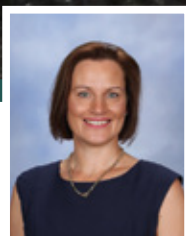


lion's roar

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International Women's Day 2017

Mrs Anna Caldwell, Head of Senior School

Around the world, International Women's Day is celebrated annually on March 8th. This year's theme is 'Be Bold for Change' and we are being asked to take up the challenge of addressing gender inequality.

The World Economic Forum predicts that the gender gap, that exists today, will not close until the year 2186. Here in Australia, our gender gap is estimated to be 68% closed and we are ranked 46th in the global rankings. There is not one country in the world where the gap is closed. We have some work to do!

While we have come a long way, women around the world are still battling against myths, attitudes and beliefs that limit the opportunities and potential for girls and women. If we truly want to change the

world, we, both men and women, need to work together on creating a more gender-balanced society. We also need to have more female leaders. The world could be a very different place if more women were in charge!

International Women's Day provides a forum for us to recognise and celebrate the social, economic, cultural and political achievements of women. It is also a time to recognise our local inspirational women who are leading the way in positive change; women such as Gemma Sisia and PLC Armidale Old Girl, Chloe Chick.

Armidale held it's International Women's Day Breakfast this morning at the Armidale Bowling Club. The annual event is hosted by the Quota International Club of Armidale and I was exceptionally

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privileged to be today's guest speaker. It was encouraging to see such a large representation of women, men and secondary students from across the Armidale community.

It is with great pleasure that I am able to announce that at this Breakfast, our very own PLC Armidale Principal, Mrs Nicola Taylor, who is currently working in China, was announced as the inaugural Quota International Club of Armidale, Inspirational Woman of the Year for the Armidale region.

Congratulations Mrs Taylor, a very well deserved award. You continue to inspire students and staff alike on a daily basis and we know that you too embrace this year's International Women's Day theme, "Be Bold for Change".



PLC Pathways News

Chris Spencer, Director PLC Pathways

Everyday, fascinating new ways of looking at the world become apparent in discussions in class or with interactions with our PLC community. In particular, it is great fun to look at some of the different idioms we have for expressing certain ideas. In English, we say of someone arrogant that they "look down their nose". In Mandarin, the expression is to "look at someone with your nostrils!". It is a comic little vignette on how much we have in common, as well as different.

The girls have had a read of "The Man from Snowy River" and played around with some of the ocker Australianisms that come up in that and "around the traps" from time to time. A few of the girls are quite keen on the idea of learning to ride. We'll see if that continues once they've had an opportunity to see the film. The Armidale Council also hosted a special welcome for overseas students, and the numbers of PLC overseas students, though still not huge, certainly made an impression. We still have a few more coming in the weeks ahead. We are all looking forward to meeting more wonderful overseas students.



Senior School Notes

Anna Caldwell, Head of Senior School

Senior School Notes

We are now half way through the term and everyone is incredibly busy. Over the next two weeks we have a number of excursions, assessments, NCIS Football, IGSSA Swimming, Tildesley Tennis, Music days, Winter sport trials, and rehearsals for our production of The Sound of Music.

On top of all of this girls are studying hard, playing their summer sports, have performed in In house concerts and have been away to Sawtell with the Armidale Youth Orchestra and some of our girls have part time jobs as well!

With all this busyness, please remember how important it is to eat well, sleep well and maintain a balance with all our commitments.

Uniform Reminder

I would like to remind parents and girls of the uniform policy. The uniform guidelines can be found in the student diary. The only jewellery that is permitted to be worn is a wrist watch and only one pair of either gold, silver or pearl small stud earrings. Girls **must** wear their hats and blazers to and from school and whenever they are out of school grounds.

It is extremely important to teach our girls that this is not just a breach of uniform but speaks about their willingness to support the standards and values of the College as a whole and take pride in their appearance. When in uniform and out in the community, they are representatives of the College and the public see the girls as PLC Armidale girls. If they respect the uniform policy it shows that they respect the standards and values of the College. We appreciate your support in this matter.

Middle School and Senior School Socials.

Our first Tri-school social for the year is next Friday on 10th March. The Middle School Social will be held at PLC in the DKC. Girls in Years 6, 7 & 8 can be dropped off at the Rose Garden and are to meet at the DKC to have their names marked off the roll call. The social will conclude at 9pm and girls are to be collected at the Rose Garden.

The Senior Social will be held at NEGS. Girls in Years 9 & 10 are to meet at the internal bus bay at 6.45pm, where their names will be marked off the roll call and they will all travel together on an Edwards Coach to NEGS. The bus will pick them up at 8.55pm and will bring everyone back to PLC. They can be collected from the bus bay/ car park area at 9pm.

Please read the Socials Protocol that is to be found in the Student Diary on Page 12, in relation to expected behavior and dress code.



Thailand Service Learning Trip

Ms Jennifer Leahy, School Chaplain

There will be an information night to be held on Wednesday 15 March regarding the Thailand Service Learning Trip to take place from Sunday 24 September until Tuesday 3 October 2017. The meeting will be held in the Chaplain's Room at The Armidale School (opposite the Middle School) from 7:15pm until 8:15pm. At this meeting, information about the trip will be explained as well as the application process.

If you have any questions regarding the trip or the information night, please contact Ms Jennifer Leahy.

