

embracing life with confidence,
compassion and creativity



NEGS

Newsletter

Term 3 Week 10 - Wednesday 18th September 2013

Sportsmanship

If you're into sports, you've seen it happen. You've probably even experienced it: football players shaking hands after 80 minutes of knocking each other around. Even boxers touching gloves at the beginning of each round, then hugging each other after beating each other into a pulp for 12 rounds. What's going on?

It's all part of sportsmanship, a great tradition in sports and competition that means playing clean and handling both victory and defeat with grace, style, and dignity. However, the lessons learned from sportsmanship are not just confined to sport – they are a microcosm of life as well.

What Is Sportsmanship?

Sportsmanship is defined as:

- playing fair
- following the rules of the game
- respecting the judgment of referees and officials
- treating opponents with respect

Some people define good sportsmanship as the "golden rule" of sports — in other words, treating the people you play with and against as you'd like to be treated yourself.

You demonstrate good sportsmanship when you show respect for yourself, your teammates, and your opponents, for the coaches on both sides and for the referees, judges and other officials.

But sportsmanship isn't just reserved for the people on the field. Fans and parents also need to be aware of how they behave during competition. Sportsmanship is a style and an attitude and it can have a positive influence on everyone around you.

Win or Lose, Sportsmanship Helps You Get Through

In the last few years, taunting, trash-talking, gloating, and cheap shots have become all too common in sports. You've probably seen athletes who take their own successes too seriously, too. They celebrate a goal with a prolonged victory dance or constantly brag about their abilities.

Everyone feels great when they win, but it can be just as hard to be a good sport when you've won a game as when you've lost one. Good sportsmanship takes maturity and courage — when you work really hard at a sport, it's not easy to admit you made a bad play or that someone has more skills than you. In competition — as in life — you may not always win but you can learn something from losing, too.

When you *do* lose — and it will happen — don't take it out on your opponent, blame the officials, or blame your team. Take it in your stride. When you lose, lose with class. Being proud of how you performed, or at least being aware of things you need to improve for next time, is key.

When it comes to losing, good sportsmanship means congratulating the winners promptly and willingly. Also, it means accepting the game's outcome without complaint and without excuses, even if you sometimes might feel the referees made a few questionable calls.

Dates to Remember

2013 - Term Three

10 Weeks

Wednesday 18 Sept.	Year 12 TAS and Visual Arts Presentation Evening St John's Musical - 'Aristocat' 6pm
Thursday 19 Sept.	Year 12 Valedictory Chapel and Speech Day St John's Musical - 'Aristocat' 6pm Last Day of Term 3
Friday 20 September	Buses depart from 7.30am

TERM 4

9 Weeks

Monday 7 October	Year 11 Information Session Boarders return by 8.30pm
Tuesday 8 October	Classes resume
Thursday 10 October	Year 11 Leadership Camp
Monday 14 October	HSC Written Examinations start
Friday 1 November	NEGS Sports Dinner
Friday 8 November	"Walk In Our Shoes" Day
Monday 18 November	Year 10 Camp
Thursday 28 November	St John's Celebration of Learning
Tuesday 3 December	Carol Service at 5.00pm. Drama plays
Wednesday 4 December	NEGS Secondary School's Speech Day

NEGS Calendar Link

<http://calendars.negs.nsw.edu.au:8080/month.php>

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Good sportsmanship means acknowledging victories without humiliating opponents, being quietly proud of success, and letting victories speak for themselves. Even if you win by a landslide, compliment your opponents.

Practicing Good Sportsmanship

So what does it take to demonstrate good sportsmanship in real-life situations? Here are some examples of things you can do:

- **Learn as much as you can about your sport.** Play by its rules. Show up for practice, work hard, and realise that on a team, everyone deserves a chance to play.
- **Talk politely and act courteously toward everyone before, during, and after games and events.** That includes your teammates, your opponents, your coaches and their coaches, the officials presiding over the game, and even spectators (who can sometimes be loud about their opinions).
- **Stay cool.** Even if others are losing their tempers, it doesn't mean you have to. Remind yourself that no matter how hard you've practised and played, it is, after all, just a game.
- **Use restraint.** If you're in a difficult situation or someone's threatening you, seek help immediately from your coach or from an official. Remember, too, that if you respond with violence you could get penalised, which could hurt your chances of winning.
- **Cheer your teammates on with positive statements** — and avoid trash-talking the other team.
- **Acknowledge and applaud good plays,** even when someone on the other team makes them.
- **When officials make a call, accept it gracefully even if it goes against you.** Remember that referees may not be right every time — but they're people who are doing their best, just as you are.

Whether you win or lose, congratulate your opponents on a game well played. People notice good behaviour – and bad!

How much of sportsmanship is relevant and applicable to life – to everyday situations – from which we can learn? Are sports a mirror that reflect society's values?? Something for you and me to ponder ...

Mr Clive Logan, Principal

From The Deputy Principal

This time of year is always one of mixed emotions. Yr 12 are bursting at the seams to get on with the next chapter of their life, after they finish the imposing HSC, and yet they have feelings of trepidation. From a professional perspective, we feel that we have done our job well when the girls are confident that an exciting world awaits them and no matter what, they can face the challenges with verve. Ultimately though, we are all a little sad. We will miss this group of very special girls.

In terms of the boarding houses, the school has been led by the dependable boarding prefects, Nicola Armstrong and Claudia Turnbull. They have represented the boarders well. All 16 Yr 12 boarders have certainly initiated me on my maiden voyage as the Head of Boarding. They have gently cajoled and guided me for the last 9 months and I have appreciated all the words of wisdom.

