables and kitchens of families in our past, present and future community.

Please email Shona ASAP at development@plcarmidale.nsw.edu.au with photos, history, stories and/or recipes.



Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

Understanding the need for adjustments in your life.

'They must often change, who would be constant in happiness or wisdom.' - Confucius (551BC – 479BC)

Nothing in our world remains static. It is either growing or declining. Unless you adjust to changes, you stultify. Treat change as an opportunity to refresh. The longer you resist, the greater the shock. Adjust gradually.

Success is never achieved in a straight line. Although it's a great to put together workable, realistic plans, life doesn't always go according to plan. Yet even when conditions change quickly and dramatically, success is still possible. To succeed in such a world as this, you must be willing to adapt.

When something fails to go the way you planned, it's not the end of the world. In fact, things could eventually turn out to be even better than you planned. Regardless of what happens or fails to happen, you can choose to successfully work it into your path forward. Adjustment does not mean failure, however failing to adjust, many times, may! Instead of being hook up on about what you cannot control, make adjustments in those things you can control.

It might be nice if everything were to play out according to plan, but the thing is, it won't. There will almost certainly be junctions along the way, even a surprise or too, so you might as well find a way to make positive use of them.

Don't give up on your goals or dreams just because things change. Adapt, make adjustments, and make every turn of events move you forward. You will find that this is necessary in every area of your life. The choice is yours. Choose wisely - adjust gradually.

Perhaps more than we realise, life is like that of being in a boat guided by the wind. Sometimes, as Jimmy Dean said, you must adjust your sails in order to reach your destination. This means that, sometimes, you may have to take a different course - a different path - in order to reach the same, original destination that you had set out for yourself.

Are YOU willing to "adjust your sails" if necessary?

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Exploring the New Frontier in Parenting

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids' emotions.

It's official!

Emotions are now part of the parenting and educational mainstream!

For some time they've been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie *Inside Out* gives life to emotions in a fun, accessible way. It's a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, "Educating the mind without educating the heart is no education at all."

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, "Emotions matter as they drive learning, decision-making, creativity, relationships, and health."

This is not to say that we ignore children's poor behaviour, neglect to set limits or not ask anything of them when they've experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. "What do you mean you're sad? We're off to watch a movie. It's a happy time!" Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it's hard to figure out just what they are doing.

It's a wonder parents haven't smartened up to emotions earlier because 'good parenting' is hard emotional labour. When your three-year old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child!) you're doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out "I hate you!" because you've denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That's one of the reasons its so draining.

Accepting kids' emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We've built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial 'To smack or not to smack' question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

more on page 2 >>



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



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Parenting*ideas* INSIGHTS

Building parent-school partnerships

... Exploring the New Frontier in Parenting ...

The limits of many parents' emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children's emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, "Who taught you how to recognise, manage and regulate your emotions?" If you answered your parents then lucky you. They've given you the tools you need to have successful relationships, to maximise your earning potential (I kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn't identify anyone, so your emotional intelligence (if you've read this far you have the emotional smarts needed for focus, self control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

Here are five ideas to help you explore the alien landscape of kids' emotions, the new frontier of parenting:

1 Listen first

When your child fusses and fumes about some wrong-doing or hurt they've experienced clear your mind and listen.

Avoid trying to fix the situation just show understanding and compassion. There is no better feeling than being understood.

2 Contain rather than manage (let your kids do the managing)

Children's behaviour can become tangled up in upsets and disappointments. It's hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don't have to do that for them.

3 Know that emotions can be pleasant and unpleasant

We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4 Build a vocabulary around emotions

Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5 Help your kids recognise, then regulate emotions

Ever told a child to calm down only to

see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that's not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don't always get it right. Learning to recognise your feelings is a continuous process that's best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. When it becomes part of your family's DNA then emotional intelligence will be passed down from generation to generation. You'll know it's had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did! When you subscribe you'll also get my fantastic Kid's Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.

Michael Grose



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New England Conservatorium of Music



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Wed 28 & Thurs 29 June 2017

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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:

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