

lion's roar

TERM 4 • 28 OCTOBER 2016 • VOLUME 270



From The Principal

Mrs Nicola Taylor

Again the PLC Stars shine!

Congratulations to the team of PLC girls who after a long bus journey to Sydney represented the College so ably at the recent AHIGS Festival of Speech. As part of the Centenary celebrations of AHIGS this years' Festival of Speech showcased each of the member schools with over 30 schools participating in the various events.

By far one of the most challenging sections was faced by the Junior Debating team who had to take the affirmative in the topic 'That single-sex education should be abolished'. Our girls found that an indefensible position to argue, but gave it their best shot!! Congratulations to our sister school PLC Sydney who came a very close second overall. Special thanks to Mrs Jan Patterson and Mrs Kate Clynch for your oversight, encouragement and support of the girls throughout the event.

Congratulations to our team Scientists from Years 8 and 10 who took part in the Far Out Science Awards this week at UNE. With 17 schools participating in the events, PLC was the most awarded school in attendance. Congratulations to the following students...

Year 8 (photos at right)

Thurkka Jeyakumar and Eva Flannery: Overall Junior Science prize recipients. 1st Place in the PowerPoint presentation section. Lucinda Ball: Runner up in the Junior PowerPoint section.

Year 10 (photos below)

- Amber Whitley: 1st Place in the Innovation in Agriculture section.
- Julia Chambers: Awarded the Environmental Sustainability prize
- Paige Jackson: 1st Place in the senior PowerPoint section
- Mackenzie Wood: Runner up in the Senior PowerPoint section

Thank you to each of the girls who participated, for representing both themselves and the College exceptionally well. Thank you also to Mrs Miller for her mentoring and support of these students.

All the best to Mrs Caldwell who is taking a team of paddlers to Sydney this weekend to participate in the Hawkesbury Canoe Classic. With another new PLC Kayak on the trailer we wish all the girls and their support crew the very best on what is proving to be a very popular and growing event.



IN THIS ISSUE

From The Principal	1
Calendar of Events	2
The Butterfly Effect	2
Junior School News	3
Junior School Sport	4
Rotary Speaking Competition	4
Young Endeavour Trip	5
Cattle Team Report	5
New England Sings	6
In House Concerts	7
Hockey, Netball & Soccer matches against Calrossy School	8
NIAS New Zealand Tour	8
Boarding House News	9
Development and Enrolments	10
P&F News	11
Hawkesbury Canoe Classic	12
Pastoral Care Conversation	12
Parenting Matters	13



calendar OF events

28 OCTOBER TO
11 NOVEMBER
2016

2016 Hawkesbury Canoe Classic	28-30/10/2016
Starry Night of Drama	31/10/2016
Wind and Brass In-House Concert	2/11/2016
Year 8 VALID Science Test	3/11/2016
Sports Dinner	5/11/2016
Macintyre High School Horse Sports Day	11/11/2016
Senior School Social (Years 9 and 10)	11/11/2016



The Butterfly Effect

This week Years 9 & 10 participated in a one-day workshop with Chloe Veljanovski from 'Enlighten Education'. The workshop focused on resilience, building positive relationships, leadership, stress management, self-esteem, personal safety, body image and respect. Chloe was fabulous, inspirational, funny and had an incredible impact on everyone. The girls laughed, cried, hugged, bonded and walked out at the end of the day feeling truly special and empowered.



lion's roar

TERM 4 - 28 OCTOBER 2016 - VOL 270



PLC
PRESBYTERIAN
LADIES' COLLEGE
ARMIDALE
1887

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

Service of Nine Lessons & Carols

Tuesday 6 December 2016

6.00pm

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

Speech Day

Wednesday 7 December 2016

9.00am

ASTRA ARTS CENTRE PLC ARMIDALE

Guest Speaker - former PLC Armidale student

Catherine Armitage (1979)

Senior Writer, Innovation and Ideas,
Editorial Writer Sydney Morning Herald

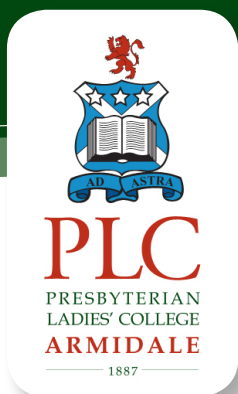
Guild Drama

Thursday 8 December 2016

12.15pm

DOROTHY KNOX CENTRE, PLC ARMIDALE

Educating successful women of tomorrow in a Christian environment.



Please join us for the
**JUNIOR SCHOOL
2016**

*Presentation
Evening*

Thursday 24 November 2016

5.45pm for a 6.00pm start

PLC Armidale Astra Arts Centre



Educating successful women of tomorrow in a Christian environment.



