

lion's roar

TERM 1 • 4 MARCH 2016 • VOLUME 257



From The Principal

Mrs Nicola Taylor

With a focus on feedback, thank you to those parents who have sought to take or make opportunity to provide constructive comment, critique or commendation about all things PLC. This was especially evident in the response to two online feedback forms sent out last week. The first, regarding scheduling of College events and the second, ICT@PLC. Your prompt response to what we trust was a concise and brief survey provides invaluable information representing a cross section of perspectives. Feedback is considered carefully by the Executive to assist in forward planning, determining events and activities of the College and ensuring operationally we are meeting the needs of students, families and staff.

The SRC (Students' Representative Council) and BRC (Boarders' Representative Council) are key student groups across the College which allow for the girls' voices to be heard either through proposals put forward or as a reference panel to consider initiatives and new ideas. It is encouraging to see the girls take these roles seriously and be willing to step, often outside their comfort zone, into these positions of leadership amongst their peers. Given the lack of female leaders in many organisations, providing leadership training and opportunities in our all girls' context is an investment in the future.

An exciting and action packed day hosting a visit by NSW Cricket with guest Australian Cricketer,

IN THIS ISSUE

From The Principal	1
Senior School Notes	2
Calendar of Events	2
Indoor Hockey National Championship	2
Junior School Sport	3
Junior School News	3
Duke of Edinburgh's Award	3
P & F Post	4
Chaplain's Chat	4
City Hockey Club	4
Thailand Service Learning Trip	4
Music Notes	5
Development and Enrolments	7
Pastoral Care Conversation	9
Parenting Matters	10

Naomi Stenberg provided an opportunity for considering women in sport and what it takes to sustain the challenge of being an elite athlete. The girls took part in

continued on Page 2...



...continued from Page 1

a range of activities throughout the day including, coaching sessions, demonstrations, mini matches and an inspirational workshop on setting and achieving goals. The team from NSW Cricket commented on our girls engagement, physical prowess and sportsmanship with some stand out participants throughout the day, not to mention the fabulous facilities available for the program. We are looking forward to continued connection with this group as part of our partnership arrangement with NIAS launched earlier this year.

Please take the time to look and bookmark the PLC Armidale Website (www.plcarmidale.nsw.edu.au) With a new look and feel synonymous with PLC Sydney, this strategic alliance enabled us to undertake a substantial project effectively and efficiently. Thank you to Shona Eichorn who oversaw this project, delivering a quality product which we trust will better serve our existing families and school community as well as enabling prospective students and families to experience some of the uniqueness and charm of PLC Armidale.

REMINDER TO YEAR 7 STUDENTS: to return vaccination consent forms.

Vaccination dates are:

VISIT ONE: 3 March

VISIT TWO: 26 May

VISIT THREE: 27 October

All records of these vaccinations will be kept at the Health Centre and will be returned to parents at the end of the year for filing for future use.



Senior School Notes

Anna Caldwell, Head of Senior School

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, the Inverell and Walcha

shows and the final rehearsals and performances of the combined schools musical "Bye Bye Birdie".

In addition, the girls are studying hard, playing their summer sports, have performed in In House Concerts, have travelled to Sawtell with the Armidale Youth Orchestra and for some, managed 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 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.

calendar OF events

5 TO 18
MARCH
2016

Bronze Duke of Edinburgh's Award Training	5/3/2016
IGSSA Senior Netball Trials - Yrs 10 to 12	7/3/2016
Yrs 5 and 6 Excursion to Sydney	8-11/3/2016
Yrs 9 and 10 Music Day	9/3/2016
NCIS Soccer Competition	9/3/2016
Yrs 10 and 11 Thailand Information Night	9/3/2016
IGSSA Swimming	10/3/2016
Yrs 11 and 12 HSC Music Day	10-11/3/2016
PLC Cattle Team to Walcha Show	11-13/3/2016
Yrs 11 and 12 HSC Music Day	11/3/2016
Tildesley Tennis Tournament	15/3/2016
Tildesley Tennis Tournament	16-17/3/2016
Principal's Tour to Narrabri	16-18/3/2016
'Bye Bye Birdie' Performances	17-18/3/2016
Yrs 9, 10, 11 and 12 Bell Shakespeare	18/3/2016

Indoor Hockey National Championship

Lily Neilson

On the Australia Day weekend, I participated in the U'13 Indoor Hockey National Championship held in Wollongong. I was on a team with 11 other girls representing New South Wales.

We played against 4 teams, Queensland Fire, Queensland Flame, Australian Capital Territory and Victoria.