The best part of being an educationalist is that we learn from each other. The business world might call it "360 degree feedback", I call it positive relationships and the girls at NEGS personify this. Every Yr 12 student - day and boarding - has a unique personality that has been able to flourish with the guidance of the supportive environment that is NEGS. They are well equipped to strive to achieve their dreams and goals. The school feels privileged to have had a small part in this achievement.

I love to read about people and I enjoyed reading about the infamous character, Bear Grylls. A story of his, which resonates with me about the present Yr 12's, is a strong message about the future, and I would like to sign off with one of Bear's stories:

Bear and his father were out climbing together. Bear was young; he was scared; he was cold and he started to cry. His Dad turned to him and said: "Son, cover up better and push through it. We are on a proper expedition now and this is no time to whinge. The discomfort will pass". And it did, as it will for you.

My message to you, Yr 12, is to be true to yourselves and when you are a little bit anxious about what the future holds for you, take the advice given to Bear Grylls' by his father: stay safe and warm; don't cry; don't whinge; the discomfort will pass; be true to yourselves. Just like Bear, you are on a "proper expedition now" and who knows where this will lead.

Mrs Mary Anne Evans, Deputy Principal

From The Enrolments Office

• **2014 Enrolments:** Enrolments are now open for 2014. If you have a child due to commence at St John's / NEGS next year, please collect an enrolment package from the Enrolments Office. If you know of any other families considering enrolling their child at St John's / NEGS next year, please encourage them to collect an enrolment package and / or make an appointment for a tour of the school.

Round Square Exchange

Claudia Nash - Yr 10

Claudia has safely arrived at Bishop's College in Canada for her 6 week exchange experience. Here is an email from her: "I am here and alive! I am having such an amazing time, it has been very busy with cadet camp and mountain day (which is climbing a mountain) with the whole school. Everyone is so friendly and welcoming! It is slightly confusing though when you have a conversation that starts in English then changes to French then to Spanish!!"

Edwina Morton - Year 10

Edwina has travelled to Woodridge College, South Africa for her exchange and her Dad reports that she has arrived safely, finding Johannesburg Airport quite a challenge. She is very excited to be at Woodridge, basically spent a day recovering from jet lag and now settling into the dormitory at Carter House. She is now on an outdoor education experience.

Keep having fun girls!!!

2014 International Exchange

Year 9 girls and parents received their application forms this week for 2014 Exchange. These are due Week 1, Term 4.

Mrs S Thomas
RS International Exchange Coordinator

NEGS Uniform Shop

THE UNIFORM SHOP WILL BE OPEN ON THE FOLLOWING DAYS:

18/9/13	4/10/13	9/10/13
19/9/13	7/10/13	10/10/13
20/9/13	8/10/13	

NSW Parents Council

The latest e-bulletin available from parentscouncil.nsw.edu.au contains information on/about:

- * How funding stability is important for schools
- * Managing the Middle Years
- * HSC Survival Tips for students and parents
- * Launch of TES - Teach Educate Share - Australia



Omega Feeds NEGS CNC* ODE 28 & 29 September 2013

*embracing life with confidence,
compassion and creativity*

CNC*, EVA 105, EVA 95,
EVA 80, EVA 60 and EVA 45
Prize money CNC* \$2,500 & EVA 105 \$1,500

Event program and online entries at www.nominate.com.au
For enquiries please email ode@negs.nsw.edu.au or call 02 6774 8717



NEGS
EQUESTRIAN

New England Girls' School, Uralla Road, Armidale NSW 2350. www.negs.nsw.edu.au

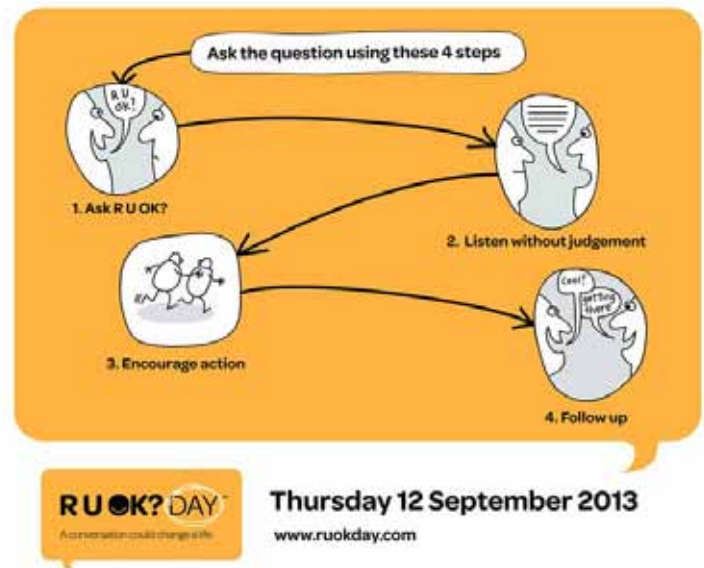
Last Thursday was national RU OK day. Our school Chaplain, Fiona May sent the following email to all staff:

Dear All,
Today is national RU OK Day. Let's make a concerted effort and be part of it. Extend care and encouragement to someone else @ school today!

It's easy:
A simple message but with so much impact after asking one little question!
Fiona continued with this message in the school Chapel service with all girls given time to recognise those around them. How fitting it was to incorporate secular health with our spiritual learning - all part of NEGS holistic plan to ensure student wellbeing.

