

*embracing life with  
confidence, compassion  
and creativity*



# NEGS

## Newsletter

Term 3 Week 4 - Wednesday 7th August 2013

### Respect and Admiration

I used to teach a class where I asked students to research who they believed were the 10 best personalities ever in History. They had to justify their conclusions by explaining why they had chosen their personalities and the criteria they used to reach their decisions. As expected, there was diversity in the people chosen but a similarity in the types of people chosen. There were 2 main groups: one group who had made a significant difference in their world, the other who had overcome significant obstacles and beaten the odds to make a difference.

One person who has always stood out to me in our generation is Nelson Mandela. His life and words are woven through the psyche of our lives. Having seen his transition in this generation from prisoner to elder statesman in South Africa, he has shaped the values, expectations and determination of his country displayed in the face of seemingly insurmountable problems.

Nelson Mandela at 95 is in the twilight of his years and is troubled by illness. However, I came across some of his writings and interviews recently on linkedin that I think are profound. His legacy is an inspiration and his words speak to leadership, courage, fortitude, resilience, humility and humour from which we can all learn.

Here are some of them from <http://www.linkedin.com/today/post/article/20130719124944-60894986-10-leadership-nuggets-from-nelson-mandela> that I hope will inspire and uplift:

#### The top 10:

1. "I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."
2. "A good head and a good heart are always a formidable combination."
3. "Resentment is like drinking poison and then hoping it will kill your enemies."
4. "As we let our own light shine, we unconsciously give other people permission to do the same." (quoting Marianne Williamson)
5. "If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart."
6. "If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner."
7. "It is better to lead from behind and to put others in front, especially when you celebrate victory when nice things occur. You take the front line when there is danger. Then people will appreciate your leadership."
8. "It always seems impossible until it's done."

### Dates to Remember



#### 2013 - Term Three 10 Weeks

Monday 12 August	Year 12 Trial Exams commence
Friday 23 August	Boarders' Weekend
Friday 6 September	Grandparent's Day
Friday 6 September	Framed! Art Sale Show
Saturday 7 September	Old Girls' Weekend St John's and NEGS Spring Fair
Monday 9 September	Year 11 Exams
Monday 16 September	St John's Musical - Matinee
Wednesday 18 Sept.	Year 12 TAS and Visual Arts Presentation Evening
Thursday 19 Sept.	St John's Musical - 6pm Year 12 Valedictory Chapel and Speech Day
Friday 20 September	<b>Last Day of Term 3</b> Buses depart from 7.30am

#### NEGS Calendar Link

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

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W: [www.negs.nsw.edu.au](http://www.negs.nsw.edu.au) Facebook: NEGSarmidale Twitter: NEGSarmidale

9. "I am fundamentally an optimist. Whether that comes from nature or nurture, I cannot say. Part of being optimistic is keeping one's head pointed toward the sun, one's feet moving forward. There were many dark moments when my faith in humanity was sorely tested, but I would not and could not give myself up to despair. That way lays defeat and death."

10. "I am not a saint, unless you think of a saint as a sinner who keeps on trying."

As usual, I've found that 10 was not enough. Here are 9 more:

11. "The greatest glory in living lies not in never falling, but in rising every time we fall."

12. "There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered."

13. "I have walked that long road to freedom. I have tried not to falter; I have made missteps along the way. But I have discovered the secret that after climbing a great hill, one only finds that there are many more hills to climb. I have taken a moment here to rest, to steal a view of the glorious vista that surrounds me, to look back on the distance I have come. But I can only rest for a moment, for with freedom come responsibilities, and I dare not linger, for my long walk is not ended."

14. "There is no passion to be found playing small, in settling for a life that is less than the one you are capable of living."

15. "When the water starts boiling it is foolish to turn off the heat."

16. "Education is the most powerful weapon which you can use to change the world."

17. "There can be no keener revelation of a society's soul than the way in which it treats its children."

18. "No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."

19. "Education is the great engine of personal development. It is through education that the daughter of a peasant can become a doctor, that the son of a mineworker can become the head of the mine, that a child of farmworkers can become the president of a great nation. It is what we make out of what we have, not what we are given, that separates one person from another."

One last thought from Nelson Mandela on his own legacy:

*"That was one of the things that worried me -- to be raised to the position of a semi-god -- because then you are no longer a human being. I wanted to be known as Mandela, a man with weaknesses, some of which are fundamental, and a man who is committed."*

Looking forward to hearing some of your feedback and seeing you at upcoming events – 'Alice in Wonderland', Grandparents Day, sporting events, P&F meetings and other information and cultural evenings.

Mr Clive Logan, Principal



## New England Girls' School

*would like you to join us for*

# Grandparents' Day

## Friday 6th September 2013

Meet your grandchild at 9:00am at the Assembly Hall,  
for commencement of a musical concert at 9:25am.

*Embracing life with confidence,  
compassion and creativity*



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Uralla Road, Armidale NSW 2350  
T +61 02 6774 8700  
E [reception@negas.nsw.edu.au](mailto:reception@negas.nsw.edu.au)  
[www.negas.nsw.edu.au](http://www.negas.nsw.edu.au)

## Good News & Achievements:

### Caitlin Croft (Year 3)

Runner up Highest Point Score 9 yr girls  
1st flag race, keyhole, running t, square yard  
2nd pairs  
3rd girl rider, barrel race  
4th pleasure hack, western pole bend



She also participated in the Barraba Gymkhana  
1st Bareback, Bonfield bounce  
2nd Flag race  
3rd pairs, ban-bar-aft

**well done Caitlin**



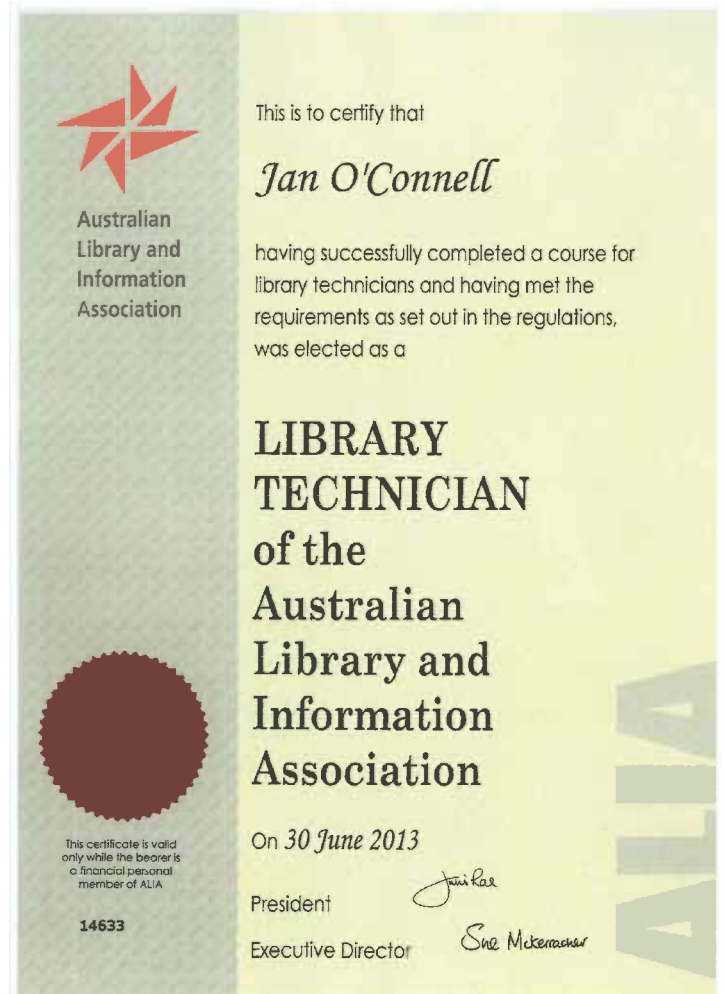
Exciting news from **Hayley Whitehill's** piano teacher, Madeleine Lawrence, informing us that Hayley received a **HIGH DISTINCTION** in her piano exam last week.