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calendar OF events

3 TO 17
MARCH
2017

Boarders' Weekend - Depart AM	3/3/17
Cattle Team to Inverell Show	3-4/3/2017
Saturday Magic Theatre Group at PLC Armidale	4/3/17
Year 3 Science and HSIE Excursion	6/3/17
Years 9 and 10 Music Day at NECOM	8/3/17
Years 9 and 10 UNE Science & Engineering Challenge	8/3/17
IGSSA Annual Swimming Carnival	8-9/3/2017
Years 11 and 12 HSC Music Day at NECOM	9-10/3/2017
Cattle Team to Armidale Show	9-11/3/2017
Senior Social - Years 9 and 10 - NEGS	10/3/17
Middle School Social - Years 6, 7 and 8 - PLC	10/3/17
DOE Bronze Training	11/3/17
Tildesley Squad to NW JDS Singles Tournament	12/3/17
Dumaresq Dam Outing (Boarding)	12/3/17
NSW Netball Workshop hosted by PLC Armidale	12-13/3/2017
Years 3 and 4 Excursion to Coffs Harbour	13-15/3/2017
Years 5 and 6 to Myuna Bay	13-15/3/2017
Principal's Tour - Uralla/Walcha/Inverell/Glen Innes	16-17/3/2017
Walcha Show	17/3/17

Chelsea's Hockey Success

During the holidays, Chelsea Thornton played for the NSW U13 team at the National Indoor Hockey Championship's held in Wollongong.

This week, Hockey NSW released their 2017 teams and Chelsea has made the U15 Blues NSW Hockey side (Outdoor) to play at the National Championships to be held in Moorebank Sydney from 5 - 14 April 2017.

Chelsea also travelled to Perth last year for the U13 International Hockey League where she played in her normal position as Goal Keeper and also as a striker.

Congratulations to Chelsea on her achievements, it is wonderful to see all her hard work and dedication pay off.



Year 10 Social Service

Year 10 would like to thank everyone who supported our Zooper Dooper drive this month. We have raised \$274 to sponsor Anya's team who are doing the Sydney to Manly walk as part of the Bob 'Tug' Wilson walk which raises money for the Children's Hospital.

If you missed out on a Zooper Dooper and would like to sponsor Anya or old girl Erin Wright (who is also doing the walk), you can follow this link to Anya's team page: https://walk17.everydayhero.com/au/team-anya?_ga=1.234361565.2112807262.1483763212

Good luck to all the walkers and we'll be barracking for you from Armidale on the day!





Junior School News

Fiona Wake, Head of Junior School

Our Junior School has been a busy hive of activity over the first four weeks of this term. The girls have participated in the Whole School Swimming Carnival, PSSA Swimming Carnival, Creative Arts, Pottery, welcomed students from various schools as they sat Scholarship exams yesterday and they have adapted to changes and new routines as they settle into their new classes.

WELCOME New Staff and FAREWELL to Old

The PLC Junior School would like to welcome to our teaching team Kirsten Hey who will replace Lucy Donaldson in Week 7 of Term 1. We wish Lucy well as she commences her Maternity Leave and we eagerly look forward to hearing of the arrival of the Donaldson baby over the coming weeks. Lucy has continued to be an inspirational educator and has remained focused to settle the Year 4 class and set up routines and procedures allowing for a smooth transition in a fortnights time when Mrs Kirsten Hey will commence teaching.

EVENTS

Science Discovery Project – PLC Armidale have agreed to participate in a **Science Discovery experience** developed through UNE that is designed to engage students in subjects relating to STEM subjects (Science Technology Engineering and Mathematics). The Junior School Library will be set up to allow students from each grade to participate in one 45 minute lesson facilitated by trained educators keen to excite students with their Scientific knowledge.

IPSHA

Ms. Ward will escort a group of 20 Junior School students to Sydney next week to participate in the **IPSHA Swimming Carnival**. We wish the girls well as they compete against girls from varying independent schools across the state. The swimming results from this carnival will be posted in our next Lions Roar edition.

CAMP

Our Stage 2 and Stage 3 girls are getting excited about their up and coming school camps. The Year 3 & 4 classes will be heading to the CoffsCoast Adventure Camp in Coffs Harbour and the Year 5 & 6 classes will be heading to Myuna Bay from Monday 13th March to Wednesday 15th March, 2017. The Year 5 and 6 girls, Ms Ward and Mrs Robertson will depart on Sunday 12th March as per details previously communicated.

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.

CLINICAL Psychologist

Clinical Psychologist Andrew Fuller: Pastoral Care and Wellbeing are vital elements of our holistic approach to your daughter's education. On March 23 we have the opportunity to participate in an informative learning day, "From Stressed to Strong – Systematic Mental and Resilience Training" with well-known Clinical Psychologist Andrew Fuller. Andrew is the Director of Resilient Youth Australia and author of numerous books and programs for the promotion of resilience and emotional intelligence.

The course is based on research on over 105,000 school students and over 4.5 million people worldwide. The main gains from the course are for student to:

- Learn how not to turn a challenge into a crisis
- Be mindful in the moment
- Make plans that create differences
- Find their authentic selves
- Maximise their power points
- Learn when life gives you lemons, how to turn them into Lemonade.

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All Year groups from Year 3 – Year 12 will attend and participate in sessions that are designed specifically for their age and stage.

Year Groups	Time of Presentation	Departure from PLC	Return to PLC
Years 3 & 4	8.45 - 9.15	8.30am	9.30am
Years 5 & 6	9.30 - 10.00	9.15am	10.15am

LEARNING in the CLASSROOMS

I have had the opportunity to work with teachers and students in their classrooms across the Junior School over the past weeks. It is wonderful watching the children engage and respond to the variety of teaching and learning experiences that are provided in each and every classroom. I continue to see 'nonverbal attentiveness' associated with behaviours such as frequent eye contact, upright posture, note taking and positive facial expressions, all indicating engaged happy and attentive learners.