On the first day, we played Queensland Flame. We unfortunately lost which was not the start to the tournament we were hoping for. Our next game was against Victoria, the eventual winners of the Championship. We drew 1-1.

Day two started off very well, winning 6-0 against ACT and that afternoon we had a tough game against Queensland Fire who were at the top of the ladder. It was a very close game but 2 goals were scored by our opponents in the last 2 minutes.

Our final day started with a game against ACT which we won 6-2. In the afternoon match we played against Queensland Flame avenging our Day One loss by winning 2-1.

It was truly a wonderful experience, one I will not forget!



Junior School Sport

Lucy Donaldson, Junior School Sports Coordinator

PSSA Swimming Carnival

Congratulations to the PLC girls' who competed at the PSSA swimming carnival on Friday 19 February. There were lots of personal best times and ribbons! A great day was had by all. Here is a brief summary of some of our results:

Scarlett Loxley 2 nd 9 years 50m freestyle	Maggie Ryan 3 rd 10 years 50m freestyle 3 rd 8-10 years 50m breaststroke
Jenna Marquardt 2 nd 11 years 50m backstroke 3 rd 11 years 50m breaststroke	Emily Thompson 1 st 11 years 50m butterfly 2 nd 11 years 50m freestyle
Pip Constable 1 st 11 years 50m breaststroke 2 nd 11 years 50m butterfly	Maddi McCook 3 rd 11 years 50m freestyle
Heidi Martin 2 nd Senior 200 IM 2 nd 12 years 50m freestyle 2 nd 12 years 50m breaststroke 3 rd 12 years 50m butterfly 3 rd 12 years 50m backstroke 3 rd Open 100m freestyle	Naomi Martin 2 nd 12 years 50m butterfly 3 rd Senior 200 IM
Junior Girls Relay – 2nd Place Scarlett Loxley Ruby Broun Gabby Cotterell Maggie Ryan	Senior Girls Relay – 1st Place Naomi Martin Maddi McCook Emily Thompson Heidi Martin

IPSHA Swimming

Congratulations to the 14 girls who travelled down to compete at the IPSHA swimming carnival on Tuesday 1 March and Wednesday 2 March. The trip to Sydney is always a highlight in the sporting calendar.

Athletics Championships

Congratulations to Sienna Dellow in Year 5 who picked up two bronze medals in the Under 10's 100m and 200m and was placed 6th overall in the long jump at the Little Athletics Regionals held at Newcastle. She is definitely having a great athletics season.



Representative Netball

Well done to Nina Breckenridge and Lucinda Caldwell who were both named in the U12's Armidale Representative Netball Team. An outstanding effort!

Indoor Hockey

The last round of indoor hockey for primary school teams will be Friday 4 March and then finals will begin the following week. It has been a very successful season for the 4 PLC Junior School teams and the level of skill improvement has been wonderful to see. Good luck to all teams in the final weeks of games.

Basketball

Basketball is well underway with games being played at The Den on Monday afternoons. The Dolphins play at 4.50pm and the Seals play at 5.40pm each week. Trainings for both teams are Thursday lunch times.



Junior School News

Ainslie Breckenridge, Head of Junior School

Our Junior School girls are incredibly busy in the second half of the term. Our IPSHA team competed enthusiastically in Sydney this week and a big thank you to Mrs Donaldson and our parent helpers who went down to manage the team. As usual, our team competed strongly and were positive ambassadors for PLC Armidale.

Our Stage 2 and Stage 3 classes are preparing for their camps in the next few weeks. The outdoor education camps and the Sydney experiences are a highlight for our girls as they get to challenge themselves, learn essential team building skills and they start to appreciate that there is a big world outside of Armidale to explore.

These experiences help the girls to become resilient learners and to develop skills needed to help them grow in understanding of who they are and what they are capable of. By providing opportunities that may be a little out of their comfort zone, helps them to build the confidence to believe that they can have a go. Children naturally want to explore and experiment so these camps let the girls do that without feeling they are going to fail or not live up to someone else's expectations. They also learn the essential resilience building skills of how to react when something does go wrong or they do fail at a task.

All great reasons why we encourage all the girls to participate enthusiastically in school camps.

ICAS

This week you have received the participation form for the ICAS competitions this year. ICAS has been around for over 30 years and has been providing some diagnostic value on a child's strengths and weaknesses and allows us as a School to recognize and reward achievements in the areas tested. The ICAS tests are not an indicator of basic skills for your daughter's year level. Therefore, with this in mind, it is not a test for everyone. If you would like further information regarding ICAS or your daughter's participation, please have a talk to your class teacher.

