



NEGS Newsletter

Term 3 Week 2 - Wednesday 24th July 2013

*embracing life with
confidence, compassion
and creativity*



Mr Clive Logan
NEGS Principal

12 Most Striking Tendencies of Creative People

Last term, I presented 12 Most Innovative Tips to Get into Your Creative Flow. This edition, I want to follow this up with looking at the characteristics, the traits, that creative people may possess. Does this sound like you?? Ever wonder what makes those wacky, creative types tick? How is it that some people seem to come up with all kinds of interesting, original work while the rest of us trudge along in our daily routines?

Here are some suggestions posted on a blog, found at: <http://12most.com/2012/03/13/12-striking-tendencies-creative-people/>

Creative people are different because they operate a little differently.

They:

1. Are easily bored

A short attention span isn't always a good thing but it can indicate that the creative person has grasped one concept and is ready to go on to the next one.

2. Are willing to take risks

Fearlessness is absolutely necessary for creating original work because of the possibility of rejection. Anything new requires a bit of change and most of us don't care for change that much.

3. Don't like rules

Rules, to the creative person, are indeed made to be broken. They are created for us by other people, generally to control a process; the creative person needs freedom in order to work.

4. Ask "what if..."

Seeing new possibilities is a little risky, because it means that something will change and some sort of action will have to be taken. Curiosity is probably the single most important trait of creative people.

5. Make lots of mistakes

A photographer doesn't just take one shot and a composer doesn't just write down a fully realized symphony. Creation is a long process, involving lots of errors along the way. A lot goes in the rubbish.

6. Collaborate

The hermit artist, alone in his garret, is a romantic notion but not always an accurate one. Comedians, musicians, painters, chefs all get a little better by sharing with others in their fields.

7. Are generous

Truly creative people aren't afraid to give away their hard-earned knowledge. The chef can give you the recipe because he knows you won't make it like he does anyway.

Dates to Remember

2013 - Term Three 10 Weeks



Monday 29 July	St John's Parent/Teacher Interviews
Tuesday 30 July	Special Assembly Guest - Mr Sam Bailey 11.20am Junior School - 12.00pm Senior School
Friday 2 August	P&F Trivia Night - 7pm NEGS Assembly Hall
Monday 12 August	Year 12 Trial Exams commence
Friday 23 August	Year 12 Boarders' Weekend
Thursday 5 Sept.	Grandparent's Day
Friday 6 Sept.	Framed! Art Sale Show
Saturday 7 Sept.	Old Girls' Weekend St John's and NEGS Spring Fair
Monday 9 Sept.	Year 11 Exams
Monday 16 Sept.	St John's Musical - Matinee
Wednesday 18 Sept.	Year 12 TAS and Visual Arts Presentation Evening
Thursday 19 Sept.	St John's Musical - 6pm Year 12 Valedictory Chapel and Speech Day
Friday 20 September	Last Day of Term 3 Buses depart from 7.30am

NEGS Calendar Link

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



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8. Are independent

Stepping off the beaten path may be scary but creative people do it. Children actually do this very well but are eventually trained to follow the crowd.

9. Experiment

Combining things that don't normally go together can result in brilliance or a giant mess. Trial and error are necessary to the creative process.

10. Motivate themselves

There does seem to be a spark that creative people share, an urgent need to make things. They are willing to run the inherent risks of doing something new in order to get a new result.

11. Work hard

This is probably the most overlooked trait of creative people. People who don't consider themselves to be creative assume that people who are creative are magical, that ideas just pop into their heads effortlessly. Experienced creative people have developed processes and discipline that make it look easy. See *Outliers* by Malcolm Gladwell – the 10,000 hour rule.

12. Aren't alone

The good news is that it is possible for everyone to be creative. There are creative accountants, creative cooks, creative teachers, creative babysitters. Any profession or any hobby can be made into a creative pursuit by embracing and using creative traits.

Do you consider yourself creative? (Say yes!) Finding something you're really passionate about will help you take a chance and might just result in something wildly creative.

Mr Clive Logan, Principal

Good News & Achievements:

Weekend of the 6th & 7th July 2013 **Sophia Carlon** attended Pony Club State Showjumping Championships competing for NEGS Pony Club (Zone 13) and was runner up in the Under 13 Championship Class with the below places in each jump

- AM5 – 4th
- AM5 – 2nd
- Grand Prix – 1st
- Accumulator – 7th

Overall Sophia was number 3 in the State of NSW which was a great achievement for Sophia, out of 180+ riders - congratulations Sophia.



Congratulations to St John's students, **Calan and Ava Loudon**, who competed at the Armidale Alligators Short Course Qualifying Competition last weekend.

It was a huge day with over 300 swimmers! They both did very well especially after the disruption to their training with our move from the NT.



Calan entered six events. He came 1st in the 8yo 100m Individual Medley, Silver 50m Freestyle, Silver 50m Backstroke, Bronze 50m Butterfly. He also did well in the 100m Freestyle and 50m Breaststroke.

Calan's times means he has now qualified to compete in the North East Region and North West Region Combined Short Course Championships in August!



Ava entered 4 events. She did 25m Freestyle, Breaststroke, Butterfly, Backstroke. Entrants in the 25m events received participation awards which was great. Even better was she thrashed all her previous best times!

Congratulations to Sarah Askey who is one of 45 players selected for NSW State Squad for Under 13s. She heads off to a camp on Sunday at the Central Coast to see if she makes the state team - wishing her the very best of luck!



'Let's Hang It' competition at NERAM. - Opening Night

Primary Category: Hayley Whitehill (Yr 4) - "Animal Design"
Junior Secondary Category: Anna Campbell (Year 7) "Reflection of the Sun"



New England Girls' School

would like you to join us for

Grandparents' Day

Friday 6th September 2013

Meet your grandchild at 9:00am at the Assembly Hall, for commencement of a musical concert at 9.25am.

