

lion's roar

TERM 4 • 27 OCTOBER 2017 • VOLUME 289



From the Principal

Mrs Nicola Taylor, Principal

The Long Lunch held last Saturday as part of our 130th Celebrations was a visible demonstration of community. Past students, parents and staff shared a meal with current students, parents, staff and supporters of the College.

Sixty Year Alumnae shared memories with Five Year Alumnae, reflections of a different site, a different name yet at the heart the same school. The threads of connection are tied to a school founded on Christian principles and values, seeking to educate young girls to grow to be women of character and substance. Women who can take their place in an ever changing world, sure of who they are because of where they have come from, with a clear sense of purpose and worthwhileness in the contributions they can make in shaping and building.... Community!

Sensationalised press reports of the lack of any real benefit, or even relevance of single gender schools often don't take into account the creation and shaping of school culture and the influence this has on the development of the child, socially, emotionally and academically. Most recently the findings of two research projects have been reported on. The first, an Australian report on the analysis of improvement from Year 3 to Year 7 in literacy and numeracy as

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27 OCTOBER TO 10 NOVEMBER 2017 calendar of events

IGSSA Gymnastics Competition	27/10/2017
Yrs 7 to 11 + Pathways SRC Movie Evening	27/10/2017
2017 Hawkesbury Canoe Classic	27-29/10/2017
Upper Hunter Beef Bonanza	27-29/10/2017
HSC Exams	27/10 - 07/11/2017
Commemorative Book Preparation and Photography	29/10/2017
Boarders' Themed Dinner	31/10/2017
In House Concert	1/11/2017
P & F, Foundation, OGU Meeting	2/11/2017
St Peter's Anglican Cathedral Youth Group	3/11/2017
SSG Sports Day	4/11/2017
Sports Dinner	4/11/2017
Basketball NSW	4-5/11/2017
Junior Social - Years 6, 7 and 8	10/11/2017

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measured in NAPLAN results, whilst the second a British study over thirteen years comparing the performance of South Korean Students in Years 10-12 in English and Mathematics. Whilst these two studies were substantively different, the findings of both were consistent, that academic results are higher in single gender schools. Perhaps this is why almost seventy percent of NSW Government Selective High Schools remain single gender?

However, what is more difficult to measure but still influential upon the growth of the individual is the effect over time of role modelling, heightened expectations, leadership challenges and opportunities. These along with specialised programs, a safe and supportive environment and personalised care are what many of our graduates testify personally as the value add of greatest worth to them as a person. This is the journey we are on as we commemorate a diverse and rich history -that it shapes and

informs a strong and vibrant future specialising in the education of girls and young women.

The Alliance of Girls' Schools Australasia of which we are members has recently published a response to the media reports after their own analysis of the evidence. The concluding remarks are helpful to reflect upon...

"At a girls' school, teaching is tailored to girls and they learn in an environment free from gender stereotyping. Just as importantly, girls acquire confidence and resilience, allowing them to embrace calculated risks and step up into leadership roles. Clearly this approach - combining excellence in teaching with an emphasis on student leadership and wellbeing - is incredibly successful and answers the question of why it is that single-sex schools are so successful, particularly for girls."





Senior School Notes

Anna Caldwell, Head of Senior School

Hawkesbury Canoe Classic

After months of training, our courageous crews will be setting off at lunch time on Friday, 27 October, heading to Windsor for the start of the 111km marathon paddle. This year is the 41st Anniversary of the event.

This year our paddlers are: Grace Lehman and Gracie Martin and Charlotte Caldwell and Will Caldwell.

I wish all the paddlers and their land crew all the best for the event and look forward to seeing their tired but smiling faces at the finish line at Brooklyn on Sunday morning.

Year 10 Leadership Training and PDHPE Camp

Year 10 will participate in a Peer Support Leadership Training Day on Monday, 10 November in the AAC. The training day will focus on Leadership skills, developing connections, responsibilities, personal strengths and characteristics and decision making.

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

After undertaking this program, the girls will have the opportunity to apply to be a Peer Support Leader to support Year 7 2018, which is an important component of our transition to Senior School Program.

Year 10 will then head off to Sydney on Tuesday, 21 November for their PDHPE Camp. The girls will participate in The Urban Challenge, run by The Somerset Outdoor Learning Centre. The girls will return to Armidale on the evening of Friday 24th.

Latin@ PLC

In Week 6, Years 7 and 8 will have the opportunity to experience a Latin lesson, as a taster lesson in preparation for Latin lunch time classes, which will start in Term 1 2018. More information will be sent home later this term.

Uniform Reminder

Please check the following specifications for the Summer uniform:

The tartan summer dress is to be knee length, no shorter.

Green or red jumpers may be worn on cooler days.

Blazers are to be worn to and from school every day, unless instructed otherwise by the school. They can be worn during the day at school.

The summer hats are to be worn to and from school every day without exception and are also to be worn outside during recess and lunch.

White socks need to be turned over ankle socks.

Black lace up school shoes.

Green or red hair ribbons and regulation jewellery.

Regulation jewelry includes a wrist watch and only one pair of either gold, silver or pearl small stud earrings. No other items of jewelry are permitted to be worn.

If girls really feel the cold and want to wear their tracksuit jacket, it must only be worn over their jumper and blazer, and only worn at school, not to and from school or around town.

