

embracing life with confidence,  
compassion and creativity



# NEGS

## Newsletter

Term 3 Week 6 - Wednesday 21st August 2013

### WELLBEING@NEGS

The School is in the middle of planning and organising the introduction of a Wellbeing course for 2014. The well being course at NEGS, alongside the formal curriculum provision, the extra-curricular activities and pastoral care already provided will aim to create the conditions for a flourishing life for each student. It is hoped that all members of the school community experience well-being as a result of doing things with excellence (such as learning and playing sport or music), but also have the opportunity to find out about the ways and processes in achieving well-being, including learning from setbacks and adversity, to becoming more resilient and having time to reflect on how we might bring about our own well-being and the well-being of those around us.

#### What is Wellbeing?

The Foresight Report, published by the Government Office for Science in 2008 in the United Kingdom, defines Well-Being as follows:

**'Wellbeing is a *dynamic* state, in which the individual is able to develop their potential, work productively and creatively, build strong and positive relationships with others, and contribute to their community.'**

Other words that are often associated with Well-Being, are 'flourishing', 'thriving' and the Greek word *eudaimonia*, which Aristotle used to denote happiness, or 'the worthwhile life.'

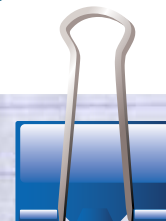
For an excellent discussion of what well-being is, visit <http://www.neweconomics.org/publications/entry/well-being-patterns-uncovered>

#### The Wellbeing Course@NEGS.

The proposal for Wellbeing at NEGS is for to have 6 strands and every lesson, session, workshop or talk in some way contributes to one or more of these 6 aspects of what we believe well-being to be:

- 1. Physical Health:** this covers information on the foundations of well-being: keeping ourselves physically healthy.
- 2. Positive Relationships:** this aspect of the course explores what is arguably the most important aspect of well-being, namely our relationships with other people.
- 3. Perspective:** this part of the course is concerned with building a 'psychological immune system', or grit and resilience. It aims to help develop the thinking skills that enable us to overcome adversity.
- 4. Strengths:** this element of the course is concerned with finding out our character strengths and abilities and looking at ways of employing our character strengths in everyday life.

### Dates to Remember



#### 2013 - Term Three

10 Weeks

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 - 'Aristocat' Matinee
Wednesday 18 Sept.	Year 12 TAS and Visual Arts Presentation Evening
	St John's Musical - 'Aristocat' 6pm
Thursday 19 Sept.	Year 12 Valedictory Chapel and Speech Day
	St John's Musical - 'Aristocat' 6pm
	Last Day of Term 3
Friday 20 September	Buses depart from 7.30am

#### TERM 4

9 Weeks

Monday 7 October	Year 11 Information Session
	Year 11 Parent/Teacher Interviews
	Boarders return by 8.30pm
Tuesday 8 October	Classes resume
Thursday 10 October	Year 11 Leadership Camp
Monday 14 October	HSC Written Examinations start

#### NEGS Calendar Link

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

Uralla Road, Armidale NSW 2350 Australia

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

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

5. The world: this strand is concerned with looking at ways of living sustainably in a conspicuous consumer society and considering our place in the world and what our relationship to it might be.

6. Meaning and Purpose: this final aspect of the course is concerned with exploring meaning-making, which is a central aspect of working out, as Viktor Frankl would say, our response to the questions life asks of us.

Mrs Angela Sole has taken on the responsibility of coordinating and organising the program for next year, looking at what is working well already, but incorporating the most up-to-date information and research around. The premise is quite simple: if every person (student, teacher, parent) has well-being, then everything will flourish as a result.

In a world where students are confronted with issues from social media, magazines and the media, it is important that NEGS takes the initiative and has in place structures to cope with, and respond to, issues that emerge. As you are aware, I have been sending out information from links to commentary and advice from experts about dealing with these issues but being proactive is better than being reactive and so we believe that our course will be of benefit, not only to the students, but also to teachers and parents.

**Mr Clive Logan, Principal**

## From The Health Centre

### National Self Detection Program for Scoliosis

July/August is the time of year we are encouraged by The Spine Society of Australia to promote the national self detection program for scoliosis.

This information is mainly for the parents/guardians of Yr 7 and Yr 9 girls but important for any parent/guardian if you have not addressed it already with your daughter.

Scoliosis (curvature of the spine) is an important health problem for adolescent girls and 25 per thousand are at risk of developing a significant curve. Three girls per thousand require active treatment (spinal brace or surgery). Because in the early stages the condition is most often without symptoms, screening in the age range 11 - 13 years is a sound preventative health measure.

More information and the Self Detection Brochure can be accessed on the website - [www.scoliosis-australia.org](http://www.scoliosis-australia.org)

On another matter, some feedback on "toothbrush direct". The promotional material was in a newsletter last term offering a service to send a new tooth brush out to you each month at a very affordable price. The company sent me a sample which I have tested myself and am quite impressed. A worthwhile consideration if your daughter is boarding and forgets to change her toothbrush on a regular basis.

Until next time,

**Cathy Beevors, Registered Nurse**



## 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*



**NEW ENGLAND  
GIRLS' SCHOOL**

New England Girl's School  
Uralla 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)

## From The Deputy Principal

Dear NEGS' Families,

Every day I come to work and feel privileged to be a part of such a wonderful school. The girls and the staff make it a pleasure to be here. To enhance this, we try to improve upon things daily, to make NEGS an exemplar girls' boarding school in the twenty first century.

In keeping with this vision, the announcements regarding boarding in 2014, will ensure our position as a school of best practice in boarding. It is exciting and the benefits for the girls will be enormous. I am very much looking forward to working with the new Heads of House, Ms Sarah Ronald, Kirkwood, and Ms Maxine Thompson, Saumarez. There will be challenges, as we navigate towards building the best girls' boarding school in the country. However it is very exciting and rewarding.

In my role as Deputy Principal, I would also like to take this opportunity to do a bit of housekeeping. When any student is sick, they are required to go to the Health Centre for an assessment. If Sister then feels that it is appropriate, she will allow the day girls to go home, and the boarders to stay in the Health Centre. We request that day girls do not simply phone their parents and then get picked up from the school without following this process.

The school's priority is always the welfare of the students and this includes academic progression. With this in mind, we request that the girls do not miss any class time for less than necessary reasons. If the girls have to miss the academic school day, other than curriculum based leave, this leave must be approved by myself or Mr Logan. Every day attendance is pivotal in the girl's academic achievements. Mr Logan sent the staff this message which is a pertinent reminder to us all:

**“There is no such thing in anyone's life as an unimportant day.”**

-- Alexander Woollcott, American critic and commentator.

When you have six minutes to spare, please consider watching this talk by a professor of psychology (and former teacher) on perseverance as the key determinant of success. It is certainly useful as both an educator and parent.