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Student Wellbeing

A successful and well attended session on Information and Resilience Strategies for Adolescent Mental Health was held in the NEGS school hall on Monday 15th July. The session was presented by Bruce Winter, School Link Coordinator from Hunter New England Health who introduced the session and shared useful strategies on coping with anxiety. He was joined by Clinical Psychologist, Quentin Dignam who spoke gently but informatively on Self Harm, Eating Disorders and Anxiety. Parents and staff were very appreciative of their presentation coming away from the session with tips on how to recognise warning signs and how best to support our girls.

Attached to this newsletter is a fact sheet from Youth Beyond Blue with information for parents on Depression and Anxiety in Young People.

At NEGS we aim to create a supportive network whereby girls feel happy to ask for assistance when needed, and always guided in pursuing healthy eating and exercise.

To ensure that NEGS is providing the best Student Wellbeing Program for our girls, we ask your assistance in completing the attached "MindMatters Parent and Family Survey". Surveys can be emailed or faxed to the school, or left at Reception please. We welcome your comments always.

Student Wellbeing Team - Angela Sole, Sister Catherine Beevors and Chaplain Fiona May

Attention Wollomombi Bus Travellers

Wollomombi bus changing times. It now arrives at St John's Avenue at 8.19am and departs St John's Avenue at 3.30pm.

Assembly Special Guest Speaker

Dear St John's and NEGS families,

On Tuesday, 30th July, we are thrilled to invite you to join us to listen to Sam Bailey speak to the students of our school. He will address the Junior School students at 11.20am followed by the Senior School students at 12.00pm. Both sessions will be held in the school Assembly Hall.

Sam is an inspirational person who is a farmer, pilot, husband and best-selling author. He has achieved all of those from a wheelchair...and has an incredible ability to take an audience on the journey of his life. From a childhood growing up in the Australian bush to a car accident in the outback that turned his life upside down and its aftermath, Sam tells his story in his own down-to-earth laconic style that captures the great Australian spirit of having a go. He relates how he beat the odds to fulfill his life-long dream to be a farmer, learning to ride a four wheel bike; devising a hoist to get into farm machinery and ultimately learning to fly an ultralight.

Sam then found his soul mate in former Tamworth-based ABC radio Rural Reporter, Jenny Black – who he proposed to "live" on regional radio. The real-life proposal jammed the phone lines and the fax ran out of paper. Their story appeared on ABC TV's "Australian Story" in 2000 with an overwhelming response and was published in April 2006 in their book 'Head Over Heels'.

Today they live and work together on their beef cattle property in North West NSW, in between travelling the country telling their story and giving inspiration to others. They are also working towards their next big goal – Sam becoming the first quadriplegic in the world to fly a helicopter and flying into schools to inspire children to fulfill their own dreams and goals.

The project, called Helifirst, will be launched in October this year. It's sponsored by one of Australia's largest public companies, the Commonwealth Bank. You can find out more information about Sam and Jenny at their website www.sambailey.com.au We look forward to seeing you on Tuesday 30th July.



Mrs Dim Fenwicke - Acting Head of St John's Junior School



DEPRESSION AND ANXIETY IN YOUNG PEOPLE

INFORMATION FOR PARENTS

WARNING SIGNS OF DEPRESSION AND ANXIETY

Depression doesn't just cause sadness or feeling blue, and anxiety doesn't just make people worry. Teenagers can express depression and anxiety in many different ways. They might:

- have trouble falling or staying asleep, or complain of restless unsatisfying sleep
- be tired, grumpy, irritable, tearful or upset most of the time
- feel restless, keyed up or on edge
- lose interest in things they used to enjoy, and have trouble starting and completing assignments or work
- be forgetful, lose concentration and be easily distracted
- become withdrawn and lose friends
- either refuse to eat or eat a lot, and either lose or gain weight quickly
- have tense or sore muscles
- complain of feeling physically awful, with unexplained aches and pains, and not want to go to school

Adolescence is a time of change and it can be hard to tell the difference between 'normal teenage behaviour' and depression and anxiety. Around 6 per cent of 16-24 year olds (1 in 16) have depression and around 15 per cent (1 in 6) have anxiety.¹ If your son or daughter shows warning signs of these conditions, getting help early can improve their well-being as well as helping to stop the problems happening again when they become adults.

DEPRESSION AND ANXIETY AMONG ADOLESCENTS

There are many myths about depression and anxiety in young people but the reality is that feeling sad, irritable or anxious most of the time is not a 'normal' part of adolescence.

Everybody feels sad or down sometimes. But depression is more than short-term sadness. It's a medical condition that causes persistent changes to a person's thoughts, mood, behaviour and physical health. It also affects his or her enjoyment of life.

Feeling anxious at times is also normal, for example before an exam. But an anxiety disorder is far more intense and can go on for weeks or months, affecting health and day-to-day activities. There are many types of anxiety disorder and the symptoms vary.

Many different factors can contribute to depression and anxiety in young people. When it happens, it's no one's fault. The important thing is that depression and anxiety are identified and treated early – left untreated, they can lead to underachieving at study or work, misuse of alcohol and drugs, and even an increased risk of suicide.

OFFERING SUPPORT

If your son or daughter shows some of the warning signs described on this fact sheet, you could start by trying to get them to talk about their feelings.

Your son or daughter may find it awkward discussing their thoughts and emotions openly with you. They may get angry when you ask if they're okay. Try to stay calm, be firm, fair and consistent and don't lose control. If you are wrong about something, admit it.

'Active listening' will help you to understand how your teenager feels. Some tips for this are to maintain eye contact, sit in a relaxed position and ask open-ended questions that can't be answered with just 'yes' or 'no' (e.g. "So tell me about...?"). Save your suggestions or advice for later and instead, offer neutral comments that acknowledge their feelings.

Talk to a counsellor (in person, on the phone or online) to learn more about active listening.

Visit: www.youthbeyondblue.com

Info line: 1300 22 4636

beyondblue: the national depression initiative



WHAT NEXT?