The girls are emotionally engaged as they reveal positive attitudes to learning and are also engaged on a cognitive level as they demonstrate a desire to understand and are willing to go beyond what's required in order to accomplish learning goals.

"One of the most powerful ways to engage students is to let them take charge of their learning. "The true strength in our classroom lies in the collaboration of learners not in the knowledge of one expert."

The rich learning tasks that are presented to students in our Junior School are differentiated to cater for the needs and interests of students and consequently are engaging our learners on many levels. I feel privileged to be able to work within our classrooms and having the opportunity of watching Pre Kindergarten learn the THRASS Chart and placing themselves on the chart using the initial sounds of their names, I am watching Kindergarten developing their sight word vocabulary and knowledge of sounds, I have observed Year 1 and 2 graphing the fruit they bring to school each day and learning how to skip count with automaticity and proficiency and Year 3 and 4 have dazzled me with their creation of imaginative stories and learning of life-cycles and British Colonisation. Our Year 5 class are applying many strategies to solve mathematical problems and Year 6 are growing into responsible leaders of our Junior school and are displaying independent work habits and application. What an amazing learning environment our Junior School students and teachers are creating and what an amazing sense of pride I feel as I observe this taking place.

Creative Arts

The *Creative Arts K-6 Syllabus* forms part of a K-12 continuum, providing foundational learning in the artforms that continues in the subjects of Visual Arts, Music, Drama and Dance in Years 7-12. Students engage in learning experiences in visual arts, music, drama and dance as part of their natural growth and development. However, learning in each of the artforms does not occur automatically. Regular learning experiences that are thoughtfully planned, sequenced and related are essential for developing students' skills and knowledge and understanding within the artforms. They also contribute to the development of the whole child.

Years 3-6 students have been exploring their creativity during 3-6 Creative Arts lessons this term by participating in tie dying activities and needlework. The girls have displayed great enthusiasm during these sessions and have delighted in the opportunity to use the expertise and sewing machines offered by the Design and Technology Department of our Senior School.

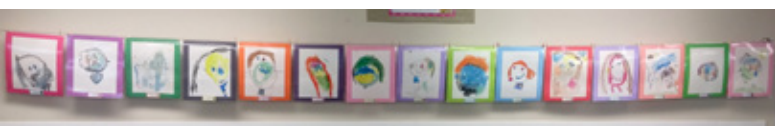
Creative Arts 3-6: Design and Technology Classroom:

Tie Dyed Rags to Dazzling Riches!



Pre K: All About Me

As you walk through the Pre K classroom you can't help but be wowed by the artistic prowess of the youngest members of our Junior School. The girls are learning all about themselves and their families and have created self-portraits that would give Picasso a run for his money – Take a look!



Leadership

Badge Ceremony

All of the Year 6 girls will receive recognition as leaders when they are presented with leadership badges and a Certificate of Leadership Responsibilities. This badge allocation ceremony will take place during Chapel on a date to be advised over the following fortnight.

Messages/Absences

If you need to send a message to your child during the school day, please phone Mrs Young in the Junior School on 6770 1726. ***If a student is to be absent from school, parents are required to phone the Junior School Reception on 6770 1726 on the morning of the absence before 10am.***

An email or hand written note is required explaining the absence within 7 days. Parents will be sent a reminder email for any unexplained absences. Please forward all attendance related emails to Mrs Emma Young juniorschool@plcarmidale.nsw.edu.au. Parents are requested not to go directly to classrooms during the day. Parents must sign in at the Junior School Office and report to Mrs. Young if something needs to be dropped off to a child. We would appreciate your vigilance with regard to this matter.

Before School

The morning bell rings at 8.40am

After School

Students are dismissed at 3.30pm

Students are dismissed at 3:25pm if catching the Shuttle Bus to ensure the bus leaves on time.

Any child not collected by 3.45pm is taken to the "Homework Centre", phone 0402 474 415.

Edumate Parent Portal

PLC Armidale provides academic, pastoral, medical and attendance information to parents and students through a portal into our Student Management System, Edumate. Daily messages are also posted on the Noticeboard and there is access to the school calendar and each individual student's diary.

Academic information such as upcoming assessment task dates and task results are also available through the portal, as well as past reports (from Semester 2, 2013)

The URL for Edumate is: <https://plcarmidale.edumate.net.au/saas/web/app.php/login/> and there will be a link to the Parent Portal on the website.

You will need an individual Username and Password (available from ea@plcarmidale.nsw.edu.au). Please email the Head of Senior School to provide any feedback or if you require assistance.

Skoolbag app can be downloaded:

Notification App for PLC Armidale

We are now using the Skoolbag mobile phone app to keep you up-to-date with events and changes for your daughter's teams, music groups and class events. Any last-minute changes to training, like cancellations or venue changes, can appear right across your home-screen on your phone.

Just search for "schoolbag Presbyterian" in your app-store (either Android or iTunes) and choose the year-group and teams or groups to which you want to subscribe.

You can download further instructions for installing the app on your phone.

You can also use this app to record your daughter's absences.



The Sound of Music



Ms Erin Foster,
Assistant Director

By now, you should all have heard the exciting news about the PLC Performs production *'The Sound of Music'*.