[http://www.ted.com/talks/angela\\_lee\\_duckworth\\_the\\_key\\_to\\_success\\_grit.html](http://www.ted.com/talks/angela_lee_duckworth_the_key_to_success_grit.html)

Thank you for your continual support – it is invaluable.

Mrs Mary Anne Evans

## From The Enrolments Office

- **St John's Junior School P&F Scholarship** applications now open. For further details please contact the Enrolments Office - Closing date Friday 6th September 2013 - Please note this scholarship is exclusive to new applicants only.
- **NEGS Music Scholarship 2nd Round** applications now open. Closing date Monday 2nd September 2013. For further details please contact the Enrolment Office.
- **2014 Enrolments:** Enrolments are now open for 2014. If you have a child due to commence at St John's / NEGS next year, please collect an enrolment package from the Enrolments Office. If you know of any other families considering enrolling their child at St John's / NEGS next year, please encourage them to collect an enrolment package and / or make an appointment for a tour of the school.



## NEGS Meet The Principal

Gunnedah: The Civic, 83 Chandos Street, Gunnedah

Date: Monday 2nd September 2013

Time: 6:00pm to 8:00pm

Narrabri: The Crossing Theatre, 117 Tibbereena Street, Narrabri

Date: Tuesday 3rd September 2013

Time: 6:00pm to 8:00pm

Armidale: Whitebull Hotel, 117 Marsh Street, Armidale

Date: Wednesday 11th September 2013

Time: 5:30pm to 7:30pm

RSVP: To [enrolments@negs.nsw.edu.au](mailto:enrolments@negs.nsw.edu.au) or P: 02 6774 8752



**NEGS**

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

## Wellbeing @ NEGS

Congratulations to students in Year 12 for completing the Trial Examinations - a time of great persistence as they demonstrate the skills and knowledge they have learnt over their school life.

Attached is an article from Parentingideas entitled "The Language of Resilient Families" giving examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable. You may find these useful to help encourage our Year 12 girls.

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.

Thank you to parents who have completed the survey attached to the last newsletter. Please return all parent surveys to the school office. Thank you!



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

## NEGS Science Day

On the morning of Wednesday 14th August, girls from Years 7-10 donned their House shirts and headed to the MPC for a morning of Science trivia to commemorate National Science Week. Ably led by their Year 10 counterparts, students competed for the glory of House Science champion and a couple of blocks of Belgian chocolate!

The girls embraced the event whole-heartedly and it was very pleasing to see them get into the House spirit. Games of 'Heads or Tails', 'Who am I?' and a lucky door prize kept them busy in between rounds of questions that ranged from challenging ditloids to content that they have covered this year in their Science classes.

The final round produced a victor in Lyon, closely followed by Murray, Dumolo and Green.

Thankyou to all of the girls for their enthusiasm and to Year 10 in particular for their leadership and assistance.

**Miss Belinda Stone  
Science/Senior Biology Teacher**

## NSW Parents Council

For the Term 3 newsletter please follow this link <http://www.parentscouncil.nsw.edu.au/Newsletters.htm>

The newsletter contains information on the following:

- NSW Parents' Council Awards
- What makes a good parent?
- Cybersafety
- Isolated Children's Parents' Association overview

The website also contains information on how to 'subscribe' to eBulletins and other regular updates.



# INSIGHTS

by Michael Grose – No. 1 parenting educator



## The language of resilient families

Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised 'feel-good' or 'get-on-with-it' platitudes.



Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.

1. *"Come on, laugh it off."* **Strategy:** humour **Good for:** kids who experience disappointment, failure and even loss.

Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. *"Don't let this spoil everything."* **Strategy:** containing thinking **Good for:**

kids who feel overwhelmed; kids who experience rejection; perfectionists

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

3. *"Let's take a break."* **Strategy:** distraction **Good for:** kids experiencing stressful situations; kids who think too much; kids with busy lives.

When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. *"Who have you spoken to about this?"* **Strategy:** seeking help **Good for:** kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That's why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don't overtly talk about what's bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. *"I know it looks bad now but you will get through this."* **Strategy:** offering hope **Good for:** kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children's

chins up and encourage them when life doesn't go their way. Being the 'hope' person can be hard work, that's why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person's resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

**6. "What can you learn from this so it doesn't happen next time?" Strategy:** positive reframing **Good for:** kids who make mistakes, let others down or experience personal disappointment

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it's better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

**7. "Don't worry – relax and see what happens!" Strategy:** acceptance **Good for:** kids who worry about exams or performing poorly in any endeavour; pessimists.

If you've ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can't control. The only way to cope is to accept what's happening because worrying and fretting won't get you anywhere. Similarly, parents with a resilience mindset can help kids understand what's worth worrying about and what's not, and that some things won't change no matter how much kids fret or beat themselves up!

**8. "This isn't the end of the world" Strategy:** maintaining perspective **Good for:** kids who catastrophise or blow things out of proportion.

While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. *"Yes, you could end up not knowing anyone at camp but you won't be the only one. Besides you'll probably end up making new friends like you generally do."*

**9. "You could be right. But have you thought about ... " Strategy:** flexible thinking **Good for:** kids who catastrophise; experience extreme feelings; who exaggerate.

Many children and young people talk in extremes – 'awesome', 'the best', 'the worst' and 'gross' roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace *"I'm furious"* with *"I'm annoyed"*. *"It's an absolute disaster"* with *"It's a pain"*.

*"I can't stand it"* with *"I don't like it"*. Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

**10. "What can we do about this?" Strategy:** taking action **Good for:** kids who mope; who experience disappointment; who feel inadequate.

Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

### Bring resilience into your every day language

Resilient parents focus on building children's and young people's strengths for the future, while helping them cope with the present difficulties and challenges they experience.

The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family's proprietary language. You'll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to 'hang in there', 'this too will pass' and 'find the funny side'. Granted they may be phrases you don't want to hear, but at least you know that you've drummed into your kids some important core messages that have stayed for life.



*Michael will talk more about Resilience and other vital parenting matters in the **Very Important Parenting Saturday** seminars conducted in 5 Australian capital cities in term 3 this year. Find out more about what's been called the Parenting Event of the year at [parentingideas.com.au](http://parentingideas.com.au)*

Page  
2 of 2

### FARMING FUTURES CAREERS FAIR

Recently, thirty enthusiastic Agriculture students from year 9 to 12 attended the Farming Futures Careers Fair organised and run by Agriculture Science students at the University of New England (UNE). It was a fantastic Friday afternoon with students able to visit a number of Agriculture career stands and find out more about potential Agriculture careers in a whole range of areas. Students also learnt about available courses at UNE. With currently around three jobs available for every Agriculture graduate, the careers on display at this year's Careers Fair were well worth inquiring about.