Next term on Wednesday 9th October, Years 7-10 will hear speakers from the Butterfly Foundation and, also for the first time, a visit from headspace.

headspace is the National Youth Mental Health Foundation. They help young people who are going through a tough time. The following is an abstract from their website: <http://www.headspace.org.au>



“Looking for someone to talk to? If you're 12-25, you can get health advice, support and information from headspace. headspace can help you with:

- General health
- Mental health and counselling
- Education, employment and other services
- Alcohol and other drug services.
- So we're here for you if you:
 - * are feeling down, stressed or can't stop worrying
 - * haven't felt like yourself for a long time
 - * can't deal with school or finding it difficult to concentrate
 - * are feeling sick or worried about your health
 - * want to cut down on your drinking or drug use
 - * are having difficulties with friendships
 - * are being bullied, hurt or harassed
 - * are worried about work or study or if you're having money trouble



headspace is a place you can go to talk to someone about any of these issues.

headspace was established and funded by the Commonwealth Government of Australia in 2006.

Our primary focus is the mental health and wellbeing of all Australians. We know that getting help early is the key to resolving these problems quickly. **headspace** is making a difference where it is needed most - our young people.”

Some holiday reading: Please follow this link to Parentingideas latest magazine for Parents: www.parentingideas.com.au/Parents/Parenting-Magazine

Two articles that I would like to draw your attention to are: “What’s the big deal with Instagram?” and “The Nightmare of Adolescent Sleep”.

Enjoy the school holidays with your children - hoping you have a safe and happy time!

*Mrs Angela Sole, Coordinator of Wellbeing@NEGS,
Sister Cathy Beevors and Chaplain Fiona May.*

Kirkwood House News

Term 3 has been a very long term and Kirkwood students are coping but are quite tired. I suspect that they will be spending time in the holidays just sleeping. It is a lovely feeling to say goodbye to winter and be able to embrace spring. If only we could get some decent rain, all would be good.

Meal Times

Mornings

The new meal times have been a great success with our students. Some of the girls have taken the opportunity to have extra sleep in the mornings and can actually stay in bed until 7.30am. Others are up and cleaning their rooms, doing extra home work or simply socialising with each other. The cold winter mornings have been made bearable by not having to go to the dining room until 7.55am. This has had a huge impact on the girls and I have noticed that they are less stressed and more organised in the mornings because they have more time to get everything done.

Evenings

The later evening meal time has meant that girls do not have to be walking back and forth to the house. Instead they can socialise in the dining room until it is time for prep. It is much better for Equestrian students who can now make it on time to the dining room.

Pancake Wednesday

This is very popular and last week I made 122 pancakes. There is always enough mixture left over for students to have for afternoon tea next day. It is a nice time for me too as I find it to be most enjoyable making the pancakes and having the girls hovering around chatting and laughing.

Sport

It has been a good term for sporting success, especially at IGSSA. The hard slog of training on cold nights makes it all worth while. It is not about winning, it is all about playing the sport with their team and NEGS girls certainly do this well. Students are looking forward to the warmer months and the summer sports.

New Boarding Structure

I am 100% behind the new structure and see it as a positive direction for the future of boarding for your daughters and the school. The appointment of Ms Ronald to Kirkwood is an excellent choice. While I have chosen to retire, the girls will always be in my heart and you will still see me at NEGS from time to time. Ms Lara Johnson will be taking my place and for those who have not met her, Ms Johnson has been an outstanding Duty Mistress. During term 4, I will be working with these two ladies to ensure that the changeover to the new system is smooth and positive. I will also be back for day one of 2014 so I look forward to seeing you all on that day.

Coast Weekend

Mrs Evans has been trying hard to get events happening at weekends. In October we have planned a day of shopping and swimming at Coffs Harbour. I have sent three memos to students asking for names of those who would like to go. To date we only have 10 names so I ask that you talk to your daughter to see if she would like to attend. We will be running this day even if we have to take a small bus.

Cambodian Children's Trust and Boarders Shorts

You will well remember the impact that NEGS Old Girl, Tara Winkler, had on all of us at last year's Speech Day. Kirkwood Year 9 students have organised boarders shorts as their fundraiser. You will be receiving an email about this this week and orders must be back the first week of term. So far we have raised 3/5's of the cost of the house for a family in Battenbang through selling chocolates and this fundraiser might see us go close to finalising the house. How wonderful that would be. In the holidays I will be attending a major fundraiser in Sydney for CCT and I look forward to representing NEGS and advising Tara of the school's ongoing support.

*Mrs Lyn Thomson
Kirkwood House*

White House News

Students in White House this term have been busy studying for their Year 11 exams which finished on Friday 13th September, 2013, with much relief to the girls.

Equestrian girls attended the ODE at Tamworth the weekend of 7th & 8th September, 2013, here are some results:

- Raquel Frogley came 1st in the Junior Pre Novice EVA105
- Amy Byrnes came 3rd Introductory EVA80
- Shaina Berry, Hilary Blackman and Hannah Parker also competed at the ODE

It has been quite busy with Exchange girls coming and going this term: Anja from South Africa left last week and returned home after a term a NEGS.

Also Gabby Rigby from San Francisco has also returned home after staying at NEGS & Lise Pernin from France has also returned home.

A group of Yr 10 girls are also going on exchange next term until the start of next year they are:

- Kate Ryan and Raquel Frogley who are going on exchange to Paris
- Morgan Hyatt who is going on exchange to Denmark
- Alice Frend who is going on exchange to Canada

Sad to say that Alison Cala is leaving NEGS to go Narara Valley High School, we wish her all the best.

Good news that the IGSSA hockey Girls Emily Rogers, Rebecca Waters and Anthea Powell made the finals, Well done girls.

IGSSA Netball girls Eliza Pitt, Brigitte Michel and Alice Frend came 5th in their Division, well done.

IGSSA Athletics girls Eliza Pitt, Emily Rogers and Alice Frend all went wonderfully well.

Ella Tindal, Ally Bray and Emily Morrice were part of the HSC Music Performances at TAS.

