

# lion's roar

TERM 3 • 4 AUGUST 2017 • VOLUME 284

## LUCY JANE HUTTON

9 March 1993 - 30 July 2017



## 4 TO 18 AUGUST 2017 calendar OF events



### From the Principal

*Mrs Nicola Taylor, Principal*

What constitutes a life well lived? This was the question our Chaplain, Ms Jen Leahy asked of those gathered in the Astra Arts Centre yesterday for the Memorial Service of PLC Old Girl Lucy Hutton (Class of 2012). It is a good question for each person, irrespective of their age to ask themselves. A good life defined only by things that are temporal and material will not provide the satisfaction of mind, heart and soul when these things change, fade away or are taken from us. For

A strong message to students at PLC Armidale, in both the Junior and Senior school is the importance and value of service. Of putting the needs and interests of others ahead of your own, of giving and contributing, of going the extra mile, of doing something hard because others benefit, of being thankful for each day and each experience no matter how challenging.

The culture of service has its genesis in the Christian faith values which underpin our College. However, the legacy of this culture of service is one we trust students take with them into life. Despite considerable physical challenges, when she was well enough Lucy Hutton volunteered generously of her time in service to her school by assisting in the Junior School classrooms. Patiently listening to beginning readers, helping with group activities, or simply being another pair of hands in the room, Lucy's contribution was valued and purposeful.

Thank you to the Hutton family for the privilege of being able to honour Lucy by hosting the Memorial Service. A very special thank you to all the staff of PLC Armidale for serving to make it happen.

PLC Armidale Exchange Students	
Year 10 to St Andrews	4-13/8/2017
Year 10 Information Evening	4/8/2017
EKKA	5-11/8/2017
AMEB Speech and Drama Exams	7-10/8/2017
HSC Trial Exams	7-18/8/2017
Years 3 to 6 (21) Zone PSSA Athletics Carnival	8/8/2017
Thailand Service Learning Preparation Meeting	9/8/2017
Athletics Training	9-10/8/2017
HSC Music Trial Exam Performance	10/8/2017
Combined College Council Armidale Visit	11-12/8/2017
Commissioning Service & Morning Tea	11/8/2017
JS Open Afternoon/ Colin Buchanan Concert	11/8/2017
PLC Armidale Community Concert	12/8/2017
Years 7 to 10 ICAS Maths Competition	15/8/2017
Years 7 to 11 Parent/Teacher Interviews	15/8/2017
IGSSA Athletics	16-17/8/2017
Years 7 to 11 Parent/Teacher Interviews	17/8/2017
Principal's Tour to Walcha	18/8/2017
TAS Social Kindergarten - Year 5	18/8/2017
Middle School Social - Years 6, 7 and 8	18/8/2017
Senior School Social - Years 9 and 10	18/8/2017

## From the Principal...

Congratulations to Caitlin Hansford (Year 9) who has been announced as the Stage 5 (Years 9 and 10) winner in the "What Matters" Writing Competition facilitated by the Whitlam Institute. Caitlin's piece entitled 'Art Matters' was selected from entries across the state and the ACT. It was a piece of writing composed as part of her Extension English Elective class, taught by Mrs Kate Clynych, Head of Humanities. Caitlin's award will be presented to her in Sydney in Early September.

Congratulations also to Year 11 students Gabrielle Parsons and Mackenzie Wood upon their selection for the 2018 National Youth Science Forum. This is an exciting opportunity for these senior students and demonstration of the strength of STEM at the College.

A huge congratulations to Ragavi Jeyakumar (Year 12) who has been selected to attend the United Nations Youth Australia 2018 American Political Tour. Ragavi has been selected as one of 16 High School students representing Australia to attend this inaugural tour of America culminating in a visit to the White House. What an outstanding and fitting recognition of Ragavi, our 2017 Head Prefect.

## HELP!

### Temporary Uniform items needed for Exchange Students

We would like to extend a very warm welcome to our exchange students from both France and Germany. The girls will be at PLC for approximately four weeks. This is a very exciting opportunity for our exchange girls and for PLC Armidale. Some of the students are in need of various items of the uniform. If you have an item of the winter uniform that you are happy to loan to an exchange student could you please see Madame Peters.



## Senior School Notes

*Anna Caldwell, Head of Senior School*

With this term now well underway, we are enjoying hearing about the experiences and successes of our students who are on exchange in New Zealand, competing in online debates and participating in IGSSA sporting events. We have enjoyed listening to our talented musicians at the In House Concert and in assembly and our Speech and Drama Students are about to embark on their AMEB exams next week.

Our Year 12 students are preparing for their Trial Exams and our Year 11 students are writing manifestos and speeches as they nominate for Prefect and Leadership Positions. It really is all systems go!

### Pockets

In assembly on Monday I talked about Pockets. Year 12 need to submit their Pocket application forms to the school office by the end of Week 7 this term, to enable them to be presented with their Pockets during their Valedictory Assembly.

Years 7 – 11 have until the end of Week 3 in Term 4 to submit their Pocket applications, which will be presented during the final assembly at the end of Term 4.

All pocket application forms and guidelines can be found and downloaded from the school website.

Outright Gold Pockets may be awarded throughout the year, after the completion and verification of participation in the stated event.



## Australian Geography Competition

*Kate Clynych, Head of Humanities*

Geography students from PLC Armidale tested their geographical skill and knowledge against students from all around Australia in the 2017 Australian

Geography Competition.

Head of Humanities, Kate Clynych, said she had recently received the results and was pleased with how PLC Armidale students from Years 7 to 10 had performed.

"We have many student geographers at our school who performed to a very high level in the competition this year. A number are in the top 1% of their year level across Australia, 11 students gained High Distinctions, 8 gained Distinctions, and 16 Credit certificates were awarded to our students," said Mrs Clynych.

"Over 70,000 students from 743 schools across Australia entered the Australian Geography Competition so the results give us an external benchmark as to how our students are going in certain aspects of geography" she added.

