



Newsletter

Term 4 Week 4 - Wednesday 30th October 2013

Putting things in perspective

Nervous girls waiting to enter their HSC exams; students anxiously waiting their turn to enter the show jumping arena; others anxious about how they will fare in their upcoming end of year examinations; others waiting for their turn to be on court in their basketball game. Just a few examples of the stresses that young people face, let alone how they appear in front of others in not wanting to say something that could cause others to laugh at them. Everyone dreams of doing well at everything they put their mind to – but life is just not like that all the time.

Richard Glover, in an article in Spectrum in The Sydney Morning Herald on October 19-20 entitled “Fail and all your dreams might just come true”, reinforced the notion as to how grateful he now is for the failures in opportunity that did not go his way. As he said, “Success at that moment would have robbed me of everything I now consider central to my good fortune: the partner I went on to meet, the two children we had, the fleeting view of a gum tree that makes my heart lift.

Many of the students now sitting their HSC are about to endure similar moments of failure. Their exam results won't be good enough. Or they'll get into the course and hate it. Or they'll try for a job and be rejected. It's impossible to understand this at the time, but these failures will be the author of your future success. It is they that will lead you to your future job, your future partner, your future happiness”.

Wise words indeed – how much do we learn from the obstacles thrown in our way than when everything goes well? This is the most difficult task that we as parents and teachers face everyday – how to teach grit and resilience in the face of what at the time are seemingly overwhelming hurdles to overcome.

As Glover goes on to say, “Everyone – well, nearly everyone – has had a door slammed hard in their face. And each slammed door forced them to try a different handle. Here's what's interesting: in the end, the closed doors determine your path in life as firmly as those that open”.

Also in the article is information about an American playwright who, instead of listing all her achievements, now blogs her list of failures. Two works, now acclaimed, were rejected a total of 67 times!

Or consider the following details about Abraham Lincoln, one of America's greatest presidents:

- 1831 - Lost his job
- 1832 - Defeated in run for Illinois State Legislature
- 1833 - Failed in business
- 1834 - Elected to Illinois State Legislature (success)
- 1835 - Sweetheart died
- 1836 - Had nervous breakdown
- 1838 - Defeated in run for Illinois House Speaker
- 1843 - Defeated in run for nomination for U.S. Congress
- 1846 - Elected to Congress (success)
- 1848 - Lost re-nomination
- 1849 - Rejected for land officer position
- 1854 - Defeated in run for U.S. Senate
- 1856 - Defeated in run for nomination for Vice President
- 1858 - Again defeated in run for U.S. Senate
- 1860 - Elected President (success)

What would have happened if he had given up? He was elected as President at the right time, 'for such a time as this', as the right person to lead his country as the Civil War tore his country apart.

So to all those going through difficult times: thank God for failure! Keep persisting, never give up, do your best, be determined and stay true to yourself.

Mr Clive Logan, Principal

Dates to Remember

2013 - Term Four

9 Weeks

Thursday 31 October	“Walk In Our Shoes” Day
Friday 1 November	NEGS Sports Dinner
Monday 18 November	Year 10 Camp
Thursday 28 November	St John's Celebration of Learning
Tuesday 3 December	Carol Service at 5.00pm.
Wednesday 4 December	NEGS Secondary School's Speech Day

NEGS Calendar Link

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

NAPLAN 2013

ACARA announced in September that the distribution of the NAPLAN student reports to parents will be delayed, possibly to the week of 13 October. Despite this, schools have received the summaries and some conclusions can be reported on here. NAPLAN results will only ever reflect the performance of a child on a given day and a variety of factors may impact on that result.

There were some very pleasing performances both individually and across the four year groups tested. The NAPLAN tests consist of seven tests in 1) reading, 2) writing, 3) spelling, 4) grammar and punctuation, 5) numeracy, 6) data measurement, space and geometry, and 7) number, patterns and algebra.

All eleven Year 3 students were present for the tests and the students performed above the state mean in four of the tests. Several students achieved results in the top band (Band 6) with strong performances in grammar and punctuation, and reading.

In Year 5 ten students completed the tests and these students were above the state average in three of the tests. One of the students achieved Band 7's (the highest Band) in all four literacy tests and another achieved all Band 7's in the three numeracy tests. As a group their main strengths were in writing and grammar and punctuation. Significantly, all students achieved growth in writing, numeracy and number patterns and algebra compared to their 2011 results.

