

# lion's roar

TERM 21 • 28 APRIL 2017 • VOLUME 278



## From the Principal

*Mrs Nicola Taylor, Principal*

Welcome to Term 2. I would like to take this opportunity to thank the girls and staff who were able to represent PLC Armidale in the various ANZAC Day March and wreath laying services held throughout our region earlier this week. The respectful behavior of girls who took part in the Armidale march, along with the number of our girls who took part, led to quite a number of positive comments being made to me about the girls and the College by members of the general public.

My theme with the girls this year has been the willingness to "Do Hard Things". At our Term Two Commencement Assembly I shared the account of the Battle of Beersheba which took place 100 years ago this October. The ancient city of Beersheba was an important centre for trade and with very plentiful water supply a strategic stronghold of the Turkish army. The mounted infantry troops of the ANZAC Light Horse Brigade had gathered behind a ridge to the south-east of the city to launch an attack on Beersheba.

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## calendar<sup>OF</sup> events

1 TO 12 MAY 2017

Yr 11 TAS Exams (during class)	1/5/2017
Yrs 7 to 11 Parent/Teacher Interviews	2/5/2017
Yr 6 Morning Tea with the Principal	3/5/2017
Athletics Carnival afternoon	4/5/2017
Yrs 7 to 11 Boarders Parent/Teacher Interviews	4/5/2017
Athletics Carnival	5/5/2017
PLC Armidale Celebration Ball	6/5/2017
Musica Viva Concert	6/5/2017
Boarder Church Service at St Paul's	7/5/2017
Mothers' Day Brunch	7/5/2017
In-House Concert	10/5/2017
Yrs 7, 8, 9 Middle Years Ability Test (MYAT)	10/5/2017
Yrs 5 and 6 Middle Years Ability Test (MYAT)	10/5/2017
Yr 11 Exams	11/5/2017
PLC Armidale Performs	12/5/2017
Warialda Show	12/5/2017
IGSSA Cross Country	12/5/2017
Yr 8 NEMA Maths Day	12/5/2017
Yr 11 Exams	12/5/2017
NAPLAN Testing	9/5/2017 to 11/5/2017

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With surprise and speed as their strategy, the foot trained soldiers approached enemy fire on horseback. Though outnumbered, the audacity of the surprise attack carried them through. The capture of Beersheba was complete by nightfall. The significance of the capture of this city was not only in securing supplies of food and water for the troops, but the success and desperate bravery of the charge. This campaign won by mounted infantry has earned the Light Horse Brigade a place in Australian history.

This account was shared with the girls, not to glorify war or battle but to reflect on others who have gone before. The young men and women of our nation who, in countries a long way from home, were willing to do very hard things, some may say almost impossible things so that we can enjoy the peace and freedom that our nation affords us today. *Let's We Forget.*



## Senior School Notes

*Anna Caldwell, Head of Senior School*

Welcome back to Term 2.

I trust you have all had a relaxing and rejuvenating break. PLC Armidale is such a vibrant place that never ceases to amaze with how much is going on.

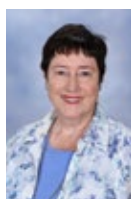
This term, although only nine weeks long, promises to be as action packed as ever with our Whole School Athletics Carnival in Week 2, PLC Performs Concert, the SRC movie night, The Eisteddfod, NAPLAN, MYAT, winter sport and so much more!

### Uniform

Winter Uniform is to be worn during Terms 2 and 3. Blazers are required to be worn to and from school at all times. If the weather is warm, the girls are to remove their jumper and still wear their blazer. If at school, they may take both their jumper and blazer off, but must have the sleeves of their white shirt rolled down. Please ensure that your daughters wear an appropriate coloured bra that cannot be seen through the white shirt.

### Eisteddfod

With the Music, and Speech and Drama Eisteddfods coming up, please remember to contact the school in writing (email) to notify of any /all absences from school due to performances.



## Speech & Drama

*Jan Patterson, Speech and Drama Teacher*

Reminder to parents - Speech and Drama fees are due for Eisteddfod and Examinations by 5 May. Please contact Jan Patterson if you require details for electronic banking - 0414747735. Permission

notes can be given to Mrs Patterson any time in the next week.