Bernard Fitzpatrick, the Competition's national coordinator said; "The Competition aims to encourage student interest in Geography, and related subjects in the Humanities, and to reward student excellence. Geography is an important part of our curriculum which helps students to appreciate the complex nature of local, regional and global social, economic and environmental interactions."

The Competition is a joint initiative of the Australian Geography Teachers' Association and the Royal Geographic Society of Australia, and in NSW is sponsored by Macquarie University.

Congratulations on these excellent results!

Students may only apply for one Outright Gold Pocket each year, for a specific discipline. For example, in sport a student who is selected in a state or national team and participates in several competitions at this level for the same sport can only apply for one Outright Gold for that sport. If, however the student plays another sport and gets to state or national level in that sport also, then she may apply for an Outright Gold for that sport as well because it is a different discipline.

This also relates to music. If a student is selected into a Gondwana choir and participates in a choral workshop and performance at the start of the year and again in the middle of the year, they may only apply for one Outright Gold Pocket for singing. If they also play an instrument and are selected into a state or national orchestra, then they may apply for an Outright Gold for that Instrument, because it is a different skill and discipline.

Once these events have been recognised for an Outright Gold Pocket, they may not be used again in the application for any other Pocket.

### Uniform

We have been very lucky with the weather so far this winter. With the cool mornings and warmer days, I would like to remind everyone about our uniform expectations.

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

Scarves may be worn to and from school, but are not to be worn during class.

Jewellery that is allowed to be worn at school through out the whole school includes: a wrist watch and one pair of stud earrings in the lower lobes of the ears that are plain gold, silver or pearls. No other items of jewellery are permitted to be worn.



## POSITION VACANT

PLC Armidale an independent Christian school for girls from Pre-Kinder to Year 12, located in Armidale, New England NSW. Applications are sought for the following position:

## HEAD OF BOARDING

Following the announcement of the retirement of the current Heads of Boarding, Margot and Murray Ball, applications are sought for this strategic role within the College. Reporting directly to the Principal, the Head of Boarding has responsibility for the smooth operation of the Boarding House, creating a safe and supportive residential environment for students of the College. The Head of Boarding has primary responsibility for leading a team of staff as they attend to the pastoral needs, academic progress and personal development of the boarders. As a position of leadership, the Head of Boarding is expected to maintain a personal example of integrity and professional conduct consistent with the Christian values of the College.

### The successful applicant will have :

- Evident commitment to girls' education and the unique needs of adolescents
- A willingness to support the Christian faith position of the College
- Demonstrated inter-personal skills and ability to work collaboratively with others
- High level organisational skills and capacity to manage the diverse operational needs of the boarding environment
- Capacity to review and implement boarding policies and procedures in line with NESA registration requirements
- Current NSW Working with Children Check Clearance and First Aid Certificate
- Experience within a girls boarding environment highly desirable

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

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

Applications must be received by Wednesday 23 August, 2017

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

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## Junior School News

Fiona Wake, Head of Junior School

### Welcome to Term 3 Week 3!

I hope that you have now settled back into your Term Time schedule. Each term always begins quickly and for some reasons despite our wishes, never seems to slow down. The girls are so used to the pace and the excitement of new discoveries to be made and new games to be played, that they are none the wiser. It has been delightful touching base with the girls and reflecting upon their own holiday experiences and their happiness to be back at school among their friends.

Term 3 is a term where many layers of clothing are required. May I take this opportunity to remind you to ensure all clothing is clearly labeled, as this will ensure returns can be made accordingly. If you have lost an item of clothing, please check lost property as all items found will be placed there for you to view at your convenience.

### OPEN Day!

Next Friday will be our Whole School Open Day and we would love it if you could join us to experience learning across the Junior School. At 12:00 noon the Junior School will open its doors, *exhibition style*, to showcase what we offer at PLC Armidale. You are welcome to take a browse around the Junior School, pop your head into all of our classrooms and become part of the PLC Junior School learning journey.

### What Is Happening Over the Next Few Weeks?

#### WEEK: beginning 31 July to 14 August

##### WEEK 3

- English ICAS 9:30 am Year 6 room
- Parent Teacher Interviews Tuesday and Wednesday 4:00 – 6:30pm
- Mrs. Stephanie Belson will be away this week and Mrs. Kirsten Hey will be her replacement
- Athletics Training – IPSHA training with Jay Stone Monday and Tuesday lunchtime

##### WEEK 4

- PSSA Athletics Carnival Armidale High School 8:30am departure from PLC via BUS and parents/carers are to organise transport for their daughter/s from the carnival
- OPEN Day/OPEN Classrooms and Colin Buchanan Concert **Friday 11 August**

Further details regarding these events will be forwarded to you when required.

### Junior School Events

To find out what is happening across the Junior School you can either, access the PLC Armidale Website [www.plcarmidale.nsw.edu.au/](http://www.plcarmidale.nsw.edu.au/) and click on Calendar and this will outline the events across the term here at PLC. You can access Edumate (school administration and communication platform) using your username and login, click on Diary and click on School Calendar. The Term 3 calendar will present itself week by week. If you have not been issued



CELEBRATING 130 YEARS IN 2017



We invite you to  
**take a closer  
look at our**

## Junior School

We will be opening our doors to the community from 12 noon to 1.45pm

**FRIDAY 11 AUGUST 2017**

Walk through the classrooms, talk with our staff and students, enjoy a sausage sizzle lunch and join us for the Colin Buchanan concert at 2pm in the Astra Arts Centre.

**RSVP** [juniorschool@plcarmidale.nsw.edu.au](mailto:juniorschool@plcarmidale.nsw.edu.au)  
by MONDAY 7 AUGUST 2017

with Edumate login details, please email Emma Young and she will ensure you receive these details to access our calendar this way for the future. Choosing to communicate in this manner is the preferred option as this calendar is constantly being updated. Emailed and printed forms are not preferred as they quickly become outdated as times and events are rescheduled or changed.

