

lion's roar

TERM 2 • 9 JUNE 2017 • VOLUME 281



calendar^{OF} 9 TO 23 JUNE 2017 events

St Andrews Exchange Students at PLC Armidale (Year 10)	9/6/2017 to 23/6/2017
Columba Exchange Students to (Year 9) to PLC Armidale	9/6/2017 to 17/6/2017
PLC Melb. Exchange Students (Yr 8) to PLC Armidale	9/6/2017 to 10/6/2017
Boarders' Weekend - Depart AM	9/6/2017
Queen's Birthday Public Holiday	12/6/2017
Yrs 9 and 10 TtEDSC Debating	13/06/2017
Kindergarten Orientation Part 1 (8.30am-10.30am)	15/6/2017
ENSW Inter-schools Equestrian Championships	14/6/2017 to 18/6/2017
Boarders' Church Service at St Paul's	18/6/2017
Eisteddfod Gala Concert	18/6/2017
Yrs 9, 10 and 11 Visual Arts Film Making Workshop	20/6/2017
Yr 10 Australian Brain Bee Challenge State Finals	21/6/2017 to 23/6/2017
Pre K to Yr 6 Guild/SRC Activity	22/6/2017
Last Day of Term 2 for Senior School	22/6/2017
Boarders depart (Friday AM)	23/6/2017
Staff Day - Senior School only. Junior School classes as normal	23/6/2017



From the Principal

Mrs Nicola Taylor, Principal

One of the strengths of a smaller school such as PLC Armidale is the high staff to student ratio we have chosen to invest in so that girls are known as individuals with their strengths celebrated and challenges or difficulties identified to be addressed. This takes place both in and outside of the classroom and is strengthened when there is open and free communication between home and school. Whilst formal reporting is one means of communication, we are appreciative when parents phone or email to let us know of what they have heard or observed especially in relation to any changes in behavior, social groupings or activities of choice.

One of the areas where home and school should work closely together is around the issue of social media and its impact on our children. The access, time spent, sites visited and online behavior often takes place outside of school hours, not via the school network and on personal devices. However, the fall out of what might be happening on social media is felt directly at school even if not all the parties involved are part of the school community. This can take the focus, time and human resources away from our core business of teaching and learning.

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A number of Australian media outlets have reported recently on the devastating consequences on adolescent health arising from social media use as identified in a comprehensive UK survey #Status of Mind. In this survey, adolescents and young adults were asked to score popular social media platforms against how they contribute to issues such as bullying, depression, anxiety, loneliness and body image. Instagram was rated as the worst social media app for negative impact on adolescent mental health, with snapchat following closely behind.

The Australian Government's Office of the Children's e-Safety Commissioner has a useful table providing an age guide to Social Media. Instagram, Snapchat and Face book have a minimum age requirement of 13+. However, if we were to check the ipods, ipads, smartphones or computers of many students younger than this at our school and other schools we might be dismayed at how prolific the use of these sites is.

At PLC Armidale we have a regular focus on digital citizenship, cyber safety and responsible use of social media. This takes place through the PDHPE curriculum, in Pastoral Care and through addresses in Assembly. Our girls know the theory, however the test is always what is done when no one is looking. The digital space conveys a false sense of privacy and intimacy in what in reality are very public and widely accessed places. Hours spent looking at the images of the 'perfect smile/face/hairstyle/body/outfit' online are not going to reinforce the truth that no one is 'perfect' and that true beauty radiates from within, not just on the surface.

We will continue to educate our girls to be informed digital citizens, we will continue to support the girls whose mental health has been challenged by distorted images of perfection. However, we do ask for parents to partner with us by knowing and being involved in what your children have access too, limiting how long each day they are in that space and being willing to put the boundaries in place around social media use that will help keep our children safe and healthy. The battle for the health of our children's hearts and minds will be fought out over a screen. However the front will be strengthened if home and school work closely together.

Congratulations to all PLC Armidale students and staff who took part in the recent Armidale Eisteddfod season. We have very high levels of participation in Music, Speech and Drama as well as Dance. The girls are to be congratulated for their approach and commitment to represent the College well in each section entered. There are some outstanding results reported in the following pages of the Lion's Roar. Thank you to the staff who prepared the girls so thoroughly and to all the parents who assisted so graciously with the transport and as support crew.

It was a privilege to be in Sydney last week for the performance of our Senior String Ensemble in the City of Sydney Eisteddfod. With an entry in what is the most challenging section of the program, against schools with performance ensembles more than twice the size of our group, PLC Armidale was awarded a Highly Commended with a score of 91. Congratulations to our Senior Strings and their Director Mrs Deidre Rickards.



Senior School Notes

Anna Caldwell, Head of Senior School

Social Media is more addictive than Cigarettes and Alcohol

Over the last two weeks my inbox has been filled with information, newsletters and emails from friends, colleagues, Education Sites and Health Organisations, regarding the impact of social media on teenagers. A study in the UK has just been released and the findings are concerning. Social media is having a very negative and damaging effect on the health and mental wellbeing of not only our young people, but anyone who uses it regularly.

Key points from the study include:

- 91% of 16-24 year olds use the internet for social networking
- Social media has been described as more addictive than cigarettes and alcohol
- Rates of anxiety and depression in young people have risen 70% in the past 25 years
- Social media use is linked with increased rates of anxiety, depression and poor sleep
- Cyber bullying is a growing problem with 7 in 10 young people saying they have experienced it
- 9 in 10 girls are unhappy with their body. There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young women to be drawn into appearance-based comparisons whilst online.
- 75% of mental health problems are established by the age of 24.

"Social media has become a space in which we form and build relationships, shape self-identity, express ourselves and learn about the world around us. It is intrinsically linked to mental health." *Shirley Cramer.*

Through the survey, the top 5 Social Networking platforms were rated and Instagram and Snap chat came out as being the two worst platforms, with Facebook coming in a close 3rd. YouTube came out on top, as having more positive effects on young people.



Recommended reading: **BEING 14**, Madonna King

I have been reading 'BEING 14' by Madonna King, which as the name suggests, is all about 14 year old girls and their behavior, issues and challenges.

Madonna King is one of Australia's most accomplished journalists, who has written six books. 'BEING 14' gives a voice to every teen girl in Australia. Madonna King has interviewed 200 14-year-old girls across the country, talked to successful school principals, psychologists, CEOs, police, guidance and neuroscientists to reveal the social, psychological and physical challenges every 14-year-old girl is facing today.

- How much independence do they need?
- What is the power of a friendship group?
- How do you help build self-confidence?
- Why the obsession with selfies, social media and FOMO?
- How are parents unknowingly making life so much harder for them?

I highly recommend this book to all parents of teenage girls.

Eisteddfod

Congratulations to all girls who have participated in the Eisteddfod thus far. The performances that I have seen and heard have been fabulous. This is a direct result of a lot of hard work and practice and all our girls should be very proud of their efforts.



"Inbound and outbound" Exchange students on tour in the New England!!



Speech & Drama

Jan Patterson, Speech and Drama Teacher

The Speech and Drama Eisteddfod was held recently at NECOM between 30 May and 2 June. It was an excellent chance for our girls to gain performance experience and the adjudicator, Susan McBurney, gave excellent advice to the participants about how to improve their pace control and projection. She was very impressed with the standard of the work, especially the public speaking.



EISTEDDFOD SPEECH AND DRAMA RESULTS 2017

SENIOR CHAMPIONSHIP: 1st – Darcy Campbell

2nd – Isla Biffin

3rd – Alexandria Wright

JUNIOR CHAMPIONSHIP: 2nd – Thurkka Jeyakumar

3rd – Sienna Catterall

Potential Award 7-12 – Ria Kealey

Encouragement Award 7-12 – Jessica Li

Encouragement Award Primary – Laura Smitham

*more results over page

Our PLC girls presented strongly and were successful in capturing all of the places in the Senior and Junior Championships, bar one. First in the Senior was Darcy Campbell, followed by Isla Biffin and Alexandria Wright. They have won money prizes of \$250, \$125 and \$75 respectively. In the Junior Championship, second and third places were gained by Thurkka Jeyakumar \$50 and Sienna Catterall \$25. Our girls also received some of the Potential and Encouragement Awards which will be announced at the Gala Concert on 18 June. The most pleasing aspect of the Eisteddfod was the girls' growth in confidence with each performance. We will showcase some of this work in Starry Night of Drama later in the year. Many thanks to the parents who supported their children by assisting with practice and transport to and from the events. It would not be possible without your help.