As well as offering your support and showing that you understand and care, it's a good idea to encourage your son or daughter to eat healthily, be active, and get enough sleep. He or she may also need to see a doctor or counsellor. Teenagers who resist seeing someone may prefer to ring Lifeline or Kids Help Line (see numbers below), as this is anonymous and can be less confronting.

It's a good idea to learn as much as you can about your son or daughter's condition. This may help you to understand why they behave in the way that they do – so you can separate the illness from the person and realise that your teenager's moods or behaviour may not be directed at you personally.

WHERE TO GET HELP

Encouraging your son or daughter to see a General Practitioner (GP) is a good start. The GP will want to talk to you about your view of the problem, but should speak to your teenager alone as well – he or she may then feel more able to open up about things like social drug use and sexual history.

Depending on their age and maturity, teenagers are entitled to confidentiality. However, the doctor or counsellor has a duty of care to inform parents if they believe a teenager's life is at risk.



WHAT TO EXPECT

Psychological and family therapies are the main treatment for depression and anxiety in young people. The GP may provide the therapy or your teenager may be given a referral to a counsellor or specialist.

Two psychological therapies have been found to be especially helpful – Cognitive Behaviour Therapy (CBT) and Interpersonal Therapy (IPT). These therapies can help people to change negative thoughts and feelings, encourage them to get involved in activities, speed recovery, prevent depression or anxiety from recurring, and identify ways to manage the illness and stay well.

In severe cases, after weighing up the pros and cons, medication may be recommended to go with the other therapies. However, the Therapeutic Goods Administration and manufacturers of antidepressants do not recommend antidepressant use for depression in young people under the age of 18. For more information see *beyondblue* Fact sheet for parents – *Antidepressants for the treatment of depression in children and adolescents* at www.beyondblue.org.au or by calling the info line on 1300 22 4636.

KEY POINTS TO REMEMBER

- When teenagers have depression or anxiety, it doesn't help to pressure them to 'snap out of it' or 'cheer up'. And you can't assume that the problem will go away without help.
- If your teenager doesn't want to talk to you about his or her problems, try not to take it personally. Sometimes it's easier to talk to someone you don't know about what's troubling you.
- Recovery is possible but it can be a slow process. The whole family will need to be patient and understanding.
- Praise your son or daughter for small achievements and avoid making criticisms.
- Try to reduce conflict within the family and create a calm and relaxed atmosphere at home.
- Set time aside for your own relaxation, and try to continue enjoyable family activities rather than let the problem take over everyone's lives.
- Seek support from trusted friends or relatives, or talk to a counsellor about ways to cope.

Young people who have depression may be at risk of suicide, and if they are they need urgent help. Consult a doctor, the emergency department of your local hospital or a mental health professional (like a psychologist or psychiatrist).



LOOK

for the signs of depression



TALK

about what's going on



LISTEN

to your friends' experiences



SEEK HELP

together!

State-based Parentline Services (counselling and support for parents)

Parentline QLD & NT	1300 30 1300	www.parentline.com.au
Parentline VIC	13 22 89	www.parentline.vic.gov.au
Parent Helpline SA	1300 364 100	www.parenting.sa.gov.au
Parentline NSW	1300 1300 52	www.parentline.org.au
Parent Help Centre WA	(08) 9272 1466 or 1800 654 432 (free for STD callers)	www.community.wa.gov.au/Resources/Helplines/Parenting+Line.htm
Parentline ACT	(02) 6287 3833	
Parenting Line TAS	1300 808 178	

MORE INFORMATION AND SUPPORT

You can speak to trained counsellors by phoning these 24-hour telephone counselling services:

Lifeline 13 11 14 (cost of a local call)

Kids Help Line 1800 55 1800 (freecall)

Information and support is also available from the following websites:

beyondblue www.youthbeyondblue.com
or www.beyondblue.org.au
info line 1300 22 4636

Information on depression, anxiety and how to help a friend

headspace www.headspace.org.au
Information, support and help near you

ReachOut.com www.reachout.com
Information and support for young people going through tough times

The websites below can help you to find health services in your area. They list services that are either free of charge or low cost:

Kids Help Line www.kidshelp.com.au

Lifeline Service Finder
www.lifeline.org.au/service_finder

If you or a friend want to communicate with someone via email or online, Kids Help Line offers confidential, non-judgemental, emotional support 24 hours a day, 7 days a week.

SOURCES This fact sheet is based on information from:

- Australian Bureau of Statistics (2008). *2007 National Survey of Mental Health and Wellbeing: Summary of Results (4326 0)*. Canberra: ABS
- *beyondblue* www.youthbeyondblue.com and www.beyondblue.org.au
- ReachOut.com www.reachout.com

Visit: www.youthbeyondblue.com

Info line: **1300 22 4636**

beyondblue: the national depression initiative



Year 12 University Applications

Applications for university study through UAC open on August 7th. Prior to this date Year 12 will be provided with a free copy of the 2013 UAC Guide. Year 12 will also receive information on how to apply, closing dates, early entry schemes and bonus points.

Year 10 UAC Booklets Issued

During the Year 10 Information session on the last Thursday of Term 2, Year 10 students were given their copy of the 2016 University Entry Requirements Year 10 Booklet. This booklet is for students in Year 10 in 2013, to help them make decisions about which HSC courses to study in Years 11 and 12.

The booklet details the prerequisites, assumed knowledge and recommended studies for each area of study offered by participating UAC institutions.

Year 10 students should use the booklet to help them select HSC courses that will keep their options open for entry into a range of tertiary courses. When selecting subjects for HSC study, students should select courses they are good at and enjoy studying.

Students and their parents should read the UAC booklet in conjunction with the Parents Talking Careers Choices 2013, which was included in the 2013 Jobs Guide issued to Year 10 students in Week 2 of Term 2 and emailed out to students and parents in the same week.

If any student didn't receive a copy, they are available from Mrs Swartz.

