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NEGS Newsletter

Term 3 Week 6 - Wednesday 19th August 2015

Only Goodes can come from this!

Adam Goodes, one of the most accomplished football players in the Australian Football League, has twice won the Brownlow Medal, the award given to the best and fairest player in the league at the end of each season. He's also won two AFL Premierships with his football club, the Sydney Swans. In 2014, Goodes was awarded the prestigious Australian of the Year award, which recognises outstanding contributions to Australian communities and culture, or individual achievements. Its recipients epitomise the Australian ideals, and serve as role models for the rest of their countrymen.

So Adam Goodes sounds like a decent person, doesn't he? Well, if recent events were taken into account, one wouldn't necessarily think so. Earlier this year, during the AFL's Indigenous Round, which is dedicated to recognising and celebrating Australian Indigenous culture in football, Goodes performed an Aboriginal war dance after kicking a goal for his side. After scoring, he danced toward the stands, which happened to be filled with supporters of the opposing club, and simulated what some considered to be "threatening" gestures, including throwing an imaginary spear. Goodes was immediately subjected to a barrage of hateful ridicule and has been vehemently "booed" by football crowds in every game since.

From The Principal

Mr Clive Logan

So here we have one of the greatest champions of this quintessentially Australian sport, twice the recipient of its highest honour, and once the recipient of one of the nation's highest honours, being subjected week after week to the hateful heckling of throngs of footy-goers. And why? Well, that depends on whom you ask.

One of the biggest social debates in Australia right now is whether the incessant booing of Adam Goodes is racially motivated, or whether the crowds are booing him for other reasons. And this is where Australian political and cultural history comes squarely into play.

People are not sure what they think about it all, they didn't realise how damaging it could be. Aboriginal people unsurprisingly have stood united behind him, as this is not just about a player making a stand, Goodes stood up for everyone who experiences racism. Now we see the broader community starting to understand the impact this has had, and an awareness that attacking Goodes is attacking all Aboriginal people.

In defending the right of people to taunt Goodes and to racially vilify him, it marginalises all Aboriginal people and seeks to silence us all. The discussion about racism has touched a nerve in Australia and this can only be a good thing. It is no longer a debate about whether it is racism. It is racism and it has been named as that. We have to unpack the myths and beliefs that got us to this point. All sport including Australian football can unite the nation. Supporters are united and can be part of something that really matters to many Australians.

Over the past few years, football codes have been challenged as our country examines issues like domestic and family violence, sexual assault, and substance abuse. The culture of clubs has changed as the codes recognised that they had to start taking responsibility for both the on and off-field behaviour of their players and now a realisation they are responsible also for the actions of their supporters.

It is not surprising that players themselves from all teams stood united with Goodes; they do not want racism to be part of their code. It is time all supporters caught up with where clubs are at with recognising and celebrating Aboriginal people and their culture. Many clubs have reconciliation action plans and have a real commitment to anti-racism.

Our sporting codes are being held to account; with a reach of more than eight million people, they play an important role in shaping our country's culture.

Football spectators and the broader sporting community, including the media, need to be facilitating change, because without change this issue will not go away. These past few weeks have seen the nation grow as we confronted an issue that remained hidden for so long. When Goodes graces the playing field again, we will have made an even greater step forward, but the conversation has to continue and the issue is far from resolved. But we have made a good start.

I do believe that some people genuinely boo Goodes for reasons other than his race. Some may find it part of the fun of being in the crowd and joining in a movement against a star player of an opposing team. Some fans have never liked him because of his style of play. But those people must acknowledge that, regardless of their intent, they are propagating an act that is rooted in the racial vilification of another human being. It's not okay. It's not all in good fun. This brand of booing is not part of the game. And yes, they are contributing to racism.

Director of Studies - News Mrs Kay Hiscox

Awards at Formal Assembly and Speech Day

Congratulations to the girls who recently received awards at the formal assembly. The criteria for awarding these prizes, as well as those for Speech Day, is as follows.