As in the past year 11 usually move over to Saumarez House next term, unfortunately this is not happening this year due to up grading Saumarez House, ready for Year 12 and Year 11 next year.

I wish everyone a happy restful holiday and look forward to Term 4

*Mrs Kerry Middleton
White House Mother*

From the Boarding Houses

Saumarez House

It has been a very busy term for the Year Twelve Boarding House.

The girls started their Trial Examinations one month into 3rd term, all managed to survive the stress and many realise the effort that lies ahead.

As the term draws to a close there have been many moments “this is the last time I will be doing this” as they realise their “School Days” are coming to an end.

The Spring Fair on the 7th September and the Old Girls’ breakfast on the 8th September were highlighted by humorous stories from Old Girls some of whom had left NEGS , sixty years ago!

A farewell dinner attended by all boarders was held in the Dining Hall on 16th September. Mr Logan, Mrs Evans and representatives from Kirkwood and White Houses delivered words of wisdom and wished the girls all the very best for the future.

The muck up Assembly, 18th September, was extremely entertaining and although all Year 12 girls participated, Annabelle Sutton, Georgia Everingham and Molly McNeil deserve special thanks for a great presentation.

On the 19th September we have Valedictory Day for Year 12 commencing with Chapel, followed by Speech Day and then the Formal Dinner at The Booloominbah Collection, University of New England.

The High School Certificate examinations commence on the 14th October. I would like to wish all of Year 12 every success and may all their dreams come true.

Mrs Jenny Carey



my school
my dreams
my future



ST JOHN'S

Newsletter

Term 3 Week 10 - Wednesday 18th September 2013

Spring Fair

I think everyone will agree that the Spring Fair was a wonderful event with plenty of activities for everyone. Thank you to all families who assisted in any way, with particular thanks to the year group Liaison Parents and the teachers. Now the rain can come!

Aristocats

After plenty of work from the students, real dedication from staff and able support from parents the week has arrived for the performances of Aristocats. On Monday we were fortunate to have children from TAS and PLC Junior Schools as our audience.

NSW Bike Week 2013 – Armidale events

For any families who are keen bike riders there are a couple of events planned before the end of term. The main one is a Commute Challenge where individuals or teams log and tally bike trips between Monday, 16th and Friday, 20th September. Commute score cards may be collected from Sport UNE, Armidale Dumaresq Council offices or The Goldfish Bowl. Trips are entered into the Challenge and will be in the draw for a bike. More information is available from the Sustainable Living Armidale website (www.slaati.org). The winner of the bike will be drawn at a celebratory event to be held on Saturday, 21st September at The Armidale Club.

Delayed Release of NAPLAN 2013 Student Reports to Parents

On Thursday 5 September ACARA identified an error in the placement of the national average markers on the Years 5 and 7 NAPLAN Student Reports for Language Conventions. Importantly the NAPLAN student data is correct. ACARA made the immediate decision to halt any further packaging and distribution of NAPLAN reports while options regarding the distribution of correct NAPLAN Student Reports were considered. ACARA is working closely with Test Administration Authorities (TAAs) in every state and territory to ensure correct reports are distributed. This matter may result in the delay of the distribution of student reports, possibly to the week of 13 October, however ACARA and TAAs will seek to minimise the delay.

Hot Shots Tennis session

On Tuesday K-6 students were fortunate enough to participate in Hot Shot sessions run by Tennis Australia. The students had the opportunity to put their new skills to test and everyone had a great time. Thanks to Mr Sheriff for organising this for us.

Wishing everyone a safe and happy holiday and we look forward to seeing everyone in their summer uniforms on Tuesday, 8th October.

Mrs Helen Smith (on behalf of Mrs Dim Fenwicke)

Dates to Remember

Term Three - 2013

18 September	St John's Musical - 'Aristocat' 6pm
19 September	St John's Musical - 'Aristocat' 6pm Last Day of Term 3
20th September	Pupil Free Day

Term Four

Tuesday 8 October	Classes resume
Monday 14 October	HSC Written Examinations start
Friday 1 November	NEGS Sports Dinner

For dates later in the year, please refer to the electronic calendar from the school website.

NEGS Calendar Link

<http://calendars.negs.nsw.edu.au:8080/month.php>



Just a reminder to all families that the St John's performance of The Aristocats Kids will be happening in Week 10...the children are starting to be very excited. Details of ticket prices and sales will be coming soon.

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Assembly Awards

Congratulations to the following children who received awards in the Week 9 Assembly:

Personal Best

Transition: Airlie McAlary, Leontine O'Neil

K/1: William Knox, Delilah Layton

2/3: Eloise Gooch, Ashley Knight

4: Isabella Johnson, Charlie Aitken

5: Isabel Bookallil, Zoe Reed

6: Chloe Hoholt, Angela Kim

Bookwork Awards

Transition: Tillie O'Connor

K/1: Ava Loudon

2/3: Charlotte Hoholt

4: Daniel Jamali

5: Molly Dooner

6: Zara Blackmore

YCDI - Daisy Meehan, Ashley Knight

Bronze Awards: Arnika Moorfield, Boston Englehart, Lachlan Thomas, Timothy Lindeman, William Nicol, Angela Kim, Kaliyaperumal Kumaravel

Silver Award: Chloe Hoholt

Hockey Reports

U9's

St John's U 9's have just won the comp. Hockey Premiers for 2013!

Thanks to coach Sophie Wood and all dedicated parents and supporters!!!

