

lion's roar

TERM 4 • 8 DECEMBER 2017 • VOLUME 292



From the Principal

Mrs Nicola Taylor, Principal

As another year in the history of PLC Armidale draws to a close, I'm sure that all would agree it has been a very memorable year. The commemoration of any significant anniversary provides opportunity for reflection, for celebration and for thanks giving. Throughout the year in a variety of ways and means we have sought to do just that.

The 2017 edition of Ad Astra will showcase the significance of our 130th year in the life of the College with each term featuring a signature event, be it the College Ball, the Colin Concert, the Long Lunch or The Sound of Music Production. These were events shared with our Community, past, present and future with many expressing their appreciation and ongoing support of the College.

Events such as these, on top of the already busy schedule and regular events which quickly fill the College calendar in an ordinary year don't occur without significant team effort. In my final article for the year, I would like to pay tribute

continued on Page 2...

29 JANUARY TO
8 FEBRUARY
2018

calendar OF events

Staff Day	29-01-2018
Boarders Return	29-01-2018
School Resumes	30-01-2018
School Photos	6-02-2018
School Photos (Make-up day)	9-02-2018
PLC Armidale P & F Meeting	8-02-2018

continued from Page 1...

to the staff of PLC Armidale. Led by a very committed and united Executive team, the staff both teaching, boarding along with our much needed support staff have shown in a variety of ways to contribute, serve, give generously of time and talent to ensure that the regular events ran smoothly which highlighted all the more the quality of the signature events.

2017 sees the conclusion of service at PLC Armidale to some long standing members of staff. Mrs Maureen Brown, who commenced at the College in 1988 will be retiring but we trust still remaining connected to PLC Armidale. Maureen has been an outstanding teacher of Geography and other HSIE subjects and contributed richly to the fabric of PLC Armidale over many years, through many changes. We value Maureen's loyalty to the College and her passionate commitment to engage student learning. We wish Maureen and her husband Keith the very best in their retirement years ahead.

After six years service as the Accounts Manager, Mrs Trisha Shaw is leaving in early January to pursue another career pathway. Trisha's meticulous attention to detail, her considered understanding of personal circumstances and procedural efficiency will be missed. After 5 years at the College, Ms Erin Foster will be leaving us to return to Sydney to be closer to family and friends. Erin has taught within the Humanities Faculty and been a thorough, supportive and engaging teacher of English and Drama. Erin has engaged herself in the wider life of the College, especially through her leadership of Guild Drama over the past 3 years. Erin's leadership of The Sound of Music Production, in her role as Assistant Director was a hallmark contribution to the College for which we thank her.

To conclude 2017 with a quote from the published history of the College...

Where does a sense of community come from? It comes partly from above, from the work of high-minded individuals (College Council, Executive, Staff) ...but community grows up also from below, from the girls, (and their families).

The magic of PLC Armidale comes from the way in which this inherent community has provided for itself a past and a future...The two sources of community together define "the common task" which gives the school its character today.

Church Pews for Sale

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

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



Senior School Notes

Anna Caldwell, Head of Senior School

Well we are now at the end of what has been an amazing year and I am sure everyone is looking forward to a well-earned rest.

Wishing you all a safe and happy Christmas and I look forward to more fun and adventures with you next year!

Looking ahead to 2018

Term 1 2018 starts on Monday 29 January with a Staff day and Boarders returning in time for our Welcome BBQ.

All students start school on Tuesday morning, 30 January.

The girls are to wear the full Summer Uniform for Term 1.

Tuesday will commence with our Welcome Assembly followed by Pastoral Care time and then classes.

We will welcome our Year 7's with an Orientation day on Tuesday 30 and then they will all head off to Echidna Gully for Friendship camp on Wednesday and Thursday with our Year 11 Peer Support Leaders attending to assist with the running of the camp. Friday 2 February will be an in-school IT Boot camp to ensure that Year 7 are all set to start classes in Week 2.

School photographs will be held in Week 2 on Tuesday 6 February and our Annual Whole School Swimming Carnival will be in Week 3 on Thursday 15 February.

P&F Post

Kelly Smitham and Theresa Smith-Ruig

As the year draws to a close, the P&F would like to thank all those parents and families who so generously donated their time and effort this year in assisting with our P&F events. Without your on-going support we would not have been able to accomplish so much.