Junior School News

Ainslie Breckenridge, Head of Junior School

Differentiation

This term the Junior School staff are being led by our Learning Support Teacher, Ms Jacquelyn Whitland in our professional learning time together to investigate differentiation in teaching. Differentiation is;

'A targeted process that involves forward planning, programming and instruction. It involves teaching, learning and assessment strategies that are fair and flexible, provide an appropriate level of challenge, and engage students in learning in meaningful ways. Differentiated programming recognizes an interrelationship between teaching, learning and assessment that informs future teaching and learning' (NSW Syllabus, BOSTES)

In a classroom of 8, 18 or 28, there exists a huge range of abilities. A teacher always recognizes the student as an individual learner and supports their educational journey by catering learning to suit their needs and individual learning styles.

By differentiating our learning programs, the students benefit by having alternative ways to demonstrate their knowledge, understanding and skills, assessment of tasks will reflect student diversity and feedback to students will identify their individual strengths and areas of improvement.

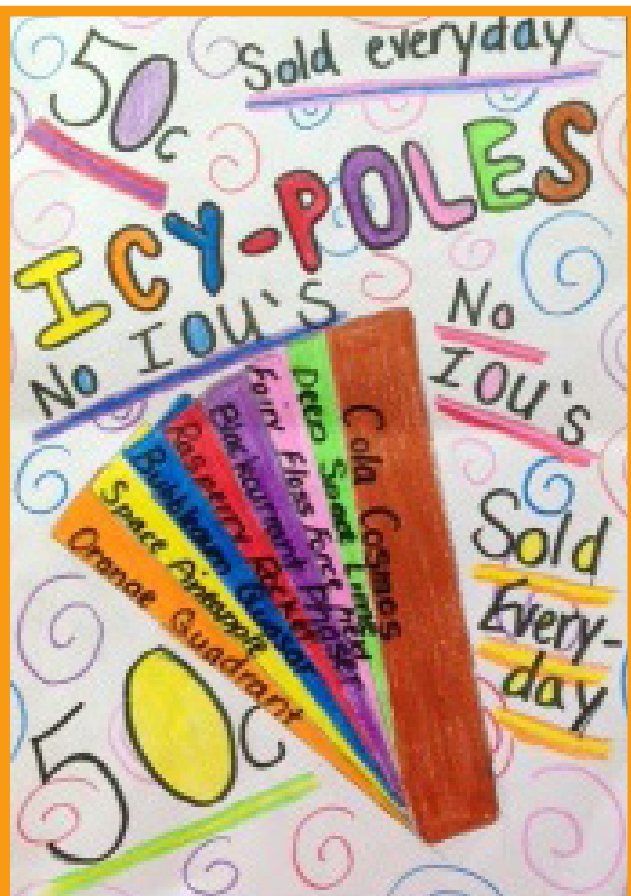
I have had many conversations with parents regarding differentiation in the classroom. It is helpful to know that even though the core structure or unit is the same, the way it is presented and assessed will be individualized. Our teachers use many methods in the classroom to individualize teaching, these can include interest centres, learning contracts, open ended questioning and projects and problem solving and challenge based learning opportunities.

The Junior School staff differentiates well and we are excited to use the expertise of Ms Whitland to advance these skills even further. Feel free to discuss differentiation with your classroom teacher.

P&F

A big thank you to all our Junior School parents and friends who attended the High Tea on a very rainy and cold day. I unfortunately was unable to attend but I have heard wonderful reports about the event. I would like to thank our Junior School liaison parents who helped organise the event. It always amazes me how generous people are with their time for these events. It truly is a positive example of PLC school spirit.

The P&F are looking for new class liaison parents for 2017 and for new office bearers. I encourage you to become involved in the P&F and take on a role. It is a great way to become involved in the College and to get to know some amazing people.



The Year 6 girls are fundraising to purchase a gift for the Junior School. This will be presented at the Presentation Evening.

The Icy Poles will be sold during the second half of lunch, at the Undercroft of the Junior School.



Rotary Speaking Competition

Jan Patterson, Speech and Drama Teacher

On Monday 24 October the Armidale Cluster Finals for Public Speaking were held at the Bowling Club. Darcy Campbell, who was selected as the North Armidale Club contestant, managed to win her way through to the Semi-finals

which will be held in Walcha in February, 2017.

Darcy spoke about the inequities in the education system in NSW and how to improve fairness of opportunity for all students. The last stage of the competition will take place at Laurieton in April next year with the ultimate prize being a trip to New Zealand.



Junior School Sport

Lucy Donaldson, Junior School Sports Coordinator

NSW State Athletics Championships

Congratulations to Sienna Dellow who competed at the NSW PSSA State Athletics Championships in Sydney on 19-20 October. Sienna competed in both the 10 Years 100m and the Junior 200m. She equalled her PB in the heats of the 200m to place third and secure a place in the semi finals and just missed

out on a place in the final finishing 12th overall in the state. Sienna also ran a very fast 100m heat to secure a place in the semi finals. A wonderful effort by Sienna.