### Parent Teacher Interviews

Parent Teacher Interviews took place on Tuesday 1 August and Wednesday 2 August. If you were unable to make the suggested times, please advise your daughter's teacher and arrange an alternative appointment that is suitable for you. Please remember if you have any questions or concerns regarding your daughter's education, you do not need to wait for Parent/Teacher Interviews to discuss any matter of concern. It is important we develop a culture of open communication where concerns are respectfully voiced and action can be taken accordingly in the best interests of your daughter and your family.

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### **SRC School Representative Council**

Last Thursday the Junior School SRC Badge Ceremony and Chapel Service took place. Our Junior School Leaders spoke about the importance of leadership and what it means to be a responsible and dedicated SRC Member. This is what they shared...

#### **What is Student Representative Council?**

SRC is a student-based team designed to help promote school spirit and leadership among students.

Students participating in the Student Council are required to maintain a high standard of personal conduct and demonstrate leadership qualities by serving as good examples of behaviour through their words and actions.

#### **The purpose of Student Council is:**

- To develop positive attitudes and to practice good citizenship.
- To provide a place where students can express their opinions and plan special events or projects.

#### **To be a responsible SRC member you must...**

- Present, as fairly as possible, students' ideas and concerns to the Council.
- Attend all Student Council meetings and make a special effort to inform students about upcoming Council projects and activities.
- SRC members are active in council meetings.
- SRC members seek the opinions of teachers on various issues and decide upon certain service actions, charity events, fundraisers and ways to make our Junior School aesthetically pleasing.

It is our pleasure to lead and be part of the 2017 Students Representative Council and we would like to welcome our new members for Semester 2 and thank our outgoing Semester 1 SRC Members.

### **SRC Members for Semester 2, 2017**

Kindergarten: Ruby Johns and Emelia Alamri

Year 1: Ava McKay and Aaliyah Howarth

Year 2: Grace Robertson and Anais Dettwiler

Year 3: Rachel Mungal and Angela Cai

Year 4: Ruby Broun and Stella Touhey

Year 5: Alice Bourne and Huna Moghaddar

### **Gymnastics**

Our Gymnastics program is in full swing and our girls from Pre K – Year 6 are enjoying this experience. The focus of our Gymnastic program is on initial movement exploration leading to the acquisition

of some preliminary gymnastics skills. Students investigate and succeed in a wide variety of movement experiences and challenges, developing skill, demonstrating control and exploring the ways in which the body can move (NESA, PDPHE Syllabus).

Last Monday I headed to the Gymnastic Centre with Pre Kindergarten to get a piece of the action and I received a little more than I bargained for. When Pre K, Mrs Delphine and myself arrived at the Armidale Gymnastic Centre, we began preparing for our gymnastic experience. The little ones knew exactly what they needed to do, shoes off, socks off and tucked inside shoes and stockings removed (a safety issue). Whilst helping ensure this was done and the girls were set to go, I was ever so politely informed that whilst I should take off my heels I didn't have to take off my own stockings, "You will be OK to leave your stockings on Mrs Wake!"

Once sorted we proceeded to make our way to the Gymnastics floor where we were presented with coloured spots to help organise us into sitting positions. There was a scurry to find the coloured spot that suited everyone best, leaving a couple of options for myself. The honesty of children is so refreshing. I was told that I should also find somewhere to sit and perhaps I should join two spots together and this would be a much more suitable option for me, as I was much bigger than them.

Well the fun continued, I couldn't touch my toes which they thought was funny, do a summersault they thought strange or do a handstand in my dress which they thought was a clever thing not to do – I got something right. They questioned why I would not jump in the foam pit or why they had to pack up to get back to school so early. I cannot remember my own schooling being so much fun. It is so lovely mixing among the children and understanding what is taking place at the grass roots. Keeping in touch with children and understanding their learning helps us to make good educational decisions for your children. I was so pleased to be told that it was fun having me along and I could come back another time if I would like, I may have just made the grade. Perhaps a tracksuit would be a better option next week, a larger spot made for adults and some pre training in flexibility would save face.

### **Premier's Reading Challenge**

The 2017 Challenge kicked off on Monday 6 March and closes Friday 25 August (midnight) for students. Your daughter should have received a Reading Log Sheet where they can record their reading over the coming weeks. If your child fills her sheet and she would like another, she can get this from her class teacher. Happy Reading! When the challenge date has been reached, please bring your Reading Log Sheets to school and hand it to classroom teachers.





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Please join us for the  
**JUNIOR SCHOOL**  
**Fathers' Day**  
**Breakfast**  
AND **CHAPEL SERVICE**

**Thursday 7 September 2017**  
**from 7.45am**

**JUNIOR SCHOOL UNDERCOVER AREA**

followed by Chapel service at 8:45am  
in the Astra Arts Centre

**RSVP** by Monday 4 September 2017

to: [juniorschool@plcarmidale.nsw.edu.au](mailto:juniorschool@plcarmidale.nsw.edu.au)  
or 6770 1726

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## Junior School Sport

*Rebecca Ward, Junior School Sports Coordinator*

### PLC Red Year 5 and 6 Netball

As I write this, I am reflecting on a wonderful game of netball that I watched last weekend. I was heartened by the sportswoman ship and teamwork that I witnessed between the members of the PLC Red Year 5 and 6 Netball Team. These girls have greatly improved in their ability and skill on the court, as well as showing respect to their opponents.

### PSSA District Athletics Carnival 2017

On Tuesday 8 August, a group of girls will be travelling to Armidale High School to participate in the PSSA District Athletics Carnival 2017. If weather prevents this event from proceeding on Tuesday, it will take place on Friday 11 August. If it is postponed or cancelled, the school will be informed the day before or an announcement will be made on ABC Radio, 2AD and 100.3FM between 7am and 8am on the morning of the carnival.