Armidale Show

A big congratulations to the Year 2 class and our PreK girls who entered artworks and produce in the Armidale Show last week. Our Year 2 girls entered "Flowers" artwork and they looked fabulous. A big congratulations to Noshin Anbar who was awarded 3rd place, Elsie Wake awarded 2nd and a highly commended went to Isabella McKay and Angela Cai. Our PreK girls entered 5 things into the show; a class poster, 6 white green tomatoes, 6 glass gem corn, a decorated box puppet theatre (awarded highly commended) and their 250g of cherry tomatoes were awarded first place!! Well done PreK and Year 2.

Duke of Edinburgh's Award

Congratulations to Sarah Askey and Sarah Tremont who were presented with their Bronze Award in assembly on Monday.



Chaplain's Chat

Jen Leahy, School Chaplain

Grace changes everything

In Senior School Chapel, we are looking at a series of 'Grace' and seeing that Grace changes everything. It's a word that we surprisingly hear a lot but often struggle with what it means.

Google - 9 different definitions - From elegant movement to what is said before a meal.

But Christianity says that Grace is **God's undeserved, unmerited favor**.

To help us get a better understanding of grace, Jesus tells a number of parables to communicate this idea of getting something you don't deserve.

Just before Jesus tells this parable, He meet the rich young ruler who asks him "What must I do to inherit eternal life?". For him its all about actions – doing enough good stuff so that God will be happy with him. Jesus' disciples even start to think like this at the end of Chapter 19, but Jesus answers this in the first part of Chapter 20. It is called the Parable of the Workers in the Vineyard. In summary, a farmer hires men at different times during the day 9am, 12 noon, 3pm and 5pm to come and work in his vineyard. At the end of the day, no matter how long they had been there, he pays them all the same, one denarius. Not surprisingly, the ones who had worked the longest grumbled. They think it's not fair. We react the same way – its not fair what the boss is doing. Imagine how you would feel if you got the same pay for working all day as someone else who only worked one hour.

But remember the parable is not about how to treat workers but about God's grace-His generosity, His gift. Grace isn't about being fair. It's about giving us what we don't deserve. Do the workers who have worked one hour deserve to be paid a whole day's wage? Of course not! They were given something they don't deserve and in it we see the owners generosity.

lion's roar

TERM 1 - 4 MARCH 2016 - VOL 257

So what does this parable teach us about God? This parable teaches us that God is generous. He does not give us what we deserve - He gives us more!

What does this parable teach us about His Kingdom? It tells us that God's Kingdom does not operate on the business principles of this world. God's Kingdom is not like an earthly kingdom – God's kingdom is about grace.

What does this parable teach us about ourselves? It teaches us that we can only be part of God's kingdom by his grace, not by any actions we do.

Grace really does change everything and we ought to be amazed by Grace.

Thailand Service Learning Trip



On Wednesday 9th March at 7:30pm, an information evening will be held about the Thailand Service Learning Trip for Years 10 and 11 and their families. This meeting will be held in the Chaplain's Room (opposite the Middle School) at The Armidale School. This is an opportunity to learn more about this service-learning trip to Chiang Mai and to ask any questions.

City Hockey Club

Field hockey registration for the 2016 winter season are now open. City fields teams in the Friday evening junior boys/mixed competition. Registration forms available from the Colour Copy Centre, East Mall. Email cityhockey@live.com.au for more details.

All welcome.

P & F Post

Swimming Carnival

A BIG thank you to all those parents and friends who provided morning tea for staff and assistants at our whole school Swimming Carnival. Thank you to Years 5 and 9 for co-ordinating this with assistance from Kim Taylor and Donna Keeping.

Supporters Gear

Supporters' jackets and caps are available from the Clothing Shop and we now have the addition of branded aprons. Jackets are \$110, caps are \$15 and the aprons are \$30. The P&F receive a small profit from the sale of each item. Don't forget we also have 'Stuck On You' labels available for purchase from the Clothing Shop.

Helloworld Travel

Proprietors of Helloworld Armidale, Leigh and Paul McLennan, past-parents, kindly support a Loyalty Rewards Program with PLC Armidale. Please mention PLC when you book any travel with Helloworld and they will generously donate a percentage of those sales to the P&F.

Website

A reminder that all P&F contact details are available on the PLC website under the Community tab – please feel free to contact us if there is anything that the P&F committee can assist you with.