Mrs L Wood

NEGS Aqua

On Saturday the 14th of September, NEGS Aqua played Duval White in the Grand Final. On a surprisingly hot day the girls turned up enthusiastic and ready to play. The girls played a tight game throughout the first half holding a tough Duval White out for the majority of the 25 minutes. Regrouping after half time, NEGS Aqua returned to the field and continued to mark up, run hard and pass to their team mates. Unfortunately we went down 3-0 at the end. However, the girls should be proud of the enormous effort that they put into the game, including Lucy Haynes our goalie who had to face her first penalty stroke which she did beautifully, picking the right side and only narrowly missing the save.

As a team we would like to thank Lara Askey, our coach for the time and effort she has put in this year, our parents and supporters who cheer loudly on the sideline no matter what the weather and our substitute players from NEGS Purple and St John's Under 11's who turned up and helped us whenever we needed it.

We would also like to wish Alicia Ball from Duval White well and hope her hip recovers quickly after falling heavily in the game on Saturday.

Great season NEGS Aqua. You should be proud of the team spirit you have shown this year.

Miss L Cambridge - Team Manager



*Back Row - Penny Haynes, Sarah Wyatt, Sarah Askey, Amelia Edmonds, Eleanor Fulloon, Claudia Meehan, Kathleen McPhie
Middle Row - Brydi Holmes, Chelsea Eichorn, Daisy Meehan, Zara Vivers, Amber Strelitz
Front Row - Lucy Haynes (C)
Absent- Georgia Haynes, Priscilla Clonan*

Sporting Achievements

Congratulations to Calan & Ava Loudon who both competed at the Gunnedah SC Qualifying Carnival on the 15th September.

Calan received 3 gold and 1 silver (2 PB's).

Ava competed in the 25m events and received a participation medal (3 PB's).

5 ways to a healthy lifestyle



Did you know?

- ★ National surveys found that the combined level of overweight and obese children in Australia has more than doubled in recent years.
- ★ A major study revealed that the number of overweight and obese children in NSW was almost 1 in 4 children in 2010.
- ★ Obese children have a 25% - 50% chance of going on to be obese adults.

Our busy lifestyles can be hard on our family's health. Rushing to and from school and work can make it difficult to find time to be physically active and eat well. We can also slip into the habit of choosing unhealthy snacks and takeaway foods or spending our free time in front of the TV or computer. However, these choices can be dangerous for our health and our children's health – both now and in the long-term. That's why it's so important to stop, take stock and make a conscious decision to follow a healthy lifestyle.

▶ continues over the page

How to lead a healthy lifestyle

Get active each day

Regular physical activity is important for the healthy growth, development and well-being of kids and teens.

Kids and teens should get at least 60 minutes of physical activity everyday, including vigorous activities that make them 'huff and puff'.

Parents should be good role models and have a positive attitude to being active.

Choose water as a drink

Water is the best way to quench your thirst – and it doesn't come with the added sugar found in soft drinks, fruit juice drinks and other sweetened drinks.

Reduced fat milk for children over 2 years of age is a nutritious drink and a great source of calcium.

Give kids and teens whole fruit to eat, rather than offering fruit juices which contain less fibre.

Eat more fruit and veges

Eating fruit and veges every day helps kids and teens grow and develop, boosts their vitality and can reduce the risk of many chronic diseases.

Aim to eat 2 serves of fruit and 5 serves of veges everyday.*

Have fresh fruit available as a convenient snack and try to include fruit and veges in every meal.

Turn off the TV or computer and get active

Sedentary or 'still' time spent watching TV, surfing online, playing computer or electronic hand-held games is linked to kids and teens becoming overweight or obese.

Kids and teens should spend no more than 2 hours a day on 'small screen' entertainment.

Plan a range of active indoor and outdoor games or activities for your children, as alternatives to watching TV or playing on the computer.

Eat fewer snacks and select healthier alternatives

Healthy snacks help kids and teens meet their daily nutritional needs.

Snacks based on fruit and veges, reduced fat dairy products and whole grains are the healthiest choices.

Limit snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight.

Tips for parents

The choices you make are crucial in helping your children to develop healthy eating habits and be physically active. This might mean changing what you buy at the supermarket and what snacks you serve, as well as finding ways to get your children up and active.

- Encourage your children to make healthy choices about food and being physically active. This can include verbal prompts, preparing healthy snacks and meals and buying them 'active' gifts, such as bats, balls or a skipping rope.
- Avoid using unhealthy foods as 'treats' for children's good behaviour as this is likely to have a training effect and increase the appeal of such foods.
- Making healthier choices doesn't mean you can't reward or treat children. Come up with some fun, 'active' rewards that aren't food-related, such as going for a bike ride with mum or dad, a morning at the swimming pool or a visit to the zoo.
- Children do what they see, so it is crucial to demonstrate healthy behaviours. This can be as simple as eating together as a family, involving children in choosing and preparing healthy meals and spending time together being physically active.

For more information and ideas on healthy eating and physical activity, go to www.healthykids.nsw.gov.au

* This varies for boys and girls at different ages.

KIDS

Have Fun Outdoors.....
Run Jump and Throw
Little Athletics is for all kids aged from 5 – 16
It's a great way to develop skills and fitness,
improve co-ordination and meet new friends.

**Join us at Harris Park
Thursday afternoons.**

In Term 4 2013 and Term 1 2014.