Jan Patterson and Kylie Alcorn



YEAR 11

Darcy Campbell

1st – Poetry Composition
 1st – Prose Recital
 1st – Impromptu Prose Reading
 1st – Impromptu Speaking
 Yrs11/12
 1st – Solo character Sketch
 1st Space Jump
 2nd – Verse 15-23 yrs
 3rd – Prepared Public speaking

Gabriella Parsons

1st Space Jump
 1st Duo Improvisation
 2nd – Impromptu speaking

Jamika Kelly-Wirth

1st – Space Jump
 1st – Duo Improvisation
 3rd – Impromptu speaking

YEAR 10

Isia Biffin

1st – Public speaking 15 yrs
 1st – Period Character Sketch
 2nd Duo Improvisation
 2nd – Verse 15 yrs
 2nd – Dramatic Extract Yrs
 10-12
 HC – Space Jump

Alexandria Wright

1st – Verse 15 yrs
 2nd – Public Speaking 15 yrs
 2nd – Duo Improvisation
 2nd Dramatic Extract Play
 3rd – Poetry Composition
 HC Space Jump
 HC Solo Character Sketch

Ria Kealey

2nd – Verse 14 yrs
 2nd – Impromptu Speech 9/10
 2nd Poetry Composition
 2nd Dramatic Extract Play
 3rd – Public speaking 14 yrs
 HC Space Jump

Eleanor Harrell

1st – Prepared storytelling
 1st – Solo character sketch
 3rd Verse 15 yrs
 HC Space Jump

Frani Hebblewhite

3rd Verse 15 yrs
 HC Solo Character Sketch

YEAR 9

Thurkka Jeyakumar

1st – Public speaking 13 yrs
 1st – Prose 13yrs
 1st – Duo Improvisation
 1st – Impromptu Speech 9/10
 1st – Humorous verse7-10
 1st – Impromptu Prose Reading
 12/13

2nd – Character sketch 13 yrs
 3rd – Space Jump
 3rd – Improvised storytelling
 HC Dramatic Extract Play

Jessica Li

2nd – Impromptu Prose Reading
 14/15
 2nd – Public Speaking 14 yrs
 2nd – Impromptu Speech
 3rd – Character sketch 14 yrs
 3rd – Prose 14yrs
 HC Dramatic Extract Play
 HC - Duo Improvisation
 HC Space Jump

Caitlin Hansford

3rd – Verse 14yrs
 HC – Space Jump
 HC – Dramatic Extract Play

Olivia Hoppe

2nd – Prose 14 yrs
 2nd – Duo Improvisation
 3rd – Space Jump
 3rd – Improvised storytelling
 HC – Dramatic Extract Play

Shelby Philp

HC – Space Jump
 HC Dramatic Extract Play

Isabelle Taylor

1st – Duo Improvisation
 1st – Prose 14 yrs
 3rd – Space Jump
 HC – Public Speaking 14 yrs

YEAR 8

Sienna Catterall

1st – Impromptu Prose reading
 14/15
 1st – Verse 14yrs
 1st – Mime 7-12
 2nd – Duo Improvisation
 2nd – Solo Character Sketch
 2nd – Space Jump
 2nd – Dramatic Extract Play
 HC – Public Speaking 14 yrs

Natalie Brennan

1st – Impromptu Speaking
 2nd – Humorous Verse
 2nd – DUO Improvisation
 2nd Dramatic Extract Play
 3rd – Character sketch 13 yrs
 3rd – Public speaking 13 yrs

Pearl Rogers

1st – Verse 13 yrs
 1st – Character sketch 13 yrs
 1st – Duo Improvisation
 2nd – Dramatic Extract Play
 HC - Impromptu Prose Reading

YEAR 7

Georgina Swales

2nd – Impromptu speech 7/8
 3rd – Character sketch 13 yrs
 3rd – Impromptu Prose Reading
 3rd – Space Jump

Amelia Wake

2nd – Prose 13 yrs
 3rd – Verse 13 yrs

Mary Flannery

2nd – Verse 13 yrs
 HC – Public Speaking 13 yrs
 3rd – Prose 13 yrs

Destiny Mills

3rd – Space Jump
 3rd – Impromptu Speaking 7/8

Grace Pennington

1st – Space Jump
 3rd – Dramatic Extract Play

Mia Brotherson-Moffitt

1st – Space Jump
 2nd – Verse 12yrs
 3rd – Dramatic Extract Play

Sarah Waters

1st – Space Jump
 1st – Character Sketch 12 yrs
 2nd – Improvised storytelling
 2nd – Impromptu Prose
 reading12/13
 2nd – Prose 12 yrs
 2nd – Verse 12 yrs
 3rd – Dramatic extract Play 7/8
 3rd – Public Speaking 12 yrs

Cecilia Greig

1st – Verse 12 yrs
 3rd – Character sketch 12 yrs
 3rd – Space Jump
 HC – Impromptu Speech

YEAR 6

Catherine Alcorn

1st – Prose 10/11 yrs
 1st – Improvisation Duo
 2nd Character Sketch 11 yrs
 2nd – Space Jump
 2nd – Verse 11 yrs

Harriet Gilpin

3rd – Mime
 HC - Improvisation Duo

Kaitlin Mungall

1st – Improvisation Duo
 2nd – Space Jump

Lucy Young

1st – Dramatic Extract Primary
 2nd – Prose 11 yrs
 2nd – Improvisation Duo
 HC – Character Sketch

Jenna Marquardt

1st – Mime Primary
 1st – Dramatic Extract Primary
 HC – Improvisation Duo

Kaylee Swick

3rd – Public speaking Primary
 3rd – Dramatic Extract Primary
 3rd – Space Jump

Lauren Earle

1st – Character sketch 11 yrs
 3rd – Space Jump
 3rd Verse 11 yrs
 3rd – Dramatic Extract Primary

Laura Smitham

1st – Prose 12 yrs
 1st – Verse 11 and over Primary
 2nd – Character sketch 12 yrs
 3rd – Dramatic Extract Primary
 3rd – Space Jump

Gabrielle Cotterell

1st – Verse 10 yrs
 1st – Dramatic Extract Primary
 2nd Improvisation Duo
 3rd – Prose 10/11 yrs

Makenzie Robertson

3rd – Character Sketch 11yrs
 HC Improvisation Duo

YEAR 5 AND YOUNGER

Huna Moghaddar

2nd – Space Jump yr6/7/8

Scarlett Loxley

1st – Poetry Composition
 Primary
 2nd – Prose 10/11 yrs
 2nd – Dramatic Extract Primary
 2nd – Verse 10 yrs

Alice Bourne

2nd – Dramatic Extract Primary
 2nd – Mime Primary

Sophia Vanzella

2nd – Dramatic Extract Primary

Sophia Smart

3rd – Verse 9 yrs

Sophia Ruig

2nd – Prose 9yrs
 2nd – Mime Primary

Maggie Ryan

3rd – Space Jump

Teya Catterall

1st – Prose 9 yrs
 2nd – Verse 9 yrs

Flurina Dettwiler

3rd – Verse – 9yrs
 3rd – Mime Primary

Rachel Mungall

1st – Verse 8 yrs

Annabelle Mills

2nd – Verse 8 yrs



Debating News

Kate Clynych, Head of Humanities

We had another very successful afternoon of debating earlier this week. Our Tri-Schools teams were hosted by TAS, and after a delicious pizza lunch, settled in to some debating. The Year 6 team debated very well, and won their debate as the affirmative team for the topic 'That there is too much pressure in schools'. Year 7 had a tough debate, as the negative side for the topic "That energy drinks should be banned for children", and narrowly lost to their TAS opposition. The Year 8 team debated very strongly, and won their debate "That Australia should adopt nuclear energy" as the negative side.

We then rushed back to school, and our combined Year 7/8 team participated in their first round of the National Virtual Debating Competition at 3.45pm. The girls debated extremely well against St John's Lutheran school, and argued successfully "That each household should be only allowed one car". This team of Emma Dauparas, Georgia Donogue, Annabel Sevil and Lucinda Caldwell came together as a new team and debated with substance, style and flair.



Bell Shakespeare Players

Kate Clynych, Head of Humanities

Students from Year 2 to Year 11 were lucky enough to experience the talents of the Bell Shakespeare Players, here at PLC Armidale on Friday 2 June. Junior school students were enthralled with the production of 'The Wonderful World of Will' as they were introduced to Mr William Shakespeare and a range of characters including Rosencrantz and Guildenstern, and Queen Elizabeth herself! Senior School students delved into the tragedy of 'Romeo and Juliet: Rewind' and unpacked the significance of this play. This was a fantastic educational experience for our students and the high energy performances were a terrific way to finish another busy week here at PLC. We look forward to welcoming Bell Shakespeare to our school again in the future.