P&F Wishlist

Last year the SRC body was given a chance to put forward a submission to the P&F Wishlist. Their submission was for a picnic table which was approved and purchased. It's wonderful to see it in use.





Music Notes

Matthew Minter, Director of Music

Piano Trio Performance

The New England Conservatorium of Music Piano Trio visited PLC Armidale on Wednesday the 24th of February and gave a terrific performance to the delight of the Junior School students from Pre K to Year 6.

The trio presented an excellent program designed specifically to introduce children to classical music. The presentation included performances of excerpts from the great classical works for children including Peter and the Wolf and The Carnival of the Animals. Challenge questions focused the girls' attention as specific aspects of the music, as well as narration, stories and audience participation.

The girls absolutely loved the performance and were very inspired by the beautiful music and overall presentation.

The New England Conservatorium Piano Trio includes two PLC Armidale old girls, Eliza Scott on violin and Charlotte Low on cello. These girls are currently studying a Bachelor of Music Degree at the University of Queensland in Brisbane. Their colleague, Margaret Burstow from Brisbane was the pianist. The trio's musical performance was exemplary, of the standard of young professional musicians. Thanks goes to Mrs Deidre Rickards for her assistance in organising the event.

Instrumental Program Launch and the Wind Ensemble Program

Congratulations to Mackenzie Robertson, Naomi Martin, Mary Flannery, Holly Dauparas, Emma Dauparas, Maddison McCook and Keira Peet who have commenced their lessons with Paul Marshall as part of the Instrumental Program.

The girls loved their first session and certainly achieved a very good sound for beginners! There are close to twenty girls at PLC now learning wind instruments and participating in wind ensembles. The Senior School Wind Ensemble is rehearsing every Wednesday morning and are making terrific progress each week. We are well into our preparation for the Eisteddfod.



lion's roar

TERM 1 - 4 MARCH 2016 - VOL 257

In House Concert

Congratulations to all each of the following girls who performed in the In House Concerts on Wednesday the 24th and Thursday the 25th of February. It was very pleasing to see such a high standard of performance so early in the year with some very exciting performances and some very mature interpretations of a range of fine repertoire from Bach to Bartok.

Well done to the following students: Lucy Quast, Jessica Hughes, Isabella Post, Sarah Hughes, Laura Smitham, Isla Biffen, Elinor Warwick, Clare Warwick, Abigail Thompson, Mackenzie Constable, Pip Constable, Thurkka Jeyakumar, India Smith, Alannah Williams, Eva Goswell, Charlotte Thomas, Alexandra Wright, Mia Emanuel, Syrana Glenn, Emily Thompson, Caitlin Hansford.

Senior Choir

The Senior Choir has been an established and successful ensemble for many years. We are now rehearsing repertoire for the Eisteddfod and the girls are to be commended for the quality of their singing and their commitment to the program. It isn't too late to join and Mr Minter is conducting lunchtime rehearsals on Monday for those students who are unable to attend each Monday morning rehearsal. Come along a try it out. Let's make the PLC Armidale Senior Choir bigger and better than ever this year!

Instrument Care

Some students have been leaving their instruments outside the Music room after string ensemble rehearsals in the morning. During the afternoon the sun comes into that area and several times Mr Minter has had to move instruments in their cases that have become extremely hot in direct sunlight. Instruments left in cars or in direct sunlight can be extensively damaged in a very short period of time.

Students must have their names on their instrument case.

Students are welcome to leave instruments inside the small music rooms that are located off the main Music room. If instruments are left outside, no responsibility can be taken if the instruments are damaged.

Accompaniment

Mrs Rickards is available to provide accompaniments for students performing in PLC In House concerts. Once you put your name on the list for the concert, please select a time slot on the rehearsal sheet which will also be on the Music Notice board. There will be a 10 minute time slot allocated. Students requiring extra time need to negotiate with Mrs Rickards. Students are expected to finalise their arrangements, including accompaniment session, two weeks prior to the concert.

Students are of course welcome to perform with their usual accompanist.

Many students are rehearsing weekly with their accompanist throughout the year, this practice is recommended.

www.scoliosis-australia.org

The National Self-Detection Program for Scoliosis

The past several decades have seen major advances in the management of spinal deformity generally and of adolescent idiopathic scoliosis (AIS) in particular. It is now well established that early detection of AIS, and treatment where indicated, result in better outcomes as might well be expected on general principles. This is the basis of screening adolescent girls for scoliosis because in the early stages of curve development the girls have no symptoms.