All Year 7 were present for the tests and the girls performed above the state mean in all seven tests, with several achieving the highest band, Band 9, in a number of tests. There were particularly strong results in reading, grammar and punctuation and all students achieved growth in spelling compared with their 2011 results. In numeracy, 90% of the Year 7 class experienced growth and in data measurement and geometry all but one of the students had improved on their 2011 performance.

In Year 9, there were strong performances in the literacy tests with the group performing above the state mean in all four tests. Individually, a third of the class scored results in the highest band, a Band 10, with many achieving more than one and one student achieving Band 10 results in all seven tests. In terms of growth the majority of students achieved growth in all tests and in numeracy over 90% of the class achieved growth since their performance in the 2011 tests in Year 7.

A more detailed report can be viewed on the My Schools website at www.myschool.edu.au

News From the Chaplaincy

Looking forward to Christmas time and swapping presents with family and friends? Our Chaplaincy charity for 2013 is Operation Christmas Child's Shoebox Appeal. Last term, our movie night raised enough money to send 20+ shoeboxes overseas. In the next fortnight, NEGS will be stuffing the boxes full of goodies for children in third world countries so that they will receive something special this year. If you would like to contribute, we would appreciate the following items:

Donations are welcome via your daughter's teacher or Akaroa.

Rev. Fiona May

Empowering your Kids to live a life of No Regrets-- Seminar for Parents of Teenagers

Armidale Youth Futures would like to invite any parents of teenagers and pre- teens to attend a seminar on talking to your kids about sexuality.

Run by Focus on the Family Australia this seminar aims to give you information, ideas and tools as to how to approach this subject with your kids.

The seminar is being hosted by The Armidale Church of Christ and the details are as follows:

When: Sunday November 3rd

Time: 3:30pm until 5:00pm

including tea and coffee time

Where: Newling Public School Hall (this is where the Church of Christ meets)

Cost: Free!

More info: Les Moreman on 0428111985

6 things to light up the world of a child in need

> **SOMETHING TO LOVE**

Teddy bear, doll, soft toy, etc.

> **SOMETHING FOR SCHOOL**

Exercise book, pencil case, pens, pencils, colouring pencils, sharpener, eraser, chalk, etc.

> **SOMETHING TO WEAR**

T-shirt, shorts, underwear, cap, beanie, sandals, thongs, etc.

> **SOMETHING TO PLAY WITH**

Tennis ball, cars, skipping rope, marbles, musical instrument, yo-yo, slinky, finger puppets, wind up torch, etc. (No battery operated items)*

> **SOMETHING FOR PERSONAL HYGIENE**

Soap and face washer, toothbrush, hairbrush, comb, hair-clips, scrunchies, etc.(No toothpaste)*

> **SOMETHING SPECIAL**

Carry bag, sunglasses, bangles, necklaces, craft kits, stickers, note or photo of yourself.

What's happening with Student Wellbeing in the Junior School?

Our wonderful Junior School teachers embed the teaching of wellbeing in all areas of their academic and extra-curricular programs. I asked the staff how it was going:

"Well being is part of every lesson we do. Praise, encouragement, recognition of effort and happy confident risk taking is targeted all day every day. Peer encouragement and recognition of others efforts are also an important part of every lesson. We also do You Can Do It!"

Mrs Anne Ward

"Year 2/3 are currently completing 'What Went Well' books in our classroom. These books give students the opportunity to reflect on their days at school and focus on the positive things that have occurred. We are also working through the You Can Do It program. We are looking at the key 'Persistence' and have written a Famous Best Efforts book where we looked at Fairy Tales characters who have never given up eg. Prince Charming in Cinderella, searching for the owner of the glass slipper."

Miss Laura Cambridge

"The "You Can Do It" program helps build resilience, persistence, getting along, organisation and confidence skills in students from T-6. We have YCDI awards in assembly and the 5 keys are displayed around the classrooms and playground. There are also posters displayed in the hallways to instill these skills and staff continually 'talk the YCDI talk' with students. Students are encouraged to problem solve issues that arise and use strategies taught from the YCDI program themselves, before involving staff to resolve problems for them to help develop these five skills even further.

