

lion's roar

TERM 2 • 4 MAY 2018 • VOLUME 299



Anzac Day Service



From the Principal

Mrs Nicola Taylor

The main entrance to the College welcomed us back to Term 2 with a magnificent display of Autumn! A special welcome to the families and girls new to PLC Armidale who have joined various year groups across the College this week. Thank you to those girls who represented the College so well at the various Anzac Day services in Armidale and other centres. This is a very tangible demonstration of the culture of respect we value at the College, as well as a gift of service to our Community.

With Teaching and Learning a key focus area of our 2020 Strategic Direction, we are very appreciative to have been selected by AIS NSW to participate in the Authentic School Improvement Program. A key feature of this program is to have two highly experienced educators, Dr Frances Whalan and Mrs Joanne Geary assigned as 'Critical Friends' to provide ongoing consultancy services throughout the coming year.

The overarching goal of the Learning Journey@PLC Armidale, launched at Speech Day, 2017 is to see one year of learning equate to at least one year of progress for each student. This progress is personalized and may look different for different students. For some the gain will be greater, for students with specific learning needs the growth may be less perceptible. The core goal is the same, growth and progress.

4 MAY TO 18 MAY 2018 calendar of events

Boarder Church Service at St Paul's	6/5/18
ICAS Digital Technologies Competition	8/5/18
Years 10 - 12 Parent/Teacher Interviews	8/5/18
Year 6 Morning Tea with the Principal	9/5/18
PLC Twilight In-House Concerts 1&2	9/5/18
Junior School Mothers' Day Breakfast	10/5/18
Athletics Carnival afternoon	10/5/18
PLC Armidale P & F Meeting	10/5/18
In-House Concert No. 3	10/5/18
Years 10 - 12 and Boarders' Parent/Teacher Interviews	10/5/18
Whole School Athletics Carnival	11/5/18
Cattle Team to Warialda Show	11/5 - 12/5/18
Father/Daughter Dinner Dance	12/5/18
Mothers' Day	13/5/18
Years 7/8 Online Debating	14/5/18
Boarders' Chapel	14/5/18
Eisteddfod Choral Evening	15/5/18
Years 7 - 9 Parent/Teacher Interviews	15/5/18
NAPLAN Testing	15/5 - 17/5/18
Eisteddfod Composition Workshop & Awards	16/5/18
PLC Armidale Foundation Meeting	17/5/18
Years 7 - 9 Parent Teacher Interviews	17/5/18
IGSSA Cross Country	18/5/18
Boarding Schools' Expo - Dubbo	18/5 - 19/5/18
Kindy/Year 1 Excursion to Thalgarrah	18/5/18

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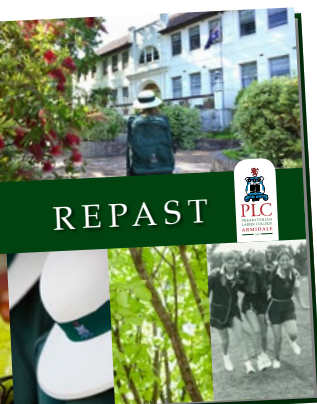
Our Academic Staff spent Monday engaged in the theory and practice of high level data analysis with a focus on the wide range of data available to teachers and the alignment of data analysis to the academic pillars of Literacy and Numeracy. Monday also saw the release of the David Gonski's report "Through Growth to Achievement: Report of the Review to Achieve Educational Excellence in Australian Schools".

Whilst the full details of the report and which, if any, recommendations are adopted as policy, one has been highlighted – a more focused, personalized approach to learning. This is at the core of the Learning Journey@PLC Armidale, we strive for each girl to be known as an individual and for the unique learning needs of girls to be supported and encouraged.

NEWS

Ad Astra – the 2017 annual publication has arrived!

The eldest child in each family should have received your Ad Astra publication in Pastoral Care classes this week. Please contact the office if this did not happen.



REPAST – is finally at the printers

After much time and effort, the PLC Armidale Commemorative book was sent to the printers last week. We have been advised that the production of this keepsake is running behind our publishing schedule. It is now expected to be back in Armidale by July. It is definitely a limited edition, so please ensure you get your orders in now - it's the perfect belated Mother's Day gift!! Order form is in this issue.

