

From The Principal Mr Clive Logan

Build self-respect, not self-esteem

True or False? Young people with high self-esteem perform better academically than young people with low self-esteem. The majority would probably respond in the affirmative. But they'd be wrong. There is little correlation between their self-esteem and their academic performance. This boils down to a misunderstanding about the benefits of self-esteem that, among other things, has spawned the phenomenon of overprotecting young people. True or False? Students who persistently bully other students are most often those with low self-esteem. Again, this is false. The evidence shows that teachers often have spent time trying to boost what was thought to be low self-esteem when it was already over-inflated. There's now a lot of literature on how this has backfired in that it has actually increased kids' anxiety and had a counter-productive effect on their confidence levels and made them more narcissistic.



Professor Roy Baumeister, an expert on self-esteem, defines self-esteem as "how favourably a person regards himself or herself. It is perception (and evaluation), not reality." He has now admitted that there has been a failure of the self-esteem movement. He states that "the effects of self-esteem are small, limited and most of the time self-esteem makes surprisingly little difference on academic performance, behaviour or engagement." Professor Toni Noble presented last year at a conference on these issues, Happiness and its Causes, roll called a number of prominent psychologists whose work has helped explode the self-esteem myth by demonstrating self-esteem's limited and often times even harmful effects.

Professor Martin Seligman, the father of Positive Psychology, notes: "Armies of ... teachers and parents are straining to bolster children's self-esteem. That sounds innocuous enough, but the way they do it often erodes children's sense of worth. By emphasising how a child feels, at the expense of what a child does – mastery, persistence, overcoming frustration and boredom and meeting a challenge – parents and teachers are making children more vulnerable to depression." Other psychologists have noted that the "happiness trap" increases vulnerability tracking self-esteem over the last three decades with a corresponding rise in narcissism, a sense of entitlement and a decrease in empathy for others.

What can we do about it? Fortunately, there is an antidote, suggests Noble, and that is we need to switch our focus and educate for self-respect, not self-esteem.

She explains that self-respect can be understood in terms of six factors:

- self-knowledge: we need to develop children's sense of their own strengths. We are working on the character strengths in our Wellbeing Course to pinpoint what we are good at and what we are not good at. Howard Gardiner's Multiple Intelligences also helps us to differentiate the curriculum with different learning styles. We have to reflect on our strengths, acknowledge that it is all right to be different and not relying too heavily on comparison of others.
- self-management: we need to have clear moral values and ethical behaviour but not just know them – we have to put them into practice. It is good to receive positive feedback but not depend on it. We need to balance pride in achievements with humility and to respond to challenges and difficulties with courage and resilience. We all have setbacks – it is how we respond to them.



What's New on the Website

A Parenting Tips Special
 Sydney Royal Photos
 Athletics Training Note

Term Dates to Remember

TERM 2 (8 weeks)

MAY

Saturday 10th &	NEGS Pony
Sunday 11th	Club Showjumping Championships
Tuesday 13	NAPLAN Tests
Wednesday 14	NAPLAN Tests
Thursday 15	NAPLAN Tests
Friday 16th	IGSSA Cross Country
Saturday 17th	Brett Parbery Clinic
Sunday 18th	Brett Parbery Clinic
	Carmen Smith Parelli Clinic
Friday 23	NEGS Experience Day
Wednesday 28th	School Photos
Saturday 31st	North West Equestrian Expo

JUNE

Thursday 5	Year 9 Parent/Teacher Interviews 3.30pm
Friday 6	Buses leave for June long weekend
Monday 9	Public Holiday
	Boarders return
Friday 13	NEGS Athletics
Thursday 19	Year 8 Information Session - 2pm
	Year 8 Parent/Teacher Interviews - 3.15pm
Friday 20	Buses depart from 7.30am

NEGS Calendar Link

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

- self-confidence: everyone has self-doubts but try not to let them get in the way of doing things and having a go. We need to have an optimistic view that things will work out, develop our skills and know we will cope and give ourselves some positive self-talk.
- self-trust: trust your own judgment but be open to advice, to value constructive feedback from others but not be controlled by it.
- self-protection: if you self-respect, you self-protect. Don't put yourself down and don't let others put you down. Seek support if you are having difficulties. Have respect for your body and live a healthy lifestyle.
- respect for others: a cohesive team is essential for success. Treat others with respect and compassion, focus on strengths and support others when others' rights are not being respected. Step up and not be bystanders when others are vulnerable.

All are qualities that parents and educators can help children learn and develop. "So the bottom line is to educate for self-respect not self-esteem. We can't ever have too much self-respect but we can certainly have too much self esteem."

New Staff Members

- I am pleased to announce the appointment of Ms Shannon Rosewood to the position of Head of St John's Junior School from the commencement of Term 3 2014.

Shannon is currently Year 6 Coordinator at Abbotsleigh in Wahroonga, Sydney and has been at Abbotsleigh since 2005. During her time there, she has been Year 3 and Year 5 Coordinator and a Primary Classroom Teacher where she has held varied responsibilities including Learning Support Teacher and program writer for Gifted and Talented programs. Previous to that, Shannon taught at Blue Mountains Grammar School for 8 years where she finished as the Curriculum Coordinator and Science and Technology Coordinator for the Junior School.

Shannon has a strong reputation in administrative management and the development of an innovative and exciting curriculum with a strong academic background – a Masters degree in Education (Special Education), and BEd; Mini certificate of GAT education, "You can do it" trained, THRASS trained and has been actively involved in extensive professional development and mentoring programs.

We are looking forward to welcoming her and her family to the NEGS/St John's community in July.