We are very proud of her and a well deserved result. Well done.



## Special Achievement for NEGS Library Staff Member

Mrs Jan O'Connell has recently completed the requirements for a diploma level qualification in Library science. Her qualification elevates her to the cohort of Library Technicians which is a large professional field in terms of library staff throughout Australia and the world, recognised in a variety of libraries - school libraries, university academic libraries, public libraries, law libraries, parliamentary libraries, research libraries, etc... This is a wonderful personal achievement which adds to the skill base of the NEGS staff and we heartily congratulate Mrs O'Connell. The achievement was all the more commendable because soon after enrolment for the 2 year course, she was informed that it was being condensed into a 1 year course with no reduction in course requirements - it really required full-time study but Mrs O'Connell has successfully completed the course while working at NEGS full-time. Adding to this, Mrs O'Connell achieved distinctions in two of her courses. Congratulations to Mrs O'Connell and well done.



We have recently subscribed to ParentingIdeas to provide parents and guardians with some helpful tips to guide you in the ever complex world our children now have to navigate into adulthood.

In addition to the attached article "The Pressures of being a Teen Today", 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](http://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.

As educators at NEGS, we challenge ourselves to provide the best possible Wellbeing support for your children.

We ask you to help us achieve this by completing the attached survey (for parents and carers of students from Years 7-12) and return to the school office by the end of this week please.  
Thank you!

Angela Sole, Coordinator of Wellbeing @ NEGS,  
Sister Beevors and Chaplain Fiona May.



# SCIENCE IN ACTION

UNE AND THE NEGS SCIENCE FACULTY HAVE JOINED FORCES TO OFFER OUR STUDENTS IN YEARS 7-10 A FABULOUS OPPORTUNITY TO EXPERIENCE SCIENCE IN ACTION, COMMENCING WITH MICROBIOLOGY. DEPENDING ON THE LEVEL OF INTEREST, THIS INNOVATIVE PROGRAM WILL KICK OFF IN LATE SEPTEMBER. TO REGISTER, GIRLS MUST SEE MISS STONE AND MRS DESPI AFTER ASSEMBLY ON TUESDAY 6TH AUGUST OR EMAIL MISS STONE ON [BELINDA.STONE@NEGS.NSW.EDU.AU](mailto:BELINDA.STONE@NEGS.NSW.EDU.AU) BY FRIDAY 9TH AUGUST.

## IGNITE YOUR PASSION FOR SCIENCE!!



# INSIGHTS

by Michael Grose – No. 1 parenting educator



## The pressures of being a teen today

*It's easy to think young people today have never had it so good, but they also live with stresses that past generations of teenagers didn't have to endure.*

There's a phrase you should avoid if you want to maintain a good relationship with a child or teenager.

It's a phrase that was so often on the tip of my tongue when my kids were younger. It was so tempting sometimes to blurt out...

***"These are the best years of your life."***

Think it, but don't say it.

Here's why. (I wrote about it a recent blog post and I thought I'd repeat it in Happy Kids.)

Young people today are experiencing more pressure than ever.

The DOLLY Youth Monitor 2011 survey, for which I was a contributor and spokesperson, revealed that there has been a spike in anxiety and stress levels in 14-17 year olds.

Three in five young people felt a great need to reduce stress, with girls more likely than boys to be stressed.

The greatest source of stress for today's teens is the pressure they put on themselves. Teen girls especially seem to believe that they have to succeed at everything they do, and seem to have created impossibly high standards: 75% of girls want to be fitter; 65% want to get better marks; and 60% want to be more confident. Fear of not fitting in and of social isolation is a big worry for girls. Boys also worry about not fitting in, but not to the same extent as girls.

**Teens also worry about their families.** One in five worry that their parents will divorce. This is obviously concerning when their safe refuge is unstable at a volatile developmental stage.



### How do young people relieve pressure?

Young people relieve pressure in healthy and unhealthy ways.

More than one in four teenagers turn to music as a release, which is something that teens have always done. Sport, exercise and hanging out with friends are other healthy ways teens use to de-stress.

On the unhealthy side, some young people eat too much, some use alcohol even at this relatively young age, and others get totally lost online. *(There's nothing wrong with escaping but you need to be placed firmly in the real world).*

### Here are some other ways you can help young people maintain good mental health:

- 1. Maintain regular contact through family mealtimes.** There is a correlation between families that have 5 to 6 meals together a week and good mental health. Mealtimes give you a chance to monitor your teenagers' moods and also to talk, which is therapeutic.
- 2. Help them get plenty of sleep.** We underestimate the impact of sleep. It's vital for good wellbeing. Teens need plenty, but often get less as they get older. Learn more about good sleep hygiene so you can assist them to get a good night's sleep.
- 3. Make sure they have someone to confide in.** When life is tough, girls are more likely to talk to a friend, and boys are more likely to talk to a family member. Help them identify or find someone to talk with.
- 4. Let them do something unproductive every day.** Doing nothing is good for your mental health. It takes many forms: surfing the net, watching movies, talking to friends, playing with a pet, strumming a guitar, listening to music...
- 5. Encourage volunteering.** The Positive Psychology movement strongly advocates volunteering as a way of relieving stress as it takes young people out of themselves, letting them do things where they don't have to excel. Helping releases endorphins, which are the feel-good chemicals which affect kids' moods. The same thing happens when they are hugged. That leads me to a sixth idea...
- 6. Hug them.** Being told by people close to you that you are loved and loveable has always been good for your wellbeing. Sometimes in the endless striving for good parenting strategy we sometimes forget that it's the 'heart things' as opposed to the 'head things' we do that make the biggest difference.

Next time you feel like blurring out that your kids have never had it so good, stop and think again. Today's kids have lots of advantages but they also live with pressures that kids of previous generations didn't have to contend with.