A formal assembly is scheduled early in Term 3 to acknowledge achievements in Semester 1 of that year. There are 2 types of awards given at Formal assembly:

- 1. Academic Proficiency. Recipients of this award have gained first or second place in a number of subjects. These students are identified by taking the rankings from the reports in Years 10, 11 and 12 and, where junior reports do not have rankings, teachers identify the first and second place-getters in their subjects. The award is given to up to 15% of the year group. Larger year groups will have more recipients than smaller year groups.
- 2. Consistent Effort. Recipients of this award are identified by year advisors and based on the personal profile on the reports. The students with the greatest number of nominations in the "Always" boxes will be considered for the award. The award is given to up to 15% of the year group.

Speech Day at the end of the year is recognition of achievement over the whole calendar year.

There are a variety of Speech Day awards:

- 1. Dux of the subject. This is awarded to the first place-getter in the course. Where 2 classes do the same course the recipient will be the first place-getter over the entire cohort.
- 2. Academic Proficiency. Students who have not received a dux award may be eligible for an academic proficiency award if they have a number of second or third places in subjects. Again this is awarded to up to 15% of the year group.
- 3. Consistent Effort. Recipients of this award are identified by year advisors and based on the personal profile on the Semester 2 reports. The students with the greatest number of nominations in the "Always" boxes will be considered for the award. The award is given to up to 15% of the year group.
- 4. Special prizes. A variety of prizes for community service, school citizenship, special prizes and Principal's prizes are awarded. Where necessary, these are decided by staff who vote on students who have been nominated. Community service awards may be based on the records of the number of hours completed in the students' year book.

Private Vehicle Conveyancing

Attention: New families to NEGS/St John's Junior School

Private Vehicle Conveyancing (PVC) applications – day and boarding students

PVC subsidy is available for eligible NSW school students, where there is no public transport available for all or part of the journey. An example of this is if families live more than 1.6km from the nearest transport pick up point. For further information re eligibility please telephone the Ministry of Transport on 1800 010 123. Please note: for families who are not registered, to be subsidised for Semester 2 (Terms 3 and 4) the cut off date for applications is the 1st December.

It is now possible to apply online at the following address: https://appln.transport.nsw.gov.au/stms-parent/application/download If you are unable to apply online or have any questions, please contact me.

Helen Smith (helen.smith@negs.nsw.edu.au). 6774 8700

FROM THE HEALTH CENTRE

IMPORTANT MESSAGE FOR PARENTS & CARERS OF 11-13 YR OLD GIRLS.

Dear Parents & Carers,

I would like to bring to your attention The National Self Detection Program for Scoliosis (curvature of the spine) for adolescent girls. The Spine Society of Australia recommends that all girls aged between 11-13 yrs should perform the self detection test, and if any concerns see their G.P or Physiotherapist for further assessment.

Three out of every 1000 girls will require active treatment for Scoliosis. In the early stages the condition is mostly asymptomatic, therefore screening adolescent girls is highly recommended as a preventative measure.

The National Self Detection Brochure can be downloaded from <u>www.scoliosis-australia.org</u>. I would strongly encourage all Families to check the website and address this issue. Alternatively hardcopies of the brochure are available from the Health Centre.

If your daughter is a Boarder and you would like her assessed at school, an appointment can be made to see the Physiotherapist through the Health Centre, with the cost charged to you.

Please contact the Health Centre on 67748716 or <u>health.centre@negs.nsw.edu.au</u>, to request an appointment or if you have any questions.