UNE Early Entry

Two representatives from UNE will be speaking with the girls on Wednesday the 7th of August about early entry to UNE and more generally about study at UNE. Year 12 will have the opportunity to ask questions and receive assistance with early entry applications.

Mrs Swartz - Careers Advisor



Southern Cross University Visit

On Monday the 5th of August, representatives from SCU will visit NEGS to make a presentation to Year 12 students. The presentation will provide the girls with first hand information about SCU courses, programmes of study, scholarships, STAR early entry scheme, accommodation & university life. Students will also have the opportunity to discuss their needs with the presenters.



Charles Sturt University Visit

On Wednesday the 17th of July, Rebecca Morgan from CSU visited NEGS to speak with Year 12 students about applying to study at CSU, early entry, bonus points, university costs, accommodation and study options.

Those students interested in early entry to CSU need to complete the forms handed out and return them to the Careers Advisor by August 23rd so the Principal and Careers Advisor can complete their sections.



Farming Futures Careers Fair @ UNE

On Friday the 2nd of August at Lazenby Hall, UNE, students interested in Science, Business or Agriculture will be able to access employers, current students and recent graduates while learning about the opportunities in these areas following study at UNE.

Students in Years 10 - 12 who are interested in attending need to contact Mrs Swartz so that travel arrangements can be made.

From the P&F

Dear NEGS Community,

Every year NEGS does the catering for the Glenavon Bull Sale in Guyra.

The sale, on the 5th August, is held once a year by Fred and Janet Bell who are proud supporters of the School. This is traditionally a great opportunity for the P&F.

This year we really need more helpers both for the day and also to provide cakes, biscuits and slices for the hungry buyers. If you can help in any way please email Josie Knox at josiexnox@tenterdenstation.com.au, or call her for more information on 0414611003.

Thank you. Josie Knox
for NEGS P&F Committee

MindMatters Parent and Family Survey

Full version

Dear Parent, Caregiver or Family member

We are interested in finding out what you think about the climate of the school your child/children attends and what the school teaches about mental health and wellbeing, that is, the feelings, thoughts, relationships and behaviour within the school community. Your child or children will have completed a similar survey asking for their opinions on similar issues.

There are five boxes for you to indicate your opinion on each statement. The 'Do not know' column is there if you really do not know about the issues in that statement. We greatly appreciate your time and effort in completing this survey.

School name _____ Today's Date: / /

What year is/are your child/children in this year?

Year 7 <input type="checkbox"/>	Year 8 <input type="checkbox"/>	Year 9 <input type="checkbox"/>	Year 10 <input type="checkbox"/>
Year 11 <input type="checkbox"/>	Year 12 <input type="checkbox"/>	Year 13 <input type="checkbox"/>	Ungraded <input type="checkbox"/>

Please tick one box in each row

1. School environment					
A. Allocating dedicated resources These questions are about the resources the school has, including physical things like books, other written materials and equipment, as well as time and space.	Strongly Agree	Agree	Disagree	Strongly Disagree	Do not know
1. The physical environment of the school – the layout and surrounds – supports the mental health and wellbeing of the school community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The school provides parents and caregivers with clear information about mental health and wellbeing issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The school has places for private discussions between staff and parents and caregivers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Students who need a lot of support in mental health and wellbeing get help at this school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Staff at the school set aside enough time to meet regularly with students and parents and caregivers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B. Positive communication and relationships These questions are about how people at the school get along with one another.	Strongly Agree	Agree	Disagree	Strongly Disagree	Do not know
6. There are opportunities for students and teachers to get to know each other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I receive information from the school about mental health and wellbeing materials they are using	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I am satisfied with the way the school communicates with parents and caregivers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. The school provides programs and activities that promote positive relationships among all students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Students at the school have teachers or other staff they can talk to if they need help or advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I feel welcome when I visit the school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. My children feel safe at this school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C. Policies and processes	A lot	Some	A little	Not at all	Do not know
13. I am aware of the school's policies on mental health and wellbeing issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Curriculum and Teaching						
A. A 'whole student' approach						
The questions are about what your child may learn in a range of subjects.		A lot	Some	A little	Not at all	Do not know
14.	The school encourages all students to participate in all parts of school life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15.	The school provides students with opportunities to involve their immediate or extended families in their school experiences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16.	The school provides students with opportunities to develop their strengths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17.	Students at this school learn about how to get along with other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18.	The students participate in formal social and emotional health and wellbeing skill development within the curriculum	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19.	The school encourages students to set goals and plan their own learning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20.	Students at this school have their family or personal circumstances taken into account when required	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21.	The school sets clear, high expectations for student behaviour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22.	Students at this school get opportunities to learn about and experience responsibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B. Curriculum content and integration		A lot	Some	A little	Not at all	Do not know
23.	Students at this school learn about resilience and how to cope with different things in their lives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24.	Students at this school learn about bullying and harassment, what it is and how to stop it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25.	Students at this school learn about different cultures, families and ways of living	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26.	Students at this school are provided with opportunities to develop their understanding of mental health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27.	Students at this school learn about dealing with loss and grief	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28.	Students at this school learn about how to make decisions and solve problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29.	Students at this school learn about where to go and how to ask for help when they need it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C. Teaching and learning for engagement		A lot	Some	A little	Not at all	Do not know
These questions are about things the school might do to make learning more interesting for students.						
30.	Students who need extra help with learning get support from teachers and other students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.	All students at this school are encouraged to try their best and have high expectations for themselves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32.	Students have a strong sense of belonging and connection to this school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.	Students get to comment on their own work and how well they think they have done	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.	Students can explore their own interests when it is related to their class work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Internal and external partnerships and services						
A. Communities, families, parents and caregivers						
These questions are about how the school relates to your local community - families, other community groups, other schools.		Strongly Agree	Agree	Disagree	Strongly Disagree	Do not know
35.	The school encourages local or community groups to participate in school activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