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

Michael Grose Presentations

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# MindMatters Parent and Family Survey

## Full version

Dear Parent, Caregiver or Family member

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

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

School name \_\_\_\_\_ Today's Date:    /    /

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

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

*Please tick one box in each row*

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

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

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

Thank you for your time in completing this survey.





# OMEGA FEEDS

*Simple ingredients - brilliant results.*

## Omega Feeds NEGS CNC\* ODE

NEGS is pleased to announce Omega Feeds as the major sponsor of the upcoming One Day Event (ODE) to be held at the NEGS Equestrian Centre on September 28 & 29.

Sponsorship coordinator, Megan Scrivener, has also secured Community Mutual Group, Crowe Horwath (formerly WHK Accountants) and Armidale Dumaresq Council as additional sponsors.

There are a variety of Sponsorship packages available and Trade Fair sites can be secured from \$55 per site.

High profile international Eventer Sharmayne Spencer is proud to be the Ambassador for the event and is looking forward to lending her significant skills to the competition.

The inaugural NEGS ODE held in March this year was hugely successful and drew 180 competitors and over 300 visitors to the Equestrian Centre during the course of the weekend. The popular VIP tent will again be a significant feature of the September event (located on the Cross Country course) and VIP tickets are available for pre-purchase.

On Sunday 25 August (following on from the Boarder's Weekend) Graeme Hollis will convene a meeting to appeal for volunteers to assist with the catering, dressage and the cross country events.

Please contact Megan Scrivener on [ode.sponsorship@negs.nsw.edu.au](mailto:ode.sponsorship@negs.nsw.edu.au) or on 0458 330947 to discuss sponsorship and/or purchasing a trade fair site.



## NEGS P&F Trivia Night

Last Friday night the P&F raised \$2000 from their Trivia Night. A gathering of 70 parents, friends and teachers battled the rounds of trivia questions and a Finale round, which saw performances from each table on the stage of the Assembly Hall. Much fun, laughs, fines and of course, serious competition, was had by all.

A huge thanks to Mr Angus McDouall who was our Master of Trivia, Mr Greg and Mrs Lisa Quast for judging, Mrs Heather McPhie and Mrs Lisa Haynes for the door. Thank you also to for kind donations from Concepts of Armidale, June's Jewellery, every Hotel in Armidale, the Farrar and Wanford families.

Lastly, a very big thank you to all the parents, friends and teachers who came to the Assembly Hall and supported the P&F. Well done.

Kind regards Kylie Wanford

### Korean Connections

During Weeks 2 & 3 Year 7 have been hosting 3 Year 7 students and their teacher Mrs Kim from CheongShim International Academy in South Korea as part of a Round Square exchange program. The girls were who stayed in boarding buddied up with Year 7s so they had someone to look after them and share in activities. During their stay the girls participated in normal Year 7 lessons and after school activities, including learning to ride at the Equestrian Centre. On weekends they visited Mrs Despi and Mrs Morley's houses and joined the heritage bus tour of Armidale, as well as shopping and going to both Blue Hole and Dangar's Falls. Mrs Kim has been busy observing Australian lessons and sharing Korean Culture with the staff. Alice, Stella and Coral all cooked Rice Balls and Korean Pancakes for Year 7 to try after sharing a report about their school during tutor time and again for the Junior School Assembly.



If there is sufficient interest, a possibility now exists for NEGS Year 7 & 8 students to visit CSIA next year during our April holidays as a small group. CSIA is located in a beautiful part of South Korea in the mountains about an hour away from Seoul. Years 9/10 also have the opportunity to join the Regional Round Square Conference and Snow adventure later in the year. For more information please contact Mrs Morley on [samantha.morley@negs.nsw.edu.au](mailto:samantha.morley@negs.nsw.edu.au)



*Alice, Stella and Coral from Cheong Shim International Academy*

*Doing woodwork in the Technology Workshop*



### NEGS Exchanges

Year 8 Students Erin Gaff and Olivia Fenwicke are currently on Year 8 exchange at Bunbury Cathedral Grammar School in Western Australia. They will be away for Weeks 4 & 5 of this term and will be welcoming their buddies back to NEGS early in Term 4. This is our first exchange with Bunbury and Year 8 are excited to hear about the school on the coast and whether things are different over in the West.

Year 10 have been very busy with exchanges this year, welcoming Indian students Shamshir Malik from Vivek High School and Gauri Ashwarni from Daly College in Term One. Both girls were invited home for weekend visits with NEGS girls and learnt some more about Australia.

*Shamshir meets a kangaroo with Morgan Hyatt*



At the end of Term One we met Emma from Bermuda High School. Bermuda is a tiny island of British descent in the North Atlantic Ocean, located 1100km east of America. During assembly we learnt about their national traditions and that Bermuda still does not have a McDonald's restaurant, something the island is proud of. Emma will be reunited with Ellie Rowlings, her exchange buddy Ellie Rowlings, when Ellie visits in Term 4.

Term 4 sees a number of other NEGS girls travelling overseas to stay for a while in Round Square schools. Raquel Frogley will be joining Kate Ryan as they both spend time in Paris with French buddy Lize from L'Ermitage, whilst Edwina Morton will be travelling back to South Africa with recent arrival at school Anya from Woodridge College. Also currently here on exchange is Gabbi from The Athenian School in California, who replaces an outgoing student from 2012. Year 10's are also travelling to Denmark (Morgan Hyatt) and Canada (Claudia Nash and Alice Frend) next term. We wish them all the best and can't wait to see their photos next year.

*Lize Pernin from L'Ermitage, Paris with Raquel and Rebecca Frogley outside the War Memorial in Canberra.*



*Ellie Rowlings and Emma O'Donnell -Bermuda*

### Round Square International Conference

Also at the start of Term 4, 2 students and Mrs Fisher will be travelling to Miami in Florida, USA for the 2013 International Round Square Conference. Joining students from around the world, Eliza Pitt and Brigitte Michel will be representing NEGS in one of the last international gatherings to have all the worlds schools together in one school. After this year, conferences will be split into two locations so as to enable everyone to fit on one location. So this year the girls will be able to mingle with students from every continent of the world in one location. What a blast it will be and we will be waiting to hear their stories and experiences of the Round Square family and IDEALS in action. Have fun girls and Mrs Fisher.

Start saving now for 2014 ...Students in Year 10 & 11 in 2014 will be eligible to travel to Kings Academy in Jordan for the Senior RS Conference, Year 9 & 10 will be going to CSIA in South Korea and Young Round Square (Years 7 & 8) will be crossing the ditch to Kings College in New Zealand for their conference.

NEGS and St John's have been rostered on Canteen Duty for the weekend of 17th and 18th of August.

Please find attached a roster sheet, if you are able to help, please either print and return the "slip" at the bottom or email Delwyn Smidt <delwyn.smidt@negs.nsw.edu.au> to claim your timeslot.

Saturday is filling quickly, Sunday needs a big boost!