Regards Cathy Beevors Jodie Jackson Registered Nurse NEGS Health Centre

Term Two and Term Three Calendar Dates

TERM 3

10 weeks

Monday 13 July	Year 10 Information Session 2pm			
	Year 10 Parent/Teacher Interviews 3:30pm -	TERM 4		9 weeks
	Milburn Room			
	P&F Meeting, 7pm – WH Lee Room	Monday 5 October	Public Holiday	
Tuesday 14 July	Term Three Classes commence		P&F Meeting, 7pm – WH Lee Room	
Thursday 16 July	IGSSA Round 1, Hockey & Netball		Boarders Return 8:30pm	
Monday 27 July	Year 12 Trial Examinations commence	Tuesday 6 October	Term Four Classes Commence	
Tuesday 28 July	Formal Assembly		Prefects Induction Assembly	
Thursday 30 July	IGSSA Round 2, Hockey & Netball		Year 11 Leadership camp departs	
Wednesday 5 August	Chemistry Olympiad	Thursday 8 October	Year 11 returns	
Friday 7 August	Year 12 Trial Examinations conclude	Monday 12 October	HSC Examinations commence	
Monday 10 August	Biology Olympiad	Friday 16 October	Sports Presentation Evening	
Wednesday 12 August	Physics Olympiad	Monday 2 November	Year 7 & 8 Examination week	
Thursday 13 August	IGSSA Athletics Carnival	Friday 6 November	HSC Examinations conclude	
Friday 14 August	IGSSA Athletics Carnival	Monday 9 November	Year 9 & 10 Examination week	
Saturday 15 August	National Science Week	Monday 16 November	Year 10 Work Experience Week	
Wednesday 19 August	STEM Day	Monday 23 November	Year 10 Service Week	
Thursdsay 27 August	Stage 6 Performance Evening	Thursday 26th November	St John's Celebration of Learning	
Wednesday 2 September	r St John's Musical - Dress Rehearsal	Tuesday 1 December	Carol Service – 5pm	
Friday 4 September	St John's Grandparents' Day	Wednesday 2 December	Year 7-11 Speech Day – 9:30am - MPC	:
	St John's Musical - 2pm		End Term Four	
	Old Girls' Framed! Art Show & Sale - 6.00pm			
	Year 6, 7 & 8 Social at PLC			
	Year 9 & 10 Social at NEGS			
Saturday 5 September	Old Girls' Weekend, AGM 9am			
	NEGS & St John's Spring Fair 10am			
	Old Girls' Reunion Dinners			
Wednesday 9 September	Year 11 Preliminary Exams commence			
Thursday 10 September	GRASS Science Investigation Awards			
	Year 7, 11 & 12 School vaccinations			
	St John's Musical - Evening Performance, 6:30pm			
Friday 11 September	IGSSA Hockey & Netball finals			
Wednesday 16 September	Year 11 Preliminary Exams conclude			
Thursday 17 September	Year 12 Valedictory Day			
	Chapel 9:30am			
	Year 12 morning tea 10:30am			
	Year 12 Graduation Ceremony 11:30am – MPC			
	Last day of school for Term 3			
Friday 18 September	End Term Three			
Saturday 26 Sentember	Spring Bible Week commences			
Saturday 20 September	סאוווק טוטוב איבבא נטווווופוונפז			

Saturday 3 October

Spring Bible week concludes

Ten ways to promote the natural genius in your child By Andrew Fuller

http://positivetimes.com.au/ten-ways-to-promote-the-natural-genius-in-your-child-byandrew-fuller/?utm_source=wysija&utm_medium=email&utm_campaign=August+7+8+15

The contribution made by parents and grandparents to a child or teen's success in school and in life is enormous. When teachers and families work together the results that kids achieve are amazing. Here are some of the main things we can all do to give children and teenagers a boost in school success.

1. Be positive about learning ourselves By taking on hobbies, new courses and discussing new inventions and ideas we show our children and grandchildren that learning is interesting and it is for everyone. This can be as easy as discussing new idea and shows, interesting facts and discoveries, reading new books- the key idea is for young people to know that learning is something adults do too.

2. Have a creativity corner Find somewhere in your home for projects, art works and collections. Setting this up doesn't need to be expensive. Creative geniuses need somewhere they have to invent, work on and keep ongoing projects. One of the great ways to learn about persistence is by starting a project and then building upon it and improving it over time. Warning- cover the carpet under this corner and at times you may need to cover it all with a drop sheet. Expect this area to get messy and wild. Becoming a genius is not always neat.

3. Experience + reflection = learning The experiences we have in our lives build our brains. When parents and grandparents involve children in experiences they grow their brains. By giving our children new and interesting positive experiences, we stimulate their brain development and make them smarter. By asking them to think about the things they have seen or felt they consolidate this new experience into their brains. To really have the natural genius of kids surge don't keep doing the same things over and over again. Find ways to do new things, visit new places and try out different ways of seeing the world.