36. Students' parents, caregivers or extended families are encouraged to be involved in a broad range of school activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. The school communicates regularly with parents and caregivers about mental health and wellbeing issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38. The school understands and respects the variety of values of the wider school community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39. Students at this school are encouraged to participate in local community groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40. I feel that my views and questions are listened to and respected by the school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B. Referral pathways These questions are about knowing where and how to get help or advice.	Strongly Agree	Agree	Disagree	Strongly Disagree	Do not know
41. Staff at the school respect the privacy of students and parents and caregivers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42. The school provides information about referrals to a range of services for young people and their families when required	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43. I have someone at the school that I can contact if I have questions or need advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
44. I am comfortable in asking questions or seeking advice from the school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C. Transitions These questions are about how the school helps prepare students to deal with life changes.	Strongly Agree	Agree	Disagree	Strongly Disagree	Do not know
45. The school provides effective support for students returning to school after an incident or mental health issue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
46. Teachers and other staff look after the mental health and wellbeing of new students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
47. Teachers and other staff support the mental health and wellbeing needs of students who come from different social or cultural backgrounds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
48. Parents and caregivers are provided with information to help students plan for life beyond school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
49. Teachers and other staff understand the issues that young people face growing up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
50. Students are able to seek support at the school to help them deal with major transitions and events in their lives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Enablers					
These questions are about how the school supports the mental health and wellbeing of its community and how it collects feedback.	Strongly Agree	Agree	Disagree	Strongly Disagree	Do not know
51. Parents, caregivers and extended families have opportunities to act in leaderships roles in the school community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
52. Parents, caregivers and extended families have opportunities to provide feedback to the school about the mental health and wellbeing curriculum	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
53. Information about the results of the school's mental health and wellbeing surveys is provided back to the school community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
54. The school provides opportunities for parents, caregivers & community members to learn about mental health & wellbeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Thank you for your time in completing this survey.



NEGS P & F TRIVIA NIGHT

6:30 for 7pm
Friday 2nd August 2013
Assembly Hall

\$15 per head, tickets at the door

Put together your table of ten
or let us know and
we will put you on a table

RSVP: Kylie Wanford, Email: wanford1@bigpond.com
Liaison Parents for your year

Are you interested
in...
SCIENCE?
BUSINESS?
AGRICULTURE?



FARMING FUTURES ANNUAL CAREERS FAIR

12:30 PM - 2:30 PM

Free BBQ lunch

For students in Years 10 – 12

Access to employers, current students and recent graduates
Learn about the opportunities that come from studying science,
business or agriculture at UNE



FRIDAY
2nd August
@ LAZENBY HALL,
UNIVERSITY OF NEW
ENGLAND

Enquiries to:

Georgie Lawrence 0447 823 700

Georgie Robinson 0437 851 987

ffutures@une.edu.au



2013 framed

New England Girls' School Armidale • Old Girls' Union Annual Art Show & Sale



Inaugural Framed New England Mutual Secondary Student Visual Arts Prize

Would you like to see your artwork hanging at the 2013 NEGS Framed Art Exhibition from 6 – 8 September?

Secondary students are invited to enter their artwork, with eight finalists in each category having their works displayed in the MPC Building at the New England Girls' School art show.

Proudly sponsored by:



Categories

- Portraiture
- Nurture / Nature

Categories will be judged separately.

How to enter

Please email Vicki Taylor for a copy of the entry form at jvtaylor@northnet.com.au, or ask your school for a copy. Entries should be sent flat, between two sheets of cardboard, and posted no later than **Friday 16 August 2013**.

Thank you to Amber Leitner for her contributions of artwork for this poster.



ST JOHN'S Newsletter

Term 3 Week 2 - Wednesday 24th July 2013

*my school
my dreams
my future*

“Let’s Hang It”

Congratulations to Hayley Whitehill who had her art work selected for the “Let’s Hang It” exhibition at NERAM. This is a wonderful achievement. Be sure to visit NERAM to see this exhibition before it closes on the 4th August.



Excursion Week

It is certainly very quiet this week as Years 3 – 6 are away on overnight excursions and T – 2 are out and about enjoying different experiences. It will be great to hear the news from the different classes. These excursions become part of wonderful school memories and allow students to interact in less formal environments.

Kindergarten Orientation

This week saw the commencement of a 4 week Transition into Kindergarten programme. If you know of any families that may be still interested in this, it is not too late. They should contact Miss Alice Schmidt on 6774 8752.

Woolworths Earn and Learn

Again I wish to thank you for your support in this initiative, we collected over 5100 points which will go towards resources for the school.

Please note that Friday 23rd August is a pupil free day. Staff will continue to work on the NSW English curriculum in preparation for 2014.

Mrs Helen Smith (on behalf of Mrs Dim Fenwicke)

Attention Wollomombi Bus Travellers

Wollomombi bus changing times. It now arrives at St John's Avenue at 8.19am and departs St John's Avenue at 3.30pm.

Dates to Remember

Term Three - 2013

Week 2	Excursion Week
Week 3	Parent/Teacher Interviews – notes will be sent home with children
30th July	Special assembly with Mr Sam Bailey as guest speaker
31st July	ICAS English Competition
2nd August	Assembly at 2.30pm, Assembly Hall
2nd August	Book Club due
6th August	“Alice in Wonderland” Musical matinee
23rd August	Pupil Free Day/ Staff development Day

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>



*my school
my dreams
my future*

St John's Junior School

would like you to join us for

Grandparents' Day

Friday 6th September 2013

Meet your grandchild at 9:00am at the Assembly Hall, for commencement of a musical concert at 9.25am.



St John's Co-Educational Junior School
Uralla Road, Armidale NSW 2350
T +61 02 6774 8700
E reception@negs.nsw.edu.au
www.negs.nsw.edu.au



New England Girls' School
Uralla Road, Armidale NSW 2350 Australia

T: +61 02 6774 8700 F: +61 02 6772 7057 E: reception@negs.nsw.edu.au

NEGS

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

Assembly Awards

Dear St John's and NEGS families,

On Tuesday, 30th July, we are thrilled to invite you to join us to listen to Sam Bailey speak to the students of our school. He will address the Junior School students at 11.20am followed by the Senior School students at 12.00pm. Both sessions will be held in the school Assembly Hall.

