



Newsletter

Term 4 Week 2 - Wednesday 16th October 2013

How to build culture in our school

Two weeks ago, I attended an AHISA Conference entitled Shared Futures: Linked Learning. There were some engaging speakers: Christine Nixon, the former Police Commissioner of Victoria, Dr Megan Clark, the Head of CSIRO and Dame Patricia Collarbone from the UK amongst others. The key take-aways for me were all about culture: "culture trumps strategy every time". So many of the presentations were challenging us about setting a culture that fostered development and learning.

What can leaders do to ensure that the right culture is built and people have a sense of purpose and meaning in their work? Here are eight approaches that have been used by successful leaders:

1. *(Have high ethical and moral standards.)* Operate from a set of values, and make sure people know why those values are important. The essence of values needs to be implanted in the hearts and minds of everyone, and behaviours need to be consistent with them. A plaque on the wall does not make for good values. People living up to their highest standards makes for good values and an environment where people can trust each other and their leaders. It has to start with the leaders.
2. *(Operate with high Emotional Intelligence.)* The ability to work well with people is critical. Without Emotional Intelligence, leaders do not have the skill to transform intentions into meaning within people. Leaders with low Emotional Intelligence also have the most significant blind spots in how they are perceived by other people, as documented by Daniel Goleman.
3. *(Build trust.)* Trust is the glue that holds people together in a framework of positive purpose. Without trust, we are just playing games with each other, hoping to get through the day unscathed. The most significant way leaders help create trust is by rewarding frankness, which is accomplished by not punishing people for speaking the truth. Most leaders find it difficult to reward frankness, but it is the heart of great leadership. Trust is also enabled by a shared set of goals or vision.
4. *(Create a positive vision of the future.)* Vision is critical, because without it people see no sense of direction for their work. If people have a common goal, and it is communicated well, then it is possible for them to support each other and actually get excited about the future. People have an unquenchable thirst for information. People must feel informed and "in the loop". Having a positive vision of the future, and being able to communicate it well, enables the inevitable change process to be more effective.
5. *(Lead change well.)* Change processes are in play in every organisation daily. Using a change model can help people deal with the challenges of constantly changing conditions. People will rise to a challenge if it is properly presented and managed. Challenge is different from constant demands to perform at levels beyond reason, which leads to resentment and burnout. Properly designed, challenges help people find meaning in their work, which keeps them from becoming apathetic and helps enable strong teamwork.
6. *(Build High Performing Teams.)* A sense of purpose is enhanced if there is a kind of peer cohesion brought on by good teamwork. Great teams derive an adrenalin rush from achieving results against high goals. High performing teams need a common goal, trust in team members, and good leadership. Strong teams help build enthusiasm and morale.

Dates to Remember

2013 - Term Four

9 Weeks

| | |
|----------------------|---|
| Monday 14 October | HSC Written Examinations start |
| Thursday 28 October | "Walk In Our Shoes" Day |
| Friday 1 November | NEGS Sports Dinner |
| 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://negs.nsw.edu.au/calendar/>

7. *(Build morale the right way.)* Motivation is derived by treating people with respect and giving them clear vision and autonomy. The acid test is whether a manager frequently uses the word “motivate” as a verb. A better approach is to use the word “motivation” as a noun. Motivation is the outcome of a great culture rather than something one does unto other people. Building motivation also means treating people the right way, which includes good reinforcement.
8. *(Recognise and celebrate excellence.)* Reinforcement is the most powerful tool leaders have for changing behaviour. In a learning environment, errors in reinforcement provide clues to how an improved system of reward and recognition can enhance the meaning of work. Leaders need to learn how to reinforce well and avoid the minefield of reinforcement mistakes that are easy to make.

An institution like NEGS and St John’s is made up of people working together for the benefit of each other. There is a strong culture already established here and my desire is to see this great school continue to flourish. However, it takes all of us – staff, parents and students – to work together to achieve the desired outcomes of seeing each student develop, grow and mature emotionally, intellectually, physically, spiritually and socially within a secure, caring and stimulating atmosphere so that each student meets their full potential. Even though we are rushing towards an end of a year, it is so important from time to time to review how well we are doing in thinking through and implementing intended improvements by continually developing and building the right culture for our students.