### SHEARING OUR SCHOOL SHEEP

With the very supportive help of Mr Chris Clonan, our sheep flock was shorn last Thursday. We currently have twenty quality Dohne breeding ewes that are soon to lamb. Mr Clonan very kindly organised Mr Mark Haywood to shear our small flock and a broker Mr Greg Andrews from Schute Bell to buy our wool.

Our year 11 Agriculture students were involved in the shearing where they learnt some hands on skills, quality and quantity aspects of wool and the wool industry.

**Mark Fisher - Agriculture Teacher**



## Good News & Achievements:

- Thank you to Brett Carlon from Hubbard Hire. He has donated his time and Bobcat (free of charge) use to help get organised for the Spring Fair stall. This was a request from Cindy Clonan.

- NEGS Girls who competed at ODE in Quirindi on the weekend with great results. Absent from the photo Adelaide Scott and Jamie McElroy, as well as Jane Thompson who worked at the ODE. At the end of the day when help was needed to pack up, over half the volunteers were NEGS girls and Parents, again making their school proud.

- Calan (Year 3, St John's) competed at New England & North West Area Short Course Championships, 11th August.

He won the 8yr boys Age Championship Trophy. He competed in 5 events:

- 1st - 50m Backstroke
- 1st - 50m Butterfly
- 2nd - 50m Freestyle
- 3rd - 50m Breaststroke
- 3rd - 100m Freestyle



- Thank you to Emily Rogers, your speech at the OGU Sydney was very much appreciated.

- Congratulations to; Alex Fulloon, Charlotte Claridge, Devar Kumaravel and Isabella Gooch are all finalists in the 2013 Framed SerVies Primary Student Visual Art Prize in the Portraiture category.

Congratulations to these students.

- Congratulations to Year 10 students who gave up their afternoon, last Sunday, to bake to raise money for the 40 hour famine to support the Malawi food crisis initiative.

- School Horse Sports Day - Barraba on the 2<sup>nd</sup>/3<sup>rd</sup>.

Results were:

School Horse Sports Day 2<sup>nd</sup> Aug

**Emily Battle 14 yr girls**

1<sup>st</sup> - Girl Rider, Pleasure Hack, Square Yard & Flag Race

2<sup>nd</sup> - Galloway Hack, Pair of Riders, Keyhole, Barrel Race, Western Pole Bend & Running T

Emily was awarded Highest Point Score Champion 14 yr Girls.



**Caitlin Croft 9 Yr Girls**

1<sup>st</sup> - Flag Race, Keyhole, Running T & Square Yard

2<sup>nd</sup> - Pair of Riders

3<sup>rd</sup> - Girl Rider & Barrel Race

4<sup>th</sup> - Pleasure Hack & Western Pole Bend



Caitlin was awarded Runner Up Highest Point Score 9 yr Girls



**Barraba Pony Club Gymkhana 3<sup>rd</sup> Aug, Emily Battle 13 - 15 yr Girls**

1<sup>st</sup> - Flag Race, Bonfield Bounce & 3 Mug Race

2<sup>nd</sup> - Pair of Riders, Galloway Hack & Ben-bar-aft

3<sup>rd</sup> - Girl Rider, Bareback, Barrel Race & Bending Race

**Caitlin Croft 9 - 11 yr Girls**

1<sup>st</sup> - Bareback & Bonfield Bounce

2<sup>nd</sup> - Flag Race

3<sup>rd</sup> - Pair of Riders & Ben-bar-aft





## News from the TAS/Visual Arts Faculty



### WE ARE A NUT FREE SCHOOL!

As a Faculty we are being proactive and have adopted a **"NO NUT POLICY"**.

This will mean we will be revising our Faculty programs and our classrooms will be Nut Free Zones. This is as a result from information obtained by the Association of Independent Schools of NSW.

Mrs Stephanie Thomas - Head of Department - TAS/Visual Arts



## Annual Framed! Art Show and Sale

This years' **Annual Framed Art Show and Sale** will take place on Friday, 6 September to Sunday, 8 September 2013 at the NEGS Multi-Purpose Centre, in conjunction with the NEGS Spring Fair and Old Girls Weekend.

Visitors will be treated to a kaleidoscope of water colours, acrylics, oils, pastels, sketches, prints and sculptures by over 40 professional artists from the New England area and beyond, and this year promises to be bigger than ever. There is something to satisfy every taste and budget. Local artists include James White, Barry and Lucy McCann, Francois Jaggi, Faye Parsons, Rowena Post and Mary Attard plus Walcha artists Julia Griffin, Paula Jenkins, Gemma King and Alec Gill. There will also be unframed etchings by well-known artists Joseph Austin, Minky Grant, Anne Smith and Greg Hyde.

New this year! The Inaugural Framed SerVies Primary Student Visual Art Prizes and the New England Mutual Secondary Student Visual Art Prizes. Prizes will be awarded under two categories – Portraiture and Nature/Nurture and will be judged separately by renowned local artists Ross Laurie and Myfanwy Gullifer. The finalists of each category will be available for public viewing at New England Mutual and upstairs at the Armidale Ex-Services Memorial Club from Thursday, 29 August to 4 September and then at NEGS from the 6 September.

Also new, is the Oracle Insurance Solutions People's Choice Award voted by the public and awarded to the most popular exhibit. The NEGS Old Girls are extremely grateful for the generous support from these local businesses.

On Friday, 6 September 2013 from 6:00PM-9:00PM the Opening Night Cocktail Function will launch the exhibition with live music and the opportunity to meet and talk with the artists. Also, don't miss a chance to win our wonderful raffle prize – an exquisite 'one of a kind' Kate Warby silver, enamel bead and rabbit jade necklace.

The Art Exhibition will continue over the weekend concluding on Sunday, 8 September 2013 at 11:00am.

**2013 framed**  
New England Girls' School Armidale • Old Girls' Union Annual Art Show & Sale  
Plus NEGS Inaugural Student Art Competition

Proudly Sponsored by:

**SERVIES**  
Giving More back to our members

new england mutual  
at the heart of our community

**ORACLE**  
INSURANCE SOLUTIONS

Exhibition will run until 11am Sunday 8th September 2013

**Opening Night Cocktail Function**  
**When:** Friday 6th September 2013  
**Where:** NEGS Multi-Purpose Centre  
**Time:** 6.00pm - 9.00pm  
**Cost:** \$30.00/head prepaid;  
\$35.00/head on the night  
(includes champagne supper, live entertainment and drinks)

**RSVP:** With payment advice, 2nd September 2013  
**Direct Deposit:** NEGS OGU Inc. BSB: 932 000  
**Acc No.:** 726755 Ref: *your full name*  
**Cheque:** NEGS OGU, C/ NEGS, Uralla Road, Armidale NSW 2350  
**Or:** NEGS Administration Office for tickets  
**Confirmation of attendees for catering purposes to:**  
Mrs Jo Campbell E: [archiec@bigpond.net.au](mailto:archiec@bigpond.net.au) P: 02 6772 2048