As well as this program, we have had a morning tea with students up to Year 10, and Year 8 ran an aerobics session for T-6 students in an effort to build stronger ties between the Senior and Junior School students. Monday to Thursday we also hold daily fitness before school, a positive and healthy way to start the day. Handball courts, hopscotch and target games have been printed on the cement area of the playground to encourage across age playing.

This term we have held a friendship and self esteem workshop run by Caroline Winter and some UNE students. This focused on Positive Psychology which is the program being developed for the Secondary School next year."

Mrs Dim Fenwicke

"With some classes I've been reading a series of books on various aspects of friendship. We read stories about issues such as jealousy, kindness, individuality, gossiping, and discussed ideas for maintaining good relationships with others. Each year level worked on creating a poster on the theme of 'bucket-filling'. The idea is that each of us has an invisible emotional 'bucket' that responds to the feelings and actions of those around us. Students came up with their own ideas relating to how we can positively and negatively affect the feelings of others with our actions and our words. The idea of empathy was also discussed, and whilst it can be a difficult concept, the children had an amazing awareness of it. It was evident that the Junior School teaching staff are constantly reinforcing values such as kindness, generosity, and caring with their students. What a lovely environment they are providing for the children under their care!"

Acting Librarian for Term 3/4, Alison Dare

Attached is an article from Parentingideas entitled " Why finishing 4th beats winning"- some positive ideas to encourage our students as they sit for end of year exams.

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

Angela Sole, Coordinator of Wellbeing @NEGS



INSIGHTS

by Michael Grose – No. 1 parenting educator



Why finishing 4th beats winning

We all love to see our kids be successful. But maybe it's their struggles rather than their wins that will set them up for future success.

Everyone wants to win. We want it for ourselves.
We want it even more for our kids.

It's great to see the smile of satisfaction on a child's face after winning a game, a race or finishing on top of the pile in any endeavour.

Winning feels good. It means they're doing well.
It's equated with **success**.

It's a good habit to develop ... *or so the theory goes.*

But winning is just one part of the story.

Not finishing first carries emotion too, though it's not necessarily positive.

It's good for kids to experience disappointment, annoyance and frustration just as it's good for them to experience positive emotions.

It's good to learn when you are young that **bad feelings happen, but they don't last**. This is a valuable life lesson.

Not winning also teaches kids that there is a link between success and effort. It teaches them that perseverance pays off eventually.

Helping kids to accept setbacks and unpleasant emotions, rather than blocking them out, is *the key to building their resilience*.

What about the child who never wins?

Some children seem to never win, or hardly ever do. A friend has a child who always seems to have 4th place sewn up in any race – just missing a ribbon – unless he is trying to get into a four person relay team, in which case he finishes 5th.

As a caring parent my friend works hard keeping her son's chin up year after year. And that's what she has to do. I suspect her son will learn the value of struggle. But it will pay off in his adult life when he understands that persistence is a fabulous asset.



So if you have a child who continually comes 4th (figuratively as well as literally) here are some strategies you can focus on:

- 1. Encourage liberally:** Stanford University professor Carol Dweck (who has written a great deal on this very topic) encourages parents to use process praises: "You used smart strategies", "You worked hard on that one", "You thought long and hard to work that problem out". She says this helps kids value effort and work for longer-term results.
- 2. Focus on struggles, not just on victories:** Your focus as a parent reveals your values. If you value effort and struggle then you need to be on the lookout for these so you can applaud them. If winning is all you value, then you'll only focus on that. There is a **choice** here.
- 3. Share stories of struggle and overcoming adversity:** Whether it's stories from your own life (kids love to hear about when their parents struggled) or stories from public news and sport, inspire and encourage your kids with the narratives of the struggles of others.

It's easy as a parent to get caught in the winning trap. We sometimes just get carried along with the hype.

But maybe, just maybe, finishing 4th is better for kids in the long term than always being a winner.



NEGS

NEGS and St John's

*would like to thank their
Volunteers for their generosity
and support during 2013 and
invite them to a social gathering on*

When: Tuesday 26th November 2013

Where: W. H. Lee Room

Time: 4pm - 6pm

**RSVP: Monday 25th November
on 6774 8700**

2014 Newsletter News

The NEGS Newsletter will be undergoing a face lift in 2014 and we will be undertaking some minor tweaking to the look, layout and length of our document. Watch this space for more information.....

