

lion's roar

TERM 1 • 3 FEBRUARY 2017 • VOLUME 274



From The Principal

Mrs Nicola Taylor

Welcome to the first edition of the Lion's Roar for 2017.

This is a milestone year for PLC Armidale as we commemorate 130 years of high quality, all-girls education in Armidale. Throughout the year we will reflect on some key aspects of the history of the College but in doing so will see some central themes emerging.

Unlike the heat of this week, the weather when the College was opened in January 1887 was very wet, with 8 students at the start of the week and 20 some ten days later, 4 of them boarders. Members of the Governing Body at the time were supportive of an education for girls more wide reaching in scope and depth than

what was traditionally on offer. The founding Principal, Miss Higgs believed that "Knowledge is Power" and that a girl's education should span across years, with a curriculum diversified to suit the needs and interests of the individual student.

Throughout all the twists and turns of the history of the College, changes of name, location, governance and leadership things of importance remain, a commitment to academic rigour and endeavor, the empowering of girls to be strong-minded and independent, excellence in musical endeavour, active participation in sport and keen contributors to their community.

We welcome our new students, their families and new members of staff to PLC Armidale and look forward to what the chapter in the College History marked 2017 has in store.

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Senior School Notes

Anna Caldwell, Head of Senior School

Welcome back 2017

A big welcome back to all our PLC Armidale families and an especially warm welcome to those who are joining the College in 2017.

It was lovely to see so many parents at the welcome BBQ on Monday evening. The girls have enjoyed their first week back at school and it has been lovely to see their positivity and enthusiasm.

As you wrestle with your daughters' homework schedules, sporting and co-curricular commitments and friendship issues as we commence the new school year, remember you are not alone! Your daughter's happiness and progress are the central reason for our existence and there are many specialist staff you can contact and with whom you can discuss any issue.

New Staff and New Roles

It is wonderful to welcome new staff members to our amazing team this year. Mr Peter Le Surf, our new Director of Sport, Mrs Michelle Power who joins the Humanities Faculty and Ms Ali Dare, who is going to focus on Information Literacy through the Library.

There have been a number of exciting changes to the Pastoral Care Program at the College, and you can read about these in the Pastoral Care Conversations section of the Lion's Roar.

Recognising Leadership at the College

Our Term One Commencement Assembly sets the tone for the year. This week we celebrated our Year 12 Students, the leaders of our student body, with the presentation of their Year 12 badges. A mark of recognition of how far they have come and how important this year is in their educational journey at PLC Armidale.

The Peer Support Australia program plays an important role in the College, particularly in helping Year 7 to settle into the Senior School. Our Year 11 Peer Support Leaders were presented with their badges in assembly this week too, before heading off on Friendship Camp.

Year 7 Friendship Camp

Our Year 7's have had a fabulous start to the year with their Year 11 Peer Support Leaders taking them under their wing. This week saw them all head off to Echidna Gully for Friendship Camp where they had lots of fun, enjoyed challenging activities and ate plenty of delicious food!

Upcoming Events in the Senior School

We have an action packed term so please make sure you read the College Calendar which can be found on the College website and also on Edumate.

School Photographs

Next week on Tuesday 7th February we will be having our Individual, Class and Whole school photos taken. An envelope will have been sent home with all the information for you to purchase these photographs. Please follow the instructions on the envelope and make sure that they are returned to school by **Tuesday Morning**.

Whole School Swimming Carnival

The Whole School Swimming Carnival will take place at the Monckton Aquatic Centre on Thursday 16 March. Please ensure that your daughters have a hat, plenty of sunscreen and school swimwear, which is available from the Clothing Shop. They are

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to be dressed in their Guild shirts and sports uniform to travel to and from the Carnival.

Student Representative Council Elections

Each Year group will elect Student Representatives in Week 3. The girls will prepare a manifesto and present their speeches in Week 2 during their Pastoral Care sessions.