On days when the girls have PE lessons, they are to wear their full school uniform to and from school and change into their sports uniform for their PE lessons.



Update on "The Sound of Music" Production

Jan Patterson, Speech and Drama Teacher

With 18 days remaining before opening night, the excitement level is rising for the cast and crew of "Sound of Music". Final costume adjustments have been in progress this week with

Mrs Graham, Mrs Wright, Mrs Roberts and Mrs Quast in full swing. The musicians have begun to attend rehearsals which adds to the reality of our impending production.

Friends and family may need reminders to order their tickets, with Cast One performing on the Thursday and Saturday nights and Cast Two performing on Friday Night and Saturday afternoon.

It is vital now that everyone makes a strong commitment to being present at all rehearsals. This Thursday, 26 October will be a run through of all songs with the orchestra in the music room with chorus singers required from 5-6pm, principal singers from 5-7pm and orchestra members from 5-8pm. That same afternoon, 26th, the Von Trapp children and the two Marias will be needed from 4-5pm for dance choreography.

Next Sunday, 29, Acts 1 and 2 will run in the DKC and will be a full dress rehearsal, beginning at 2pm and ending at 5.15pm.

The first rehearsal at the UNE Arts Theatre will be on Sunday, 5 November from 10.30am till 5pm as all the technical factors will need to be sorted on that day e.g. microphones and lighting.

If any parents are able to offer help in the form of curtain pulling or stage hands, please contact Jan Patterson urgently at jpatterson@plcarmidale.nsw.edu.au

The other area of our production where help is needed is on Sunday, 12 November when we need to dismantle our set and return it to PLC. If any parent could assist with a trailer or ute to transport pieces of the set back to school, please let us know as soon as possible.

Meanwhile, the voices are soaring, the instruments are playing, the sewing machines are humming and we have a production just about ready to go!



Guild Drama

Erin Foster, Guild Drama Coordinator

Hi parents, friends and old girls,

This year's Guild Drama theme is: CELEBRATING 130 YEARS OF PLC ARMIDALE.

Year 11 have been working extremely hard on producing a fantastic series of performances. They will be producing a short film that addresses 90 years of the College's history and then entertaining you with 4 decades of performance.

The order is as follows:

- 12.25pm Screening - 90 years in 90 seconds
- 12.30pm **Gregory** - The 1970s
- 1.00pm **Macquarie** - The 1980s
- 1.30pm **Wentworth** - The 1990s
- 2.00pm **Forrest** - The 2000s
- 2.30pm Pack up and change back into uniforms
- 2.50pm Announcing of Guild Cup winner and award of Guild Drama prizes
- 3.00pm **HOLIDAYS COMMENCE!!**

We welcome all members of the PLC Armidale community to this event and look forward to seeing many familiar faces on the day.

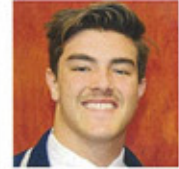
Class of 2017



ADRIAN BESTWICK



AIDEN CERNID



AUBREY FAURI



LENA-JANE COCHRANE



MIKAYLA DUTTON



RICKY LANYON



RATU DAVID

'Every story has an end and every end has a new beginning'...

Yalari Graduation Ceremony and Ski Weekend - Friday 25th August 2017

The yearly Yalari Graduation Ceremony is a celebration of success, resilience, mateship and community, and we were proud to welcome another 21 Yalari graduates into our growing band of alumni.

The ceremony was held at The Realm Hotel in Canberra where students were joined by sponsors, family members and Yalari staff.

Yalari alumna and 2016 Valedictorian Rekisha Satour did an outstanding job as Master of Ceremonies, and handed the 'Valedictorian' mantle to Kambala graduate Shanelle (Nellie) Smith.

Nellie was awarded the top honour due to her extraordinary leadership and mentoring qualities, her commitment to Yalari and Kambala communities and her overall exemplary attitude. She delivered an emotional speech revealing her experiences throughout her boarding school journey, her admiration for founding directors Waverley Stanley and Llew Mullins and the very real impact

Yalari has had on her life.

"I feel honoured and proud to be named the 2017 Yalari Valedictorian," she said.

"A simple thank you to Waverley and Llew would be an understatement. What you have done for us makes me so proud to be Indigenous. I'm proud when I meet people I'm able to say I achieved this because of a passionate, hard working Indigenous man who had a dream and chased it. You both inspire me with your dedication and passion... and the love you have for us students," she continued.

The formal ceremony was followed by an intimate lunch at Burberry Terrace which allowed for much reminiscing and reflection (and in some cases giggling) about their six year Yalari journey.

After lunch, school uniforms were replaced by jeans and sneakers, and the rowdy crowd eagerly jumped on buses. Destination? Perisher ski fields!





The rest of the evening was spent sitting around the open fireplace in the chalet, catching up on old times and discussing the future. Once back at 'the boys chalet' the boys lapped-up the resort style living and well deserved break from study.

Picturesque weather was enjoyed over the weekend as students took part in a mixture of skiing and snowboarding. For many of the students it was the first time they had seen snow.

Of course, this is not the end of the road for friendships and connections made between the students. The Yalari Pathways Team have been busy working with our Year 12 students to help them with the transition from boarding school to life after school.