We wish the following girls all the best in this event: Georgia Smitham, Anais Dettwiler, Sophie Young, Sophia Smart, Elsie Wake, Scarlett Loxley, Sophie Hardin, Sienna Dellow, Keira Peet, Lucy Young, Poppy Broun, Annabelle Pennington, Gabrielle Cotterell, Lauren Earle, Ruby Broun, Sophia Vanzella, Piper Starr, Catherine Alcorn, Emily Thompson, Laura Smitham, Anviti Sinha.

### Athletics Training

This is now underway with Jay Stone training our IPSHA and PSSA girls on Monday and Tuesday lunchtimes. Girls may wear their PLC Sports uniform on these days.







## Around the Grounds Sports Report

*Peter Le Surf, Director of Sport*

It has been a busy week in sport!

On Thursday a bus load of 45 girls departed PLC Armidale heading to Sydney for the first weekend of the IGSSA competitions in Netball and Hockey.

We arrived on Thursday evening and the girls were in great spirits. They were looking forward to a challenging weekend and they were ready to rise to the challenge

On Friday morning both the netballer and hockey players were put through their paces by their coaches.

And then the games began!

After our games on Friday night we were treated to a visit from Katrina Powell, former Captain of the Hockeyroos. Katrina brought along her 3 gold medals and a few bronze to pass around.

Katrina spoke for over an hour about being positive and having an "attitude" when learning and when playing. She told stories of her achievements and passed on the message of being proud and celebrating your achievements.

This inspired the girls to great things on Saturday.

The results were:

### SENIOR NETBALL

32-25 loss v St Catherines

30-28 loss v PLC Sydney

43-13 win v Frensham

### JUNIOR NETBALL

23-20 loss v Queenwood

21-16 win v Roseville

19-13 win v Frensham

### SENIOR HOCKEY

4-0 win v St Catherines

3-1 loss v Pymble

win Frensham

Junior Hockey

win v Monte

4-0 win v Ravenswood

win v Pymble





## Equestrian Event Results

We have also had some girls competing in Equestrian events recently. The following are the results achieved by Saskia Kennett.

### STATE INTER- SCHOOL CHAMPIONSHIPS:

#### SHOWJUMPING:

90cm Am5 showjumping- 8th of 90 competitors

100cm Am5 showjumping- 12th of 80 competitors

#### NOVICE DRESSAGE:

Novice 2.3 dressage- 12th

Novice 2.2 dressage- 15th

ODE: 95cm One Day Event - 8th

### STATE PONY CLUB CHAMPIONSHIPS: STATE INTER- SCHOOL CHAMPIONSHIPS:

#### SHOWJUMPING:

90cm Am5 showjumping- 8th of 90 competitors

100cm Am5 showjumping- 12th of 80 competitors

#### NOVICE DRESSAGE:

Novice 2.3 dressage- 12th

Novice 2.2 dressage- 15th

#### ODE:

95cm One Day Event - 8th

### STATE PONY CLUB CHAMPIONSHIPS:

#### SHOW JUMPING B GRADE:

Am5- 2nd

Am7- 6th

Grand Prix- 6th

Accumulator-5th

#### NOVICE DRESSAGE:

Test 2.3- 8th

Test 2.1- 12th

#### SHOWJUMPING EQUITATION B GRADE:

1st

10th

### And the results from Jorja Power:

### NORTH WEST EQUESTRIAN EXPO RIDING FOR PLC ARMIDALE (6-9 JUNE)

D Grade Eventing 1st, Overall Championship Rug

Elementary Dressage, 3.1 5th , 3.2 6th.

Show Riding, 3rd Pony Hack, 3rd Rider 13yrs, 2nd team of fours.

## NSW STATE INTERSCHOOL CHAMPIONSHIPS SYDNEY RIDING FOR PLC ARMIDALE

### Namoi Valley Christoph

Novice Dressage: 2.2 8th, 2.3 6th

Elementary Dressage: 3.2 8th, 3.3 8th

Show riding 10th Overall in Show Hunter Secondary.

### Moondanz

Medium Dressage 4.2 5th, 4.3 7th

Advanced Dressage 5.2 5th, 5.3 6th

## NSW STATE PONY CLUB CHAMPIONSHIPS RIDING FOR ZONE 13:

3rd Pony Hack

1st Senior Pair of Riders

On the long list for the Pony club nationals for dressage, formal gymkhana and tetrathlon.

## 2017 AUSTRALIAN NATIONAL YOUTH (UNDER 25YRS) DRESSAGE CHAMPIONSHIPS CABOOLTURE (6-8 JULY)

### Namoi Valley Christoph

Named on the NSW Pony Team

Novice Dressage: 2.2 7th, 2.3 5th

Elementary Dressage: 3.2 6th, 3.3 9th

FEI Pony Team Test: 5th

FEI Pony Individual Test: 5th

### Moondanz

Medium Dressage: 4.2 8th

Advanced Dressage: 5.2 9th, 5.3 9th

FEI Jnr Team test 14-18 Yrs: 4th

Jorja has been named on the Pony Club State u17yrs team to compete in Toowoomba over the holidays in 3 events , dressage, tetrathlon, formal gymkhana.





## Sport Supporters' Group (SSG)

The newly established Sport Supporters' Group at PLC Armidale was officially launched last month and held the first of its many activities, which this time happened to be in Sydney, as it coincided with the representative Netball and Hockey teams' participation in the IGSSA competition. There will of course be more events throughout the term and year, to which ALL families at the College, both Junior and Senior are welcome.

To reiterate, with a growing interest in sport and its development at PLC Armidale, the time was right to establish a parent supporters' group at the College.

### What & Who is it?

Any parent can join! It is a group established for parents of the whole College who would like to support and assist Sport at PLC Armidale.

### The main purposes of the SSG are:

- 1 To foster and build community through sport sidelines at PLC Armidale.
- 2 To generate some funds to subsidise costs of sporting activities eg. IGSSA trips, through various planned activities.
- 3 To recognise the contributions made by our parent community to sport at the College.

