



Newsletter

Term 1, Week 2 - Wednesday 5th February 2014

From The Principal

Mr Clive Logan, NEGS Principal

Fail better!

"Ever tried. Ever failed. No matter. Try again. Fail again. Fail better": a quote from Samuel Beckett (author of *Waiting for Godot*) that is tattooed on the arm of Stanislas Wawrinka, the Men's Australian Open Tennis Champion for 2014.

What an achievement from a player who in 12 previous attempts had never won a set against Rafael Nadal. Here is a classic situation where challenging circumstances develop character, where mistakes and losses are invitations to try again, where failures become your teachers. The point is, through adversity, resilience, determination and confidence are tested and strengthened.

I have placed before all the new girls to NEGS, and to those returning, that this year I would like them to try at least one area that is difficult and out of their comfort zone. I don't think that academic work, the extending of skills and knowledge, should be easy. I want the students to experience complex work and demanding, intellectual challenge. I want them to enjoy that challenge - to strive and fail, and fail, and fail, and fail again, and then experience the euphoria of achievement, of finally being able to **do** it! Far better for them to learn all this in a safe and supportive environment before having to learn it the hard way out in the wider world! We know that we won't learn as much from doing what we already know or what is done for us - we all need the resilience and strength to do the things we **can't** do, each and every day. This is how we learn and grow - and the true measure of success in schools is seeing how far all students have matured and developed in their struggles and their setbacks, being ambitious, determined and confident yet at the same time being compassionate and thoughtful of others.

So here are a few thoughts for this year:

1) The sweetest victory is the one that's most difficult.

The one that requires us to reach down deep inside, to fight with everything we've got, to be willing to leave everything out there - without knowing if our effort will be enough. Society doesn't reward defeat and you won't find many failures documented in history books. The exceptions are those failures that become stepping stones to later success. Such is the case with Thomas Edison, whose most memorable invention was the light bulb, that purportedly took him 1,000 tries before he developed a successful prototype. "How did it feel to fail 1,000 times?" a reporter asked. "I didn't fail 1,000 times," Edison responded. "The light bulb was an invention with 1,000 steps." Unlike Edison, many of us avoid the prospect of failure. In fact, we're so focused on not failing that we don't aim for success, settling instead for a life of anonymity and mediocrity - how sad is that.

"Failure and defeat are life's greatest teachers [but] sadly, most people don't want to go there," says Ralph Heath, author of *Celebrating Failure: The Power of Taking Risks, Making Mistakes and Thinking Big*. "Instead they choose to play it safe, to fly below the radar, repeating the same safe choices over and over again. They operate under the belief that if they make no waves, they attract no attention; no one will yell at them for failing because they generally never attempt anything great at which they could possibly fail (or succeed)."

What's on the Website

More photos from Boarders Weekend at the Gold Coast

Regional Young Round Square Invite and Application Forms

Round Square photos

NEGS Equestrian Online Bookings

Term Dates to Remember

TERM 1	11 weeks
Friday 21 February	Senior school Swimming Carnival
Saturday 15 March	Scholarship Day
Friday 21 March	Year 12 Parent Teacher interviews 3.30pm
Saturday 22 March	Year 12 Ball
Friday 28th March	NEGS Horse Sports Day
Thursday 10 April	Year 7 Parent Teacher interviews 3.30pm
Friday 11 April	Buses depart from 7.30am

NEGS Calendar Link

<http://negs.nsw.edu.au/calendar/>

The same holds true for personal quests, whether in overcoming some specific challenge or reaching our full potential in all aspects of life. To achieve personal best, to reach unparalleled heights, to make the impossible possible, we can't fear failure, we must think big, and we have to push ourselves.

2) **“To achieve any worthy goal, you must take risks,”** says writer and speaker John C. Maxwell. In his book *Failing Forward: Turning Mistakes into Stepping Stones for Success*, he points to the example of legendary aviator Amelia Earhart, who set several records and achieved many firsts in her lifetime, including being the first female pilot to fly solo over the Atlantic Ocean. Although her final flight proved fateful, Maxwell believes she knew the risk. “[Earhart’s] advice when it came to risk was simple and direct: ‘Decide whether or not the goal is worth the risks involved. If it is, stop worrying.’”

Of course, the risks we take should be calculated; we shouldn't fly blindly into the night and simply hope for the best. Achieving the goal or at least waging a heroic effort requires preparation, practice and some awareness of our skills and talents.

3) **It's all about ATTITUDE.**

Throughout their time at NEGS and indeed throughout life, every student will experience great joys as well as moments of sadness, even despair. The highs of that sporting success, achieving that desired exam mark, receiving a medal in an Equestrian event, being recognised for helping someone else. We all love the good times and we know how great it feels when things work out. But things don't always turn out the way we always want them to and won't always go according to plan. We have 2 choices: we can wallow in doom and gloom, or we take the time to face up to the challenge and decide to put it behind us. Having a good **attitude** is what makes the difference - the more we fall down, the better we become at standing up again. And it all starts with our thinking!! We have to renew our minds every day.