Many of the graduates are heading straight to university, with others starting apprenticeships and traineeships. Some have elected to work with Yalari partner schools as gap year students, helping the younger students navigate the same journey that they are about to finish.

Congratulations to every member of our graduating class of 2017. We wish you all the best of luck; to pursue your dreams, enjoy your lives and make a positive difference in our world.

"To all 20 of my Yalari sisters and brothers that graduate today - congratulations! Your hard work and dedication has paid off. We all have our individual strengths and I know for sure every single one of you will be successful; we just have that special unique gift which will drive us to do amazing things with our lives."

Shanelle Smith - 2017 Yalari Valedictorian





Experience on the Young Endeavour

Sarah Askey- Year 11, 2017

As some of you may know, I spent the last week of my holidays and the start of this term doing my Duke of Ed Gold Residential Project on the Young Endeavour.

The Young Endeavour is an Australian tall ship, given to Australia by the British government in 1988, as a gift to celebrate Australia's bicentenary of colonisation. It is run by the Royal Australian Navy, and is part of Young Endeavour Youth Scheme, intended to teach young Australians how to sail, while also developing teamwork and leadership skills and increasing participants' self-awareness and sense of community spirit.

The spots on a Young Endeavour trip are done by a ballot, so you don't get a lot of say over which trip you get, or who you go with. To be eligible you have to be between 16 and 23. My trip went from Brisbane to Newcastle, with 24 youthies and the Navy crew. We got to be involved in a range of group activities, discussions and had a lots of jobs on the boat that were designed to allow us to help and support others, as well as letting us develop our own skills. This all built over the first 9 days to the opportunity to run the ship on Command Day, where we had to implement our knowledge, leadership and team work to sail the vessel ourselves for 24 hours.

During the time on the boat I learnt so many new things like how to set and furl sails, the correct lines to use, how to lay out lines, tie off the lines, as well as helping the chef in the galley. One of the highlights was climbing the 32 metre mast to the top while out at sea. Being up so high, waves breaking over the bow, and being under sail was an amazing experience.

The scenery was also breath taking, with spectacular visits from humpback whales and dolphins. As well as sailing many days, and some nights. We had lots of trips ashore, visiting Byron Bay, Coffs Harbour, Trial Bay, Broken Bay, and a walk to Barenjoey lighthouse at Pittwater.

I found the trip very rewarding. While it was amazing to learn how to sail a tall ship and get to make new friends, it was also very physically challenging due to sleep deprivation and also mentally challenging trying to work together with a group of people who don't know each other and haven't got much sailing experience!

The 11 days of my time on the Young Endeavour was lots of fun, and an amazing experience that also taught me a lot about myself and challenged me physically. I discovered my own leadership abilities, while at the same time I also got a chance to learn about others and develop wonderful new friendships. I met people that I normally wouldn't have had the opportunity to meet, in circumstances that were outside my normal life. It was a great experience, and I know I can utilize the knowledge I gained to help me in the future. I definitely recommend it to any of you girls who have a spirit of adventure and are willing to try new things!





Junior School News

Fiona Wake, Head of Junior School

Term 4 Week 3 Character Strength: Fairness

This week the Junior School is discussing the Character Strength **'Fairness'**. Fairness means different things to different people and having these discussions are highlighting many perceptions and understandings of what 'Fairness' is and should look and sound like. It is fair to say, the Junior School is indeed a busy place; the chant of the THRASS Wrap; the amazement when two dimensional drawings done by students come to life in 3D form; the rote learning of times tables; the WHY question being asked to seek deep understanding; the recollection of weekend sports matches and the best part of the match being the teamwork and sportsmanship displayed throughout the game and 3D printing that precedes the sighs of wonderment. Our workplace and learning space is filled with joy, challenges, happiness and care for our PLC Family.

Thank you for trusting and supporting our staff as they provide engaging and life changing experiences for your daughters.

Orienteering

On Friday 20 October, Years 3-6 students headed to Gara Dam Stock Reserve, 15km from Armidale on the Grafton Road just before the Gara River, to participate in the 2017 Armidale Outdoors Schools Orienteering Championships. The girls were divided into groups of 3-4 and made their way through the Orienteering course along side of their peers and many other participating schools across the New England Region.

In preparation for this event PLC Director of Sport, Peter Le Serf, organised for two Orienteering coaches to run an Orienteering Session, which successfully set the tone and excitement for Friday's competition. The girls have communicated their wishes to participate in another event of this kind as it was **'lots of fun'**. There are many advantages to taking part in an event such as this. Orienteering helps students to develop skills in navigation, problem solving, establishing teamwork skills to complete a pre-designed course and for mere enjoyment.



Junior School Events

Week 4

- Pre K Learn to Swim

Week 5

- Pre K Learn to Swim
- Kindergarten Orientation 3 – full day, afternoon tea and THRASS session
- Years 6,7 and 8 Social 7:00 – 9:00pm
- REMEMBRANCE Day Saturday

Week 6

- Pre K Learn to Swim final week
- K-2 sleepover and dinner in Dining Room
- Technology Evening Presentation TBC

Week 7

- Final teaching week
- **Junior School Presentation Evening**



Please join us
for the

2017 Junior School Presentation Evening

Thursday
23 November 2017

5.45pm for a 6.00pm start

PLC Armidale Astra Arts Centre

Summer Uniform

Summer dress

Socks – white fold down collar socks

Blazer and straw hat to be worn too and from school

If a school jumper is to be worn, blazers need to also be worn over the top

Green ribbons, scrunchies must be worn each day

All clothing should be labeled please

Earrings – pearl or gold stud or sleepers, single earrings only



Student Representative Council: Environment

Your SRC Leaders, Emily Thompson, Lucy Young and the Junior School SRC team 2017.