Mr Clive Logan, Principal

A Message from our Boarder Prefects

The Boarder Prefects of NEGS are seeking donations of crockery, cutlery and tupperware containers for use by the boarders in the boarding houses. Donations may be left at Kirkwood, White House or Akaroa for Lucy Moffatt or Holly McDonald.

Lucy Moffatt & Holly McDonald

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





Helping learner drivers become safer drivers

FREE workshops for parents and supervising drivers

To provide practical advice about:

- Current laws for L and P licence holders.
- Supervising learner drivers.
- Completing the Learner driver log book.
- The benefits of supervised on-road driving experience.

The next workshop in your area will be held:

| | | |
|--|--|---|
| Time and date: Thursday 14/11/2013 5:30pm – 7:30pm | Venue: O'Connor Catholic College Library - Armidale | Book now on: www.etctd.com.au/rms Ph: (02) 6648 5435 Freecall 1300 359 968 |
|--|--|---|

2014 NEGS Prefects

NEGS Prefects Off to a Flying Start for 2014 Leadership Duties

On October 8, eleven School Prefects were inducted at a special ceremony followed by a morning tea reception. After votes were cast by staff and students from grades 7 to 12, the 2014 School Leaders were announced at the first Assembly of the term. The outgoing prefect body handed over the School Cross and the responsibility of leading to the new prefect body and pledged a leadership declaration on stage.

The 2014 Prefects highlight the diversity of the school with students represented from Hong Kong to Moree to Armidale. The prefects have just returned from a 2 day leadership camp in Coffs Harbour and on the 30th October the students will head to a Leadership Conference in Tamworth. The senior school leaders, will join other student leaders from around the state, to participate in the leadership forum. The Prefects will participate in innovative, high energy workshops helping them to understand what leadership is and how student leadership groups can make a difference. Sessions will include: sports and house captaincy, public and motivational speaking, organising and running successful events, developing leadership qualities in others, dealing with conflict and creating a positive school culture.

Prefect Co-ordinator Consuela Despi says the students are looking forward to the forum, which she hopes will provide them with valuable and practical skills. "The conference concentrates specifically on training student leaders for their role as school leaders and the style, topics, and content of this conference all focus on what the students can do to succeed in student leadership." Topics on the day will include "What makes a successful School Captain", "Creating unity at school" and "Creating house spirit - lessons from Cathy Freeman".

Head Prefect Emily Rogers - Walcha
Senior Prefect Ella Tindal - Wollomombi
Senior Prefect Laura Brown - Armidale
Sports Prefect Kayla Wicks - Moree
Day Girls' Prefect Phoebe Parry - Armidale
Boarders' Prefect Lucy Moffatt - Guyra
Boarders' Prefect Holly McDonald - Hong Kong
Round Square Prefect Mia Larsen - Armidale
Music Prefect Shannon Neeson - Armidale
Chapel Prefect Matilda Hughes - Glenn Innes
Equestrian Prefect Hilary Blackman - Coonabarabran



Student Wellbeing @ NEGS

Last Wednesday, 9th October, NEGS held their inaugural Wellbeing Day as part of National Mental Health Week, an annual program dedicated to raising public awareness of mental health issues. The day's focus was on healthy body, healthy mind and raising resilience.

The day began with the girls enthusiastically joining in a fun Zumba session led by staff member, Ms Belinda Stone.

Three keynote speakers including India Pembroke from The Butterfly Foundation, dietician Erin Fisher and Constable Fiona McCormack from the Armidale Police Unit presented to Years 7-10 students on topics including positive body image and self esteem.

The Butterfly Foundation is Australia's peak organisation supporting sufferers of eating disorders and Ms Pembroke flew from Sydney to present "Great Expectations". The session explored external influences and impacts: managing negative feelings, thoughts and actions and tips on mindfulness and coping strategies. There was a strong emphasis on "The Media Ideal" and "The Body Ideal", with an example of an ordinary girl being made over with make-up and hair. The photos were then air-brushed, cropped, stretched and 'tweaked' to further enhance the illusion of perfection. The message was strong, don't believe what you see in the media and the advertised perfect body is an illusion. Ms Pembroke concluded by emphasising that, "there is no right or wrong idea of beauty. Real beauty comes in all shapes, sizes, heights and colourings. Diversity is beauty".