Raffle prize kindly donated by Kate Warby

## Open Days for 2013

### APM College of Business and Communication

North Sydney 27 August, 10 December

### Australian Catholic University

Canberra campus 31 August  
North Sydney campus 7 September  
Strathfield campus 7 September

### Australian College of Applied Psychology

Sydney campus 31 July, 27 August,  
17 September, 6 November

### Australian Maritime College

Beauty Point campus 25 August  
Newnham campus 25 August  
Campus tours can be arranged by appointment.  
For further information, call (03) 6324 9646

### Australian National University 31 August

For campus tours, visit <http://students.anu.edu.au/events/campustours.php>

### Billy Blue College of Design

North Sydney 20 June, 3 October

### Charles Sturt University Open day every day

For campus tours/appointments and course information, call 1800 DEGREE (1800 334 733) or visit [www.csu.edu.au/campustour](http://www.csu.edu.au/campustour)

### CQUniversity

8 August

For campus tours or other information, call 13 CQUni (13 27 86)

### Griffith University

Gold Coast campus

11 August

### International College of Management, Sydney

Manly campus

18 August

### Jansen Newman Institute

For course information, Freecall 1800 777 116

### La Trobe University

Albury-Wodonga campus  
Mildura campus

30 August  
14 August

### Macleay University

24 August

### Macquarie University

14 September

### MIT Sydney

For campus tours/appointments and course information, call (02) 8267 1400 or visit [www.mit.edu.au](http://www.mit.edu.au)

### Southern Cross University

For personalised campus tours and special events, call 1800 626 481 or (02) 6620 3975 or visit [www.scu.edu.au/campustours](http://www.scu.edu.au/campustours)

### University of Canberra

31 August

### University of New England

3 May

For personalised campus tours, call 1800 818 865

### University of New South Wales

Open Day

7 September

Australian Defence Force Academy,  
Canberra

31 August

### University of Newcastle

Central Coast campus (Ourimbah)  
Information Day

17 August

Newcastle campus (Callaghan)  
Information Day

24 August

Port Macquarie campus  
Information Night

29 August

### University of Sydney

Sydney Uni Open Day

31 August

### University of Technology, Sydney

UTS Open Day, City campus

31 August

UTS Open Day, Kuring-gai campus

7 September

### University of Western Sydney

Open Day, Parramatta campus

1 September

### University of Wollongong

For personalised campus tours and special events, call 1300 367 869

### William Blue College of Hospitality Management

North Sydney

17 August, 10 December

## UAC key dates for 2014 admissions

### Applications

Wednesday 7 August 2013  
Applications open

Friday 27 September 2013  
On-time applications close

Thursday 31 October 2013  
Late applications close with late fee \$122

Friday 29 November 2013  
Late applications close with late fee \$140

Friday 21 February 2013

Final closing date for semester 1 applications with late fee \$150

### HSC and ATARs

Wednesday 18 December 2013

NSW HSC results released by Board of Studies

Thursday 19 December 2013

ATARs released

### Change of preferences

Saturday 4 January 2014

Change of preferences close for Main Round

### Offers

Thursday 16 January 2014

Main Round offers at 9pm

# Year 12 checklist for applying through UAC

## Have you researched the courses available? ✓

There are over 1,500 courses available for 2014 admissions via UAC. You can research the courses available using Table 1 and the course descriptions in the *UAC 2013–14 Guide* or through the course search on UAC's website at [www.uac.edu.au](http://www.uac.edu.au)

## Do you know your UAC PIN? ✓

Your UAC Personal Identification Number (PIN) is your key to applying through UAC and accessing information about your application.

This four-digit number also allows you to access information such as your course preferences, offers and your ATAR from UAC's website.

Considering how important this number is – and that it can take time to re-issue it if you lose or forget it – remember to keep your UAC PIN in a secure place.

### What is your UAC PIN?

If you are attempting the 2013 NSW HSC or the 2013 ACT Year 12, you are issued with your four-digit UAC PIN in the mail in early August. For all other applicants, your UAC PIN is the first four digits of your date of birth – for example, if your birthday is 17 May, your UAC PIN is 1705.

### What if my UAC PIN doesn't work?

If your UAC PIN doesn't work, check that you are trying to use the correct number. NSW students – check that you are using your UAC PIN not the PIN issued to you by the NSW Board of Studies.

If you are using the correct PIN and are still experiencing difficulties, call UAC on (02) 9752 0200.

### Lost or forgotten UAC PINs

If you have applied through UAC you can use Check & Change on UAC's website at [www.uac.edu.au](http://www.uac.edu.au) to have your UAC PIN re-issued.

If you have not yet applied, you can have your UAC PIN re-issued by calling UAC on (02) 9752 0200. You will be asked some identification questions. If your details match our database you will be re-issued with your UAC PIN over the telephone. If they do not match, you will be asked to write to UAC requesting your UAC PIN be re-issued, or you can come to UAC in person.

### Changing your UAC PIN

After you have applied, you can change your UAC PIN using Check & Change on UAC's website at [www.uac.edu.au](http://www.uac.edu.au). Note that your UAC PIN must contain four numeric characters.

## Have you provided a current and correct email address? ✓

It is very important that UAC has a current and correct email address because you will be notified by email about any correspondence we send to you, including any offer of admission.

You can change your contact details using Check & Change on UAC's website at [www.uac.edu.au](http://www.uac.edu.au)

## Have you moved? ✓

It is important that you provide UAC with an up-to-date address and telephone number so we can easily contact you – and ensure you receive your UAC PIN, which allows you to apply and access information such as your course preferences, offers and ATAR.

You can change your address after applying:

- via Check & Change on UAC's website at [www.uac.edu.au](http://www.uac.edu.au)
- by writing to UAC.

Telephone, email and fax requests will not be accepted by UAC for security reasons.

You must also separately notify the NSW Board of Studies of your new address. To change your address with the NSW Board of Studies, write a letter to: NSW Board of Studies, Attention: Records, GPO Box 5300, Sydney 2001.

You must include your full name, student number, school, former address and new address.

## Do you need to provide supplementary information? ✓

Some 2013 Year 12 students may need to submit supplementary information as part of their application. When you apply make sure you read the instructions carefully to see whether you need to provide additional information or undertake further tasks (eg sitting STAT).

## Do you need someone to act on your behalf? ✓

If you wish to authorise someone to act on your behalf, you can do this by:

- completing the relevant section when you apply
- providing a letter that authorises someone to act on your behalf.

The letter must contain your UAC application number, your full name and signature, and the full name and signature of the person authorised to act on your behalf.

If you are travelling interstate or overseas, remember to take a copy of the *UAC 2013–14 Guide*, your UAC application number and your UAC PIN with you.

Note: This authorisation only applies to the UAC application process. It does not authorise someone to accept an offer on your behalf. For details on how to authorise someone to accept an offer on your behalf, contact the relevant institution.

