

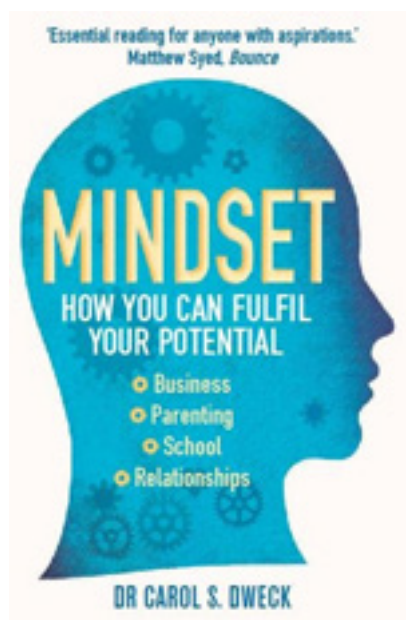


Newsletter

Term 4, Week 6 - Wednesday 13th November 2013

A growth mindset or a fixed mindset?

How do we measure how successful we are, in our schoolwork and profession, in relationships with other people, in life? How do we respond to our own strengths and shortcomings, and to those of others, and what does this mean for how we look at ourselves, our self-esteem, and our ability to grow and develop?



Some pretty heavy questions!! In a book written last year, Carol Dweck has studied the ways humans respond to these questions for a number of years.

Her proposal is simple. Some people, she says, have what she calls a “fixed mindset”. They see themselves (and others) as essentially unchangeable: what they are good at, they are good at, and what they aren’t good at, they avoid. This has advantages of course. If everyone we know stays the same, it’s easy to deal with these people, to navigate our social world. But the downside of a fixed mindset is that it makes it almost impossible for people to change. After all, if what you are good at is set in stone, there’s no point in making an effort to improve. And, for fixed-mindset people, setbacks are catastrophic: if who you are is inextricably linked with what you are good at, the fear of failure attacks the core of who you are, your identity. As an alternative, Dweck proposes adopting a “growth mindset”, a way of thinking that allows almost total fluidity. This is a point of view that essentially loves learning, that sees complex challenges as opportunities in their own right and setbacks as chances to improve. People with the growth mindset welcome the opportunity to try out new things, even if their experiments don’t go well. They see themselves and others as changeable (in Dweck’s world, for the better), and, like the tortoise in the fable of the tortoise and the hare, they often overtake those whose initial “natural” talents seem to have put them ahead in the race. In fact, for Dweck, the growth mindset offers almost limitless possibilities: “Just because some people can do something with little or no training, it doesn’t mean that others can’t do it (and sometimes do it even better) with training.”

It is similar to the ‘nature’ (what you were born with) vs ‘nurture’ (what you develop and learn) debate.

Few people would argue with this central thesis: that being able to change is better than locking yourself into a fixed identity, but many of us stay in the fixed mindset anyway. Take the situation when intelligent men and women shut themselves off from change and will not listen to anyone, people like John McEnroe (“you cannot be serious”, questioning an umpire’s decision in tennis), a world of tantrums, corporate disasters and demotivated students. By contrast, the growth-mindset examples – students who have been expelled from school and then go on to excel, successful sports people initially written off as hopeless, people in difficult relationships who triumph in the end.

Students with a growth mindset who do badly in a test are more likely to do everything they can to improve, form study groups, speak to the teacher or study more, whereas a fixed mindset student might be crushed and give up.