**Setup from 4.30pm.....
Program starts at 5pm**

First Club Night – 10th October

REGISTRATION

Thursday 12th & 19th September – McDonalds Restaurant – 4-6pm

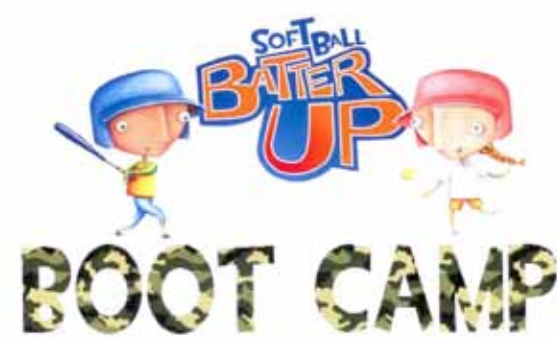
WHAT TO BRING: *New athletes need to bring along proof of age, eg Birth Certificate, blue book or passport.*

COST: \$75 plus a uniform if you don't already have one.

For more Info: Email jodiefittler@iinet.net.au

Website: www.armidalelac.org.au

Phone: 0410066405



SOFTBALL BATTER UP

BOOT CAMP

COME AND HAVE SOME FUN AT THE SOFTBALL BATTER UP BOOT CAMP.

LEARN NEW SKILLS AND HAVE FUN WITH YOUR FRIENDS

WHERE: PHIL WHEATON OVAL (NORTHS FIELDS)
ERSKINE ST ARMIDALE


WHEN: THURSDAY OCTOBER 3 2013

TIME: 10AM - 2:30PM

COST: \$35 (INCLUDES BAT, BALL & CAP)

AGES: 5 - 10 YEARS OLD

BRING YOUR OWN LUNCH AND DRINKS




Armidale District Cricket Association Inc.

Junior Cricket

Saturday 14th September 2013

Registration Day

Come along and enjoy local cricket, make new friends, get active!

Club Venues & Times

**Thursday 14th Sept for all children over 10yrs & adults*

Hillgrove Girls Cricket Club
Armidale Bowling Club 890 Ave, corner to corner
Contact for Registration: Neil Joffe 0417 894 111

Leeds Cricket Club
Leeds Recreation Ground 1111
Contact for Registration: Neil Joffe 0417 894 111

North Armidale District Club
Leeds Recreation Ground 1111
Contact for Registration: Neil Joffe 0417 894 111

South Armidale District Club
Leeds Recreation Ground 1111
Contact for Registration: Neil Joffe 0417 894 111

Please note:

All Sport Notes and other sporting events information, outside of NEGS, will be uploaded to the NEGS website.

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Sports Update

From this page, scroll to bottom for Sports Notes.

What a fantastic hockey season we have just had. Thank you to all the girls for your commitment to training and your games. Your coaches have all been so impressed with your attitude and dedication and you have made my job a lot easier. Thank you to the very dedicated hockey parents who brave all weather at all times of the day and night. I have enjoyed working with you all in 2013 and wish you all the best in 2014. I am taking leave for 2014 but will keep up with the hockey games and hope to attend some of them and see great hockey.

IGSSA HOCKEY

NEGS Senior IGSSA

The NEGS Senior IGSSA team played a fantastic game against Loreto Normanhurst in the IGSSA Semifinals on Saturday morning. The girls went out hard and had some great combinations happening. Normanhurst found the back of the net and we came back hard and had some good shots but could not equalise. Hannah Laurie was awarded a stroke and hit a fantastic shot that just went wide of the net.

Normanhurst scored again but the NEGS girls did not give up and fought until the end. Final score 2-0 to Normanhurst. I would like to thank all of the girls for their dedication and to the year 12 girls who played their last game of hockey for NEGS – you have done so well over your 6 years.

NEGS Junior IGSSA

What a game!! The girls played to their usual brilliant standard and I am so very proud of them all.

They defeated a much improved Pymble 1-0 and “Super Immy” has still not let a goal into the net during any of the IGSSA games. The girls are a brilliant team and a force to be reckoned with.

Hockey New England Grand finals

NEGS AQUA

On Saturday morning NEGS AQUA played Duval White in the U13 Grand final. A fine achievement for the girls to reach the Grand final and by all accounts it was a very good game. I would like to congratulate the girls on their great hockey, great sportsmanship and great NEGS spirit throughout the whole season. The girls unfortunately went down 3-0 to Duval but everyone at the game has told me that the score did not reflect the calibre of the play.

Well done girls on a great hockey season.

NEGS Aqua played a great final against Duval Black this week. NEGS came into the game in 3rd place, which meant we had to win if we wanted to be playing in the Grand Final on Saturday. Duval played a great game, and despite our best efforts we came in at 1/2 time with a 0-0 score line. The second half saw the NEGS girls really put everything they had into the game, and they were rewarded with an early goal from a short corner. This was followed by a great break away run from Millie, and a second goal. The girls stayed in front for the rest of the game, with some fantastic defence – both Daisy and Georgia worked hard to keep the ball out of our circle, while Kitty and Penny marked so well the other girls were able to push up in attack. Congratulations to everyone on another fantastic team effort! Good luck to everyone against Duval White this weekend.

Lara Askey - Coach



NEGS BLUE – Junior IGSSA

The NEGS Blue team buoyed by their success on Saturday faced up against Ex - Servies on Sunday afternoon. The whole NEGS team looked a little flat in the first half (and who could blame them). After a serious bout of encouragement from coach Emma the girls came out in the second half firing – so much that Servies didn't know what had hit them. The girls just kept pumping those goals in to the back of the Servies net. They finished 5-2 victors and capped off an outstanding season. I am so proud of what they have achieved this year and wish them all the best for the 2014 season.

Sport News - Netball

FINAL Results - ADNA Netball competition

NEGS Navy v Curly Wurlies

The great season of NEGS Navy was rewarded with a place in the Preliminary Final. The girls started off slowly and the Curly Wurlies skipped to an early lead at quarter time. However, the game was quite evenly matched over the next two quarters as our girls found their form. With a deficit of 7 goals heading into the final quarter, the girls came out strongly and managed to gain some crucial intercepts. The margin narrowed and Navy were coming home strong. It was a fabulous fight back and the girls came close but unfortunately fell short by 3 goals, going down 30-27. The girls have had a wonderful season and should be really proud of their efforts across the course of the year.