## Are you an international student? ✓

If you are an international student studying a 2013 Australian Year 12, either in Australia or offshore, an International Baccalaureate or a New Zealand National Certificate of Education Achievement (NCEA) Level 3 in 2013, then you'll need a copy of the *UAC 2013–14 International* booklet.

The booklet will help you apply through UAC for study in 2014. See your careers adviser to obtain your copy.

For more information visit the UAC website at [www.uac.edu.au/international/](http://www.uac.edu.au/international/) or call UAC on + 61 2 9752 0200.

## Are you eligible to apply for Educational Access Schemes? ✓

All institutions in NSW and the ACT, as well as some interstate institutions, have Educational Access Schemes (EAS) designed to help provide access to university for students who have experienced long-term educational disadvantage beyond their control or choosing, such as:

- disrupted schooling
- financial hardship
- personal illness/disability
- home environment and responsibilities.

UAC's 2014 EAS booklet contains information about the schemes and includes an application form. You can download the EAS booklet and application form from UAC's website from 7 August. Copies will also be available from schools and participating institutions from early August 2013.

If you think you are eligible, start organising your EAS application as early as possible – you may need to supply supporting documents and statements. The on-time closing date for EAS applications is Friday 27 September 2013 – you must submit your EAS application by Friday 3 January 2014 to ensure that it will be considered in time for the Main Round of offers.

## UAC - what we do

The Universities Admissions Centre (UAC) is the central office that processes applications for undergraduate courses, postgraduate courses, Educational Access Schemes and Equity Scholarships. UAC also notifies NSW HSC students of their ATAR (Australian Tertiary Admission Rank).

Applying through UAC is easier than applying separately to each institution. UAC co-ordinates the process, and posts notification of offers on behalf of the institutions. However, the institutions, not UAC, decide who receives an offer.

## UAC's participating institutions

UAC's website features a list of its 25 participating institutions at [www.uac.edu.au/undergraduate/institutions/](http://www.uac.edu.au/undergraduate/institutions/). Section 2 in Part 1 of the *UAC 2013–14 Guide* also contains a list of the institutions, with more detailed information about each institution in Part 2.

Apply through UAC for courses at any of UAC's 25 participating institutions.

## Contacting UAC

telephone: +61 2 9752 0200  
 website: [www.uac.edu.au](http://www.uac.edu.au)  
 email: use the online enquiry form on UAC's website [www.uac.edu.au/contact.shtml](http://www.uac.edu.au/contact.shtml)  
 facebook: [www.facebook.com/universitiesadmissionscentre](http://www.facebook.com/universitiesadmissionscentre)  
 twitter: <http://twitter.com/UACinfo>  
 youtube: [www.youtube.com/user/UACinfo](http://www.youtube.com/user/UACinfo)  
 post: Locked Bag 112, Silverwater NSW 2128  
 in person: Quad 2, 8 Parkview Drive, Sydney Olympic Park NSW  
 office hours: 8.30am–4.30pm (Sydney local time) Monday to Friday



## Charges and fees for 2013–14 admissions

### UAC 2013–14 Guide

For domestic Year 12 NSW and ACT students (distributed through schools) Free

### UAC 2013–14 International Booklet

For international Australian Year 12 students (distributed through schools) Free

### Processing charge

Domestic Year 12 applicants \$28.00  
 Non-Year 12 applicants \$60.00  
 International Year 12 applicants \$68.00

### Late fee (for domestic applicants only)

28 September – 31 October 2013 processing charge + \$122 late fee  
 1 November – 29 November 2013 processing charge + \$140 late fee  
 30 November 2013 – 21 February 2014 processing charge + \$150 late fee

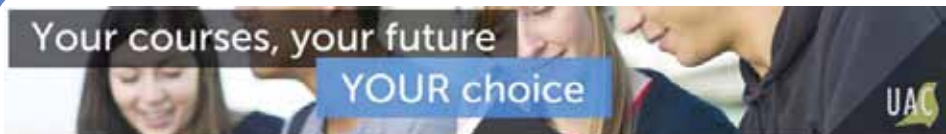
### Special Tertiary Admissions Test (STAT)

Sit one test (either Multiple Choice or Written English) \$129.00  
 Sit both tests on same day \$193.00  
 Sit both tests on different days \$258.00  
 Alternative sitting (one test) \$180.00  
 Alternative sitting (both tests on same day) \$252.00  
 Change STAT registration \$52.00  
 Additional STAT result notice \$52.00

### Changing course preferences

Check & Change No UAC charge

All UAC charges and fees are in Australian dollars and include 10 per cent GST. Please apply carefully as UAC will not refund charges or fees under any circumstances.



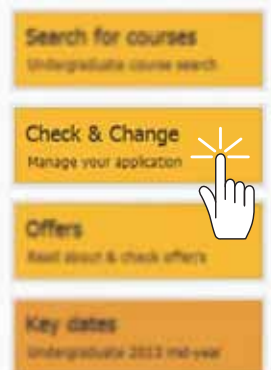
## Undergraduate Check & Change

After you've applied through UAC, you can use Check & Change on UAC's website at [www.uac.edu.au/undergraduate/](http://www.uac.edu.au/undergraduate/) to:

- check and change your contact details
- check and change your course preferences
- check and change your UAC PIN
- add qualifications to your application
- check correspondence, including your fee-owing letter or tax invoice
- download your Confirmation of Application
- download your offer letter
- upload documents required for your course preferences.

### Note:

- there is no UAC charge for Check & Change
- you will need your UAC application number and UAC PIN
- Check & Change is available between 7.30am and midnight Sydney local time
- if you need to alter other details relating to your application, write to UAC as soon as possible.



## NEGS Rifle Club

While a liking for Red Dirt country music, high top boots and wide brimmed Akubras is not compulsory, nor indeed a traditional feature of, participation in Fullbore Target Rifle Shooting, it certainly helped as the eight girls comprising the 2013 squad set the style for this year's training camp and following matches.

Led by Captain Annabelle Wyatt, Sophie Marett, Rebecca Waters, Natasha Fulton-Kennedy, Georgia White, Isabelle Cameron, Brooke O'Halloran and Alex Patten adhered to the Club's unofficial motto of "we punch above our weight", adding further lustre to the Club's 17 year reputation for dedication and excellence in this very traditional sport.



The training camp over five days at Wingham Rifle Range brought together the team and a group of volunteer coaches who generously gave their time to hone the girl's skills. Club Captain 2011 and Old Girl, Rowan McNaught, and father Colin, Mr David Willis, Mr Tony Moon plus members of the Wingham Club all contributed to the week. Marguerite Wyatt was the caring Camp Mum, and deserves special thanks.

Scot's College were also on the range, bringing with them the combined coaching skills of Queen's Prize winner, Ian Griffiths, and Tony McGuigan. The match against Scot's on Thursday was a good warm up for the All Schools Match and provided a social outlet for both genders.