Dates to Remember



2013 - Term Four

9 Weeks

Monday 18 November	Year 10 Camp
Thursday 28 November	St John’s Celebration of Learning
Tuesday 3 December	Carol Service at 5.00pm. Followed by ‘NEGS Drama Evening - 7.30pm
Wednesday 4 December	NEGS Secondary School’s Speech Day

NEGS Calendar Link

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

So into which category do we all fall? Or is this too simplistic? I believe that all of us are sometimes in a fixed mindset and sometimes in a growth mindset, but generally we have a sense of one side or the other and never the two will meet. However, it all starts with our thinking – are we willing to change our thinking in order to grow or do we need to have a fixed mindset to accomplish a task without distraction? It all depends on the circumstances – and the willingness to consider the consequences of any decision. What is the take away from all this? This is a strong call to action to those of us, of whatever age, who feel ourselves getting stuck in our ways. The world is exciting and full of new adventures and Dweck wants us to go out there and grab them by the horns. But it is all about balance – like most things, to fulfill our potential, it is about developing good thoughts, putting these thoughts into action, being happy with those decisions and actions, so that they become habits to realize our potential and dreams.

Mr Clive Logan, Principal



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**

NEGS Drama Night

Festival of Carols and Readings is followed by NEGS Drama Evening in the Assembly Hall at 7.30pm. Families are welcome to join us for a sausage sizzle prior to the NEGS Drama Evening.

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.....



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

Farewell and Best wishes to Year 12 2013

The last HSC exams were Geography and Visual Arts, held on Wednesday 6th November. All of our students are now working at home for their parents, casual jobs in town or preparing for next year! It is wonderful to see them looking relaxed and full of anticipation for their futures. All of the staff at NEGS congratulate them on their completion of their schooling and pray for their fulfilling endeavours.

A new FREE e-magazine called LeavingSchool.com.au has just been launched for students, parents and teachers. The first issue contains articles on financial literacy and resume tips for school leavers. There are articles by guest contributors, Channel 7 Newsreader, Rebecca Maddern; Kirsty Spraggon from KirstyTV.com and Harry James Angus, the lead singer of popular band The Cat Empire. To view the magazine go to www.leaving-school.com.au.

Generosity Galore at NEGS

NEGS students demonstrated their generosity at the Round Square "Walking in their Shoes day." The girls were able to select gifts from a table laden with items to fill the shoe boxes for the Operation Christmas Child Shoebox Appeal. The ParentingIdeas article for this newsletter follows this theme of teaching our students to be generous.

Mindfulness - an App to try!

Mindfulness is the practise of purposely focusing our attention on the present moment - and accepting it without judgement. Mindfulness is now being examined scientifically and has been found to be a key element of happiness.

The Smiling Mind App is a FREE tool for increasing your mindfulness. It has been endorsed by Dr Michael Carr-Gregg. "From a clinical point of view Smiling Mind is one of the most common apps that I regularly use professionally with adolescent clients suffering from both mood and affective disorders. It is beautifully designed, easy to use and gets the thumbs up from my young clients. I would unhesitatingly recommend Smiling Mind to all workers with young people in health, education and welfare."

Dr Michael Carr-Gregg works as a nationally registered child and adolescent psychologist working in private practice in Melbourne. Best known for establishing CanTeen – the support group for Teenagers with Cancer, he has been an academic, researcher and public policy activist. He is a Board member of the Young & Well CRC, the Alannah and Madeline Foundation and is an Ambassador for Mindmatters, Big Brother Big Sister and Playgroup Victoria and youthbeyondblue. He has a high media profile working for Fairfax Radio, Channel 7 and Pacific Publications. He is the author of 9 books and is working on his 10th.

"Smiling Mind is modern meditation for young people. It's a simple tool that gives a sense of calm, clarity and contentment."

Smiling Mind is a unique web and App-based program developed by a team of psychologists with expertise in youth and adolescent therapy, Mindfulness Meditation and web-based wellness programs. Smiling Mind is a free tool that will assist in improving the lives of young Australians, and is available online or as a smartphone App.

In recent years, Mindfulness Meditation has surged in popularity for use in the treatment of stress, resilience, anxiety, depression and other physical and mental illnesses. Highly regarded institutions such as UCLA, Harvard, Oxford, Monash and Melbourne Universities have developed clinical studies into the positive impacts of Mindfulness Meditation.

Smiling Mind's mission is to provide accessible, life long tools based in mindfulness meditation. Creating happier, healthier and more compassionate young people."