Setting goals, whether for each individual subject that is studied, or for an ATAR, is a valuable tool to maximize what is learned at school. Once we have goals in mind, we will find ourselves working harder to attain those goals – but we need to ensure we are setting reasonable and achievable goals. Let's ensure every student is given the advice and assistance, if required, to set meaningful goals for this new year.

CONGRATULATIONS!

Two wonderful news items that have reached us at the start of 2014.

In the Australia Day Honours, a former Headmistress of New England Girls' School, Dr Jan Milburn, was recognised for her service to education and to veterans and their families by being awarded the Medal of the Order of Australia (OAM) in the General Division.

Dr Milburn was Headmistress of NEGS from 1973 to 1989 and was a respected and admired leader of the School community. Following her time at NEGS, Dr Milburn served as Deputy Chairman (Education) on the Sydney Anglican Schools' Corporation from 1991-1993, was a member of Tudor House School Council (1993-1997), Member of the Board of Governors at Wenona School (1996-1997 and 2006-2012) and Chairman of Roseville College Council from 1998-2005.

She is still active as the current Chairman, Education Committee, for the Australian Veterans' Children Assistance Trust (formerly the Vietnam Veterans Trust).

A great recognition for a wonderful educator!

As well, news has reached us that a former student, Cate Cadell (2008), who attended NEGS from Year 6 to Year 12, has won one of the nation's most prestigious academic scholarships, a Prime Minister's Australia Asia Scholarship, a component of the Endeavour Scholarship, to study in China to assist with her Bachelor of Communications and International Studies currently being completed, and is one of only twenty students awarded this in the country.

Cate will be leaving Australia at the end of February to commence her studies in China in March. The aim of the scholarship is to build educational and professional links between Australia and Asia.



Good News & Achievements



- Regional Athletics Championships in Lismore **Isabella Gooch**, competed in four events and got gold in 400 & 800 & 5th in discus and shot put. Isabella, will now advance to State Championships at Homebush in March for both 400 & 800.

- Eloise Gooch**, competed in 2 events and got bronze in discus and 4th in shot put.

- In the holidays, **Laura Strelitz** attended Zone 13 Pony Club Jamboree. Laura had a successful weekend bring home the Champion Girl Rider 15yrs and under 17yrs award. The team of 4 that she was a part of (which included **Tahlia Paull**) was the highest scoring senior team and were presented with a lovely trophy.

Some of Laura's results included

1st Dressage	2nd Pairs
1st Hack	1st Bonfield Bounce
1st team 4	5th Barrels
2nd Rider	3rd Bends
2nd Bareback	

- Ellis Mackay** - winning a gold medal in her high jump competition in Wollongong during the holidays representing Armidale

- Brooke & Hollie O'Halloran** competed at the Bundarra show 1st / 2nd February 2014 for Show Jumping & had some good results for their first competition of the year.

Brooke & Brave Kid – 2nd - U17 years - Scurry
Hollie & Myla - 4th - Under 12 AM5
Hollie & Charlie – Equal 1st U17 years - 6 bar
Hollie & Myla – Equal 1st U17 years - 6 bar
Hollie & Charlie – 3rd U17 years – Scurry
Hollie & Charlie – 3rd Open 1m scurry

- Half Colours for Academic
Kate Cannington, Edwina Morton and Nicola Orr

Full Colours for Academic
Isabella Gullifer - Laurie, Mia Larsen and Phoebe Parry



NSW Parents Council

The latest E-Bulletin is available from <http://parentscouncil.nsw.edu.au/>

It includes the following topics:

- * Nominations for Awards for Excellence
- * Federal Review on Cyber Safety
- * New to High School - tips on how to establish good relations with your child's teachers



Private Vehicle Conveyancing (PVC)

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

PVC subsidy is available for eligible NSW school students, where there is no public transport available for all or part of the journey. An example of this is if families live more than 1.6km from the nearest transport pick up point. For further information re eligibility please telephone the Ministry of Transport on 1800 010 123.

Please note: for families who are not registered, to be subsidised for Semester 1 (Terms 1 and 2) the cut off date for applications is the 18th June. If your application is successful, could you please forward a copy of the original form to NEGS so we can ensure that you will be paid correctly for your subsidy? If you have two different distances e.g. home to coach pick up point or home to NEGS then it is necessary to complete two forms. Thank you for your assistance.

If you have any questions, please contact me.

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

Student Wellbeing

with Mrs Angela Sole, Coordinator Student Wellbeing

Welcome back for an exciting and fulfilling 2014! An especially warm hello to all our new girls and their families - we are glad to have you as part of the NEGS Community.