Sport in the Junior School

Although PLC doesn't make sport compulsory, here in the Junior School we have an exceptional participation rate - 95% of our girls participate in at least one sport and some participate in 3-4 sports! Whether it be basketball, field hockey, netball, indoor hockey, athletics, swimming, gymnastics (to name a few!) you are bound to find PLC Junior School girls involved. Not only does sport have so many physical health benefits, it also provides the opportunity to develop social connections and allows the girls to have lots of fun too!





Young Endeavour Trip

Tara Price, Year 11

Early last term I received an email saying that I had been offered a berth on the STS Young Endeavour on a small section of their circumnavigation of Australia. I was to be joining on the trip from Broome to Exmouth which is approximately a 550 nautical mile trip with a small detour along the way out to the Montebello islands, which is an isolated home to a vast array of marine life as it has been a marine park ever since the island was used for nuclear testing in the 1950s.

So in the second week of the holidays I flew over to Western Australia to begin my trip unbeknownst to me that it would be one of the best experiences of my life. For the first few days of the trip we sailed down the coast past some of the most amazing isolated bits of coastline I have ever seen, learning how to sail with the 17 other youths on board. After 8 days of learning and growing as a team the boat was finally handed over to the crew to run a command day where we had to navigate, sail and crew the ship without assistance for 24 hours with our task being to get the ship from Onslow down to the Exmouth gulf.

We arrived in Exmouth safely one day ahead of schedule, which allowed us to sail just a few extra nautical miles down the coast to Nigloo reef, which is the largest fringing reef in the world. We spent a day snorkelling round the reef with the countless longhead turtles, dolphins and migrating humpback whales before heading back up to Exmouth to end the trip and head back home to Sydney.

Getting the most out of experiences isn't something that I had really thought about until joining the STS Young Endeavour. Going on something so unique and significant as Young Endeavour was a once in a life time experience that was so removed from my normal routine that it really made me stop, appreciate and make the most of what was happening around me. This experience really instilled within me the importance of leadership and character building experience like this and how the amount you take out of this is really what you put in and if you throw yourself into them and give it your all it will be a truly amazing experience that you will come out with so much more than you came in with.



Cattle Team Report

Judy Miller, Cattle Team Coordinator

It has been a busy few weeks for the Cattle Team with the New England Beef Fest on 20 and 21 September in Armidale, and the Red Poll Camp over the last 3 days of the holidays, which was held in Glen Innes.

We had 6 girls attend the Premier Beef Fest; it was a pleasure to witness such teamwork and cooperation within the group, who were from Year 6 through to Year 11. There were a number of schools that participated, as well as the owners of cattle studs in the area. For the first time, a Young Auctioneers competition was held with Emma Dauparas (Y6) placing 3rd against many older students. There were also two of our girls who did well in the Paraders' competition – Paris Whibley reached the finals of the junior paraders (12 – 14 years) and Molly Trindall came 3rd in the intermediate (14 – 16 years) section. Thank you to Rodney Merritt who assisted the team over the 2 days.

There were 5 students representing PLC at the Red Poll Camp and a total of thirty-seven participants. There were some great results:

- 1st place Intermediate Paraders – Paris Whibley
- 1st place Senior Paraders – Molly Trindall. Highly commended – Saskia Kennett
- Grand Champion Parader – Molly Trindall
- 1st place Heifer Fitting Challenge (senior division) - Molly Trindall. Paris Whibley and Saskia Kennett reached the finals. 3rd place Stud Beef Junior Judging - Saskia Kennett. Highly commended Molly Trindall.

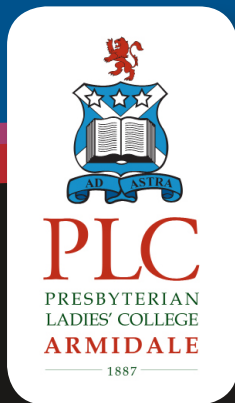
- Grand Champion Herdsman – Molly Trindall
- 1st place Prime Beef Junior Judging – Saskia Kennett

Congratulations to all the girls who attended and also to Tim and Briony who do a fabulous job organising and running the camp.

Briana Merritt also participated in the RYAG Dairy Camp at Wingham over five days during the last week of the holidays. Briana was fortunate enough to be sponsored by the Rotary Club in Guyra. While Briana was at the camp she competed in the Holstein Paraders Competition where she was instructed to lead three different heifers in a single competition that she had not led previously.

Briana won that section which enabled her and the 2nd placegetter to compete against the first two places in the Jersey section. Briana was awarded 3rd place with only half a point separating the 4 finalists. Well done, Briana.