See more at:

<http://smilingmind.com.au/#sthash.os4AkLVG.dpuf>

Angela Sole, Coordinator of Wellbeing @NEGS



INSIGHTS

by Michael Grose - Australia's No 1 parenting educator

Keep the spirit of generosity alive

Developing a sense of sharing in kids is really important for their future relationships as well as the well-being of our communities.

If there was one positive to come out of the terrible Victorian bushfires it was the astounding response of ordinary Australians to the plight of the bushfire victims. It seemed everyone wanted to do something to ease their burden.

Helping out wasn't just left up to adults. Kids of all ages did their bit. It seems there wasn't a school that didn't have a sausage sizzle, free dress day or fund-raiser of some type. Kids everywhere passed on used toys, donated their pocket money, or volunteered to help in any way they could.

I heard the story of a nine year old whose mum went into his bedroom to growl at him for being up too late. She found him busy emptying his money box into little plastic bags, ready to donate at the school bushfire appeal next day. This mother was pretty chuffed as she knew the money box represented over 6 months pocket money, including Christmas contributions. She then helped him look through his drawers for any coins that he may have missed. There are plenty of stories like this showing the generosity of Australian kids.

The trick now is to keep alive this spirit of generosity that has been triggered by this tragedy. With families shrinking, kids get fewer opportunities to help others than before. They are less likely to help out at home without being paid.

And of course, young children are egocentric by nature so giving is not exactly a high priority for them. But part of a parent's job is to remind children that the world doesn't revolve around them.

In the eagerness to get kids off to a good start in life, a spirit of generosity is one quality that parents can easily overlook. Developing independence and personal competencies tend to be higher on most parents' wish lists for their kids.

But developing a sense of sharing in kids is really important for their future relationships as well as the well-being of our communities. Children who are able to share their time, space and possessions generally have more friends and experience more success than those who are self-centred and mean-spirited.

Like most facets of child-rearing developing a community ethos in kids' can be a frustrating task but perseverance and modeling are parents' greatest allies when it comes to things that really matter.



Here are four practical ways to keep the spirit of generosity alive in your kids:

1. Encourage them to give toys, books and clothes away when they have finished with them.
2. Expect them to do at least one job at home each day that's not tied to pocket-money.
3. Ask them to put away a small amount of pocket-money each week for charity or to help others.
4. Encourage them to visit, or even help, an elderly or sick neighbor, if safe to do so.

**Published by Michael Grose Presentations.
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**For more ideas, support and advice
for all your parenting challenges
visit: www.parentingideas.com.au**



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Prefect's News



On Wednesday the 30th of October, the Prefects and Mrs Despi joined students from across the state in Tamworth for a one day Leadership Conference. All Prefects learnt very valuable leadership skills such as how to make fundraisers fun, being a good school captain and creating house spirit and unity at school. Overall, it was a great day where we learnt what it would take to be good school representatives and leaders, and provided us with many practical skills and ideas to be implemented throughout the school. A big thank you goes to Mrs Despi and Mr Logan, who allowed us to attend this program. We look forward to seeing all our new ideas and skills being put into action throughout 2013/2014.

Lucy Moffat, Boarder's Prefect

NEGS Livestock Team Notice

We are currently looking for suitable steers to prepare for the 2014 Sydney Royal Easter Show.

If you might be able to help our team in any way please contact

Mark Fisher (Agriculture Teacher)

mark.fisher@negs.nsw.edu.au

pH: 0408 952 644



Good News & Achievements:

Great news, Clare and Sarah Askey have made it into NIAS hockey for the 2013-2014 program!
Congratulations girls.



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.

Laptop Charging

A growing problem with student laptops has been the management of the accompanying chargers.

Students arriving in class with little to no charge in their laptop batteries, then seeking scarce power points, trailing cables across class rooms, or worse, having their charger "borrowed" or broken in the course of the day, compromises laptop use as a learning tool.