Week 9 Excursion Week

Excursion Week is in Week 9 this term. Years 7 & 8 are heading off to Dubbo, Year 9 to Barrington for three days of Outdoor Educational challenges and Year 10 will head to Canberra for their HSIE excursion. Year 11 will remain at school for normal lessons and assessments and for Year 12, this will be their Mid Course Exam week.

Uniform

I would like to remind parents and girls of the Uniform Policy. The uniform guidelines can be found in the student diary and the Student Handbook, which was emailed to you all during the holidays.

The only jewellery permitted to be worn is a wrist watch and only one pair of either gold, silver or pearl small stud earrings. No other facial jewellery is permitted and earrings are only to be worn in the ear lobe.

Girls must wear their hats and blazers whenever they are out of school grounds.

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

Lockers

Every girl must have a lock for their locker. Code combination locks are available at the clothing shop. Key padlocks can be purchased easily in town. Spare keys can be given to the Head of Senior School in a named snap lock bag for safe keeping, for those occasions where keys have been forgotten or misplaced.

Duke of Edinburgh's Award

Bronze Duke of Edinburgh's Award training commences Saturday 4th February at school in the AAC, 9am. New Bronze Participants are to wear comfortable clothing that they can be active in and bring a hat, their laptop, water bottle and morning tea with them.

9am – 12pm AAC

Saturday Feb 4, 11, 18, 25

Saturday Mar 11th – Equipment Check, camp set up and cooking session.

Adventurous Journeys /Expeditions

Bronzes will have two expeditions this year, Yr 9 Camp Term 1 Week 9 and June 24th/ 25th – first weekend of the June school holidays.

Silver and Golds will have the opportunity to hike in the April, September and December holidays. Sign up sheets will be up on the DOE Notice board soon for the April hike.



change of date

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Please note, the following events have had a change of date:

Whole School Information Evening

Wednesday 15 March 2017

- from 5.30pm (BBQ and childminding available)

Whole School Swimming Carnival

Thursday 16 March 2017

calendar OF events

FIRST TWO WEEKS
OF TERM 1
2017

PLC Cattle Team to Tenterfield Show	3-4/2/17
Boarders' Beach Weekend	3-5/2/2017
School Photographs	7/2/2017
Kinder - Year 6 Life Education Van Visit	7-9/2/2017
School Photographs Catch Up Day	10/2/2017
PLC Cattle Team to Glen Innes Show	10-12/2/2017



Speech & Drama Lessons

Jan Patterson, Speech and Drama Teacher

All girls wishing to do speech and drama this year must register on Friday lunchtime February 3rd in the Drama room so that girls can indicate which groups they would like to be in for their lessons.

Year 11 girls should bring their timetables.

A timetable will be put on the front notice board first thing on Monday morning.



PLC Senior Strings

Deidre Rickards, Director of Strings

Our successful String Soirée concert at the end of last year has meant that we are able to start this year with some works which we have played once and may continue to refine. New material will also be introduced and depending on student commitments and time we may look at participating in Sydney Eisteddfod this year.

The first rehearsal this year will be next Tuesday 7 February and the bows go onto the strings at 7.30am. I look forward to engaging with some good string repertoire with you all.

Congratulations

Hockey

Mia Emmanuel (Year 10) and Sarah Askey (Year 11) on their outstanding recent selection in the NSW Under 18 Blues team to participate in the National Championships, in Hobart from April 19-29. An absolutely brilliant achievement for both girls.

Chelsea played in the Under 13 Hockey NSW team in Wollongong at the National Selection games. Chelsea's team came fourth. Chelsea attended the Under 15 Hockey trials and she made it to the NSW squad. She will be heading to Newcastle next weekend for more trials and is hoping to make the team.

Athletics

After recent success at the NSW Track & Field Country Championships in Dubbo, we wish Bella Watts (Year 7) and Gracie Martin (Year 10) all the best this weekend as they compete in the NSW Junior Athletics Championships.