En route to ANZAC Range Malabar, the team decided that Alex needed to be included in the fashion theme and consequently a pair of high top boots appeared as the result of a whip around.

Twelve teams from among the GPS boys schools and NEGS competed in The Fiona Reynolds Memorial All Schools Match. The match is for teams of five shooting 10 counting shots at 300, 500 and 600 metres on the windswept ANZAC Range. Shooters' sights are adjusted by their wind coach who watches the flags and mirage for changes and strength.

NEGS shooters were "on fire" producing personal bests to tally up a third placing with 700-39 behind TAS's 709-43 and High's 713-54. In the concurrent match with Shore, NEGS won the Honner Shield for the first time since its inception in 2003, and Natasha's personal score of 144-10 ex 150 beat the closest Shore shooter on 141-8 (as indeed did Annabelle and Brooke) to win The Burl for the second time.

The team then moved to Hornsby for the two days of the AAGPS Rifle Shooting Premiership. NEGS has shot "alongside" this event since 1999. Results in the Rawson Cup and NRA Shield were not outstanding however the team found its legs again for the Seconds Match where possibles from Annabelle and Rebecca helped the total of 512-20 to claim second place behind the exceptional High team on 524-32.

By this time, Principal Clive Logan had joined the NEGS camp and took the opportunity to meet and chat with the parents and supporters, as well as connect with other headmasters on the range. Clive was already an expert spectator, having already visited the girls' practice shooting at Wollomombi in Term II.

The Buchanan Shield is the final First Eight match and comprises a stage of "deliberate" and a stage of frenetic "Snap" shooting - the target is revealed for five seconds at five second intervals. Great shooting produced a match total of 533-9 ex 640 to overhaul three of the boys' teams, mostly comprising Years 11 and 12 students.



Natasha's personal score for the three Firsts matches placed her ninth overall from 56 shooters.

These and other achievements were acknowledged at the annual presentation dinner combined with TAS.

The team is largely intact for 2014, losing only Captain Annabelle this year, and the girls are looking forward to improving upon this year's success, while recruiting new members for the following years.

**Mr David Rose - Rifle Club Master**




**HUNTER POLO CHALLENGE DUNGOG**

September 14 & 15 2013

Tabbil Creek Polo Ground, Cemetery Road, Dungog  
Gates open at 9am

ADMISSION: ADULTS \$10 CHILDREN UNDER 16 FREE  
LICENSED BAR GOURMET CANTEN COFFEE CART

For more information visit  
[www.wirragulapoloclub.com](http://www.wirragulapoloclub.com) OR [Facebook](#)



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**Country Picnic Polo**

One of the world's most exciting sports, polo, will come to the picturesque hills of Dungog on the weekend of 14<sup>th</sup> and 15<sup>th</sup> September.

Hosted by the historic Wirragulla Polo Club, this popular event will feature the finest polo ponies teamed with some great action.

Play starts each day at 10:00am, knock out games Saturday and Sunday finals.

Tickets available at the gate and facilities include bar featuring Hunter Valley wines and a light meal canteen.

Bring your picnic, sit in the sunshine and enjoy catching up with country family and friends whilst supporting the Westpac Rescue Helicopter Service.

Admission \$10  
Children under 12 free

Enquiries  
Sueanne Martin  
02 4938 9242 or 0429 990 430  
[www.wirragulapoloclub.com](http://www.wirragulapoloclub.com)  
or facebook

FRIENDS OF NERAM  
invites you to



**WANDERRIBY**

Off Kempsey Road, Wollomombi

Sat & Sun 14/15 September 2013  
10am to 4:30pm



Teas and lunches  
Plant sales  
Art Stalls  
Music  
Giant Raffle  
(drawn 15/9/13)

\$8 entry adults  
Under 18 free

Directions from Armidale: Take Waterfall Way for 41km, turn right into Kempsey Road. Garden turn off a further 13km

A Friends of NERAM fundraiser for The Yellow Room Appeal



THE YELLOW ROOM APPEAL

Kentucky St Armidale NSW 2350 • 02 6772 5255 • [www.neram.com.au](http://www.neram.com.au)

**TAMWORTH  
Town Hall**  
Fitzroy Street, Tamworth  
**Thursday 12 September 2013**  
9.30am-2pm  
Official opening 9.45am

**LINKS FOR LIFE  
Disability Expo**

**FREE ENTRY**

Exhibitors will display a range of products and services aimed at increasing independence and quality of life.

Join us for a FREE sausage sizzle all day

This event is for people with disabilities and ongoing medical conditions, their families, carers, support network and service providers.

Find out what is available in our region for people with a disability and their carers, including the latest adaptive technology.

Speak to local service personnel.

Disability and community organisations will be available to provide information and advice on early intervention services, carer support, advocacy, accommodation, training and education, employment, post-school options and equipment.

Please note the media will be in attendance and may wish to talk to participants.

For more information, please call  
Graham on 0428 167 142 or Danielle on 6762 8003.

Proudly supported by:





# NEGS

## Livestock 4 Learning @ NEGS

The Livestock 4 Learning Program has been launched as a new and alternative means of donating to the NEGS Education Trust.

Livestock 4 Learning is a fund raising initiative with the primary objective of offering NEGS scholarships to country girls interested in studying Agriculture at NEGS.

Donor's have the opportunity to raise a beast on their own (or friends' property), caring for the animal until sold. Sale proceeds will be donated to the NEGS Education Trust.

All donations to the Trust are tax deductible.

The generosity of our supporters allows the school to continue our commitment to ensuring that NEGS girls receive a world class education and the opportunity to shine in the rural arena.

To register your interest, please email  
[petergallett@bigpond.com](mailto:petergallett@bigpond.com)  
[graeme.hollis@negs.nsw.edu.au](mailto:graeme.hollis@negs.nsw.edu.au)

With your interest and contact details, you will receive a personal call from a NEGS representative to discuss how you can become a donor today.



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)  
**www.negs.nsw.edu.au**

## NEGS Spring Fair

Saturday 7th September  
 10.00am-3.00pm

- ★ **Attractions**
  - Concepts of Armidale
  - Fashion Parade
  - Kids Activities, Tombola
  - Face Painting, Lasertag
  - Pony Rides, Farmyard Merry-Go-Round
- ★ **Food**
  - BBQ & Cafe
  - Cakes & Sweets
  - Ice-Creams & Drinks
- ★ **Other Stuff**
  - Music Performances
  - Boutique Market Stalls
  - Plants

**So come along for a great day out!!!**  
 5% of profits go to the local (Armidale) Oncology Unit



**NEGS**

## The Spring Fair are asking for Beautiful Baskets fillers for this years' Spring Fair

Please send in any goods for the Year Group to fill baskets with; eg. gardening, baby, coffee, craft, beauty, gifts, small toys, gourmet food, stationery....