In the boarding house, power points being competed for to charge laptops and 'phones or chargers again at risk of being borrowed or the attached laptop being exposed to damage by stepping on or dragging off a desk by the trailing cable is unsatisfactory for valuable equipment

In the case of junior boarders, laptops (and 'phones) handed in after Prep sat in the house mother's office overnight not being charged.

The loss of a charger is annoying as it must be replaced by a genuine \$90 item to fulfill the lease contract. In some cases a student hit with this cost is the victim of being last in a sequence of "borrowing", lending or mislaid devices.

The IT Help Desk certainly noticed these trends by the number of students asking for loan chargers, bringing in faulty and damaged ones and the mutterings of teachers unable to conduct classes because laptops were low on power.

Now, thanks to the acquisition of two 32 bay laptop trolleys, equipped with power management protection systems, all Kirkwood House laptops are charged overnight and leave the House each morning at 100%.

By locking the chargers down during the school week, the risk of loss is reduced, there's one less item to carry and class rooms aren't criss crossed with trailing leads. Over the weekend chargers are checked out and in and there are even spare outlets for phone chargers.

The cabinets are available for charge top ups while students are engaged in after school activity, should a boost be required before Prep. Additionally, eight chargers will soon be permanently installed in the Library at a central "hot desk" for top ups during the day and during Prep.

As with the introduction of any new system, some students have found the change imposed on their usage habits challenging. The main issue has apparently been laptops running out of battery before the end of the school day or Prep.

A MacBook Pro should make it through the school day providing it's used sensibly. Having a DVD in the drive (whether it's being watched or not), having the screen at 100% brightness, keyboard backlighting up during the day and other recreational activity reduces battery endurance.

Students having persistent issues have been advised to take their laptops to the IT Help Desk to have their power management settings checked.

Meanwhile, the feedback from teachers has been positive - they appreciate having fully charged laptops in class and no cables to fall over while moving about the room.

Day girls are encouraged to follow the same practice, ensure their laptops are fully charged overnight and leave their chargers at home.

*Mr David Rose
IT Manager*



**CAMP SEW & SO
COMING
2014**

FABRIC FAIR
6772 7745
Cnr. Beardy & Jessie St. Armidale
email fabricfair@bjgpcnd.com
web www.fabricfairarmidale.com

my school
my dreams
my future



ST JOHN'S

Newsletter

Term 4 , Week 6 - Wednesday 13th November 2013

Salvation Army gift - As we lead up to Christmas, the staff at St John's have decided that in the spirit of Christmas, families may like to donate gifts to children less fortunate in our community.

It is our hope that each family could select an appropriate gift, gift wrap it and deliver to St John's (via Mrs Helen Smith) no later than Tuesday 27th November 2013. Each gift is to be labelled "Boy" or "Girl" and the appropriate age group. The value of each gift is to be left to each family's discretion.

Santa will be making a special detour to the school to collect the gifts and will be delivering them to the Salvation Army.

Invitation - We would like to invite you to attend our final event of the year – the "Celebration of Learning". This event is to be held on Thursday, 28th November at 6pm in the NEGS Assembly Hall. This is a wonderful time to share in the achievements of all the children from Transition to Year 6.

Children will need to be seated by 5.45pm. They are to be dressed in full school uniform, excluding hats/caps. All children will be dressed in sport uniform on Thursday allowing for uniforms to be prepared for the "Celebration of Learning".

Please note there will be no sport/training held on the 28th November.

Swim and Survive

It's that time of the year again and students K-6 are participating in our annual Swim and Survive program. These sessions are running every afternoon over the next two weeks enabling students to learn about life saving skills and when to use them if faced with a situation in the water. Please make sure your child brings the required items to school each day as well as adequate warm clothing.

2013 Final Assembly next Friday, 22nd November

Next Friday will be our last assembly for the year. Year 6 will be hosting the occasion and we would love to see as many parents there as possible.