### When Is It? What Does it Involve?

The SSG will meet regularly each term to plan activities. You just need to nominate yourself by contacting either Director of Sport, Peter Le Surf or Shona Eichorn, Director of Development, and contribute as much or as little as you're able. You just need to be a passionate supporter of sport at PLC Armidale to get involved! So parents, it is up to you to put your hand up, provide ideas/feedback and help your daughters through the SSG and the growing sports program and related initiatives.

The Group will be co-ordinated by the Directors of Sport and Development and have a nominated parent Chair, who in this inaugural year is Mr Grieg Stier (father of Chloe, Year 11).

The first gathering at the Courtyard by Marriott in North Ryde, where parents supporting their daughters at IGSSA Netball and Hockey came together in support of PLC Armidale Sport. The Courtyard by Marriott very kindly donated One Night's Accommodation which was successfully auctioned off (by parents Gus Mackie and Grieg Stier), following some friendly bidding between the Hockey and Netball families! The winning bidders were a combined group of netball and hockey families who gave their all in the true spirit of sport at PLC, kick starting the SSG \$ kitty.

### Next events for your diary:

- 1 Meeting - ALL interested parents welcome - Monday August 7 - 5.30pm (PLC Armidale Board Room)
- 2 Watch the Bledisloe Cup (Wallabies v All Blacks) on the big screen.

(if you're not lucky enough to have a ticket to the game in Sydney). A friendly gathering will be held at a venue\* to be confirmed (in the next Lion's Roar and via the Skool Bag App) on Saturday August 19 from 6.30pm (kick off at 8pm).

A small cover charge/donation will be charged, with nibbles provided. Purchase own drinks from the Bar. Save the date now !!

- 3 Get ready for Term 4 – BBQ and afternoon of girls v parents sporting activities proposed for Saturday November 4, before the Starry Night of Sport. Sports to be decided! An event not to be missed. More information soon!

## STOP PRESS ....

At the next IGSSA gathering of Hockey and Netball players at the Courtyard by Marriott Hotel in Sydney on Friday night August 25 (from 6.30pm), our girls and parents will be in for a real treat! Captain of the Sydney Swifts Netball team, Abbey McCulloch, will be joining our girls and parents for another inspirational chat brought to you by the SSG! How good is that?!!

For more details about the Sport Supporters' Group (SSG) and how you can get involved, please contact Peter Le Surf, Director of Sport or Shona Eichorn, Director of Development.



### Dear Parents

You're invited to an **informal pre-dinner gathering during the IGSSA Hockey and Netball events in Sydney** (this is a new initiative organised by the newly established **SPORT SUPPORTERS' GROUP (SSG)** ).

### WHERE Courtyard by MARRIOTT

Hotel, 7-11 Talavera Rd, North Ryde

### WHEN Friday 25 August 2017

**TIME 6.30pm** (or as close as possible to the conclusion of IGSSA games)

**COST** Canapes provided by the SSG & Courtyard by Marriott Hotel. Drinks may be purchased from the Bar.

**NB** Dinner for parents / family members may be booked College note (1 June 2017)

Please **RSVP to both events by Friday 18 August** to plesurf@plcarmidale.nsw.edu.au or aa@plcarmidale.nsw.edu.au

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## Music Notes

*Matthew Minter,  
Director of Music*

### HSC PERFORMANCE EVENING

Congratulations to the HSC Music students on their excellent performances at the Armidale Music Teachers Association HSC Performance evening held at NECOM on Monday 31 July.

Dakotah Love, Agnes Thwaites and Amanda Richards all gave excellent performances in the event in a concert alongside HSC Music students from around the Armidale Region.

Feedback was given by the new Director of the Conservatorium, Russ Bauer.

Thank you to our accompanists Li Ling Chen and Warwick Dunham and also to the visiting specialist musicians Wendy Griffiths double bass, and Dave Van Tongeren, drums, for their exceptional playing in Aggie's exciting solo "Baroque and Blue".

### IN HOUSE CONCERT

This term's In House Concert was held on Wednesday 26 July.

Congratulations to each of the following girls for their exceptional performances:

Caitlin Hansford, Harriet Minter, Xinyue Li, Dakotah Love, Abigail Thompson, Laura Smitham, Scarlett Loxley, Maggie Ryan, Kaylee Swick, Isabelle Douglas, Emma Dauparas, Lily Graham and Kate Loxley.

Thank you also to our accompaniments Li Ling Chen, Robyn Bradley and Warwick Dunham.

Thank you to Ali Dare and Louise Fisher for assistance with catering for the evening.

### AMEB Music Exams:

Many of our girls have recently completed their AMEB Music exams in strings and are awaiting their results, the wind, voice and piano are coming up very shortly. The AMEB Exams represent a significant milestone for Music students and the exams can be very demanding. Best of luck to all!



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You're invited to the

**Annual**

*Starry Night*  
of  
**Music**

To celebrate the music of PLC Armidale

**Friday 1 September 2017**

**6.00pm - 7.30pm**

Refreshments available from 5.00pm

**Astra Arts Centre, PLC Armidale**

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

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

Tickets may be purchased at:

<https://www.trybooking.com/QHMS>

**Limited tickets will be available at the door**

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

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## Boarding House News

*Margot Ball, Head of Boarding*

The term has started busily with winter sport progressing, IGSSA and HSC trials.

As usual the girls never cease to amaze me with their resilience, positive attitude and ability to get on with life in boarding. This term they have settled well. They seem to be able to do everything they need to do to get all their work and tasks done. They are certainly getting a great grounding in life skills.

The Cattle Team will be away at EKKA at the end of the week so we wish Molly, Laura, Paris, Isabelle, Annabel and Lily luck in their events and hope they have a nice week in the warmth of Queensland.

### Staff

Amelia W our talented musician has moved on to pursue her talents and Millie B has gone into employment. Both of these ladies added enrichment to your girls experience here in boarding and we are actively looking for replacements for them.