The screening of schoolgirls in the age range 11-13 years (Years 7 to 9 in most Australian states and territories) commenced in many countries world-wide in the 70s, but there was considerable debate about the cost-effectiveness of the programs. Apart from the not inconsiderable cost factor, there were no data to establish clearly the efficacy of brace treatment. This was later demonstrated in a suitably designed international clinical trial.

School screening was introduced sporadically in Australia and to a variable extent in most states and territories. By the early 90s the cost factor led to the abandonment of most programs in government schools and a new strategy was needed. The Spine Society of Australia introduced The National Self-Detection Program for Scoliosis. In essence this entails the distribution of a simple [brochure](#) available at www.scoliosis-australia.org for the target age group (11-13 years of age) in which the outward signs of scoliosis are described. If, after reading the brochure, a girl or her parents think she may have a curvature then follow-up with the family doctor is recommended. An education program on scoliosis for general practitioners was introduced via *The Australian Family Physician* and is available on the website. This is complemented by an educational program for radiologists, also available on the website. The specific aims of the latter program are to keep radiation exposure to a minimum when x-rays are required for assessment and to standardize reporting to assist family doctors in managing small curves ($<20^\circ$) and making decisions on specialist referral.

The program is endorsed by the Paediatrics and Child Health Division of the Royal Australasian College of Physicians.

From time to time all government and non-government girls' schools will be asked via established communication channels in the school systems, and by a direct approach to school principals, to download the self-detection brochure from the website and distribute it to girls in Years 7 and 9 (11 and 13 years of age in most states and territories). This is the age range when scoliosis first appears.

The optimum time for the detection of scoliosis is just after the onset of the adolescent growth spurt and this corresponds to Year 7 for the majority of girls. It is also recommended for Year 9 girls so as to catch those whose growth pattern differs from the average. No case has ever been made for the screening of boys for scoliosis or for any other forms of spinal abnormality in both sexes.

In summary, self-detection is the way for the future. School screening, when properly conducted, is an effective method for detection but the cost of a national program will remain prohibitive. On the positive side, self-detection places more responsibility on the individual girl for her own health and this is regarded as a good move as it is for so many areas of health these days.

©Scoliosis Australia
is a project of



The Scoliosis Australia website
is supported by





Development and Enrolments

Shona Eichorn, Director of Development
Sally McCook, Enrolments Manager



New Website now launched – please refresh your browser and bookmark www.plcarmidale.nsw.edu.au

Well it's finally arrived! And it's been a monumental effort. Until you actually start working on a project of this magnitude you really don't appreciate just how much is behind every page on a website. I extend my sincerest thanks to the following amazing team of people, who have helped in ways big and small at various times over the past two months:

- Cathy Snickers
- James Taylor
- Bronwyn Grills
- David Moffitt
- Sally McCook
- Nicola Taylor
- Eliza Thompson
- PLC Sydney
- ELCOM – our website designers: Bryan, Gavin, Angela and Federica.
- And of course my family!!

It was no mean feat. We do hope that you find the site informative and practically helpful. We are very interested in your feedback and would appreciate if any comments could be forwarded to development@plcarmidale.nsw.edu.au

2016 Scholarship & Information Day

It was absolutely fantastic to see so many families, future and current, join us for Scholarship and information day this year. The results from the exams undertaken will be available by the end of this month. Offers will be made after that. Please remember that there are other Scholarships options for those who miss out this time around. The first round of All Rounder and Boarding Scholarships close at the end of this term.

NIAS Netball on campus

Last weekend, PLC Armidale welcomed the 2016 Netball Squad from the Northern Inland Academy of Sport (NIAS) who stayed in Austin House, trained in our gym and dined with our Boarders. It was a great opportunity to see the region's talented young netballers, many from PLC Armidale, enjoying the intense training weekend and using our PLC Armidale facilities. The thirty six members and coaches from the squad came from all over the region (Narrabri, Wyallda, Tamworth, Gunnedah and Armidale etc), so it was a fabulous opportunity to showcase our College to that particular audience.

Connecting with Rotary and our community

Last year, we sent letters to all of the Rotary Clubs in Northern NSW, inviting our Principal, Nicola Taylor to make a presentation and many of the Clubs have taken us up on the offer.