Boarding Schools' Expo - Dubbo

The Boarding Schools' Expo season is upon us again, and as always the first is held this term in Dubbo. Should you have any contacts in the greater Western region, please encourage them to call by the PLC Armidale stand anytime from 12.30pm – 6pm on Friday 18 May, or 9.30am to 3pm on Saturday 19 May. This year our new Head of Boarding, Mrs Alison Spencer, will be joining Enrolments Manager, Sally McCook, in promoting all things PLC Armidale!



Fleece 2 Fashion Awards at PLC Armidale

If there ever was a signature New England event, Fleece 2 Fashion is it, and... it's going to be held this year, right here at PLC Armidale, in the DKC/Astra Arts Centre. Tickets are on sale NOW, so don't miss out. The event is on Saturday July 7, in the Mid-Winter Holiday break!



Senior School Notes

Anna Caldwell, Head of Senior School

Welcome back to Term 2.

I trust you have all had a relaxing and rejuvenating break. PLC Armidale is such a vibrant place that never ceases to amaze with how much is going on! This term, although only nine weeks long, promises to be as action packed as ever with our Whole School Athletics Carnival in Week 2, Twilight In House Concerts, Parent Teacher Interviews, The Eisteddfod, NAPLAN, Father Daughter Dinner Dance, winter sport and so much more!

UNIFORM

Winter Uniform is to be worn during Terms 2 and 3. Blazers are required to be worn as the outermost garment to and from school at all times. If the weather is warm, the girls are to remove their jumper and still wear their blazer. If at school, they may take both their jumper and blazer off, but must have the sleeves of their white shirt rolled down.

If the weather is particularly cold, whilst at school the girls are able to wear their tracksuit jacket over their jumper and blazer. They are not allowed to wear the tracksuit jacket without wearing their Blazer.

Please ensure that your daughters wear a flesh or light coloured bra that cannot be seen through the white shirt.

EISTEDDFOD

With the Music and Speech and Drama Eisteddfods coming up, please remember to contact the school in writing (email) to notify of any /all absences from school due to performances.



NAPLAN

Years 3, 5, 7 & 9 will sit NAPLAN in Week 3, on Tuesday 15th, Wednesday 16th and Thursday 17th May.



Boarding House News

Alison Spencer, Head of Boarding

Question: How do I invite a boarder to come to our place?

Answer: Boarders need to complete a request for leave by Wednesday evening. This provides us with enough time to confirm approval by both parents and host. Hosts need to understand that, in this situation, they are "in loco parentis" and must be careful to exercise reasonable supervision at all times.

If the request includes for boarders to be transported by a student, we will seek specific permission for this from the boarder's parents.

When inviting a boarder, please provide them with an email address, phone number and the planned departure and returning times so that we can seek these permissions.





Junior School News

Fiona Wake, Head of Junior School

Welcome back to Term 2.

It was delightful seeing the girls return to school eagerly, happy to see their friends and teachers, and ready to get on with the job of learning. Monday saw the staff analysing, Standardised College data, to identify individual student needs. A letter outlining the details for the MYAT and NAPLAN assessments is being sent seperately.

NAPLAN, MYAT, MATHS OLYMPIAD & ICAS

MYAT Testing – Middle Years Ability Test Years 5 and 6 Monday 14th May

NAPLAN - Years 3 and 5 will be participating in NAPLAN on May 15th, 16th and 17th (as communicated from previous years, NAPLAN is only a ‘one off’ test and we ensure that multiple assessing techniques are used at PLC to gain a broad understanding of where our students are situated academically.)

ICAS –Digital Technologies, Science, Mathematics and English

Digital Technologies: 8th May, 2018

Science: 29th May, 2018

English: 31st July, 2018

Mathematics: 8th August, 2018

These tests are optional and a permission slip has been emailed to you, for you to grant permission for your daughter to be registered to sit these examinations. They are challenging exams however do provide an opportunity to assess your daughter’s performance in these three Key Learning Areas. They also assist to condition students for the anxiety often felt when sitting exams.