NSW Parents Council

For the latest information from the NSW Parents' Council, please go to this website:
<http://www.parentscouncil.nsw.edu.au/Newsletters.htm>

News includes the following articles:

- The NSW Parents' Council President comments on the current state of funding
- Our School of the Term: Koinonia Christian School, and Principal of the Term: Jann Robinson at St Luke's Grammar School
- To stress or not to stress: Andrew Fuller from the University of Melbourne discusses ways to manage both!
- How to access HSC results online or by SMS
- And Transitions: do you have children starting school, moving to secondary school or heading to schoolies? Articles from Tracey Spicer, Angie Wilcock and Jennifer Willis give practical tips to help.



NEGS

*The Principal, Mr Clive Logan,
warmly invites you to attend the*

118th NEGS Speech Day

on

Wednesday 4th December 2013

9.30am in the NEGS Multi Purpose Centre

with Special Guest Speaker

Olivia Gossip (Old Girl '99)

Assistant Parliamentary Counsel -
Bill Drafting Group, Office of Parliamentary Counsel

followed by Morning Tea at 11.45am in the Assembly Hall

You are also welcome to join us on

Tuesday 3rd December 2013

5pm at the Chapel of Michael And All Angels
for the **Festival of Carols and Readings**

RSVP: Monday 25th November 2013
to 02 6774 8700 or email: reception@negs.nsw.edu.au

embracing life with confidence, compassion and creativity



Good News & Achievements:

Hawkesbury Canoe Classic

A huge congratulations to Matilda and her Dad, who paddled in the 111km overnight Hawkesbury Canoe Classic, last weekend. The paddle from Windsor to Brooklyn Bridge is a key fundraiser for the Arrow Bone Marrow Transplant Foundation, which funds medical research into the cause, prevention, treatment and cure of leukaemia and other diseases treatable by bone marrow and stem cell therapy.

Paddling in a NEGS owned Nomad kayak named Shane Gould after a famous Old Girl of the school, the pair were thrilled on crossing the line in 15 hours, 49 minutes and 52 seconds, proud of their physical and mental achievement, which Matilda admitted included "cramps, crying and conflict".

Matilda thanked supporters for the \$2523.85 they raised for the cause.



Year 10 Semi Formal. A special thanks to all Parents & Teachers involved to make this a great night.



News from Edwina Morton

Hello everyone!

It's been a little while since my last email, but I hope you got my postcard and everything's going well at home.

A few weeks ago, Woodridge had its annual Outdoor Education Day. It's kind of like our athletics carnivals, in the fact that teams compete as houses, but other than that, I've never seen anything like it. Teams are selected for each event (I made the ropes course team!) and then compete to do each course faster than other teams. They do an Assault course, an obstacle course held 5m in the air, the ropes course, a series of different horizontal ropes 2m, 5m and 10m in the air (btw, you're not connected with cables or anything and there's no mats underneath. If you fall, you're in for a few weeks in hospital) respectively that you have to climb up, pull yourself along and walk on. I've never done anything so painful, difficult or ungraceful in my life. But it was absolutely amazing! However, the highlight of the day is The Wall. Teams compete in groups of 6, and they hoist each other up a 20m wall (hence the name), just using their own strength - no cables or ropes - nothing. It's absolutely incredible. The winning team did it in 17 seconds - everyone went insane!

Anyway, I also went to a Cheetah conservation centre with some friends - I got to pat the cheetahs! I also got to touch some other 'big cats'. They're called servals and they're very cool.

I've also started to wear the Woodridge uniform - the skirts are so short! It's very windy here, so I've never been so appreciated our uniform so much.

Anyway, I'm missing you all and I hope your formal is amazing. I know you'll all look so beautiful and I want to see lots of pictures!!

Hope you're all well,
Weeny xx

PS. here are some pictures of my South African friends!



News from the Livestock Precinct

The New England Girls' School (NEGS) Livestock Team are proving to be an almighty force in the traditionally male dominated world of agriculture, blitzing the competition at the recent Upper Hunter Beef Bonanza. The three day event held in Scone from 26-28 October attracted over 700 students from the across the state.