Georgia S from the graduating class of 2015 has joined our staff. Georgia has many talents in the arts - dancing, singing and drama and will be a great asset to boarding.

### Food

At the end of last term Catercare reviewed our menu after a Food Forum where the girls have their say on the food being provided. We do have a challenge with girls bringing large amounts of food into the boarding house. The girls are allowed a small amount of snack food but are not meant to be stocking up to provide meals for themselves. All their snack food has to be stored in good storage containers.

### Activities

The weather has been relatively mild but generally due to the temperatures it is not as tempting to go outdoors so the girls are enjoying indoor activities like movies, games nights, colouring in, cards with some theme nights planned and an outing to Tamworth. We are planning to do knitting and crocheting for charity as well.

Most activities are compulsory for Years 7 and 8 if they are in-house for the weekend.

Church on Weeks 2 and 8 is compulsory for all boarders.

On 25 July we had our annual Christmas In July celebration. The girls enjoyed the party atmosphere but I had to explain to the international girls why we were celebrating Christmas at this time of the year.

### Other activities and outings planned

Colin Buchanan Singer/Songwriter 11/12 August

Social with NEGS and TAS Friday 18 August

TBA Star Gazing Campfire Dumaesq Dam 26 August

Boarder Annual Birthday Party - Wednesday 30 August

TBA Day Trip on train to Tamworth 9 September

TBA The Red Balloon – High Country Theatre 15,16,17 September

Year 12 Formal – Late afternoon viewing for boarders

Farewell to Year 12 Boarders Chapel Monday 18 September

Farewell Dinner for Year 12 Boarders – Tuesday 19 September

Year 12 'Muck up' morning – Early morning activities for boarders. Wednesday 20 September

### Coming up

Optional boarder weekend - 18-20 August

Girls can travel home if they are particularly homesick but we encourage all girls who are in sports teams to stay in for the weekend so their teams are not left short.

This is also a study weekend for Year 12. The Boarding house is fully staffed for this weekend.

If girls are going home we encourage girls who live within an hour or so to go to school on Friday and be dropped off for school on Monday morning.

Long distance girls may leave on Thursday afternoon and Friday morning and preferably return to attend school on Monday.



## Boarding House News

*Lucy McDonald Boarder Prefect and Isobel Moore Deputy Boarder Prefect*

Term 3 is already super busy with many events and exciting things taking place in the boarding house. A huge welcome to all our new boarders this term, including Pathways girls.



We currently have two Year 10 boarders, Finn Barr and Larris Cleal who are on exchange in New Zealand. They're having a blast apparently! Can't wait to hear all about it when they return.

The Park Run is being held every Saturday morning and it has been an absolute delight to see the participation of the Pathways girls in particular who have enjoyed the early morning activity.

Congratulations to Isabelle L who was awarded a Certificate of Distinction from the UNE School of Education for her artwork entitled "Trees of Life". Well done Issy, looking forward to seeing your artworks in the future! Also our IGSSA hockey and netball girls had a cracker weekend in Sydney with the junior netballers winning two out of three games and hockey juniors winning all three games!! Incredible work girls. Good luck for your next trip.

Best of luck to those boarders heading to Brisbane for Ekka: Lily, Paris, Isabelle, Molly and Laura. We also wish the AMEB girls well as they commence their exams in the next few weeks. Do us proud!

In other news, our Year 12 girls are preparing for their trial examinations held in weeks 4 and 5, we wish them the best of luck for their studies leading up to these exams.

Many exciting events are still to come for our boarders as term 3 continues to be an eventful and busy time in the year. We look forward to hearing about further accomplishments achieved by the boarders.





## Development and Enrolments

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



### Out & About with PLC Armidale

It was terrific to see so much interest in PLC Armidale at the recent Boarding Schools' Expo in Tamworth, and preceding Principal's Regional Tour. We are now packing up our promotional gear and getting organised for the three day **Agquip** Field Days in Gunnedah on August 22-24. Please tell all your family and friends in the New England/ North West (and further afield) to drop in and say hello (we will even look after your shopping if you like). We will again be in the bright orange Essential Energy building near the Shopping Arcade. Our final couple of Principal Regional Tour days will be the Friday before Agquip in Walcha on August 18, followed by Tuesday 22 August, on route to Agquip.

### Junior School Open Classrooms (and Colin Buchanan performance)

PLC Armidale Junior School will open its doors to the whole community on Friday August 11 from 12noon – 1.45pm. The day will include a walk and talk with staff and students in the classrooms, a sausage sizzle as well as joining in the fun of the Colin Buchanan concert from 2pm in the Astra Arts Centre/Gym.

***Last chance to book in!! Colin will be here in only one week's time.***

### Events, Events, Events - Have you booked in yet???

*On September 1*, we warmly welcome our Grandparents for their annual visit to PLC Armidale, followed by the annual Starry Night of Music later the same evening.

*On Saturday October 21*, we host the Celebratory Long Lunch celebrating 130 years of PLC Armidale. Book in your family and friends from far and wide for a relaxed and indulgent afternoon, sharing stories and time together, and enjoying a regionally inspired three-course feast and complimentary glass of champagne with catering by PRONTO (from Tamworth). Details available on Page 15.

### Commemorative Book – you won't want to miss out!

Please submit your recipe / story now. It doesn't have to be a lengthy story or complicated recipe, just YOUR story and recipe. Authenticity is the key.