We would like to thank all the out-going Liaison Parents for their support, and welcome those who are joining the P&F for 2018. We have already had a successful planning meeting to discuss our events for 2018. These include:

Trivia night - end of Week 8 in Term 1

Pie Drive - End of Term 2

High Tea – Saturday October 27, including fashion parade with fashion's from the wonderful Turner's

Mango Drive – Term 4

Whole School Fun Run and BBQ – Saturday November 17

We will also be providing catering at the usual events – swimming and athletics carnivals and Starry Night of Music.

Other events are also in the planning and will be confirmed early in 2018.

The P&F would like to wish the entire school community a very joyous Christmas and holiday break, and we look forward to seeing you for another exciting year in 2018.



Art Express Nominations

Helen Templeton, Art Teacher

Congratulations to Bonnie Cox and Tara Price for have their Visual Arts Bodies of Work nominated for ARTEXPRESS.

This is a great honour for both girls and well deserved for the time and effort they put into producing these fine pieces of art.

It would be remiss of me however, if I did not congratulate all nine Visual Arts students for the commendable work they all produced this year. It was pleasure watching (and pushing) their progress. Images of the seven other Bodies of Work by Tiffany Chu, Sarah Evans, Selina MacDougall, Lucy McDonald, Alessandra Perry, Emma Ranck and Kiera Shaw will all be included in Ad Astra.





Junior School Sport

Rebecca Ward, Junior School Sports Coordinator

Thank you...

As this school year comes to a close, I'd like to thank all the girls, coaches, parents and teachers who have played and helped with Junior School Sport this year. Considering that we do not make playing a team sport compulsory in the Junior School, it is encouraging to see so many of our girls participating in the sports we have to offer.

Basketball and Indoor Hockey will start up again in Term One, 2018. I hope to see many Junior School girls continue to play these sports next year.

Apologies...

I missed out a couple of names when I thanked the coaches in the last issue of Lion's Roar. Mackenzie Constable, Rochelle Peet and Maddison McCook have also helped with coaching in the past year and I'd like to thank these girls for their help and support with coaching.



Year 6 Celebration Dinner

Year 6 had their Celebration Dinner on Thursday 30 November. The dinner was attended by the girls and their parents or family members. All of the girls looked lovely and finished the night with a rousing song sung to the tune of 'Walking on Sunshine.' Many thanks to everyone who helped make this night a success.





Around the Grounds Sports Report

Peter Le Surf, Director of Sport

The 2017 school year has come to an end.

It has been a great year for sport at the College and I look forward to an even better year for 2018.

On Sunday 26 November our Indoor Hockey players were treated to a 1.5 hour coaching clinic from Blair Chambers (Hockey NSW Regional Coaching Coordinator) and Sarah Askey (Sports Prefect and Hockey Captain).

The girls were shown the latest tactics and techniques used by the representative junior and seniors. The girls were put through their paces and challenged with the new skills and tactics.

The junior Indoor Hockey teams were then treated to a coaching clinic from Sarah. It was a great turn out from most of the junior teams.

I would like to thank Lara Askey for assisting on putting the day together and Sarah for generously giving up her time to pass on her knowledge and skills to the younger girls coming through. It is very much appreciated by the girls and the College.

I would like to take this opportunity to wish everyone a festive holiday season and hope that you all stay safe during this time.

I look forward to seeing you all on the sideline in 2018.



Welcome BBQ

To welcome the next school year, please join the PLC Armidale community for a BBQ and drinks.

All families, current and new, are invited to attend.

Monday 29 January 2018

5.00pm to 6.30pm

PLC SENIOR SCHOOL GARDEN

RSVP: <http://www.trybooking.com/TELT>
by Wednesday 24 January 2018

02 6770 1700 | www.plcarmidale.nsw.edu.au

Educating successful women of tomorrow in a Christian environment

In alliance with **PLC SYDNEY**





Development and Enrolments

Shona Eichorn, Director of Development
Sally McCook, Enrolments Manager



COMMEMORATIVE BOOK "REPAST" - NOW ON PRE-SALE

Pre-Sales of the PLC Armidale Commemorative Book, **REPAST** have commenced. **Definitely a limited edition** so get ready to make all your purchases eg. Christmas, Signature Birthdays such as 18th, 21st, 50th etc; Valedictory or Graduation, the possibilities are endless! Our final day of cooking/styling and photographing will be on Sunday December 10. We expect our books will be published by mid Term 2 in 2018. Please contact Shona on email or phone 6770 1733 for more details.