NEGS participated in the cattle handling, junior judging and steer sections. In the 14 years Paraders Emma Costello (Walcha) came 1st place and Amelia Ghiggioli (Cassilis) came 3rd out of a field of 160 students. Older sister Isabella Ghiggioli was also finalist in the 16 - 17 years Paraders competition out of a class of 150 competitors.

Ms Costello's win tops off an impressive year having represented the New England North West zone in cattle handling at the 2013 Sydney Royal Easter Show and at Wingham Beef Week in May she was crowned the overall champion junior judge and the overall most successful competitor.

The junior members of the Livestock Team were also in form. In the 12-13 years competition, NEGS saw two finalists representing the school, Year 7 students Amber Strelitz (Armidale) and Gunnedah boarder Olivia Carter shone in a field of 130 competitors.

The youngest member of the team, Year 5 student Elijah Layton also proudly represented the St Johns Junior School participating in his first Junior Parading event on Saturday. He did very well for his first attempt in the ring with almost 100 primary students in his event.

NEGS Agriculture teacher Mark Fisher said he has been impressed with the students and their results so far this year. "2013 has been a stellar year for the NEGS Livestock team and I am incredibly proud of the students who were, as always, impeccably behaved and presented and displayed outstanding teamwork, sportsmanship and support to each other. A great weekend was had by all. Everyone was very tired but in great spirits thanks to a couple of days of great company and comradeship." Mr Fisher said.

Mr Fisher acknowledged the support and assistance of NEGS Agriculture Assistant Lyall Cameron and the many parents who have donated their time, cattle and money to the Livestock Team.

Top Right: Elijah Layton

Second Top Right: Amelia Edmonds, Amber Strelitz, Olivia Carter & Kathleen McPhie

Below: Emma Costello came 1st place

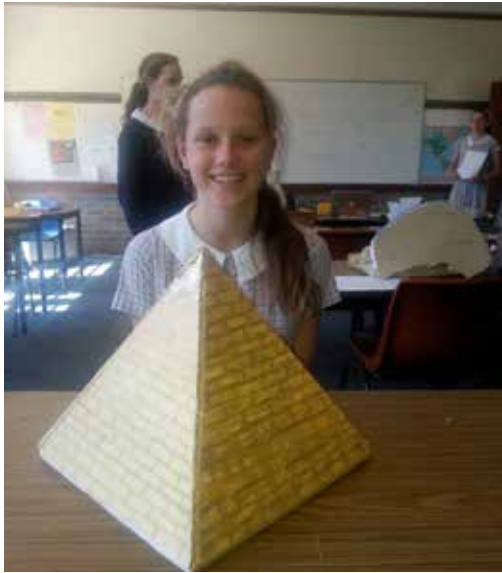
Below Right: Amelia Ghiggioli came 3rd



*Back Row: Mr Mark Fisher, Amelia Ghiggioli, Kate Cannington, Olivia Fenwicke, Isabella Ghiggioli, Emma Costello, Mr Lyall Cameron.
Front Row: Amber Strelitz, Olivia Carter, Elijah Layton, Kathleen McPhie, Amelia Edmonds.*



Year 7 Egyptian Class



Kathleen McPhie



Claudia Meehan



Sarah Wyatt



Lucy Ramsay



Eloise Redhead



Amber Strelitz



Jaimie McElroy



Scarlett Kemp

my school
my dreams
my future



ST JOHN'S

Newsletter

Term 4 Week 4 - Wednesday 30th October 2013

Sport

The children who are playing Basketball and Touch Football this term are having a wonderful time. Many of them are improving their skill base while others are brand new to the sport. A big thanks is given to the teachers and the senior school girls who are giving up their time to supervise and/or coach.

Portfolios

Please return any of the portfolio folders (with crest) that you may still have so that teachers can continue to prepare them for the end of the year.

Transition orientation

It was exciting to welcome 7 visitors to the Transition room for an orientation which was held last week.

T-1 Assembly presentation

Transition, Kindergarten and Year One presented their Assembly item on Friday the 25th October. Kindergarten and Year One were filmed earlier in the week reading 'The Very Hungry Caterpillar' in their classroom. While the slideshow was played Transition showed their amazing Drama skills and acted out the different parts of the book.