Thank you to all those people who have already submitted something for the PLC Armidale Commemorative Book. People live on through their recipes, so too do organisations like our College. Please email Shona ASAP at [development@plcarmidale.nsw.edu.au](mailto:development@plcarmidale.nsw.edu.au)

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

Principal, Mrs Nicola Taylor, welcomes the opportunity to meet with you to discuss the many opportunities for your daughter at PLC Armidale. She invites you to join her and key staff at the following locations:

### TERM 3

**SCONE / QUIRINDI** Thursday 27 July

**TAMWORTH** Friday 28 July

**WALCHA** Friday 18 August

**URALLA** Tuesday 22 August

Please contact Enrolments Manager,  
Mrs Sally McCook on 6770 1727 or  
[enrolments@plcarmidale.nsw.edu.au](mailto:enrolments@plcarmidale.nsw.edu.au)



We will also be exhibiting at the **Boarding Schools' Expos:**

**TAMWORTH** 28 & 29 July

**AGQUIP @ Gunnedah** 22-24 August

 CELEBRATING 130 YEARS IN 2017

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

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PLC ARMIDALE hosts

# COLIN BUCHANAN

A **LIVE** CONCERT  
FOR CHILDREN



**2pm Friday**  
**11 August**  
**2017**

**TICKETS \$8 EACH**  
PLC ASTRA ARTS CENTRE /  
GYMNASIUM

BOOK AT:  
[HTTPS://WWW.TRYBOOKING.COM/QFQK](https://www.trybooking.com/QFQK)

ENQUIRIES:  
[development@plcarmidale.nsw.edu.au](mailto:development@plcarmidale.nsw.edu.au)  
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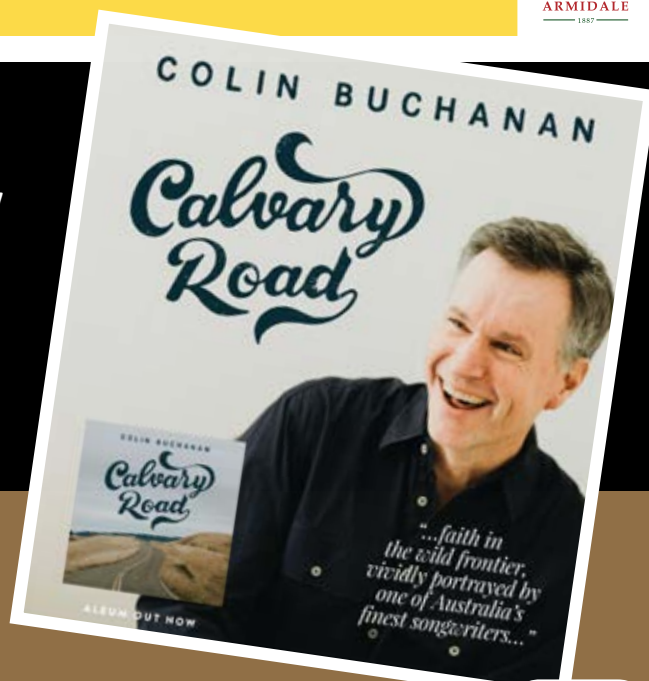
## COLIN BUCHANAN

Calvary Road Singer/Songwriter Show

**7pm Saturday**  
**12 August 2017**

A ticketed concert for the New England community

Join Colin Buchanan in concert for the Calvary Road Singer/Songwriter Show sharing stories in song of ordinary people, living ordinary lives. Colin's rustic sensibility collides with his faith as never before in a way that's fresh and arresting and will be entertaining. This songwriter concert has limited seating so book now!



**TICKETS \$20 PER PERSON** (light refreshments available)  
**PLC ASTRA ARTS CENTRE**

BOOK AT: [HTTPS://WWW.TRYBOOKING.COM/QFQR](https://www.trybooking.com/QFQR)

ENQUIRIES: [development@plcarmidale.nsw.edu.au](mailto:development@plcarmidale.nsw.edu.au) 02 6770 1700

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## Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

### Putting Things Into Perspective

If you are anything like me, you have a handful of life difficulties or minor problems lurking in your brain at any given point in time. They can be minor irritants like computer problems or taxes due. And then we have the biggies like coping with ailing parents, issues with our children, marriage problems, or job loss. Most of the time we spend far more brain energy *worrying* about the issue than we do actually suffering with the reality of it. In fact, for most people the worry alone causes more suffering than the problem itself.

I admit life can sometimes seem very overwhelming. This feeling can be normal, although it may be debilitating to routines and lifestyles. You should try and develop your own methods of putting your life in perspective, no matter what it is that has shaken you. From big-life events to the everyday, life has a way of throwing us off-kilter. The goal is learning how to put it all in perspective. For me, I like to find positive quotes that I can draw on to make sense of, or at least offer me some wisdom. Wisdom often comes after living through challenging circumstances, and these quotes like many others give you a sense that you will be all right.

#### Lyndon B. Johnson Says - Tomorrow Is a New Day

*"Yesterday is not ours to recover, but tomorrow is ours to win or lose."* – Lyndon B. Johnson

It does no good to lament a day that you can never get a do-over for. So instead, turn your face to the new day ahead and plan a strategy of how you are going to be a better version of yourself than you were yesterday.

#### Helen Keller - Let the Sun Warm You

*"Keep your face to the sunshine and you cannot see a shadow."* – Helen Keller

Sunshine and shadows exist together; we can't have one without the other. However, if you are feeling like you are consumed by shadows then hold fast to hope, optimism, and love. These things shine into the darkness like the sun.

#### Les Brown Knows - You Have the Power

*"Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else."* – Les Brown

Accepting responsibility means acknowledging the good and bad decisions you have made. No one else is going to

hand you what you want or do your work for you. Stop waiting for that perfect job to come along or that perfect relationship; go looking for it and get it for yourself.

#### Les Brown Says - Smile More

*"Your smile will give you a positive countenance that will make people feel comfortable around you."* – Les Brown

Smiling seems to not only brighten up your face, but the entire energy around you. A smile lets others know you are approachable and friendly, so make it part of your daily wardrobe. Don't feel like smiling? Do it anyway, it just might make you feel a tiny bit better.

#### Martha Beck - on Choices

*"Every day brings new choices."* – Martha Beck

Every new day is a chance at a fresh start! You have a choice each day to do something different than you did the day before. Have tea instead of coffee, create art instead of clean the house, spend time with family instead of being on your phone, or take a nap. The choice is yours; choose wisely.

Align yourself with a small but positive strategy and keep moving forward!