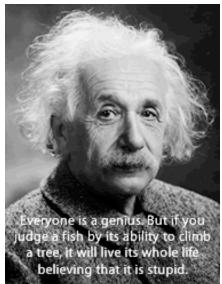
4. Look for strange and weird ways to connect things Imagination and creativity is often about thinking ideas that no one else really thinks. You can help stimulate this by playing a game of thinking up ways that different things are alike. For example how are the plant Mars and an apple alike? Do worry if you don't have an answer. Genius is more about asking questions than having answers.

5. Know that mistakes are opportunities If you can't make a mistake you'll never do anything new. If children can't bear to make a mistake they can't access their inner creative genius. Help them to realise that we all make mistakes. No one gets everything right the first time they try. In fact making mistakes is the way we learn.

6. Stretch ideas The world seems to encourage people to seek answers (usually from google) and then stop thinking. Be the antidote to this by helping your child or teen to take ideas and stretch them out. This requires parents and grandparents to have a good sense of humour and an enjoyment of the absurd. Ask kids to take ideas and apply them in as many strange ways as they can. Geniuses take information from multiple sources, recombine them in new and interesting ways and apply them in settings not many people thought of before them. Copyright Andrew Fuller www.andrewfuller.com.au 2

7. Develop concentration It is hard to imagine attaining success in an area of life if you cannot learn to concentrate. Anyone who has ever learned to ride a bike, play a musical instrument, surf a wave or drive a car knows that concentration is a skill we can get better at. Often kids are drawn to different things to concentrate on. Notice what draws their attention and build upon that.

8. Help them learn to plan and make decisions Being able to anticipate what is likely to happen as a result of your actions is an essential life skill. The ability to look beyond your current circumstances and consider the outcomes of possible courses of action is something we can



help children and teens to learn. This can be as simple as mapping out different pathways or asking kids, what do you think will happen if we did this or what do you think would happen if we did that? Our actions have consequences. Decision making is a rare skill. Some people just allow life to happen to them and then express dissatisfaction about where they end. Help kids to become active decision makers if you want them to have a happy life. Much of our life's happiness – where we live, where we work, who our friends are and who we are in a relationship with – is determined by the decisions we make. Decisions are like crossroads that we meet in life. Helping kids to stop, pause and weigh up the likely results of taking different actions or pathways is one of the most powerful things a parent can do to help create a happy life for their child.

9. Don't just read to kids, read with them Reading with kids helps them to gain an interest in new information. By pairing time with parents and grandparents as learning time helps them to see the value in new learning. Even when children are older capable readers, occasionally sharing a story, reading out something interesting from the newspaper or reciting a poem, saying or song will show them learning is something older people do as well. Genius is about being more interested in the things we don't know than the things we do know. It is very difficult to become intrigued in the things we don't know if we don't occasionally see the world from someone else's perspective. Films and computer games will do this to some extent but nothing beats a good book. Even for really reluctant readers, it only takes one great book being read to them and with them to make a world of difference.

10. Let them know how incredible they are These days, we talk of some people being a genius but have forgotten that everyone has a genius. Within each person is an inner genius, an inner passion, ability and desire that we can unlock and draw out. As parents and grandparents it is much more important to focus on drawing out potential and focusing less on current performance. One of the things very successful people say is that they had someone who believed inn them as a child. When asked how they managed to achieve a remarkable accomplishment they often pause and reflect that no one ever told them they couldn't do it. Andrew's latest book Unlocking Your Child's Genius (Finch Publishing) will be published in July 2015.



Wellbeing. for parenting courses in local areas.

Thailand Fundraiser

Dear NEGS Community,

Exemplifying the important role in developing a sense of service, three of our Year 10 students, Bronte Hiscox, Emily Sole and Katrina Tomlinson-Gils, will participate in the Thailand Service Trip to lend a hand at three important charitable institutions during the October school holidays. At a school for the blind in Lampang, the McKean Rehabilitation Institute for leprosy sufferers, and Agape Home, an HIV orphanage in Chiang Mai, the students spend their days giving of themselves, physically through painting, gardening and clearing land and emotionally as they play with the children from five months up to teenagers.