Tutor Groups

Years 7-12 girls now have a Tutor Teacher and are in a group of about 12 girls. Tutors meet on Mondays, Wednesdays and Fridays from 8.30am to 8.45am. The whole Year groups meet as a whole on Tuesdays at 12.05pm in Week One of the cycle. This is a fantastic initiative creating highly supported teams for your daughters.

A Strengths Approach Program:

Each week in Tutor time, the girls will be introduced to one of the 24 Character Strengths. This week is Creativity and next week Curiosity.

These strengths allow us to achieve virtues (which are the core universal characteristics emphasised by both philosophers and religious leaders). These character strengths are organised into six virtues.

1. *Wisdom and Knowledge* - Creativity, Curiosity, Openmindfulness, Love of Learning and Perspective
2. *Courage* - Authenticity, Bravery, Persistence, and Zest
3. *Humanity* - Kindness, Love, and Social Intelligence
4. *Justice* - Fairness, Leadership, and Teamwork
5. *Temperance* - Forgiveness, Modesty, Prudence, and Self-Regulation
6. *Transcendence* - Appreciation of Beauty & excellence, Gratitude, Hope, Humour and Religiousness.

The importance of individuals knowing and using their strengths is because they relate to understanding and building each individual's psychological health and wellbeing. Greater wellbeing in turn enhances learning, the traditional goal of education.

The purpose of this series of lessons is to enable students to recognise their strengths and talents and develop them and create new ways of using them in their daily lives. Throughout the program students are introduced to the key insights of positive psychology. These include:

- Develop flexible thinking skills
- Learned optimism
- Understanding and developing signature strengths
- Holding a growth mindset.

The sessions are necessarily interactive and are largely based on group discussion and partner work to ensure that the students learn more about themselves and others.

The sessions are intended to be delivered with a sense of fun and celebration to ensure students are engaged and inspired.

Parents and families may want to find out about their Character Strengths.

Visit: www.authentic happiness.org

for the Values in Action Signature Strengths test .

ParentingIdeas articles and Magazine

Please find attached an article from ParentingIdeas called "*The Power of a Sincere Compliment*".

There is also access for all parents to the ParentingIdeas Magazine where we hope you will find something of interest and help.

*****Please follow this link:

www.parentingideas.com.au/Parents/Parenting-Magazine

The author, Michael, has an education background, and holds a Master of Educational Studies with research into what makes healthy families tick. He has conducted over 1,500 parenting seminars over the last two decades. His popular parenting columns appear in newspapers and magazines across Australia. He appears regularly on television including Channel 10's The Circle, and is a popular & entertaining speaker as well as a frequent columnist for a variety of written media. He also has a regular fortnightly half hour parenting segment on ABC radio Victoria.



Have a great 2014!

Kind regards,

Angela Sole, Coordinator of Wellbeing @NEGS

INSIGHTS

by Michael Grose – No. 1 parenting educator



The power of a sincere compliment

It's amazing the impact a sincere compliment can have on the confidence and self-esteem of a child or young person.

I overheard a friend tell her eight-year-old daughter last week:

"You did such a good job helping your brother yesterday. You are such lovely big sister!"

My friend's face lit up with a smile as she said it. She gently put her hand on her daughter's shoulder at the same time.

The little girl beamed, then she went off to play.

It was a simple parenting moment among many that my friend would have initiated that day.

I couldn't help thinking that it doesn't take much to **grow kids' self esteem** and **create good feelings** at home.

A sincerely given compliment has an enormous impact on the person who receives it. We all grow a little taller, at least inside, when we are given a compliment.

We also feel **closer** to the person who complimented us.

Compliments satisfy the deep craving we all have to be appreciated.

There is one problem. **While compliments are easy to give, they are also easy not to give.**

We forget.

We underestimate their impact.

We haven't developed the habit of giving compliments.

Amplify the impact

There were two things my friend did that amplified the impact of her compliment.

1. She smiled as she gave the compliment.

2. She touched her daughter as well.

Touch will always amplify a compliment. It makes it **personal**.

Her mother's smile told her daughter what her mum really felt. In fact, the touch and smile said it all. *The words reinforced the smile and touch.*

The compliment was given and received through three senses – visually, kinaesthetically and auditorily.

That's how kids receive all our messages – **they see, they feel, they hear** – though we often focus on the words and forget the visual and kinaesthetic.

Next time your child does something worthwhile take the time to give a compliment.

Smile (tell your face you are happy) and add a little touch to really let them know how you feel. Watch your child's reaction. It'll have a significant impact.

It doesn't take much.



parentingideas.com.au parentingideas.co.uk parentingideas.co.nz

Michael Grose Presentations

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From The Health Centre

Cathy Beevors & Jodie Jackson

Updated Medical Information

Welcome to our many new families and welcome back to our old families, we look forward to a healthy 2014 at NEGS and St John's.