- I am also pleased to announce the appointment of Ms Kirrili Williams to the position of Director of Music from Tuesday, 10 June, 2014 (after the Queen's Birthday Long Weekend).

Kirrili is currently the Choir Coordinator at International Grammar School in Sydney where she has been for four and a half years. During her time there, until recently, Kirrili has been the Senior Tutor for Music. IGS has a strong tradition of Kodaly and Orff methodology and the school has achieved excellent results in curricular and co-curricular Music at all levels.

Prior to her involvement at IGS, Kirrili was Head of Curriculum Music at Trinity College, Gawler, South Australia for nearly 2 years, where she was responsible for the academic programs (R-12) across 5 campuses of the college. Prior to this, Kirrili was Head of Junior School Music at Royal Grammar School, Worcester in the UK for 6 years.

Kirrili has a strong reputation as a conductor both with bands and choirs. Recently, she was selected to conduct the combined schools item at the IPSHA Performing Arts Festival in Sydney Town Hall in a few months' time.

We are looking forward to welcoming her and her family to the NEGS/St John's community in June.

From the Deputy Principal Mary Anne Evans

May I extend a warm welcome to the NEGS community for Term 2. As I am writing this article the mercury is showing a balmy 4 degrees celsius! I do hope that this is not an omen for winter.

As schools are always busy places, Term 2 will seem exceedingly so as so much will need to be crammed into 8 weeks - 7 now. Of priority are the Yrs 11 & 12 half-yearly examinations & semester examinations for the junior girls at the end of the term, plus the never ending round of assessments.

It would seem to be a timely reminder to all parents and girls, that attendance is of primary importance when it comes to academic progression in class. The erosion of teaching time, through absences of students, is telling. Whilst the girls are more than happy to skip a day of school here-and-there telling their parents "we are only doing such-and-such which I can do on my own", what they do miss is the classroom discussion, guidance, nuances and possibly new concepts, so vital in any subject area. The school accepts that there are always special family circumstances and sporting commitments that take the girls away from class, but we

do ask that these are minimised for the academic welfare of the girls. Such requests are considered when applying for leave.

Finally, I would like to reiterate the process when the girls are sick. If a student is sick, they need to go to the Health Centre where they will be assessed by a Registered Nurse. If the student is a day girl, Sister may make the decision to send that student home and the parent will be contacted. This procedure needs to be adhered to for Duty of Care reasons. It is not acceptable that students simply phone their parents and get picked up from school without signing out or indeed telling any of the staff. Countless hours can be wasted looking for girls who have simply failed to follow procedure. This is inconsiderate behaviour.

In conclusion, I look forward to another rewarding term at NEGS; full of excitement, dedication and application. Thank you all for supporting the processes that keep our school running safely and efficiently.

Good News & Achievements

• **Brooke & Hollie O'Halloran's** results from Gunnedah Show last weekend.

Brooke 5th on Brave Kid - Open 1.05-1.10cm
 Brooke 1st on Brave Kid - Open 90cm - 1m &
 Hollie on Charlie 5th
 Brooke 2nd on Myla - over 13's 60cm
 Hollie 1st on Myla - under 13's 60cm

• **Lucy Fenwicke** competed at the recent CIS Swimming Championships where she represented IGSSA in the 13yrs 50m Breaststroke. After having a break from swimming she still made finals coming 5th. Well done Lucy!

• **CHAMPION OF CHAMPIONS CHAMPIONSHIP OF AUSTRALIA - Melbourne 2014**

Congratulations to **Hayley Whitehill** who traveled to Victoria over the Easter weekend to compete in Australia's most prestigious Highland Dancing Championship and Competition. The Championship attracts the very best and most dedicated dancers who have proven themselves in their own state. A total of 379 competitors, from primary dancers to the elite Championship dancers, from NZ, Scotland, Canada, WA, TAS, VIC, SA, QLD & NSW competed over the weekend. 12 International and Interstate adjudicators made up the judging panel. Two amazing pipers piped the dancing music for the entire weekend.

Hayley competed in the Novice 10 years Competition. She received a first place in her Trophy Highland Fling and received 5 Medals for placing in another 5 dances. Hayley was very successful and enjoyed a spectacular experience.

The Champion of Champions Championship of Australia is a biennial event. In 2016, the Championship will be held in Adelaide, SA. Hayley now moves into the Intermediate Level of Highland Dancing where she will spend the next 12 months competing before becoming a premier dancer. Hayley is looking forward to a very busy year of dancing. She will travel to competitions in Toowoomba, Sydney, Gosford, Grafton, Brisbane and Newcastle. On Saturday, 9th August 2014, the New England Burns Club will host our own Highland Dancing competition in Armidale, to be held at the New England Girls' School (NEGS).



• **Elizabeth Hancock and Katie Hancock**
 Elizabeth and Dinky placed 1st in the Open Official Novice 2.3 and 3rd in the Open Official Novice 2.1
 Katie and Kitty placed 2nd in the Open CU Pony Prelim 1.1

Young Official Dressage Championships

Elizabeth and Dinky placed:
 2nd in the Junior Novice 2.1
 4th in the Open CU Novice 2.2
 5th in the Open CU Novice 2.1

Gunnedah NSW State PC Dressage Championships

Elizabeth and Dinky placed 3rd in the 13-15yrs Novice 2.1



Boarders Weekend Outline Friday 9th May - Sunday 11th May

IF YOU ARE ON AN EXEAT THIS WEEKEND PLEASE ORGANISE
YOUR PAPERWORK BY WEDNESDAY EVENING

Friday 9th May

3.45pm: BUS to Town - Meet outside Kirkwood
Pick up to Return to NEGS @ Bus Stop on cnr Faulkner St and the Mall @ 5.00pm