Assembly Awards

Congratulations to the following children who received awards in the Week 5 Assembly:

Personal Best Awards

K/1 – Charlie McCulloch, William Tout
2/3 – Charlotte Claridge, Solomon Layton
4 – Daniel Jamali, Timothy Lindeman
5 – Clancy Hedges, Alexandra Rose
6 – Alice Walker, Stephanie Clarkson

Book Work Awards

K/1 – Siena Hays
2/3 – Ashley Knight
4 – Isabella Gooch
5 – Katie Hancock
6 – Disa Smart

Bronze Awards – Nicholas Thomas, Andrew Knight, William Tout

Silver Award – Elijah Layton, Priscilla Clonan, Solomon Layton, Delilah Layton, Katherine Edwards, Anna Jarvis, Sophia Gibby-Loughrey, Sophia Carlon, Alice Walker, Megan Galbraith, Hayley Whitehill, Isabella Johnson, Nichola Clarkson, Charlie Aitken, Amber Leitner, Daniel Jamali

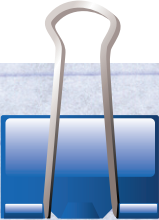
Sport 'Team Spirit' Awards – Eloise Gooch, Hollie O'Halloran, Charlie Aitken

YCDI – Annika McCulloch, Isabella Johnson

Mrs Helen Smith (on behalf of Mrs Dim Fenwicke)

Dates to Remember

Term Four - 2013



Monday 11th November	Swim and Survive commences (runs for two weeks)
Friday 22nd November	Assembly run by Yar 6 @ 11.30am (please note change of time)
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.

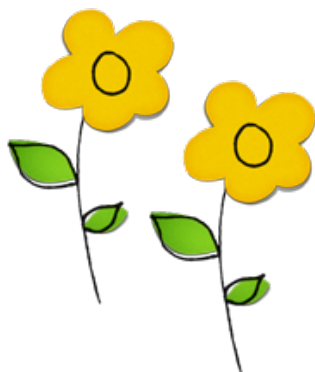
NEGS Calendar Link

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

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

St John's Live Life Well at School Vegetable Garden



Just in time for spring.

In January, Mrs Naomi Bassett was successful in obtaining a grant of \$2,000 to establish a kitchen garden within the grounds of the Junior School. The generous grant from the Live Life Well @ School (LLWatS) is a joint initiative between the NSW Department of Education and Communities and NSW Ministry of Health that aims to get more students, more active, more often, as well as improving students' eating habits.

Thanks to our wonderful maintenance men Shane and Trevor, the students now have a beautifully designed garden in which they have planted vegetables, herbs, fruit trees and flowers.

Because the students are now responsible for their own veggie gardens it would be wonderful if we had supply of gardening gloves for students to use for weeding and planting. Any donations would be greatly appreciated.

Scholastic Book Club News

Dear Families,

You would have received the last catalogues for the year by now. These orders are due back on 21st November to ensure delivery before the end of term. Please notify me if you prefer alternate collection arrangements for this last order before Christmas, otherwise orders will be sent home with your child via Junior School as normal.

I would like to thank you for your support of Book Club this year. Your orders have earned St John's just over \$400 in rewards! Some of this has already been spent and will continue to be put towards valuable resources for the classrooms. Next year, to save paper and simplify the catalogue collating process, Book Club will be sent home with the eldest child in the family only and will include brochures covering all age groups.



(Feel free to let me know if your eldest is not necessarily the most reliable!) Of course extras will be provided on request. Keep an eye out for details on the Holiday Reading Challenge in the next newsletter....

Wishing you a wonderful festive season, peaceful and safe holidays with your family. Happy Reading!

*Yours in books,
Amy Layton
Scholastic Book Club Coordinator
SMS 0429 029 162 or email amy.layton4@bigpond.com*

Orienteering, 2013

On Friday, 1st November, Years 3 to 6 set out to Sunnyside TSR to compete in the annual PSSA Orienteering Competition. It was a fine, hot day, much to Mrs Ward's dismay as she was convinced she might see a snake. I was quite sure that the children would make enough noise to frighten anything like that away!