While of course it is the work of the performers that is showcased on the night, it is much of the work behind-the-scenes that allows the performers to shine. Part of my role as the Assistant Director is to ensure that the backstage workers are recognised as significant contributors to the overall production, therefore, this year, offstage roles will be broken down into five key areas and student leaders will be allocated as a pair to manage the work and coordinate our dedicated student volunteers. All student co-managers will report into an overall supervisor for stage management.

The five areas:

- Backdrops
- Props
- Costumes
- Hair and makeup
- Front of house and hospitality

Students who wish to apply for the co-manager positions will go through an (informal) interview process with Ms Foster and Mrs Quast where they will be asked questions on their previous experience in their area as well as their leadership philosophy. Successful students will have a proven track record of co-operation as this position will require you to work in partnership with your co-manager. Enthusiasm and a team spirit mentality are the ONLY prerequisites for these roles.

Position descriptions:

BACKDROPS: Co-managers will consult with the artistic directors to design and produce the various backdrops required to stage 'The Sound of Music'. Co-managers will manage the construction of these backdrops with student volunteers and operate within the guidelines and timelines set by the 'PLC Produces' Executive.

PROPS: Co-managers will consult with the artistic directors to design and produce the various props required to stage 'The Sound of Music'. Co-managers will manage the construction of these props with student volunteers and operate within the guidelines and timelines set by the 'PLC Produces' Executive.

COSTUMES: Co-managers will consult with the Artistic Directors to design, make and collate the various costumes required to stage 'The Sound of Music'. Co-managers will manage the creation of these costumes with student volunteers and operate within the guidelines and timelines set by the 'PLC Produces' Executive.

HAIR AND MAKEUP: Co-managers will consult with the Artistic Directors to design hairstyles and makeup and to execute on these on the performance night for the various individual performers in 'The Sound of Music'. Co-managers will manage the design of these as well as the application of these on the performance night with student volunteers within the guidelines and timelines set by the 'PLC Produces' Executive.

FRONT OF HOUSE: Co-managers will consult with the 'PLC Produces' Executive to design and produce the various marketing and hospitality needs for 'The Sound of Music' production. Co-managers will manage the execution of these marketing requirements prior to the performance night and execute hospitality on the performance night with student volunteers within the guidelines and timelines set by the 'PLC Produces' Executive.

Students who apply for the co-manager positions are encouraged to:

- Have an interest in the offstage aspects of theatrical performance
- Have an interest in holding a leadership position in the College
- Demonstrate a good deal of experience in time management
- Demonstrate some experience in leadership inside or outside the College
- Demonstrate some experience in conflict resolution inside or outside the College
- Possess immense enthusiasm and have a 'can-do' attitude
- Have an interest in the creative or industrial aspects of design (if applicable to the position)
- Have an interest in costume, hair or makeup design (if applicable to the position)
- Have an interest in marketing or hospitality (if applicable to the position)
- Demonstrate some experience in contributing to artistic pursuits inside or outside the College (if applicable to the position)
- Demonstrate some experience in contributing to costume, hair and makeup design inside or outside the college (if applicable to the position)
- Demonstrate some experience in contributing to marketing or hospitality inside or outside the College (if applicable to the position)

Please feel free to come and chat to Ms Foster about any of these jobs. Students across all year levels of the Senior School are encouraged to apply for leadership positions. Limited experience in the creative and performing arts will not preclude you from being considered for a position, it comes down to enthusiasm and attitude.



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Drama Excursion

Ms Erin Foster, Drama Teacher

This year was the inaugural year of the PLC Drama excursion to Sydney. The horrendous weather did not rain on our parade and despite the slapping rain and pounding hail, the show went on.

Friday night consisted of 'High Adventure' with a visit to the Capitol Theatre to see the Australian production of the hit Broadway musical, 'Aladdin'. With so much glamour and glitter, it was certainly a whole new world compared to the Sydney storm outside.

Saturday consisted of more serious artistic pursuits with visits to Belvoir Street Theatre Company to see 'Jasper Jones' and the Sydney Theatre Company where Alison Whyte blew us away with an 80 minute monologue in the 'Testament of Mary' by Irish author and playwright, Colm Toibin.

Excursions of this scale don't happen without support from the community and I would like to thank Mrs Amanda Kennett who joined us in Sydney to help care for the girls. I would also like to thank Belvoir and STC who made school priced tickets available outside their school performances for rural guests in order to make some of Sydney's finest theatre accessible to all students.

Why do they always say break a leg before you go on stage? Because every play has a cast!



Speech and Drama First Semester Update

Jan Patterson, Speech and Drama Teacher

All the speech groups have settled into classes and have received their timetables. Most girls have purchased their display folder for their scripts and are reliably bringing folder, diary, books and a pen to class.

All groups are currently choosing and preparing the pieces they will perform in both the eisteddfod and the examination. The Armidale Speech and Drama Eisteddfod will be held at NECOM from 30th May till 2 June. Entries will close on 17 March and Mrs Patterson will do all the entries. These will be charged to the account that will be sent for Semester 1. The AMEB Examinations will be held in the fourth week of Term 3 – 7-11 August at PLC.

This year, Mrs Kylie Alcorn, who is a qualified AMEB teacher, will be assisting me by teaching six of the groups each Friday.

Please email me if you have any questions about the programme or your daughter's progress. jan.patterson7@bigpond.com

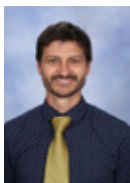


Ragavi Jeyakumar – Winner in the District Lion's Youth of the Year

Last Saturday, Ragavi competed in the District final of The Lion's Youth of the Year Competition between Inverell, Guyra, Armidale and Glen Innes. In a high standard round, Ragavi achieved a win

in both the Interview and Public Speaking sections. The two impromptu topics were very entertaining – "Should we build a skyscraper in your home town?" and "If you could sit down to dinner with anyone from history, who would it be and why?" Her prepared speech was on the topic of "Ignorance".