5.45pm: Dinner in the Dining Hall

6.00pm: OPTIONAL ACTIVITY
Armidale Youth Spectacular (see pic)

7:00pm - 9:00pm: Year 11 Dinner Leave (optional)

7:00pm - 10:00pm: Year 12 Dinner Leave (optional)

Saturday 10th May

Weekend SPORT - See Sports draws for game times

8:00am - 9:00am: Breakfast in the House

11:30pm - 1.30pm: Walk through lunch in the Dining Room

5:45pm - 6:30pm: Dinner in the Dining Room

9.00pm - 10.00pm: Year 11 Dinner Leave (optional)

Year 12 Dinner Leave (optional)

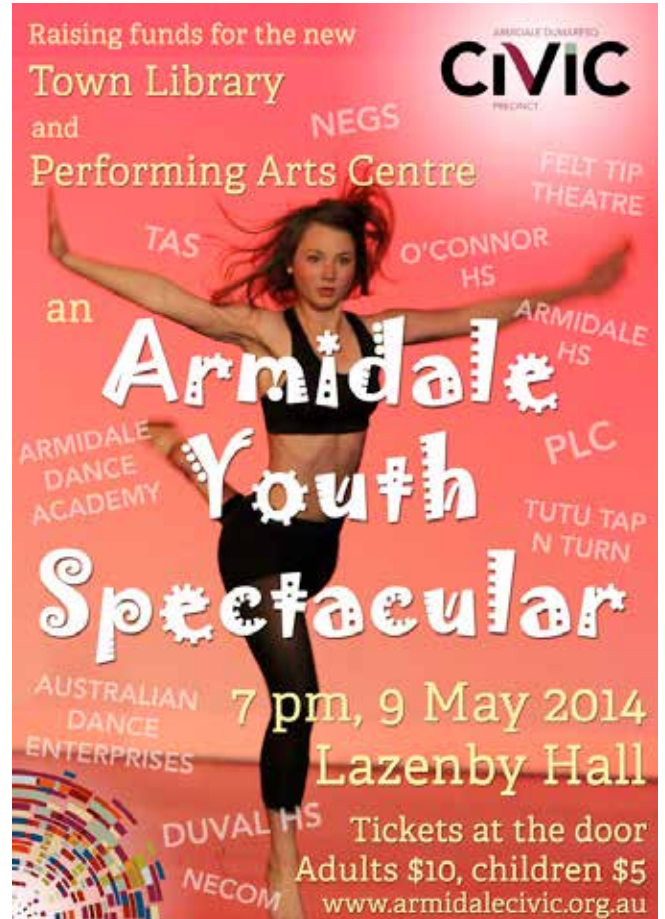
Sunday 11th May

11:00am Brunch in Dining Room

1.00pm - 3.00pm: SPAR: (1.5 hour limit)
Year 9 are able to walk to SPAR in groups of 4 or more
Year 10 are able to walk to SPAR in groups of 3 or more
Year 11 and 12 are able to walk to SPAR in pairs

4:00pm - 5:00pm: Hour without Power - MPC open OR Free Time outside
Both Kirkwood and Saumarez will be locked for this hour.

5:45pm - 6:30pm Dinner in the Dining Room

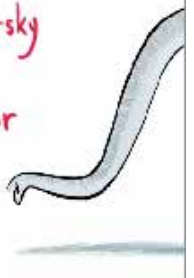


National Simultaneous Storytime



TOO MANY
ELEPHANTS
IN THIS HOUSE

by Ursula Dubosarsky
Pictures by
Andrew Joyner



Once again we are celebrating the fun of good books by joining together with Australian public libraries, pre-schools and junior schools in reading the same book on the same day at roughly the same time. Transition to Year 6 will be sharing "Too Many Elephants In This House" by Ursula Dubosarsky who was recently in Armidale as a guest of the local sub-branch of the Children's Book Council. We will be gathering in the Jan Milburn Room about 11.20am until 12.05 on 21st May for the story and some activities. Parents are welcome.

REPORT ON REGIONAL ROUND SQUARE CONFERENCE

The Regional Round Square conference was recently held at King's College in Auckland. The Conference commenced on Easter Monday afternoon and ran until the evening of Friday 25th April. It was attended by 180 delegates (students & staff) from Round Square schools across Australia, New Zealand, Japan and Singapore. The conference was for students aged 12 to 14 years and Sophie Sutherland from Year 7 was the NEGS student delegate, accompanied by Mrs Kay Hiscox. All students and staff were accommodated at the school and enjoyed the beautiful grounds and facilities.

The theme of the conference, "Our planet, Our future, Ours to change" was supported by a very full and interesting program. Keynote speakers spoke on leadership, service and conservation issues. The students were divided into the Barazza groups for team building challenges and discussion of the issues raised by the keynote speakers. These groups were lead very capably by the senior students of Kings College.

Activities focused on the 6 ideals of Round Square - Internationalism, Democracy, Environment, Adventure, Leadership and Service and included the removal of the pest ginger plant from the Woodlands School conservation area, visiting the Auckland zoo and learning about conservation of native birds, participating in a traditional Maori ceremony and hongi, learning a haka, participating in water activities including sailing & kayaking on the harbour, hiking on Rangitoto Island and walking in the Waitakere Ranges regional park, and knitting squares for blankets to be donated to new mothers at a local hospital. An ANZAC day service was held in the Chapel on Friday morning and the final night included a bush dance where students and staff enjoyed learning square dances.



