

# lion's roar

TERM 1 • 29 MARCH 2018 • VOLUME 297



## From the Principal

*Mrs Nicola Taylor, Principal*

The College has been very quiet this week with students from Years 3 to 9 accompanied by a number of teachers across the College involved in camps and excursions, with Year 10 and some Pathways students to visit Canberra next week. These are planned activities and programs which feature in many schools, not just PLC Armidale. They can be costly programs to run in terms of the added financial cost to parents, the cost of classroom time and the cost to staff being away from their own families and being 'on-duty' 24/7.

So, is the cost worth it? There will be a range of responses to this question, often informed by personal experience. However, there are several studies curated by the Alliance of Girls' Schools Australasia of which PLC Armidale is a member which show over a number of years and variety of contexts, there are very real benefits to girls especially from being involved in camps and outdoor education programs. Of learnings that take place in these settings which are not as easy to replicate in a classroom.

One American study showed that girls involved in physical challenges and adventure programs reported feelings of emotional and physical safety and securing in the girls only activities. They felt able to be open and supportive and share the feelings they experienced throughout the challenge. The girls reported also an increased connection to others, expressed in terms of developing positive and authentic relationships with other girls. The sharing

29 MARCH  
TO 14 APRIL  
2018

## calendar OF events

Good Friday	30/3/2018
Easter Saturday	31/3/2018
Daylight Saving Ends	1/4/2018
Easter Sunday	1/4/2018
Easter Monday	2/4/2018
Boarders' Chapel	2/4/2018
ADNA Twilight Netball Comp	2/4/2018
Year 10 & Pathway Students Canberra Excursion	3 - 6/4 2018
Year 12 Mid-Course Examinations	3 - 6/4 2018
IPSHA Cross Country Carnival	7/4/2018
AYO Garden Party	8/4/2018
Year 7-9 WW1-Living History 'Trench Life Roadshow'	9/4/2018
Boarders' Chapel	9/4/2018
ADNA Twilight Netball Comp	9/4/2018
Prefects' Afternoon Tea	10/4/2018
Years 6, 7 and 8 Tri Schools Debating	11/4/2018
PLC Armidale Foundation AGM and Meeting	11/4/2018
Years 10/11 Thailand Service Trip Information Night	11/4/2018
Whole School Cross Country	12/4/2018
Last Day of Term 1	12/4/2018
Boarders Depart AM	13/04/2018
Staff Day	13/04/2018
Gunnedah Show	13 - 14/4 2018
Silver/Gold Duke of Ed Hike	14 - 17/4 2018

continued from Page 1...

of common experiences, relating to and seeking to understand others fostered group cohesion and acceptance of diversity.

Schools do many things, and some of those are the 'unmeasured attributes' that outdoor education, along with community service, pastoral and spiritual care and school traditions contribute to the development of the 'whole child'. The in-time, in-place and in-context experiences are not just a cost, but an investment into the lives of those who take part.

*That which ought and can best be taught inside the classroom should there be taught, and that which can best be learned through experience dealing directly with native materials and real life situations outside the school should there be learned.*- Julian Smith

Congratulations to Mia Emanuel (Year 11) for her selection in the U21s Hockey NSW squad following her performance at the Under 18 National Championships held recently in Hobart. Congratulations to Isla Biffin who has been asked to perform with the Australian Ballet Orchestra for their upcoming season of Murphy at the Sydney Opera House. An exciting opportunity for this outstanding harpist. Congratulations also to Gabriella Parsons (Year 12) who won the regional division of the Lion's Youth Public Speaking Competition. Gabby is now preparing to take her place in the State finals.



## Senior School Notes

*Anna Caldwell, Head of Senior School*

### Senior School Notes

The end of term is in sight and everyone should be feeling proud of all they have achieved over the last 9 weeks. Now is a good time to revisit the goals we all set ourselves at the start of the year, tick off those accomplished and reflect on those that we haven't yet reached.

One of the things that I love about PLC is our school spirit and this was most definitely on display in the Autumn Festival Parade. Thank you to everyone who marched and also to those who participated in the Campus to City fun. We had a very impressive team. The results can be found on the Armidale Express website and the Armidale Campus to City Facebook page. Congratulations to Chiyo Brown, PLC's fastest student runner on the day, who placed 3rd overall and 1st female and to Maya Hess and Sarah Tremont who all ran personal best times.

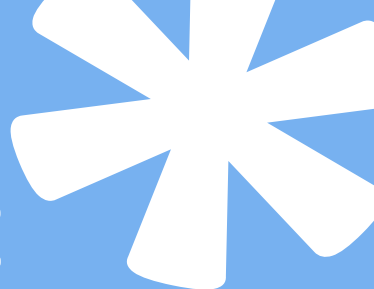
### Senior School Outdoor Education Camp Week @PLC

This week saw our Year 7's, 8's and 9's head to Somerset Outdoor Learning Centre, Colo River for 3 days of adventurous activities including raft building, a river run obstacle course, milk crate stack, low ropes, high ropes, rock climbing, abseiling, bushwalking and canoeing. All these activities were designed to build teamwork and independence, and encouraged our girls to step out of their comfort zones and have a go at new things.