NEGS White v VIP Blue Jays

NEGS White had a great game on the weekend. They played against VIP Blue Jays and it was a spectacle to watch. The girls were down and came back just after half time. Their last quarter was very intense as it was extremely close. For the last 5 minutes it was goal for goal. Unfortunately, when the final buzzer went the girls lost by two points. A very big congratulations to the girls. Their skills have improved considerably since the start of the season. As a coach I am very proud of them. They all stepped up and have become great little players.



Pic 1- Anna Campbell and Eloise Redhead

Pic 2- Melissa Kelly and Zoe MacDougall

Pic 4- NEGS WHITE

BACK: Erin Gaff, Anna Campbell, Zoe MacDougall, Kira Doona.

FRONT: Lucy Ramsay, Eloise Redhead, Melissa Kelly and Sophie Cockbain

ADNA MAJOR AWARD NOMINATIONS

Congratulations to Harriet Raleigh, who has been nominated in two separate categories for this years Armidale District Netball Associations Major Awards.

Junior Coach of the Year

This award is presented to a coach aged under 18. They may coach any team or squad that represents ADNA or competes in the ADNA competition.

Harriet Raleigh (St Johns Sparrows). Harriet trains the St Johns team once a week and coaches on Saturdays. She is a NIAS player who is always willing to share her experience with younger players. Harriet develops fun and interesting ways to improve the girls' basic skills. She is an excellent role model to all young Netballers.

Netballer of the Year

This award is presented to a PLAYER who represents the ideals of netball. Usually, this person will contribute in more than one area by playing and umpiring, coaching, catering, managing etc.

Harriet Raleigh: Harriet plays in Division 1 for NEGS 1. She is also a NIAS representative. While representing NIAS at Academy Games this year, she was selected as player of the tournament (state wide).

ATHLETICS

Congratulations to Charlotte Raleigh, Ellis Mackay and Victoria Bennet, who have all been selected in the IGGSA team to compete at the Combined Independent Schools Carnival in Sydney on the 19th September. Charlotte qualified in the 14 years Discus, Ellis in the Intermediate High Jump and Victoria in the 400m.

Sports Dinner

Special Award nominations for the Sports Dinner have now closed.

By the end of the school holidays, all students receiving an award (pocket, half-colours or full colours) should have received an emailed invitation to the Sports Dinner via 2 email addresses – their school email address and their parents' email address.

The dinner is to be held on Friday, 1st November at the Ex-Services Club, Dumaresq Street, Armidale. The commencement time is 5.30pm for a 6.00pm (sharp) start. The RSVP (with payment) date is Friday, 25th October.

Please remember to invite other interested family members to this important event.

Please advise by the RSVP date if you are either attending or not attending. There is no pre-allocated seating at the dinner; attendees choose their table on arrival. Please note that no seats are available at the door and all dinners must be prepaid (no charging to school accounts).

If there are any questions, please contact Mrs Helen Smith on 6774 8700 or helen.smith@negs.nsw.edu.au

Thank you to Trevor Brown who worked all season at 8.30am on a Sunday morning with our goalies.



You are invited to join us for the 2013

NEGS Sports Dinner

On **Friday 1st November 2013**
Time **5.30pm for 6.00pm start**
Cost **\$50.00**
Venue **Armidale Ex-Services Club,**
Dumaresq Street, Armidale
RSVP Friday 25th October 2013, with payment, to
NEGS Reception on 02 6774 8700 or
email: reception@negs.nsw.edu.au



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GIRLS' SCHOOL**

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Risk Warning under Section 5M of the Civil Liability Act 2002 on Behalf of New England Girls' School, AHIGS and IPSHA:

Sporting Activities

New England Girls' School organises many individual and team sporting activities during the course of a year. Some of these are organised in conjunction with the Association of Heads of Independent Girls' Schools NSW (AHIGS) and some with the Independent Primary School Heads' Association of Australia NSW (IPSHA). Students participating in these sporting activities take part in practice and in competitions.

New England Girls' School, AHIGS and IPSHA expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

While New England Girls' School, AHIGS and IPSHA take measures to make the sporting activities as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events.

Such injury can occur while the student is engaging in or watching a sporting activity, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

Risk Warning Under Section 5M of the Civil Liability Act 2002 issued on behalf of New England Girls' School and AHIGS:

Non-Sporting Activities

New England Girls' School organises many activities such as debating, mock trial, orchestra, choir, during the course of a year. Students participating in these activities take part in practice and in competitions.

The Association of Heads of Independent Girls' Schools NSW (AHIGS) administers and convenes inter - school activities (such as Archdale Debating and Festival of Speech) in which many students, including students of this school, participate.

While New England Girls' School and AHIGS take measures to make the activities as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these activities, whether at practice or in actual events.

Such injury can occur while the student is engaging in or watching a non-sporting activity, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure (e.g. a collapsed stage during a debating competition).

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

embracing life with confidence,
compassion and creativity



**NEGS
EQUESTRIAN**

Newsletter

Term 3 Week 10 - Wednesday 18th September 2013

Thank you to those dedicated few who have been helping out in various ways to pull together what is shaping up to be a great One Day Event on September 28 and 29. If you have some time over the next week to give please contact Annyka or Wendy at the EC for details on how you can help. Many hands make light work and all are welcome to lighten the load.

Volunteers needed to assist at the NEGS One Day Event please contact the Equestrian Centre if you are able to give an hour or more of your time on September 28 and 29.