It was a most enjoyable, memorable and rewarding experience for the students and staff and I would like to congratulate Sophie on her involvement.

Health Centre

Cathy Beevors & Jodie Jackson

www.sleepshack.com.au

Has your child complained they are not sleeping well? Are you concerned about late nights? late sleep ins? always tired? Lacking in motivation? I recommend the above website, I have heard Dr Chris Seton speak at an Annual School Nurse conference and he is a teacher in the field of sleep hygiene.

Cold Hygiene

Just a reminder as the cooler weather has started and with it the colds and coughs. Could all parents/caregivers have a chat to your daughter/son about how to help prevent their germs spreading.

Here are some tips to be winter wise this season:

Keep well

Good hygiene and behaviour can help reduce the spread of illness.

Here are some simple things to remember:

Catch it and bin it

Germs can spread easily. Always carry a tissue and use it to catch your cough or sneeze. If you don't have a tissue, coughing into your elbow is better than your hands.

Germs can live for several hours on tissues. Throw used tissues in a rubbish bin as soon as possible.

Kill it

Hands can transfer germs to every surface you touch. Wash your hands thoroughly and often, especially after coughing, sneezing or blowing your nose.

Wash hands for at least 10 seconds or use an alcohol-based hand rub.

Stay at home

Wait at least 24 hours after your fever resolves before you return to work or other public activities so you do not infect others. Keep sick children away from school and other activities.

Our wonderful Agriculture teacher Mr Fisher has kept his students on the hop in Term One with a host of extra curricular activities designed to complement the 2014 Stage 5 and senior Agriculture syllabi.

We have uploaded on the website a collage of photos from just some of the excursions and competitions attended by students to date.

These include...

Preliminary Agriculture Farm Case Study at Moona Plains Walcha. Our Year 11 girls spent the day on the Costello family property with Mr Rob Costello sharing his valuable time and expertise. The students benefited greatly from his overview of all aspects of the beef enterprise.



The Stage 5 students were also lucky enough to attend the **Local Land Services Property Planning Competition** held on a Guyra sheep & beef property. This was a huge day of activity which included soil testing, pasture and ground cover analysis and overall farm sustainability just to mention a few.

Also in Term One the HSC Agriculture Class visited the **Guyra Tomato enterprise** and were given a fascinating and very thorough tour of this impressive operation by Bryony Hackett. Bryony proved an inspirational speaker and female role model at the helm of one of the largest and most advanced world leading glasshouse facilities. Students learnt a great deal from the tour complementing their plant production unit of work recently completed in class.



Sydney Royal Show

The following NEGS Livestock Team students ably represented our school at this year's Sydney Royal Easter Show in beef cattle competition – Kathleen McPhie, Amber Stelitz, Amelia Edmonds, Olivia Carter, Olivia Fenwicke, Isobel Robertson, Emma Costello, Caitlin Bonnici and Kate Cannington.

This fine group represented our school with immaculate presentation, behaviour, work ethic and most importantly team work.

The following cattle were exhibited this year. Two 'King Creek' Limousin steers, two 'Fishington' Red Angus steers, a 'Rosedale' Charolais steer, a 'Nairn Park' Angus cross Charolais steer and a 'Wild Rivers' Limousin cross Murray Grey heifer. Over half of our cattle either made the top line with a highly commended or the final for their competition so overall it was a strong result.

Our students prepared and presented our cattle in the show ring to a very high standard. Emma Costello represented the New England region in cattle parading and Kate Cannington represented our school in the school parader competition where she achieved a fourth place in her heat. Well done Emma and Kate.

The Robertson family this year have worked with our school in donating all proceeds from two quality Red Angus steers to the charity – 'The Butterfly Foundation'. Coles supermarkets hopped on board with this and paid above average prices to support this very important charity. NEGS contributed with cattle preparation and show entries. Over \$3,000 was able to be donated. A great result.

A big thank you to Mr Lyall Cameron (NEGS Agriculture Assistant) and parents Mr Rob Costello, Mrs Sarah Edmonds, Mrs Sophie Carter and Mr David Adams who very generously transported our school cattle to Sydney. It would be impossible to run such a successful Livestock Team without the continued dedication and hard work from these terrific people.



Student Wellbeing@ NEGS ST JOHN'S WELLBEING PROGRAM

I am excited to announce that together with Jess O'Connell, I am currently compiling the lessons for the St John's Wellbeing Program. Utilising current research and resources applicable to our students at St John's, we are focusing on increasing the student's resilience and their self-worth. Integrated with these main topics is the study of Character Strengths. Games and Art activities will be used to deliver these lessons in a fun, safe and happy environment.

I have attached an image about "Developing a Resilient Mindset" from the Positive Penguins website that you may like to have a look at. <http://positivepenguins.com>

Molly and Fox Magazine for Girls

All of our students receive a free subscription to "Molly and Fox" magazine. Our librarian, Dr Heather Fisher has organised that the e-magazine is emailed to all girls at their school email address. This magazine has been specifically tailored to ensure that all articles de-bunk myths about superficial beauty and products. The May issue is out now- ask your daughter to show you this e-magazine.



Enjoy Term 2!

NAPLAN: Don't swot and don't stress

With about a two weeks until the 2014 NAPLAN tests, ACARA has a serious message for over a million young Australian students who will take the tests: There is no need to swot for NAPLAN and no reason to stress.

NAPLAN tests are not the pass/fail variety like some other tests. They provide a snapshot in time of each student's progress in relation to their peers, and measure and track learning progress over time.