## NEGS / ST JOHNS' HOCKEY CANTEEN ROSTER

NEGS and St John's are responsible for the canteen on **Saturday August 17th** from 8.30 am - 5.30 pm and **Sunday August 18th** from 10.00am - 2.00 pm.

We will require **2 adults** in the canteen for each time slot. (Must be over 16 years)

Duty Time	Saturday
8.30 am - 10.00 am	Bec and Sophie
9.30 am - 11.00 am	Bec and Sophie Graeme and Jenny
10.30 am - 12.00 pm	Cindy Clonan Graeme and Jenny Cath & John Farrer
11.30 am - 1.00 pm	Emily and Llby Rogers (until 12.30pm)
12.30 pm - 2.00 pm	DR & ?
1.30 pm - 3.00 pm	
2.30 pm - 4.00 pm	
3.30 pm - 5.30 pm	

Duty Time	Sunday
10.00 am - 11.00am	
10.30 am - 12.00pm	Fiona Nash
11.30 am - 1.00 pm	
12.30pm - 2.00 pm	

Please indicate on the tear off slip below 2 preferred time slots.

-----

Name : \_\_\_\_\_

Day for canteen duty - please circle      SATURDAY      SUNDAY

Preferred time slots : 1) \_\_\_\_\_ 2) \_\_\_\_\_

Many thanks

Del Smidt and Lou Wood

# 2013 framed

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



## Inaugural Framed New England Mutual Secondary Student Visual Arts Prize

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

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

Proudly sponsored by:



### Categories

- Portraiture
- Nurture / Nature

Categories will be judged separately.

### How to enter

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

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

my school  
my dreams  
my future



ST JOHN'S

## Newsletter

Term 3 Week 4 - Wednesday 7 August 2013

### Visit from Sam Bailey

On Tuesday of last week the students of St John's were fortunate enough to be able to listen to Sam Bailey speak about his life as a quadriplegic. He shared his "life lessons" and encouraged the children to consider how lucky they are. No doubt many of the children recounted some of his talk.

### Excursion Week

For the students who were able to attend the various excursions last week, a wonderful time was had. Aside from minor illnesses everyone returned safe and sound with many stories to tell.

### Spring Fair


By now your Year Liaison parents would have contacted you about the stall/stand that your year may be involved in. Perhaps if you haven't heard, contact them. All offers of help are welcome. This is the major fundraiser for the P&F who in turn contribute to the purchase of resources – large and small – for the Junior School.

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

Mrs Helen Smith (on behalf of Mrs Dim Fenwicke)

## Dates to Remember

### Term Three - 2013

- 
- |             |  |
|-------------|--|
| 13th August | Transition Orientation Day<br>please tell your friends<br>Kindergarten Information Session<br>5pm in the Kindergarten Room |
| 16th August | PSA Athletics Carnival - held at AHS<br>Year 2/3 Assembly  |
| 23rd August | Pupil Free Day/ Staff development Day  |
| 7th Sept    | Annual Spring Fair<br>invite your family & friends   |

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>

## Assembly Awards

### Personal Best Awards

K/1: Katie Edwards, Delilah Layton  
2/3: Devar Kumaravel, Niamh Bookallil  
4: William Nicol, Daniel Jamali  
5: Eva Knox, Clancy Hedges  
6: Daisy Meehan, Chelsea Eichorn

### Book Work Awards

K/1: Clodagh Bookallil  
2/3: Calan Loudon  
4: Hayley Whitehill  
5: Elijah Layton  
6: Sunny Hedges

**Sport Participation:** Lydia Farrar, Ashley Knight, Charlotte Hoholt

**YCDI:** Clancy Hedges – resilience, William Knox – getting along

**Bronze Awards:** Sunny Hedges, Stephanie Clarkson, Chelsea Eichorn, Isabelle Perrottet, Disa Smart, Charlotte S., Alexandra Rose, Priscilla Clonan, Isabel Bookallil, Clancy Hedges, Elijah Layton, Alexander Fulloon, Daniel Jamali, Ashley Knight, Lydia Farrar.

Uralla Road, Armidale NSW 2350 Australia

**T:** +61 02 6774 8700 **F:** +61 02 6772 7057 **E:** [reception@negs.nsw.edu.au](mailto:reception@negs.nsw.edu.au)

**W:** [www.negs.nsw.edu.au](http://www.negs.nsw.edu.au) **Facebook:** NEGSarmidale **Twitter:** NEGSarmidale

## St John's Sport

### TAS Tonkas versus North Armidale Nuggets

On a beautiful Saturday morning, TAS Tonkas went down 3-0 to the Nuggets. Catherine Alcorn was our goalie for the first half and did an excellent job stopping many goal attempts. Josh Pongrass and Alex Webber covered plenty of the field. Solomon Layton and Sam Meehan had a number of attempts at goal only to be thwarted by the Nuggets excellent goalie. Campbell Aitken showed plenty of courage all game. Lachlan Costello played brilliantly and was awarded our player of the week. Well done Tonkas.

### TAS/St Johns Tonkas v DK Power

On Saturday the Tonkas played a fantastic game of football against DK Power. Solomon Layton played an outstanding game and made many attacking moves plus kicked 2 goals. Sam Meehan showed plenty of skill with both feet and played brilliantly. Josh Pongrass and Alex Webber did a great job as our goalies this week and held DK to one goal. Campbell Aitkin showed plenty of courage throughout the game. Lachlan Costello scored a brilliant goal by kicking the ball over the goalie's head. This week we were fortunate to be able to call upon the services of Beatrice Henzell from the TAS Transformers. Beatrice played a tremendous game and was awarded player of the week. TAS/St Johns won 4-1.

Matt Meehan



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my dreams  
my future*

## St John's Junior School

would like you to join us for

# Grandparents' Day

## Friday 6th September 2013

Meet your grandchild at 9:00am at the Assembly Hall,  
for commencement of a musical concert at 9:25am.



ST JOHN'S

St John's Co-Educational Junior School  
Unella Road, Armidale NSW 2350  
T +61 02 6774 8700  
E [reception@negs.nsw.edu.au](mailto:reception@negs.nsw.edu.au)  
[www.negs.nsw.edu.au](http://www.negs.nsw.edu.au)



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

## Kindergarten Information Session

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

Learn about the school's unique Early Literacy Foundations, specialist teaching and co-curricular programmes. For more information contact the Enrolments Office on 6774 8752 or email: [enrolments@negs.nsw.edu.au](mailto:enrolments@negs.nsw.edu.au)



ST JOHN'S

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

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## YEAR 5

This term we have had a busy start and in Week Two went to camp with Year 6, to Lake Ainsworth.

We all tested ourselves to see what we could achieve and Mrs Fenwicke was thrilled with how we supported each other.

It was fun going away with Year 6, Mrs Dent, Miss Latham and Mrs Fenwicke and we liked how they also did the activities.