# TERM 2 LUNCH SPECIALS

Monday 24/04	Homemade Herbed Rissoles with Sweet Potato Mash
Wednesday 26/04	Roast Beef & Gravy Roll
Friday 28/04	Homemade Beef Potato Pie
Monday 01/05	Beef Nachos with Guacamole & Sour Cream
Wednesday 03/05	Butter Chicken with Steamed Rice
Friday 05/05	Curried Beef Sausages with Steamed Rice
Monday 08/05	Basil, Sundried Tomato & Bacon Pasta
Wednesday 10/05	Thai Massaman Beef Curry with Steamed Rice
Friday 12/05	Hokkein Noodle Stir Fry with Chicken & Vegetables
Monday 15/05	Pita Pockets with Savoury Beef Mince & Cheese
Wednesday 17/05	Mongolian Lamb Stir Fry with Vermicelli Noodles
Friday 19/05	Chicken Burger with Lettuce, Tomato, Cheese & Mayo
Monday 22/05	Homemade Herbed Rissoles with Sweet Potato Mash
Wednesday 24/05	Roast Beef & Gravy Roll
Friday 26/05	Homemade Beef Potato Pie
Monday 29/05	Beef Nachos with Guacamole & Sour Cream
Wednesday 31/05	Butter Chicken with Steamed Rice
Friday 02/06	Curried Beef Sausages with Steamed Rice
Monday 05/06	Basil, Sundried Tomato & Bacon Pasta
Wednesday 07/06	Thai Massaman Beef Curry with Steamed Rice
Friday 09/06	Hokkien Noodle Stir Fry with Chicken & Vegetables
Monday 12/06	Pita Pockets with Savoury Beef Mince & Cheese
Wednesday 14/06	Mongolian Lamb Stir Fry with Vermicelli Noodles
Friday 16/06	Chicken Burger with Lettuce, Tomato, Cheese & Mayo
Monday 19/06	Homemade Herbed Rissoles with Sweet Potato Mash
Wednesday 21/06	Roast Beef & Gravy Roll
Friday 23/06	Homemade Beef Potato Pie
Monday 26/06	Beef Nachos with Guacamole & Sour Cream
Wednesday 28/06	Butter Chicken with Steamed Rice
Friday 30/06	Curried Beef Sausages with Steamed Rice





## Year 9 Camp

*Anna Caldwell, Head of Senior School*

Last term our Year 9 students stepped out of their comfort zones and had an amazing experience at the Barrington Outdoor Activity Centre. The girls bushwalked, white water canoed and abseiled.

They slept in tents, cooked their own meals and enjoyed playing initiative games and swimming in the Barrington River.

At the end of each day the girls sat around the campfire and reflected on their own personal experiences with each activity. They recognised their own strengths and weaknesses and realised how persistence in extending one's often self-imposed limitations can bring success in the most challenging of situations. They also recognised others in the group who they saw overcome their fear to complete each activity.

The girls demonstrated incredible friendship and support, understanding and encouragement throughout the week. They were selfless and thoughtful, and helped each other to ensure everyone succeeded with each activity. They developed their leadership skills, independence, trust in themselves and others, critical and creative thinking and through every experience really bonded as a group and shared lots and lots of laughter. They learnt new skills and developed a real love of the outdoors, all saying that they would go back to Barrington and do it all again in a heartbeat, as it was the best camp ever!

Mr O'Neill, Miss Blackburn and Mrs Caldwell all thoroughly enjoyed the camp too. Mr O'Neill and Miss Blackburn made quite the formidable canoeing team, demonstrating the correct way to both crash into low hanging branches and also capsizes. As well as the students bonding throughout the camp experience, an added bonus is that the staff came away feeling much the same.

"The Year 9 Barrington Tops Outdoor Ed camp was great fun for everyone. It was a camp where we were pushed out of our comfort zones and we were all able to try new and exciting things. Within three days we all went abseiling down a large cliff face, canoeing in rapids and hiking through varied terrain. We all supported each other in tough times and we all strengthen our already close friendships. The weather throughout the trip was unpredictable but we all managed to make the best out of a tough situation, finding the fun and having an amazing time. I would go back again in a heartbeat for it was an amazing experience that I got to experience with such an amazing group of people."

**Chloe Vanderwolf**

"This year's camp was an amazing experience that enabled me to create and strengthen new friendships and I personally believe it made our entire year a lot closer. The activities we embarked on including canoeing, bushwalking and abseiling provided an experience we all thoroughly enjoyed and we also learnt a bit about leeches! I loved it and would happily do it again."

**Thurkka Jeyakumar**

"I thoroughly enjoyed camp this year and would gladly go again. I discovered strengths I never knew I had and witnessed girls discovering the same strengths and it was wonderful. The staff were incredibly kind and helpful. They were also very funny and welcoming and the activities were really great too. Thank you for a wonderful 2017 camp!"

**Olivia Hoppe**

"I really enjoyed camp because it was a great experience to get to know each other and to challenge ourselves. It was lots of fun and also educational as it taught me ways to motivate myself when doing something challenging."