Music

Congratulations to the PLC Armidale girls who were selected to participate in the Gondwana National Choral School during the holidays: Gabrielle Cotterell, Jessica Hughes, Sarah Hughes, Isabelle Taylor, Dakotah Love, Jessica Tan, Lucy Quast, Mia Emmanuel and past PLC student Lily Nielson. Twenty two students were selected from Armidale and nine were from PLC in a total number of 200 is a very impressive achievement. In addition, both Mia and Lucy have been selected in the Gondwana Choir International tour to Europe later this year.

Academic

Head Prefect, Ragavi Jeyakumar, together with Deputy Head Prefect, Kate Biddle, Georgina Hebblewhite and Tara Price participated in the National Youth Science Forum in Canberra during the holidays. Having one student selected in this prestigious program is special, but having four selected is quite remarkable.

We look forward to hearing about the girls' experiences in the future.

Lunch Specials - Term 1

vMonday 30/01	Beef Burger
Wednesday 01/02	Creamy Chicken & Corn Pasta
Friday 03/02	Thai Green Chicken Curry
Monday 06/02	Lamb & Feta Wrap
Wednesday 08/02	Beef Hotdog Sausages
Friday 10/02	Basil, Sundried Tomato & Bacon Pasta
Monday 13/02	Beef Nachos with Guacamole & Sour Cream
Wednesday 15/02	Chicken Burger
Friday 17/02	Beef Stir Fry with Rice
Monday 20/02	Moroccan Chicken Wrap
Wednesday 22/02	Roast Beef with Gravy Aioli
Friday 24/02	Pasta Bolognaise
Monday 27/02	Beef Burger
Wednesday 01/03	Creamy Chicken & Corn Pasta
Friday 03/03	Thai Green Chicken Curry

Monday 06/03	Lamb & Feta Wrap
Wednesday 08/03	Beef Hotdog Sausages
Friday 10/03	Basil, Sundried Tomato & Bacon Pasta
Monday 13/03	Beef Nachos with Guacamole & Sour Cream
Wednesday 15/03	Chicken Burger
Friday 17/03	Beef Stir Fry with Rice
Monday 20/03	Moroccan Chicken Wrap
Wednesday 22/03	Roast Beef with Gravy Aioli
Friday 24/03	Pasta Bolognaise
Monday 27/03	Beef Burger
Wednesday 29/03	Creamy Chicken & Corn Pasta
Friday 31/03	Thai Green Chicken Curry
Monday 03/04	Lamb & Feta Wrap
Wednesday 05/04	Beef Hotdog Sausages
Friday 07/04	Basil, Sundried Tomato & Bacon Pasta



2017 Calendar For Sale

In preparation for the celebrations of the 130th Anniversary of PLC Armidale in 2017, we have produced a College Calendar.

It is available for purchase by contacting the College Reception on 6770 1700 or emailing aa@plcarmidale.nsw.edu.au

NIAS Coaches Workshop Saturday 4 February

Peter le Surf, Director of Sport

Coach education is a vital part of our own development. Knowledge is one thing that can never be taken away from us and we should all be acquiring as much knowledge as we possible can.

If you have any interest in coaching any team at any time in the future then you should be attending this workshop. It is not often that we get the chance to hear from, and workshop with, High Performance Coaches across a variety of sports.

Details:

When: Saturday 4th Feb 6:30-8:30 pm

Where: Astra Art Centre, PLC Armidale

Format: There will be a series of small discussion group with experts in the fields of:

Nutrition

Sports psychology

Physiotherapy

Coaching expectations

As well, Daniel Burgess, from Melbourne, will be presenting on "Leadership" and Adrian Grey on "Clinical Testing".

This is an amazing opportunity for anyone involved in any sporting field, and is available to all at PLC Armidale as a benefit of the NIAS-PLC Armidale Community Partnership.

If you are interested in attending please email me: plesurf@plcarmidale.nsw.edu.au as soon as possible. NIAS will need numbers for catering purposes.

Hope to see you there.



Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

Welcome to a new school year, a new start for some and the opportunity to experience healthy emotions, to self-assess and set positive expectations for oneself.

Consider your first impressions – how often we judge by the first meeting. And often that memory is indelible. If you are looking to impress, bear that in mind. Think ahead. Learn about your companions. Be true to yourself and your character.

Make the most of you, to be the best you can.

The Flourish@PLC program initiated last year will continue with the character strengths infused into in lessons, activities and interactions that we have with each other. We will be learning, doing, growing and developing by building character and wellbeing to empower each student to strive, thrive and flourish.

A reminder that each year group forms a Pastoral Care Class with a Year Patron, and a Year Specialist assigned. The **Year Patron** progresses through the school with one Year group, building and developing a strong relationship with the girls and their families. They will oversee the Pastoral Care and wellbeing for each girl in their year group. The Year Patron will assist with the development of the PC program specific to the needs of the Year group they are with. The **Year Specialist** will remain on one particular school year level and will have a different cohort to oversee each year. They will assist with the development of the Year level specific program, information and activities appropriate to the Year level they are on. The Year Patron and Year Specialist are your first point of contact if you have any concerns regarding your daughter's wellbeing and progress at school.

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SAVE THE DATE

Anniversary Ball

Saturday May 6 2017
at PLC Armidale

Pleasure is the flower that
passes; remembrance, the
lasting perfume.

Jean de Boufflers

QuoteAddicts.com

The **school diaries** will once again feature the weekly Character Strengths, Wellbeing boosters, Mindfulness activities, Actions to develop, Reflection spaces this continues to add to the layers of our PC@PLC.

In the Senior school, each Year Group has it's own locker bay and PC Home Room, where they can meet each morning before their first class. Having these areas specifically dedicated to each year group assists with a feeling of belonging and gives them the responsibility of keeping their areas clean and tidy.

Look out for the PC@PLC Conversations in each edition of the Lions Roar and the Parenting Ideas Articles that are written by Australia's leading children and positive education psychologists.



Development and Enrolments

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



A very warm PLC Armidale welcome to all our new (and existing) families! It is so wonderful to see so many new, happy faces and families choosing a PLC Armidale education for your daughters. From an enrolment perspective, we hope that your start to PLC Armidale has been seamless and informative. Should you have queries about forms, payments or anything else, please contact Enrolments Manager, Sally McCook.

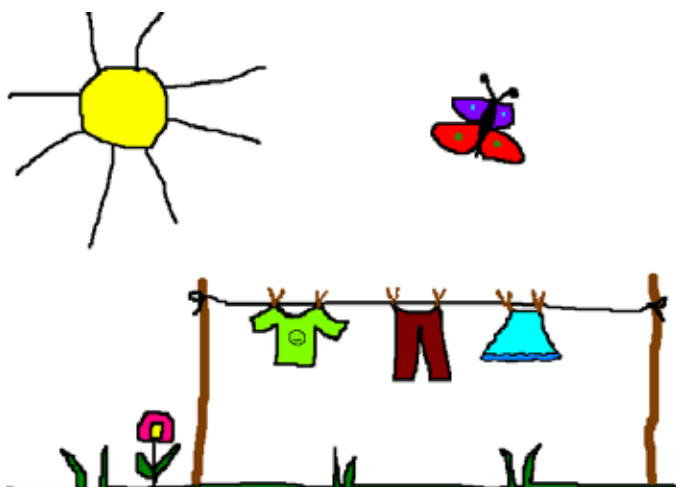
Welcome BBQ

What a wonderful way to start a new school year, earlier this week. Thank you so very much to everyone who helped make the evening such a friendly, relaxed affair.

Special thanks to our Kitchen staff, Chef, Jodie, along with, Bruce, and helpers as well as the Maintenance and Support staff who assisted with the set up.

Anniversary Ball – Save the Date, Saturday MAY 6

As part of the 130 year celebration of PLC Armidale there are a number of events planned, including the major one on **Saturday May 6**.