These literacy and numeracy tests are designed to reflect the everyday curriculum being taught in the classroom. Therefore, no specific study is required in the lead-up to these tests and students do not need to feel anxious about participating in them. A well-informed student should have a healthy interest in the tests without feeling unreasonably concerned about them.

All students in Years 3, 5, 7 and 9 will sit the annual National Assessment Program – Literacy and Numeracy (NAPLAN) tests on 13, 14 and 15 May 2014.

ACARA suggests that parents can help reduce any pre-test nerves by maintaining a calm, low-key approach at home. Although there have been some reports of students feeling anxious about the tests, it appears that the nerves tend to decrease after Year 3 – once students know what to expect.

SAFE SCHOOLS HUB

Safe schools hub have a website created as "We can make a difference by working together to build safe and supportive schools. Starting now." Key resources

National Safe Schools Framework
www.safeschoolshub.edu.au/documents/nationalsafeschoolsframework.pdf

Bullying. No Way!
www.bullyingnoway.gov.au

The impact of the media- student survey this term

How many hours a day does your daughter spend using media and social media?

Social influences such as the media are a powerful platform for the communication and reinforcement of cultural ideals. The rapid increase in mobile, online and social media in the past five years has fuelled a huge increase in media use among young people. With the amount of time children spend in sedentary media activities almost doubling in the last ten years it is important to understand what effects the media is having on our children.

New England Girls' School will be participating in a study this term in conjunction with Charles Sturt University which will be looking at the impact of media and social media on attitudes, self-esteem, personal goals and sociocultural ideals. This short survey will be completed at school and the results of the study will be communicated to parents. An information sheet for parents will be sent out later in the term.

If you have any questions or would like further information please contact the project supervisor, Associate Professor Rocco Crino via email: rcrino@csu.edu.au. It is important to stay on top of the ever-changing media and find out what effect this is having on our children.

Miss Jessica Moore
Primary Researcher
CSU Honours Program

NEGS Wellbeing Lessons for Term 2

This term Year Advisors and tutor teams will build on the Wellbeing lessons delivered in Term 1 using the following program:

Year 7- Continue with "Surviving Girlhood"

- Topic 3 Emotional Literacy
- Topic 4 Self Esteem
- Topic 5 Relationships

Year 8- Lessons 4,5 and 6

- Managing Emotions-positive emotions to manage emotions and kindness
- Trust with a focus on sharing information online
- Gossip with a focus on identity online/avoiding online cruelty

Year 9- Lessons 4 and 5

- Listening and Active Constructive Responding
- Listening to Feedback

Year 10- Lessons 4,5 and 6

- Mindfulness
- Real Time Resilience
- Character Strengths

Year 11- Lessons 3 and 4


- The Bigger Picture (Thinking Traps)
- When other people Tick me off

Year 12- Skills 3 and 4

- Optimism
- Flexible and Accurate Thinking


Developing a Resilient Mindset

"Life is not the way it's supposed to be. It's the way it is. The way you cope is what makes the difference." - Virginia Sahr




Catch
Situations don't make you feel - your thoughts make you feel

DO	DON'T
✓ Identify and name emotions	X Rush or over schedule
✓ Be present and mindful	X Ignore or brush aside feelings
✓ Observe feelings and thoughts	X Feel guilty for having negative or disturbing feelings
✓ Examine your thoughts like you might examine an insect with a magnifying glass	X React without thinking
✓ Talk about your feelings and why you think you feel like this	X Feel alone
✓ Ask for help - this is not easy	X Forget about the good stuff
✓ Step off the dance floor and observe from the balcony	
✓ Catch the good stuff each day	



Challenge
Challenge your thinking: are your thoughts over negative? Are the stories you are telling yourself based on fact or assumptions?

Do	Don't
✓ Seek out the facts in your thinking	X Believe everything you tell yourself
✓ Challenge the stories you tell yourself	X Believe everything you think to be true
✓ Take responsibility for your feelings - nothing else but your thoughts are creating those feelings	X Feel guilty for finding this process hard - it is hard
✓ Unpack all the thoughts behind your feelings	X Just react to emotions without challenging them
✓ Be accountable for your feelings	X Think you have to do this alone, ask a friend for help
✓ Ask for help to challenge your thinking	X Over think things, keep it simple



Change
You can choose to change the way you think about the situation and change the way you feel

DO	DON'T
✓ Choose to change your thinking	X Give up
✓ Be courageous	X Ever stop trying to identify and challenge those thoughts
✓ Be grateful that your thoughts do not define you	X Over complicate things
✓ Help others	X Believe your assumptions are true
✓ Keep learning about your mind	X Ever stop learning
✓ Add the word YET when you tell yourself you can't	

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 E: helen.smith@negs.nsw.edu.au or P: 6774 8700

Southern Cross Cultural Exchange

TAKE HOME A BIG BROTHER OR BIG SISTER

Give your children the wonderful opportunity to have an international big brother or big sister by volunteering to host one of our exceptional international students arriving in Australia in July 2014 for their 3, 5, or 10 month programs. Our international students from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Spain and Colombia will live as a local, attend a local secondary school, arrive with their own spending money, and comprehensive insurance cover, all arranged by Southern Cross Cultural Exchange. You choose the nationality, the gender, the duration and the interests of the student that you feel is the best match for your family. Visit us at www.scce.com.au, email scceast@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!



together we can make a difference



MUFTI DAY!! 12th of May!!

This mufti day we are shaking it up a bit and giving the breast cancer foundation a new colour! So to be unique every year has a different colour and it is compulsory to dress up to impress! Because we are women and we support other women who have this disease a gold coin donation is required! Thanks so much! It's not a dress up so remember the dress code and teachers wear your year colour please! Hot chocolate is also being sold and you can buy an awesome NEGS travel cup filled with amazing hot chocolate for only \$10! Bring money to go to a good cause!