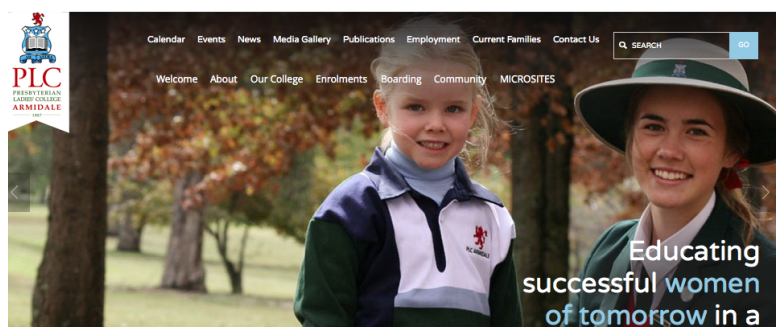
In the past fortnight, Mrs Taylor and I have been to Calala Rotary in Tamworth and Armidale Rotary and soon we will visit Narrabri. As we attend these meetings I am reminded of the synergy between the worldwide organisation, Rotary, and PLC Armidale.

Having been a Rotary Youth Exchange student from Rotary District 9640 (to Sweden ... a long time ago) and Group Study Exchange team from this region, District 9650, to North Carolina, USA, in 1994, I appreciate the similarity of the two organisations.

Ideals such as: service above self; community; leadership; international understanding and connections. Each conversation and presentation brings PLC Armidale closer to our wider community and I thank the Rotary Clubs for hosting us.

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TERM 1 - 4 MARCH 2016 - VOL 257



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GETTING STARTED



SPORT
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girls flourish
at PLC Armidale



BOARDING
DISCOVER THE PLC ARMIDALE DIFFERENCE.



LATEST NEWS

CATTLE TEAM IN LOCAL SHOW CIRCUIT

18 Feb 2016

PLC Armidale Cattle team participates in various local agricultural shows.

[Read more >](#)

SCHOLARSHIP & INFORMATION DAY

18 Feb 2016

Annual Scholarship & Information Day at PLC Armidale.

[READ MORE >](#)

FOLLOW US ON

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CALENDAR

2016 Term Dates

EVENTS

Upcoming Events

Alumni Events

NEWS

Latest News

In the Media

Archived News

MEDIA GALLERY

Image Gallery

Video Gallery

PUBLICATIONS

Lion's Roar Newsletter

Green Tartan magazine

Annual Report

EMPLOYMENT

Employment

Opportunities

Positions Available

Apply Online

GAP Opportunities

Contact Us

PARENT PORTAL

ABOUT PLC ARMIDALE

From the Principal

Our Mission Statement

Our History

Our Location

College Council

Annual Report

Uniform

Term Dates

OUR COLLEGE

Junior School

Senior School

Technology

Pastoral Care

Contact Us

CO-CURRICULAR

Co-curricular Activities

Sport@ PLC Armidale

Music@ PLC Armidale

ENROLMENTS

How to enrol

Fees

Boarding

International Students

Scholarships

Bursaries

Contact Us

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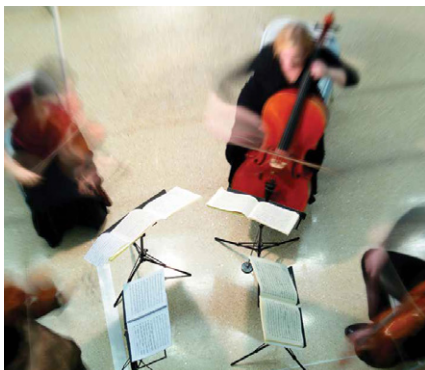
Musica Viva Armidale
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in association with

Musica Viva Australia

2016 CONCERT SERIES



THE FLINDERS QUARTET

Sunday 20 March, 4pm

THE SERAPHIM TRIO with DAVID ELTON

Sunday 18 September, 4pm

BENJAMIN BEILMAN & ANDREW TYSON

Saturday 8 October, 4pm



musica viva

CONCERT 1

THE FLINDERS QUARTET

Sunday 20 March, 4pm

Armidale Town Hall



The Flinders Quartet is instantly recognisable as one of Australia's most acclaimed string quartets and its members are renowned for their dynamic performances and audience engagement. They regularly perform at festivals throughout Australia, with some of the country's finest talents, including Slava Grigoryan, Ian Munro, Paul Dean, Karin Schaupp and Genevieve Lacey.

Program

BEETHOVEN - String Quartet Opus 18 No. 4 in C minor

HAYDN - String Quartet Opus 33 No. 2 in Eb major (The Joke)

MOZART - String Quartet K. 387 No. 14 in G major

CONCERT 2

THE SERAPHIM TRIO with DAVID ELTON

Sunday 18 September, 4pm

Armidale Town Hall



The Seraphim Trio continues its collaboration with brilliant trumpeter David Elton. This unusual combination of violin, cello, piano and trumpet showcases surprising and exhilarating repertoire of Kurt Weill, Manuel de Falla and repertoire including the original version of the dazzling trumpet concerto by Hummel, originally scored for trumpet and piano trio.