1st Kids Clothing Bazaar Armidale

Friday, 17th March 2017, 2-6pm

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

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

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

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

Visit us on facebook: kids clothing bazaar Armidale

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PLC Armidale, together with the P&F, Foundation and Old Girls' Union will host the Anniversary Ball and we would like to invite you and your friends. If you would like to host a table of 10, please let me know. More details of the event will be available closer to the event, to be held at PLC Armidale (in the transformed DKC) sharing great food, great music, great fun with great friends (new and old)! It promises to be a quality event.

Should you be interested in gathering a group and hosting a table, please let me know by *Monday February 6*. In the meantime, please **SAVE THE DATE ... May 6, 2017** and spread the word!

Commemorative Book – WE NEED YOU!

People are PLC Armidale!!

As a special memento of the 130 years of PLC Armidale, we are compiling information, stories, photos, recipes, as well as the history in a commemorative hard cover book, which we will be available for purchase at the end of the year. If you have a special family recipe or PLC story to share we would love to hear from you by Friday 17 February. We will then organise a series of cooking days to prepare, cook and photograph your recipe.

It will be no ordinary cookbook. It will be a commemorative keepsake which tells a story of the College's history, through its gardens, food and families. I look forward to hearing from you!

Ad Astra – our annual publication

Unlike in previous years, our annual 2016 Ad Astra publication unfortunately won't be delivered this week. Due to some technical challenges, the printed publication won't be available probably until the end of February. We do sincerely apologise and hope that your family appreciate this wonderful keepsake of 2016 at PLC Armidale, as well as the enormous amount of work that has gone in to its production, particularly by our graphic designer, Bronwyn Grills.

Scholarship & Open Day – Monday 27 February, 2017

Applications for Academic, Music & Visual Arts Scholarships are open until Friday 17 February. Our annual Scholarship & Open Day will be held on Monday 27 February from 8.30am. As in previous years, the day will also feature a presentation by Our Head of Senior School (and at that time Acting Principal) Mrs Anna Caldwell, on why an all-girls' education at PLC Armidale, along with short presentations by key staff members. And whilst the presentation may appeal more to prospective families, current families are more than welcome to come along as well as share in the morning tea which will be provided in the Hospitality Centre. More on this in the next Lion's Roar. Please pass this information on to others in the wider community.

Social Media

For those families new to PLC Armidale, we do have an official Facebook page. We are also in the process of expanding our suite of social media, so watch this space!

Please **LIKE US** and check out all the action from various PLC Armidale activities and achievements.

Welcome to 2017 at PLC Armidale!

Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Michael Grose

How to encourage kids to be problem-solvers

When parents solve all children's problems we not only increase their dependency on adults but we teach kids to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness.

So, how can we raise kids to be courageous problem-solvers rather than self-critical scaredy cats?

Here are six practical ideas to get you started.

1 Turn requests into problems for kids to solve

Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. 'Mum, my sister is annoying me!' 'Dad, can you ask my teacher to pick me for the team?' 'Hey, I can't find my socks!' It's tempting if you are in a time-poor family to simply jump in and help kids out. Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. 'What can you do to make her stop annoying you?' 'What's the best approach to take with your teacher?' 'Socks, smocks! Where might they be?'

2 Ask good questions to prompt problem-solving

A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child's problems. The first question when a child brings you a problem should be: 'Can you handle this on your own?' Next should be, 'What do you want me to do to help you solve the problem?' These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

3 Coach them through problems and concerns

So, your child feels she was unfairly left out of a school sports team by a teacher and asks you get involved. The easiest solution may be to meet with the teacher and find out what's going on. You may or not resolve the problem but in doing so you are teaching a child to become dependent on you. Alternatively, you could coach your child to speak to the teacher herself and find out why she was left out. Obviously, there are times when children need their

parents to be advocates for them such as when they are being bullied, but we need to make the most of the opportunities for children to speak for themselves. Better to help your child find the right words to use and discuss the best way to approach another person when they have problems. These are great skills to take into adulthood.