Assembly Awards

Congratulations to the following children who received awards in the Week 3 Assembly:

Personal Best Awards

K/1 – Clodagh Bookallil, Andrew Knight
2/3 – Lydia Farrar, Alexandra Reed
4 – Amber Leitner, Isabella Gooch
5 – Anna Jarvis, Elijah Layton
6 – Daisy Meehan, Sophia Gibby-Loughrey

Book Work Awards

K/1 – Katie Edwards
2/3 – Devar Kumaravel
4 – Hollie O'Halloran
5 – Charlotte S
6 – Lauren Campbell

Bronze Award – Lachlan Thomas

Silver Award – Isabella Gooch, Hollie O'Halloran, Zara Blackmore, Georgia Kaynes, Daisy Meehan, Eva Knox

Mrs Helen Smith (on behalf of Mrs Dim Fenwicke)

The next **Armidale Blue Light** will be on Friday the 15th November 2013 at the Armidale Bowling Club from 6.30pm to 8pm for primary school aged children only aged 5-12 years.

This one is a Xmas theme and there will be prizes and giveaways and Santa will be making an appearance as well!

Tickets are \$5 and go on sale Monday 4th November at the Armidale Police Station and the Armidale Bowling Club. Please get in quick, there are not as many tickets available for this event, and they have been selling out a few days before the event.


Touch Football Week 3

On Thursday 24th October the touch football team played at the Rologas Fields. We tied 2 all and had a fantastic game. Everyone played well and passed wonderfully. We worked as a team very well and we had lots of fun. We can't wait to play another game.

Loz and Sunny

Dates to Remember

Term Four - 2013



Thursday 31st October	Years 2-4 going to Coles Year 6 participating in "Walk in their Shoes" Day
Friday 1st November	Orientation competition (Years 3 - 6)
Friday 8th November	Assembly, led by Years 3-5
Monday 11th November	Swim and Survive commences (runs for two weeks)
Thursday 28th November	"Celebration of Learning" commences at 6.00 pm

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

NEGS Calendar Link

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

Uralla Road, Armidale NSW 2350 Australia

T: +61 02 6774 8700 F: +61 02 6772 7057 E: reception@negs.nsw.edu.au
W: www.negs.nsw.edu.au Facebook: NEGSarmidale Twitter: NEGSarmidale

Athletics

Charlotte Raleigh has recently competed in the 'All School's' Athletics Championships'. She achieved some excellent results, including:

11th out of 22 in the Javelin with 28.91m

13th out of 21 in the Discus with a 25.27m

16th in the Shot putt with an 8.72m

25th out of 32 in the Long Jump with 4.16m

Netball

Congratulations to Charlotte Raleigh, Olivia Fenwicke and Laura Claridge who were all selected in the NIAS Squad for Netball. This is a wonderful achievement. Well done girls.

Netball Logo Competition



Would you like to see your design on t-shirts, caps and in flyers? Why not design a logo for our New England Netball Carnival. Entries can be submitted on paper or electronically to Miss Thompson maxine.thompson@negs.nsw.edu.au Entries close on Friday 15th November, 2013.

The logo must incorporate the school colours. See the designs for inspiration.



Triathlon

If you are interested in getting involved in the Armidale Triathlon Club please see Miss Thompson to put your name down maxine.thompson@negs.nsw.edu.au or you can find out more on-line at the following address. <http://armidaletriathlonclub.org/sample-page/>

Trivia Night

Come and join the Armidale Sports Council for a fun filled night of sports trivia followed by an auction of sporting memorabilia.

When: Friday 8th November 2013
Where: Armidale City Bowling Club
Time: 6.30pm for 7.00pm start
Cost: \$20 per person, includes hot finger food & donation to fund
Dress: Casual
Teams of 10 people

Raising funds to help support our local athletes achieve their dreams.....

Are you the smartest Sporting team in town?

Enter your team now by contacting Alexandra Kentish on 02 6770 3869 or at akentish@armidale.nsw.gov.au

ARMIDALE
City Bowling Club
Armidale sports council

Sports Dinner Information

The dinner is to be held on Friday, 1st November at the Ex-Services Club, Dumaresq Street, Armidale. The commencement time is 5.30pm for a 6.00pm (sharp) start. The RSVP date has now passed so unfortunately no more seats will be allocated.

Please be aware there is a dress code for next Fridays Sports Dinner. Girls who are inappropriately dressed will not be permitted to enter. This includes dresses which are too short, tight or revealing. Please be sensible when choosing your footwear. The highest heels are not always the easiest to walk in and could lead to embarrassing falls.