Sam is an inspirational person who is a farmer, pilot, husband and best-selling author. He has achieved all of those from a wheelchair...and has an incredible ability to take an audience on the journey of his life. From a childhood growing up in the Australian bush to a car accident in the outback that turned his life upside down and its aftermath, Sam tells his story in his own down-to-earth laconic style that captures the great Australian spirit of having a go. He relates how he beat the odds to fulfill his life-long dream to be a farmer, learning to ride a four wheel bike; devising a hoist to get into farm machinery and ultimately learning to fly an ultralight.

Sam then found his soul mate in former Tamworth-based ABC radio Rural Reporter, Jenny Black – who he proposed to “live” on regional radio. The real-life proposal jammed the phone lines and the fax ran out of paper. Their story appeared on ABC TV's “Australian Story” in 2000 with an overwhelming response and was published in April 2006 in their book ‘Head Over Heels’.

Today they live and work together on their beef cattle property in North West NSW, in between travelling the country telling their story and giving inspiration to others. They are also working towards their next big goal – Sam becoming the first quadriplegic in the world to fly a helicopter and flying into schools to inspire children to fulfill their own dreams and goals. The project, called Helifirst, will be launched in October this year. It's sponsored by one of Australia's largest public companies, the Commonwealth Bank. You can find out more information about Sam and Jenny at their website www.sambailey.com.au We look forward to seeing you on Tuesday 30th July.



Mrs Dim Fenwicke - Acting Head of St John's Junior School

HOCKEY NSW will be holding an UNDER 12 DEVELOPMENT CLINIC on Tuesday 20th August at UNE

Hockey NSW is pleased to announce its first U12 Development Clinic in August 2013!! This is an opportunity for players to come along and be coached by Hockey NSW state team coaches and Hockey NSW Game Development Staff. Players will take part in core skill activities, play the new 'Stick2Hockey' formats in a mini competition and play fun games where prizes can be won.

Hockey NSW would like to raise the profile of Hockey in your area, by introducing new players to the game and also it gives Hockey NSW the chance to see the younger players coming through and assist them in how to further develop and enjoy their hockey before they get to the age of our State Champs and Development Camps.

- Anyone between the ages of 10-12 years old (eligible by the age you turn on or after January 1st 2013)
- All levels of player welcome from beginner to rep level.

COST? \$50	HOW? Registrations will be open via our website on Friday 14th June with only limited spots available so don't miss out!! www.hockeynsw.com.au	CONTACT? GINA REES e: gina.r@hockeynsw.com.au p: 02 9764 1911
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NSW Parents Council

For the latest news from the NSW Parents Council please access the newsletter from <http://parentscouncil.nsw.edu.au/Newsletters.htm>

The latest e-Bulletin contains information on the following:

- What do young people want their parents to know?
- 'The Secret Lives of Boys'
- School Zone signs – last chance for parents to have their say
- Practical advice for Year 10 students and subject selection



Year 5 & Year 6 Excursion to Lake Ainsworth



St John's Junior School invites families preparing for Kindergarten in 2014 to their

Kindergarten Information Session

When: Tuesday 13th August 2013 from 5.00pm
Where: Kindergarten Classroom at St John's
RSVP: Friday 9th August 2013

Learn about the schools unique Early Literacy Foundations, specialist teaching and co-curricular programmes. For more information contact the Enrolments Office on 6774 8752 or email: enrolments@negs.nsw.edu.au



ST JOHN'S

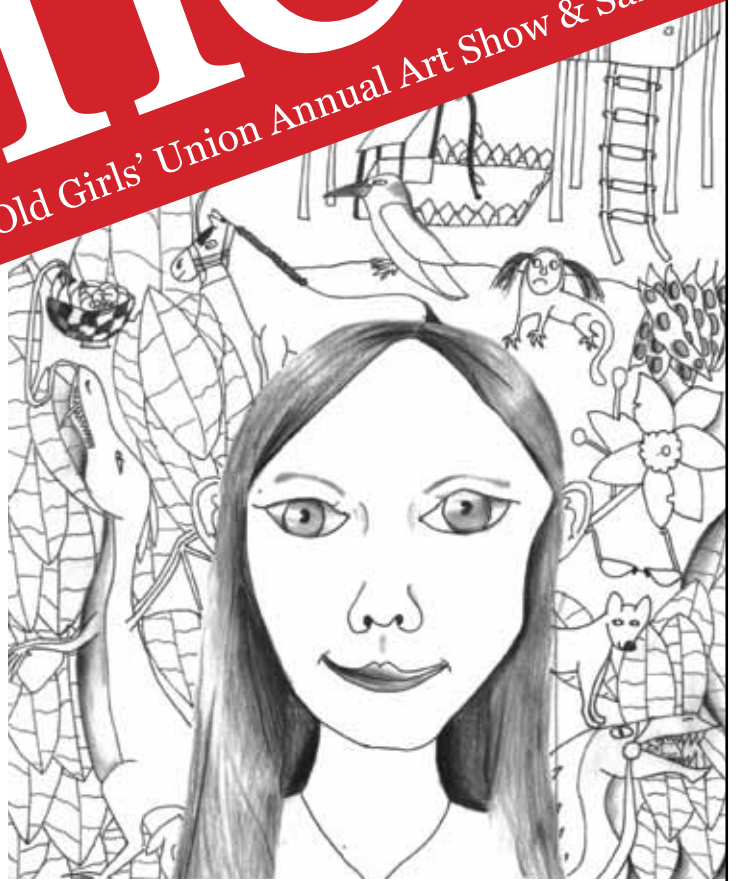
St John's Co-Educational Junior School
St John's Avenue (off Bundarra Road), Armidale NSW 2350
T: +61 02 6774 8752 E: enrolments@negs.nsw.edu.au
www.negs.nsw.edu.au

*my school
my dreams
my future*



2013 framed

New England Girls' School Armidale • Old Girls' Union Annual Art Show & Sale



Inaugural Framed SerVies Primary Student Visual Arts Prize

Would you like to see your artwork hanging at the 2013 NEGS Framed Art Exhibition from 6 – 8 September?