The children were put into teams of mixed ages and given some instructions by members of the Northern Tablelands Orienteering Club. Off they went with their maps, up hill and down hill trying to find the checkpoints as quickly as they could. They competed positively and were great ambassadors for St John's. We are still awaiting official results from the NTOC (Northern Tablelands Orienteering Club) and will share these as soon as they are available.

Mrs L Wood



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.

Far Out Science 2013!

On Friday 8th November, seven students with an identified passion for Science from Years 5 and 6 attended Far Out Science, a program of free science activities run by the University of New England. This event is usually run for Years 7-9 students but thanks to an 'Inspiring Australia - Unlocking Australia's Potential' grant, the university was able to offer a day specifically for Stage 3 students.

Upon arrival, the students were treated to a morning tea of juice, muesli bars and Freddos, thanks to the sponsorship of Poultry CRC, and all received a drink bottle. They also completed a quiz to go into the draw to win an iPad mini. Then it was time to head off to the first activity - the Physics show. The lecturer enthusiastically explained the concepts of pendulums, projectile motion and collisions, using toys to demonstrate these principles. Ping pong balls, paper planes, Nerf darts, a remote control helicopter and even a wookiee, all flew through the lecture theatre, much to the delight of the students.

The second activity was Pharmacy. The students each had the opportunity to make their own anti-bacterial hand gel and bring it home with them. Some chose green and peppermint, others went with pink and strawberry, but all were impressed with their concoctions! It was a great opportunity for them to step inside a chemistry laboratory and experience what a real chemist would do.

After lunch was probably the highlight of the day - Robobugs! The challenge was to write code using the Linux operating system to tell a robot what to do. Everyone had a great time making the robobug go forwards, reverse, pivot, shoot balls and dance! One group even had the robobug singing a song they had learnt at school - Mrs Tall would have been proud!!

The final activity for the day was Canine Science. In pairs, students had to take turns to be sniffer dogs and correctly identify scents. Some were easy, like vegemite, tuna and onions. Others were far more challenging, like peas and carrots. It did prove to the students that they really don't have a good sense of smell when compared to a real sniffer dog!!

Overall it was a fantastic day and all of the students embraced the opportunities they were given wholeheartedly. Thanks must go to Mrs Edmonds for rescuing everyone from an eight-legged hitchhiker on the way home!

Miss Belinda Stone
Science/Biology Teacher



Sport News

Sports Dinner

The Annual NEGS Sports Dinner was held on Friday 1st November at the Ex-Services Club. Thank you to all that attended and the many people who were involved in making the night a success. Thank you to the McNeil family for their assistance with the decorations and set up, to Belinda Hook for the floral arrangements, Kate Bailey for creating the fantastic slide show of sporting highlights that we enjoyed on night and Mr David Rose for once again giving up his time to document the night in photos. A final big thank you must go to Mrs Helen Smith. To put it simply, without her hours of preparation and amazing organisational skills there would not be a 2013 Sports Dinner. We would also like to wish Mrs Delwyn Smidt all the best for her year of leave and welcome Miss Laura Cambridge to the PE team for 2014.

Major Award Winners

Award	Winner/s	Highly Commended
Connor Shield	Harriet Raleigh	Claire Wanford, Georgina Wanford
Young Sports Achievers Award	Sarah Askey	Lucy Fenwicke
Junior Sports Achievers Award	Clare Askey	Tahlia Paull, Meagan Nolan, Adelaide Scott
Student Coach of the Year	Sophie Wood	Harriet Raleigh, Rebecca Waters, Emily Rogers
NORTEC Sportswomanship Award	Emily Rogers	Harriet Raleigh, Laura Strelitz, Elizabeth Hancock
Most Outstanding Individual Sporting Achievement	Lucy Fenwicke, Ellis Mackay	Charlotte Raleigh, Sarah Askey, Molly Evans, Hannah Laurie, Hilary Blackman
Services to Sport	Annabelle Wyatt, Harriet Raleigh	Mikaela Ball, Clare Askey, Kate Ramsay
Team of the Year	Junior IGSSA Hockey team	North West Equestrian Expo Team
Sportswoman of the Year	Charlotte Raleigh	



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 E: maxine.thompson@negs.nsw.edu.au or you can find out more on-line at the following address.
<http://armidaletriathlonclub.org/sample-page/>

Triathlon results

Congratulations to Ella Tindal who completed the 10km run leg in the Noosa Triathlon in just over 48 minutes.