There is no pre-allocated seating at the dinner; attendees choose their table on arrival. Please note that no seats are available at the door and all dinners must be prepaid (no charging to school accounts).

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



Sport and Recreation's Swim and Survive starting soon

Australian summers usually involve plenty of fun in and around the water, but no parent can forget how important it is to make sure children stay safe. Sport and Recreation's Swim and Survive classes for preschoolers and school-aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches and lakes.

The intensive nine-day programs give wonderful results, and are great fun as well! Plus, family discounts make our program affordable for all the children in the family.

Sport and Recreation runs Swim and Survive classes in pools throughout regional NSW, including somewhere near you.

Our instructors are nationally qualified and screened for their suitability to work with children.

Prices for nine lessons are \$65 for school-aged children and \$47 for preschoolers (prices exclude pool entry fee).

For more information or to make a booking, phone 13 13 02 or visit www.dsr.nsw.gov.au/swimandsurvive



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

Sporting Activities

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

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

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

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

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

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

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

Non-Sporting Activities

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

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

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

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

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

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

*embracing life with confidence,
compassion and creativity*



**NEGS
EQUESTRIAN**

Newsletter

Term 4 Week 4 - Wednesday 30th October 2013

Team Training is off to a flying start with the girls and instructors having a great time.

A fun afternoon for the team on Thursday at the Armidale Livestock Centre with Steve Byrne a professional cutting trainer and competitor who spent time after his runs with the team to explain everything from scoring through to the type and style of horses that are the most competitive in his sport. Thank you also to Rob McKenna one of our local farriers for answering many of the girl's questions and making us all feel welcome at the event.

Just before Graham came with the bus to take the girls back to school we tested out the mechanical cow (not the same as a mechanical bull that you ride), this device is used to train horses on or in this case Bree who worked out in the sand to demonstrate how it is used with Annyka on the controller.

Training Schedule

Tuesday 29th Oct @4pm – students to meet at MPC in gym clothes for a session with Anna Stevenson on building core strength and rider fitness. Those not participating in the gym session may ride with Sally **from 4.45**.

Thursday - Dressage, jumping and polo-x

November Training – Tuesday is polo-x, XC and flat work and Thursdays is Dressage, jumping and polo-x. Any changes will be advised via email to students.

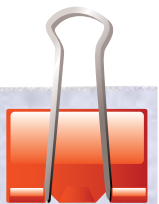
Around the Rails

A huge well done to those girls who have been out and about competing at school, EA and PCA events. Photos will be posted on the NEGS facebook and equestrian website pages in the coming week.

Bundara Horse Sports Day – Annyka took a team of girls to the recent day flying the NEGs banner and could not have been prouder of the small team who gave it their all. Congratulations to Chelsea Eichorn and Caitlin Croft (St Johns) who ended the day with some big wins including Caitlin taking home the age group champion. Emily Battle, Tahlia Paull, Zoe McDougell and Claudia Smith are to be congratulated for their achievements under the NEGS banner bringing home a neck full of ribbons across most classes.



Upcoming Events



- | | |
|---------------|---|
| 1st November | Inverell Horse Sports Entries via EC office by 23rd October |
| 3rd November | NEGS Pony Club Hunter Trials |
| 15th November | Woolbrook Horse Sports Entries close 1st November at EC office |
| 16th November | Woolbrook Blue Jeans Gymkhana |
| 17th November | Walcha Pony Club Gymkhana Any students wanting to ride at all 3 events please let the Office know so accommodation for you and your horse over the weekend. |
| 23/24th Nov | Dorrigo Show |
| 1st December | New England District Jumping Council Combined training. Armidale |

Uralla Road, Armidale NSW 2350 Australia

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



Tamworth Jumping Championships – Madeline Murphy and Hannah Parker competed against a large and experienced field of show jumper to achieve great results across several classes. Well done girls on your success!

State Pony Club One Day Eventing – Lucy Ramsay and Jaimie McElroy made the long trek down south to Harden after qualifying to compete against Pony Clubbers from across NSW. Lucy came sixth out of 35 in c grade and won the optimum time for c grade trophy. Jaimie had a great performance in the dressage however some bad luck on the cross country ended the day for Jaimie and her trusty stead Andre. Well done girls on your efforts and achievements!