**Lily Coleman**







## Duke of Edinburgh's Award Expedition

*Anna Caldwell, Head of Senior School*

Life is a lot like hiking at night. You need to keep your eyes on the trail and focus on the direction that you are going. It is important to check your map and if the conditions are challenging, just keep putting one foot in front of the other and you will make it through anything. Your head torch is like your goal and leads you along the path to the end.

The eight girls who hiked the mid section of the Great North Walk in the first week of the holiday learnt this first hand! To add to the challenge of walking in the dark, a massive storm also came through. Just as well our girls are made of tough stuff. The rain slowed our pace but the group pushed on and made it into camp at Patonga. We were very grateful to be met by the friendly security guard who showed us to our tent sites and the drying room! After showers and drying off, dinner and hot chocolates we all settled into our tents and enjoyed falling asleep to the sound of the ocean.

We rose to the warmth of the sun and after packing up and getting ready for our second day of walking, we sat on the beach at Patonga, waiting for the water taxi and watching local fisherman catch Mullet. We caught a water taxi over to Brooklyn and then a train to Cowan and walked into our campsite for the night, the Ridge Top Camp site. The walk was relatively short compared to the first day, but just as challenging as we had to descend into a very deep valley and climb back up again to the top of the next ridge. The weather was perfect and the views were stunning. The campsite was basic, no toilets or water, but was a short walk to a breathtaking cliff top lookout with views to Berowra Waters and beyond.

Day three had everyone up early and ready for a long days walk down to Berowra Waters, along the creek to Crosslands Campsite. The ridges were fun to walk up and down and we all appreciated the steps and metal rungs that have been added to the rocks to assist those of us with shorter legs! Crosslands campsite was so green and beautifully maintained. After assessing blisters and our walking pace, we made the decision to change our route plan to walk out to Mt Kuringai instead of Hornsby on the last day. We had to ensure we caught the 3.20pm train to Gloucester to meet Mr Caldwell and the school mini bus to drive us all home to Armidale!

The walk up to Mt Kuringai was very pretty with waterfalls and Lyre birds and the water was so clear in the pools that we could see schools of fish. We met a number of groups of day walkers who were heading in the opposite direction who were very impressed to see an 'all girls' group out hiking. The last part of the walk up to Mt Kuringai Station was the steepest stretch of all, steeper even than heartbreak hill that the Year 10's had scaled on their Outward Bound Hike last year on camp! The sense of achievement and relief when we all reached the top was amazing. We trained it in to Hornsby and enjoyed lunch before we hopped on the train to head home.

I am always impressed at the strength of character our Duke of Ed girls display when on their expeditions. Being away from the comforts and security of home, out in the bush often without any technological connection to the rest of the world; carrying heavy packs with all the equipment, food and water that they need for multiple days of hiking and camping; soldiering on with incredible blisters and aching muscles and managing to laugh and look after everyone else; digging deep to find an inner strength that they didn't know they had when the going gets tough and the easy option would be to quit. I know that having gone through these challenging experiences that they will have the courage to step outside of their comfort zone and achieve anything they set their heart and mind to and will be able to cope with anything that life throws their way.

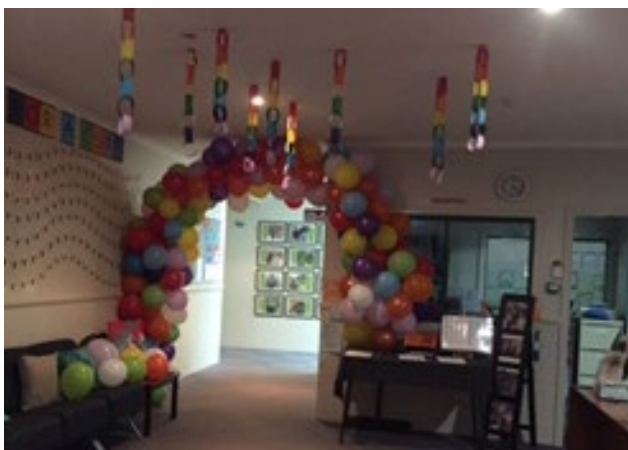
Congratulations to Dakotah Love, Sarah Evans and Alex Hiscox in Year 12 and Sarah Tremont in Year 11 as this Great North Walk was their final Gold Expedition. Their packs may have been a lot lighter having eaten all their food but were filled instead with lots of amazing memories and laughter from their experiences over the four days.