NAPLAN Schedule 2018

Tues 15 May	Wed 16 May	Thur 17 May
Language Conventions Writing	Reading	Mathematics

I talked to the girls about perspective in attempt to ease the nerves that some students experience when undertaking testing for the first time or in their early years of education.

The following tips published by 'BrisbaneKids' may help when you are having discussions with your daughter about their concerns relating to the NAPLAN Testing, or any form of testing they are required to undertake across the course of their education. This is not a test students can study or prepare for.

1. DISCUSS
2. EXPLAIN
3. PLAN A REWARD
4. PRACTICE
5. ENCOURAGE

Junior School Sport

The Junior School welcomes back Lucy Donaldson who has returned as our PDH (Personal Development, health and Physical Education) Specialist and Junior School Sports Co-ordinator. Lucy is a qualified PDHPE Teacher and her experience in this area is extensive. Communication regarding sport in the Junior School will be distributed as necessary. Lucy may be contacted on ldonaldson@plcarmidale.nsw.edu.au.

Junior School Chapel

Junior School Chapel services take place each Thursday at 8:55am in the Astra Arts Centre. During these services, students listen to a Bible reading lead by Jen Leahy, share in prayer and sing songs. Students are also recognised for their achievements by being presented with merit certificates. Parents and Friends are welcome to join these services. Our staff will make every effort to communicate to you in advance if your daughter is receiving an award if you would like to attend.



JUNIOR

Eisteddfod Timetable

Date/Time/Venue	Which choir	Order of performance
Tuesday 15 May @ 1:00pm in Lazenby Hall, UNE <i>Please arrive by 12:30pm</i>	Cantilena Singers	<u>Division 1:</u> (due to commence at 1:00pm) 1. St. Mary’s 3-4 Choir 2. Armidale City PS, Stage 3 Choir 3. NECOM Cantilena Singers <u>Division 2:</u> (due to commence at 1:30pm) 1. Newling PS Choir 2. Martins Gully PS Choir 3. TAS 3-5 Choir 4. Armidale City PS, Stage 2 Choir
Tuesday 15 May @ 2:15pm in Lazenby Hall, UNE <i>Chorale choristers to stay after previous event</i>	Cantilena Chorale <i>Cantilena singers who are NOT in chorale to be picked up.</i>	1. TAS Trebles 2. PLC Treble Makers 3. NEGS Junior Vocal Ensemble 4. Cantilena Chorale
Wednesday 16 May @ 11:45am in Auditorium, NCOM <i>Please arrive by 11:00am</i>	Cantilena Singers	<u>Division 1:</u> (due to commence at 11:00am) 1. Ben Venue Senior Choir 2. PLC 3-6 Choir 3. Armidale City PS Vocal Ensemble 4. The Armidale Waldorf School 3-6 Choir <u>Division 2:</u> (due to commence at 11:45am) 1. St. Mary’s 5-6 Choir 2. NEGS Junior School Years 3-6 Choir 3. NCOM Cantilena Singers
Wednesday 16 May @ 1:00 – 2:30pm in Auditorium, NCOM	Cantilena Singers	<u>Choral workshop @ Dan Walker</u> Please bring a packed lunch and water bottle. Cantilena will have lunch in the garden prior to the workshop.



Junior School Sport

Lucy Donaldson, Junior School Sports Coordinator

Hockey and netball begin this Saturday 5th May.

It is crucial that all players are registered before games commence, otherwise they will not be able to take the field/court.

PLC Junior School Winter Sport Uniform Requirements

Please make sure your daughter has the correct uniform and equipment for the Winter hockey and netball season. All girls should have a PLC sports jacket and trackies for the colder days.