We made rafts, did initiative activities, archery, rock wall climbing, snorkelling, rope walking, participated in night games, went on a 10km bike ride and also had a cook out.

We were exhausted by the end of the day and fell into bed at night.





**Year 3/4**

**Great Aussie Bush Camp**



NEGS and ST. JOHNS JUNIOR SCHOOL

# SPRING FAIR

SATURDAY SEPTEMBER 7<sup>th</sup>

---

*The Spring Fair is fast approaching and we need your help!  
This is THE major fund-raiser for the P & F and we need your support.  
The amazing spirit of our School Community has made our  
Spring Fair stand out in previous years and we have no doubt that  
this year will be no exception!*

Donations are needed to make this a successful Spring Fair.  
Please drop all goods to Akaroa – except cakes, & plants

**Plants** - contributions of potted plants, deliver on the day

**Books** - bring your unwanted books, comics, good quality mags, CD's, DVD's and computer games

**Tombola** - what can you fit in a jar? lollies, hair accessories, erasers, bubble blowers, matchbox cars, balloons, Glow sticks, etc

**Beautiful Baskets** - Goods for the year group to fill baskets with, eg gardening, baby, coffee, craft, beauty, gift

**Cakes, Sweets & Homemade Goodies** - bake if you can or let a bakery bake for you! Just drop them off on the morning of the Fair.

**Lob a Choc** - we are looking for donations of chocolates bars, blocks or bit size snacks

**Chocolate Wheel** - prize donations; gift cards, vouchers etc

**Wine Wheel Barrow** - a bottle of your favourite red or white

**Vintage Stall** - 2<sup>nd</sup> hand jewelry, belts, shoes, bags or clothes

# 2013 framed

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



## Inaugural Framed SerVies Primary Student Visual Arts Prize

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

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

Proudly sponsored by:



### Categories

- Portraiture
- Nurture / Nature

Categories will be judged separately.

### How to enter

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

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

## Sports News - Hockey

### WEEKEND MATCHES - NEGS GOLD

Saturday 10th August

NEGS GOLD	PLC	1.40pm	T2	Pick up turning circle 1.00pm BOARDING DRIVING
NEGS SILVER	ALBIES	12.40pm	T1	Pick up turning circle 12.00pm BOARDING DRIVING
Monday 12th August				
NEGS SILVER	ALBIES	6.10pm	T1	REMAIN AT SPORT UNE AFTER TRAINING MRS SMIDT

## Annual Friendly Hockey Matches

Each year New England Girls' School and PLC Armidale are a feature of each school's hockey season.

The NEGS vs PLC "Friendly" matches will be held as part of the HNE games on Saturday 10th August at the UNE Hockey fields behind SportUNE.

The Junior match will take place at 12.30pm and the Senior match at 1.40pm.

The Junior match is an official IGSSA game as the two schools are in the same grade.

You are cordially invited as part of the NEGS Community to come along in NEGS colours to support our girls.

For further information please call the School on 6774 8700 or email [delwyn.smidt@negs.nsw.edu.au](mailto:delwyn.smidt@negs.nsw.edu.au)

## October School Holidays

HNE Indoor Hockey will commence after the October School Holidays.

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

Divisions at this stage will be same as last season.

Guide only as skill level will be taken into consideration.

Primary 1 (yrs 5,6) Primary 2 (yrs 3,4) Primary 3 (yrs K,1,2).  
Friday afternoon.

Under 13, Under 16. Thursday Night  
Opens Mixed A and B. Thursday Night  
Womans A and B. Sunday afternoon.

### Hockey NSW U12 Development Clinic

#### WHAT

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

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

#### WHO

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

#### WHERE

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

For more information visit

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

ALL PARTICIPANTS WILL RECEIVE A HOCKEY  
NSW DRINK BOTTLE AND BAG

### CODE OF CONDUCT

As we are approaching the latter part of the season and things for many teams are "hotting up" as they vie for a berth in finals could I please remind everyone – players, parents and spectators that we do have to abide by a Code of Conduct and that violations of such are not taken lightly. All sporting associations are keeping a close eye out and we need to be mindful of this as we all enjoy our sport. I have put the code of conduct that is expected by NEGS and St Johns' parents (next page)

### IGSSA Athletics

Congratulations to the following girls who will be departing on Thursday 15th of August to compete as the NEGS team for the IGSSA Athletics.

I wish you all the best of luck and know that you will compete with NEGS spirit.

Eliza Pitt  
Ellis Mackay  
Alice Frennd  
Emily Rogers  
Caitlyn Everingham  
Olivia Eichorn  
Kate Bailey  
Tahlia Paull  
Sarah Wyatt  
Victoria Bennet  
Claudia Smith  
Charlotte Raleigh  
Isabella Watson  
Isabella Ghiggioli

### HOCKEY GAME REPORTS

#### SILVER VS. GUYRA 22nd July 2013

Despite losing to Guyra 4-1, the score definitely did not reflect Silvers game. This was one of the best games to watch with everyone finally meshing together. The girls skills were on display and there was a good amount of encouragement on the field, especially shown by Grace Brazier (Best and Fairest). She gave everything she had, whilst also supporting her fellow team members. Emily Morrice (Most improved) had an absolute blinder, she had control of the ball and was looking up before she passed away her ball which is a quality most people still haven't quite managed. Everyone played a fantastic game. Well Done girls!

#### SILVER VS. ROBB 24th July 2013

After the last time we played Robb, we were defeated a good 6-0. However, this time we were in the game and Robb college were feeling very uncomfortable with the level of skill and team work we have established since that game. Although we lost 1-0, the girls had Robb on their toes the entire game. With a stroke being awarded to Robb in the 2nd half, it was tremendously saved by our superstar of the match Simonne Sakker (Best and Fairest) in goals. This was her very first time in a goalie kit and she blew everyone away with her extraordinary will to save goals. Kate Ramsay (Most Improved) portrayed great defensive skills and kept the chat up on the field the whole game. This was a nail biting game that was great to watch. Congratulations girls!

### IGSSA Hockey and Netball Trip #2

The teams will depart on Thursday the 22nd August at 1.30pm. The girls will all be involved in games on the Friday night and again on the Saturday morning.

The game schedule is below.