Hockey

Congratulations to Clare and Sarah Askey. Both girls have made it into NIAS Hockey Squad for the 2013-2014 season. Congratulations Girls!

Touch Football

Week 4

Congratulations to NEGS 1 and NEGS 2 in their efforts at touch football this week. Although both teams were defeated they played extremely well and showed great sportswomanship. NEGS 1 played Duval in a close game losing 3-1, whilst NEGS 2 played O'Connor losing 9-2. Congratulations to those girls who scored the tries for both teams and congratulations to all players for their team work and efforts. A big thank you to Amy B (Year 10) and Georgia W (Year 11) for umpiring this week!!

Week 5

Touch football this week was a great effort from both junior NEGS teams. Although both teams were unfortunately defeated their enthusiasm to learn new skills and come together as a team was greatly noticed. Congratulations to both teams for remaining positive throughout the game and supporting their team mates. Thank you again to Georgia W (Year 11) and Amy B (Year 10) for umpiring these games.

Asti Lethbridge - 2014 Touch Football Captain

Thank you also to Astrid Lethbridge who referees each week and encourages our younger players.

embracing life with confidence,
compassion and creativity



NEGS
EQUESTRIAN

Newsletter

Term 4, Week 6 - Wednesday 13th November 2013

Students will have noticed a tiny new addition at the Equestrian Centre this week with the safe arrival of Mr Bojangles to proud mum Wondaree Bean.

Prefects News

Congratulations to all the girls that have been out competing this term! We have had girls competing at a variety of events with some great results and all the girls have made the school proud. This term with the introduction of team training every Tuesday and Thursday the equestrian team has excelled. Well done girls!!

At the Warrumbungle ODE:

1*

Meagan Nolan came 1st

Pre Novice

Annyka Overton came 3rd

Prelim

Jaimie McElroy came 5th

Alys Marshall came 14th

Lucy Ramsay

Hannah Parker

Intro Junior

Jane Thompson came 5th

Megan Nolan came 6th

Tahlia Paull came 7th

NSW State Show Jumping Championships

Hannah Parker came away with 3 x 3rds

Madeline Murphy got 2 x 4ths

Breana Carlon 6th

Sophia Carlon rode in ring 1 and 2 in against some serious competition.

Armidale Dressage:

Shaina Berry:

4th Official Novice 2C

2nd Official Novice 2D

Katie Hancock:

1st Associate Preliminary 1A Pony

2nd Associate Preliminary 1B Pony

Junior Champion

Elizabeth Hancock:

=15th Official Preliminary 1C

4th Official Preliminary 1D

1st Official Novice 2C

Dominique Holley:

3rd Un-Official 5YO Young Horse

4th Associate Preliminary 1B

Rachel Jones:

4th Associate Preliminary 1A

6th Official Novice 2A

Meagan Nolan:

3rd Un-Official 4YO Young Horse

5th Associate Preliminary 1B

6th Associate Preliminary 1B

7th Associate Novice 2B

Sally Middleton:

=6th Official Preliminary 1C

=8th Official Preliminary 1D

1st Un-Official 4YO Young Horse

Annyka Overton:

3rd Official Novice 2A

7th Official Elementary 3C

8th Associate Novice 2B

8th Official Novice 2D

Georgina Kaveney:

3rd Official Medium 4B

1st Official Medium 4C

Medium Champion

Guyra Gymkhana

Tahlia Paull-Champion

Uralla Gymkhana

Tahlia Paull-Reserve

Champion

Quirindi Show

Brooke O'Halloran 2nd in 90cm, 3rd in 15-18 years six bar

Australian Youth Show Jumping Festival

Brooke O'Halloran- 3x 1st and 2nd



Denman Showjumping Championships

Brooke O'Halloran B Grade Reserve Champion

Equestrian Training

Next Week

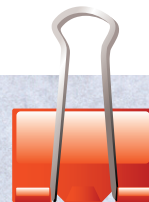
Tuesday 19th Nov – Dressage, Hacking (TBC) & Polo-x

Thursday 21st Nov – Polo-x, Trail Ride, Dressage

Tuesday 26 Nov – Jumping, Dressage & Polo-x

See the next Issue for Christmas Party details.

Upcoming Events



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

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NEGS Pony Club Hunter Trial

On Sunday 3 November NEGS Pony Club held their Hunter Trial, and were very pleased to have 44 competitors from B through to F Grade register for the event. We thank everyone, members and non-members for their assistance and support, without your help our event would have not been possible. Results were as follows:

B Grade

Name	SJ	XC	Overall
Jaimie McElroy (<i>Gunnedah PC</i>)	Equ. 2	1	Champion
Shaina Berry (<i>NEGS PC</i>)	4	2	Reserve
Maddie Murphy (<i>NEGS PC</i>)	1	4	
Clare Askey (<i>NEGS PC</i>)	–	3	
Jane Thompson (<i>Quirindi PC</i>)	5	5	
Brooke O'Halloran (<i>Armidale PC</i>)	Equ.2	–	

C Grade

Name	SJ	XC	Overall
Tahlia Paull (<i>Armidale PC</i>)	2	2	Champion
Adelaide Scott (<i>Quirindi PC</i>)	1	3	Reserve
Sarah Askey (<i>NEGS PC</i>)	–	1	
Caroline Triebe (<i>NEGS PC</i>)	3	4	
Annabelle Heagney (<i>Kingstown</i>)	4	5	
Chloe Stier (<i>Kingstown PC</i>)	5	–	

D Grade

Name	SJ	XC	Overall
Anna Jarvis (<i>Armidale PC</i>)	4	1	Champion
Courtney Quinn (<i>NEGS PC</i>)	5	4	Reserve
Jade Fangmeier (<i>NEGS PC</i>)	2	Equ.5	
Madeline Davidson (<i>Kingstown</i>)	–	2	
Abbey Jackson (<i>Armidale PC</i>)	3	–	
Logan Brown (<i>NEGS PC</i>)	5	Equ.5	
Holly O'Halloran (<i>Armidale PC</i>)	–	3	

E Grade

Name	SJ	XC	Overall
Molly Northam (<i>Aberdeen PC</i>)	Equ.1	1	Champion
Eloise Blayden (<i>Murrurundi PC</i>)	3	2	Reserve
Natasha Favotto (<i>Armidale PC</i>)	5	3	
Charlize Haling (<i>Kootingal PC</i>)	Equ.1	4	
Michael Paull (<i>Armidale PC</i>)	4	–	

NEGS PC AGM and November General Meeting

AGM commencing at 6.00pm Wednesday 20 November 2013, NEGS EC Office, followed by the November General Meeting.

Upcoming Pony Club Events

Walcha Pony Club

Saturday 16 November – Blue Jeans Gymkhana
 Sunday 17 November – Official Gymkhana

Armidale Pony Club

Saturday 23 November – Combined Training
 Sunday 24 November – Gymkhana



Hunter Trial Champions – Molly Northam, Anna Jarvis, Tahlia Paull and Jaimie McElroy.



C Grade reserve champion Adelaide Scott and 'Squiggly'



D Grade reserve champion Courtney Quinn and 'Grand Slam'



E Grade reserve champion Eloise Blayden and B Grade reserve champion Shaina Berry.



Belle Perrotet and 'Harley' exiting the water jump.



F Grade competitor Hunter McDonald receiving her ribbon and lolly bag from Alan Scfivener



C Grade competitor Sarah Askey, NEGS PC.