Local Clinical Dietitian, Erin Fisher, presented to the students on her topic of the day, "Great Food for Girls". This was an informative talk on healthy choices, what a teenage girl's body requires for healthy growth, as well as tips for adding fruit and vegetables to the diet. The session explored research demonstrating how diets do not work and how it is much better to be food savvy. Ms Fisher discussed how the eating habits of teenage girls now will impact their health in the future.

Youth Liaison Officer, Constable McCormack, later took to the stage to educate students about the ethical and responsible use of Social Media, the legal ramifications of inappropriate postings, and maintaining personal safety whilst using social media. Facebook and "The Selfie" were major topics. Also up for discussion was under age drinking and how to host a safe party.

The students concluded the day in the NEGS Chapel, with Chaplain Fiona May praying for the girls and presenting a DVD titled, "Beautiful". This was time for reflection of what had been learnt during the day, and included an activity where the girls wrote positive, affirming letters to their peers.

The day was a great success and while Wellbeing Day may be over, the NEGS staff and support network are committed to empowering students to work on improving healthy attitudes to body, diet and esteem.

Many thanks to Sister Beevors, Sister Jackson and Mrs May for their roles in ensuring this day was a huge success, together with the Grounds and Kitchen staffs for allowing us to partake of morning tea on the library lawn and a BBQ lunch.

For photos of the day, please see the NEGS facebook page.



EXAM WEEK approaching for Years 7-10.

With exams scheduled for students in Years 7-9 in Week 5, and for Year 10 in Week 6, teachers are focusing on how to motivate their students to dedicate time to revision. Current educational research reveals that students need the right mindset - that is, acknowledging that IQ is not set and the brain can grow!

Can we motivate students at the end of the year?

The year feels long, the students have been working for many months, and they sense the school year winding down—they can begin to feel the freedom and joys of summer. How can we keep them engaged in schoolwork?

Research on mindsets gives some answers.

Research shows that students with a growth mindset (who believe their intelligence can be developed) show greater motivation to learn and greater achievement over the school year, compared to students with a fixed mindset (who believe their intelligence is fixed). This is because students with a growth mindset believe in effort and focus on learning and improvement.

We have also found over and over that praise for intelligence puts students into a fixed mindset and harms their motivation, but praise for process (effort, strategies, taking on challenges, persistence) puts them in a growth mindset and enhances their motivation and resilience.

So, how can we take advantage of these findings?

1. *(Focus on progress.)* The end of the year is a great time to emphasise all the progress students have made over the school year.
Remind them of where they started out— all the things they didn't know and all things that used to be hard for them. Then show them where they are now and how they got there through their efforts. It is incredibly motivating for students to see that progress.
2. *(Use that progress to motivate new learning.)* Help students to use the motivation that comes from seeing their progress to consolidate their learning and to master the final topics of the year.
3. *(Connecting the learning to their own lives.)* New research (by Hulleman & Harackiewicz) has shown the benefits of having students write about how they can use what they have learned in their lives. Toward the end of the year is a great time to do this in subjects that students might have trouble relating to.

The end of the school year can be difficult, but, from a mindset perspective, it also presents opportunities.

Written by Carol Dweck

The above article was found on the website: <http://www.humanconnections.com.au/news/can-we-motivate...>

Another article from the same website that you may find interesting from motivational speaker Rocky Biasi:

Neuroplasticity Research

Neuroplasticity is the brain's ability to reorganise itself by forming new neural connections throughout life. This is exciting research that shows our brain is a dynamic system that has the capability of significant growth. The idea that our IQ measures

our intelligence and that it is set throughout the life span no longer holds credibility.

As a result of this new research along with studies in the Psychology of Peak Performance we now understand what creates great performance – and natural ability has little to do with it!

Students love to hear that their brain is like a muscle and the more they practice the more the brain forms new connections every time they work hard and learn. They love the idea of a growing brain being in their hands. One student was relieved when he said, “you mean I don't have to be dumb anymore”. What a liberating message! This young boy had created a new “identity belief” and teachers noticed changes in motivation to learn and higher grades for all students who understood this.

We can teach our children that the correct answer is important but what is more important is how the brain worked (and exercised) in arriving at the correct answer.

Would it be too radical to say that an incorrect answer is better if thought about than a correct answer to an easy problem that didn't require effort to achieve?

The outcome from this new research applied has been:

- More resilient children
- Children who love to learn and solve problems
- Students who are more motivated to learn
- Children who know the value of hard work, effort and celebrate improvement.