#### Senior IGSSA HOCKEY

4.00pm Friday Homebush Olympic Park VS MLC 1  
5.30pm Friday Homebush Olympic Park VS ROS 1  
8.00am Saturday Homebush Olympic Park VS SAN 1  
10.00am Saturday Homebush Olympic Park VS LOK 1

#### Junior IGSSA HOCKEY

4.00pm Friday Homebush Field 2 VS RAV  
9.00am Saturday Homebush Olympic Park VS PLS 4  
11.00am Saturday Homebush Olympic Park VS PYM 8

#### Senior IGSSA NETBALL

6.00pm Friday – Anne Clarke VS ROS  
8.00am Saturday Five Dock VS MON  
10.00am Saturday Five Dock VS KAM

#### Junior IGSSA NETBALL

5.00pm Friday – Anne Clarke VS ROS  
9.00am Saturday Five Dock VS BRI  
11.00am Saturday Five Dock VS SVC

## Players Code of Conduct

- ◆ Play by the rules
- ◆ Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- ◆ Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- ◆ Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you.
- ◆ Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- ◆ Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage or another competitor.
- ◆ Cooperate with your coach, team-mates and opponents. Without them there would be no competition.
- ◆ Participate for your own enjoyment and benefit, not just to please parents and coaches.
- ◆ Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

## Parents Code of Conduct

- ◆ Remember that children participate in sport for their enjoyment, not yours.
- ◆ Encourage children to participate, do not force them.
- ◆ Focus on the child's efforts and performance rather than winning or losing.
- ◆ Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- ◆ Never ridicule or yell at a child for making a mistake or losing a competition.
- ◆ Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.
- ◆ Support all efforts to remove verbal and physical abuse from sporting activities.
- ◆ Respect officials' decision and teach children to do likewise.
- ◆ Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- ◆ Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

## Spectators Code of Conduct

- ◆ Remember that young people participate in sport for their enjoyment and benefit, not yours
- ◆ Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the game's outcome.
- ◆ Respect the decisions of officials and teach young people to do the same.
- ◆ Never ridicule or scold a young player for making a mistake. Positive comments are motivational.
- ◆ Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.
- ◆ Show respect for your team's opponents. Without them there would be no game.
- ◆ Encourage players to follow the rules and officials' decisions.
- ◆ Do not use foul language, sledge or harass players, coaches or officials.
- ◆ Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

### ROUND 12

**DATE: Saturday, 10th August 2013**

TEAM	TIME	COURT	OPPONENT	
NEGS 1 (Div 1)	TUESDAY 20/8/2013	6.00pm	NEGS MPC	IMPIES RED (DEFERRED -20/8)
NEGS 2 (Div 5)	2.40PM	1	MUSCLE TRIBE	
NEGS Navy (Div 3)	1.20PM	B	PLC 2	
NEGS Red (Div 6)	12.00PM	6	DUVALETTES	
NEGS White (Div 7)	12.00PM	7	BLUE JAYS	
St Johns Sparrows	1.20PM	5	EMERALDS	

### NETBALL UMPIRING DUTY

#### ROUND 12

**DATE: Saturday 10th August 2013**

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

COURT	NAMES	TIME
4 NEGS NAVY	Caitlin Bonnici and Brigitte Sutton (Division Four)	2.40pm

Wildcats vs Uralla Pumas

### NETBALL DRAW 2013

**ROUND 13 - DATE: Saturday, 17th August 2013**

TEAM	TIME	COURT	OPPONENT
NEGS 1 (Div 1)	2.40pm	A	RAVENS
NEGS 2 (Div 5)	2.40pm	1	MIGHTY DUCKS
NEGS Navy (Div 3)	12.00pm	B	GREEN MACHINE
NEGS Red (Div 6)	1.20PM	6	PLC 6
NEGS White (Div 7)	1.20PM	7	CHICK FLICKS
St Johns Sparrows	BYE		

### ROUND 13 - NETBALL UMPIRING DUTY

**DATE: Saturday 17th August, 2013**

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

COURT	NAMES	TIME
1 NEGS	1 Ashlee Doak and Meg Fairbairn (Division Five) Cookie Monsters vs PLC 3	1.20pm
1 NEGS NAVY	Laura Claridge and Thelma Dauvunau (Division Five) NEGS 2 vs The Mighty Ducks	2.40pm
DESK DUTY	NEGS WHITE Anna Campbell and Sophie Close	12.00pm

### Round 10 results - ADNA Netball competition

#### NEGS1 v Impies Blue

NEGS1 recorded another thrilling one point win, something they are making a habit of doing, beating Impies Blue 30-29. Harriet Raleigh was voted Best and Fairest.

#### NEGS2 v BYE

#### NEGS Navy v Curly Wurlies

NEGS Navy played a fantastic match against the Curly Wurlies. After a very even and low scoring first quarter, the girls put on a massive 17 goals in the second quarter to take a commanding lead at half time. This strong play was carried into the third quarter, where some fantastic defensive pressure from all players ensured lots of intercepts for our girls. Despite a strong finish from the Curly Wurlies, NEGS held on to record a solid win, 42-27. Bridget Sutton was outstanding in the goal circle!!

#### NEGS Red v Uralla

NEGS Red played Uralla last weekend and the girls played extremely well. The other team was down a player, yet they still gave our girls a run for their money. We ended up losing the game but I was very happy with how the girls played.

### Round 11 results - ADNA Netball competition

#### NEGS1 v Impies Blue

NEGS1 took on Impies Blue for the second week in a row. Unfortunately the girls couldn't repeat last weekend's one point win. With key players missing, the girls did well and rose to the challenge of playing in unfamiliar positions. Most notably, Harriet Raleigh, who switched from defense to attack and played GA, and Molly McNeil, who played in defense. Alice Frend had her first Player of the Match award, with her solid performance at WA. The girls lost 40 - 24 but played with plenty of spirit. They are looking forward to their matches against PLC on Wednesday afternoon.

#### NEGS2 v PLC 5

NEGS 2 played an excellent game on Saturday. The game was friendly and pleasant to watch. There were lots of supporters who cheered the girls on. There has been a lot of improvement over the netball season. I would like to especially mention Isabella Gullifer-Laurie who has shown great improvement and perseverance. Hannah Parker and Stella Quast both played very well in defense. Kristy Ostenfeld's shooting was accurate as usual and Morgan Fahey played superbly as centre. It was lovely to have Allison Korn play on the team again and we are all glad that her injury is well and truly on the mend. The team would like to thank our little friend, Anna Campbell, from Year 7 who played for the team. You were a super star and we appreciated your help. Despite losing against PLC it was a great game to watch and I am very proud of the girls!

#### NEGS Navy v O'Connor

NEGS Navy played another tough match against O'Connor on the weekend. Charlotte Raleigh was impressive in Goal Attack and Thelma Dauvunau made some excellent breaks in the centre court. The score seesawed for the duration of the match until the final buzzer where NEGS were defeated 32 vs 34. An excellent game, which could have gone either way. Congratulations NEGS Navy.

#### NEGS Red v O'Connor

Last weekend, the girls played again O'Connor - again. They played well. We were down one of our main shooters but the other shooters (Katrina Bean and Victoria Bennet) stepped up and played brilliantly in the goal circle with Amelia Arthur. The rest of the team played really well especially in centre court. The girls' passes have improved and so has their skill of reading the game.

### NEGS vs PLC

The Junior and Senior IGSSA Netball teams will be playing their annual matches against PLC next week. These matches will be part of the official IGSSA Netball competition, which the girls have been training towards all year. ALL boarders will be attending and day girls are encouraged to support this school event.