She will now continue the competition in Sawtell on 25th March against students from Northern NSW to try to gain a place at the State finals. We wish her every success.



Using technology at school and at home

David Moffitt – ICT
Integration Coordinator

At PLC Armidale, we are seeking to create a Blended Learning Environment, where learning is a mixture of teacher-guided experiences, such as class discussion, and student-centred activities, using digital and traditional methods. There will be many opportunities for our students to explore new ways of gathering and processing relevant information using their devices through Internet research, video conferencing and immersive digital experiences. Equally important, there will be times when they learn to put aside the screen and focus on a problem or brainstorm an essay, without the distraction of their device at their fingertips.

What about ... ?

Damaged devices – unfortunately, we do not carry spare laptops or iPads for student-use. It is best to get in touch with your household insurance provider and ask about coverage for technology devices away from the home. Alternatively, specific coverage for laptops and tablets is available – just search for “laptop insurance Australia”.

Viruses and malware – institutions like schools are vulnerable to files that seek to corrupt or hijack our network. It is imperative that all devices on the network are protected against hacking by the installation of commercial-grade anti-virus software. To assist families in this, we have enabled students to access Trend-Micro software at a greatly discounted price and have this installed on up to 5 devices. All laptops and most tablets can take advantage of this offer and Senior School students have been coached through this process in their Pastoral Care classes.

Backing Up – we recommend weekly backing up of laptops and/or the use of cloud-based documents such as Google-Docs to ensure that your daughter's work is always secure. External hard drives or simply 32GB thumb drives are a must for our older students looking to protect their valuable assessment tasks.

Inappropriate content – our network now has unique identification of all users and traffic. This means that any Internet activity that is off-task, malicious or otherwise inappropriate can be monitored, logged and



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discussed through our Pastoral Care team. Even habits such as time spent on games and movies can be measured as we seek to help our students use their devices in the best way possible.

In our next edition, we will explore what you can do at home to protect against unwanted online contact, cyber-bullying and other Internet nasties.

SPECIAL OFFER FOR PLC STUDENTS



A night at the opera at an affordable price that students will never forget

Including a special guest appearance by local children from NCOM's Cantilena Chorale

Since 2002, *Opera in the Paddock* has been committed to presenting emerging local talent and encouraged their participation in this event of unparalleled quality in regional NSW. Don't miss this magical evening comprising a stunning selection of opera, operetta and much-loved classic musicals.

The 2017 performance includes a stellar line-up of our brightest stars including:

- **Eleanor Greenwood**, mezzo soprano
- **Panayiota Kalatzis**, soprano and **Peta Blyth**, soprano
- **Jeremy Kleeman**, bass baritone
- **David Hamilton**, tenor
- **Timothy Sexton**, conductor, Artistic Director of State Opera of South Australia
- **Mimosa Orchestra** comprising twenty-two members
- **Cantilena Chorale** featuring local children from Armidale

**SPECIAL DISCOUNTED TICKETS
FOR PLC STUDENTS: \$20***

**OPERA IN THE PADDOCK IS A CELEBRATION OF WHAT CAN BE ACHIEVED BY PEOPLE
WHO BELIEVE IN THEIR RURAL COMMUNITY AND ITS FUTURE.**

**OPERAINTHEPADDOCK.COM.AU
TEL: 1800 240 301**

* conditions apply – check the website for details



Around the Grounds Sports Report

Peter Le Surf, Director of Sport

It has been a very busy start to the school year and I hope you have settled into the routine of College life.

"Your life is an occasion – rise to it!" – Mr Magorium's Wonder Emporium

And rise to it you did!

For my first PLC Armidale Swimming Carnival last Thursday, I was very impressed by the number of girls who participated. Most heats in most races were full and the girls did their Guilds proud. The effort of some girls who participated in almost every event is to be applauded. From one sporting person to others, I am always impressed by the determination and willpower that an athlete puts in.

It is not about winning, because this is something that we have no control over. We must put in our best effort, control the things that we actually have control over. If this is good enough, then we have a chance of winning.

The Age Champions for 2017 are listed below, and I congratulate all of them, not only for success in their age group, but for the humility and modesty that they showed in accepting their award. They did themselves proud!

NAME	AGE GROUP CHAMPION	GUILD
Isabella McKay	9	Forrest
Abigail Thompson	10	Gregory
Maggie Ryan	11	Wentworth
Emily Thompson	12 Junior School	Gregory
Cecilia Greig	12 Senior School	Wentworth
Heidi Martin	13	Gregory
Lilly McCook	14	Wentworth
Lucy Martin	15	Gregory
Mia Emanuel	16	Macquarie
Helen Waters	17	Wentworth
Anna Finney	18+	Macquarie

The race for Champion Guild was hard fought, however there can only be one winner.

The Guild Captains exhibited fantastic leadership qualities in the way they supported all members of their Guild. The guidance, especially to the younger members of their Guild, was very encouraging to see.

GUILD	POINTS
Wentworth	731
Gregory	663
Macquarie	524
Forrest	396

Now that the Swimming Carnival is over, we must turn our attention to the sports for Terms 2 and 3. Registration for Netball and Hockey are open at the moment, however they do close soon.