Primary students are invited to enter their artwork, with eight finalists in each category having their works displayed in the MPC Building at the New England Girls' School art show.

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Categories

- Portraiture
- Nurture / Nature

Categories will be judged separately.

How to enter

Please email Vicki Taylor for a copy of the entry form at jvtaylor@northnet.com.au, or ask your school for a copy. Entries should be sent flat, between two sheets of cardboard, and posted no later than **Friday 16 August 2013**.

Thank you to Amber Leitner for her contributions of artwork for this poster.

There are NO hockey matches this weekend 27th July - due to Veterans carnival in Armidale

Match Report - NEGS Aqua 20/7/13

Today all the girls played extremely well, thank you to Lucy Haynes (Pink) and Hattie (Purple) for playing for us to complete our team. Unfortunately we had a loss 5-0 to Duval, but everyone played a great game. Player of the week goes to Chelsea Eichorn.

Hockey NSW U12 Development Clinic

WHAT

Hockey NSW is pleased to announce its first U12 Development Clinic in August 2013!! This is an opportunity for players to come along and be coached by Hockey NSW state team coaches and Hockey NSW Game Development Staff. Players will take part in core skill activities, play the new 'Stick2Hockey' formats in a mini competition and play fun games where prizes can be won.

Hockey NSW would like to raise the profile of Hockey in your area, by introducing new players to the game and also it gives Hockey NSW the chance to see the younger players coming through and assist them in how to further develop and enjoy their hockey before they get to the age of our State Champs and Development Camps.

WHO

Anyone between the ages of 10-12 years old (eligible by the age you turn on or after January 1st 2013)
All levels of player welcome from beginner to rep level

WHERE

Armidale - Tuesday 20th August
10am - 3pm - UNE Armidale

For more information visit

<http://www.hockeynsw.com.au/Development/Camps-and-Clinics/U12-Development-Clinics>

ALL PARTICIPANTS WILL RECEIVE A HOCKEY
NSW DRINK BOTTLE AND BAG

SPORT AND RECREATION'S
SPORTING COLOURS
PHOTOGRAPHIC COMPETITION
2013

Auto

Prizes totaling \$1000 are on offer.

The competition will award an adult (18+) and junior (under 18) champion

The 'Sporting Colours Photography Competition' is calling for amateur photographers across North West NSW to capture the colours that reflect sport in their local community.

Competition closes September 20, 2013

For more details and application guidelines visit: www.dsr.nsw.gov.au/competition

The poster features a grid of images related to sports: a person in a yellow jersey, a soccer ball, a person in a blue jersey, a green apple, and a person in a white jersey. The background is a mix of green grass, red, and black.

HNE Indoor Hockey will commence after the October School Holidays.

The closing date for teams to be nominated for the local 2013-2014 season will be Friday 11th October 2013.

Divisions at this stage will be same as last season.

Guide only as skill level will be taken into consideration.

**Primary 1 (yrs 5,6) Primary 2 (yrs 3,4)
Primary 3 (yrs K,1,2). Friday afternoon.
Under 13, Under 16. Thursday Night
Opens Mixed A and B. Thursday Night
Womans A and B. Sunday afternoon.**

Sport News - Netball

IGSSA NETBALL

Congratulations to the NEGS senior and junior Netball teams, who successfully kicked off their IGSSA campaign last week in Sydney. Both teams managed to win two out of their three matches and are on track for a finals birth in September.

Junior results

NEGS vs Tara- Loss (12-27)
 NEGS vs PLC Sydney- Win (20-22)
 NEGS vs Ascham - Win (23-8)

Senior results

NEGS vs LON - Win (22-23)
 NEGS vs PLC Sydney- Win (22-23)
 NEGS vs SCEGS - Loss (21-27)



Junior IGSSA Team, with coach Elizabeth Stratton



Senior IGSSA Netball Team, with coach Terri Swartz and Umpire Laura Cambridge

The girls head back to Sydney to play their remaining round games in late August. They are to be congratulated on their level of skill, determination and sportsmanship.

DRAW- Trip 2

Friday 23rd August, 2013

	Division	Teams			Venue	Time
NEGS JUNIOR	J02	NEG	v	ROS	Anne Clark Centre	5:00 PM
NEGS SENIORS	S02	ROS	v	NEG	Anne Clark Centre	6:00 PM

Saturday 24th August, 2013

	Division	Teams			Venue	Time
NEGS SENIORS	S02	MON	v	NEG	Five Dock Indoor 1	8:00 AM
NEGS JUNIOR	J02	NEG	v	BRI	Five Dock Indoor 1	9:00 AM
NEGS SENIORS	S02	NEG	v	KAM	Five Dock Indoor 1	10:00 AM
NEGS JUNIOR	J02	NEG	v	SVC	Five Dock Indoor 1	11:00 AM

NETBALL DRAW 2013

ROUND 10

DATE: Saturday, 27th July 2013

TEAM	TIME	COURT	OPPONENT
NEGS 1 (Div 1)	2.40pm	A	IMPIES BLUE
NEGS 2 (Div 5)	BYE		
NEGS Navy (Div 3)	2.40Ppm	B	CURLY WIRLIES
NEGS Red (Div 6)	12.00pm	6	KITTY CATS
NEGS White (Div 7)	1.20pm	7	CHICK FLICKS
St Johns Sparrows	1.20pm	5	HARVEY NORMAN RIP JEANS

ROUND 10 - Umpiring Duty

DATE: Saturday 27th May 2013

Failure to attend your duty will result in an instant detention and you will incur the fine given by Armidale Netball Association. You must sign in on the umpires' sheet before going to the court and be there signed on 10 mins before the start of the game.