We ask for your assistance by buying raffle tickets so that we can provide much needed garden equipment, seeds, paint & building supplies to enable this charitable work to continue. Thank you.

Thailand Fundraiser raffle

Ist Prize – whole lamb

Kindly donated by Cath and Russell Hiscox

Tickets \$2 each or 3 for \$5 available at Reception and at NEGS Spring Fair (5th September)

Drawn at the NEGS Spring Fair

Winner to contact Mr and Mrs Hiscox for delivery details.

THAILAND FUND RAISER RAFFLE

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PLEASE HELP!

We need filled bottles, jars and vessels for the St John's Bottle Lotto stall!

Anything and everything in a bottle - from champagne to shampoo - or make your own with a jar full of treats, stationery, hair ribbons, toys, vouchers, loombands, accessories, recipe in a jar ... anything you fancy!

Please bring in your donations by **Friday**, **Aug 28.** Collection box in the St John's office.

THANK YOU!!!!!!

NEGS Livestock Team Mr Mark Fisher

This year a team of the NEGS Livestock Team comprising of seven students and four cattle travelled to Brisbane to attend the 2015 Brisbane Royal otherwise known as EKKA.

The students all compete in the beef cattle competition and set a high standard. Mr Mark Fisher who accompanied the students was once again proud of how they worked immaculately as a team to present NEGS Agriculture to the general public.

Excitingly, a number of students made it through to the cattle handling finals with ribbon winners Sarah Caslick and Zoe Stuart putting on a stellar performance.

Cattle results: Charolais X Limousin heifer - 3rd place - skillfully presented by Olivia Carter. Charolais X Angus steer - 2nd place out of 31 in the carcass section. Our other 2 Charolais X steers also scored well in the carcass section.

Mr Fisher said, "to win any ribbon in Brisbane is an exceptional achievement as the level of competition is outstanding so we were pleased with our week away."

A big thank you to Mr Brian Grogan (cattle breeder) for his kind, continued support of our Livestock Team. Also big thanks to Mrs Amy Layton (camp mum), Rich Mackenzie (Ag assistant) and our two gappies - Lisa and Arial.



Olivia Carter with heifer and Mr Brian Grogan

Katrina Campbell with Charolais X Angus

Sarah Caslick



Brisbane Team

From the Uniform Shop Mrs Rosemary Campbell

It is nearly time to think about your children's Summer Uniform. We have limited second hand garments, so it is first in best dressed.

We are very happy to do the fitting or else you may rather be here yourself.

Last year we introduced a Trolley Bag as an alternative to our backpack, this received a very lukewarm response. Now we have been told that 2 of the larger Companies that we deal with, are no longer manufacturing Trolley Bags.

If at any stage the bags become available again we shall then reassess .

Thank you for the clothing that trickles in to be sold on consignment. Please remember clothing must be washed ironed and Ties, Blazers and Kilts must be dry cleaned and left in the Dry Cleaners' Bag.

We are very proud of our uniform and our aim is to pass this pride on to our students.



AMEB exam results

Several students have successfully completed their musical examinations, and we should all wish them congratulations on their fine results.

Lilli McMillan - Voice - Preliminary Credit

Heidi Powell - Voice - Preliminary Credit +

Isabella Collison - Piano - Preliminary High distinction

Eloise Gooch - Piano - 1st Grade Credit

Hannah Rahim - Violin - Preliminary Honours

Charlotte S - Violin - Preliminary Honours Nichola Clarkson - Violin - First Grade Violin Honours

Isabelle Perottet - Violin - Fourth Grade Honours

Keeley O'Connor - Cello - Grade 2 High distinction

Also, our peripatetic tutors Caitlin Pengilly and Kristal Spreadborough (who is also our boarders' practise supervisor) successfully gained their AMus qualification. Congratulations to them on achieving such a high standard of musical recognition.