Warrumbungles One Day Event - Last weekend we waved goodbye to Annyka and a contingent of girls as they headed for Coonabarabran to compete and get some practice in before Expo next year on the Coona course. Well done Alys, Jane, Lucy, Meagan, Jaimie, Hannah and Annyka who competed in the event. Meagan Nolan took out the 1* event and a 5th in the newcomers, Annyka Overton took out 3rd in the pre-novice, Jaimie McElroy 5th and Alys Marshall 14th in the preliminary, Jane Thompson 5th and Tahlia Paull 7th in the Introductory .

The NEGS Pony Club are running a Hunter Trial (Jumping & Cross Country) on Sunday November 3rd and are seeking student volunteers to assist as Cross Country Jump Judges in exchange for Community Service Hours.

The girls can contact Cindy Clonan on alfoxton@bigpond.com.au if they would like to volunteer and say it would be a great and easy way to earn their school or community service points. Registration Desk will also be set up outside the Equestrian office under a tent.



On the 11th/12th of October, **Laura Strelitz** riding Tassa's Taboo attended the NSW State Breeder ASH Show in Scone.

It was a great weekend with a strong field of riders of all ages. Laura and Tabby had a great weekend in both the Youth events and the Open events with the following Highlights

**1st youth ASHLA turnout class under 18yrs
 3rd youth Handler
 2nd Rider 15-18yr
 1st Working 15-18yrs ** Champion Youth Working under 18yrs
 1st Youth Judging
 2nd Hack 15-18yr

** 1st Youth Challenge 13-18yrs 3rd/4th Dressage under 18yrs
 **5th Open Champagne Stakes Challenge 3rd Open Hack
 **1st Open Working ** Reserve Champion Open Working

Elizabeth and Katie Hancock competed at the Armidale Dressage Festival last weekend and these are there results:

Elizabeth came 4th in Open Official Prelim 1D on NPE Dajana, 1st in Pony Official Novice 2C on Just Jaffa.

Katie came 1st in Pony Prelim 1A on Kitty and 2nd in Pony Prelim 1B on Kitty. Katie was awarded Junior Dressage Champion for the weekend.



NEGS Pony Club Hunter Trial

This Sunday the NEGS PC will be holding our Hunter Trial. We have had quite a bit of interest, with riders coming from as far as Warialda and Murrurundi. Please remember that you must have your eventing card to ride above E Grade (for U17 years) and D Grade (Associates). For those boarders who do not have their cards at school, please ask your parents to scan and email them through to meganscrivener@bigpond.com no later than Friday 1 November. Registrations from 8.30am, show jumping commencing at 9.30am.

Congratulations

Several members have been busy competing at Zone 13 Gymkhanas. We have had several Champion and Reserve Champions, including Phoebe Kamper, Carlie Fangmeier and Taylor Chick-Sauer last weekend at Bundarra. Our members who competed at Bundarra managed to pick up 272 points for the Club, with our Associates top scoring for the day. Well done girls.

NEGS Annual General Meeting

The NEGS PC Annual General Meeting has been rescheduled to Wednesday 20 November. Commencing at 6.00pm, all members welcome. To be followed by the November General Meeting.

Upcoming Events

NEGS Pony Club Hunter Trial

Sunday 3 November, NEGS Equestrian Centre

Inverell Pony Club

Zone 13 Dressage Championships: Saturday 9 November

Show Jumping Competition: Saturday 9 November

Gymkhana: Sunday 10 November

Woolbrook School Horse Sports

Friday 15 November, Walcha Showground

Walcha Pony Club

Blue Jeans Gymkhana: Saturday 16 November

Gymkhana: Sunday 17 November

Armidale Pony Club

Combined Training: Saturday 23 November

Gymkhana: Sunday 24 November

Pictured at Bundarra Pony Club Gymkhana, clockwise from right: first place in the Associate Bend Carlie Fangmeier, first place Under 5 Years barrel Taylor Chick-Sauer, first place 15 - U17 Years pairs Jade Fangmeier riding with Laura Strelitz Armidale PC, Taylor receiving her first place ribbon for the bend, winner of the Associate Pairs Phoebe Kamper and Carlie Fangmeier.

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

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

On this weekend