Congratulations also to Aisha Kliendienst, Emma Pearce, Mackenzie Constable and Gracen Moore who made an enormous leap from their last expedition being a two-day Bronze hike to this their first Silver hike, actually being Gold in length and challenge level! Having conquered this expedition I am looking forward to seeing what they take on for their final Gold Hikes!

An enormous 'Thank you' to Ruth Tremont, Vicki Pearce, Jeffery Love and Will Caldwell for assisting with the transport. Your help was truly appreciated!







## Junior School News

*Fiona Wake, Head of Junior School*

Welcome back to Term 2 after an enjoyable Easter break and a welcome opportunity to share some quality time with family and friends.

### Event Reflection of Term 1 2017

I would like to sincerely thank all of the PLC Community for their support when the PLC Junior School hosted the Colour for a Cure fundraising event. The Junior School raised almost \$1000 to assist Camp Quality and Cancer Council in their work to assist families in need.

Term 2 is shaping up to be a busy one. The Term 2 School Calendar can be view on Edumate. Please place the important events for the term in your diaries or pop them up on the fridge for easy viewing. There are many fun, interesting and challenging activities that will provide a broad range of experiences for our Junior School girls.



### Working Bee and BBQ

## WORKING BEE and BBQ Lunch: Sunday 28 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 encouraging to their son's or daughter'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 wellbeing and learning capacity of students. **So lets 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.

More information about the Working Bee will be emailed to you closer to the date of this event. However for catering purposes, please indicate your willingness to participate to [fwake@plcarmidale.nsw.edu.au](mailto:fwake@plcarmidale.nsw.edu.au). I would greatly appreciate your support to make this event a success and to share in a conversation over a well-earned lunch.



**All for the cause!**



**Cancer  
Council**

**Australia's  
Biggest  
Morning  
Tea**





## MYAT, NAPLAN & ICAS

**MYAT Testing** – Middle Years Ability Test Years 5 and 6

**NAPLAN** - Years 3 and 5 will be participating in NAPLAN on May 9, 10 and 11. As communicated from previous years, NAPLAN is only a 'one off' test and we ensure that multiple assessing techniques are used at PLC to gain a broad understanding of where our students are situated academically.

**ICAS** –Science, Maths and English.

Science: 30 May, 2017

English: 1 August, 2017

Maths: 15 August, 2017

These tests are optional and a permission slip has been emailed to you for you to grant permission for your daughter to be registered to sit these examinations. They are challenging exams however do provide an opportunity to assess your daughters performance in these three Key Learning Areas and they also assist to condition students for the anxiety often felt when sitting exams.

### Anzac Day March

On Saturday 25 April at 10.15am, many PLC students and staff participated in the Armidale Anzac Day March. With pride students wore their uniform, marched in unison and showed their respect for those who sacrificed themselves on the behalf of others. It was lovely to hear members from the community commenting on the behaviour of the girls and the respect shown when they removed their hats for the Australian Anthem. This was a very proud moment for me personally.

### Homework Centre Hours

The hours for our Homework Centre are 3:45 – 5:30pm. We can appreciate that at times we all run late and being punctual can be difficult due to unforeseen circumstances, however if for any reason you are unable to be at school to pick up your daughter by 5:30pm would you please notify Rosemary Richards at the Homework Centre or Fiona Wake on 0427677566. We can then organise and ensure the care for your daughter after 5:30pm until you arrive to pick her up. I thank you for your understanding regarding this matter.

## Junior School Reception

I would like to take this opportunity to thank Emma Young for her hard work and dedication to the Junior School students, staff and families. Emma is always willing to accommodate others in any way she can and does so with a smile and warm heart. This year has been a time of change across the Junior School and Emma has embraced these changes and has continued to communicate effectively and ensure the smooth running of each and every day. Your commitment to PLC is greatly appreciated Emma.

### Character Strength LOVE of LEARNING

We should seek opportunities to learn new things everyday from a range of different people, situations and experiences. Love of Learning according to educational psychologist, Craig Thomson says Love of Learning is taking joy in the mastery of new skills and knowledge.

Love of learning doesn't have to be limited to only in a school or classroom. The world is the biggest classroom ever. You can enhance this strength by going out and engaging in new skills and experiences. It is the key to improving ourselves and it helps us tackle challenges and setbacks.

People with high strengths in love of learning can maintain a sense of efficacy and motivation while learning longer than those who don't (*Peterson & Seligman, 2004*).

Every day is an opportunity to learn new things, reflect on our learning, continue to ask questions and seek the answers. How is this relevant to the events that are taking place across the Junior School over the next couple of weeks? What learning can we take from sitting MYAT, NAPLAN and ICAS examinations? What learning can we take from the Athletics Carnival? Is winning the most important thing? Can we view losing as an opportunity to learn what being a good loser looks like? How can we be a humble and thoughtful winner? How is questioning and learning about our values and morals setting us up for independence, security and confidence in ourselves as adults?