- Year 7- red
- Year 8- Orange
- Year 9- Pink
- Year 10- Green
- Year 11- Blue
- Year 12- Rainbow!

3 or 4 days of Science Activities for students in years 9 & 10

THE CONOCOPHILLIPS SCIENCE EXPERIENCE

ENJOY
3 or 4 days in which you will be introduced to some of the wonders of science and technology

PERFORM
interesting experiments in a university laboratory

HEAR
leaders in science, technology and engineering

LEARN
about careers in science and technology

LOCATED at 35 campuses nationally

COST is \$115 (inc GST) for 3 days and \$150 for 4 days

PROGRAMS are non-selective

SPONSORSHIP may be available through Rotary or the National Office

DATES see website www.scienceexperience.com.au

Further information and application forms are available from The ConocoPhillips Science Experience website.
www.scienceexperience.com.au
 Early application is advised as we have only limited places available in all programs
 The ConocoPhillips Science Experience
 PO Box 514 BAYSWATER VIC 3153 Ph: 03 8288 1001

SAVE THE DATE

Northern NSW da Vinci Decathlon

The Decathlon is an academic interschool gala day run in the spirit of an Olympic Decathlon with events of an academic nature. The theme in 2014 is Mystery and Mayhem.

Where: The Armidale School, Memorial Hall

When: Wednesday September 3 - Year 7 and 8
 Thursday September 4 - Year 9 and 10
 Friday September 5 - Year 5 and 6

For more information contact Ms Catherine Boydell
 E: cboydell@as.edu.au M: 0410943209

Make it, Bake it Grow it market, and is on the corner of Salisbury Street and Bridge Street, opposite the Visitors' Centre. It is a lovely park, with state of the art loos at one end, and shady trees around 2 sides. Very easy parking as well. We hold the market on the day before Armidale's PCYC market – that is, the last Saturday of the month [providing there is a following Sunday] or the Saturday before that.

The kids only need a table and a chair, unless the school wants them to share a gazebo. Apart from selling sausage wraps, the Green Tea Frog sells teas and chocolate. Coffee is at the Visitors' Centre. Every one helps every one set up, and it has a lovely 'village green' atmosphere. We don't start until 9am, and finish around 1pm.

Not only are there some really lovely stalls, but Uralla also has great eateries, galleries, and the Wool Room, open all weekend, so it is really a lovely morning out for families.

NSW Parents Council

For information on funding to Non-Government Schools, including an press release from the Association of Independent Schools, please go to this website:
<http://www.parentscouncil.nsw.edu.au/Funding.htm>

If parents have a further interest in issues regarding Non-Government Schools, please take the opportunity to sign up for the newsletter.



Armidale Relay for Life Maxine Thompson

We will be once again entering a NEGS team in the Armidale Relay for Life (please see the attached flyer for details).

In 2012 NEGS Year 10 (the current Year 12) successfully raised over \$2000 and were the second highest fundraisers in the Armidale region.

If you would like to be a part of the NEGS team please email: maxine.thompson@negs.nsw.edu.au

The team will be open to students in Year 9, 10, 11 and 12, staff and parents.

Unfortunately the relay does fall on the weekend of many town grand finals and the IGSSA finals weekend. However, we will be fundraising through out the year and will be able to accommodate those with sporting commitments.

It is a wonderful cause and we hope to have as many of you relaying with us as possible.

Kind regards
Miss Thompson



**Armidale
Relay For Life 2014!
Together we can make
a difference in the fight
against cancer
Saturday 13th September 2pm
to Sunday 14th September
2014 10am
Armidale Showgrounds,
Armidale NSW 2350**

13 & 14 September 2014
Armidale Showgrounds
Kirkwood Street, Armidale
Relay For Life is a fun, overnight
community event where teams of
between 10 and 15 people take
turns to walk around a track raising
money and awareness for Cancer
Council NSW.

The last Relay For Life held
in Armidale in 2012 raised
\$112,160.00 for cancer research,
prevention and support programs
and had 104 teams registered.
Relay For Life is one of Cancer
Council's biggest fundraisers
and helps ensure the delivery of
programs and services that support
local families affected by cancer.
Relay For Life events throughout
the state also helped Cancer
Council NSW commit more than
\$15 million to cancer research in
2013/14.

Senior School, Parent Liaison List - 2014

Year 7:

Kate Blackmore - kate.blackmore.2350@gmail.com

Rose Meehan - rose@agbis.com.au

Etoline Galbraith - aegalbraith@bigpond.com

Year 8:

Sally Strelitz - sally@millyhill.com.au

Susie Redhead - sredhead@nemi.org.au

Sarah Edmonds - sopast1@bigpond.com

Year 9:

Lisa Haynes - shop@conceptsofarmidale.com.au

Fid Nivison - milagro@milagrodesign.com.au

Year 10:

Lauren Bailey - lsbailey@bigpond.com

Tina Watson - mms5@bigpond.com

Year 11:

Janet Carter - angusjanetcarter@bigpond.com

Year 12:

Wendy Robertson - fishington@bigpond.com.au

Sharon Neeson - Sharon.neeson@bigpond.com.au



NEGS Newsletter

Term 2, Week 2 - Friday 9th May 2014

Acting Head of St John's Liane Nixon

Welcome back to what will be an exciting and busy term. I am looking forward to my additional role this term as we eagerly await the arrival of the new Head of Junior School, Ms Shannon Rosewood, in Term 3.