Program

HUMMEL - Trumpet Concerto (1802 version for trumpet and piano trio)

DAVID SAMPSON - Memories to keep awhile

KURT WEILL - (1900-1950) arr. **JAMES LEDGER**
Threepenny Opera Suite

MANUEL de FALLA - (1876-1946) arr. **JAMES LEDGER**
Canciones Populares Españoles

CONCERT 3

BENJAMIN BEILMAN, violin

ANDREW TYSON, piano

Saturday 8 October, 4pm

Armidale Town Hall



Two American superstars make their first Australian tour to perform virtuosic repertoire for violin and piano. Violinist Benjamin Beilman is winning plaudits in North America and Europe for his passionate performances and pianist Andrew Tyson, hailed by BBC Radio 3 as "a real poet of the piano," is emerging as a distinctive new musical voice.

Program

MOZART - Sonata K. 454 No 32 in B-flat major

JANÁČEK - Violin Sonata

JANE STANLEY - New Work (World Premiere)

Commissioned by Musica Viva's Hildegard Project

SAINT-SAËNS - Sonata No 1 in D minor, Opus 75



NECOM (New England Conservatorium of Music) offers outstanding music tuition to develop every child's potential so that they can achieve their best. Places are still available in the woodwind and brass instrumental program, choirs, general music skills classes and the holistic Foundation Music Program that establishes the fundamentals for outstanding instrumental and performance training (individual lessons, ensembles and concerts).

- **Individual Woodwind & Brass Lessons for Yr 3 upwards**
Year 3 or above is the ideal age to start learning clarinet, saxophone, flute, oboe, bassoon, trumpet, trombone or horn.
- **Music Skills for K-Yr 2**
A fun class on Tuesday afternoons introduces all the music concepts.
- **Choral Program**
Minisingers (K-Yr 2), Cantilena (Yr 3-6), New England Singers (Yr 7-12)
- **Foundation Music Program for K-Yr 8**
Lessons in string, woodwind or brass, ensembles, and concerts for children starting out.



Contract NECOM or PLC Music Dept for enrolment
Web: necom.une.edu.au
Email: admin@necom.org.au Tel: 02 6788 2135



music speaks volumes



Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

Balancing Act.

Parenting is not easy. Some children are laid back and easy going and others like to challenge their parents and test all limits. It used to be said that babies do not come with an instruction manual, but as soon as you say you are pregnant, everyone starts to give you advice, whether you want it or not and once you give birth to your bundle of joy there is an incredible amount of information in books, online and through parenting groups that you can now get advice for just about everything.

Mary Poppins has morphed into the SuperNanny, but be very wary of that spoonful of sugar as it is now considered to be very bad for them, its even been said to be the equivalent to giving them drugs. The timeout chair that was once very popular is now apparently psychologically damaging. The advice changes regularly and everything we do is judged, critiqued and labeled. It seems that we cannot do anything right.

We now have Tiger mothers, Helicopter parents, Drill Sergeants, Consultants, Snow Plough parents and Bonsai Children. We are either too tough or too soft, neglectful or smothering. Where is the middle ground? Parenting really is a balancing act. So apart from love, clothe and feed our children, what is something that we can all get right?

I read an article recently that talked about the gifts that we give to our children and how experiences are better than material things. Research says that people who are less materialistic tend to be happier and less likely to experience anxiety, depression or loneliness. Things get played with for a while, then thrown out or left to collect dust under the bed or at the back of the cupboard. Experiences however give the gift of lasting memories and shape who we are.

One of my favourite sayings is that 'Next to love, an education is the greatest gift we can give our children'. By giving your girls a PLC Armidale education you are giving them the gift of an incredible education and many experiences that will make lasting memories. Being a member of sporting teams, going on school camps, singing in the choir, Duke of Ed hikes, learning an instrument and playing in an ensemble, performing on stage in Guild Drama, giving to developing communities through our service learning trips...the list of experiences is endless. You are giving them the gift of lasting memories that they will treasure forever.

So in these times of uncertainty as to whether we are doing the right thing with our parenting, rest assured that you are most definitely doing a fabulous job and your daughters will be forever grateful.

Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Michael Grose

Fathering teenagers

Practical tips for fathers on how to shift parenting gears when kids move into adolescence.