Annual

Starry Night of DRAMA

To celebrate the music of PLC Armidale

Monday 31 October 2016

6.00pm - 7.30pm

Light supper and refreshments available from 5.30pm

Astra Arts Centre, PLC Armidale

Adults \$15 • Children \$10 • Family \$30

A proportion of proceeds from ticket sales will go to the P&F who will serve refreshments before the event.

Tickets may be purchased at:
<http://www.trybooking.com/IAOZ>

Limited tickets will be available at the door



Educating successful women of tomorrow in a Christian environment.

lion's roar

TERM 4 - 28 OCTOBER 2016 - VOL 270



New England Sings

Constance Rolfe - Junior Music Teacher

On Sunday 16 October the PLC 3-6 Choir participated in the massed choral concert: New England Sings. This concert combined schools from all over the New England region in two concerts last Sunday. Throughout Term 3 and 4, the PLC 3-6 Choir have been rehearsing a large program of repertoire including 3 new works commissioned for the event by composer Luke Byrne. Our girls worked tirelessly to learn the repertoire and then represented PLC beautifully on the day with impeccable behaviour and outstanding singing.

While the 3-6 Choir was asked to perform at the second concert in the afternoon, the PLC Treble Makers impressed NECOM suitably during the Starry Night of Music, that they asked the Treble Makers to sing at the first concert as well to help support the parts in that concert.

We are very proud of our Junior school girls for this wonderful achievement. It was a fantastic event and one that will be remembered for years to come."





New England Sings

Matthew Minter, Director of Music

Congratulations to all the girls who participated in New England Sings. This is an absolutely amazing community event that celebrates the very impressive musical culture of Armidale. The guest conductor, renowned choral conductor Mark O'Leary made a public statement about how this event is of a standard that could be found anywhere in the world, and how incredibly fortunate families are to be bringing up their children in a community with such a vibrant musical culture.

The New England Sings, beautifully organised by Corinne Arter and Susanne James from the New England Conservatorium of Music, featured a combined choir of students from all the primary and secondary schools in Armidale, who worked alongside the Armidale Youth Orchestra and members of the Armidale Symphony Orchestra.

PLC was well represented. In addition to the girls in the combined choirs and orchestra, Lucy Quast, Dakotah Love, Jessica Tan and Elinor Warwick formed part of the small group of soloists that performed in the beautiful work *Peace on Earth* by Christopher Gordon. Jessica Tan also conducted the New England Singers in a very exciting and inspired performance. Jessica has become an exceptionally accomplished choral conductor through the choral student conductors program run through the New England Singers. Each year a single student is selected to work as a conductor throughout the entire year and Jessica has developed exceptional skills in this program as the student conductor of 2016.

What distinguishes the New England Sings event is the fact that all the works are by Australian composers. There were two works specifically commissioned this year. *Invictus* by Paul Jarman for the secondary choirs and *Three Pieces for New England* (*Gostwyck, Remarkable and Nightfires*) by Luke Byrne for the primary choirs.



lion's roar

TERM 4 - 28 OCTOBER 2016 - VOL 270



In House Concerts

Congratulations to the girls who performed at the In House Concert on Wednesday evening. It is a tremendous achievement to prepare and present a performance and the overall standard was extremely high. The girls performed a range of stunning repertoire with exceptional musicianship demonstrated from girls in both the Junior and Senior schools. Some of the outstanding repertoire that has featured in In House Concerts this year included movements from the Bach Cello Suites, the Elgar Cello Concerto, movements from the great violin sonatas of Beethoven and Brahms, Bach violin concertos, Mozart piano sonatas, a movement from the Mozart concerto for flute and harp, Australian Art Songs, folk songs.

I have been so impressed in my first year at PLC to hear such sophisticated repertoire being performed so exceptionally well. This is reflected in the outstanding AMEB exam results and successes in the Eisteddfod.

Thank you to Mrs Rickards for her skilful and supportive piano accompanying and to our new creative arts prefect, Dakotah Love for hosting the evening.

Bravo to all of the following girls for their terrific performances:

Harriet Minter, Jessica Hughes, Pip Constable, Xinyue Li, Georgia Smitham, Laura Smitham, Nina Breckenridge, Alexandria Wright, Julia Chambers, Isla Biffin, Shelby Philp, Sarah Hughes, Caitlin Hansford, Gabrielle Cotterell, Annabel Seville, Caitlin Hansford, Abigail Thompson, Emily Thompson.

Thanks also to Ali Dare, Lisa Quast and Kelly Smitham for presenting a delicious spread of light refreshments between the two concerts.

Next week the inaugural Wind and Brass in house concert will be held on Wednesday evening. This is exciting new type of in house concert is a celebration of the wind and brass programs that have been established in the school in 2016. Next week's in house concert will feature PLC Armidale's wind ensembles, as well as number of soloists. It will be an opportunity to nurture the talents and enthusiasm of those students who have only recently started studying their instruments.

Well done to all!