In Term 4, our Junior School SRC focus is on the environment and managing waste. Our four main avatars and key areas representing these actions are 'Waste Warrior', 'Sparky', 'Green Thumb', and 'Wild Child'.

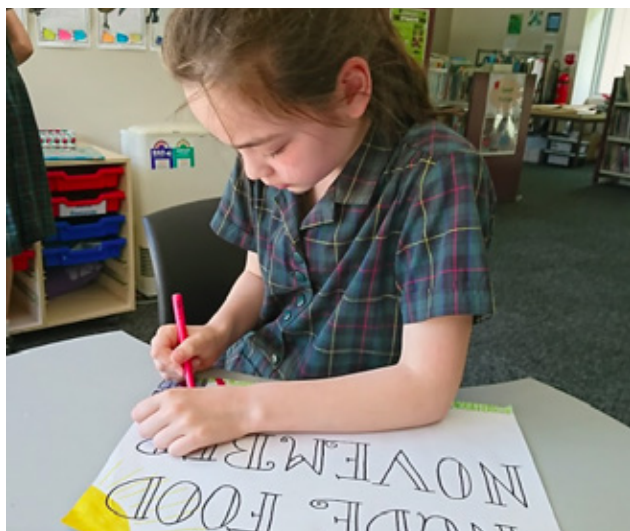
Waste Warrior focuses on recycling reusing and reducing waste.

Sparky focuses on the usage of electricity within our school.

Green thumb is involved with vegetable gardens and plants.

Wild child is about loving the environment and enjoying the time spent in nature.

As part of this action, PLC Junior School will be involved in numerous actions to support our environment and encourage sustainable living. Some of these actions include; participating in



Nude Food November; the cleaning and reusing of hot special containers; Earth Hour electricity monitors; separating our waste with the support of the Armidale Council bins and the list goes on!

Watch this space as we bring you our actions in photos throughout the term!

Global Garden

Pre K have been busy nurturing and maintaining our Global Garden. Our vegetables and herbs have lapped up the recent rain and Pre K are now on the look out for hungry little caterpillars and munching insects that enjoy the vegetables as much as we do. Our Global Trolley will find its way to the Front Gate each afternoon where you can donate a gold coin to purchase a tasty treat grown with love and thoughtfulness by the littlest members of our Junior School.



Congratulations

I would like to take this opportunity to congratulate and acknowledge Gabrielle Cotterell and Sandra Alhassan who have been selected for Gondwana National Choral School. They will both be singing with the Gondwana Novus Choir at the January National Choral School. On behalf of PLC Armidale and our community we wish these two girls well for their future musical endeavours.



Junior School Sport

*Rebecca Ward, Junior School
Sports Coordinator*

Summer Sport Starts in Junior School

Summer sport has started in the Junior School, with a number of girls signing up to play Indoor Hockey and Basketball this season. A huge thank you to parents and senior students who have offered to help with game supervision, score and timekeeping, coaching and umpiring.

The uniform requirements, training times and coaches for each team are listed as follows:

Basketball

Uniform: PLC Singlet with PE shorts, white fold down socks and runners which don't mark the floor of the court. Hair ribbons must be the tri-coloured sport ribbon.

Training time: Every Monday lunchtime in the DKC.

Coaches: Darcy Campbell and Allastasia Carter.

Games are held every Monday afternoon in The Den at Armidale High School. Please ensure you are there 10 minutes beforehand for warm-up. Game times are as follows:

PLC Bears (Years 3 and 4) – 4:40pm

PLC Roos (Years 5 and 6) – 5:40pm

Indoor Hockey

Uniform: PLC Sports uniform, shin and mouthguards, PLC hockey socks, runners which don't mark the floor of the court. Hair ribbons must be the tri-coloured sport ribbon.

Training times: PLC Kookaburras and PLC Emus – every Wednesday lunchtime in the DKC. PLC Koalas, Goannas, Bilbies and Echidnas – every Friday lunchtime in the DKC or Tennis Courts (on a rotational basis).

Coaches: Kookaburras and Emus – Jorja Power and Charlotte Caldwell, Koalas and Goannas – Julia Chambers and Chloe Stier, Bilbies and Echidnas – Lucy Caldwell.

Games are held every Friday afternoon at PLC in the DKC, TAS Sport Centre, and at The Den at Armidale High School. Please check the weekly draw which is placed on Skoolbag and the Junior School Sports noticeboard, every Wednesday.





Around the Grounds Sports Report

Peter Le Surf, Director of Sport

Term 4 is up and running, so to speak!

We currently have a large number of indoor hockey, basketball, volleyball and twilight soccer teams as well as girls doing individual sports such as swimming, equestrian, athletics, gymnastics and tennis.

All sports did start this week and at most grounds that I did manage to get to, the girls all seemed to be having a great time, competing.