Where: Lynches Road Netball Courts

When: 4.00pm, Wednesday 7th August

Dress: Spectators: Excursion Uniform and NEGS colours

Players: IGSSA Uniform

We would love to see as many staff, parents and students at these games as possible.

Please let me know if you have any queries

Kind regards

Miss Thompson





## **15's Netball Development Squad**

The Northern Inland Academy of Sport would like to invite talented netballers who are turning 15 in 2013 that live in the Northern Inland region to attend upcoming trials for the for the 15's development squad. The selected squad will travel to Sydney and take part in a Netball NSW Development camp.

The development camp is run by Netball NSW at the Anne Clark Centre in Lidcombe with other athletes from all over the State. Athletes successful in making the squad will have access to high level state coaches who will manage the mixed teams as they play a round robin competition over the weekend. The feedback from athletes who attended last year was very positive.

### **Key Dates**

Trial Date– Sunday 11th August Tamworth Sports Dome, be there 9:30am Sharp. The trials will run approximately through to 1:30pm, pending numbers.

Training Date– Sunday 1st September, 9:30am– 1:30pm Glen Innes High School, Oxford Street, Glen Innes.

Netball NSW Development Camp– Saturday 5 and Sunday 6 October. Athletes will be required to be in Sydney on the Friday night. More info TBA.

### **Selection Process/Criteria**

- Up to 12 athletes will be offered a place in the squad.
- The squad will not play as a team, therefore selectors may choose several athletes in similar positions based on the trial.
- Athletes may be selected based on prior talent identification.
- Existing NIAS Netball Athletes who are 15 will need to trial. All athletes will need to earn their spot in the squad.
- Athletes will be selected by a panel made up of NIAS coaching staff and an identified independent Netball NSW selector.
- Selections will be based on a series of skills, drills and match play. Selection will also be based on and attitude and commitment to Netball.
- Athletes will need to nominate 2 positions when they complete the application. Eg (C and WA)
- All athletes that attend trials will be notified via email whether they have been successful or not in gaining a position in the squad.
- Selected athletes will need to pay a fee of approximately \$180 (Excluding existing NIAS athletes).

### **Applications**

To apply for a position in the NIAS 15's Development squad you will need to complete the attached application and return to the NIAS office by the Friday 2nd August 2013. This information will be sent to your local association and schools within the region. Application forms can also be found on the website. [www.nias.org.au](http://www.nias.org.au)

**For further information please call the NIAS office and speak with Pip Benham on 67662526 or email [pip.benham@nias.org.au](mailto:pip.benham@nias.org.au)**

## MEMO

<b>ISSUE DATE:</b>	<b>Friday 28<sup>th</sup> June 2013</b>
<b>FROM:</b>	<b>Kristina Genovese, Hockey NSW Events Manager</b>
<b>TO:</b>	<b>Hockey NSW Association Presidents &amp; Secretaries</b>
<b>SUBJECT:</b>	<b>2013-14 Indoor State Championship Dates and Venues &amp; Hockey Australia National Indoor Championships Dates</b>

In 2012, Hockey NSW again experienced a significant increase in the number of teams participating in the 2012-13 Indoor State Championships. Due to this increase the Championships Advisory Panel and Hockey NSW have had to consider a new structure for the junior age groups as well as source venues that can cope with the increased demand for indoor hockey and want to continue to support our sport.

To address these problems and to determine the future direction of the sport, there were two surveys sent to all affiliated Hockey Associations and their members to gain feedback. With one survey aimed at all State Championships held in 2012 and the other in reference to the Masters Indoor State Championships. With 170 responses there was a strong preference to continue holding U13 (58.8%), U15 (28.6 %) Indoor State Championships, on the same weekend in the same town and venue; with both genders participating at the one time. To accommodate this request from our members we have extended the events to a 4 day event to manage this growth now and in the future. In this we will be utilising 3 courts instead 4 at some venues to cater for spectators and the wellbeing of the players.

In reference to the Masters Indoor State Championships survey (45 responses); many participants skipped questions relating preferences of the format. As a result Hockey NSW has decided to split the Men's & Women's Masters Indoor State Championships due to the rapid growth in teams last season.

The age groups that will be affected are the U15 Boys & Girls and U13 Boys & Girls Indoor State Championships. The structure will follow the structure outlined below;

- Friday, Saturday, Sunday (Morning) - Boys
- Saturday (Afternoon), Sunday, Monday - Girls

This will be a rotating roster year to year to ensure fairness.

The U18 Boys & U18 Girls Indoor State Championships have had an age alteration to be in line with the Hockey Australia National Championships. All players who are born in 1995 or younger are eligible for the 2013 U18 Men and Women Indoor State Championships that will go away in January 2014.

After discussions with various Indoor Sports Venues across NSW, Hockey NSW is happy to announce the use of new Indoor Venues. Please see below the dates and venues for the 2012-13 Indoor State Championship season.

Hockey New England Blue Lions



Indoor Hockey

## 2013 INDOOR HOCKEY REPRESENTATIVE TEAM SELECTIONS

SELECTIONS WILL BE HELD AT THE DEN ON:  
THURSDAY 8<sup>TH</sup> AND THURSDAY 15<sup>TH</sup> AUGUST 2013 FOR:

U15 BOYS  
U18 BOYS

U15 GIRLS  
U18 GIRLS

THURSDAY 22<sup>ND</sup> AND THURSDAY 29<sup>TH</sup> AUGUST 2013 FOR:

U13 BOYS

U13 GIRLS

**SELECTIONS WILL START AT 5PM SO PLEASE ARRIVE EARLY AND BE READY TO START ON TIME**  
**COST PER PLAYER: \$3**

### CHAMPIONSHIP INFORMATION:

EVENT	DATE	VENUE	LOCATION
U18 BOYS *	11-13 Oct 2013	Unanderra (Illawarra)	Illawarra Credit Union Hockey Stadium Waples Road, Unanderra 2526
U18 GIRLS *	18-20 Oct 2013	Unanderra (Illawarra)	Illawarra Credit Union Hockey Stadium Waples Road, Unanderra 2526
U15 BOYS & U15 GIRLS **	8-11 Nov 2013	Maitland	Maitland Federation Centre 10 Bent Street, Maitland 2320
U13 BOYS & U13 GIRL **	15-18 Nov 2013	Penrith (Nepean)	Penrith Valley Regional Sports Complex Herbert Street, Werrington County 2747

\*Friday matches may be required

\*\*4 day State Championship - (Boys start and finish 1 day earlier than the Girls)

Apologies to: Paul Eichorn : [peichorn@bigpond.com](mailto:peichorn@bigpond.com) 0427 668 915  
Michelle Constance: [conkie1@bigpond.com](mailto:conkie1@bigpond.com) 0435 102 929

Please note: Apologies do not guarantee selection in a Team; players must attend at least one selection session.