PLC PUBLICATIONS

Ad Astra – is our annual publication for Current families which showcases the activities of the College across the whole year. This publication is charged to each family's account at the end of the year. Please be aware that due to the enormous amount of work that this publication as well as the one-off commemorative book takes to design and produce, that from 2018, we aim to have the publication to families by the end of Term 1 not the beginning of Term 1 as was previous practice.

Green Tartan – this bi-annual publication will be available soon. Whilst there will only be a few copies printed, this will be emailed to families as well as being placed on the website as usual.

Scholarships, Scholarships, Scholarships

Applications for 2019 Scholarships are NOW OPEN. Please see the Ad for details or contact Enrolments Manager, Sally McCook.

Thank you for your support in our commemorative year, 2017

Danke, merci, tack, grazia, spasibo, arigato, gracias, "shey shey" (phonetic for thank you in Mandarin) . . . no matter the language, the meaning is universal! We at PLC Armidale very much appreciate the support of our families and wider community. We also appreciate the staff and students who go above and beyond each day to welcome new girls and their families to the College and help in so many other ways in ensuring each girl flourishes and the activities are successful. On behalf of the Enrolments & Development team, Sally, Nonni, Bronwyn and I sincerely thank you.



Our Gift to you... a Scholarship IN 2019


Applications OPEN
1 December 2017

Scholarship Day & Exam
26 February 2018

Girls flourish
AT PLC ARMIDALE

CELEBRATING 130 YEARS IN 2017

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

join us on facebook 

02 6770 1700 | www.plcarmidale.nsw.edu.au

Educating successful women of tomorrow in a Christian environment
In alliance with **PLC SYDNEY**



PLC
PRESBYTERIAN
LADIES' COLLEGE
ARMIDALE
1887



PLC
PRESBYTERIAN
LADIES' COLLEGE
ARMIDALE
— 1887 —

PLC ARMIDALE COMMEMORATIVE BOOK - REPAST

Pre-order FORM

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

NUMBER REQUIRED

PLC Armidale Commemorative Book - REPAST

_____ copies @ \$49.95 per copy \$ _____

Specially gift wrapped edition of REPAST in linen tea towel

_____ copies @ \$59.95 per copy \$ _____

Collect from PLC Armidale ☐ FREE

Delivery (@\$10 per book) ☐ \$ _____

TOTAL: \$ _____

For overseas delivery OR bulk orders please contact:

Shona Eichorn, Director of Development

Phone 02 6770 1733

Email development@plcarmidale.nsw.edu.au

Please complete this form and return to:

PLC Armidale, Locked Bag 5, Armidale, NSW 2350

or email to Shona Eichorn:

development@plcarmidale.nsw.edu.au



**Please note: this is an indicative cover only, not the final artwork.*

PAYMENT

☐ **Cheque** Payable to PLC Armidale

☐ **Credit Card** ☐ Visa ☐ Master Card ☐ Amex

Card number: _____

Cardholder's Name: _____

Signature: _____

Expiry: ____ / ____ CCV: _____

DELIVERY

Name: _____

Delivery Address: _____

_____ State: _____ Postcode: _____

Phone: _____ Email: _____

☐ I give permission for the package to be left at my door. (Please ensure you complete the authority to leave package). Any specific delivery instructions?



Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

Seeking Joy!

One of the first things we lose sight of when we are busy and stressed (which often happens at the years end) is the childlike sense of wonder that allows us to experience life as a gift, rather than something to be endured. This is also the time of year we often hear Christmas carols being beamed through the shopping centres sound systems, car radios etc. One of my favourites I remember from Sunday school plays to carolling through candle-lit concerts and many PLC Speech Days, is "Joy to the World" - a Christmas staple. And true to its name, it's hard to sing the tune without smiling or even tearing up with a sense of joy.

You may be surprised to learn, though, that "Joy to the World" was not meant to be a Christmas song. There's no mention of shepherds and wise men or Bethlehem and angels singing. Instead, its lyrics are a jubilant paraphrase of Psalm 98—a psalm of David about salvation and praise.