**"Keep your face to the sunshine and you cannot see a shadow."  
– Helen Keller**

## P&F Update

The P&F had a busy term 2 helping to organise the PLC Anniversary Ball, run the canteen at the Athletics Carnival, cater for the PLC Performs Concert, and provide hot food for the Junior School Jump Rope for Heart. Many thanks to all our wonderful volunteers who helped make these events a tremendous success.

### Upcoming Events

This term there are a number of exciting events on at PLC, where we are hoping to ask for volunteers to help support the events. On Saturday 12 August there is the Colin Bucannon concert where the

P&F is providing finger food to cater for the event. We are appealing for volunteers to either provide a plate of food on the night, or to be available to help set up or clean up afterwards. If you are able to help in either way, could you please email the P&F so we have an idea of potential food donations or volunteer helpers.

[pandf@plcarmidale.nsw.edu.au](mailto:pandf@plcarmidale.nsw.edu.au)

Similar help will also be needed for the Starry Night Concert to be held on Friday 1 September.

We look forward to supporting and being part of these fantastic events.



# Parenting *ideas* INSIGHTS



## Building parent-school partnerships

WORDS Michael Grose

# What to say when kids become anxious

## 7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It's hard to know what to say when a child becomes overwhelmed with anxiety, but it's most important to be a strong, steady influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they'll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

**When you see anxiousness take hold here are some things that you can say that will help your child cope:**

*"You're okay. I'm here and I won't be going anywhere."*

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that's okay; your presence will get the message across.

*"You don't have to do anything right now. Just breathe."*

A big part of the stress of anxiety comes when children don't know what to do. They don't have to fight the feeling of anxiousness, but let it pass. The less children fight

anxiousness, the more likely it is that the feeling will go.

*"Let's go for a walk and see if we can take some big breaths."*

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child's body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they've practised when they aren't anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

*"Take some big, deep breaths. I'll do it with you."*

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn't matter whether the threat is real or not, the brain thinks and acts as if it's true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

*"I'd like to understand what your worry feels like for you. Can you teach me?"*

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to

verbalise what their anxiety feels like. Greater self-awareness increases your child's ability to manage their feelings.

*"What would you say to a friend who was going through what you go through?"*

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

***"Your brain is amazing. Every time you breathe through your anxious feelings you're teaching your brain how to manage your anxiousness."***

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.

Michael Grose 



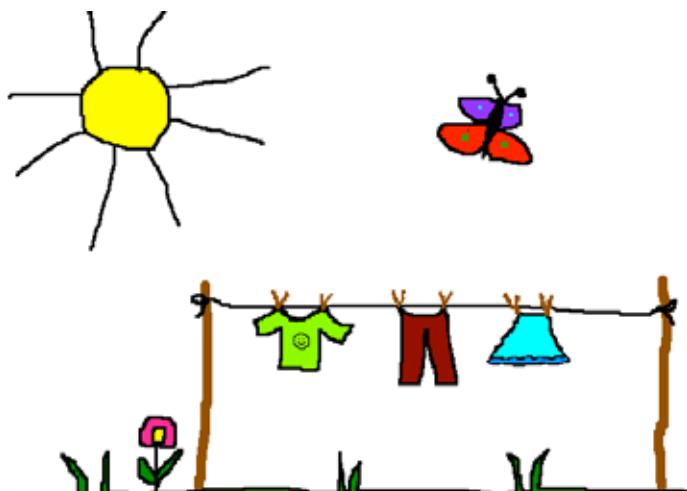
Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.



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

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## 2<sup>nd</sup> Kids Clothing Bazaar Armidale

**Friday, 25<sup>th</sup> August 2017, 2-5pm**

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, 25<sup>th</sup> August 9-11am; Return/payment: 7-7:30pm

\*For a client number and more information email: [kidsclothingbazaar@gmail.com](mailto:kidsclothingbazaar@gmail.com)

Visit us on facebook: Kids clothing bazaar Armidale



## Would You and Your Family Like To Get Healthier?

**Nutrition Connect** is an online program aimed at getting children and their families healthier! Participating in the program is **free** and your family may receive 2 online face-to-face consultations with an Accredited Practising Dietitian, plus 3 months online resources including free subscriptions to our Nutrition website custom-design for families and a Facebook support group exclusively for program participants only.

Your family can participate in the program, if:

- ✓ You have access to the internet via a smartphone, tablet, laptop, or computer
- ✓ You have a child aged 5-11 years (before 12<sup>th</sup> birthday) who is above healthy weight
- ✓ At least one parent or carer is willing to participate in the program
- ✓ You are able to attend appointments in Tamworth or Armidale, NSW

**Register your interest at**  
<http://bit.ly/nutritionconnect>

Wondering if your family can participate? Ask us today or fill in our online form at above link!  
For more information contact Amy Ashman at [amy.m.ashman@newcastle.edu.au](mailto:amy.m.ashman@newcastle.edu.au) or 0488 399 533

This project has been approved by the Hunter New England Human Research Ethics Committee, Approval No. 16/07/2014.04 and the University of Newcastle Human Research Ethics Committee, Approval No. H-2016-0329.



## THE Celebratory\* LONG LUNCH

[along Parker Ave, the College main drive]

**Saturday 21 October 2017 from 1pm**

enjoy a 3 course feast by PRONTO CATERING  
and complimentary glass of champagne

**\$65 per person** CASH BAR AVAILABLE

A combined **Friendraising** & **Fundraising** event  
of the Old Girls' Union, P&F, Foundation and College

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

For more details, please contact:  
**Shona Eichorn, Director of Development**  
[development@plcarmidale.nsw.edu.au](mailto:development@plcarmidale.nsw.edu.au)



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in association with

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presents

NECOM's 2017 Fundraising Concert

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**SUNDAY 6 AUGUST AT 3:00 PM**  
**AUDITORIUM, OLD TEACHERS' COLLEGE**  
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Photo credit: Daniel Boud