We can teach our children this growth mindset message and help form them into happy, resilient, determined adults who strive to be their best and do their best.

Rocky Biasi

Have a great Term 4

**Mrs Angela Sole,
Coordinator of Student Wellbeing@ NEGS**



Beef Championship Bonanza: NEGS students excel at prestigious event

Last week the New England Girls' School (NEGS) Livestock Team achieved outstanding results at the 2013 Landmark Beef Championships.

On 7 October a team of ten students along with four cattle travelled to Tamworth to compete in the junior judging and junior cattle handling competition. Attendance was high and competition strong with 35 schools attending the 2 day event. NEGS shone with 3 students out of 70 competitors (12-14 years) making it into the finals of both the judging and handling competitions.

Fourteen year old boarder Amelia Ghigglioli from Cassilis, NSW was the overall winner of her age group (12-14 years) in the junior cattle handling with over 7- competitors.

Mr Barnaby Joyce presented the awards at the Tamworth Livestock and Equestrian Centre, and said the event typified a "showcase of the passion of our young people for agriculture".

NEGS Agriculture teacher Mark Fisher said it was an outstanding effort for the students to find success in both the judging and handling competitions as many of the team are new to livestock competition. "The students worked exceptionally well as a team to help each other and make sure each individual was well prepared for their event. It's exciting to know that our young women are so passionate about the industry, and the future of agriculture is so bright."

Mr Fisher also thanked the generous beef producers who supply the school with competition cattle. Mr Brian Wellings, Walcha and the Strelitz family, Armidale. Without these generous beef producers it would be impossible to run such a professional, successful Livestock Team.

The NEGS Livestock Team is now preparing for the Scone Beef Bonanza to be held on the 25th, 26th, 27th of October 2013.

Results:

12 - 14 years Junior Judging Competition:

Olivia Carter (Year 7 boarder from Gunnedah) - highly commended
Kathleen McPhie (Year 7 day girl from Armidale) - third place
Olivia Fenwicke (Year 8 day girl from Armidale) - second place

15-16 years Junior Judging Competition:

Katie Cannington (Year 10 boarder from Narrabri) - highly commended

12-14 years Junior Cattle Handling:

Amelia Ghigglioli (Year 8 boarder from Cassilis) - overall winner
Olivia Carter (Year 7 boarder from Gunnedah) - finalist
Emma Costello (Year 8 day girl from Walcha) - finalist



many thanks to Mrs Ghigglioli for the photos

Year 11 Leadership Camp



On Thursday the 10th of October, Year 11 set off from NEGS at 6:30am, bound for Coffs Harbour. After three hours of driving, the bus pulled up at Jetty Beach, and all the girls, Miss Thompson, Mrs Despi and the two Gap students, Anna and Sophia, went jetty jumping and swimming.

The next activity on the list was a trip to the Big Banana, where everyone had fun sliding down the water slides, buying handmade lollies at the lolly shop, and learning to ice skate - which was enjoyed by all, even if it did result in a few bruises!

Everyone then set off for the Coffs Coast Beach School, where we had afternoon tea, followed by activities. Half of the year participated in the Zorb ball activity, which entails being strapped into a giant blow up sphere, and rolling down a hill, which everyone thought was great fun. The other half of the year tested their trust in themselves and their classmates in the leap of faith. The leap of faith is an activity which involves climbing up a tall pole, carefully standing on top of it, and leaping off into the air to try and grab onto a trapeze. All of the girls, including the teachers and Gap students gave it their best shot, and overcame their fears, despite the height of the pole and the difficulty of the task.

On the Thursday night, the girls split into groups with a prefect relating to their field of interest, and discussed ideas and improvements that can be implemented through the school in the rest of the year and 2014. This was a good chance for all the girls to put forward their opinions and start working together towards common goals.

The next day the activities were high Y and ladder, which once again, tested the girls' strength and determination. The high Y task involved a pair of girls walking out along wires, using teamwork to reach the end. The ladder logs was a more physically demanding task which required participants to

pull themselves up a 10 metre high arrangement of ropes and wooden logs to reach the top. After lunch the two original groups swapped over and participated in the zorb ball and leap of faith activities before everyone set off for the commando course. The commando course was a physically demanding arrangement of obstacles including mud pits, tyres, rock climbing walls, hills, ladders, bridges and ropes. The whole group was split into the four tutor groups, and competed against each other over the course. In the end, Mrs Wright's group came out victorious. The course was completed again, this time with everyone split up into house groups. Lyon managed to take the win, completing the whole circuit in just 8 minutes. The next activity was a set of tug o' war competitions in the mud, of which Lyon also came out victorious. The commando course activity was finished off with a very messy mud fight!