My new learning experiences as Head of Junior School is giving me great joy. I am excited about the prospects of mastering new skills and knowledge. I am thrilled to be given the opportunity to support staff and students in their learning journey and watching their LOVE of LEARNING grow.

To Staff, Parents/Cares and Community members; Let's continue to support each other to create independent, thoughtful life long learners that value education and respect each other for their individuality. I am looking forward to the term ahead.



## Childrens' Pottery Classes for Term 2

**Join Rick and Suzanne Hatch for after-school classes in clay work!**

The goal of our teaching is for the children to have fun while developing imagination, hand skills and the ability to solve problems with creative flair.

**Classes are held in Art Room 1 of the Hoskins Centre at TAS**

**Year K to 4 are on Tuesdays from 4pm to 5pm**

**Year 5 and up are on Thursdays from 4pm to 5pm**

Children may arrive anytime after 3: 20 pm

**The Tuesday class starts on Tuesday May 2. Thursday class starts on Thursday May 4.**

Lessons go for 6 weeks. On the 7th week we have a party and exhibition of the work made during the term.

*(Please note that this term we will not have classes on May 16 and May 18, as I have to be away.*

*We will still have 6 lessons.)*

**Cost is \$150.00.** This includes materials, instruction and firing of the work.

**Enrolment is via email to [weemalpot@yahoo.com.au](mailto:weemalpot@yahoo.com.au) or phone on 67725371.**

Please feel free to contact us with any questions.





## Around the Grounds Sports Report

*Peter Le Surf, Director of Sport*

### Whole School Cross Country

The clouds provided some cover and the rain stayed away, providing us with a wonderful day to have the Whole School Cross Country Carnival.

The courses were set and the children were excited. The conditions allowed the girls to compete at their own pace. The serious runners could run without the possibility of heat exhaustion while the walkers could enjoy a pleasant day out.

The day was a success with all girls either walking or running the courses. It was a terrific way to end a busy term of sport. Some of the Year 12 girls took the opportunity to stroll around the grounds and enjoy a day out, after a few busy weeks of sitting exams.

All the girls were in high spirits and they were fantastic at helping the younger girls navigate the course.

### The Results:

#### SENIOR SCHOOL

12 years - Maddison McCook  
13 years - Isabella Watts  
14 years - Lily McCook  
15 years - Isabelle Taylor  
16 years - Safina Ireland  
17 years - Sarah Tremont  
18 years - Tara Price

#### JUNIOR SCHOOL

4-5 years - Evie Donaldson  
6 years - Elleanor McKnight  
7 years - Kate Loxley  
8 years - Anais Dettwiler  
9 years - Macy Wake  
10 years - Chelsea Waters  
11 years - Sienna Dellow  
12 years - Poppy Broun

Overall, it was a wonderful day with many spectators enjoying a terrific way to end the school term.



## Junior School Sport

*Rebecca Ward, Junior School Sports Coordinator*

### National Primary Games, Tamworth

On 8 and 9 April, the PLC Armidale Hockey Year 5 and 6 team participated in the annual NIAS National Primary Games in Tamworth. This was an opportunity for the girls to be playing against teams from the Sunshine Coast to Sydney. The girls who represented PLC Armidale were Chelsea Waters, Keira Peet, Alice Bourne, Holly Dauparas, Neve Daugherty, Laura Smitham, Catherine Alcorn, Jenna Marquardt and Maggie Ryan. The team was also supported by Rochelle Peet and Emma Dauparas.

The team had a wonderful time in Tamworth and played 8 games at the Tamworth Hockey Centre. The girls were competitive

across all games, managing to win four games out of the eight. They displayed exemplary sports-womanship and team spirit.

Many thanks go to Peter le Surf for managing the team, Paul Marquardt for coaching and to the parents and families who supported the girls during this event.

### Basketball

Basketball has come to an end for now. Congratulations to all girls who have played so far. Could all singlets please be washed and returned to Ms Ward by the end of Week 2. Many thanks go to Chloe Stier and Julia Chambers for coaching the girls.

### Winter Sport

Hockey and Netball will be resuming on Saturday 29 April. Please remember to check Skoolbag for the draw and times of each game. Good luck to all teams as they represent PLC Armidale this term.







## Music Notes

*Matthew Minter,  
Director of Music*

### Term Two In House Concert

The Term Two In House Concert will be held on Wednesday 10 May.

There will be two concerts, at 5pm and at 6:30pm. Refreshments will be served between the two concerts.