If you are interested in Netball, I would like to remind you that registration to Armidale District Netball Association (ADNA) have to be done online before we can enter you into a PLC Armidale team. This did close on Friday 24, however registrations can still be done online.

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Still on netball, our PLC Armidale girls had the opportunity to play against the NIAS representative squad on Sunday 26th Feb. Our girls were a little overwhelmed at the training and warm up routines of the NIAS squads, however they did not disappoint when the first whistle blew. The game was played in 5 ten-minute time periods and except for one of those periods, the girls were extremely competitive. It was a great chance for the girls to see and feel what the next level looks like!

On Friday 24th Feb, the PLC Armidale Representative Football Team travelled to Lismore to play Summerland Christian College in the CIS Knockout Football Competition. The game was a very good spectator occasion. Our girls played exceptionally well, however they were unlucky to be caught on a fast break from the opposition. The result was a 1-2 loss however the experience was well worth it.

Our attention now turns to the NCIS Carnival to be held in Armidale on Wednesday 15th March. If you wish to try out for this team, there is a signup sheet on the sports noticeboard and training will continue on Wednesday afternoons.

Back to Swimming.....the results have just come though from the PSSA Swimming Carnival that was held on Friday 24 February. The girls did an amazing job of representing PLC Armidale. There were many fantastic results including Emily Thompson who competed in seven events and picked up five firsts and two seconds. Emily was part of the 11-13 years relay team that won their event, along with Alice Bourne, Poppy Broun and Maggie Ryan. Some great results and efforts from all the girls who competed.

Also, on Tuesday 8 March our PLC Armidale Representative Swimming Team will be travelling to Sydney to compete in the IGSSA Swimming Carnival. Later in March our PLC Armidale Representative Tennis Team will travel to Sydney to compete in the Tildesley Competition.

I would like to wish all our girls the very best of luck with any and all of their sporting commitments in the coming weeks.

NEWSFLASH

Monday 6 March

All representative students are required (and parents are encouraged) to attend a presentation in the Astra Arts Centre from 5.30pm (drinks and nibbles available) for a 6pm start.

The focus of the presentation will be on Pre-Match preparation with Nutritionist (and PLC parent) Selena Chan and Sports Psychologist Marni Hietbrink.

We are very privileged to have these professionals avail themselves of their time and expertise to benefit our sportswomen and coaching staff at PLC Armidale.

All PLC Armidale Coaches are also requested to attend the session which will be followed by a special presentation for all PLC Coaches at 7pm.

Tuesday 14 March

Calling all Supporters of Sport @ PLC!

We will be hosting a gathering on Tuesday 14 March from 5.30pm in the PLC Armidale Board Room, for all parents/supporters who would like to be involved in the establishment of "Sport Supporters Group" at PLC Armidale.

We already have some people who have expressed interest, but would like to see more.

Please contact me for further information.

The North West Equestrian Expo is celebrating its 25th year, and will be held from Friday, 2 June to Tuesday, 6 June at the Coonabarabran Showground and Racecourse.

The Program is available for download from <http://www.nwequestrianexpo.com.au>. Entries will close on Friday 7 April.

It is recommended that you book your accommodation early, as there is another large sporting event in Coonabarabran on the weekend of June 3/4.

PSSA Swimming Results

On Friday 24 February, the PLC Junior School PSSA team made their mark at the 2017 Armidale Primary PSSA Swimming Carnival. All girls swam and conducted themselves beautifully, making us all very proud of their achievements in the pool.

The girls who achieved first, second and third results are as follows:

Sienna Dellow – first in 11-year-old girls 50 metre backstroke

Lauren Earle – third in 12-year-old girls 50 metre butterfly

Scarlett Loxley – second in 10-year-old girls 50 metre freestyle, third in 10 years and under girls 50 metre breaststroke, second in 10 years and under girls 200 metre individual medley, second in 10 years and under girls 50 metre butterfly

Jenna Marquardt – second in 12-13-year-old girls 50 metre backstroke

Isabella McKay – first in 9-year-old girls 50 metre freestyle

Maggie Ryan – second in 11-year-old girls 50 metre freestyle, second in 11-year-old girls 50 metre breaststroke

Abigail Thompson – second in 10 years and under girls 50 metre

breaststroke, third in 10 years and under girls 200 metre individual medley, second in 10 years and under 50 metre backstroke

Emily Thompson – first in 100 metre open age girls freestyle, first in 12-year-old girls 50 metres freestyle, second in 12-13-year-old girls 50 metre breaststroke, first in 12-13-year-old girls 50 metre backstroke, second in 12-13-year-old girls 50 metre butterfly, first in 11-13-year-old girls 200 metre individual medley.

The Senior Relay Team, consisting of: **Emily Thompson, Alice Bourne, Poppy Broun and Maggie Ryan**, came first in the girls 11-13 50 metre freestyle relay. **The Junior Relay Team: Scarlett Loxley, Abigail Thompson, Ruby Broun and Isabella McKay**, came second in their girls 10 year and under 50 metre freestyle relay.

A huge thank you to parents and family members who attended the carnival and supported the girls. An amazing achievement to all the girls!

Congratulations to Lucy!

Congratulations also go to Lucy Young, in Year 6, who has gained selection in the Armidale District Netball Association Under 12s representative team. Great achievement Lucy!



Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

Positive Family Teamwork from learningcurve.com.au

When students enjoy transparent, honest and caring relationships with their families, they are happy in themselves and able to look for the good things they are doing. They are also in a position to make the most of family teamwork.