4 Prepare kids for problems and contingencies

You may coach your child to be independent – walk to school, spend some time alone at home (when old enough), catch a train with friends – but does he know what to do in an emergency? What happens if he comes home after school and the house is locked? Who should he go to? Discuss different scenarios with children whenever they enter new or potentially risky situations so that they won't fall apart when things don't go their way. Remember the Boy Scouts motto – be prepared!

more on page 2 >>



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



parentingideas.com.au

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Parenting *ideas* INSIGHTS

Building parent-school partnerships



... How to encourage kids to be problem-solvers ...

5 Show a little faith

Sometimes you've got to show faith in children. We can easily trip them up with our negative expectations, such as by saying 'Don't spill it!' to a child who is carrying a glass filled with water. Of course, your child doesn't want to spill it but you've just conveyed your expectations with that statement. We need to be careful that we don't sabotage children's efforts to be independent problem-solvers with comments such as, 'Now don't stuff it up!' 'You'll be okay ... won't you?' 'You're not very good at looking after yourself!'

6 Applaud mistakes and stuff-ups

Would a child who accidentally breaks a plate in your family while emptying the dishwasher be met with a 'That's really annoying, you can be clumsy sometimes' response or an 'It doesn't matter, thanks for your help' type of response? Hopefully it won't be the first response, because nothing shuts a child's natural tendencies to extend themselves down quicker than an adult who can't abide mistakes. If you have a low-risk-taking, perfectionist, consider throwing a little party rather than making a fuss when they make errors so they can learn that mistakes don't reflect on them personally, and that the sun will still shine even if they break a plate, tell a joke that falls flat or don't get a perfect examination score.

Michael Grose 



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



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GET YOUR GIRLS INTO THE FUN OF T20 BLAST

FUN, SAFE & ACTIVE

IT'S CRICKET & IT'S A BLAST!

ALL GIRLS RECEIVE A BONUS PLAYER PACK WHEN THEY REGISTER

ARMIDALE MILO T20 BLAST - GIRLS ONLY CRICKET

Starts Tues 14th Feb 2017 @ PLC School Oval, All welcome

Target age - 7 to 12 years individual or teams TIME 4 - 6pm

T20 Program Convener Josh Targett CNSW - 0422 656 823

Packaged 8 week program \$99 pack & all equipment

NOMINATE A GIRLS ONLY TEAM NOW

VISIT PLAYCRICKET.COM.AU/GIRLS TO FIND OUT MORE



NECOM's range of programs are designed to inspire and develop music skills for life in every child!

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Enrol now for 2017!



Instrumental Lessons

NECOM's Instrumental Program offers instrumental lessons by our dedicated teacher-musicians or Music Educator Members. For children through to adults, string, brass and woodwind lessons at NECOM or in schools are available, along with an option to hire instruments.



Foundation Music Program

The ideal foundation for children (K-Yr 6) beginning to learn a string, woodwind or brass instrument. The Foundation Music Program's comprehensive training pathway includes lessons, ensembles, concerts and optional instrument hire that will inspire and support children to develop their innate musical talents.



Ensemble Program

Playing music together with friends is one of the most enjoyable experiences and NECOM offers many ensembles ranging from beginner, intermediate and advanced, including the Chamber Ensemble Program, Armidale Youth Orchestras and Con Brio Strings for adults.



Junior Choral Program

The New England Conservatorium is one of the leading regional centres for choral excellence in Australia. Its sequenced training program for students from Kinder to Year 12 nurtures outstanding young choristers, many of whom win selection in the prestigious Gondwana National Choral School and become members of its internationally acclaimed choirs, every year.



Senior Choral Program

The acclaimed New England Singers provides talented and committed young singers in years 7-12 the opportunity to develop their musical skills in a challenging and inspiring environment focused on achieving excellence in performance.

Phone: 6788 2135

www.necom.org.au Email: admin@necom.org.au