Hockey, Netball & Soccer matches against Calrossy School

on Wednesday 19 October

Mr Jason Browne and Carolyn Beresford from the PLC Sports Department organised to host Calrossy High School to join us here at PLC Armidale to participate in matches that involved Hockey, Netball & Soccer.

This was very successful day with an Open & Junior Hockey team, Junior & Senior Netball team, as well as a Senior Soccer team participating in this event.

Firstly we would like to thank all of the coaches of these teams, for their contribution and their time on the day and throughout the 2016 season.

Kim Taylor-Opens Hockey	Emma Ellis- Junior Hockey
Shane Moffitt- Netball	Brian Shaw – Soccer
Brad Evans- Soccer	

The event was very successful, with over 120 students overall participating in these matches. All students from both Calrossy High School and PLC Armidale showed great sportsmanship and teamwork.

Hockey

PLC Opens Hockey team defeated the Senior Calrossy team 3-1. This was a very competitive match, with the score locked at 1 all at half time. Calrossy had their chances in the second half but could not capitalise on them. It was only in the last 10 minutes of the match that PLC scored 2 goals to bring the final score to 3-1.



lion's roar

TERM 4 - 28 OCTOBER 2016 - VOL 270

PLC Junior Hockey team won their match convincingly with the final score ending up at 3-0, with the team displaying some great passages of teamwork, as well as being strong in defence throughout the match.

Netball

Both netball games between Calrossy and PLC were played in Great Spirit of the game and were very competitive. The games were held on the outdoor courts at UNE in perfect spring conditions. The PLC senior team was successful against the Calrossy senior team with a score of 33-10.

The junior Netball team, although they came back after a slow start, could not catch the strong and polished Calrossy. The final score was 29-22 after a well-contested and lively match.

Soccer

The Soccer match played against Calrossy was a great result; with our girls scoring so many goals we lost count! Double figures! I would like to emphasise that during this match the girls had a lot fun, displaying great sportsmanship by PLC. This also this was the last game for the Year 12 students: Syrana Glenn, Mimi Raymer, Jessica Ruba and Emma O'Donoghue. All of these Year 12 students are an outstanding group of young ladies!

Calrossy students, coaches and staff joined us in the PLC Dining hall to finish the event off with a lovely meal, before traveling back to Tamworth. Calrossy will host PLC Armidale next year in 2017.

NIAS New Zealand Tour

Congratulations to our PLC Armidale students who represented NIAS (Northern Inland Academy of Sport) for the recent netball tour of New Zealand. Chloe Stier (Year 10), Mia Tindale (Year 9), Sophie Hansen (Year 10), Laura Cotterell (Year 11) and Sarah Miron (Year 9).



Boarding House News

By Lucy McDonald and Isobel Moore



Hi, my name is Lucy, I began boarding at PLC when I was in Year 7 in 2012. I am currently living and have been living for the past twelve years in the coastal town of Yamba. Boarding at PLC has provided me with a second home surrounding me with loving friends who have made my time as a boarder extremely enjoyable. I enjoy participating in various activities such as twilight soccer, Duke Of Edinburgh and engaging in boarding house activities. Isobel and I aim to make 2017 a fun and

enjoyable year for our boarders.

Lucy McDonald (Boarding House Captain)

Hi, I'm Isobel and I'm from the small country town of Coolah which is about three hours south of Armidale. My interests include sports such as Netball and Volleyball, reading and horses. I am very much looking forward to leading PLC Boarding community with our Captain Lucy and all the boarding staff.

Isobel Moore (Deputy Boarding House Captain)

As PLC boarding house captains we have a genuine interest in the welfare in all girls and we will do our best to ensure they are enjoying the PLC experience. Living in the boarding house there is a strong sense of community that we wish to foster and continue throughout 2017. We would like to host whole boarding house activities with a trip to Dangars Falls, The blue Holes, several theme nights, and participation in community events such as the Park Run, Colour Run and City 2 Surf. We are also in the process of organising a gathering with TAS for the junior girls later on in the term. These are just a few of the many things we envisage for the boarding house at PLC.

Recently girls have competed in events such as ISHE (Inter-Schools Horse Extravaganza), congratulations to Tara Murray, Julia Chambers, Claire McLachlan, Abby Stevenson and Saskia Kennett for their achievements. Additionally, in the holidays Tara Price circumnavigated a part of Australia from Sydney to Broome with The Young Endeavour. Last week several girls travelled down to Sydney for the AHIGS Festival of Speech facing some challenging competition but nevertheless enjoyed the experience.

lion's roar

TERM 4 - 28 OCTOBER 2016 - VOL 270

Still to come this term, the Hawkesbury Canoe Classic with Kate Biddle, Tara Price, Julia Chambers and Grace Lehman, best of luck to these girls. We also have Emma Barnier travelling to IGSSA Gymnastics on the 28th of October we are sure you will do PLC proud. These last two weeks Years 7 and 8 have undergone their exams and can now look forward to the remainder of the term and all the social events planned.