The Health Centre staff are in the process of updating the medical data for the new year and have listed some of the important information that may need updating in your child's file.

Please read below and contact the Health Centre with any relevant updates either by phone: 6774 8716 or email at health.centre@negs.nsw.edu.au

New medicare numbers

Changes in Private Health Care memberships

Any changes in medical conditions or new conditions

Changes in medications

Updated asthma plans

Change in dietary needs

Change in allergy status

YEAR 7 VACCINATION

We have received and sent out the 2014 Vaccination Packs for Year 7, please fill these out as quickly as possible and return to the Health Centre if you have not already done so. If you did not receive a vaccination pack for your daughter then please contact the Health Centre. Our first round of vaccinations will be on the 13th February at the NEGS Health Centre.

Please do not hesitate to contact The Health Centre if you have any questions.

Kind Regards

Cathy Beevors

Jodie Jackson

Health Centre Phone: 02 6774 8716

Mobile: 0488 005 176

Fax: 02 6774 8715

Email: health.centre@negs.nsw.edu.au



NEGS Scholarships

available for 2015

Registration Closing Dates:

- Equestrian - 1st March 2014
- Academic - 7th March 2014
- Music - 15th March 2014
- Visual Arts & Design - 30th April 2014

For more information contact NEGS Enrolments Office on 02 6774 8752.
Scholarship forms & information available from NEGS website.

www.negs.nsw.edu.au

Uralla Road, Armidale NSW 2350 e: enrolments@negs.nsw.edu.au p: 02 6774 8700

Advertisement:

Physie is a fusion of dance and sport that empowers girls for life! In every class girls will increase strength, fitness, flexibility, coordination and rhythm. The increased levels of confidence, self esteem and social skills are always clearly evident to parents who involve their daughters in this life changing dance sport. Classes resume week commencing 3rd February.

For more information or to book please contact Julie on 0409 260 878 or www.armidalephysie.com

**My Christmas Holidays....
Empowering women and families in Cambodia
Dec 7th - 22nd 2013**

To help empower women in Cambodia, NEGS teacher Sam Morley joined Round Square representatives in a service project aimed at enabling women to become active members in their society. Along with 21 international Round Square teachers and staff they traveled to the city of Takeo in southern Cambodia where they worked to build a weaving center for local women, which will ultimately help provide for these women's families.

In partnership with A Mine Free World Foundation and the Banyan Learning Tree, the group took on eight challenging days of physical labor to build the center from scratch – making a foundation and setting up metal rods as pillars, mixing cement, laying bricks, constructing windows and putting the finishing touches of rendering and painting.

A small team of local builders helped and guided the volunteers, who also took part in an intensive three-day risk assessment and project management workshop led by Round Square International Service (RSIS) Project Manager Liz Gray. The course is designed to help staff coordinate international service trips for the global student community and for their own schools service projects. "Cambodia is a desperately poor country, with a sad and tragic history, but there is hope appearing. Working alongside the local people allows you see it as they strive to improve their own lives and that of those around them. With a generation who lost many of their family members and had no education there are now giant gaps within Cambodia society. It is these gaps that organisations such as Round Square, AMFWF and BLT were aiming to address. NEGS staff began their support of Sam's participation in the project back in November, when a collection campaign took place on campus to collect toothbrushes and toothpaste. In total nearly 800 were collected by all participants to be used in a dental hygiene program being run during the project. A local dental student joined the team in showing students and their families how to brush properly with their new brushes.

Team members also raised funds in their individual schools and communities which was used to purchase bicycles (Cambodian children often ride up to 10km each way to school), mosquito nets and livestock for local Cambodian micro-businesses. The money also contributed to setting up the weaving centre for long term sustainability.

In total the Round Square participants from Pakistan, South Africa, Canada, the United Kingdom, Switzerland, Australia, India, Oman, Jordan, Singapore and Thailand collectively generated a total of US \$11,111.

According to local project supervisor Lisa McCoy, women at the center wasted no time getting to work and are currently working on scarves – the first 22 are set to be purchased by the Round Square volunteers.

NEGS teacher Sam Morley was fortunate enough to be able to visit the centre with her family at the end of her holiday in January and to show them the centre she helped to build. 'It was a real thrill to not only see the local women in the centre, but to see it in operational with the beginnings of a scarf starting to take shape. Prior to our arrival in the village, these women were surviving on approximately 50c per day. So as they learn to weave, they will progress to earning \$4 a day, which is a significant improvement. Giving these women the chance to be able to earn a living and support their families was a very humbling experience and really made me rethink what's important in life'.