Due to a huge increase in demand for beginner lessons our wonderful NEGS ponies are a little too tired and will be put out for a very well deserved rest during the holiday period making them unavailable for pony camp hire. If anyone has a pony that may be suitable for a beginner rider please contact the equestrian centre as we have families who are looking for ponies to hire for pony camp.

Well Done to all who have been out their competing in their various disciplines and achieving great results we are very proud of your efforts checkout the NEGS Facebook page next week for results and photos.

A limited number of VIP luncheon tickets are available to families who wish to take a seat right in front of the action at the Cross Country Water Jump. The NEGS VIP marquee will be open to guests between 10am-1.30pm on Sunday 29th September and includes morning tea, luncheon, bar and commentary for \$55 per head.

Trade stands are available at the One Day Event from \$55 per site contact ode.sponsorship@negs.nsw.edu.au

Those girls who have elected Equestrian Team Training as their summer sport please note that training will commence on Tuesday the 8th of October (first day of term 4) at 4pm. Please do not be late, meet on the EC lawn outside the office. The training schedule will be provided on that day. Be ready to ride after the meeting at 4.30pm. This includes the polo-x team and students wishing to attend horse sports days.

Good luck to our wonderful year 12 girls as they make their way out into the world it, has been a pleasure getting to know all of you. Our team wish you all their very best in all that you do beyond NEGS and during your upcoming exams.

Congratulations to:

Laura Strelitz and her horse Tassas Taboo attended the NSW State Youth ASH Show at Grafton on the weekend of the 7th/8th September. This was Laura's first time at riding 15yrs and under 18yrs. This age group had the largest amount of Riders. Laura and Tabby did extremely well coming home with 20 Ribbons in total. They placed in the Sporting and Jumping but some of the highlights were:

- 1st hack
- 3rd Working
- 2nd on a count back Girl Rider
- 5th ASHLA
- 1st Station Hack
- 2nd Utility
- 2nd/4th Dressage
- 4th Campdraft

There were two Challenges held for the 15-18yrs where Laura placed 2nd overall and 4th overall.



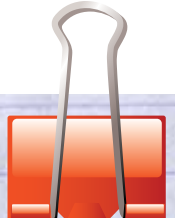
Molly Evans: Who attended the NSW State Stock Horse Youth Show under 21 years. Molly was Champion Senior Rider + Supreme Rider of the Show under 21 yrs; Champion Senior Hack + Supreme Hack of the Show under 21 yrs. She won 4 embroidered rugs; 2 service fees; about \$250 cash + worming pastes worth about \$300. It was sponsored by various people but mainly the NAB Bank. Molly was also Highest Point Score winner for 13 under 15 years. She won the rider, hack, working and station horse classes as well as other things.

At the Australian Stock Horse National Show held in May, Molly was highest placed under 21 rider in the Australian Stock Horse Lady Rider and was first place in the Novice Hack which made her eligible to work out for Champion (She won Champion Novice Hack in 2012).



Upcoming Events

21&22 September	Sydney Equestriad CIC***
21st September	NEGS ODE Working Bee
25-27 September	NEGS EC Andrew Haddad ODE Clinic PLACES STILL AVAILABLE
28&29 September	NEGS EC NEGS CNC*
5-Oct	Scone ODE CNC***



NEGS Pony Club

September Rally Day

On Sunday 15 September, NEGS PC held an Open Rally Day. All attending riders enjoyed themselves on the Parents' Oval on what was a very warm Spring day.

Instructors Sarah, Jackie, Shane and Sharyn took the riders for flatwork, sporting and jumping in preparation for the upcoming Zone 13 Gymkhana season.

Thank you to everyone for coming along and making it another enjoyable day.

Congratulations

Our members have been busy competing over the past few weeks at various events, many coming away with great results. Some of these riders include: Quirindi PC and Denman PC ODE's – Lizzie Hancock, Maddy Murphy and Meagan Nolan. Erin Porter at the TIE ODE, and Belle Perrottet at the Horseland Dressage Championships in Armidale. Jade and Carlie Fangmeier at the ASH State Youth Show, and Emily Scrivener at Quirindi Show.

Good luck

Good luck to all of our members who will be competing over the school holidays and for those of you attending camps we are sure you will have a lot of fun.

NEGS PC Hunter Trial

On Sunday 3 November NEGS PC will be holding a Hunter Trial (Show Jumping and Cross Country). David Simon has kindly offered to be our Show Jump course builder and judge for the day. We will have ribbons to fifth place and Champion ribbons in all grades. Details will be available early Term 4 for this event.

Upcoming Pony Club Events

Guyra Pony Club Gymkhana

Sunday 13 October, Guyra Showground

Glen Innes Pony Club Gymkhana and Draft Championships

Saturday 19 October – Glen Innes Showground

Sunday 20 October – Zone 13 Campdraft Champs, G/I Shwgrnd.

Kingstown and Uralla Pony Club Gymkhanas

Saturday 19 October – Kingstown Gymkhana, Uralla Showground

Sunday 20 October – Uralla Gymkhana, Uralla Showground

Bundarra Pony Club Gymkhana and Show Jumping Clinic

Saturday 26 October – Gymkhana, Bundarra Showground

Sunday 27 October – Show Jump Clinic, Bundarra Showground



Pictured top to bottom:

- Hunter practising her flag race
- Dom and 'Chico' fine tuning flatwork
- Hannah Parker and 'Whitey'
- Kara Porter
- Visiting rider Phoebe Fenwicke was all smiles
- Jessica Swanton, Walcha PC and 'Evie' showed everyone how to barrel race.

Pictured left: Claudia Smith, Hunter McDonald and Maddie Porter enjoying some shade at lunch.