Being a dad of primary-aged children is quite easy really. Most boys and girls want to have a close relationship with their dads during these years so a willingness to spend time with them, a sense of fun and a positive, caring attitude will go a long way with kids during this stage.

The fathering game changes in adolescence. As children they may have put you on a pedestal and held you in the highest regard, now as adolescents they go to great lengths to reveal your feet of clay. As kids they used to nag you to play with them. Now as teenagers they barely give you the time of day. And what's worse, they don't laugh at your jokes any more. You're just not that funny!! Ouch! That hurts.

Shift parenting gears

Most parents have to shift parenting gears when their kids move into adolescence. Mothers often make the shift first as they are quicker to see the signs (*such as being argumentative, displaying silly behaviour, spending more time alone*) that their loving child has been replaced by a teenager. Some dads are constantly angry with their kids during early adolescence as for the first time they experience challenge (*"How dare you say that to me!"*). But many are sad at the loss of their loving and lovely child.

Once the shift is recognised and reconciled a dad can establish a new, deeper relationship with his teenager where he teaches, advises and inspires, at the same time giving them the space to make their own decisions.

As our attention is drawn towards young people's schooling, particularly with their academic performance (or lack of it), it's easy to forget that the developmental task for young people is to form relationships outside their family, with peers being the stepping stones to their own family. The job for a dad is to guide and assist teenage children to form meaningful relationships with others outside the family. This is best done by modelling healthy relationships with others; being a sounding board for young people's concerns, and challenging some of their choices without threatening their self-esteem or sense of autonomy.

Be available

The real trick to successfully fathering young people is to be emotionally available. It's not just being in their vicinity because you can be in the same room as a young person but never connect. It means having a shared interest such as a love of the same football team so you have a connecting point, and also a genuine

willingness to take an interest in their life right now. Perhaps the most common complaint I hear from teenagers is that their fathers focus too much on what their young people should be in the future, rather than on what's important in their life right now. Taking an interest in their interests may well be the most potent strategy in a father's armoury.

Fathering sons

Many fathers and sons get locked into the old ram/young ram syndrome. The young ram, full of energy and verve locks horns with the old ram that is desperate to prove himself at the expense of his son. Two things need to happen during this stage. First, dad needs to engage his son in fun, safe ways such as sport, physical games or even verbal jousting. Second, boys need to form relationships with someone outside the family who may give the same message as you, but is more easily accepted. Sports coaches, neighbours, uncles, aunts, teachers, even older siblings can fill this important role. Dads need to make room for others, which can be difficult for some men.

more on page 2 >>



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... Fathering teenagers ...

Talk about relationships

If there is one topic a dad should talk about with his teenage son it is about healthy relationships— both girls and boys. In particular, a boy's attitude to women is strongly influenced by his father's attitude. Peers do play a part, and their voice is strong during this age, but a father's views are vital and need to be heard especially around treatment of women, and the place that pornography, that is now readily available, plays in the formation of their attitudes to females and healthy relationships.

Fathering daughters

A man's relationship with his teenage daughter can be problematic. Teenage girls, who are notoriously verbal, can easily make their fathers feel irrelevant. It helps to have common interests. It also helps to share your passions and open up some of your world to your teenage daughter. If you want your daughter to be interested in you then you need to be interesting to her.

The active involvement of dads in their daughter's lives has been linked to positive outcomes in many areas, including positive body image in girls. There are two things that dads can do that promote positive body image. First, get active with your daughters – rough and tumble games when young, sport in adolescence – to help her develop a sense of power and self-confidence. Also a dad demonstrates that he enjoys being with her in a way that has nothing to do with how she looks. The second thing that dads can do to promote positive body image is to compliment his daughter about how she looks as well as

what she does. Far from sending mixed messages it can be reassuring to a girl that her appearance is acceptable to the most significant male figure in her life.

Allow your daughter to stand up to you

Why is it that some adolescent girls allow themselves to be pushed around while others assert themselves? The reasons are complex and can't be attributed to one factor, however if you want a girl to stand up for herself, first she needs to find her voice in her own family. I believe that there are times when girls should argue with their father and let him know when he is on the wrong track, and that he should get off her back for a while. If she can learn to do this in a loving atmosphere she will learn to be on an equal footing with a man, and importantly to stand her ground and expect to be treated well.

There's no doubt that adolescents are on steep learning curves, absorbing both lessons and values that will stay with them for life. While teachers and peers play a part in shaping their views, parents play a major role. Dads can easily feel locked out of their children's lives during this critical stage. But it's vital to claim your space and let your voice be heard albeit with sensitivity, compassion and a sense of humour.

Michael Grose



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