During the project participants were also given time to teach in the local school, which was built by Round Square students in 2011 and to join local girls in making bracelets and baskets for sale. Returning to Phnom Penh, the capital of Cambodia, a visit to S21 (the Genocide Museum) and 'The Killing Fields' was a deeply moving day. Fortunately this was lightened by a visit to the famous 'Friends' Restaurant where street children are taught skills in hospitality whilst the last afternoon was spent at the PIO Dump School Orphanage, where participants met the children saved from a life in the dump itself and were treated to a fantastic performance of Hip-Hop.



2014

Young Round Square Conference - Auckland, New Zealand. April (21-26th April) plus approx. 1 week preservice (16th-20th) (12-14yrs)
International Round Square Conference - Jordan, 7th -13th October plus 1st -6th Pre-conference trip. Years 10 & 11.
Regional Service Trip - Fiji. 21st Sept - 5th Oct (this is approx as dates are not set yet, but I can update you when they are released).
15 years & over.

2015

Senior Regional Round Square Conference - Seoul, Sth Korea, 26th - 31st January 2015 Plus 19th - 26th Pre-conference is likely.
Years 9 & 10 in 2014.

Round Square Opportunities 2014-2016



2014	2015	2016
Adventure Opportunities		
Tour de Rocks (Cycling for Cancer Awareness) (April)	Tour de Rocks (Cycling for Cancer Awareness) (April)	Tour de Rocks (Cycling for Cancer Awareness) (April)
Hawkesbury Canoe Classic (Oct) (Year 10 & 11)	Hawkesbury Canoe Classic (Oct) (Year 10 & 11)	Hawkesbury Canoe Classic (Oct) (Year 10 & 11)
Service Opportunities		
Fiji Service Trip to St. Christopher's (Sept, Yr 8, \$\$)	Fiji Service Trip to St. Christopher's (Sept, Yr 8, \$\$)	Fiji Service Trip to St. Christopher's (Sept, Yr 8, \$\$)
Thailand Service Trip (Sept, Yr 10/11, \$\$)	Thailand Service Trip (Sept, Yr 10/11, \$\$)	Thailand Service Trip (Sept, Yr 10/11, \$\$)
Fiji Regional Service Trip (Sept, 15 yr olds, \$\$)	Fiji Regional Service Trip (Sept, 15 yr olds, \$\$)	Fiji Regional Service Trip (Sept, 15 yr olds, \$\$)
Round Square International Service Trip (Jul & Dec, 16yrs +, \$\$\$)	Round Square International Service Trip (Jul & Dec, 16yrs +, \$\$\$)	Round Square International Service Trip (Jul & Dec, 16yrs +, \$\$\$)
Academic/Cultural Opportunities		
KYCK -Christian Youth Convention (April, any age, \$)	KYCK -Christian Youth Convention (April, any age, \$)	KYCK -Christian Youth Convention (April, any age, \$)
Young Round Square, Radford College, Canberra, (Sept, 11 & 12 yrs old, \$\$) Theme: <i>Democracy in Action</i>	Young Round Square, Scotch Oakburn College, Tasmania, (11 & 12 yrs old),	Young Round Square, TBC, (11 & 12 yrs old),
Young RS Conference, NZ, (April, Yr 7/8, \$\$) Theme: <i>Our Planet, Our Future</i>	Young RS Conference, Westminster College, Adelaide, (April, Yr 7/8, \$\$)	Young RS Conference, TBC, (April, Yr 7/8, \$\$)
Senior RS Conference, Kings College, Aman, Jordan, (Oct, Yr 10/11, \$\$\$)	Senior RS Conference, UWCSEA, Singapore, (Oct, Yr 10/11, \$\$\$)	Senior RS Conference, TBC, (Oct, Yr 10/11, \$\$\$)
Senior Regional Conference., Westminster College, Adelaide, (July, Yr 10/11, \$\$) Theme: <i>Leadership</i>	Senior Regional Conference, South Korea, (January, Yr 9/10/11, \$\$) Theme: <i>Building bridges beyond borders, with Model United Nations</i>	Senior Regional Conference, TBC, (July, Yr 10/11, \$\$)
	Senior Regional Conference, Green School, Bali (Yr 10/11, \$\$, Date: TBC)	

For more information on any of these trips or anything connected to Round Square please contact Mrs Sam Morley, Round Square Coordinator on samantha.morley@negs.nsw.edu.au or your daughter may like to speak to the Round Square Prefect (Mia Larsen) and Captain (Rebecca Waters).

Please note: this document is intended to be a guide only. It is regularly updated as new information comes to hand. Updated copies are available in the Round Square room or on the web at the start of each term.

Boarding News

with Maxine Thompson and Sarah Ronald

Welcome to the 2014 boarding year. Kirkwood and Saumarez Houses have been a hive of activity, with girls settling in to their new home away from home. Our House Mothers, Mrs Kerry Middleton and Miss Lara Johnston have done a wonderful job in welcoming the girls to their respective houses. There has been a real sense of community and fun in boarding this week. We hope this has made it a welcoming experience for all new girls to NEGS.