The girls also enjoyed sleeping out in tents, cooking My Camp Kitchen Rules style and sharing stories, marshmallows and damper around the camp fire. It was fantastic to see all the students and staff having a go at every activity, even if they were a bit nervous about some of them.

Thank you to all the staff at Camp Somerset and to Tessa Roe, Paula Goode, Stephanie Belson, Michelle Power, Hannah

# SAVE THE DATE



## FOR TERM 2 EVENTS

**SUNDAY 6 MAY - 1PM**

### PLC Dads' Day Out

A Social 9 Holes of Golf!

For more information contact Warren Waters:  
warrenandheidi@bigpond.com  
(Year 6 Liaison Parents)

RSVP at: <https://www.trybooking.com/VBFL>

**SATURDAY 12 MAY**

**- 6 FOR 6.30PM**

### Biennial Father/Daughter Dinner Dance

For Dads of girls in Year 11 & 12

**AND...**

**Mums' night out @ the Newie**

6.30pm

Hourigan, Danika Blackburn and Shane Moffitt for all that you did to ensure that the camps were enjoyed by all.

Year 10 will enjoy their action packed week in Canberra next week and Year 11 and 12 have been working hard on their assessments and exams.

### Whole School Cross Country Carnival

Our Whole School Cross Country Carnival is on in Week 11 on Thursday 12th April.

The SRC will be cooking up a fundraising BBQ for our sponsor children around the world.

### Term 2 Information:

Monday 30th April Staff Day and boarders return pm.

Tuesday 1st May All students return. Winter Uniform. The term will start with our Whole School Combined Assembly and Chapel.

We will be starting in Week B of the academic cycle.

Sports training will start on the first day back.

Term 2 is 9 weeks in duration.

### Whole School Athletics Carnival

Our Whole School Athletics Carnival is on in Week 2, Term 2, with pre events being run during lunch times in Week 1.

### Winter Uniform

Winter Uniform is worn during Terms 2 and 3. If the weather is warm, the girls are to remove their jumper but can still wear their blazer as the outer-most layer. 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.

**I would like to take this opportunity to wish you all a safe and Happy Easter.**





PRESBYTERIAN LADIES' COLLEGE ARMIDALE  
**JUNIOR SCHOOL MUSIC TEACHER - 0.8FTE**  
 (12 month Maternity Leave position)

PLC Armidale is an independent Christian girls' school located in Armidale, New England.

PLC Armidale is looking for a passionate and suitably qualified Music teacher for the position of Junior School Music Teacher for one year, commencing in May 2018. The applicant would strive to actively and creatively engage students in all aspects of the curriculum through a demonstrated proven pedagogical content knowledge in Music and effective classroom practice and management.

The successful candidate would be responsible for implementing the Music classroom program from Pre-K through to Year 8, and would be responsible for leading choral groups or other musical ensembles, as required. Experience in choral conducting and early childhood Music would be an advantage.

The Junior School Music Teacher works closely both with the Director of Music and the Head of Junior School.

Applications must be received by Friday 6 April 2018.

**For more information, please see the link below.**

<http://www.plcarmidale.nsw.edu.au/employment/positions-available>



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

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

Educating successful women of tomorrow in a Christian environment

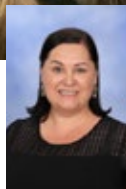
In alliance with **PLC SYDNEY**

## Church Pews for Sale - only 3 left!

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

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





## Integrated Learning Project

*Kate Clynych, Head of Humanities*

As part of our *Stage 4 Integrated Learning Project* we had an interesting guest speaker from the 'Anaiwan Language Revival Program' present to our Year 7 and 8 students last week. Ambēyan man and UNE student Callum Clayton-Dixon is spearheading the research component of the Language Revival Program (\*Ambēyan is a clan/dialect of the 'Anaiwan' tribal/language group located in the south of the New England Tableland region).

Callum spoke to our students about his work with the program, and about his goals for revival and preservation of the local indigenous Anaiwan language. He asked them the question "Why is it important to revive our traditional languages & why do #OurLanguagesMatter?" The girls were interested in his work, and were keen to know how it related to their local area, asking lots of insightful and considered questions.

The goal of the program is to compile as much of the language in the most accurate and accessible way possible, and do this alongside cultural revival as well. Callum taught the girls how to say "*nyaga uyi-di-ga*", which means 'Let's all speak', and told them about ways of researching local indigenous languages around Australia. The girls then took this information, and are working on using names for their Eco-Houses that have significance for the local indigenous populations of the areas that they are researching.

Thank you to Callum for visiting PLC Armidale and sharing your work with our students.



## Harmony Day

*Paula Goode, Pastoral Care Coordinator*

Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.



Held every year on 21 March. The Day coincides with the United Nations International Day for the Elimination of Racial Discrimination.

Australia is a vibrant and multicultural country — from the oldest continuous culture of our first Australians to the cultures of our newest arrivals from around the world. Our cultural diversity is one of our greatest strengths and is at the heart of who we are. It makes Australia a great place to live. Australia is the most successful multicultural country on earth and we should celebrate this and work to maintain it.

An integrated multicultural Australia is an integral part of our national identity. All people who migrate to Australia bring with them some of their own cultural and religious traditions, as well as taking on many new traditions. Collectively, these traditions have enriched our nation.