NEGS and ST. JOHNS JUNIOR SCHOOL

# SPRING FAIR

SATURDAY SEPTEMBER 7<sup>th</sup>

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*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



my school  
my dreams  
my future



ST JOHN'S

## Newsletter

Term 3 Week 6 - Wednesday 21st August 2013

### Grandparents Day

This special morning is fast approaching where our students can show off their school to their grandparents. For catering purposes, please ensure the RSVP slips are returned to school. Alternatively an email may be sent to [reception@negs.nsw.edu.au](mailto:reception@negs.nsw.edu.au) with details of names of visitors.

### Spring Fair

As it is now only just over two weeks until the Spring Fair, the school is looking for your support. 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.

### Head Lice

As it is that time of year when head lice are prevalent, could you please check your child/ren's hair carefully and treat if necessary. If there are head lice/eggs present, children should be kept at home until all traces have disappeared. If you have any doubts please check with your chemist. Thank you for your assistance in this matter

### Parent Direct /Chalk/Educational fundraising catalogues

All families should have received some fundraising catalogues. Each of the companies will issue the school with a voucher to the value of 20% of our orders, which is then spent on resources for the students.

It is a wonderful opportunity to purchase Christmas presents. Please show them to other family members and/or friends who may be interested.

If you wish to order any items please make sure all orders are returned to Mrs Smith by Monday, 16<sup>th</sup> September to ensure that orders can be collated by the end of the term. This will allow the items to be delivered in Term 4.

Please return any unused catalogues to the school so that they can be redistributed. If you have any questions please contact Helen Smith on 6774 8737 (until 10.15am only) or [helen.smith@negs.nsw.edu.au](mailto:helen.smith@negs.nsw.edu.au)

### Newsletter snippet: School-age sleep: in a nutshell

By Raising Children Network

Getting a good night's sleep is important for your child's health, growth and development. It helps children be more settled and ready for school the next day.

## Dates to Remember

### Term Three - 2013



23rd August	Pupil Free Day Staff Development Day
27th & 28th Aug	IPSHA Athletics
30th August	Transition Assembly
6th September	Grandparents Day
7th September	Annual Spring Fair invite your family & friends
16 September	St John's Musical - 'Aristocat' Matinee
18 September	St John's Musical - 'Aristocat' 6pm
19 September	St John's Musical - 'Aristocat' 6pm

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>



Just a reminder to all families that the St John's performance of The Aristocats Kids will be happening in Week 10...the children are starting to be very excited. Details of ticket prices and sales will be coming soon.

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

#### About school-age sleep

- Children aged 6-9 need 10-11 hours sleep a night.
- Bedtime is usually from about 7.30 pm.
- It's important to have a bedtime routine.
- Keep the bedroom dark, cool and quiet.
- Sleepwalking is nothing to worry about.
- Bedwetting is something your child will grow out of:

20% of children wet the bed at age five, but only 5% still do it by age 10.

- Night terrors usually disappear by age six.
- Up to 50% of children aged under seven have nightmares.
- Children have a 40-minute sleep cycle of light sleep and deep sleep, followed by brief waking.

This article is an extract only. For more information, visit [raisingchildren.net.au/sleep/school\\_age\\_sleep.html](http://raisingchildren.net.au/sleep/school_age_sleep.html).

Sourced from the Raising Children Network's comprehensive and quality-assured Australian parenting website, [www.raisingchildren.net.au](http://www.raisingchildren.net.au).

Please note that Friday 23<sup>rd</sup> August is a **PUPIL FREE DAY**. Staff will continue to work on the NSW English curriculum in preparation for 2014, as well as have a training session on Multilit.

**Mrs Helen Smith (on behalf of Mrs Dim Fenwicke)**

### Assembly Awards

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

#### Personal Best Awards

- K/1: Andrew Knight, Siena Hays  
2/3: Solomon Layton, Charlotte Hoholt  
4: Timothy Lindeman, Alexander Fulloon  
5: Anna Jarvis, Charlotte S.  
6: Penny Haynes, Sophie Sutherland

#### Book Work Awards

- K/1: Charlie McCulloch  
2/3: Charlotte Claridge  
4: Amber Leitner  
5: Alexandra Rose  
6: Sophia Carlon

**Sport Participation:** Jessica Wisemantel, Sophie Sutherland, Isabelle Perrottet

**YCDI:** Sophie Sutherland, Sidney Harvey-Grace

**Bronze Awards:** Zara Vivers, Jessica Wisemantel, Sophie Sutherland, Lauren Campbell, Penny Haynes, Molly Dooner, Zoe Reed, Katie Hancock, William Knox, Siena Hays, Delilah Layton, Katherine Edwards, Clodagh Bookallil



*my school  
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  
Uralla 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 Science Day Goes Off With A BANG!!!

Students at St John's Junior School were treated to a 'fiery' Science presentation on Wednesday 14th August to celebrate National Science Week. K-6 spent an hour participating in activities intended to excite, engage and inspire students to consider future career pathways in Science.

The experience introduced elements of the three main branches of Science: Chemistry, Biology and Physics. The combustion of Hydrogen, 'Dinosaur Toothpaste' and ethanol rockets were among the crowd favourites. It was a 'shocking' experience for some brave volunteers who experimented with the Van de Graaff Generator, whilst the opportunity to touch a Stimson's Python was greatly appreciated by the students (but not so much by some of the teachers!!).

Science Day at St John's and NEGS is an annual event run in conjunction with National Science Week and it has become a day on the calendar that the students really look forward to. Year 10 girls are given the opportunity each year to lead the event and it not only provides them with the chance to develop their leadership skills prior to their senior years at school, but it also consolidates the collaborative relationship that exists between the junior and senior cohorts.

Some quotes from the students:

**Hayley Whitehill** - Year 4 "Science Day was awesome because Miss Stone looked as though she had set fire to her hands when she was experimenting with gas reactions. I know we shouldn't play with fire at home. Miss Stone's minions were very funny."

**Archie O'Neill** - K/1 "St John's went to the Senior School Science Day and we had fun because they showed us some animals and electricity."

**Sophia Carlon** - Year 6 " Science Day was terrific, actually it was Blast-a-rific! We learnt that pythons don't suffocate their prey and that hydrogen gas and fire don't mix! We also learnt that it is not a good idea to drink coke and eat mentos at the same time - what an eruption!!

Thanks to Miss Stone and her Year 10 helpers.

It is strangely unsettling that the absolute highlight for the students was seeing me 'on fire' - certainly food for thought!!!! If we can make Science relevant and engaging, if we can change that one child's mind who thinks that Science is boring, if we can inspire students to study Science in the future, then we have done our job!

A big thankyou to my partner in crime, Mrs Annette Edmonds, for her tireless efforts in cleaning up my mess and to my 'minions' who were truly and fantastically despicable - Georgia Hook, Lily Hook, Caitlyn Everingham, Alice Frend and Ellie Rowlings.