To ensure a positive start to the year a weekend to the Gold Coast was organised. This trip was a first for NEGS and after its success, it will be an annual weekend to kick start the school year. Thank you to Miss Sarah Ronald, Mr Jake Compton, Miss Laura Cambridge, Mrs Kerry Middleton, Miss Lara Johnston, Miss Lara Jo Green and our wonderful 'Gappie' Anna for giving up their weekend and aiding in the success of the trip.

Our weekend started with a 4.30am wake up call and half an hour later 140 excited girls and staff were on the road. It was a wonderful opportunity for new and seasoned NEGS girls to develop friendships with each other and their teachers.

We spent most of Saturday at Wet 'n' Wild splashing, sliding and dropping down shoots of challenging rides. It was wonderful to see so many smiling faces representing our wonderful school. Saturday night involved a low key outdoor pizza picnic followed by a big Birthday cake for Claudia Meehan and a quiet night in our holiday park facilities. On Sunday, after a delicious hot breakfast the girls enjoyed some free time playing 'Put Put Golf' and swimming before seeking out the bargains at Harbour Town.

The group were a pleasure to take away and we are looking forward to providing more opportunities like this in the future. Any feedback on the trip is welcomed, as we are always looking to make improvements.

Maxine Thompson

Comments from our girls:

Year 7:

As a new boarder I thought it was a great weekend away and it was nice to meet new people.

Kate Cruickshank - Boarder

It was nice to meet other people and to go on a trip with a lot of other people.

Abbey Brazier - Day Girl

Year 8:

I made new friends and had great fun with them at Wet n' Wild and shopping at Harbour Town. I thought it was really fun and I think we should definitely do it again next year.

Ellie Fulloon - Day Girl

It was a great way to start the term. It was really fun and we should do it more often. Great idea!

Jaimie McElroy - Boarder

Year 9:

Last Saturday on the first of February, All of the NEGS boarders and many of the day girls packed their bags and headed to the gold coast for a fun day at wet n' wild and a shopping day in Harbour Town. The bus trip was long but everyone was full of excitement. When we arrived at wet n' wild at around lunch all the girls were ecstatic, we all piled off the buses laughing and screaming and preparing ourselves for the amazing day ahead.

As soon as the rolls were marked we were off. Many of the girls were brave enough to endeavour a terrifying journey on the aqua loop or the kamikaze and some just relaxed in the wave pool. Unfortunately the day came to an end and we headed off to the NRMA Treasure Island Caravan Park, which really to us resembled a 5 star hotel broken up into cabins. We were all assigned different people in our cabins and it was great to get to know all of the new girls or be around people we don't really mix with.

In the morning we headed down to an 'all you can eat' buffet which was extremely delicious and ate until we exploded. Then we had an hour or so of free time in the park where many of the girls went on the giant jumping pillow or swam in the pool. After our free time we packed up and headed to the shops. The shops were amazing and very cheap because majority of them were outlets with everything under half price. Everyone seemed to be enjoying themselves! A big thank you from all the girls to the teachers for accompanying and organising this amazing trip. It was a ball!

By Norah Wells and Victoria Bennet

Year 10:

It was good to start the term by getting out of the boarding house.

Sarah Parkes - Boarder

It was a great way to start the year and catch up with everyone and get to know the other years.

Sophie Uren - Boarder

Year 11

The coast weekend for year 11 to do fun activities together such as swimming, shopping and slip and sliding. It was even worth the 4.30am wake up!

Olivia Eichorn - Day Girl

Year 12

The Gold Coast trip was a great opportunity for both boarders and day girls to get to know each other better in a relaxed, fun environment. All of the NEGS girls who attended enjoyed Wet 'n' Wild and the shopping time immensely and we thank all of the teachers who attended and organised the event. The staff planned the event impeccably and I'm sure all of the students are looking forward to next years coast trip.

Emily Rogers- Boarder

Please note: Next weekend (7th, 8th and 9th February) is a 'Closed Weekend'. A number of activities will be organised for the girls to promote the interaction of boarders of all ages. Our Boarding Prefects Holly McDonald and Lucy Moffat will be involved in the development of the weekend.



THE GREEN HOUSE PROJECT!

Proudly presented by
Tamworth Regional Council
Waste Services



SUSTAINABLE
namoi living

Step One: Think big! Come up with an idea for a super sustainable or environmentally friendly house! **Step Two: Make a plan!** Make a plan for all the different ideas and technologies you can use to make your house as environmentally friendly as possible. For inspiration, visit a TRC library near you; ask your parents or talk to a builder, tradesman, or architect you know; go to www.sustainablenamoiliving.com.au or www.facebook.com/sustainablenamoi; talk to your teacher! **Step Three: Let your imagination run wild!** Draw, paint, design or create a picture, collage, painting, diorama or working model of your 'Green House'. **You can present your entry in whatever format or medium you like!** **Step Four: Win great prizes!** Submit your entry before the due date and you could win fantastic prizes for you and your school!