At PLC we proudly celebrated Harmony Day over a period of weeks — first with our Year 12 girls creating little affirmation cards with an orange ribbon attached which was given to every secondary student during an extra pastoral care session in week 5 (to be placed in their lockers as a reminder of the message that Harmony day brings). During that lesson the Year 12 girls organised and presented appropriate activities for each year level. On the actual day, last Wednesday Pastoral Care teachers offered their classes undertakings such as craft, mindful colouring or video snapshots based around Harmony Day's theme — 'everybody belongs', the girls were also encouraged to wear their ribbon in their hair and join in the fun at the Photo Booth at lunchtime, with Sophia Mackson (Yr 11) acting as the master photographer (thank you Sophia!).







## PLC Armidale Foundation Notice of Annual General Meeting

Wednesday 11 April

5.30pm

PLC Board Room



## P&F Post

*Theresa Ruig and Erica Smith (Presidents P&F)*

The P&F Executive would like to thank all those that attended the trivia night on Friday March 23. The theme of 80s revival was in full swing with many choosing to dress up for the occasion. The night was full of laughs and a tussle of brain power, with a table of parents from Year 6 proving the winners. Many thanks to all those families that donated prizes for the night, or helped in the preparations. Thanks also goes to the Duke of Ed girls who did a stellar job babysitting almost 30 children on the night.

A reminder that the next P&F meeting will be held on the second Thursday in Term 2 – May 10 at 6pm in the PLC Board room – all are welcome. In the mean time if you would like to contact the P&F, please email: [pandf@plcarmidale.nsw.edu.au](mailto:pandf@plcarmidale.nsw.edu.au)

## The official P&F Association Facebook Page - Now Available!

It's here the official P&F Association Facebook Page - for all you ever wanted to know about what's happening socially and in the PLC world of community fundraising!

Keep up to date via your Year's Closed Facebook Group! All you need to do is to search for PLC Armidale P&F Association on Facebook, then on the far left of the page, go to GROUPS, then find your Year Group, and ask to join! EASY AS!!







## My Boggabri Homestay Adventure

*Sophia Huang, PLC Pathways student*

During the summer holiday, I had a homestay with Andrew and Heike Watson to improve my English, sometimes helping them do housework and look after kids.

I lived on their farm, that's amazing! I could see emus and kangaroos at their farm.

I enjoyed the time in the homestay, which taught me a lot and helped me grow up a lot.

They really like Chinese meals.

They thought I am good at cooking and I can have my Chinese restaurant!

The best thing is the country music festival in Tamworth. There were many people to join the festival. Some singers only used guitar accompaniment, but they enjoy it.



## Boarding House News

*Margot Ball, Head of Boarding*

The last few weeks have been marked by several local cultural events which have occupied many of our boarding girls.

Quite a number of our girls attended The Addams' Family musical at the Hoskins Centre last weekend which was a great time and a tremendously funny show. Our very own Jo Wysel (Drama and Pathways Teacher) choreographed the performance. Congratulations on an entertaining performance to everyone involved.



PLC boarders had the opportunity to participate in the Armidale Autumn festival including marching in the parade, running the Campus to City Canter, and enjoying a night of rides and fireworks. Last weekend some boarders went to Uralla to the "Seasons of New England" Festival which included a large number of stalls, live music performances, a small but very skillful circus(!), local and international foods and lantern parade. The interest and quality of the event was remarkable and a very enjoyable way of ushering in the new season.

This week has been a significant one across the College community as many year groups take on excursions. Years 5 and 6 are at Naamaroo in Sydney, and Years 7-9 have gone to Somerset Outdoor Learning Centre at Colo near Windsor. These sorts of opportunities are, of course, significant times for building relationships and forming lasting memories of College years.

Finally, we'd like parents to know that we do have a new onsite parents' room for family who would like to come and stay at the school to see their daughters. We have had a number of parents make use of this facility and had some great feedback on the convenience of being able to stay so close. A small fee covers the use of the room with queen sized bed, tea and coffee facilities as well as breakfast and dinner in the Dining room. Please email Alison Spencer ([boarding@plcarmidale.nsw.edu.au](mailto:boarding@plcarmidale.nsw.edu.au)) for further information.

We would like to wish all our families a wonderful, safe and blessed Easter weekend.







## Junior School News

*Fiona Wake, Head of Junior School*

### **CAMP – A safe Departure and Arrival in Sydney.**

On Monday morning Year 5 and Year 6 boarded a coach with enthusiasm, nervousness and with great anticipation to head south to Namaroo (Sydney) for a four-day camp. The girls were very excited about the Itinerary and the wonderful adventures that await them in the BIG SMOKE!



On Tuesday morning, our Year 3 and 4 girls also boarded a bus bound for Lake Keepit, west of Tamworth with the same zest and enthusiasm. For our Year 3 girls and their parents and carers, this is their first camp and whilst they were excited, they were also nervous about their time away from family. I have been assured by Hannah Rowland and Susanne Dowling that the girls are all happy and their trip went very well with their safe arrival.



### **The Importance of School Camps**

Camps provide opportunities for students to improve their social skills, interact with each other in different settings and different environments and to help them develop skills needed to help them grow in understanding of who they are and what they are capable of.