Now with warmer weather our boarders have enjoyed jumping on the trampoline in their spare time, the new addition of the boarding house pets; three rabbits which are in the care of our boarders, and soon the volleyball net will be set up for the last few weeks of term. Next Monday will be a Halloween theme dinner for the girls in which boarders are encouraged to dress up and have some fun.

Also, a warm welcome to two new boarders who have begun recently at PLC, Joan Shi and Michelle Meng in Year 8.

We are looking forward to a busy yet exciting Term 4 for the boarders.

Activities until the End of Term

26 October	Celebration of October Birthdays
31 October	Halloween Themed Dinner
5 November	Sports Dinner
6 November	Compulsory picnic outing to Dangar Falls
11 November	3 Schools Social Yrs 9 & 10
30 November	Celebration of Nov/Dec Birthdays
2 November	Decorate Christmas Tree and Boarding house
4 December	Church
5 December	Christmas Lights Tour
7 December	Boarder and Parent Christmas Celebration Dinner





Development and Enrolments

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

PLC Pathways – promotional tour in China



Mrs Taylor and I, together with Chair of College Council, Dr David Lim and his wife Zhuping, John Da Cruz, PLC Sydney and the team from the Australian Academy of Commerce, have recently returned from our PLC Pathways promotional tour of China. Our new program was exceptionally

well received resulting in immediate enrolments for 2017. In various discussions over the two weeks in cities such as Shanghai, Shenzhen, Kunming, Shenyang, and Nanjing (as well as Ningbo), it was evident that we had a product that families needed and were actively seeking a global education for their daughters. Many thanks to everyone involved in assisting to compile all of the promotional material for our trip, particularly Bronwyn Grills, Sally McCook and Chris Spencer, and to all who assisted in our absence.

At PLC Armidale ... It's personal

This term, as every term, PLC Armidale offers personalised Experience Days for any prospective student interested in spending a day or two for a taste of life at PLC Armidale, whether in Junior or Senior School. Should you know of anyone interested, please contact our Enrolments Manager, Mrs Sally McCook. Our Junior School is also offering special personalised Kindergarten Orientation days on the following Friday mornings: November 4, 11 and 18 from 9am -11am. So, please share this information with your family and friends who may have a little one ready to start school in 2017.

Old Girls' Reunion Weekend

Last weekend, PLC Armidale hosted visits from Old Girls from both near and far, from the 5, 10, 20, 30, 40 (and beyond) year groups. Many had not been back to the College since they graduated and were very impressed with the changes and improvements at the College since "their time". Some of the girls even supported our P&F by attending the High Tea.

It's all about Community

To witness community in action, was attending last weekend's PLC Armidale's High Tea, hosted by our forever hardworking and friendly P&F. This iconic, signature PLC Armidale P&F event was another huge success and a real credit to chief organisers, Janine Ranck, Deb Hiscox, Karen Hutton and Trisha Shaw, along with their myriad of many merry helpers, supporters and sponsors. It really was a true showcase of community in action.

PLC Armidale ... celebrating 130 years in 2017.

Plans are underway to celebrate this milestone year for the College. In the meantime, please add this to your 2017 diary. Stay tuned for more information.

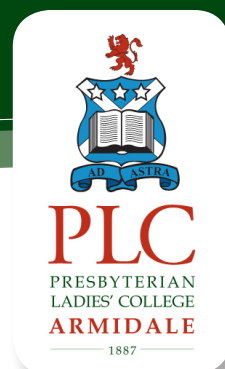
Advocacy

As you know, any organisation's best form of promotion is "word of mouth". Each experience adds to our own opinion. At PLC Armidale, we value your opinion and appreciate that you will share. We have no doubt that you know a young girl in our community who would benefit from an education at PLC Armidale, please encourage her (and her family) to contact Enrolments Manager, Mrs Sally McCook and start the conversation. We very much appreciate your personal recommendations.

Social Media ... and don't forget to like and follow us on Facebook!

lion's roar

TERM 4 - 28 OCTOBER 2016 - VOL 270



You're warmly invited to join
Principal of PLC Armidale
Mrs Nicola Taylor
at the inaugural

2016 Principal's Breakfast

Thursday 10 November 2016

7.45am for 8.00am

AT NERAM ARMIDALE

TICKETS: \$25 per person

Purchase your tickets from the following link:

www.trybooking.com/NFST

Bookings are essential and must be made by
Monday 7 November 2016

For Trybooking enquiries please contact Sue on 6770 1700
or email aa@plcarmidale.nsw.edu.au



Educating successful women of tomorrow in a Christian environment.