Junior School News

Fiona Wake, Head of Junior School



Congratulations! Week 6 Astra Award Recipients

WHERE THERE
IS HOPE,
THERE IS *faith*.
WHERE THERE
IS FAITH, *miracles*
HAPPEN.

Character Strength: HOPE



WORKING BEE

A huge thank you to all both big and small who participated in our Working Bee last weekend. Despite the inclement weather we pushed on and achieved wonderful results. Our Entry foyer looks fantastic with its new feature colour, the gardens have been rejuvenated, our furniture is in the process of receiving a fresh coat of

paint and our Homework Centre is almost complete as it has also received some tender loving care. I greatly appreciate the extra time Wal Waters and Scott Wake have put into completing our Homework Centre as this job was a lot bigger than anticipated. I also appreciate your flexibility and understanding by using the Pre K room as our temporary Homework Centre. This made it possible to complete the work that needed to be done in this space. Rosemary Richards has also been gracious in her temporary relocation and I thank her also.

Thank you to the following families who gave up their Sunday to assist. Your support was greatly appreciated:

Dettwiler, Waters, Ruig, Frost, Gilpin, Greatrex, Moghaddar, Thompson, Donaldson, Johns, Smitham, Ingham-Myers, Vanzella, Young and Wake families.

Jump Rope for Heart

This term, the PLC Junior School students are participating in our biannual Jump Rope for Heart program and celebration. Skipping skills are taught each Wednesday and Friday where we focus on skill acquisition and endurance, with a collective goal of 160,000 skips to be reached by the end of the Term 2. You may have noticed our display in the corridor that highlights a tally of our total skips across the term.



Each skipping milestone recruits in a new member of staff for the final Community Jump Off challenge, which will be held on 16 June in our DKC (more information will follow). Our PLC teachers have noticed a huge improvement in your daughters' skills and endurance in our weekly skipping sessions. To date we have raised over \$1000 for the Heart Foundation with 3 weeks to go. An amazing effort by all!

Keep skipping!

Problem Solving in the Junior School

At PLC Armidale Junior school we are committed to providing learning experiences that are relevant and applicable to the skills required for your daughter's future. We are fortunate to have Mrs. Robyn Hadfield and Mr. Dave Dorrian apply their specialist mathematical skills to teach students in the Junior

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School Mathematical Problem Solving. Mrs. Jacquelyn Whitland also works with selected students, in a similar capacity, to extend and support students if necessary.

Problem solving in the Australian mathematics curriculum: what have we learnt from other countries?

Judy Anderson

<http://fdp.edsw.usyd.edu.au/users/janderson>

Judy Anderson is Associate Professor, Mathematics Education at the University of Sydney. This article is an abridged version of a paper presented at the Australian Curriculum Studies Association's 2009 Biennial Conference.

Problem solving is recognised as an important life skill involving a range of processes including analysing, interpreting, reasoning, predicting, evaluating and reflecting. It is either an overarching goal or a fundamental component of the school mathematics curriculum in many countries. However, developing successful problem solvers is a complex task requiring a range of skills and dispositions (Stacey, 2005). Students need deep mathematical knowledge and general reasoning ability as well as heuristic strategies for solving non-routine problems.

International approaches to problem solving in the curriculum

Many curriculum documents present the school mathematics curriculum as lists of topics or 'content' and a set of 'processes'. Typically content includes the fundamental ideas of mathematics, historically grouped into such topics as number, algebra, measurement, geometry and chance and data. Processes include the actions associated with using and applying mathematics to solve problems, which may be routine or non-routine. In many state and territory mathematics curriculum documents the processes have been grouped together and labeled Working Mathematically (Clarke, Goos & Morony, 2007).

Working Mathematically will be presented on our Semester 1 reporting documents that you will receive at the end of the term. According to our NSW Mathematics Syllabus K-6, that we use to guide our teaching and design our learning experiences, Working Mathematically relates to the students ability to develop an understanding and fluency in mathematics through inquiry, exploring and connecting mathematical concepts, choosing and applying problem-solving skills and mathematical techniques, communication and reasoning. As an essential part of the learning process, Working Mathematically provides students with the opportunity to engage in genuine mathematical activity and develop the skills to become flexible and creative users of mathematics.

Based on current knowledge - Currently much credence is being given to a theory of learning called **constructivism**. This proposes that we construct our knowledge through our experience rather than absorbing what we are told. The constructivist views the child as an active learner. The more traditional approach to teaching mathematics sees the child as an empty vessel that has to be filled. Correspondingly we have two contrasting models of "the guide on the side", the coach trying to encourage the learner along and "the sage on the stage", the lecturer imparting knowledge. In actual fact, the best teaching approach is probably some combination of the two (nzmaths.com). At PLC we adopt both approaches when designing our teaching programs and learning experiences for our students. Performance measures are continually being applied to learning to measure the success of our approach. External testing such as NAPLAN, Maths Olympiad and ICAS provide useful data that also helps us to reflect upon our teaching practices as it can highlight areas of need across the Junior School.

ICAS Science and Maths Olympiad

Many students across the Junior School have been participating in ICAS Science and Maths Olympiad testing. The girls have approached these tests with maturity and confidence and I commend them for this approach to learning. We look forward to receiving the results of their efforts.

Premier's Reading Challenge

The Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely.

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!

Up and Rising Stars!

It was delightful taking two of our littlest members of the Junior School to record an advertisement for our up and coming Kindergarten Orientation sessions. Evie Donaldson from Pre Kindergarten and Lola Ferguson from Kindergarten bravely shared their experience of PLC for all of the New England to hear. The girls were so excited and asked me if they were now going to be true stars. I told them they already are!



**In 3, 2, 1 ...
Rising Radio Stars!**



Kindergarten Orientation is upon us and we would love your assistance in spreading the word. If you have any friend or acquaintance that you know may be interested in attending the three Kindergarten Orientation sessions advertised later in this addition of the Lion's Roar, please pass on the relevant details. PLC is such an amazing and supportive school where girls flourish in a nurturing Christian environment that promotes positive self-esteem and confidence in believing in ones self. What better way other than to come along and experience PLC life at three different times of the year so you are able to experience the whole PLC Armidale picture.

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Eisteddfod Performances

Congratulations to all those involved in performances across the 2017 Eisteddfod period. I am very proud of the girls and their willingness to perform and receive feedback graciously and with a growth mindset. We certainly have many talented musicians amongst our Junior School girls and their growth under the direction of Mr. Matthew Minter, Mrs. Connie Dunham, Mrs. Diedre Richards, Joanna Fairs-Whu, Robert Jackson, Laura Curotta, Camilla Tafra and Paul Marshall. I am also aware that the girls receive coaching from other specialists in our region and they too contribute to the success of our students and can be thanked for their dedication and support.

It would be unfitting of me not to mention the support parents and carers provide our students in transporting them to and from their scheduled performances as well as supporting them in their interest and aspirations. According to Bob Roth author of The 4 Realities.com, effective parents position themselves as allies in discovery. They offer input, ideas and suggestions but don't always try to control the direction or goals. At PLC our students have so many opportunities at their fingertips and opportunities to discover their individual talents and interests. Sometimes the interest is short lived and what their friends are doing and sometimes it is the beginning of a journey or talent that may otherwise have been undiscovered.

It's beginning to get a little chilly! Uniform Reminder

As the cooler weather is approaching I have noticed a lot of interesting and somewhat cute beanies and gloves appearing in the Junior School. Whilst I can understand the need to rug up, I would like to kindly remind parents/carers that wearing our school colours and correct school uniform is necessary. Beanies, scarves and overcoats in our PLC colours are available at the Clothing Shop. Can I also take this opportunity to remind parents/carers that all clothing should be labelled as they have the tendency to walk or be accidentally picked up by the wrong owner. All clothing that is found will be placed in the lost property cupboard outside of the Junior School staffroom. Please feel free to check this cupboard at your own convenience.

Exciting

Individual

Success

Talented

Engaging

Divine

Delightful

Fearless

Overcoming

Devotion

PLC Armidale history tour for Years 1 and 2

Our Years 1 and 2 girls were fascinated with their historical tour of the College's archives this morning with teacher Mrs Dowling and Director of Development, Mrs Eichorn.

The girls loved seeing all the old uniforms, desks, books, photos and so much more! They also loved hearing about the things that have happened in the 130 years of the College's history.