Although these camps can create anxiety among parents you can be assured that the staff at these camps are well trained to deal with home sickness and are aware of how vulnerable our little ones can feel especially if it is their very first school camp and away from home experience.

According to Sue Norton from the ACT Education and Learning Directorate, camps can provide great experiences for both students and teachers.

The PLC Junior School Staff spend a lot of time and effort preparing our students for our school camps. It is our intention to provide positive experiences for your daughters. In the first instance, children might be reluctant to participate, but as time goes by and with encouragement and good values, children by the end of the camp are usually quite willing. Overall, camping experiences teaches our students, independence, resilience, tolerance and builds self esteem and confidence.

### **Feature Class - Kindergarten Schoolyard Safari**

Kindergarten and Year One have been busy little entomologists this term searching our playground and their own backyard for mini beasts. We have created our own Mini Beast habitat in the classroom and have enjoyed observing many different bugs, worms and caterpillars up close. We have been fortunate to observe several caterpillars make a chrysalis and transform into butterflies right before our eyes. The students have discovered new facts about many mini beasts and the differences between insects and the other creatures we are studying. Our classroom is transforming into a wonderful mini beast oasis full of many colourful creatures in our artistic creations.

WOW! A special treat - Kindergarten witnessed a butterfly emerge from it cocoon and dry her wings ready for flight. The girls released this beautiful creature with smiles that were equally as beautiful and a much better understanding of freedom, independence and understanding.



## PLC Armidale Uniform Policy

In the interests of presenting a smart and consistent public image and ensuring our students wear the PLC uniform with pride, there are school uniform rules which we need to ensure are enforced. Please work with us so that our students are well-presented in our local community.

Full school winter uniform is to be worn in Term 2 and 3.

Blazers must be worn when students are travelling to and from school, and must also be worn when wearing the uniform in town. Students are not permitted to wear just a jumper with the uniform outside of the school grounds, they must wear a blazer as well.

The uniform should be in good repair. Trailing hems need to be stitched up, and missing buttons on shirts, dresses or Blazers replaced.

Hair reaching below the collar must be tied back with bottle green elastics and ribbon or scrunchies.

Small silver, gold or pearl studs are acceptable for pierced ears, with one pair only to be worn in the lobes.

The winter skirt should be mid-calf length.

The top button on the winter shirt needs to be buttoned up at all times and the tie done up correctly. The winter shirt must also be tucked in to the skirt at all times.

Girls are permitted to wear black leggings under their winter skirt if they are wearing bottle green "over-the-knee- socks" over the top.

Students should not wear black or coloured underwear under their white winter shirts.

There are to be no scarves or gloves worn in the classrooms. These items may be worn outside only, travelling to and from classes. The gloves and scarves must be PLC issue only – these are available from the Clothing Shop.

## Clothing Shop Opening Hours:

Tuesday and Thursday 8:30 – 3:30 pm

### Wrapping Up TERM 1 2018: WEEKS 9,10 and 11

Monday 2 April	EASTER Monday
Tuesday 3 April	School Returns
Saturday 7 April	IPSHA Cross Country
Thursday 12 April	Whole School Cross Country 12:15pm – 3:30pm  Begin with BBQ Lunch at 12:30pm  Students are to wear their Guild Sports Uniform, apply sunscreen, wear a hat and bring a water bottle to school on this day. If your child does not want to participate in the BBQ please ensure they bring a packed lunch to school as lunches are not able to be ordered on this day.  Last Day of Term 1



## Junior School Sport

*Lucy Donaldson, Junior School Sports Coordinator*

### Cross Country Carnival

The Whole School Cross Country Carnival will be held on the last day of Term 1 – Thursday 12th April. All Junior School girls participate. We welcome all parents, carers and grandparents to come and watch and cheer on the girls. Further details will be emailed out to families soon.

### IPSHA Cross Country

We wish the following girls the best of luck as they travel to Sydney to compete in the IPSHA Cross Country Carnival on Saturday April 7th:

Kate Loxley, Anais Dettwiler, Natasha Barton, Scarlett Loxley and Keira Peet.

This is the first time in many years that we have had a PLC team compete in this event. Good luck, run hard and have fun! We look forward to hearing how you all went.

### Indoor Hockey

We had 4 out of our 5 Indoor Hockey teams make the semi-finals which was a fine effort. They all went into their semi-finals with fierce determination and a never give up attitude, however, all of our teams were defeated in hard fought games. It is games like this, that makes you so proud of our PLC Junior School girls. A fantastic season and now it's into Winter sport!

### Winter Hockey and Netball

The Junior School Netball and Hockey teams are up on the sports notice board. Please check to see which team your daughter is in and make sure that you have signed up for the PLC skoolbag app so that you receive all the draws and up to date information.

It is crucial that all players are registered before the season begins!

Please register your daughter/s NOW:

**Netball:** <http://armidale.nsw.netball.com.au>

Net Set Go players (under 10s) will need to register. Please follow links on the website. Select the applicable group depending on your daughter's age. You are required to pay online and will receive a pack from My Netball. You will not be charged by PLC for this competition.