During this busy time of year students may wish to perform their Eisteddfod and AMEB exam repertoire. However, to ensure we can accommodate as many students as possible I would ask that all students perform no more than one work. It would also be appreciated if, where possible, pieces are restricted to a time limit of 6 minutes. If you would prefer to play a longer work, please specify this and I will make every effort to program for this, although be aware that it may not be possible.

The sign up sheet for the concert is already in place on the Senior School Noticeboard. All students wanting to perform are asked to write their name, length of piece, instrument accompanist, and whether the student is undertaking an AMEB exam.

PLC Armidale is pleased to offer a complimentary accompanist for the evening, Mrs Rickards. If you would like to take advantage of this please indicate Mrs Rickards as the accompanist on the sign up sheet. You are of course welcome to play with your regular accompanist, however you will need to make the appropriate arrangements directly with them.

The program for the In House Concert will be finalised at the end of Week Two and the sign up sheets removed. Whilst every effort will be made, it may not be possible to accommodate all students in these concerts so preference will be given to HSC and Elective Music students and also students preparing for AMEB exams.

Likewise, it may not be possible to program all students in the concert of their choice as previously the earlier timeslot has proven more popular. If there are extenuating circumstances around a preferred time, please email me directly

I urge all students to sign up for the concert as soon as possible.

### The Eisteddfod

The Eisteddfod is nearly here! PLC has entered 26 ensembles competing in the Eisteddfod this year across three weeks of competition. All elective students are competing in the composition championships, and many students are performing individually and in duets. It will be a busy time for many families!

The Senior Strings will also be competing in the Sydney Eisteddfod on 1 June.

We wish all girls the best of luck and success in their preparations and performances throughout the competition.

# An invitation to

# PLC Performs

We hope you can join us

## Friday 12 May 2017

Light refreshments from 5.30pm

Concert commences at 6pm

## Astra Arts Centre

## PLC Armidale

Entry by \$5 donation

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

Join us on facebook 

02 6770 1700 [www.plcarmidale.nsw.edu.au](http://www.plcarmidale.nsw.edu.au)

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1887





## Development and Enrolments

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



### Celebrating Our 130th Milestone – Next Saturday MAY 6.

With now only a week to go until the special event, preparations are ramping up for PLC Armidale's night of nights, the Celebration Ball on Saturday May 6. Bookings have now closed for this event. Should there be anyone who has missed out and would like to come along, you may be lucky as there may be a couple of spare seats. Please contact me ASAP should you wish to join in the fun of this once in a lifetime occasion! Thank you again to all those people who have

volunteered to be "table hosts" for the evening and co-ordinated their tables.

Our theme is Diamonds, Pearls and Rubies ie.  $60 + 40 + 30 = 130$  years! Should you have any of the following items spare or that you no longer want, we would really appreciate any donations: empty glass jars, hessian, fairy lights, red or silver Christmas baubles, white paper lanterns.

Our very creative and hard-working team of volunteers are getting together this Sunday, April 30 to start preparations. We will all be there again in the DKCand AAC (as well as Hospitality Kitchen and Classroom) on Friday and Saturday May 5 and 6. Should you have any time at all to help, we would love to see you! Please let me know if you can. Many thanks in advance to all who have so generously given of their time to assist.

**Last chance! Please book by 4pm today**

PLC Armidale

Hosted by PLC Armidale,  
together with the P&F, Foundation  
and Old Girls' Union

# Celebration Ball

**Saturday 6 May 2017**

**6pm for a 6.30pm start**

**\$90 per ticket** (includes complimentary champagne on arrival, delectable three course meal and amazing entertainment)

**VENUE** DKC/Astra Arts Centre

**TABLES OF 10, BYO**

**CHILDMINDING** available \$5 (in the Senior library with Pizza, drinks and movie included)

**BOOK AT** [trybooking.com](http://trybooking.com) using the code:  
<https://www.trybooking.com/PGTS>

**DRESS** Black Tie

**"Diamonds,**  
[60 YEARS]

+

**Rubies**

[40 YEARS]

+

**and Pearls"**

[30 YEARS]

=

**celebrating 130 years!**

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 **CELEBRATING 130 YEARS IN 2017**



## Mothers' Day Brunch – whole school event, Sunday May 7 from 10am

The morning after the Ball, PLC Armidale will host a Whole School Mothers' Day Brunch in the gardens of the Senior School (near the Dining Room and Flagpole). For catering purposes, it is imperative that you RSVP by Monday 1 May.