Junior School Sport

Rebecca Ward, Junior School Sports Coordinator

The PLC Armidale Year 6 Netball team played against the Year 4 team last Saturday.

All smiles as Netball was the winner on the day!





Year 6 teach Junior School about Hope

Rebecca Ward, Guild Gatherings Coordinator

During our recent Guild Gathering, Year 6 were given the challenge of teaching the younger students about Hope. Once again, Ms Ward's art cupboard was raided in order for each Guild to create a fun and meaningful activity. From Hope in Boxes, Hope Shooting Stars, Hopes for the Future in clouds and on cut out shapes, the Junior School certainly were focused and engaged in this Flourish lesson.

Year 6 are to be commended for the enthusiasm, care and thought that has gone into each lesson, not to mention the careful way they have reflected on the previous session about Spirituality.

Come and have a look at the Guild Gathering display in the Junior School Library.





Music Notes

Matthew Minter, Director of Music

The experience of performing in the Eisteddfod is a memory that stays with young people forever, often as a pivotal event in their life. I vividly remember almost every Eisteddfod performance I was involved in decades ago growing up in the Central West and many have become defining moments of my life as a musician. There are those times when everything goes smoothly, and the performance is the culmination of months of careful systematic planning and preparation, combined with a spirit of inspiration and a sense that everything aligns at just the right moment. There are also disappointments of course, and the way in which we move forward from these and learn from the experience, is as important as the successes we have.

The Eisteddfod is also an extraordinary community event. When the Armidale Youth Orchestra performed on band night teachers from all schools felt a tremendous sense of pride. This is our collective ensemble, a culmination of inspired work that is taking place across all corners of the community. Congratulations to Jessica Hughes who is the concertmaster of this orchestra, and the many PLC girls who are in this ensemble.

Congratulations and thank you to all of our Music staff and accompanists for the exceptional and inspired work, over many months, that has gone into this event. The fine results across so many aspects of the Music Eisteddfod are a credit to the many staff involved. Thank you to Mrs Constance Dunham for her exceptional leadership of the choirs, our choirs placed ahead of all other schools in every choral section that we performed in, to Mrs Deidre Rickards for outstanding results with the mixed string ensembles, winning every section they entered, to piano accompanists Warwick Dunham and Robyn Bradley for their fine work in this crucial aspect of performance, and to our instrumental ensemble leaders Robert Jackson, Joanna Fairs Wu, Paul Marshall, Laura Curotta and Alice Rickards for their contribution to the instrumental and chamber music programs.

PLC excelled in the Armidale Eisteddfod. More than 30 ensembles, many really fine performances across the four weeks of competition and stunning results. However, the real victory was the commitment the girls showed to their performances and compositions, and the bravery that was demonstrated every time the girls stepped on stage and strived to give their very best possible performance.

Bravo to all!!



SENIOR SCHOOL RESULTS

SENIOR SCHOOL ENSEMBLE RESULTS

PLC Lower Secondary Choir: Year 10 and Under Choral Section: 1st
 PLC Elective Music Vocal Ensemble: Vocal Ensemble 10-20 Voices
 Open: 1st

Years Nine and Ten Class Ensemble: Year Nine and Ten Class
 Ensemble Section: 1st

PLC Middle School String Ensemble: Year 8 and Under Small Bowed
 String Ensemble: 1st

PLC Senior Strings Small Ensemble: Years 7-12 Large Bowed String
 Ensemble: 1st

PLC Senior String Ensemble: Open Bowed String Ensemble: 1st

PLC Senior String Ensemble: Open Small Bowed String Ensemble:
 1st

PLC Middle School Ensemble: Year 8 and Under Large Bowed String
 Ensemble: 1st

PLC Senior Choir: Open Choral Championship: 2nd (First school)

PLC Bel Canto Vocal Ensemble: Open Choral Championship: 3rd

PLC Year 9/10 String Trio: Years 7-12 Chamber Music: 1st

PLC Senior String Quartet: Years 7-12 Chamber Music: 2nd

PLC Cello Ensemble: Years 7-12 Bowed String Ensemble, 8 players
 or less: 3rd

Year Ten String Trio: Years 7-12 Chamber Music: Highly
 Commended

PLC Piano Quartet: Open Chamber Music: Highly Commended

PLC Wind Ensemble: Open Instrumental Ensemble: Highly
 Commended

PLC Pathways Year Nine and Ten Class Ensemble Section: Highly
 Commended

SENIOR SCHOOL COMPOSITION RESULTS

Composition Years 7/8

3rd Emma Dauparas

Composition Year 9

1st Sarah Hughes

2nd Caitlin Hansford

3rd Clare Warwick

Composition Year 10

1st Mia Emmanuel

2nd Isla Biffin

3rd Elinor Warwick

Highly Commended: Sophia Mackson

Highly Commended: Mackenzie Constable

Composition Year 11

2nd Lucy Quast

3rd Jessica Hughes

Composition Year 12

1st Agnes Thwaites

3rd Dakotah Love

continued on Page 12...

Special Adjudicators Award for Most Outstanding Composition Overall for Age Level

Agnes Thwaites

SENIOR SCHOOL INDIVIDUAL RESULTS

Lucy Quast: Year 11

Violin/Viola Solo Romantic 16 years and under: 1st
Vocal Solo, Popular Song 18 years and under: 1st
Year 11 Composition: 2nd
Viola Solo under 16: Highly Commended

Jessica Hughes: Year 11

Violin/Viola Solo Romantic Open: 1st
String Age Championship: 18 years and under: 3rd

Saskia Kennett: Year 11

Vocal solo, jazz song 16yrs and under: 2nd

Isla Biffin: Year 10

16 years and under Violin Solo: 3rd
16 Years and under Baroque (Violin): 1st
String Age Championship 13-15 years: 1st
New England Championship (Harp solo): 1st

Sophia Mackson: Year 10

Viola 16 Years Baroque: 3rd
Viola Solo 16 Years: 2nd
Viola 16 Years Romantic: 2nd

Sarah Miron: Year 10

Open Organ Solo: 2nd Place

Elinor Warwick: Year 10

Composition Year 10: 1st
Violin(16 Years and Under): 2nd
String Age Championship 13-15 Years: 2nd
Violin (16 Years and Under) Romantic: 2nd

Mia Emmanuel: Year 10

Open String Duet with Dakotah Love: 1st

Katie McDougall: Year 10

Vocal Solo Non Popular (15 Years and Under): 3rd
Folk Song (16 years and Under): Highly Commended
Sacred Song (15 Years and Under): Highly Commended

Gracen Moore: Year 10

Recorder Solo Open: 1st
Any wind instrument solo 20th and 21st Open: 1st

Mackenzie Constable: Year 10

Viola (16 Years and Under) Baroque: 3rd
Viola (16 Years and Under) Solo: 3rd

Alexandria Wright: Year 10

Violin (16 Years and Under) Baroque: Highly Commended
Violin (16 Years and Under) 20th Century: Highly Commended

Xinyue Li: Year 10

Piano 15 (Years and Under): 1st
Piano Age (15 Years and Under) Championship: 3rd
Piano 20th and 21st Century Solo: 3rd

Clare Warwick: Year 9

Cello (14 Years and Under): 1st
Cello (14 Years and Under) Romantic: 1st

Lily Graham: Year 9

Vocal Solo (15 years and under) - 3rd place
Vocal Age Championship (15 years and under) - Equal 3rd place
Vocal Solo, Folk song (15 years and under) - 3rd place

Isabelle Taylor: Year 9

Vocal Solo, musical theatre (15 years and under) - Highly Commended
Vocal solo, Pop song (16 years and under) - 2nd place

Shelby Philp: Year 9

Vocal Solo, restricted (15 Years and under) - Highly Commended

Lily Graham and Isabelle Taylor

Vocal Duet (15 years and under) - 1st place

Annabel Seville: Year 8

Violin and Viola (14 Years and Under) Baroque Solo: 1st
Violin and Viola Solo (14 Years and Under): 2nd
Violin and Viola Solo (14 Years and Under) Romantic Solo: 3rd

Maddie George: Year 7

Cello and Bass Solo, (12 Years and under): 2nd
Cello and Bass Solo, (13 Years and under): 2nd

Isabelle Douglass: Year 7

Recorder solo (12 Years and under): 1st
Wind championships (12 years and under): 1st
Flute (12 Years and under): 1st
Flute (15 Years and under): 1st
Recorder duet (open): 1st
Flute duet (open): 1st
Recorder (18 Years and under): 2nd
Romantic wind solo 13 (Years and under): 2nd

Pip Constable: Year 7

Cello/Double Bass (12 Years and under): 1st
Solo Romantic (12 Years and under): 3rd
Cello/Double Bass Solo (12 Years and under): 3rd

Emma Dauparas: Year 7

Cello Under 14 Years Romantic: 2nd
Cello/Double Bass Solo Restricted Years 7-12: 1st
Piano grade 5 and 5 standard: 3rd
Reed Solo (14 Years and Under): 1st

EISTEDDFOD GALA CONCERT

The finest performances from the entire Eisteddfod are selected to be presented in the Gala Concert that will be held on Sunday 18 June at 2:00pm at the Old Teacher's College Auditorium. From PLC we are delighted to congratulate all of the following students and ensembles for being selected for this special event.