HOCKEY U9’S, U11’S AND U13’S

PLC PE shirt, skort, hockey socks, shin pads, mouthguard and hockey stick. N.B. Shorts are not to be worn

HOCKIN2HOCKEY

PLC PE shirt, skort OR shorts, hockey socks, shin pads, mouthguard and hockey stick

NETBALL – PRIMARY COMPETITION (YEAR 5&6 GIRLS)

PLC netball dress

NETBALL NETSET (K-YEAR 4 GIRLS)

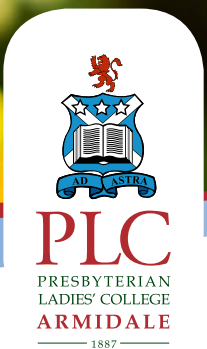
PLC PE shirt and skort

All clothing items are available from the PLC clothing pool which is open weekly on Tuesday’s and Thursday’s 8.30am-4.30am (closed 12pm-1pm)

SKOOLBAG APP

Please make sure that you have signed up for the PLC skoolbag app and that your notification subscriptions are up to date so that you receive all the draws and up to date information for your daughter/s relevant team/s.

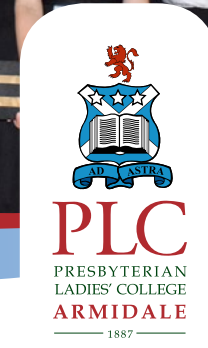




Please join us for the
JUNIOR SCHOOL
Mothers' Day
Breakfast
 AND
Chapel Service
Thursday 10 May 2018
 7:45am -8:45am
 PLC ARMIDALE DINING ROOM
 FOLLOWED BY CHAPEL
 IN THE ASTRA ARTS CENTRE

RSVP juniorschool@plcarmidale.nsw.edu.au
 by Monday 7 May 2018

02 6770 1700 | www.plcarmidale.nsw.edu.au
 Educating successful women of tomorrow in a Christian environment
 In alliance with **PLC SYDNEY**



Please join us for the
Father/Daughter
Dinner Dance
 (FOR DADS WITH DAUGHTERS IN YEARS 11 & 12)
Saturday 12 May 2018
 6pm for 6.30pm
 PLC ARMIDALE DINING ROOM
 For Dads & Day students \$55 each
 For Boarding students \$10 each
 Includes 2 course meal plus canapes & entertainment
 (BYO Drinks)
DRESS Smart Casual
EVENT THEME Garden Party

AND...
Mum's Night Out
 6.30PM AT THE NEWIE

RSVP <http://www.trybooking.com/VBFJ>
 by Monday 7 May 2018 (for both events)

02 6770 1700 | www.plcarmidale.nsw.edu.au
 Educating successful women of tomorrow in a Christian environment
 In alliance with **PLC SYDNEY**



PLC Dads' Day Out
SUNDAY 6 MAY - 1PM

A Social 9 Holes of Golf!
 For more information contact
 Warren Waters:
warrenandheidi@bigpond.com
 (Year 6 Liaison Parents)
RSVP at: www.trybooking.com/VBFL



Around the Grounds Sports Report

Peter Le Surf, Director of Sport



Welcome to Term 2.....a very busy term for sport.

Firstly, congratulations to Mia Emanuel (Year 11) for her selection in the NSW U21 Blues Hockey team. After the recent Under 18 National Hockey championships, Mia was accelerated into the NSW Under 21s squad. She attended training and selections during the holidays and was subsequently selected in the Under 21 NSW Blues Hockey team to compete at the national championships in July. This is an amazing achievement considering she's still only 16!

Congratulations also to Mariah Pennell (Year 11) on her selection in the Central North Under 17 Women's Rugby team to compete in the NSW Country Championships at the Central Coast this weekend. She was presented with her jersey by Australian player, Mahalia Murphy at last weekend's training camp.

Netball, Soccer and Hockey are up and running again this term. Just a reminder that all players need to be registered before they play their first game.

The Whole School Athletics Carnival is coming up on May 10 & 11. The Thursday will see events happening at PLC, whilst the Friday events will be conducted at Harris Park. There will be some "pre-events" happening in the week leading up to the carnival. Please keep an eye on edumate to see when these events are going to be held.

If there are any parents who would like to assist with time keeping or measuring distances on the day, please contact me as soon as possible and we can find you a stopwatch and a tape measure!