## Principal's Regional Tour – This Term and Next

The dates and locations are out! Principal Mrs Nicola Taylor and key staff will be travelling to a location near you this Term and in Term 3. She is very keen to meet with both current and prospective families in their own community, so please get in

contact with Enrolments Manager, Sally McCook or myself to arrange a time to meet. Naturally, should you have any family or friends in your area who may be interested, please pass on a flyer to them too!

## Commemorative Book – Recipes and Stories URGENTLY NEEDED

If you have a special family recipe or PLC story to share, we would love to hear from you ASAP. We look forward to hearing from you ... or perhaps you may be able to nominate someone we can approach!

# Principal's <sup>2017</sup> 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

**NARRABRI / GUNNEDAH** Thursday 11 May

**DUBBO** Friday 12 May

**PORT MACQUARIE** Wednesday 31 May

**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](mailto:enrolments@plcarmidale.nsw.edu.au)

We will also be exhibiting at the Boarding Schools' Expos:  
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## Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

How good is life? Another term ahead, a multitude of experiences on offer and opportunities for all of you to meet and enjoy the company of other people and learn new things from them. The most important things in life for many people are to value other people and value themselves because they believe they and others matter. Every moment is a special time for you to hunt the good stuff in your life and to share with your family and friends the love you have grown together over many years. Sometimes there are things that don't work out the way you like, but the key is for you to bounce forward, not so much back.

***"Life doesn't get easier or more forgiving, we get stronger and more resilient."***

- Steve Maraboli -

Following below are some questions to reflect on. Bear in mind that as humans we have come from a hunter and gatherer view of life and have always been on the lookout for threats and dangers in life; therefore our natural tendency has evolved to look for what is wrong in what we look at. The challenge for all of us is to look for the positives in what we experience, no matter how small they may seem.

Here is a warm up activity for you to try: open your photo albums either hard copy photos or on your phones. As you look through your photos consider the headings, proud of yourself, proud of your family and friends, happy and joyful times, when you dug deep to overcome challenges to accomplish what you set out to do, times you laughed and laughed, when you felt that you were in a great place personally; add others you may value. Then create files of your photos under each heading. After doing this, you will be full of positive emotions and ready to reflect on the questions below:

- How well have you worked well with people to accomplish what you collectively set out to do? Things to consider are how well you were prepared to adapt your thinking after learning new ways of looking at situations from others.
- Have you pushed through hard times with meaning and purpose to achieve what you believe in? The right thing to do is nearly always the hard thing to do; have you been prepared to try new strategies when your usual ones didn't work (giving up is never an option for positively focused people). Thomas Edison succeeded on his 100th attempt to get the light globe to work – that's amazing long - term persistence called grit!
- Have you valued other people? Positive relationships make the world go round and enable you to look at your experiences with an optimistic view. How do you show in what you do, that you are prepared to make a difference to the lives of others, such as doing acts of kindness for them?
- Have you looked for, recognised and celebrated other people achievements? Have you been prepared to fill them full of positive emotions such as happiness, joy, pride, fulfilment and satisfaction? How did you feel yourself when you were sharing in their successes?
- Have you been active and attentive listeners by listening with your eyes, your ears and your heart to others? Every single person on this planet has something special to contribute, expect it and respect it. In explaining this to people, Mother Teresa of Calcutta, who was an inspirational missionary and Nobel Prize winner, and who always managed to look on the bright side of life, would say, "each of us thinks of ourselves

as a drop in the ocean. But if that drop was removed, the ocean would be less for it."

We all should learn from Mother Teresa's wisdom. She penned the following special words about life:

**"Life is an opportunity, benefit from it"**

"Life is beauty, admire it. Life is a dream, realise it. Life is a challenge, meet it.

Life is a duty, complete it. Life is a game, play it. Life is a promise, fulfil it.

Life is a sorrow, overcome it. Life is a song, sing it. Life is a struggle, accept it.

Life is an adventure, dare it. Life is a tragedy, confront it. Life is luck, make it.

Life is too precious, do not destroy it. LIFE IS LIFE, FIGHT FOR IT!"

Let's all take them on board to strive, thrive and flourish.

(Sourced from: <http://learningcurve.com.au/search.html>)



You're invited...

## Mothers' Day BRUNCH

Enjoy a relaxing morning in the beautiful College gardens with Mothers and Daughters from across the PLC Armidale community (Dads, brothers and sisters welcome too). Complimentary Brunch includes Pastries, Bacon & Egg Rolls, Fruit and Tea/Coffee.

**Sunday 7 May 2017  
from 10am**

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## Mental health tips for teenagers

By Dr Jodi Richardson

For the first time in 15 years, thousands of Australian teenagers named mental health as one of the top three national issues in the *2016 Mission Australia Youth Survey*. Personally, they're concerned about coping with stress, school, body image and depression.