Congratulations to Isabelle Taylor and Lily Graham who will perform a vocal duet, Isla Biffin, winner of the New England Championship, will perform a harp solo, Abigail Thompson will perform a cello solo and the The PLC Elective Music Vocal Ensemble will be presenting their prizewinning performance of Bohemian Rhapsody and the PLC Senior Strings will present a performance of the traditional work: *Antin Mikko*

The following students are performing in the Gala Concert in community ensembles:

Flying Scales String Quartet:

Mia Emmanuel and Isla Biffin

New England Singers:

Mia Brotherson, Pip Constable, Laura Cotterell, Lily Graham, Rachael Kenrick, Xinyue Li, Dakotah Love, Sophia Mackson, Lucy Quast, Elinor Warwick, Kathleen McDougall

Cantilena:

Sandra Alhassan, Gabrielle Cotterell, Lauren Earle, Keira Peet, Maggie Ryan, Sophia Smart, India Smith, Kaylee Swick, Abigail Thompson and Emily Thompson



Junior School Eisteddfod Report

Constance Dunham, Junior Music Teacher

The Eisteddfod is coming to a close with the Gala Concert (a showcase of the best performances from the Eisteddfod) being held on Sunday 18 June in the Auditorium of the Old Teachers' College.

The students of the Junior School have been very involved in the Eisteddfod this year with all girls performing in the choirs and string ensembles and many girls playing and placing in their individual events. We've had students playing in Piano, Strings, Woodwind, Brass and Voice sections all with great success. Many of the students then also played with the NECOM Ensembles and Choirs with excellent results, which just shows how talented these girls are. Some notable highlights were PLC K-2 Choir singing confidently in two parts, PLC Treble Makers receiving 2nd place after many years, 3-6 Choir winning their division in the two-part section, PLC Upper Primary Strings winning their event and the PLC Junior String Trio who also won their event.

Congratulations to all the girls for your amazing efforts, I am very impressed with your progress and dedication to your musical studies this year!!

Please find below the complete music results list for PLC Armidale Junior Students at the Eisteddfod:

Choirs:

PLC Treble Makers - 2nd Place

PLC K-2 Choir - Non Competitive

PLC 3-6 Choir - Unison - 2nd Place

PLC 3-6 Choir - 2-part - 1st Place

Composition:

Abigail Thompson - 1st Place

Sophia Vanzella and Alice Bourne - 2nd Place

Woodwind:

Flurina Dettwiler (Year 4)

WB40- Flute Solo (12 years and under) - Highly Commended

String Ensembles:

PLC Upper Primary String Orchestra - 1st Place

PLC Junior String Trio - 1st Place

Strings:

Harriet Minter (Kindergarten) ST01 - String Solo - Non Competitive

Kate Loxley (Year 2) ST24 - String solo, novice (Year K-4) - 3rd

Sophia Ruig (Year 4) ST24-string solo, novice (years K-4) - Highly Commended

Sophia Smart (Year 4) ST28 - Violin Solo, restricted (10 years old and under) - Highly commended

India Smith (Year 4): ST03 - Violin or viola solo (10 years and under) - Highly commended

Amelie Van der Werf (Year 4)

ST29 - Cello Solo, restricted (10 Years and under) - 1st place

ST12 Cello solo - (10 years and under) - Highly commended

ST40 Cello Solo 20th/21st Century (10 years and under) - Highly Commended

Holly Dauparas (Year 5)

ST32- Cello/Double Bass, solo, restricted (10 years and under) - Highly commended

ST40- Cello/Double Bass solo (10 years and under) - 3rd place

Olivia Lockett (Year 5) ST13 - Cello/Double Bass Solo (12 Years and under) - Highly Commended

Scarlett Loxley (Year 5) ST25 - String solo (Years 5 - 6) - 3rd

Abigail Thompson (Year 5)

ST 82 - String Championship 10 years and under - 1st place

ST 12 - Cello/Bass Age solo 10 yrs and under - 1st place

ST 60 Cello/Bass Baroque 10 yrs and under - 1st place

ST 50 Cello/Bass Romantic 10 years and under - 1st place

ST 40 Cello/Bass 20/21st Century 10 years and under - 1st place

Abigail Thompson and Laura Smitham (Year 5 and 6) ST 67 String Duet 12 yrs and under - 2nd place

Sandra Alhassan (Year 6) ST29 - Violin or Viola solo, restricted (12 years and under) - 1st place

Poppy Broun (Year 6) ST29 - Violin or Viola Solo, restricted (12 years and under) - 2nd place

Gabrielle Cotterell (Year 6)

ST52 - Violin Solo, Baroque (10 Years and Under) - 3rd Place

ST03 - Violin Solo (10 Years and Under) - Highly Commended

Laura Smitham (Year 6)

ST49 - Cello Solo, Romantic (12 Years and Under) - 1st Place

ST57 - Cello Solo, Baroque (12 Years and under) - 1st place

ST39 - Cello Solo 20th/21st Century (12 Years and under) - 1st Place

ST13 - Cello Solo (12 Years and Under) - 1st Place

ST75 - New England String Age Championship (11-12 years) - 2nd Place

Kaylee Swick (Year 6)

ST66 - Duet on any bowed instruments (10 years and under) - First place

ST03 - Violin or viola solo (10 years and under) - 2nd place

ST45 - Violin or viola solo, Romantic (10 years and under) - 3rd place

ST82 - String Age Championship (10 years and under) - 3rd place

ST55 - Violin or Viola Solo, Baroque (10 years and under) - 3rd place

ST35 - Violin or Viola solo, 20th/21st Century (10 years and under) - 2nd place

Emily Thompson (Year 6)

ST 83 String Championship (12 yrs and under) - 1st place

ST 56 Violin/Viola Baroque (12 yrs and under) - 1st place

ST 46 Violin/Viola Romantic (12 yrs and under) - 1st place

ST 04 Violin/Viola solo (11-12 yr age) - 2nd place

VOCAL:

Catherine Alcorn (Year 6): VC27 - Vocal Solo, popular song (12 years and under) - 2nd place

Sandra Alhassan and Catherine Alcorn (Year 6): VC31 - Vocal Duet (12 Years and Under) - 1st place

Sandra Alhassan (Year 6):

VC03 - Vocal Solo (12 years and under) - Highly commended

VC44 - Vocal Age Championship (12 years and under) - Highly commended

Gabrielle Cotterell (Year 6)

VC44 - Vocal Age Championship (12 Years and under) - 2nd place

VC23 - Vocal Solo, Musical Theatre (12 Years and under) - 1st place

Gabrielle Cotterell and Heidi Martin (Year 6 and Year 7)

VC31 - Vocal Duet (12 years and under) - 2nd place

PIANO:

Anais Dettwiler (Year 2) KB01 - Piano Solo (7 years and under) - 1st Place

Kate Loxley (Year 2)

KB01 - Piano solo (7 years and under) - Highly commended

KB12 - Piano solo, novice (Year K-4) - 3rd place

KB15 - Piano solo, restricted (8 years and under) - 3rd place

Scarlett Loxley (Year 5) KB04-Piano solo (10 years & under) - 2nd place

Jenna Marquardt (Year 6)

KB05 - Piano Solo (11 Years and under) -3rd place

KB22 - Piano Solo, 20 Century (AMEB Grade 3 Standard) - 1st place





PLC Armidale Senior String Ensemble Performs in Sydney Eisteddfod

Deidre Rickards, Director of Strings'

On 1 June, eighteen of our students competed in the Premiere String Ensemble section for Secondary students in the City of Sydney Eisteddfod. I made the decision to enter the PLC Ensemble as I felt that they were a good, committed ensemble and that they also needed to hear a greater variety of String orchestras from other schools. This expectation was achieved and I'm pleased to say that PLC Armidale presented two works extremely well and received an enthusiastic response from the audience.