MEANWHILE...



Entries due by
Friday
11 April 2014

Conditions of Entry:

Entries can be submitted by an individual, group, class or school. Entries will be judged on concept, originality and presentation. Entries can be delivered to the Namoi CMA office nearest you [Tamworth, Narrabri, Walgett or Gunnedah] or posted to: Tamworth Regional Landcare Association PO Box 7118 NEMSC TAMWORTH 2340 by Friday 11 April 2014

Open to
years
K-12



Catchment Management
Authority
Namoi



More info at www.sustainablenamoiliving.com.au/schools

my school
my dreams
my future



ST JOHN'S

Newsletter

Term 1, Week 2 - Wednesday 5th February 2014

From The Head of St John's

Mrs Cary Roberts

How wonderful to see all the smiling faces in the St John's playground and classrooms. A warm welcome is extended to all families – both new and returning. I also welcome Mrs Liane Nixon back in her full time capacity as Year Five classroom teacher.

At the end of this section there is a list of the Liaison Parents for each year group. These parents are there to help you if you have any specific questions relating to the school.

Assemblies are held fortnightly on a Friday, with the first assembly being held on Friday 21st February. They are held in the Senior School Assembly Hall commencing at 2.30pm. Each class takes a turn in participating in the Assembly. All family and friends are very welcome to attend.

Contacting the school

The best way to contact your class teacher is via the Diary that has been supplied to each student or by email. If you need to ring the school, it may be possible to speak to a teacher at the following times:

before 8.55 am
11 – 11.15 am (recess)
12.55 – 1.45 (lunch) – please phone on 6774 8722.

Please do not leave a message after 1.45pm expecting your child or any teacher to receive it before the end of school.

As all teachers are on class, it is not possible to speak to them outside of these times.

The receptionist for the school, Mrs Helen Smith, is available from 8.15 – 10.15 am on the above number or by email: helen.smith@negs.nsw.edu.au Mrs Smith is able to answer most queries or will find out the answer for you.

If you wish the school to be aware of weekend sporting results please send the information directly to Mrs Tanya Graham tanya.graham@negs.nsw.edu.au for publication.

“Housekeeping” Notes

- Assemblies are held fortnightly on a Friday, with the first assembly being held on Friday 21st February. They are held in the Senior School Assembly Hall commencing at 2.30pm. Each class takes a turn in participating in the Assembly. All family and friends are very welcome to attend.
- Students will only be supervised from 8.30am.
- Please make sure that students are in the correct uniform, whether it is their school uniform or sport's uniform. This also includes cream jodhpurs and the school riding polo shirt for students who ride.

What's on the Website

Term Dates to Remember

TERM 1	11 weeks
10 February – Information afternoon (commencing straight after school)	
14 February – Swimming Carnival	
Saturday 15 March	Scholarship Day
Saturday 22 March	Year 12 Ball
Friday 28th March	NEGS Horse Sports Day

NEGS Calendar Link

<http://negs.nsw.edu.au/calendar/>

- If your child has any allergies and food intolerances please notify the school, as well as Cathy Beevors, the school nurse.
- Also, please send in any updated asthma or medication forms to school so they can be filed in the Junior School staffroom.

Following is a list of liaison parents if you have any questions that may need answering.

These parents are there to help you if you have any specific questions relating to the school. I hope that a get together will be organised in the near future so that families can become familiar with one and other and learn more about our wonderful school.

Liaison parents

Mrs Josie Knox is the "co-ordinating" liaison parent for the Junior School.

K: vacant

Year 1/2: Josie Knox - josieknox@cospak.com.au

Year 3/4: Cath Farrar - chook5@activ8.net.au

Year 5: Tracey Whitehill - tracey.whitehill@exemail.com.au

Year 6: Tara Moxham - tara@iacglobal.com

Homework Supervision

Monday - Friday

3.30 - 5.30pm

Children will need to bring a snack.

Please email Mrs Rowlings - Ingar.rowlings@negs.nsw.edu.au or the office 67748700 to book your child in.

Mrs Cary Roberts - Head of St John's

Scholastic Book Club News

Dear Families,

You will soon receive the first Scholastic Book Club Catalogues for the year. These orders are due back on 20th February and books are usually returned within 2 weeks. Your child can return them to their teacher, Reception at St John's, or you can contact me with your order. Please notify me if you prefer to collect an order from Reception at Akaroa (e.g. gifts) otherwise orders will be sent home with your child via Junior School as normal. I would like to thank you for your support of Book Club last year. Your orders earned St John's just over \$400 in rewards! Some of this has already been spent and will continue to be put towards valuable resources for the classrooms. This year, to save paper and simplify the catalogue collating process, Book Club will be sent home with the eldest child in the family only and will include brochures covering all age groups. (Feel free to let me know if your eldest is not necessarily the most reliable!) Of course extras can be provided on request. Happy Reading!