Well functioning families look for what they are doing well. Focusing on and celebrating the good things your family does fills everyone with positive emotions and builds their wellbeing. Members of your family will have special skills and strengths, which can assist each other to thrive and flourish. A great exercise is for the whole family to do the free Character Strengths Survey at www.viacharacter.org, and then each member will know their signature and top supporting strengths. Conversations can be about how they can use their strengths together, to achieve what they set out to.

Receiving and accepting feedback from family members on how they are travelling enables students to self-assess and then accordingly set self-expectations. They need regular developmental, non-judgmental feedback. The adolescent brain is a turbulent place, with a good decision-making centre, however the Pre-Frontal Cortex is not completely wired up. While they can create emotions just like adults, they don't yet have the capabilities to consistently control

them. This often leads to any feedback being seen as criticism. The key is to treat all of their activities equally; an over-emphasis on school fires up their brain turbulence. Explore how they can use their individual strengths to overcome challenges.

Everyone can boost elements of their wellbeing by regularly considering strengths, mindfulness and growth mindset activities: no matter how small or insignificant you believe your actions are; the positive intentions are what matters.





Development and Enrolments

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

This year's "Opportunity Day" . . . aka "Scholarship & Information" Day



What a showcase it was for PLC Armidale! It was so encouraging to welcome the largest number of applicants ever assembled to our annual day and it provided the opportunity for them to ask lots of questions of staff and students alike.

While the students sat the respective exams, the parents were able to hear more about PLC Armidale in the various presentations by key senior staff, in Acting Principal, Mrs Anna Caldwell, Head of Faculties, Mr Trent Donaldson, Director of Sport, Mr Peter Le Surf and Director of Music, Mr Matthew Minter. We now look forward to having each of those applicants join the College in 2018 or earlier!

NB. Our All Rounder and Boarding Applications are also still available with submissions for Round One due before the end of Term 1.

Successful Women's Series event - postponed

Due to circumstances beyond our control, the PLC Armidale Foundation has had to postpone this year's planned event which was scheduled for 8 March. Further details will be forthcoming soon.

Ad Astra 2016 – the annual publication

As mentioned in the first Lion's Roar of the year, the 2016 annual publication (which is usually distributed in Week 1) has unfortunately been delayed this year, due to technical issues. We are very hopeful that each family will receive their publication by the end of the term. Our apologies for the delay.

Commemorative Book – WE NEED YOU!

People are PLC Armidale. As a special memento of the 130 years of PLC Armidale, we are compiling information, stories, photos, recipes, as well as the history in a commemorative hard cover book, which we will be available for purchase at the end of the year. If you have a special family recipe or PLC story to share we would love to hear from you **ASAP**. We will then organise a series of cooking days to prepare, cook and photograph your recipe. It will be no ordinary cookbook. It will be a hard back, coffee table style commemorative keepsake which tells a story of the College's history, through its gardens, food and families. We look forward to hearing from you!

Supporting Organisations in our Community – in Partnership

You may or may not know that PLC Armidale is a proud Community sponsor of the Northern Inland Academy of Sport (NIAS). Last weekend, PLC Armidale hosted the NIAS Netball Squad of 32 girls and 4 coaches for one of their training weekends. We also hosted the various NIAS Coaches and support staff for their annual presentation evening where they heard the up to date information from presenters regarding nutrition, sports psychology, exercise physiology and goal setting. Our partnership also enabled many of our own PLC Armidale staff and coaches to attend.

PLC Armidale Old Girls – Lunch

It was lovely to meet over lunch at NERAM last weekend with a small number of PLC Armidale Old Girls, together with OGU President (& College Council member) Kylie Alcorn. It was a very

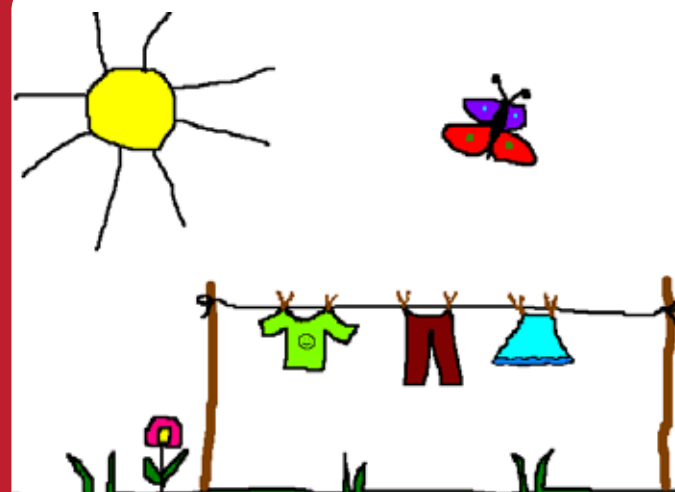
informal lunch providing more of a focus group opportunity where each were representative of a number of decades since graduating from the College. Stories were shared and suggestions made. The girls are pictured here.

We look forward to greater interactions and activity from our PLC Armidale Old Girls in the future.

Social Media – please excuse us

For those families new to PLC Armidale, we do have an official Facebook page.

However, at the moment we are in the process of changing a few things. So, there will be a few gaps in our stories as we establish our resources in this area. Please stay tuned!



1st Kids Clothing Bazaar Armidale

Friday, 17th March 2017, 2-6pm

at St. Paul's Church Hall, 137 Faulkner Street, Armidale

Sell and buy kids clothes, toys, books and more:
Bring your clothes and we sell them for you
and/or come and buy some bargains for your children.