The girls were motivated in their performance. They played expressively and were the only group to play from memory. They were also the only regional entry. We had two outstanding soloists with Isla Biffin (Harp) and Mia Emanuel (Cello).

There were 12 orchestras competing in this section and we were awarded 91 marks and given a Highly Commended placing with Scots College and Knox. The section was won by Trinity Grammar, 2nd PLC Pymble and 3rd MLC Burwood. All of these large schools presented large string orchestras and most had a majority of senior students performing.

I hope the experience was one which gave the girls an awareness of the performance standard from different schools. They should feel proud of their presentation. I certainly was and I know Mrs Taylor supported the experience with her attendance and words of encouragement.

I would like to recognise the girls and list the names here. Bravo to the following:

Year 12

Dakotah Love (Creative Arts prefect)

Year 11

Jessica Hughes (Concert master)

Lucy Quast

Year 10

Mackenzie Constable

Isla Biffin (Soloist)

Anya Zuber

Alex Wright

Elinor Warwick

Mia Emanuel (Soloist)

Year 9

Sophie Mackson

Sarah Hughes

Clare Warwick

Caitlin Hansford

Year 7

Emma Dauparus

Maddy George

Year 6

Emily Thompson

Gabby Cotterell

Kaylee Swick

Absent: Annabelle Sevil, Pip Constable and Lucy Wright





Around the Grounds Sports Report

Peter Le Surf, Director of Sport

North West Equestrian Expo Results

Team of Fours

Jorja Power, Abby Stevenson, Jesse Younghusband and Lucy Wright took out 2nd place.

Working Horse Challenge

Abby Stevenson was a finalist in the Working Horse Challenge, finishing 9th overall in her age group.

PLC Polocrosse Team

Chloe Stier, Tara Murray and Elizabeth Mackie made the finals in Division 2, they lost the finals knockout round on golden point in extra time.

One Day Event (ODE)

Dressage, Show-jump and Cross Country

Combined training (CT)

Dressage and Showjump

A Grade ODE 105cm

Sarah Askey finished 7th overall
Tara Murray finished 9th overall

B Grade ODE 95cm

Saskia Kennett finished 8th overall

D Grade ODE 60cm

1st Jorja Power
9th Jessie Younghusband

CT 5 80cm

1st Chloe Stier

CT3 60cm

2nd Lucy Wright

CT2 45 cm

6th Liz Mackie

CT 1 45cm

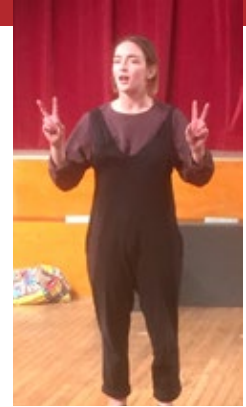
3rd Lani Almond

Tara Murray and Saskia Kennett both completed the **25th Anniversary Pentathlon** - running and then riding the C grade cross country course on a mountain bike, throwing a javelin and top score showjump up to 1.20m and a flag race. Both were awarded commemorative medals for completing the gruelling event.



Congratulations to the PLC Armidale Equestrian team who not only participated in the North West Equestrian Expo but also through a variety of activities with their families, raised \$455.30 for the Butterfly Foundation charity along the way!!

Well done team.



Boarding House News

By Paris Whibley, Boarders' Representative Council - Year 9

Wow, what a busy time it's been, with not only the usual after school activities, but with Eisteddfod, Coona and State of Origin as well.

With the Drama Eisteddfod after spending hours of practicing and memorizing, it was worth all the effort because a lot of the girls placed in numerous events. Good job everyone!! Olivia Hoppe said "I loved to see many of the girls, competing in Voice, Speech and Drama and composition in the Eisteddfod, and having a great time" and Darcy Campbell said "it was nice to see Mrs Ball there watching us, she is like a mother away from home".

Last Wednesday night, the tension was high with the State of Origin match. Everyone was dressed up in either blue or maroon, but in the end, QLD was heavily outnumbered. It was a very fun night when even the kitchen staff got involved and we had blue water and a blue dessert, as they were passionate NSW supporters. Everyone had a good time getting to know each other even better, and standing up for their own State of Origin team.

Julia, Saskia, Tara, Abby and Jesse, competed in the North West Equestrian Expo, in Coonabarabran.

Last Friday night, Years 8, 9 and 10 were excited as the Exchange girls were arriving. Lily Coleman came back from New Zealand, bringing her buddy Lucy and Emma Younghusband and Annabel Sevil came back from Melbourne bringing Ria and Niamh. Larris and Finnlay's buddies also came, Emily and Grace. We hope that all the buddies have a fun and welcoming time at PLC.

On Saturday 27 May a big group of girls of 28 girls went to the Webers Circus in town.

Both Pollyanna and Georgina thought the circus was great and loved the little Shetland ponies, the dog tricks and especially the acrobats. They loved the 'spinning wheel of death' too.

Laci said "I really loved the way they put in all that effort just to impress us. They showed their inner talent and I found it fascinating, with their ideas and team work."

Some things to note:

Today girls who have substantial travel can go home but girls who normally go home on Friday on a bus or with parents are expected to go to school.

On Monday 12 June the Boarding house will be open from 3pm.

Travel Day for the End of Term is Friday 23 June.

Girls can go home from 3.30pm on Thursday 22 June.





Development and Enrolments

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



Principal's Regional Tour – continues next week

Mrs Taylor and I are travelling to meet with some of our current and prospective families in Guyra, Glen Innes, Inverell, Moree and Bingara areas on Thursday and Friday June 15 and 16. We thank in advance the Biddle family in Inverell for hosting us on Thursday evening. I would like to encourage, even challenge, all of our current families to bring along at least one additional family who has a daughter and may be interested in learning more about PLC Armidale. You are the best promoters of PLC Armidale as you are living the experience, so it would much appreciated if you could assist us in spreading the word. Please contact Enrolments Manager, Sally McCook, should you be interested in introducing PLC Armidale to others in your community.

The Tour will continue in Term 3 to areas south of Armidale.

Boarding Schools' Expos

It was absolutely terrific to see so much interest in PLC Armidale at the recent "Pop Up" Boarding Expo in Coffs Harbour. Not only did we receive lots of enquiries, we also promoted PLC on the trip down and back through Dorrigo and Bellingen. Our next and final Expo will be held in Tamworth at the Town Hall on July 28 and 29. Then it's AgQuip time! Please let your networks know that we are there and to call in and see us!

Kindergarten Orientation

The start to a child's educational journey can be a daunting experience. However, attending an orientation program can provide both parents and child with a greater sense of confidence and expectation. Our Junior School is hosting a series of Orientation days throughout this year, with the first being next Thursday 15 June, from 8.30am – 10.30am. Should you have a friend or family member who has a daughter starting Kindergarten in 2018, please encourage them to come along and contact Mrs Wake for more information.

continued on Page 18...

Principal's ²⁰¹⁷ 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 2

GRAFTON Thursday 1 June

COFFS HARBOUR Friday 2 June

GLEN INNES / INVERELL Thursday 15 June

MOREE / BINGARA Friday 16 June

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

We will also be exhibiting at the Boarding Schools' Expos:
DUBBO 19 & 20 May
COFFS HARBOUR 2 June
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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Educating successful women of tomorrow in a Christian environment

In alliance with **PLC SYDNEY**



continued from Page 17...



CELEBRATING 130 YEARS IN 2017



We invite you to our 2017 Kindergarten Orientation Program

where we welcome parents and daughters to experience a taste of life as a PLC Armidale student.

Join us on

THURSDAY 15 JUNE 8.30AM TO 10.30AM

THURSDAY 14 SEPTEMBER 8.30AM TO 10.30AM

THURSDAY 9 NOVEMBER 8.30AM TO 3.30PM

- Followed by afternoon tea and a presentation on our approach to Literacy (THRASS)

RSVP juniorschool@plcarmidale.nsw.edu.au

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

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A change to our Junior School Open Day for 2017 (and Colin Buchanan performance)

No dress ups this year! 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 and joining in the fun of the Colin Buchanan concert from 2pm.

Invitations to Events

Recently, invitations were distributed to families for a number of events which are happening in Term 3: Starry Night of Languages in Week 1 of Term 3, as well as Grandparents' Day and Starry Night of Music on September 1. Please extend an invitation to others in the wider New England community to attend our "Starry Night" performances.