Make a joyful noise to the Lord, all the earth; break forth
into joyous song and sing praises!
... Let the sea roar, and all that fills it; the world
and those who dwell in it! —Psalm 98:4,7

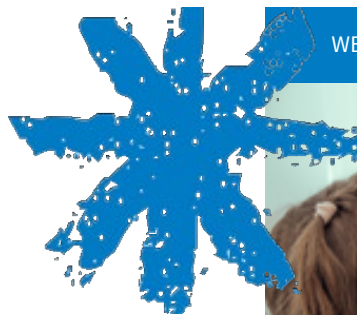
Actually "Joy to the World" is not about Christ's birth, but rather His return. And as such it reminds me that at this the time of year where we feel a little washed out, it is time to resolve to find more joy in your everyday life? Joy is an emotion, and emotions are wordless, they're physical sensations in our bodies. We express the emotion of joy in many physical ways. For example, we jump for joy when we win a hard-fought competition, or we double over in uncontrollable laughter when someone relates a hilarious story. We squeal with delight after getting a surprise gift, and shriek and shout exuberantly when we hear fantastic news. We feel buoyant and jubilant on beautiful day. Joy is what makes life beautiful. It's what gets us through challenges and allows light in to illuminate the shadows. Joy heals our wounds, inspires us to greatness, and fills our souls with goodness. When we feel joy we feel great about ourselves. We feel confident, powerful, capable, lovable and fulfilled.

These are all good reasons to experience more joy in our life and like all activities that encourage you to live more mindfully, seeking joy requires a dedicated intentional approach. Here are some ways to do it:

- Undertake a challenging activity with a commitment to mastering it.
- Actively seek joy through inspiration.
- Engage in an activity that's pleasurable and feels like play.
- Deal with the sadness that blocks joy.
- Give yourself a break from the day-to-day world.
- Say the word often and contemplate its meaning.
- Give yourself permission to believe in the power of joy!

Christmas time brings family and friends together; it helps us appreciate the love in our lives we can often take for granted. May the true meaning of the holiday season fill your heart and home with joy and many blessings.





The power of gratitude for a happier life

by Dr Jodi Richardson

More than just a nice feeling, gratitude is integral to happiness. If we can inspire and cultivate gratitude in our children, we're doing so much more than teaching them to be polite by saying 'thank-you'. We're helping them develop a strength that will positively affect their mental health and wellbeing over a lifetime. It's that powerful.

Remember how many times you had to remind your kids to use their manners all those years ago? I know, probably too many! Still reminding? You're not alone! In the same way good manners eventually become a part of daily life, sincere gratitude will too. It's worth persevering.

Benefits of a grateful mindset

The science tells us that compared with those who don't, people who practice gratitude are more enthusiastic, more determined, perform better at school, are more likely to avoid risky behaviours, experience less depression and envy, are more kind and helpful, sleep better and are 25 per cent happier.

Adolescents with a grateful mindset are more optimistic and experience greater social support, which is essential to their health and happiness. They experience more fulfilling friendships and family relationships, are more content in themselves and with their school, have higher grades and are less focused on material possessions.

There's simply no down side!

Practicing gratitude is a sure-fire way to boost happiness, something we absolutely want for ourselves and for our children. In addition, teaching our children genuine appreciation helps them develop strong relationships over the course of their lives, and we know that strong relationships are critical to our overall happiness.

parenting *ideas

Gratitude isn't just good for the giver either. It's wonderful for the recipient too. Do you remember how you felt the last time sincere gratitude was expressed to you? It lifts our spirits, boosts our mood and inevitably strengthens our relationship with the person expressing their thanks.



Where do I start?

The best way to teach gratitude is for us as parents to role model it. When you're feeling grateful, tell your kids and explain why. If you do something kind for someone to thank them for helping you, share your story over the evening meal. Like all values we want for our kids to embrace, it's 'monkey see, monkey do'.

Different families teach gratitude in different ways. The trick is to introduce a gratitude practice that doesn't feel like a chore. Even if there's a little resistance at first, don't give up. It feels good to be grateful, so it should eventually become something that doesn't need too much of a nudge.

Supporting your child to become more grateful begins with teaching three fundamental ideas:

1. Awareness that someone has purposefully done something to benefit them.
2. Awareness that taking action to provide you a benefit cost that person in some way.
3. Understanding that the benefit of that person's actions is valuable to them.