As always, I look forward to seeing you on the sidelines at some of the sporting events during the term.

The last day of Term 1 saw the running of the Cross Country school championships. Congratulations to all our Age Champions.

2018 Cross Country Results

AGE CHAMPIONS

4 years	Sophie Schmude
5 years	Phoebe Butterworth
6 years	Evie Donaldson
7 years	Sharni Webb
8 years	Kate Loxley
9 years	Anais Dettwiler
10 years	Natashia Barton
11 years	Scarlett Loxley
12 years	(Junior School) Keira Peet
12 years	(Senior School) Chiyo Brown
13 years	Maya Hess
14 years	Isabella Watts
15 years	Jorja Power
16 years	Mariah Pennell
17 years	Sarah Miron
18+ years	Sarah Tremont



Chiyo Brown in action



PLC Armidale: Cross Country Champions!



Mariah Pennell and Mahalia Murphy



Mia Emanuel



Music

Matthew Minter, Director of Music

The Eisteddfod is nearly upon us, less than two weeks to go!

Thank you to all those girls who have been attending rehearsals regularly and promptly. The final rehearsals are crucial for preparation so please come along on time.

The Senior Choir was very fortunate to have a workshop with Richard Gill, OA. This was an amazing and inspiring experience for the girls and will prove an invaluable part of the preparation for the Choral Championship on Tuesday the 15th of May.

Congratulations to all the students who have attended exciting National and Regional music events over the holiday period. These events have included the NSW Regional Orchestra, Australian World Orchestra program and concert at the Sydney Opera House, the Australian Youth Orchestra Young Symphonists program and special congratulations to Isla Biffin who has worked her third season with the Australian Opera and Ballet Orchestra at the Sydney Opera House. Further reports about these exciting student endeavours will follow in the next Lion's Roar.

Next week we will be holding our Pre-Eisteddfod In House Concerts. There will be two concerts in the Music room for soloists, the first will be on Wednesday the 9th of May at 4:45pm and the second will be on Thursday the 10th of May at 6:30pm. If you would like your daughter to perform in these concerts please email me or ask your daughter to write her name on the sign up sheets on the Senior School noticeboard.

There will also be a PLC Twilight Concert, in lieu of the PLC Performs Concert held in previous years. This concert will feature invited soloists and five signature College ensembles including the Senior Choir, Senior Strings, Bel Canto, Junior Strings and Silver Strings.

Please find attached a copy of the timeline of important events leading up to and including the Eisteddfod.



Eisteddfod Rehearsal and Performance Timeline

MONDAY, 7 MAY

- 7:30am: Senior Choir
- 1:30pm: Senior Choir Pre-Eisteddfod In-House Concert Dress Rehearsal in Astra Arts Centre

WEDNESDAY, 9 MAY

- 8:00am: Bel Canto
- 10:54am: Period 3: Senior Choir and Stage 4 (Years 7 and 8) Combined Choir (Adiemus)
- 1:25pm: Senior Elective Choir Rehearsal
- 4:45pm: In House Concert No. 1 - Music Room
- 6:00 pm: Pre In-House Concert Drinks
- 6:30pm: Pre Eisteddfod In-House Concert - Astra Arts Centre

THURSDAY, 10 MAY

- Wind Ensemble 7:50am
- 6:30pm - In House Concert No. 3 - Music Room

MONDAY, 14 MAY

- 7:30am: Senior Choir
- 9:15am (Period 1): Stage 4 (Years 7 and 8) Combined Choir and Senior Choir (Adiemus)





Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator



This term Pastoral Care will centre around positive engagement, strengthening relationships, accepting and valuing individual and cultural difference.

In the next 2 weeks marching (as well as practice) and active participation in events at the athletics carnival will demonstrate cooperation, collaboration and coordination of individuals and Guilds - teamwork at its best!

For the senior school students and teachers, the first third of the term will be engaged in Pastoral Care sessions based on the lesson plans, activities and other resources available from the Bullying. No Way! for Australian schools and the Student Wellbeing Hub websites. In particular: Protecting Against Bullying: effective strategies, approaches and practical tools for preventing bullying and building a safe and positive learning climate. As well as Respecting Diversity: which is related to a young person's sense of belonging and connection to others. To help students develop respect and acceptance of individual differences among people and groups in their community and beyond.