Our Foundation reaches out – Annual Giving 2017

At the end of each financial year, like many Foundations and Charitable organisations, the PLC Armidale Foundation reaches out to our community, past and present, through its Annual Giving Program, where you may choose to support either the Building or Scholarship Fund. Many girls in our College are currently benefitting from the Scholarship program, due to the generosity of many donors, past and present. Every donation makes a genuine difference to these girls and their families and is very much appreciated. Please remember that every donation over \$2 is tax deductible. You can also choose to make smaller regular payments across the year, and set up a Direct Deposit from your own Bank Account to the account outlined on the attached flyer (using your name as the narration). Please contact Business Manager, Rita Brissett for more information.

Commemorative Book – Photos, Recipes and Stories

Thank you to all those people who have already submitted an item for the PLC Armidale Commemorative Book. Have you organised your story, photos or recipe yet? Please email Shona ASAP at development@plcarmidale.nsw.edu.au

Opportunity to Promote PLC Armidale

Do you own a business? If so, we would appreciate hearing from you, if you are interested in placing any promotional material, flyers or posters in your business (or if you work in one which would) we would love to hear from you! We very much appreciate your kind support and advocacy.

Dear Community - Celebrating Success

Should you have any information or photos from a specific event or activity which your daughter or you have been involved in and wish to be promoted, whether be on the PLC Armidale Facebook page or website, Lion's Roar, Green Tartan or regional media, please contact Shona Eichorn on development@plcarmidale.nsw.edu.au or 6770 1733 or 0458 701 701.



PLC
FOUNDATION
ARMIDALE
1999

Annual Giving 2017

Why give to PLC Armidale?

- Because you believe in making a difference now and into the future.
- Because you believe in our mission of educating the successful women of tomorrow in a Christian environment.
- Because you believe that more girls in regional Australia should be able to access PLC Armidale's dedicated teachers, life-changing opportunities, and inspiring experiences.

How Giving Benefits our Students

Look around our school – everywhere you will see the legacy of generosity and forward thinking. For 130 years PLC Armidale students have benefitted from the time, expertise and financial generosity of others. It shows in our culture of learning, achievement and care for others, in our thoughtfully planned and nurtured school grounds and in the accomplishments of our alumni.

Ways to Give

Giving to PLC Armidale through the Foundation is easy. You can make a tax-deductible contribution by cheque, credit card or electronic funds transfer.

You have the option of supporting the capital needs of the school, through the Building Fund, or enabling more high achieving girls to access a PLC Armidale education, through the Scholarship Fund.

Either way you will be making a difference in the lives of PLC Armidale students.

PLC Armidale Foundation

Officially established on 20 December 1999, PLC Armidale Foundation exists to support the goals of the College, such as improving building facilities and growing enrolments of high achieving students. It does so by providing a tax-effective entity through which donations to the Building Fund or the Scholarships Fund may be tax deductible for donors. Management of Foundation activities and funds is conducted by a Board of Management elected from the Foundation membership.

Foundation's strategic priorities for the next 5 years include:

- continuing to raise funds that support scholarships for high achieving girls;
- improved communication channels between Foundation and donors; and
- meeting the needs of donors for connection, friendship and involvement in College life.

**Giving to PLC Armidale is a gift
that will last a lifetime.**



**Thank you
for your Gift!**

All donations over \$2 are tax deductible. If you would like your gift to be anonymous please tick here ☐

For receipt purposes please mail this form to PLC Armidale, Locked Bag 5, Armidale NSW 2350

Name: _____ Email: _____
Address: _____

I would like to give to the: ☐ Scholarship Fund ☐ Building Fund
☐ \$100 ☐ \$250 ☐ \$50 ☐ \$500 ☐ \$350 ☐ \$ another amount _____

My payment method is...

☐ EFT BSB 032 607 **Scholarship Fund Account Number: 223426 Building Fund Account Number: 128584**
☐ Cheque Please enclose and return to PLC Armidale Foundation, Locked Bag 5, Armidale, NSW 2350

☐ Credit Card ☐ Visa ☐ Master Card ☐ Amex

Card number: _____ Cardholder's Name: _____

Signature: _____ Expiry date: ____ / ____

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
02 6770 1700

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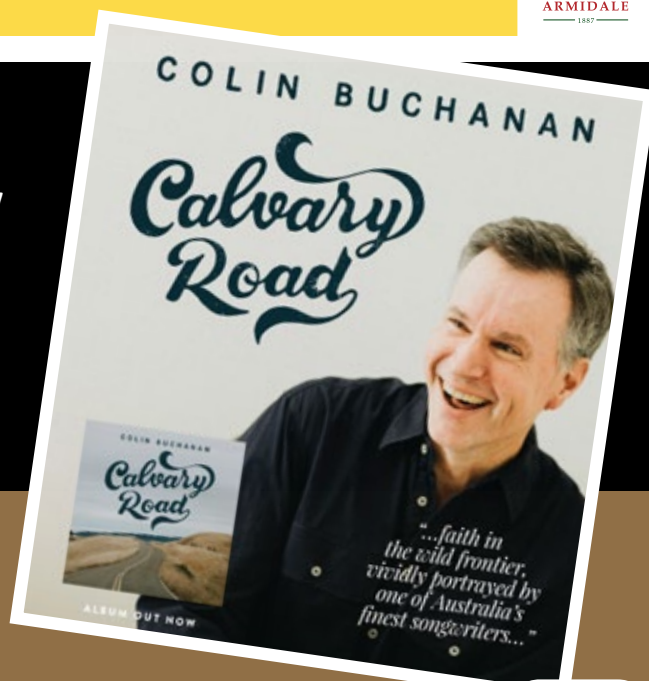
COLIN BUCHANAN

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!



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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 02 6770 1700





POSITIONS VACANT FOR 2018

PLC Armidale an independent Christian school for girls from Pre-Kinder to Year 12, located in Armidale, New England NSW.

Applications are sought from suitably qualified teachers for the following two positions:

SECONDARY ENGLISH/DRAMA TEACHER

SECONDARY SCIENCE TEACHER

with Biology specialisation preferred
(Maternity Leave Position)

Suitable applicants will have a deep knowledge of their respective discipline with demonstrated capacity to teach this effectively across Stages 4 to 6. Curriculum expertise accompanied by demonstrated effectiveness in classroom practice is required. PLC Armidale has a strong culture of learning with classroom teachers supporting and developing this fully both within the teaching and learning framework as well as in curriculum related experiences. Applicants must have an understanding of and be fully supportive of the Christian faith, values and position of the College. An awareness of the unique context of an all-girls' school is highly desirable.

For more information, please see the link below.

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

Applications must be received by 5pm Thursday 22 June 2017.

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

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Staff News

After much thought and careful consideration Ms Erin Foster has made the difficult decision to return to Sydney to be closer to her family and friends. Erin has been a teacher at PLC Armidale for the past five years and has willingly taken on additional responsibilities as Year Patron, Forrest Guild Patron, organiser of Guild Drama and most recently establishing a Stage 6 Drama HSC course. We wish Erin well in her future endeavours.

We congratulate Catherine and Jeremy Creagan, along with Kirsty and Scott Miller who have both recently informed the College that each family is expecting their first child at the end of 2017.

Mrs Deidre Rickards will be on indefinite leave from the commencement of Term 3 in order to spend time with her family and care for her husband who is very unwell. The Strings program will continue unchanged with replacement Director of Strings to be announced shortly.

The strength of word of mouth advertising or recommendation is widely recognised. The following advertisements for 2018 staff appointments will appear on the College Website early next week.



Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

As you read this edition of the Lion's Roar Mrs Anna Caldwell and I will be in Sydney attending another Positive Schools Mental Health and Wellbeing Conference. The Positive Schools Initiative is a combined Australian and UK initiative supported by The University of Western Australia Faculty of Education, The University of Cambridge Wellbeing Institute, Geelong Grammar School Institute of Positive Education and The Berry Street Childhood Institute among others. The Positive Schools Initiative aims and objectives are:

- To provide solution focused ideas and strategies for nurturing wellbeing, positive mental health and a love of learning and life in young people.
- To offer grounded ideas and strategies about youth wellbeing and positive education in an informative and socially relevant way.
- To further understandings of youth wellbeing, learning, motivation and positive education with grounded research.
- To close the gap between academic understanding and research findings and current practice in schools, colleges, hospitals and other establishments with a duty of care for young people.
- To inspire all those working with young people to challenge traditional thinking and embrace a positive, grounded approach to nurturing better mental health, wellbeing and a more positive and valuable educational experience.
- To promote shared social and community values that prioritise positive personal and community relationships and nurture a unified and diverse society.
- To promote social and emotional learning as a foundation for all education in young people in educational settings, health care settings and other places of learning.
- To engage, ignite and inspire everyone involved with youth mental health, education and wellbeing.