I would ask, however, that when you sign up for a team sport, please check that it does not clash with other things. It can be very frustrating for everyone when girls do not turn up for a sport and the excuse is that they were playing another sport. The rest of the team feel let down.

At the same time once you have been placed in a team, it is frustrating to see girls have then come along and crossed their names off the team lists. In some cases, we have had to completely re-do teams because they are left short of players.

Commitment is commitment! Term 4 sports also go into Term 1, so please be aware of that before you sign up.

ISHE 2017 Tamworth

I had the pleasure of going to Tamworth last weekend to watch our Equestrian team compete in the Inter School Horse Extravaganza.

The girls showed amazing skills and competed well against some very good riders.

Great efforts girls!



Tennis Trials

Tennis trials for the PLC Armidale representative team will take place on Wednesday, 25 October. We are looking to get a squad of players that are committed to training every Wednesday afternoon 4-5:30pm.

As we move into Term 1 the final selection will be made for a team of 6 players to travel to Sydney for the Tildesley Tennis Competition.

IGSSA Gymnastics

On Friday, 27 October we have a couple of girls, Emma Barnier-Merzlaikov and Isabelle Pieterse traveling to Sydney to compete in the IGSSA competition.

I wish them good luck in their chosen events.

"THERE'S A DIFFERENCE BETWEEN INTEREST AND COMMITMENT.

WHEN YOU'RE INTERESTED IN DOING SOMETHING, YOU DO IT ONLY WHEN IT'S CONVENIENT.

WHEN YOU'RE COMMITTED TO SOMETHING, YOU ACCEPT NO EXCUSES; ONLY RESULTS."

— KENNETH BLANCHARD

Parents Vs Girls sport

On Saturday 4th Nov we have the Starry Night of Sport starting at 6:30pm at the Armidale City Bowling Club.

The Sport Supporters Group will be having a BBQ at PLC starting at 1pm. After we have fuelled up, we will be having a few fun sporting activities.

We are calling for parents to take on their children at netball, indoor hockey and futsal (indoor soccer). These sports will be played in 15 minute halves starting with netball at 2pm, followed by indoor soccer and indoor hockey to finish.

If you wish to be part of a team, please let me know as soon as possible so we can get teams sorted. Training is not essential nor is knowing how to play!

Congratulations to Jorja Power

During the holidays Jorja was a member of the NSW Pony Club State Team and the NSW Interschools Equestrian Teams.

She had 2 very hot and dusty weeks in Toowoomba. Coming home with a swag of ribbons, medals and championship rugs.

A highlight was placing 1st in the 13-17yrs Rider. Jorja was the youngest competitor to qualify.





The PLC Armidale Sport
Supporters' Group (SSG)
presents the

Inaugural Social Sports Day

Saturday 4 November 2017

Kick Off 1pm (until approx. 3.30pm)

BBQ Lunch \$5 Adults (includes a drink) Children complimentary
followed by

Girls V Parents

Games of: Indoor Hockey, Netball, Futsal (2 x 15 minute halves)
PLC Gym (DKC) & Hospitality area

To nominate which sport you or your child would like to play (as well as numbers in your family attending), please contact Peter Le Surf: plesurf@plcarmidale.nsw.edu.au by 3 November 2017.

This event will be followed by the Starry Night of Sport at 6pm at the Armidale Bowling Club.

A number of special Auction items will be auctioned at this dinner.

The main items are:

1. Signed & Framed Photo - 2000 Olympic Australian Women's Hockey team - donated by former Hockeyroos Captain, Katrina Powell.
2. Signed & Framed NSW Swifts Photo and Abbey McCulloch's WD Bib - donated by NSW Swifts.
3. Tennis Raquet and pack

We appreciate that not everyone will be attending the Starry Night of Sport, so if you would like to place a bid or two, please email Shona Eichorn - development@plcarmidale.nsw.edu.au or phone 6770 1733 by 3 November 2017.

★ CELEBRATING 130 YEARS IN 2017

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

Educating successful women of tomorrow in a Christian environment

In alliance with **PLC SYDNEY**





Development and Enrolments

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



Our Celebratory Long Lunch... quintessentially PLC

It was by no accident that PLC Armidale chose a Long Lunch as part of our 130-year program of celebration; a shared table, a shared platter (of regionally inspired produce by Tamworth's Pronto Catering), shared conversation and shared connections each of these symbols of ... Community!

The Celebratory Long Lunch was the opportunity for past and present PLC Armidale and broader community members to come together, and whilst the rain on the day meant that the alfresco dining experience planned for beneath the majestic avenue of pin oaks, was moved indoors to the Astra Arts Centre, it certainly didn't detract from the sense of community spirit which was evident throughout Old Girls' weekend.

Whilst the Long Lunch was the major event during Old Girls' Reunion Weekend, other activities over the weekend included: the *INSPIRE* program, where four of our 20 year Graduates shared stories about their careers (mainly in the legal and medical fields - full stories about the graduates will be in the *Green Tartan*), life experiences and time at PLC with our Years 10 and 11 students; there were also College tours as well as the PLC Armidale and Hilton Old Girls' Union AGM. Some year groups also held their own dinners/drinks events around the community, so they certainly boosted the New England economy! Congratulations to PLC parent and Old Girl, Mrs Kathie Marquardt on being elected as the new President of the OGU, taking over the reins from Mrs Kylie Alcorn. I would also like to take this opportunity to thank everyone who helped in ways big and small to ensure the success of the Celebratory Long Lunch.