'You can be whatever type of person you choose to be. Your habits, your behaviours, your responses, are all your choice.'

P.K. Shaw

Many year levels will launch into their social service activities which aim to support and to promote the welfare of others that are usually more unfortunate than ourselves via volunteering or monetary assistance, so keep an ear to the ground for updates on what each year group are doing so that you may be able to offer assistance or donate to the cause.

Later in the term some Stage groups will be participating in events such as focus workshops constructed from the Butterfly Foundation 'Free to be Me' Self-esteem program for Years 7&8, and Years 11&12 will have a specially designed event by Kate Fitzsimons: 'Courage and Change' an educational program that enhances emotional wellbeing by increasing students ability to build resilience through maintaining a positive mindset during adversity and change, so they can better respond to life's inevitable challenges, the day will also include a vital Travel Safety presentation.

On top of the World in the beautiful New England



The school holiday started with a fabulous four day hike, exploring the National Parks in the New England region.

We walked and climbed up to the top of Cathedral Rock and Woolpack Rock in Cathedral National Park and bumped into Sarah Tremont who was there enjoying a spot of trail running! Day two saw us head down to Dorrigo National Park and enjoy the stunning waterfalls and Never Never Picnic Area.

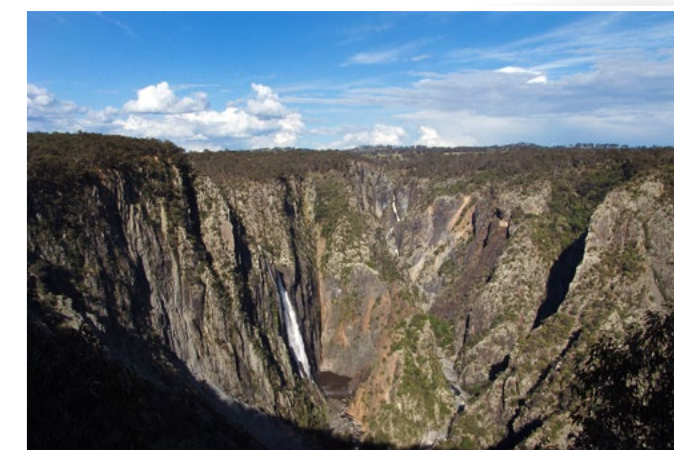
The next two days were spent at Point Lookout where we scrambled over and under rocks and enormous fallen trees, made our way along the cascades of the river and bush bashed and navigated through varied and dramatic vegetation. The view at the top of Wrights lookout had us all feeling that we were on top of the world, the views were breathtaking.

To complete our exploration of New England on our way back to Armidale, we stopped off at the Oxley Wild Rivers National Park and walked out to see the Wollomombi Falls, or where the falls are when there is any water flowing! Despite the lack of waterfalls at the end of the walk, the gorge country it truly spectacular.

Congratulations to Gracen Moore who has now completed her Gold Adventurous Journeys.



View from Cathedral Rock



Wollomombi Falls

PLC ARMIDALE COMMEMORATIVE BOOK - REPAST

Pre-order FORM

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

NUMBER REQUIRED

PLC Armidale Commemorative Book - REPAST

_____ copies @ \$49.95 per copy \$ _____

Specially gift wrapped edition of REPAST in linen tea towel

_____ copies @ \$59.95 per copy \$ _____

Collect from PLC Armidale ☐ FREE

Delivery (@\$10 per book) ☐ \$ _____

TOTAL: \$ _____

For overseas delivery OR bulk orders please contact:

Shona Eichorn, Director of Development

Phone 02 6770 1733

Email development@plcarmidale.nsw.edu.au

Please complete this form and return to:

PLC Armidale, Locked Bag 5, Armidale, NSW 2350

or email to Shona Eichorn:

development@plcarmidale.nsw.edu.au



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

PAYMENT

☐ **Cheque** Payable to PLC Armidale

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

Card number: _____

Cardholder's Name: _____

Signature: _____

Expiry: ____ / ____ CCV: _____

DELIVERY

Name: _____

Delivery Address: _____

_____ State: _____ Postcode: _____

Phone: _____ Email: _____

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

parenting * ideas

insights

Talking to kids makes them smart

by Michael Grose

The links between school achievement and parents' ability to talk with kids from a young age are now well established.