Upcoming dates:

Stage 6 performance evening - Thursday 27th August, 6.30pm, NEGS Assembly Hall

St John's musical: Three Little Pigs - Thursday 10th September, 6:30pm, NEGS Assembly Hall Tickets @ http://www.trybooking.com/147166













IO:00 am Saturday 5th September

pony rides / paint a pony / wine wheel barrow/ tombola / lob-achoc / face painting, hair & tattoos / books & craft / gourmet BBQ & relishes / cakes / nachos / drinks / ice cream / plants/ chocolate wheel /novelty events / musical performances / Concepts of Armidale fashion parade



Emporium with over 20 stalls / Annual Art Show / Old Girls' Weekend Be there for a great day experiencing NEGS in its full spring glory



Sport News Miss Laura Cambridge



IGSSA Athletics Report

On Thursday and Friday the 13-14th of August a small team of twelve travelled to Sydney from NEGS to participate in the annual IGSSA Athletics Carnival at Homebush.

The team came away with some pleasing results and enjoyed the warm weather which produced several PBs and a few final appearances. An outstanding achieving considering the size of our school and the amount of competition which was present at the event.

Well done to all the girls and their achievements and thank you to the girls' coaches, Miss Vesnaver, Mr Forgeard and Jay Stone.

Isabella Watson 18yrs Shot Put 6.63m 17th overall

Kate Bailey 17yrs Shot Put 5.78m 21st overall 17yrs 200m 30.20 17th overall, 3rd in Div 3

17yrs 200m 30.20 17th overall, 3rd in Div 3 Senior 400m 1.08.59 11th overall, 2nd in Div 3

Tahlia Paull 17yrs 800m 2.53.37 15th overall 17yrs 100m 14.58 20th overall, 3rd in Div 3 Senior High Jump 1.45m 8th overall, 1st in Div 3 17yrs Long Jump 4.06m 15th overall, 3rd in Div 3

Charlotte Raleigh

Intermediate Discus 29.40m 5th overall, 1st in Div 3 16yrs Shot Put 9.82m 10th overall, 2nd in Div 3 Intermediate Javelin 20.52m 4th overall, 3rd in Div 3 16yrs Long Jump 4.29m 15th overall, 3rd in Div 3 Ebony Thomas 16yrs 200m 30.61 21st overall

Victoria Bennet 15yrs 100m 14.56 20th overall, 2nd in Div 3 15yrs Long Jump 3.33m 23rd overall

Sarah Wyatt 15yrs 800m 2.31.55 6th overall, 1st in Div 3. Qualified for finals. 7th in finals. Intermediate 400m 1.02.25 2nd overall, 1st in Div 3. Qualified for finals.

2nd in Finals. Qualified for CIS

Penny Haynes 14yrs 200m 29.64 15th overall, 2nd in Div 3 14yrs 100m 14.37 19th overall, 3rd in Div 3 Junior Relay DW 14yrs Long Jump 3rd in Div 3

Chelsea Devenish Junior Relay DQ Junior Javelin 21.15m 7th overall, 1st in Div 3. Junior Discus 17.09 15th overall, 2nd in Div 3 14yrs Shot Put 3rd in Div 3.

Evey White 14yrs 800m 2.54.02 22nd overall Junior 1500m 5.54.11 22nd overall Junior Relay DQ Junior High Jump 1.35m 10th overall

Grace Cassidy 13yrs 800m 2.33.59 9th overall, 1st in Div 3. Qualified for finals. 4th in Finals Junior 400m 1.04.18 7th overall, 2nd in Div 3. Qualified for finals.

Charlotte Chapman 12yrs 200m 29.82 7th overall, 2nd in Div 3. Qualified for finals. 9th in Finals. 12yrs 100m 14.31 6th overall, 2nd in Div 3. Qualified for finals. 7th in Finals. Junior Relay DQ 12yrs Long Jump 4.02m 9th overall, 2nd in Div 3



Charlotte Chapman

Sarah Wyatt

Grace Cassidy





Penny Haynes

Vicky Bennet



Tahlia Paull





Kate Bailey

Sports Presentation Evening

Families are reminded of the changes this year for the presentation of the major Sport Awards.

The date of this event is Friday, 16th October (Term 4, Week 2) commencing at 5.30pm. The Presentation will be held at NEGS, where costs can be kept to a minimum.

The girls to be invited to the evening include, among others, applicants for the Major Awards, current and new House/Vice Captains, along with current and new sport captains.

The plan is that invitations with further details will be emailed to the girls and families at the end of Term 3.