Junior players (over 10 years and have played NSG) are required to register by following the 'Link for Registration Forms' and selecting Presbyterian Ladies' College. DO NOT PAY, you will be charged by the College at a later date.

**Hockey:** <https://www.revolutionise.com.au/hockeyne/>

You will be required to pay the Hockey NSW registration fee only. Your club fee (PLC) will be charged to your daughters account.

For further information or if you are having problems with registration, please contact Lucy Donaldson.

### Hookin2Hockey

Hockey New England (HNE) will be running Hookin2Hockey this year. This is a program for players new or beginning years to hockey.

It's an 8 Week program, costing \$85 per player. This price includes a kit with a bag, stick, shin pads, ball and top that is delivered to your address when you register.

Hockey New England will be running Hookin2Hockey on Friday afternoons 4pm for U9's and Saturday mornings 10am for U7's. The program will begin on the 4th May. This program is a Hockey Australia initiative. Here is the link for registration and further information: <http://hookin2hockey.com.au/>





Please join us for the

JUNIOR SCHOOL

# Mothers' Day Breakfast

## AND Chapel Service

Thursday 10 May 2018

7:45am -8:45am

PLC ARMIDALE DINING ROOM

FOLLOWED BY CHAPEL  
IN THE ASTRA ARTS CENTRE

RSVP [juniorschool@plcarmidale.nsw.edu.au](mailto:juniorschool@plcarmidale.nsw.edu.au)  
by Monday 7 May 2018

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

Educating successful women of tomorrow in a Christian environment

In alliance with **PLC SYDNEY**

Please join us for the

# Father/Daughter Dinner Dance

(FOR DADS WITH DAUGHTERS IN YEARS 11 & 12)

Saturday 12 May 2018

6pm for 6.30pm

PLC ARMIDALE DINING ROOM

For Dads & Day students \$55 each

For Boarding students \$10 each

Includes 2 course meal plus canapes & entertainment  
(BYO Drinks)

**DRESS** Smart Casual

**EVENT THEME** Garden Party

AND...

# Mum's Night Out

6.30PM AT THE NEWIE

RSVP <http://www.trybooking.com/VBFJ>  
by Monday 7 May 2018 (for both events)

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

Educating successful women of tomorrow in a Christian environment

In alliance with **PLC SYDNEY**





## Tildesley Tennis Report

*Mackenzie Constable*

On Tuesday the 20th of March the PLC representative tennis team drove down to Sydney to compete at Tildesley tennis competition. The team consisted of Charlotte Caldwell, Lucy Caldwell, Pip Constable, Sarah Miron, Alex Wright and myself. This was a very special year as it was the centenary year of Tildesley tennis. Tildesley tennis is an annual competition between the independent girls' schools that focuses on team spirit and sportsmanship. The shield is awarded to the school with the highest number of points averaged over there team size, meaning the smaller schools are not disadvantaged. We were one of the smallest teams which competed with only 6 players. The tournament is played over three days at Pennant Hills in Sydney.

We arrived early on Wednesday morning all excited and ready to go only to have torrential rain set in for the entire day meaning that play was suspended until Wednesday. Contrary to the weather forecasted, Thursday saw no rain meaning play was able to begin. The day started off with myself and Pip playing doubles against Tara. Despite sickness in our camp we were able to take the game to a tie breaker, unfortunately losing 8-7. Next up was Alex and Lucy playing a doubles pair from Meriden. Unfortunately they were defeated 8-0 but should be commended for their persistence against a very strong team. Charlie then took the court playing PLC Sydney winning 8-6, advancing her through to the second round. She then took on Queenwood unfortunately being defeated 8-1, again to a very strong player. Sarah advanced through to the second round by a bye and played Pymble in round two, winning 8-7 in a close tie breaker. She was then defeated by SCEGGS 8-0. None of the girls should be disappointed in how they performed as the scores don't reflect how close the games were, with many games going to deuce.

During our time at Tildesley we were fortunate to get the chance to meet Jennifer Micolli. Jennifer played on the WTA and achieved a career high world ranking around 400. Her words of inspiration before going on court boosted the confidence of the girls. Jennifer gave a simple message about working hard for each point and fighting to the end.

On behalf of the team I would like to thank Mr Le Surf for coaching our team and for all his hard work, and to all the parents who travelled down and supported us including Mrs Caldwell, Mrs Miron, Mr Wright and Mrs Taylor. I am extremely proud of all the tennis girls so far, not just the girls in the Tildesley team. Further thanks goes to all the girls who continued to train hard in the squad, despite missing out of the team. It is wonderful to see our tennis team growing in size and in skill level. If you are interested in starting tennis or being involved in our squad, contact either Mr Le Surf or myself as we would love to have more and more girls playing tennis at the College.



## Around the Grounds Sports Report

*Peter Le Surf, Director of Sport*

As the season starts to wind down to the end, you would think that the sporting achievements of our girls would also start to wind down. However, this is not the case!

This week has seen Mackenzie Constable back up from a great effort at the Tildesley Tennis Tournament last week to then play for the NSW IGSSA Hockey team.

Mackenzie Constable with her IGSSA team were the overall winners today. Zero goals scored against the team and the girls were undefeated.

Great work Mackenzie and the whole team.