I know that reading this is enough to raise our own anxiety levels as parents, but the fact that mental health is on the radar for our young people is a good thing. It means that there's increased awareness around issues like anxiety, depression and suicide. This awareness will help reduce the stigma around mental illness and the subsequent

discrimination which can stand in the way of young people seeking help and support when they need it most.

First and foremost, we want to help protect our young people from mental illness, but we also want to know that they can recognise when they need help, and ask for it. The Youth Survey shows that when young people do need help, overwhelmingly, they turn to their friends and their parents.

If we can equip our young people with the knowledge and skills to protect their own mental health, in doing so, they're better prepared to support friends who turn to them for help too.

**The following tips help promote flourishing mental health in secondary school kids:**

### 1. Help them find a sport or physical activity they love

Physical activity is essential for flourishing mental health. Young people who play sport are more fulfilled and feel healthier and happier about life. The key is helping them to find an activity they love. Physical activity instantly improves mood and can even lift symptoms of depression. This is because it ticks so many of the 'psychological wellbeing boxes' including movement and all of the 'feel good' hormones that go hand-in-hand, social support, opportunities for them to engage in an activity that captivates them so they experience 'flow' and helping them to maintain a healthy weight to name a few. Secondary school kids need 60 minutes of moderate to vigorous activity every day but even 15-20 minutes will help improve their mood.

### 2. Make sure they get plenty of face time

Not FaceTime, face-to-face time! Positive in-person relationships promote psychological wellbeing and happiness. The research clearly shows that people with a variety of strong social relationships live longer, and are healthier and happier.





# parenting\*ideas

## Mental health tips for teenagers

### 3. Work with your teen to set screen time limits

A recent *National Stress and Wellbeing in Australia Survey* revealed over half of Aussie teens connect five or more times a day (heavy social media use) and 15 minutes before sleep every night. Incredibly, the wellbeing of one in two teens is also affected by their fear of missing out or FoMO, causing them to feel burnt out because they're constantly connected. Work with your teen to set limits; consider no screens in bedrooms, tech-free zones in your home, limiting your own screen time and ensuring screen time doesn't encroach on time for physical activity, socialising and relaxation.

### 4. Teenagers need plenty of sleep

A challenge to get your teenager out of bed in the morning? You're not alone! Teens need around 9 to 10 hours of sleep yet most sleep only around 7 to 8 hours on average. The trouble is that the sleep hormone melatonin only begins to rise in their brains around 11pm and so they can't get to sleep until late. When woken for school they're not happy about it and want nothing more than to go straight back to bed! Too little sleep affects concentration, alertness, academic performance and mood. Consistently getting enough sleep is one of *the* most effective ways of protecting against depression.

These practices can help:

- Getting up at the same time each day
- Daily physical exercise, preferably outdoors
- Avoiding caffeine after 4pm
- No screens one hour before bed
- Winding down around 30 minutes before bed

### 5. Help your teenager develop mindfulness skills

In a nutshell, mindfulness is about paying attention in the present moment. That's it! Sounds easy, but like any skill it takes practice but is worth the effort. Our teens' minds are constantly overstimulated. A regular mindfulness practice will help them to regulate their attention and emotions; and teaches them to create a lifelong practice of taking time out to become calm, relaxed and in the moment. I highly recommend the *Smiling Mind* app for mindfulness meditations.

Or get them to try this simple breathing exercise: sitting comfortably with eyes closed, gently breathing in through the nose for two counts, holding the breath for one count and breathing out through the nose for four counts, for around 5 minutes. The longer exhale compared to inhale helps calm the nervous system and settle the mind.



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



**Dr Jodi Richardson:** Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](http://drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://facebook.com/DrJodiRichardson) Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)

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## FREE BAND Blow-In Workshop Friday 5 MAY, 9.15am-11.30am New England Conservatorium

NECOM conductor Paul Marshall and Arcadia Winds, five of Australia's most inspiring musicians will host a once-only workshop open to all woodwind and brass players on Friday 5 May. Funded by NECOM, this free workshop includes a big ensemble play-a-thon for aspiring players. Don't miss this unique learning experience.

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

**Winds**  
**Brass**

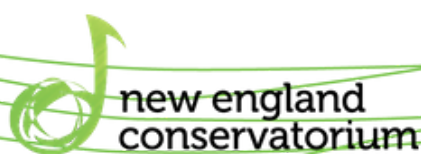
flute, oboe, clarinet, bassoon, saxophone  
trumpet, trombone, French horn, tuba

### More Information?

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