After everyone washed all the mud off and cleaned up, the girls were split into house groups to organise and perform cheers. All of the girls participated with enthusiasm and it was very entertaining to watch. Miss Thompson, Mrs Despi, Anna and Sophia judged the cheers, and gave the deliberations. In fourth place came Dumolo, in third place came Murray, second was Green, and first was Lyon.

After dinner, the girls chose their mentors for year 12, and watched the movie "Life is Beautiful" before returning to the dormitories for much earned sleep. The next day the bus set off for Armidale via a short visit to Sawtell, and arrived back at school at 1pm.

All the girls thoroughly enjoyed the camp and the opportunities to spend more time with each other and make new friends and to challenge themselves regarding both the activities and the leadership challenges such as the cheering and prefect ideas. We would like to thank Miss Thompson and Mrs Despi for taking us on this camp, as well as Sophia and Anna for their help and encouragement.



Good News & Achievements:

Athletics

Congratulations to Ellis Mackay who won a silver medal in High Jump, at the Combined Independent Schools meeting in Homebush. Ellis was competing for NEGS as part of the IGSSA Rep team. The weather conditions were tough, but her training paid off. Ellis jumped an impressive 1.59m.

Charlotte Raleigh has recently competed in the 'All School's' Athletics Championships'. we look forward to hearing her results.

Netball

Congratulations to Thelma Dauvunau (Division 3) and Morgan Fahey (Division 5) who were both voted as 'Best and Fairest' players in their respective divisions for the Armidale District Netball Association winter competition. These awards are presented to individual players who have the most votes across a season from their opposition. This is a fantastic achievement for both girls.

By Vicky Bennet and Brigitte Sutton



Jessica Wisemantel, recently attended the National Vaulting Championships, held at the Sydney International Equestrian Centre from the 25th to 29th September.

Jess achieved an amazing result in her Preliminary Individual – Compulsories & Freestyle and placed 5th. She had to come in the top 6 in her class to achieve any recognition. This is an outstanding achievement considering she has only been vaulting for 12 weeks.

Jess also competed with team mate Sophia Thatcher in the Barrel – Pas de Deux and the Pas de Deux on the horse. Both girls did us proud in these two events as well.

Well done Jess - your natural talent and amazing efforts from coach Sarah Venamore are an inspiration.



Brooke & Hollie O'Halloran have been successful again with their Show Jumping at Quirindi on Saturday 14th September

Brooke - 2nd in the 90cm & Equal 3rd in the 15-18years six bar

Hollie - 1st in the 90cm, 4th in 1.05cm & Equal 2nd in the under 14 years six bar.



During the holidays they competed at the Saddleworld Australian Youth Showjumping Festival in Camden for 3 days. This was their first time at this event which is only for under 21's, competitors attended from all over Australia as well as New Zealand and Hong Kong. It was a great time had by all & an experience they will never forget they are looking forward to going back again next year.

Brooke – won 3 x 1st & 1 x 2nd

Hollie – won 1 x 2nd & 2 x 3rd



my school
my dreams
my future



ST JOHN'S

Newsletter

Term 4 Week 2 - Wednesday 16th October 2013

Welcome back to everyone! Term 4 will be a very busy and short term. We look forward to all of the activities that are planned. A special welcome to Mohammed Almokhtar who has commenced in Transition, we hope you enjoy your time at St John's.

Uniform

All the children are looking beautiful in their summer uniforms. If you require any new items please remember that the uniform shop is open on Wednesday and Thursday of each week.

Term 4 Calendar

All families should have received a term calendar via email during last week. Please contact Mrs Smith in St John's Reception (helen.smith@negs.nsw.edu.au) if you didn't.

Did you know?