P&F News

Janine Ranck and Deb Hiscox, Co-Presidents

High Tea

On a wet, miserable Saturday afternoon the P&F took our first 'wet' High Tea indoors. The decorating, the ambiance, the floral arrangements and creativity of an exceptionally hard working team of parents and students managed to pull off another great event. We had just over 90 guests come and enjoy the Astra Arts Centre and Chapel set up like nobody has seen it before. Lynne Walker, past parent, instigator and driver of the PLC garden renovation, spoke about the journey the PLC garden has taken and the emotion and passion that drove it. We were fortunate enough to have some lovely individual musical pieces performed and music from a talented string quartet. The quality and standard of the food was of the highest level – absolutely amazing. Turners of Armidale put on a fabulous fashion parade and our Mum models were just beautiful – more than usual!! Of course to pull off an event like this we rely on many, many people. We can't begin to list everyone in fear of missing someone out, however if you donated money, baked a beautiful platter or two of exquisite food, loaned a tablecloth or platters, cut all of your beautiful flowers out of your garden for the floral arrangements, packed and stacked chairs, moved tables, vacuumed, hung metres and metres of organza tulle, washed up, performed, served, assisted in any possible way THANK YOU. It is all of you who made the High Tea the success it was, well done everyone!!

Thanks

The time has come to hand over the reins. By the time this edition of the Lions Roar comes out the P&F will have welcomed in our new executive team and we have no doubt that they will be an exceptional team of leaders. From Janine, Deb, Karen & Trish we say thank you for entrusting us with leading the P&F over the past 2 years (3yrs for Trish). As always with positions like this we learn so much, meet so many parents and friends connected to the college, get to engage with teachers and staff on a collegial level and get to feel the heart and soul of a fantastic school. We pass on our best wishes to the new executive and are here willing and able to assist you in your new roles for the next 12 months before we all become past parents of PLC Armidale. So it's goodbye and a hearty thanks from all of us.





Hawkesbury Canoe Classic



*Anna Caldwell,
Hawkesbury Canoe Classic Coordinator*

After months of training, our courageous crews will be setting off at lunch time on Friday 28th October, heading to Windsor for the start of the 111km marathon paddle. This year is the 40th Anniversary of the event.

On Monday after assembly we held a boat naming ceremony for our three new Mirage Kayaks, the PLC Roar, the Classic Caldwell and the DOE Diamond, as we are celebrating the Duke of Edinburgh's Awards 60th - Diamond Anniversary in 2016.

This years paddlers include: Ella Atkin and Grace Lehman, Sophie Hansen and Nikki Yates, Julia Chambers and Paige Jackson, Kate Biddle and Tara Price and three father/ daughter crews, Jessica and Michael Chambers, Brianna and Matthew Robertson and Chloe and Greg Stier.

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.



Pastoral Care Conversation



Paula Goode, Pastoral Care Coordinator

Encouraging students to accept the challenge, to be in charge, to tackle it!

The end of the school year is fast approaching, that means exams are looming, so at the forefront of our minds should be active exam preparation by learning topic content and practising skills, by working on strategies that will help us to improve on where we are at present, and how to evaluate feed back and utilise this knowledge to our advantage. Accept the challenge, be in charge, tackle it!

It is not all exams though, there is plenty of opportunity for all the girls to participate in:

- **Guild Drama** – Are you yearning for the speaking part? or do you want to show your music or dancing talent?
- Learning to surf or face fears of heights on the climbing wall/high ropes at Year 10 Outdoor camp
- **Activities week** – swimming those laps and gaining a life saving award, deciding on social service activity that maybe confronting or rewarding by helping others
- **Joining the Choir** for a chance to sing at the amazing Carols night.
- Be part of any team, show leadership skills, mentor someone, do something that you wouldn't normally do.

Just accept the challenge, be in charge of you, tackle what you want to do!

We achieve our goals through positive engagement (participation) and learning new approaches to thinking and learning (cultivating growth mindsets to self assess and set expectations). We also need to be resilient to stress via organisation and preparation. So by connecting



with the moment we are creating a culture of being confident and on the lookout for opportunities to meet the challenge and be in charge of our life's direction. By learning positive behaviours such as body language, self-talk, coping strategies, understanding and unlocking emotions, role modelling, positive engagement we develop good habits of mind. Accept a health challenge through exercise - Mentally – try thinking exercises to build strong brain pathways. Physically - Strength and resistance train helps improve

balance, flexibility, mobility and build stronger bones. Be in charge of your mind and body to strive, thrive and flourish. Personal life satisfaction means 'Going for it'! That means conscientiously focusing on tapping into the most effective life satisfaction character strengths of zest, hope, gratitude, love and curiosity - Accept the challenge, be in charge, tackle it! - begin to shine!



Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Michael Grose



What it means to be an emotionally intelligent parent

So what does an emotionally intelligent parent look like? Here are five attributes that emotionally intelligent parents have in common.