Acceptance of items*: Friday, 17th March, 9-11am; Return/payment: Saturday, 18th, March, 9-10am

*For a client number and more information email: kidsclothingbazaar@gmail.com

Visit us on facebook: [kidsclothingbazaar Armidale](https://www.facebook.com/kidsclothingbazaarArmidale)



PLC
P&F ASSOCIATION
ARMIDALE
— 1887 —

P&F Trivia Night



31st March 2017
6.30pm

\$15 per ticket Tables of 8, maximum 10
Babysitting available \$5 (in the library with Pizza, drinks and movie included)

Venue: PLC Armidale Dining Room

Theme: “Old School”
in honour of our 130th birthday celebrations this year.

BYO: food and drinks, glassware, crockery and cutlery
Silent auction and trivia prizes on the night

book at [trybooking.com](https://www.trybooking.com) (by Monday 27 March)
using the code: <https://www.trybooking.com/OVFW>

 CELEBRATING 130 YEARS IN 2017

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POSITIVE PARENTING



Why it's more important than ever to foster positive relationships in children and young people

By Michael Grose

Three practical ways to promote positive relationships based on respect, fairness and tolerance among young people.

We live in interesting times. The Donald Trump Presidency has changed the political landscape in many ways, but particularly the way politics is waged and how the major political players treat each other.

Mr. Trump's way of dealing with people could best be described as direct and combative and, at worst, bullying and badgering. Gone are the conventions in international relationships of keeping up civil appearances in public despite what may have happened between parties

in private. As he showed recently following a telephone conversation with Mr. Turnbull, Australia's Prime Minister, Mr. Trump has few qualms about tweeting his disapproval to the world if a private conversation doesn't go according to his plan.

In recent weeks there's been major concern expressed right around the world about how Mr. Trump 'does politics' – particularly his treatment of those with whom he disagrees. This high level of public protest should be applauded by parents and teachers as the tone of public discourse can easily trickle down into schools and families. At a time when peer-to-peer bullying and disrespectful relationships are

ongoing issues in many schools, parents and teachers need to be more mindful than ever of the importance of promoting positive relationships based on respect, fairness and tolerance. Here are three practical ways to foster positive relationships among children and young people.

1. Instil integrity in children and young people

Do what's right. Not what's easy.' I heard my wife Sue say this to our children often when social circumstances presented them with a moral dilemma. Times such as when they agreed to visit a friend's house only to get a better offer elsewhere; when they'd hurt a sibling's feelings and they took the easy option of staying out of their way rather than approaching them to make an apology; and when they'd tell a small lie to excuse themselves from a party or school event that they were expected to attend.

'Do what's right' is an integrity statement. It's a declaration of character that's central to children developing respectful relationships with their peers.



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Why it's more important than ever to foster positive relationships in children and young people

Every parent wants to raise kids to be fine young people. But to do this we need to instil in kids more than just skills, attitudes and positive behaviours. We need to provide a compass to help them navigate the myriad of decisions they make every day as children and as teenagers. Integrity sits at the top of that compass.

2. Walk the walk

The concern about children and young people being witness to disrespectful, combative behaviours in public figures is that these behaviours soon feel normal. The same principle, of course, applies with adults closer to home. If parents, coaches or teachers harangue, harass or bully others then these behaviours become normalised and in effect, give kids permission to act in the same ways. It's a matter of, *If Mum can do it, then I can too!*

Conversely, when adults treat each other, children and young people fairly; display a willingness to listen and talk things through; and show a propensity to compromise we are teaching the next generation the basics of respectful and positive relationships.

3. Talk the talk

Families develop their own proprietary language around the behaviours and attributes that are valued including integrity, respect, fairness, tolerance and other values that underpin strong positive relationships. Take the time to reflect on common statements you already use that reflect relationships

based on respect and fairness. Write them down. Develop them into repeatable phrases such as, 'Everyone deserves a fair go. Let's talk through our disagreements. Ask before you jump to conclusions', to make them memorable. Positive relationships are taught through actions, but reinforced by common language.

At a time when the way many prominent public figures treat others can leave a fair-minded person shaking his or her head in dismay it's worth remembering that through our own fair and tolerant treatment of others we can positively impact how children and teenagers treat others.

4. Put integrity top of the pedestal of character traits

Every parent wants their child to have the strength and fortitude to do the right thing and not follow the crowd. This is easier for young children because the pull of the group and the allure of the media doesn't have such a strong hold as it so often does in adolescence. Strong-willed children and those who like to have their own way can also find doing the right thing less of a struggle. But the development of integrity and related traits such as respect, honesty and fairness is an important part of a child's moral compass that will help him/her make smart decisions when you're not around. Generally, integrity is developed in childhood and put to the test in adolescence.

In 2017 put some focus on developing a sense of integrity in your kids – the rock star of character traits.



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Special note: I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at parentingideas.com.au

PRACTICAL WAYS TO PROMOTE RESPECTFUL RELATIONSHIPS AT HOME

- 1 Show your willingness to listen to kids and talk through their relationship problems.
- 2 Expect kids of all ages to use manners. Good manners are respect in action.
- 3 Talk about how good friends act and treat each other. Conversations about friendly behaviours should also involve how their behaviours make others feel.
- 4 Differentiate between a friendship and a clique with young people. A clique is restrictive and can make a young person feel bad, while a friendship group is inclusive and feels good.
- 5 Respectfully and tactfully question displays of intolerance and challenge bullying behaviour. Be mindful that children and young people are learning how to behave civilly so they need guidance and direction, which sometimes involves challenge.

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