COMMEMORATIVE BOOK NOW ON PRE-SALE

Pre-Sales of the PLC Armidale Commemorative Book commenced last weekend at the Celebratory Long Lunch. **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!

Recipes are being either cooked, styled and photographed by the REPAST team on Sunday 29 October, 12 November and 10 December. If you have already sent in a recipe and could possibly cook/bake at home and bring in, we would truly appreciate it. Please contact Shona on email or phone 6770 1733.

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 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 shortly. Whilst we will have a few copies printed, this will be emailed to families as well as being placed on the website as usual.

Scholarships, Scholarships, Scholarships Our Gift to you!

Applications for 2019 Scholarships open very soon on December 1. Please see the ad below for details or contact Enrolments Manager, Sally McCook for more information.



Our Gift to you... a Scholarship IN 2019


Applications OPEN
1 December 2017

Scholarship Day & Exam
26 February 2018

Girls
flourish
AT PLC ARMIDALE

CELEBRATING 130 YEARS IN 2017

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

join us on facebook 

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Educating successful women of tomorrow in a Christian environment

In alliance with **PLC SYDNEY**



P&F News

Theresa Smith-Ruig & Kelly Smitham, Co-Presidents

The P&F Annual General Meeting was held on 17 October 2017. We're really looking forward to working with the following elected office bearers and Liaison Parents in 2018:

2018 PLC P&F ASSOCIATION EXECUTIVE

President	Kelly Smitham
President	Theresa Smith-Ruig
Secretary	Kathryn Berry
Treasurer	Megan Kliendienst
Co-Vice President, Senior School	Kim Taylor
Co-Vice President, Senior School	Donna Keeping
Co-Vice President, Junior School	Erica Smith
Co-Vice President, Junior School	Sandra Gully
Canteen Co-Coordinator	Kim Taylor
Public Officer	Rita Brissett

2018 LIAISON PARENTS:

K - Lucy Donaldson
 Year 2 and 3 - Donna Keeping
 Year 5 - David Dettwiler
 Year 7 - Kathie Marquardt and Liz Cotterell
 Year 8 - Tracy Wright
 Year 9 - Sally McCook
 Year 11 - Donna Keeping
 Year 12 - Annette Callister, Vicki Vivers, Judi Hansen

The following year groups still require a Liaison Parent, so please let us know if you would like to help out:

Pre K
 Year 1
 Year 4
 Year 6
 Year 10

The P&F was really pleased to be a part of the Long Lunch held on 21st October. A very big thank you to all the parents and friends who assisted with the pack up, and who so generously donated prizes for our successful mystery box fundraiser on the day. Many thanks also to Shona and all the other staff and helpers involved to support this event.

We're also really proud to be supporting the purchase of items for the school through the 2017 Wishlist. This year we've granted almost \$10,400 to support:

- Speech and Drama department with speech boxes
- Humanities and the Junior School with 2x new Interactive Whiteboards
- the school's Garden fund
- Hospitality department with a new trolley
- Senior School with 2x new picnic benches

Without the ongoing, generous support of the College community this wouldn't have been possible. A very big thank you to all of you - it's been genuinely heart warming to see our beautiful College culture in action in 2017.



Boarding House News

Molly Trindall, Boarding House Captain

I am excited to take on the role as the new Boarding House Captain.

I want to wish all the current Year 12s sitting their HSC all the very best and good luck with their exams, and the same to all the other years completing the last of their exams this week.

The boarding house is in for an exciting fun-filled term with many activities in place for the girls.

Girls have started getting up early on Fridays for a quick dash/run downtown for a coffee before breakfast.

ParkRun has made quite an impact on the boarders, even though it is exercise (early on Saturday morning) girls have become very dedicated attending almost every weekend.

The next few weekends will be packed with activities such as a movie night in the DKC, Halloween Themed dinner, PLC Sound of Music production, and the Christmas Party. We will also do trips to Thunderbolts Festival, Blue Holes, Bellingen Markets, Tamworth and our annual Christmas Lights Tour.

The current guild captains and boarders Darcy, Ally, Amber and Gabi have been finalising ideas for the upcoming Guild Drama and I'm positive everyone is in for a big treat with a very different structure to Guild Drama this year.

Most of our boarders have joined our Term 4 sports and many of the equestrian boarders competed at ISHE where everyone received great results and represented PLC well.