COURT NAMES	TIME
4 NEGS 1 (Division Five) Cookie Monsters vs PLC 3 Phoebe Parry and Eliza Pitt	1.20pm

IGSSA TRIPS

Thank you to all of the parents who were in Sydney last weekend supporting their daughters. It was lovely to see so many of you and to share a meal on Friday night.

PLEASE REMEMBER – IF YOU ARE INTENDING TO ATTEND THE NEXT TRIP AND WOULD LIKE TO STAY WHERE THE GIRLS STAY AND JOIN US FOR DINNER ON FRIDAY NIGHT YOU ARE MORE THAN WELCOME.

I AM MORE THAN HAPPY TO BOOK YOUR ACCOMMODATION AS PART OF THE SCHOOL BOOKING. I DO NEED TO KNOW ASAP IF YOU WOULD LIKE TO TAKE UP THIS OFFER.

THE NEXT TRIP IS IN WEEK 6 (not the date in the diary). The girls will leave on Thursday 22nd August.

IGSSA HOCKEY TRIP

Congratulations to the IGSSA Hockey girls on a wonderful first trip. You all played fantastic games.

The results are as follows:

SENIOR IGSSA HOCKEY

NEGS 1 VS Danebank – WIN 1-0
NEGS 1 VS Loreto Normanhurst -DRAW 1-1
NEGS 1 VS Ascham LOSS – 1-2

JUNIOR IGSSA HOCKEY

NEGS 2 VS Kambala – WIN 7-0
NEGS 2 VS Loreto Kirribilli WIN 5-0
NEGS 2 VS Abbotsleigh WIN 3-0

Well done to the girls and coaches.



NEGS EQUESTRIAN Newsletter

Term 3 Week 2 - Wednesday 24th July 2013

*embracing life with
confidence, compassion
and creativity*

Holiday Camp

The Equestrian Centre are pleased to report that our holiday riding camps are back and better than ever. Two very successful camps took place during the June/July holidays, with over 30 riders and their little steeds attended eagerly for 3 days of jam-packed funfilled action. Some riders chose the 'full camp' experience and stayed over in one of the boarding houses where they enjoyed pizza and movie nights under the watchful eye of Mrs. Wendy Fitzgerald.

Daily activities consisted of group lessons covering jumping, dressage, sporting including the Bonfield Bounce which certainly gave everyone a giggle as the manoeuvred their way through the obstacle course. Our newest member of staff, Bree Squires, generously shared her knowledge and expertise in running Polo Cross groups showing all riders the tricks of the trade. On the final day of the camp, all riders and their ponies took part in a gymkhana day of hacking and more games, including a huge treasure hunt on horse-back around the school, where puzzle pieces were collected leading the treasure hunters to a bounty of lollies.

The Equestrian Centre would like to thank all of the parents for their generous help and support with the organization of the holiday camps. We would also like to say a huge thank you to our Equestrian Centre Instructors who worked tirelessly throughout the holidays and always with a big smile. Please contact the EC office for further information regarding future holiday camps.

The Equestrian Centre would like to congratulate the following Equestrian Centre students for their consistent effort and taking that little bit extra care for their horses. These girls have been recognised for the month of May as they have demonstrated high levels of horse management by cleaning their stables thoroughly, keeping their paddocks clean and consistently turning up and achieving well in lessons. Well done girls. The EC staff are currently looking for possible July Stars, so girls keep up the good work. Please call in to collect your treats on Friday.

Stable star for May: Savannah Peterson
Paddock star for May: Hannah Parker
Coaches star for May: Logan Brown and Sarah Hamparsum

Stable star for June: Hannah Parker
Paddock star for June: Raquel Frogley
Coaches star for June: Savannah Peterson and Jaimie McElroy

Term 3 NEGS EC Afternoon Programs

Monday Natural Horsemanship
Tuesday Twilight Jumping (60cm+)
E-D grade X-Country
Jnr Dressage
Wednesday Twilight Jumping (under 60cm)
C-1* grade X-Country
Thursday Senior Dressage
Polo-X and horse sports training to be advised

More exciting Equestrian news...

The Equestrian Community would like to welcome Bree Squires to the NEGS Equestrian Centre team. Bree will be taking on the Equine Welfare Team Leader and Junior Coach roles, we look forward to getting to know Bree as she shares her extensive knowledge and experience in developing the NEGS Equestrian Centre facilities. I am sure you have all noticed how tidy and organized the EC is looking already and with work underway to spray the stable breezeway, wash bays and vet/farrier bays with a non-slip surface to reduce the risk of falls Bree is off to a galloping start. Bree will be coaching our soon to be developed polo-x team, assisting Annyka with the Natural Horsemanship group and providing some general coaching as well. Please pop down to the EC and introduce yourself to Bree and make her feel welcomed into our NEGS Equestrian Family.

Upcoming Events



21st July	Tamworth T.I.E Hunter Trials
24-28th July	SIEC Sydney CNC ***
28th July	NEGS ECARC/NEGS Dressage Day
4th August	NEGS ECNEGS Pony Club (Tara Sheriden Clinic)
10&11 August	NEGS ECSam Lyle Clinic
11th August	Kennedy StArmidale Riding Club Comp
18th August	Coonabarabran Coona ODE
31 Aug & 1 Sept	NEGS EC Colleen Brook Show Jumping and Coach Accreditation Clinic
31 Aug & 1 Sept	NEGS ECNE Australian Stock Horse Branch - Wardell Stock Horse Clinic
7&8 September	Tamworth T.I.E CIC***
15th September	Quirindi Show
21&22 September	Sydney Equestriad CIC***
25-27 September	NEGS EC Dressage and Jumping Super Clinic
28&29 September	NEGS EC NEGS CNC**
5-Oct	Scone ODE CNC***