October 24th has been celebrated as United Nations Day since 1948. UN Day marks the anniversary of the entry into force in 1945 of the UN Charter. With the ratification of this founding document by the majority of its signatories, including the five permanent members of the Security Council, the United Nations officially came into being. For more information, please refer to this website <http://www.un.org/en/events/unday/resources.shtml>

Mrs Helen Smith (on behalf of Mrs Dim Fenwicke)

T-Ball/Mod-Ball/Softball Registrations 2013/14

Come and try the best team sport around in a relaxed and social atmosphere. Everyone gets to be a star, develop new skills, make new friends and have lots of fun. It's not too late to register to play. All ages are welcome. We have competitions for the following: (starting this Saturday 19th October)

T-Ball girls and boys - 5-10yrs - 10-11am

Mod-Ball girls and boys - 11-14yrs 11.15am-12.30pm

Senior Womens 15yrs + 1pm

Mixed Adults 3pm

Please give Naomi Bassett a call on 0408 022 779 or email her at armidalesoftball@hotmail.com for registrations forms or more information



Dates to Remember

Term Four - 2013

| | |
|-----------------------|---|
| Thursday 17 October | Aerobics session run by Year 8 for T-6 students |
| Friday 18th October | "Key to the City" Procession Year 6 Social at PLC |
| Thursday 24th October | Transition Orientation Morning |
| Friday 25th October | Assembly (run by T-2) |
| Monday 28th October | Book Club orders due back |

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>

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Me, Myself, I Art Unit

In Kindergarten and Year 1 we have been learning to display our faces in different art forms. We learned about the Artist Andy Warhol and inspired by one of his famous artworks we created some of our own.



Please note:

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

Top Menu > Latest News

Sports Update

From this page, scroll to bottom for Sports Notes.

JUNIOR IGSSA HOCKEY GRAND FINAL REPORTS

NEGS Blue came up against Pymble in the Division 1 Junior IGSSA final. Having been the team to beat throughout the rounds we knew Pymble would be coming out extra strongly against us. The weather was typical Sydney heat and the girls felt it as soon as they got onto the field. Play started off our way but we were unable to convert until a straight shot off a corner found the backboard only minutes before half time.

In the second half Pymble came out firing and the game went from one end to the other. Our defence got a real work-out for the first time in the IGSSA competition and took the pressure excellently! Neither team could find the goal box in the second half so the score remained 1 nil in NEGS favour! Throughout the whole competition this gun team didn't concede a single goal against us while scoring a whopping 39! I doubt any team has won the competition in this style ever!

The girls then had to back up on Sunday in the local Hockey New England under 16s Grand final coming up against Ex-Services. ESC being full of 1st grade and even some state players, has been the team to beat all year. After 15 minutes NEGS were down 2 nil and it seemed the excitement of the day before along with the long bus trip was taking its toll. The team rallied and scored 2 goals before half-time both off short corners with the 2nd goal coming after the hooter. After a half-time talk the team came out firing! Everything came together and lovely team play saw 3 more goals go our way. Final score was 5-2 completing a huge weekend for the team!

I want to thank first the girls themselves! You are a lovely bunch of young women and I thoroughly enjoyed coaching you all this year! Every single player has come such a long way this season and having a team where you all encourage each other and get along is a big reason for this! In between the yelling there was a (fair) few laughs and I hope you all continue to enjoy your hockey in the years to come.

I would also like to thank Mrs Smidt for giving me the opportunity to coach these girls and Miss Southgate for braving the winter mornings every Saturday to supervise the team. The girls would not have got this far without teachers like you to support them. I would like to thank the parents who cheered, drove and supported the team and myself all year. Never have I had such an easy going group ready to jump in and help at any time! Having a group like you to support myself and the girls allowed me to focus on the team and having you cheering the team on every week really was the difference in many close games!

Lastly thank you to the Senior IGSSA girls who encouraged and supported the girls all year especially those who came to the Grand Final! Overall it has been an excellent year and I hope to see you all back next year ready to do it all again!

Emma Ellis – NEGS Junior IGSSA Hockey coach

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.

SUMMER SPORT Term 4, 2014

Please read the information below carefully.

ALL GIRLS ARE REQUIRED TO CHECK THE SPORTS NOTICE BOARD OUTSIDE ROOM 4. PLEASE ENSURE YOUR SUMMER SPORTS ARE LISTED CORRECTLY. ANY CHANGES MUST BE EMAILED TO MRS SMITH helen.smith@negs.nsw.edu.au

Summer Sports will commence in Week 2. Please see details for specific sports listed below.

*The School Gym is open on a Tuesday, Wednesday and Thursday afternoon for both Staff and students.