The language stimulation children receive when they talk with parents is one factor. But engagement in conversation with parents benefits kids in a far broader sense. In many ways it is through conversations that kids get a real sense of us as parents. It is through talking with kids that we impart some of our knowledge, ideas, wisdom and thoughts while also gaining access to a window into their worlds and the way they think.

In the current age of digital distraction, talking with children and young people can be a challenge. Busy schedules, homes designed for individual enjoyment rather than group living, a plethora of screens competing for attention and kids that clam up at the first sign of a chat are some of the conversation blockers parents must overcome.

You need to be cunning, proactive and inventive to get some chat going at home. These are some ideas that will help.

1. Turn screens off. Are you competing with televisions, computers and electronic games for your kids' attention? If so, take control of the screens to create some conversational space. Start with a screen-free day each week or screen-free hour each day if you have a home full of young hard-core screen junkies.

2. Turn screens on. If you can't beat them, join them. Some television programs provide great conversational fodder, particularly for older children and teens. Topics can range from "Who's going to win *My Kitchen Rules*?" to "What happens to the winners of *My Kitchen Rules*?" to "What is the point of *My Kitchen Rules*?"

3. Have regular mealtimes. The family that eats together talks together. Meals are great social occasions – more than just refueling stops. They provide terrific opportunities for families to get together and talk. It's no coincidence that families who enjoy and appreciate food generally enjoy close relationships as well. However, for this to work it's important that meals are screen free, so turn off the television and ban phones at the table.



POSITIVE PARENTING





MOTION FITNESS

HSC Study Retreat 2018

Welcome

Motion Fitness is ecstatic to present the first HSC Retreat this September 30th-3rd October. All Retreat attendees will stay onsite with the Motion Fitness Team for the 3 nights as we will be staying at a premier holiday home on Sydney's Northern Beaches (final location yet to be confirmed).

This retreat is like no other. Not only do we supply an environment where the individual attendees can broaden their intellectual knowledge in preparation for their HSC, but we also provide a supportive environment where they can grow as young adults.

Through out the three days, Retreat attendees will have access and immersion to a number of benefits which make this retreat unique.

We understand an active mind is a mind ready to learn and take on new content, so a solid foundation of activity and fitness is incorporated throughout the entire Retreat. This gives the attendees a break from the books but inevitably, puts them in the right mind frame to study.

The camp Includes:

- Key presentations from a range of speakers including professional athletes and multi business owners.
- Five meals a day provided and cooked by an in house chef
- Multiple fitness/strength sessions daily

- Access to in house facilities
- Daily study

Still wondering if the retreat is for you?

That is fair but let me convince you slightly. The ideal participant for the Motion Fitness Study Retreat is a student who finds it hard to study alone, loves the outdoors and physical activity but, also a student who strives when in a supportive and positive environment. That is what this retreat is about.

Guest Speakers

Not only are we presenting in a beautiful environment situated on Sydney's Northern Beaches, but we are providing a range of guest speakers over the course of the stay. We have Parisa Haeri former Australian Female Weightlifting Champion coming in to speak about how she manages running a successful business with multiple clients whilst being a professional athlete.

In addition to Parisa, we have Mathew Clarke who is a multiple business owner here in Sydney. He knows about the ups and downs of life, knows how adversity can influence a person to do great things and how to develop and maintain thorough routines each day.

Price

The Motion Fitness Retreat costs \$600 and that includes everything once you arrive. The only thing you need to do is get to Retreat on Day One and we look after the rest.

If you are interested or need to ask a few more questions please email or call Sam Hutton (owner) on the details below.

See you there!

Contact Details

Email: samueljohnhutton@gmail.com.au
Mobile: 0457458365