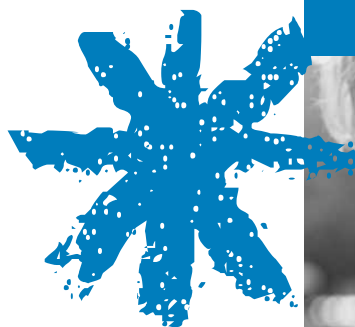
The Positive Schools Initiative consists of key domains – The Positive Times an online magazine – a very handy resource, The Positive Teacher of the Year award and The Positive Schools Conference series that takes place in NSW, QLD, WA and VIC each year.

Over a number of years PLC Armidale has used this conference as one of the many platforms for professional development which ultimately feeds into our school's strategic planning, pastoral care programs and staff wellbeing initiatives; entirely based on scientific research from many distinguished professionals in the field. This year I can't wait to hear keynote presentations from Dr Michael Carr-Greg (Adolescent psychologist), Li Cunxin (Mao's Last Dancer) and attend workshops lead by David Bott (Geelong Grammar School) and Nicky Sloss (AIS) just to name a few. Attending this conference allows PLC to explore school initiatives, programs and classroom strategies that have been proven to work and allows us to utilise research-based evidence and insight to enable us to establish a plan of action to move forward in this every increasing and much needed area.

As Andreas Schleicher points out in his article in Teacher Magazine – 'Schools are not just places where students acquire academic skills, they also help students become more resilient in the face of adversity, feel more connected with the people around them, and aim higher in their aspirations for their future. Not least, schools are the first place where children experience society in all its facets and their experiences can have a profound influence on their attitudes and behaviour in life. ... The challenges to the wellbeing of students are many, and there are no simple solutions. But the research findings show how teachers, schools and parents can make a real difference. Together they can attend to students' psychological and social needs and help them develop a sense of control over their life and the resilience they need to be successful in life.'

We need to use all our gears – good cyclists use the bike's capacity. Thus they draw the best from themselves. We can learn when to coast ... and when to change gears for the tough climbs. If you don't change gears to suit the terrain, you'll never discover how far or fast you can go.

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POSITIVE PARENTING



Parenting kids through the challenges of change

By Michael Grose

Parenting is always challenging, but perhaps never more so when you are undergoing change yourself.

Recently I spoke to staff at the General Motors Holden in South Australia about how they could help their families navigate the imminent plant closure, and subsequent loss of jobs. Change of this magnitude generally impacts on everyone in a family, bringing an added layer to parenting. Essentially the job of these parents was to help their children successfully navigate changes rather than isolate or protect them from the changes that will occur.

From a child's perspective, it's not the change itself but how parents react to adjustments that is most significant. Change tests individual and family resilience, but managing it well builds resilience. While most people yearn for certainty and consistency there will always be times when circumstances change – people shift jobs, families relocate and parents split up. These situations are difficult to manage at the time but inevitably people adjust and more often than not, end up with a better situation – a job that they enjoy; a better lifestyle or finding family peace.

While change is not easy to endure, there are some things we can do as parents to help our children cope and hopefully grow from those changes.

The following five ideas will help:

1. Acknowledge feelings

Every difficulty or challenge we face is accompanied by uncomfortable feelings such as sadness, anger and disappointment. When feelings aren't acknowledged, children will either act out or act in. That is, they will either become aggressive, agitated and hurtful or become moody, anxious and depressed. Give kids permission to talk about emotions by talking about your own feelings and your emotional reactions to events. Help children of all ages verbalise their feelings by asking children how they feel in response to different events. "How do you feel about this?" is a great way to initiate conversations on an emotional level.

2. Look after yourself (and your partner)

Change is usually stressful for adults. Feelings of anxiety are common in times of uncertainty. "Will life ever return to normal?" is a common question. Self-care is essential in times of change. It's hard to parent well when you are stressed, anxious or depressed so do all you can to stick to the building blocks of well-being.



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parenting * ideas

Parenting kids through the challenges of change

That is, sleep well (life's always better after a good night's sleep); get some exercise (to release the feel-good endorphins); actively maintain your support networks (talking about difficulties is therapeutic); get some relaxation (it's important to take your mind of your worries for a time) and pursue at least one interest that you enjoy (fun and play is an antidote to depression).

3. Stay optimistic

Optimism is characteristic of resilient people. I'm not suggesting that you take a Pollyanna-ish attitude that 'everything will be all right'. Instead project the attitude that the current situation may be difficult or that life at the moment may be difficult but you will get through this. "This too shall pass" is a powerful resilience concept for kids to experience and learn.

4. Maintain consistency and routine

When disruption appears in your life try to keep things as normal as possible for children. In particular, stick to regular mealtimes; keep bedtimes regular and keep the traditions that kids enjoy and bring your family together. This type of familiarity is comforting for kids, helping them maintain feelings of control, which is something they crave in times of change.



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

5. Maintain consistency and routine

Resilience is best practiced as a family or community, rather than as an individual so look for ways to bring your family together. Family mealtimes; shared enjoyable experiences and simply hanging out together are the types of activities that build strong families. In times of change and upheaval what we need most is each other.

Life is full of changes. Some are welcome and some aren't. It's human nature to resist change, particularly when it's unwelcome. But change also presents opportunities for growth and development. Helping kids cope with change, even when it happens to you, is a chance to build their resilience, which will be tested many times throughout their adult lives.

POSITIVE PARENTING



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



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New England Conservatorium of Music



JUNIOR ORCHESTRA WORKSHOP

Wed 28 & Thurs 29 June 2017

The New England Conservatorium of Music (NECOM) annual Junior Orchestra Workshop gives young musicians an inspiring two days of invaluable performance experience playing in a large orchestra under the leadership of specialist conductor Ann Phelan and NECOM tutors.

The Workshop is open to students in Years 3-9 who can read music and have at least 12 months experience playing one of the following instruments:

Violin, viola, cello, double bass, harp

Flute, oboe, clarinet, bassoon, saxophone

Trumpet, trombone, French horn, tuba

Orchestral percussion (pianists may apply)

Book Online: www.trybooking.com/QBEY

For more information:

📶 Web: www.necom.org.au

☎ Tel: 02 6788 2135 ✉ Email: admin@necom.org.au

music greets volumes



Golf Links Road, Armidale; 0417 957 982

June/July 2017 Fun Tennis Camps & Tennis/Golf Camps

Come along and meet our new tennis coach, Dave Bunn. Dave is a Tennis Australia Club Professional and was the Senior Tennis Development Coach for The Scots College, Sydney (before opting for a "tree change")

Week 1: Spend the morning at tennis and the afternoon at golf, or just spend the entire day at tennis. Cost includes lunch and transport to golf club for those staying all day. Children under 8 must choose the "tennis only" option.

Dates	Full week – tennis (9am-12 noon) Golf (1-3pm) including lunch		Daily cost – full day	Daily cost – ½ day
Week 1: (5 days) Mon 26 th - Fri 30 th June Tennis & golf week	Tennis Full Week Only \$187	Golf full week \$121	\$83 Includes lunch	\$44
<u>Tennis Only Camp</u>				
Week 2: (5 days) Mon 3 rd - Fri 7 th July	Full Week – all day \$242	Full week – ½ day \$187	Daily cost – full day \$55	Daily cost – ½ day \$44

Camps will be on rain, hail or shine

9:00am – 3:00pm for 8+ 9:00am - 12:00noon for 5-7 year olds

- Improve your tennis/golf game
- Loads of fun games with tennis/golf
- A tournament/point play session is held every day after lunch.
- **Lunches (sandwiches) are provided, fresh each day for those staying all day**

Bring a hat, sunscreen, water bottle something for morning tea and a racquet if you have one. Racquets can be borrowed free of charge. Contact 0417 957 982 or email peterlesurf@optusnet.com.au

1. Childs name..... Age..... Whole/Half Days
2. Childs name..... Age..... Whole/Half Days
3. Childs name..... Age..... Whole/Half Days

Mobile Phone:email:.....

(Private school Holidays) Week 26th – 30th June Days: M T W T F

Week...3rd - 7th July..... Days: Tennis Only M T W T F



Holiday Club

St. Peter's Anglican Cathedral

Tingcombe Lane, Armidale

9:30am to 12:30pm

Monday 3rd - Thursday 6th July 2017

(first week of the school holidays)

for Primary-aged children (K-6)

\$5 per child per day or \$15 per child for 4 days

Call Alison on 6772 8783 or email
simon@stpetersarmidale.org.au for a registration form.

Limited spots available!

Quiz Worx
sharing Jesus with kids everywhere