Easter Raffle

Thank you everyone for your support with the Easter Raffle at the end of last term. We were able to raise over \$500 which will be used to buy school resources. It was wonderful to see the students' Easter 'eggstravaganza' outfits which they created and modelled with gusto.

ANZAC Day and Special Guest

During the holidays, Miss O'Connell and a group of students represented St John's in the Anzac Day march. Thank you to all of those students who were able to attend and for representing the school so beautifully.

On Tuesday 29th April we were very lucky to have a special guest, Mr Jay Cox, come and talk to the students about his time in the Army and the inspirational jobs that he has performed during his service. The students were very grateful to hear his story and understand why Anzac Day is so important to us all. Thank you to Mr Cox for giving up his time to share his experiences with us.

NAPLAN

NAPLAN will be held for students in Year 3 and Year 5 in Week 3 of this term, with the first assessment taking place on Tuesday 13th May. Students have been completing practice questions in preparation for these exams and we wish them all the best of luck come test day.

Winter Sport

Throughout our very cold winter season, St John's will be fielding a Soccer and Hockey team. These teams will train on Thursday afternoons at school from 3:30-4:30pm. If your child participates in one of these sports, please ensure they have the correct safety gear for their training sessions. Best of luck for the upcoming season!

Wet Weather

Please ensure your child has either a rain coat or a small pop-up umbrella in their school bags at all times so they can remain dry when they are moving around the school.

Assembly Awards

Congratulations to the following students who received awards in the Week 10, Term One Assembly:

Personal Best Awards

K- Amanda Knight
1/2 - William Knox
3/4 - Charlotte Claridge
5 - Hollie O'Halloran
6 - Elijah Layton

Book Work Awards

K - Anastasia Anderson
1/2 - Ava Loudon
3/4 - Alexandra Reed
5 - Isabella Gooch
6 - Katie Hancock

St John's Star Awards

K - Zara Harvey-Grace
1/2 - Andrew Knight
3/4 - Solomon Layton
5 - Nichola Clarkson
6 - Priscilla Clonan

What's New on the Website

A Parenting Tips Special

Sydney Royal Photos

Athletics Training Note

Term Dates to Remember

TERM 2 8 weeks

11 May - Mother's Day

13-15 May - NAPLAN (3&5)

16 May - Assembly (3/4)

27-28 May - Eisteddfod 3-6

Choir and Vocal Ensemble

6 June - Staff Development Day

NEGS Calendar Link

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

Premier's Reading Challenge

If any parents would like to register their child for the Premier's Reading Challenge, please contact Mrs Smith (St John's Reception) on 6774 8737 or by email helen.smith@negs.nsw.edu.au. Your child will be provided with a unique username and password to allow for recording of books that have been read. If your child was registered in 2013, they are able to use the same username and password. Mrs Smith has a list of the 2013 passwords if they have been forgotten. Further information re the website will also be available at this time. The PRC continues until August, 2014.

Year 3-4 Stars 2014

SMASH



Always doing our best



Caring



Valuing ourselves



Sharing



**LIVE
LIFE
WELL
AT
SCHOOL
GARDENING**



Being Organised

Working Together



Year 3 - 4 have settled beautifully into a very busy 2014. During Term One, the children discussed the importance of being responsible for themselves, their behaviour and their classroom belongings.

ARMIDALE SHOW

The children have been learning to think efficiently when working in Mathematics and English.



Year 3 - 4 students have studied the human body and early Australian history. They have presented amazing projects and will be performing in the first Assembly for this term in Week 3.

LIFE EDUCATION VAN



NEGS girls in local OzOpera chorus

Congratulations to Disa Smart, Miah Lupica and Zara Blackmore who were selected to be a part of the children's chorus for the upcoming OzOpera production of 'The Magic Flute'. This exciting opportunity will see them work with a visiting conductor and director from Opera Australia who will prepare them for the Opera which is being staged at Lazenby Hall, UNE on Thursday 28th August. This is a fabulous opportunity for them to work with professional singers, musicians and production team and to have an experience of performing in an Opera. Rehearsals for this project commence next term.

2014 Armidale Eisteddfod

Rehearsals are well underway for the 2014 Armidale Eisteddfod. There are no individual events this year, however the composition event and the ensemble events, both choral and instrumental are still being held. NEGS are heavily involved in the choral events with the Junior Vocal Ensemble (including all of Year 7) and Senior Vocal Ensembles competing in various choral events on Tuesday, 27th May, both during the afternoon and later in the evening. The Year 7/8 Beginner Band will be playing in a non-competitive event on Wednesday, 11th June at 1pm and the NEGS String Quartet will be performing on Thursday, 5th June at 1pm. All of these events are listed on the school calendar for your information and notes regarding the arrangements for these events will be available in the coming week.

I would ask that all girls be vigilant about attending rehearsals and learning their music over the next few weeks so that we can perform with confidence and excellence.

Twilight concert

On Thursday 22nd May we will be holding a twilight concert in the Dr Jan Milburn Room to showcase our instrumental and vocal students. Our visiting teachers will nominate students for this concert and they will receive an invitation to perform. The concert will be held at 6pm.

Songwriting Achievement

Finally, congratulations to the students from Years 9-11 who were awarded certificates of commendation in assembly last week for their participation and achievement in the national 'Music: Count Us In' songwriting competition.

Scholastic Book Club News

Dear Families,

The latest Scholastic Book Club orders are due back by Friday 16th May. Books are usually returned within 2 weeks. Your child can return the order form to their Teacher, Reception at St John's or Akaroa, 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.

Thank you for your ongoing support of Book Club, on behalf of the Junior School students and Staff.