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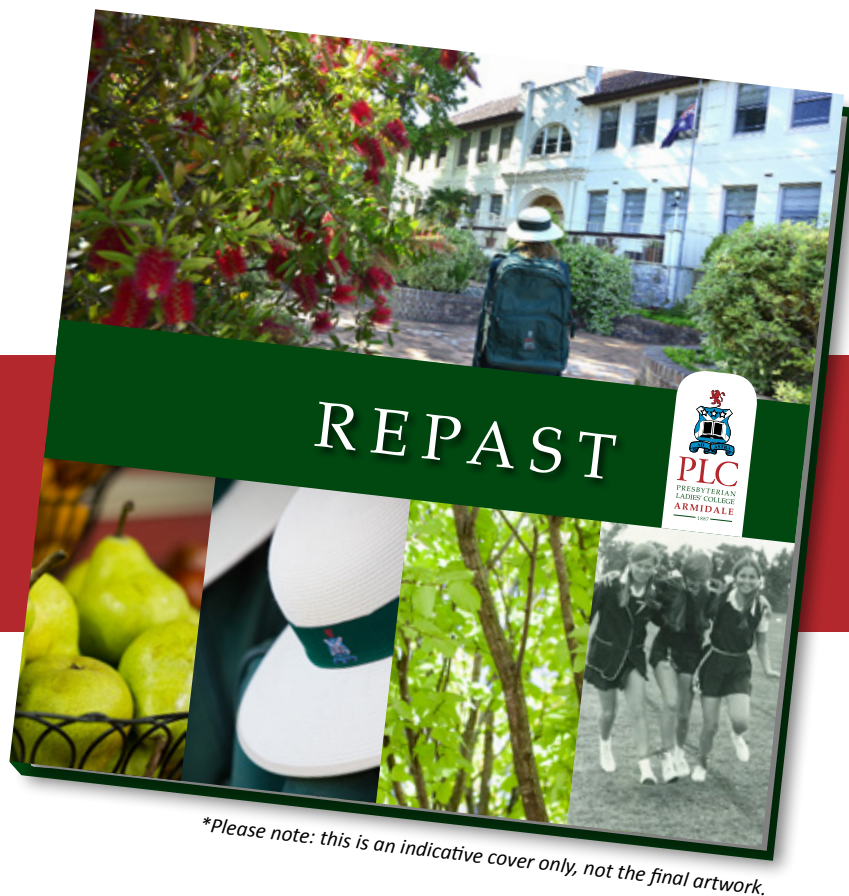
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Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

Life's little ups and downs

Maybe you felt confident walking into that examination room over the past two weeks. Or maybe you knew your chances were slimmer than the villain in *Who Framed Roger Rabbit* after the steamroller squashes him. Either way, you may not have done so well in some of your exams as you had hoped to. These little setbacks aren't the end of the world, it happens to everyone at some point in time. Becoming resilient to setbacks or 'failure', learning from it, and learning to retry are all essential skills. The main reason 'failure' seems sometimes so terrible is that nobody likes to talk about it. We don't like to put ourselves in a vulnerable position by revealing our 'failures' – so we just tend to communicate our successes. 'Failures' represent low points in the evolution of life. It's not a nice, linear curve going steadily upwards as time goes on. Instead, it's an unruly series of successes and failures. Peaks and valleys, so to speak! You might be in a valley right now, but the 'failure' that put you there almost certainly won't keep you there. It's just one low point in your life, and your next step will likely be upward. So, how do you process your 'failure' and start moving up to your next peak as quickly as possible? A lot of people let past 'failures' and wrong decisions dictate the course of their futures - don't be one of those people. There are very few 'failures' that can completely prevent you from adapting and retrying. As long as you don't give up, the vast majority of 'failures' will simply make you smarter and more **resilient** in the future. If you don't like where your 'failures' have gotten you, then learn from them and retry in a smart way. Some advice on overcoming these setbacks and learning from the experience, it is a process that can be broken down into five small steps:

Damage Control - you need to assess the need for any immediate actions you need to take after your failure.

Get Some Distance - Your emotions are running wild or blaring sirens in your brain, they most likely won't let you do much of anything useful right away. For that reason, you should take some time to step back from the problem and cool off a bit (after doing any needed damage control, of course). Vent to a friend, sleep it off, or go for a long walk. Whatever you do, just give your brain some time to let the emotions subside. Once that happens, logic and rationality can take over to start doing more useful things.



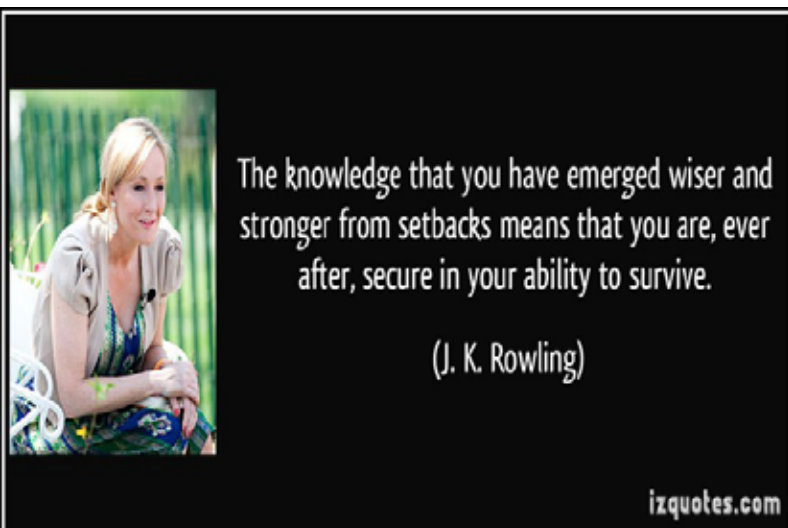
Identify the Cause of the Failure - Before you can dust yourself off and try again, you need to take some time to identify: What went wrong? You need to do this analysis on your real-life failures as well. Were you doing too many other things this semester? Were you simply unmotivated to pay attention or study? Did you fail to utilise good study techniques? Was something in your personal life distracting you from your classes? Once you've identified what caused you to 'fail', it's time to...