There are loads of fun ways to practice gratitude. Here are a few to get you started:

- Regularly express sincere gratitude to your partner and to your children, explaining why.
- Prompt your kids to note things they're grateful for in colourful textas on poster paper on the fridge.
- Paint a wall in chalk paint for your family to artistically (or not!) express their gratitude using chalk.
- Ask each family member what they're thankful for each evening at dinner.
- Stop to savour and appreciate the little things like a beautiful flower or a colourful sunset.
- Find the silver lining in difficult circumstances.
- Relive happy moments together.
- Hold hands at the dinner table and thank the person who prepared the food.
- Ask the kids to take photos of the things they're grateful for.
- Keep thank-you notes at the ready and let the kids know when you write one and why. Encourage them to do the same.
- Encourage a contribution from your kids' pocket money towards something they want.
- Start a gratitude journal and invite the kids to make contributions.
- Encourage your kids to help others.
- Help your kids reflect on what they're grateful for, last thing at night.
- Start a gratitude jar and each weekend spend time reading over the notes within.



parenting * ideas

It's really about finding the right fit for your family. You may need to try a few different ideas. You don't even have to do it everyday, even just a few times a week works well, though it is good to get into a routine with it.

Lastly, Associate Professor Jeffrey Froh, a leading authority on gratitude in young people, tells us that "the deepest sense of gratitude in life comes from connecting to a bigger picture, to an issue that matters to others, and doing things that contribute to society down the road."



Knowing this we can also be on the lookout for opportunities to fan the flames of our childrens' passions and yearnings to make a difference in the lives of others. Step-by-step, day-by-day, we can raise grateful young people who are happier because of their perspective, and who lead rich and fulfilling lives because of what they do for others.



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au

We're a Parenting Ideas school

parentingideas.com.au/schools

ARMIDALE TENNIS ACADEMY

SUMMER TENNIS CAMPS - AO SERIES

WEEK 1: 11 DEC - 15 DEC 2017*

WEEK 2: 18 DEC - 22 DEC 2017

WEEK 3: 08 JAN - 12 JAN 2018

*Week 1 is a half day camp open to all ages

Grab your enrolment form -

<http://armidaletennisclub.weebly.com/coaching.html>

9.00am - 12pm HALF DAY (kids 5 to 7yrs)

\$50.00 per day OR \$225.00 for the week

9.00am - 3.00pm FULL DAY (kids 8+)

\$65.00 per day OR \$300.00 for the week

dave@armidaletennisacademy.com.au

Golf Links Road Armidale 2350





Presbyterian Youth

SUMMER CAMP 2017

TEACH ME TO PRAY

LESSONS FROM THE PSALMS

REGISTER AT PYNsw.ORG.AU/SUMMER



PYNswYOUTH

DEC 26 2017 - JAN 1 2018

SANDY MCMILLAN



Pirates

Ahoy Maties

Armidale District Baptist Church
Invites you to join us

For pirate fun

**There will be Bible Stories, Cooking, Crafts,
and much, much more.**

WHEN: 8th January - 12th January, 2018.

WHERE: Armidale District Baptist Church
Cnr. Rusden and Jessie St, Armidale.

TIME: 9.00am – 3.00pm

YEARS: K-6

COST: EARLY BIRD OFFER
IF BOOKED AND PAID FOR
BY 31ST DECEMBER 2017.

\$7.00 a day or \$30.00 a week

OR AFTER 31ST DECEMBER

\$10.00 a day or \$40.00 a week.

Morning and Afternoon tea provided.

**Children to bring their own lunch,
drink bottle and hat.**

Please make sure everything is labelled.

For Bookings or enquiries please ring:

**Kerry Gailer:
0498 525 318**

BOUGHT TO YOU BY THE UNE INTERNATIONAL STUDENT
• AMBASSADOR TEAM



NEW ENGLAND

STARS

Date: Sunday the 10th of December

Time: 2:00 to 5:30

Venue: Armidale City Bowling Club

Talented young people 3-14 years of age are invited to perform a talent item of their choosing at the New England Stars Talent Quest!

Performances will be allocated 3 to 5 minutes each.
Participation awards for all as well as various prizes on offer thanks to our generous sponsors!

To register please send your permission slips to
isap@une.edu.au

Proudly sponsored by:



University of New England CRICOS Provider Number 00003G