Ten year-old Elle liked to be active, but one weekend things got out of control. A jazz ballet concert, a game of netball, and a family visit to her cousin's house meant no time to herself. And she let her parents know it with constant moaning, as well as a tantrum or two.

Her father held his tongue for most of the weekend, but couldn't help but give her some fatherly advice on Sunday night. "You've spent the whole weekend moaning about how busy you are. Maybe you need to drop one of your activities, if they are stressing you out so much!"

A tantrum followed...from Elle.

Elle's mum took a different tack. She had a hunch that something was bothering her daughter. "You sound like something is bothering you big-time. What's up?"

"I've got to give a talk at school on Monday in front of the whole school and I haven't time to prepare. It'll be awful and everyone will laugh."

Her mum replied, "You sound like you might be pretty nervous. That makes sense.

Giving a talk in front others can be nerve-wracking."

Elle dropped her shoulders, smiled and said, "You bet!" She was relieved because her mum understood how she felt. In fact, her mum had unlocked the problem for her and reflected back how she felt.

Elle's dad focused on her behaviour and responded in kind (with well-meaning advice about her future behaviour), while her mother focused on the feelings that acted as a possible driver to her daughter's behaviour. She took an emotionally smart approach, which turned out to be the right one in this circumstance.

Emotionally intelligent parents don't dismiss children's behaviour and allow kids to do as they please. There are times that we need to focus on a child's behaviour. A child who is rude in public should be reminded in no uncertain terms that poor manners are inappropriate.

However, there are times when smart parents need to look beyond the obvious behaviours to get a good understanding of what's happening to their child, and to help

a child better understand and manage their emotions.

So what does an emotionally intelligent parent look like? And importantly what is the impact on kids, parents and families of this approach?

Emotionally intelligent parents have the following five attributes in common. They will usually:

1 Listen more and judge less

There is nothing better than being understood. Parents who operate from an emotionally-smart mindset are more likely to listen to their kids when emotions are high, trying to access what may be going on, rather than clamping down their behaviour or closing them down with well-meaning advice.

Impact: Better, more open relationships.

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.



parentingideas.com.au

© 2016 Michael Grose





Parenting *ideas* INSIGHTS

Building parent-school partnerships

... What it means to be an emotionally intelligent parent ...

2 Accept strong emotions

Anyone who lives with teenagers will know that emotions can run very high. They can say the worst possible things to each other and, at times, to you. Ten minutes after delivering a hateful tirade they can be cuddling up to the person who was the butt of their anger, frustration or anxiety. Emotionally intelligent parents know that feelings need to be expressed rather than bottled up, and allowed to fester. They also believe there is nothing so bad that a child can't give voice to in a family, however there are behaviours that are not unacceptable.

Impact: A healthy expression of emotions.

3 Focus on the present

Most parents are rightfully future-focused. We focus on the homework that needs to be handed in tomorrow; the washing that needs to be done; the meal that needs to be cooked. That's part of everyday life. Children generally focus on the here and now. That of course can be frustrating to a task-oriented future-focused mother or father. However when we lower our gaze we are more likely to pick up how kids are feeling, and importantly help them understand and manage their moods and emotions.

Impact: Happier families and less stress felt at home.

4 Use rules rather than their moods to determine discipline

Some parents discipline according to their moods. If they feel good then they give children plenty of lenience. If they are feel bad then they pick their kids up on every little

thing. It's better to stick to the family and house rules; that makes you more predictable, which kids really crave.

Impact: More consistent parenting

5 Develop a language around feelings

A family develops a vocabulary around the things that are important to them. Kids in a sport mad family will inevitably have a rich vocabulary around their chosen sport. The same holds for emotional intelligence. Families that truly value building emotional smarts will develop in kids a rich palette of words that will help them describe how they feel. This vocabulary will inevitably stay with them for life.

Impact: Better relationships later in life at work and in their own families.

At a time when anger and anxiety has never been so high in families, there is a massive need for a parenting approach that includes emotional intelligence. Many parents struggle in the area of helping children understand and manage their emotions because we've never had any training in it. We didn't learn it from our parents, and more than likely haven't learned it at work. Emotionally intelligent parenting can be learned. At Parentingideas emotional intelligence is central to the work we do with parents. We know firsthand that kids who have parents versed in emotional intelligence are more likely to raise kids with the skills to be happier, enjoy better relationships and experience more success at school.

Michael Grose



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.



parentingideas.com.au

© 2016 Michael Grose



ayo
Armidale
Youth
Orchestras

2pm
Sunday 13 November 2016
Lazenby Hall, UNE

GALA CONCERT



Armidale Youth Orchestras Gala Concert 2016
Sunday November 13 at 2pm
Lazenby Hall, University of New England

TICKETS: www.trybooking.com/NFWD • Family: \$35
Adults: \$15 • Pensioners/students \$10 • Children \$5