Develop an Improved Plan of Attack and Retry - Think about how you can retry in a smarter way going forward. For instance, if you found yourself unmotivated to study, how can you improve your motivation? Maybe you can: Get a study buddy to help make you more accountable or study in the library at a set time each week instead of in your room.

Once you've created your improved plan of attack, it's time to simply do the work and retry.

Get Help if You Need It - a number of students have told me in the past: "I don't want to put up my hand in class because I'm afraid I'll look stupid." Asking for help is showing that you're smart enough not to accept ignorance out of pride or some fear of embarrassment. It's not stupid at all, we all need assistance at times. Seek help from a tutor if you think you need one. Or simply raise your hand in class when you're confused.

Start taking small steps today.



**'Failure
is *not* the end.
Rather, it's
a source of
insight.'**



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EDUCATION/LEARNING

Failure! What a genius idea!

by Michael Grose



A leading Victorian independent school is actively encouraging its students to fail, which is an absolutely genius idea.

As reported in *The Age* (28th August 2017), Ivanhoe Girls Grammar School is holding Failure Week to teach students that making mistakes is a crucial part of learning.

Teachers are sharing their personal stories of failure and students from prep to Year 12 are learning challenging activities such as abstract painting, juggling, reciting poetry and dancing. At the end of the week they'll be displaying their new skills in front of each other with the emphasis being on stuff ups rather than perfection.

I suspect for many students making errors, stuffing up and struggling to get things right will feel uncomfortable. But that's the whole point.

Kids need to fail more if they are to succeed

Traditionally, schools and, in recent years, parents have excelled at celebrating student success. "Top marks", "Dux of the school" and "Perfect score!" are the types of aspirations that teachers and parents have for kids.

But to many students academic success means "Don't stuff it up!", "No mistakes please!" and "You've got to get it right!"

It's been widely reported that Australian kids are anxious, perfectionistic and risk averse. They just don't feel comfortable with failure. And who could blame them? We've hidden failure and disappointment from them for far too long. In recent years there's been a common perception that failure damages people. Unfortunately, this is to the detriment of young people's future success.



Failure is an integral part of learning anything significant, challenging or worthwhile. Resilient learners realise that they don't always get things right the first or even second time but with effort and practice they will master skills, find solutions and gain the knowledge they need to succeed.

As reported in *The Age*, failure, if handled properly, provides kids with the feedback they need to help them achieve excellence. Yes, kids need positive feedback too ... but only when it's deserved. When we tell a child everything is wonderful when, in fact, his work is mediocre at best, we give him a false sense of achievement.

Failure takes bravery

I've long been a fan of encouragement. What I mean by that is parents and teachers focusing their comments on

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the processes (effort, contribution, improvement) of what kids do rather than the outcomes. Encouragement places the locus of control onto the child, which is essential for resilience. That doesn't mean that we avoid giving a child feedback if their work or behaviour isn't up to scratch. By all means, we should inform kids when they need to lift their game, but this feedback needs to be provided respectfully and with sensitivity if we want it to be taken on board.

The real strength of encouragement is hidden in its French derivative, the verb *coure*: 'to give heart'. Encouraging teachers and parents to somehow find a way to give their kids the courage to be imperfect. It takes a brave soul to make a mistake sometimes, particularly when others may be watching.

Failure needs a supportive environment

It's all very well to encourage kids to have a go but they won't stretch themselves unless mistakes are truly accepted by the people that matter to them. A child won't speak up in class when he's unsure of the answer if he knows his classmates will laugh at his errors. Similarly, if kids are to take more learning and social risks they need to know that mistakes and stuff ups won't be thrown back in their faces at home by parents or siblings.

Five simple ways to encourage kids to fail and celebrate errors

- 1. Model failure:** Next time you break a plate when emptying the dishwasher, avoid negative language ("What a klutz!") or catastrophising ("This is the worst thing ever!"). It's a plate. Stuff happens.
- 2. Tell stories of failure:** We tend to be nostalgic of the past and tell kids of the good stuff when we talk about our childhoods. But kids love to hear the warts'n'all stories of the difficulties you faced and stuff-ups you made as a kid. It makes you more human and also gives them permission to do the same.
- 3. Encourage them:** Develop a vocabulary around effort, improvement, contribution and enjoyment. Be your child's cheerleader but don't avoid giving feedback when necessary.
- 4. Tell and show kids how to improve:** Feedback is always best when it has a teaching focus. So next time you pick up a child on their poor schoolwork or untidy bedroom, make sure you remind them how to do it right.
- 5. Provide the time to fail and get it right:** Modern teachers and parents are time poor. Crowded curricula and busy lifestyles make us less tolerant of failure. But as anyone who has taught a young child to do up his or her shoelaces will know, some things can't be rushed. Time and patience can be your best assets when helping kids to handle learning challenges.



Failure doesn't sit comfortably with many of us, but it's an essential element to success. The idea of a school setting aside a week to encourage their students to fail more may challenge our perceptions of the education process. But it's a very timely, very smart idea that should be adopted and adapted by schools and families everywhere.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.

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