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



An advertisement for 'A Day Made Better' featuring a woman, Stephanie Crowe, smiling broadly. The text on the left reads: 'LESSONS IN SELF-ESTEEM, ENGLISH & MATHS. THURSDAYS, AFTER SCHOOL.' The 'A Day Made Better' logo is in the top right corner. At the bottom right, it says 'Stephanie Crowe, Dominican School, SA'. The 'OfficeMax' logo is in the top right corner of the image area.

Does a teacher at your school go above and beyond in their classroom?

A Day Made Better recognises exceptional primary school teachers across the country. Last year, we received 5,700 nominations for over 1,000 inspirational teachers. This year, with your help, we're aiming to gather 10,000 nominations from every corner of Australia. Every nominated teacher will receive a certificate and gift to acknowledge their incredible contribution. And, if a teacher from your school is chosen as one of 10 winners, they'll receive \$2,000 worth of supplies and an Apple iPad for their classroom.

Put your school on the map by encouraging parents, staff and students to nominate one of your exceptional teachers today.

Support an exceptional teacher today at adaymadebetter.com.au

Kind regards,

The A Day Made Better Team

Sport News

Miss Laura Cambridge

NEGS Cross Country 2014

Well done everyone on a splendid day. The house spirit present on the day as well as the leadership of our Year 12 students was a sight to behold.

Listed are the results for the day. The IGSSA team will be notified in the coming weeks. Congratulations to all participants as everyone's effort was rewarded with points on the day.

AGE CHAMPIONS

12 Years Age Champion - Chelsea Eichorn
12 Years Runner Up- Imogen Dagg

13 Years Age Champion - Evey White
13 Years Runner Up- Penny Haynes

14 Years Age Champion- Sarah Wyatt
14 Years Runner Up- Victoria Bennet

15 Years Age Champion - Charlotte Raleigh
15 Years Runner Up- Eliza White

16 Years Age Champion- Tahlia Paull
16 Years Runner Up- Isabella Ritter

17 Years Age Champion - Raquel Frogley
17 Years Runner Up- Hannah Parker

18 Years Age Champion - Natasha Fulton-Kennedy
18 Years Runner Up- Eliza Pitt

CROSS COUNTRY CUP HOUSE WINNER

Lyon- 125 points
Dumolo- 94 points
Murray- 92 points
Green- 76 points



NEGS Newsletter

Term 2, Week 2 - Friday 9th May 2014

Congratulations to Nohral Wells

Norah Wells - letter from Mrs Blackburn to Mr Cobb

Please pass on our sincere thanks to the Australian Sports Commission for their approval and grant of \$500. Norah attended the National Vaulting Workshop at the National Equestrian Centre in January 2014 thanks to the grant as we had paid for her entry in the National Vaulting Championships in 2013.

For the Nationals, Norah had coached her younger sister to compete in the competition and she achieved a 3rd placing nationally. Norah herself achieved a 6th placing at a higher difficulty level against vaulters with much more experience than her.

Needless to say, her family and I are extremely proud of her as a budding coach and as a committed equestrian vaulter.

The week long workshop involved vaulting champions from all over the world and young vaulters from all parts of Australia. Norah was actually coached by the current world champion vaulter during the workshop.

Norah currently attends New England Girls School as it is very well equipped for training for all manner of equestrian sports including vaulting. There is nothing she likes more than to bring her knowledge home to the young kids she dedicates her holidays to and have a chuckle at the kids who just don't want to get off the horse!

We wish to thank the Sports Commission for the support shown to this lesser known but fast growing sport in Australia and to you Mr Cobb for your ongoing service to our community.

Kindest Regards
Anna Blackburn

Photos of Norah both training and coaching young local child at home on our horse "Bailey Boy" in Bathurst on the last Eater School holidays. Bailey Boy is currently boarding with Norah at New England Girls School preparing for the State Interschools Competition in Sydney in June. Norah and "Shrek" (affectionately called) will compete in Vaulting, and Combined Training events.



Dates to Remember

17th - 18th May	Brett Parbery Lessons
	Bookings now open
24th - 25th May	Parelli 2 Day Clinic
30 May - 3 June	WH West Eyo Expo
17th October	NEGS Horse Sports Day



NEGS PROUDLY PRESENTS

BRETT PARBERY
17th / 18th May

Best known for his partnership with Victory Salute, Brett Parbery 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 Salgeher 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 9th May 2014
45 mins. Private Lesson
Cost \$165.00

Coming to YOUR area soon...

Parelli 2 Day Clinic

Progressing your Horsemanship

Can you send your horse over a jump from 12ft, 22ft or 45ft away?

Can you ride a round circle & stop without touching the reins...at the trot...at a canter?

Over 2 days we will look at progressing your practical skills both on the ground and ridden using the Parelli 7 Games as our blueprint to success!

Building distance in our communication on the ground, understanding what motivates our grey animal partners and learning natural riding dynamics that help build calmer, braver, smarter and more athletic horses in the saddle.

With



Carmen Smith
4* Saddle Parelli Professional

Location
NEGS Armidale, NSW

When
Saturday - Sunday
24th - 25th May 2014

Price
Early Bird \$645.00
See April 14th

Includes your horse's feed, 20% off in the shop & more from our website on the mail list

Open to all levels
Basic Price \$800.00

For Bookings & Enquiries contact
Carmen Smith 0419 644 950 | info@carmensmith.com.au
or Anyka Overton 0428 772 817 | anyka.overton@negs.nsw.edu.au

www.carmensmith.com.au | info@carmensmith.com.au | FR: 0419 644 350