## Hockey New England Blue Lions

### Indoor Hockey



#### PLAYERS CONTRACT FOR MEMBERSHIP IN A HOCKEY NEW ENGLAND INDOOR REPRESENTATIVE TEAM

1. I agree that this agreement shall commence on the date that Hockey New England (HNE) selects me in an Indoor Hockey Representative team and shall remain in force until my official release from the team.  
In this agreement, "official release" from the Team takes place when either:
  - a) A member of the Team's resignation in writing is received by the Team Manager.
  - b) A member of the Team is dismissed from the Team in accordance with this agreement and notified of such dismissal.
2.
  - a) I agree to be bound by and comply with the Rules of HNE.
  - b) I undertake to comply with each and all of the directions given by HNE to the team as a whole or myself individually, provided that such directions shall at times be reasonable and shall not conflict with any personal, religious, ethical or professional standard.
3. I undertake and agree:
  - a) To achieve a level of fitness as required by the coach.
  - b) To attend all training sessions as reasonably required by the coach.
  - c) During Competition dates to remain under the control, management and direction of the Manager of the Team.
  - d) To conduct myself in a proper manner to the absolute satisfaction of the Manager, and if there is a breach of discipline including failure to comply with the Player Contract and Code of Conduct, I may be excluded from participating as a team member during the competition.
  - e) To disclose forthwith to the Manager any illness and/or injury that may prejudice my proper participation in the competition.
  - f) To live in the accommodation determined by the Association for the specified period.
  - g) To neither take nor use prohibited drugs, alcohol or stimulants, nor participate in other practices prohibited by the Team Manager as the delegate of HNE.
  - h) To at all training, practice and competition matches wear shin pads and mouthguards.
4. I acknowledge that if I am responsible for damage to any accommodation or transportation property, then I am liable for payment of such costs.
5. I agree that in the event of any breach of this Agreement or of discipline or misbehaviour on my part, I am liable to any one or more of the following penalties being imposed by the Manager or the Association:
  - a) To have my membership, of the Team, terminated forthwith;
  - b) To be sent home forthwith;
  - c) To be excluded from the competition.
6. In signing this agreement I agree to pay a \$50.00 deposit to accept my appointment in the Team.

DATE: \_\_\_\_\_ PLAYER: \_\_\_\_\_

PARENT/GUARDIAN: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_



## PLAYER CODE OF BEHAVIOUR

### HOCKEY NEW ENGLAND INDOOR REPRESENTATIVE TEAMS

**I will:**

- Compete by the competition rules and conditions
- Not argue with umpires', judges' or referees' decisions
- Work equally hard for my team and myself
- Be a good sport, encouraging and supporting my teammates
- Respect opponents and their skills and be friendly toward all participants
- Co-operate with my coach, manager and teammates
- Be responsible, aware I am representing my family, my club, my hometown and my Association
- Abstain from the use of tobacco and the consumption of alcoholic beverages when playing

I am also aware that serious breaches of this Code of Behaviour will result in being prohibited from further participation in the Championship. Costs caused, for example, by damage to other people's property, will be my responsibility.

DATE: \_\_\_\_\_ PLAYER: \_\_\_\_\_

PARENT/GUARDIAN: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

# NEGS EC NEWS

NEW ENGLAND GIRLS SCHOOL EQUESTRIAN NEWS

## Staff Spotlight

This month the spotlight falls on the lovely Annyka Overton instructor, gymnast and mother.

### ALL ABOUT ANNYKA

Our resident Kiwi with a passion for jumping, eventing and gymnastics is also helping us to think outside the box with our horses.

Annyka is an NCAS EA Level 1 coach who is currently working towards achieving Level 2 accreditation and will be an EA Skill Specific Trainer & Assessor in just a few short weeks.

Born in NZ, Annyka moved to Australia in 1998 after completing her National Certificate in Equine Coaching and Sport Horse preparation at Kyrewood Equestrian Centre and to continue what had been a successful hacking, eventing and show jumping career.

Upon moving to Australia Annyka studied to become a Personal Trainer and Aerobics Instructor.



This helped Annyka broaden her knowledge of rider fitness, core strength and endurance, at the same time working and Training with Grand Prix Dressage rider Tony Uytendaal.

Annyka then moved on to become the competition rider for prominent Jumping horse stud Wondaree and in that time had many successes including 5yr old Jumping Horse of the Year and in 2001 was 4<sup>th</sup> in the Vic event rider rankings. Soon after Annyka met her husband Tony and worked in Queensland and the NT educating weaner cattle and starting young horses.

This is were Annyka became involved with the Parelli Natural Horsemanship program, Annyka is now at Level 3 education.

Annyka also spends much of her time in the Gymnasium and is a Women's Gymnastics Judge and is in the process of becoming a Level 1 Vaulting Coach. Annyka enjoys competing her home bred Sport horses and when not at NEGS spending time with her 3 children.



Type to enter text



**COMBINING GYMNASTICS AND HORSES:** Please don't try this at home! Annyka practicing her bar routine at home. Isn't that a horse Annyka????



**COMPETITIVE SUCCESS:** Annyka Competing at????



**MOTHER:** Meet the Overton's Oliver, Charlotte and Lachlan

## NEGS Pony Club Show Jumping and Cross Country Clinic

On Saturday 3 and Sunday 4 August NEGS Pony Club held their Tara Sheridan Clinic. We had a lot of interest, with the Cross Country sessions being fully booked in a matter of days.

On Saturday 23 riders were taken through show jumping techniques, with the under 60cm group kicking off the morning. As the day progressed the sessions catered more for the experienced horse/rider combinations. Sunday saw 18 riders take advantage of the clinic, and they all enjoy their time on the Cross Country course. Thank you to the NEGS EC for allowing us to utilise the water jump which is currently closed in preparation for the Spring ODE. All in attendance said the water jump was the highlight... and luckily no one fell in!

Thank you to Valerieanne for catering both days, and to Tara for her wonderful instruction. We had great feedback once again, and look forward to seeing some of those who attended hopefully put what they learnt to the test at the Omega Feeds NEGS CNC\* ODE in September.

### Congratulations to:

Breana and Sophia Carlon who both did very well at the 2013 PCANSW State Show Jumping Championships in Bathurst. Sophia was named the Open Under 13 Years Reserve Champion.

### Upcoming Pony Club Events

#### NEGS Pony Club Rally Day

Sunday 11 August – Non-members must register their intention to attend no later than Wednesday 7 August.

#### Quirindi Pony Club

Saturday 17 August – Blanch Trophy Day

Sunday 18 August – ODE

### NEGS Pony Club Information

For more information about NEGS Pony Club, or to join, please contact Megan Scrivener on 6777 7438, 0428 867 076, or email [meganscrivener@bigpond.com](mailto:meganscrivener@bigpond.com).



Adelaide Scott



Belle Perrottet



Jaimie McElroy



Rebecca Marquardt



Anna Moxham-Jarvis



Logan Brown and 'Mack'



Sarah Hamparsum



Sophia and Breana Carlon with their ribbons at PCANSW State Show Jumping