IF YOU ARE UNABLE TO ATTEND SPORT ON ANY OCCASION YOU MUST LET THE TEACHER IN CHARGE OF YOUR SPORT KNOW.

| Sport | Day/Time | Cost | Equipment Required | Supervising Teachers | Other Comments |
|--------------------------------------|--|---|--|---|---|
| Cycling | Monday 3.30 - 4.30pm | Bike Hire Fee | PE Uniform, Sport Shoes, Water Bottle, Hat | Mrs Despi Mrs Thomas Mrs Tutt | Please meet at the bike shed at 3.30pm of a Monday |
| Badminton / Volleyball | Wednesday 3.30 - 4.30pm | FREE | PE Uniform, Sport Shoes, Water Bottle, Hat | Mrs Smidt Mrs Morley Miss Southgate | Please meet in the MPC |
| Morning Fitness | Tuesday & Thursday mornings, 7.00 - 7.45am | FREE | Sports clothes Sports Shoes Water Bottle | Miss Thompson Mr O'Neill Mrs Smidt | Please meet at the MPC at 6.50am |
| Basketball | Year 11 Wednesday | Registration \$10 (for new players) Term Game fees \$50 Singlet hire \$10 | Basketball singlet Sports shoes Water Bottle | Mr Compton Miss Ronald | Week 2 start Played at the DEN game and pick up times will be emailed out weekly |
| U15s Touch Football | Wednesday 5.00 - 6.00pm | \$15.00 | PE Uniform, Sport Shoes, Water Bottle, Hat | Miss Thompson Mrs Hiscox Madame Nadolny | U15s competition at the Wicklow Fields |
| Touch Football (Women's Competition) | Wednesday Evening | Touch NSW registration fee and team fees | PE Uniform, Touch/Sport Shoes, Water Bottle, Hat | Miss Thompson Mrs Swartz | Played at the Wicklow Fields Game and pick up times will be emailed out weekly |
| Zumba | Thursday 3.45 - 4.45pm | \$10 per week | Sports Clothes Sports shoes Water Bottle | Miss Stone Mrs McCulloch | MPC Once signed up you are committed for the entire Term |
| Equestrian Team Training | Tuesday & Thursday afternoons | | | Equestrian Centre Staff | Please contact Equestrian Centre for specific details |
| Shooting | Friday & some Sundays | | | Mr Rose | Please contact Mr Rose for specific details |
| TAS Swimming | Tuesday & Thursday mornings 6.15 - 7.15am | \$55 per Term | NEGS Swimmers Towel PE Uniform Water Bottle Goggles Swimming cap | TAS Staff | TAS Swimming pool. Pick up is from the turning circle at 6.00am |

Sports Dinner

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 Wednesday, 23rd 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

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.



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



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

embracing life with confidence,
compassion and creativity



**NEGS
EQUESTRIAN**

Newsletter

Term 4 Week 2 - Wednesday 16th October 2013

NEGS ODE Results for NEGS students

CNC1*

Hilary Blackman 3rd in the open and 2nd in the junior placings.
Meagan Nolan performed well in the Dressage round and handled herself well under difficult conditions in the showjumping round.

EVA95

Hannah Parker 2nd in open and 1st in junior placings
Madeline Murphy 4th in open and 2nd in junior placings
Lucy Ramsay 9th in Open and 3rd in junior placings

EVA80

Tahlia Paull 7th in open and 2nd in junior placings
Madeline Murphy (on Effie) 9th in open and 4th in junior placings.
Brigitte Low 12th in the open placings.
Amy Byrnes placed well in the dressage round of the competition however a fall put an end to what was shaping up to be a good ride on the X-Country.

EVA60

Molly Evans (on Bling) 3rd in open and 1st in junior placings.
Meagan Nolan 5th (on Castle) and 2nd in junior placings.
Molly Evans (on Pat) 6th in open and 3rd in junior placings.
Megan Bourke 14th in open placings.

EVA45

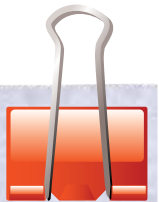
Amelia Ghigglioli 8th in open and 3rd in junior placing – this is Amelia's first ODE.
Katie Hancock 12th in open placings.

Circus Star Memorial Trophy – Hannah Parker
High Point Junior – Molly Evans on Bling

Congratulations to all of our NEGS girls who competed on the weekend and to the girls and families who helped in the lead up to the event your sportsmanship, assistance and commitment has been a major contributor to the success of this event.