### PLC Reds Open Indoor Hockey

PLC Reds Open Indoor Hockey team played in the Grand Final last Thursday in the HNE Indoor Competition. Five of the girls in this team have never played Indoor Hockey and PLC Reds finished on top of the table in the Womens Competition, with having only 1 loss throughout the whole competition. PLC Reds won the Grand Final 6-3 in what was a very tough match.

Pictured above: Julia Chambers, Amber Whibley, Jessica Hughes, Chelsea Thornton, Sally Elks, Maddy Eccles, Ally Carter and Carolyn Beresford.

### More Hockey Achievements

Mia Emanuel returned to school on Friday after a huge couple of weeks at nationals.

Mia was the goalkeeper for the NSW State team. They had a fantastic, if toughly fought tournament, and achieved excellent results scoring 34 goals and only conceding 6 goals in the 8 matches.

Mia had a great tournament and finally felt she was 'back' following the devastating injury last year and months of hard work to return to form.

Mia also found out this week that she has been selected into the NSW U21 squad. A great effort considering she is only 16 years old!

Keep working hard Mia.



### Dates to remember:

Thursday April 12 Whole School Cross Country

Friday May 11 Whole School Athletics Carnival  
(with some events on Thursday May 10)

I would like to take this opportunity to wish everyone a happy and safe Easter break and I look forward to seeing you on the fields or on the sidelines.

## HOOKIN2 HOCKEY

**Hookin2Hockey** is the introductory program for new participants, giving them a fun and safe environment to develop and learn the fundamentals of hockey.

**CENTRE:** Hockey New England

**CONTACT NAME:** Fiona Porter

**CONTACT NUMBER:** 0419 986 386

**EMAIL:** admin@hockeynewengland.org.au

**LOCATION:** HNE Hockey Complex, Sports Union road, Armidale

**START DATE:** Friday 4th & Saturday 5th May 2018

**TIME:** 4pm & 10am

**WEB:** [www.revolutionise.com.au/hockeyne](http://www.revolutionise.com.au/hockeyne)

**ADDITIONAL INFORMATION** Go to [hookin2hockey.com.au](http://hookin2hockey.com.au) and enter 2350 into the finder.

Then just follow the links to join our program! Girls and Boys running both days



For more information visit: [WWW.HOOKIN2HOCKEY.COM.AU](http://WWW.HOOKIN2HOCKEY.COM.AU)



## PLC ARMIDALE COMMEMORATIVE BOOK - REPAST

# Pre-order FORM

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

### NUMBER REQUIRED

PLC Armidale Commemorative Book - REPAST

\_\_\_\_\_ copies @ \$49.95 per copy    \$ \_\_\_\_\_

Specially gift wrapped edition of REPAST in linen tea towel

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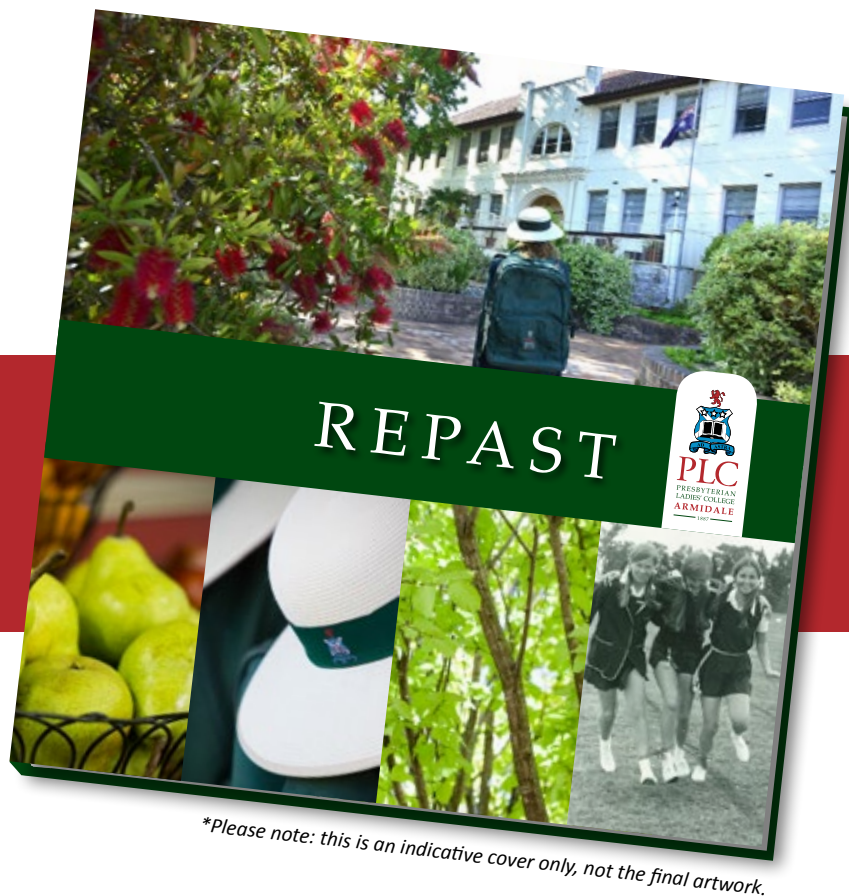
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## Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