Amy Layton
Scholastic Book Club Coordinator

Contact me as listed on the catalogues or alternatively you can SMS 0429 029 162 or email amy.layton4@bigpond.com

CYBER SAFETY TIPS FOR ALL THE FAMILY

LET YOUR CHILDREN KNOW YOU'RE ALWAYS THERE FOR THEM

BE A ROLE MODEL

TURN OFF DEVICES AT BEDTIME

THINK BEFORE YOU CLICK

TURN ON PRIVACY SETTINGS

TREAT OTHERS THE SAME WAY YOU'D LIKE TO BE TREATED ONLINE

IT'S HOW WE CONNECT

Welcome back to Term 1 and the summer sport season. Students at NEGS have already completed their Summer Sport choices and things are well underway with most sports commencing in Week 2.

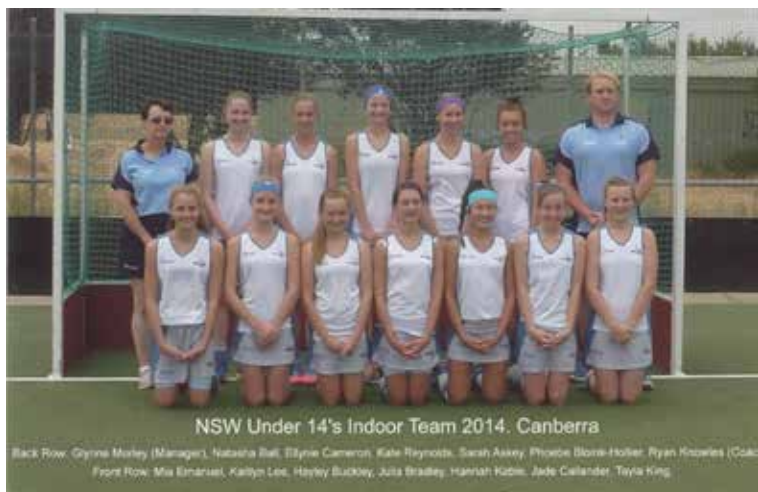
It is with great pleasure that I welcome Mr Blair Chalmers to the PDHPE team as the NEGS Head Hockey Coach for 2014. Blair has some brilliant ideas for hockey and plans are well underway for a successful hockey season.

Expressions of interests by NEGS Old Girls who wish to participate in a Division 1 NEGS hockey team are being requested at this time, so if you, or you know of someone who will be interested in playing please have them email the Sports Coordinator at laura.cambridge@negs.nsw.edu.au as soon as possible.

Many NEGS girls have had successes over the holidays in their chosen sports. Two of particular note are **Sarah Askey** and **Ellis Mackay**.

Sarah was a member of the Under 14 NSW Indoor Hockey team who played in Canberra from 24-26th January. Seven games in total were played, which the girls were undefeated in, finally becoming the champions by beating Victoria 3-0. Well done Sarah!

Ellis Mackay also had a very successful holiday. She competed in the Wollongong Country Championships in the high jump. Ellis won the gold medal as part of a very successful Armidale contingent. Great work Ellis!



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.

embracing life with confidence,
compassion and creativity



**NEGS
EQUESTRIAN**

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Now available from NEGS Website

NEGS Equestrian Online Bookings

<https://www.bookitlive.net/negs/>

Upcoming Equestrian Clinics

- 22 – 23 February: Brett Parberry Dressage Clinic
- 11 March: Erika Kelly Show Jumping Workshop
- 5 – 6 April: Sam Lyle Eventing Clinic
- 3 – 4 May: Gina and Andrew Haddad Eventing Clinic
- 17 – 18 May: Carmen Smith Parelli Clinic

For details contact:

Mrs Annyka Overton on 02 6774 8717 or
email: annyka.overton@negs.nsw.edu.au



NEGS PROUDLY PRESENTS

**BRETT PARBERY
22/23 FEBRUARY**

Best known for his partnership with Victory Salute.

Brett Parberry is at the top of his game and amongst other achievements, has scored the highest mark by an Australian rider in an international competition. With years of experience training with Ulla Salzgeber and Edward Gal, it's no wonder that Brett is in constant demand for clinics throughout Australia.

For bookings contact the NEGS Equestrian Centre on 6774 8717.
With only limited places available for this clinic be quick...bookings are going fast!

Closing date 16th February 2014

Cost: 45 mins. Private Lesson

**\$180 inc gst - NEGS Students
\$195 inc gst - Outside Riders**

Uralla Road, Armidale NSW 2350 Australia

T: +61 02 6774 8717 **F:** +61 02 6772 7350 **E:** equestrian.centre@negs.nsw.edu.au

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