Upcoming Events



| | |
|---------------|--|
| 19 October | Kingstown PC Interclub |
| 20 October | Uralla PC Interclub |
| 20 October | Bundara Jumping Clinic – contact Kim Harvey 0413 019 410 |
| 19/20 October | Armidale Dressage. Entries close THIS Wednesday. Any competitors without transport can ride to the Club grounds with one of us coaches. |
| 17/20 October | NSW Show jumping Championships AELEC. Entries close WEDNESDAY 16th October via Global entries online |
| 24/27 October | PEEL VALLEY CUTTING CLUB INC – Cutting for Cash @ Armidale Livestock Centre |
| 26th October | Coonabarabran Horse Trials. |
| 1st November | Inverell Horse Sports Entries via EC office by 23rd October |
| 3rd November | NEGS Pony Club Hunter Trials |
| 15th November | Woolbrook Horse Sports Entries close 1st November at EC office |
| 16th November | Woolbrook Blue Jeans Gymkhana |
| 17th November | Walcha Pony Club Gymkhana Any students wanting to ride at all 3 events please let the Office know so accommodation for you and your horse over the weekend. |
| 23/24th Nov | Dorrigo Show |
| 1st December | New England District Jumping Council Combined training. Armidale |

Uralla Road, Armidale NSW 2350 Australia

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W: www.negs.nsw.edu.au Facebook: NEGSarmidale Twitter: NEGSarmidale



NEGS Pony Club

NEGS Pony Club Hunter Trial

On Sunday 3 November, NEGS PC will be holding a Hunter Trial. Catering for A through to F Grade, it is open to all current financial members of PCANSW. For a copy of full event information please email meganscrivener@bigpond.com.

Guyra Interclub

Our youngest member, Hunter McDonald, competed at her first gymkhana on Sunday 13 October at Guyra. Her results were:

Under 5 Years

| | |
|-------------------------------------|--------|
| Flag | Second |
| Girl Rider, Pairs, Bareback, Barrel | Third |
| Hack | Fifth |

Great results Hunter!

Congratulations

Congratulations to the NEGS Pony Club members who took part in the Omega Feeds NEGS CNC1* ODE. Hilary Blackman, Meagan Nolan, Hannah Parker, Maddie Murphy, Courtney Quinn, Katie Hancock and Erin Porter. Lizzie Hancock and Belle Perrottet were entered but had to unfortunately withdraw.

Congratulation also to Breana and Sophia Carlon who competed at the Australian Youth Show Jumping Festival. Breana placed eighth in Class 8, while Sophia came third in the Silver Tour.

NEGS October General Meeting

The NEGS PC October General Meeting has been rescheduled to Wednesday 23 October. Commencing at 6.00pm.

Upcoming Pony Club Events

Kingstown Pony Club Gymkhana

Sunday 19 October, Uralla Showground

Uralla Pony Club Gymkhana

Sunday 20 October, Uralla Showground

Zone 13 Campdraft Championships

Sunday 20 October – Glen Innes Showground. Entries closed.

Bundarra Pony Club Gymkhana

Saturday 26 October – Bundarra Showground

Bundarra Pony Club Show Jumping Clinic

Sunday 27 October – Bundarra Showground. Please contact Sharon Irwin on 6722 1431 to book your spot, only \$10.00 per rider. Numbers required by 23 October.

NEGS Pony Club Hunter Trial

Saturday 3 November – NEGS Parents' Oval and Cross Country



Hilary Blackman placed third overall and second junior in the CNC1*, pictured with Isabelle English

Maddie Murphy and Hannah Parker with their Omega Feeds NEGS CNC ribbons. ODE images courtesy of Natalie Ghiggoli

fun & friendly
Hunter Trial
SHOW JUMPING & CROSS COUNTRY
Sunday 3 November 2013
NEGS Parents' Oval & Cross Country course
\$15.00 per rider

U7 years only, led or unled: F Grade
U17 years: A, B, C, D & E Grade
Associates: A, B, C & D Grade

For more information contact
Cindy Clonan 6775 3245, or Megan Scrivener 0428 867 076.



Hunter McDonald had a great day at the Guyra Gymkhana, pictured above left receiving a third place ribbon, and looking very colourful for the afternoon of sporting.