Week 9 of term sees most of the school on 'Camp' with Years 3 & 4 at Lake Keepit, Years 5 & 6 at Naamaroo and Years 7 - 9 at Somerset on the Colo River with their teachers which presents the opportunity for students to engage with their natural surroundings and spirit of adventure. But **Why go on Camp?** There are a number of reasons and a growing body of evidence shows that human beings (especially young people) are spending significantly less time outdoors than previous generations and are suffering as a result. Studies are finding that outdoor play positively affects a person's cognitive, emotional and physical health, it also develops their resistance to negative stresses and depression. Associate Professor Tonia Gray, from the University of Wollongong, refers to 'the other three R's', namely **relationships, resilience and reflection**. Which she says: 'are overlooked in the modern curriculum and we don't teach these concepts well at all, but outdoor education lends itself, beautifully, to doing just that!'

**Outdoor education, training and recreation promote active learning through direct personal experience and offer excitement, fun and adventure within a framework of safety.** Active learning and adventure outdoors can take place in a variety of environments: rural and urban, local and more remote. Outdoor education, training and recreation involve both young people and adults in a wide range of experiences, including adventurous activities on land and water and activities with an environmental focus. Methods used include skills-focused learning, problem solving, team building and self-reliant journeys and activities, with residential experience an especially valued feature.

**Challenging experience outdoors impacts powerfully upon a young person's intellectual, physical, spiritual, social and moral development.** Use of the outdoors makes a major contribution to physical and environmental education and enhances many other curriculum areas. It contributes to personal growth and social awareness and develops skills for life and the world of work. Qualities such as a sense of responsibility and a purpose in life are nurtured. There is also a great deal of intrinsic enjoyment and satisfaction to be experienced from participation in outdoor activities.

**Building self-confidence and self-esteem is fundamental to any young person's development.** Outdoor activities provide valuable alternative, often non-competitive, avenues for achievement, as well as opportunities to develop independence and self-reliance. Through successfully facing up to the challenges which outdoor activities provide, overcoming fears and apprehensions along the way, young people make major strides in confidence, with implications for all aspects of their development.



**A positive attitude to learning is essential if young people are to make the most of their education.** Participation in exciting and enjoyable outdoor activities with teachers, youth workers and peers reinforces a positive attitude to education and contributes significantly to the general ethos of a school or youth group. Direct experience out of doors stimulates and reinforces learning across many areas of the curriculum, and the use of the outdoors encourages young people to take greater responsibility for their own learning.

**Awareness of the needs and contributions of others and the ability to sustain effective relationships, at work and in the family, are vital in today's society.** Experience in the outdoors provides rich opportunities for personal and social development through carefully structured group work in challenging situations. Trust, care, tolerance and the willingness to give and accept support are all encouraged and anti-social behaviour is challenged. Opportunities are presented to exhibit and develop effective inter-personal behaviour and to work co-operatively and effectively in teams.

**The purposeful use of leisure time is increasingly seen as making an important contribution to a fulfilling lifestyle.** Outdoor recreation introduces young people to a range of worthwhile leisure pursuits which will enrich their future lives, and develops the skills and knowledge essential for safe participation. Outdoor exercise contributes greatly to health and fitness and continuing participation in outdoor pursuits encourages the maintenance of a healthy lifestyle into middle age and beyond.

**Our relationship with the environment is a key issue facing tomorrow's citizens.** Active learning and adventure outdoors introduces young people to the environment in a way which develops understanding appreciation, awe, wonder and respect. It fosters sensitivity to the environment, helps young people to see themselves in a global context and helps to develop citizens with an awareness of the need for sustainable use of the world's natural resources.

**Tomorrow's successful citizens will possess the adaptability to cope with a rapidly changing world of work and the responsibility to be an effective member of a community.** Challenging outdoor experiences promote the development of communication, problem solving and decision-making skills which have currency across a range of occupations. They encourage a positive "opting in" and "can do" attitude. Young people's horizons are broadened, new challenges come to be relished rather than shunned, and perseverance and determination are reinforced. Values and attitudes developed in a context of shared endeavour help to form a sound basis for responsible citizenship.

Can't wait till the next issue of the Lion's Roar so we can see the all the photos and appreciate the student reflections of all that went on at Camp.



# HOW DOES DIRECT CONTACT WITH NATURE EFFECT US?



People who regularly engage in activities outdoors are significantly happier than people who do not – just one third more outdoor time makes a critical difference.

Nine out of 10 people say that nature makes them feel happy and relaxed.



People who rated themselves as happier adults than their peers had engaged in one third more activities outside each week as children (31%).

Nature improves social skills - people with a strong connection to nature are 17% more likely to have at least five close friends in their lives.



*nature + family  
+ nutrition + exercise  
= happy child*

Carers list time in nature, along with strong family and social networks, sleep, diet and exercise, as essential pillars to creating inspiration and imagination and increased relaxation and calm in children. These are all important factors in creating happiness.

The 2015 UN World Happiness report ranked Australia as the 10th happiest country out of 135, yet the category in which Australians said they were least satisfied was their work-life balance. Despite Australia being known as 'an outdoor nation' Australians now spend on average over 90% of their time indoors.



## \$tress

While time spent outside in nature has been decreasing, there has been a rapid increase in levels of stress and depression, with depression-associated disability costing the Australian economy \$14.9 billion a year.

## 1 in 4

young Australians are unhappy with their lives. Studies have linked this with changes in behaviour due to technological advancements, such as increasing screen time and the use of social media, suggesting that technology is driving us inside.



Residential areas with more green spaces and trees have greater social networks and senses of community factors that correlate to happiness and wellbeing, especially for an ageing population.

One study showed that 97% of adults described an outdoor area when asked to remember their favourite place during childhood.



Three out of four adults played outdoors more often than indoors when they were young, compared to only one in ten children today.

Happy office workers spend 34% more time in nature than their unhappier colleagues.

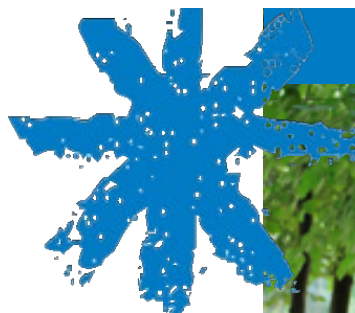


For more information on Planet Ark's previous nature-related research, please visit:  
[TreeDay.PlanetArk.org/research](http://TreeDay.PlanetArk.org/research)

**PLANET ARK**







## How independence-building is the pathway to your teen's resilience

by Michael Grose

Parents and teachers often ask me how to build resilience in teens.

My response is always the same: "Start by building independence and resilience will follow."

Here's how.

### Children are hardwired for independence

Some time around the age of fifteen months, give or take three months, most children will make a strong case for self-sufficiency. They demand to do things their own way. This demand is soon backed by a strong voice – "NOOOO!" – and then more articulate cries of "I can do it!" as their third birthday approaches.

This is the time to harness your child's push for independence and self-sufficiency. Their desire for independence and mastery over their immediate environment will see most children take incredible physical risks in the form of play and exploration of that environment. Concerned parents will naturally minimise risks by moving furniture around, keeping doors closed and hiding sharp implements, to name a few protective measures.

But parents can't eradicate all risks. Kids will fall and hurt themselves but they'll also get up and go again. In time they'll learn to assess situations, stare down their fears and test themselves out in new situations. Falling down, brushing yourself off and trying again is part of the natural learning experience for most young children. Parents don't have to do much more than assess a situation for real dangers, then stand back and allow their kids to explore their environments, pulling them up only when their play and explorations transgress the rights and peace of others.





## So what's this got to do with resilience?

Well, everything really. Independence is the pursuit of mastery over one's self and one's environment and rarely happens without mishaps and mistakes. It nearly always involves hurt, hardship, frustration and fear. That's where resilience comes in. Resilience is the art of bouncing forward after experiencing these hurts, hardships, frustrations and fears. Resilience is what comes from seeking out self-sufficiency and independence.

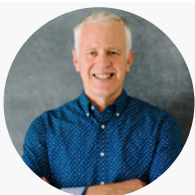
## The language of independence

The fact that there's a whole genre of language devoted to resilience (mostly cloaked in cliché) is no accident. Terms such as "Get back on the bike/horse when you fall off", "Come on, brush yourself off and get on with it" or "What doesn't kill you makes you strong" are built into the psyche of past generations. Many parents today will cringe at these terms as they appear a little callous and out of touch. Conversely most current parents' relationship with risk and adventure – both required for independence-building – is very tenuous at best, non-existent at worst.

Therein lies the challenge. I haven't met a parent, carer or teacher who doesn't want the teenagers in their care to develop resilience that will last a lifetime. Yet many of those same adults will block the pathway to teen's resilience by over-indulging them, solving their problems and not giving them real responsibility. In doing so they deny kids the sense of mastery that comes from sorting out their own problems, getting themselves out of jams and getting up after a fall.

You can never love your kids too much, but you can love them helplessly. That's what happens when we deny teenagers the opportunity to become truly independent and self-sufficient. Deny self-sufficiency and you block a teen's resilience. Develop real independence and you open a pathway to resilience that will last a lifetime.

Find out how to develop real independence and resilience in your child in my latest book *Spoonfed Generation: How to raise independent kids*.



### 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*.

We're a Parenting Ideas school

[parentingideas.com.au/schools](http://parentingideas.com.au/schools)



# ARMIDALE TENNIS ACADEMY

## EASTER HOLIDAY TENNIS CAMP

WEEK 1: MON 16 - FRI 20 APRIL 2018  
HALF & FULL DAY CAMPS

**FULL DAY CAMP INCLUDES - LUNCH,  
FRUIT, SNACKS, WATER, TREATS & PRIZES**

9.00am - 12pm HALF DAY (kids 5 to 7yrs)  
\$50.00 per day OR \$225.00 for the week

9.00am - 3.00pm FULL DAY (kids 8+)  
\$65.00 per day OR \$300.00 for the week

For more info & to enrol -

<http://armidaletennisclub.weebly.com/coaching.html>  
E: [dave@armidaletennisacademy.com.au](mailto:dave@armidaletennisacademy.com.au)

Golf Links Road Armidale 2350





ayo  
Armidale  
Youth  
Orchestras

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10:30am Sunday 8 April 2018

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Thanks to Armidale High School, PLC and TAS

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