**Miss Belinda Stone**  
Science/Senior Biology Teacher





Andrew Knight has chosen the German Name Felix for classroom use. Here he is learning how to say 'Heute haben wir schönes Wetter', (today we have good weather), and modelling a fine moustache.



Ava Loudon is in Year One. She has chosen the German name Klara for classroom use. Here she is learning the phrase, 'Es schneit', (it is snowing), while modelling gloves and a beautiful head scarf.



Archie is in Year One. He has chosen the German name 'Amadeus' for classroom use. Here he is learning the phrase, 'Es ist windig', (it is windy) and is modelling a fine moustache.

## KIDS

Have Fun Outdoors.....Run Jump and Throw Little Athletics is for all kids aged from 5 – 16

It's a great way to develop skills and fitness, improve co-ordination and meet new friends.

**Join us at Harris Park Thursday afternoons.**

**In Term 4 2013 and Term 1 2014.**

**Setup from 4.30pm.....Program starts at 5pm**

**First Club Night – 10<sup>th</sup> October**

## **REGISTRATION**

Thursday 12<sup>th</sup> & 19<sup>th</sup> September – McDonalds Restaurant – 4-6pm

**WHAT TO BRING:** *New athletes need to bring along proof of age, eg Birth Certificate, blue book or passport.*

**COST:** \$75 plus a uniform if you don't already have one.

For more Info: Email [jodiefittler@iinet.net.au](mailto:jodiefittler@iinet.net.au)

Website: [www.armidalelac.org.au](http://www.armidalelac.org.au)

Phone: 0410066405

### **TAS Tonkas v South Armidale Sealions**

On a chilly wet Saturday morning, the TAS Tonkas played a great game of football. This week we had the formidable assistance of Peter Evans and Conor Doherty from the Transformers. Alex Webber did a great job as goalie in the first half and didn't let any goals through. Lachlan Costello and Campbell Aitkin revelled in the wet conditions. Beatrice Henzell and Catherine Alcorn weren't at all fazed by the wet weather and played fantastically. Sam Meehan and Solomon Layton had terrific games with Sam scoring 1 goal and Solly scoring 2. Final score Tonkas 3 Sealions 1. Well done Tonkas on a day suited to Sealions!

### **TAS/St Johns Tonkas v North Armidale Red Rovers**

On Saturday the Tonkas played a top game of football against North Armidale Red Rovers. Solomon Layton played another blinder and kicked 2 goals. Josh Pongrass and Alex Webber did a great job as our goalies again this week and held Red Rovers to one goal. Campbell Aitkin was ever reliable throughout the game. Lachlan Costello scored another ripper goal by drilling one from far out. Catherine Alcorn had her best of the year and awarded player of the week. TAS/St Johns won 3-1.

### **The TAS Tonkas/Transformers plus Solomon Layton from St Johns played in the Jack Vallance Carnival on Sunday 11<sup>th</sup> August at the Rologas Fields, Armidale.**

The team played 4 x 15 minute games and played fantastic football throughout the day. They played 3 draws and 1 loss which was a great result. Everyone displayed really good sportsmanship and were a credit to their school.

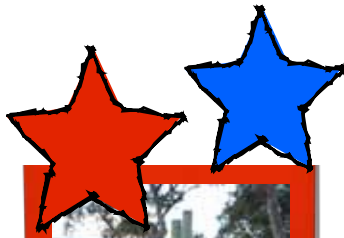
Special thanks to Neil Smart for his coaching and refereeing, Ingrid Evans for the oranges and all the parents who turned up to watch the kids play.



**Matt Meehan**

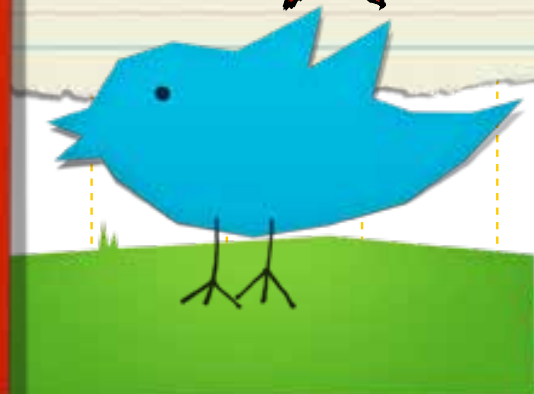
*Back Row: Oliver Smart, Josh Pongrass, Alex Webber, Sam Meehan, Lachlan Costello, Solomon Layton  
Front Row: Beatrice Henzell, Peter Evans, Conol Nicoll, Campbell Aitkin, Lachlan Hunt*





### Year 4

Year 4 have been extremely busy during Term 3, participating in a range of exciting activities - their visit to The Great Aussie Bush Camp with Year 3, Science Day, having wonderful art lessons with Mrs Leitner and welcoming Mr Logan to our classroom. They have been working very hard to develop efficient numeracy strategies and skills and tricks that will help them with their spelling. Well done Year 4.



'Alice In Wonderland' production



## Sport News - Hockey

### Please note:

All Sport Notes and other sporting events information, outside of NEGS, will be uploaded to the NEGS website.

Top Menu > Latest News

Sports Update

From this page, scroll to bottom to Sports Notes.

### Hockey Reports

NEGS Blue took on an undefeated ESC team on the 7th August. The girls had only played them the previous Saturday and came away with a 1 all draw. This scare spurred ESC to bring in an extra 1st grade player in the hope of combating the teams recent form. The Blue girls played well and came away with a 3 nil win! They than took on PLC in the much anticipated friendly match! A slow start for the girls saw them go into half time nil all. Luckily the team stepped it up a gear in the second half laying on 4 unanswered goals! This game was both a HNE and IGSSA game so it was great that the team got both lots of points! The team are starting to play together really well. With not much time until their 2nd trip to Sydney and semi's in the local competition its great to see the girls hitting their straps at the right end of the season! I encourage anyone that hasn't seen the team play this term to get out and support them as I guarantee you're in for a big surprise!

NEGS Silver



## Sport News

### 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.

### Open Woman Indoor Rep Trials.

Bring \$3 to cover court hire.

Apologies to Paul [peichorn@bigpond.com](mailto:peichorn@bigpond.com) or Helen Ray [hlay@aapt.net.au](mailto:hlay@aapt.net.au)

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.

· Open Woman selections to be held on 29<sup>th</sup> August 2013 from 7.30 to 8.30pm



### Junior IGSSA Team against PLC

Photos were taken during the NEGS vs PLC IGSSA match held on Saturday 10th August in which NEGS were victorious 4-0. This team has now played 4 games and have scored 19 goals and conceded 0.



*Penalty shot that Tahlia Paull scored against PLC!*

### Senior IGSSA Team against PLC

Senior IGSSA girls went down against PLC, great game, fun had by all!



## WEEKEND MATCHES - 24th AUGUST - NO GAMES BOARDERS WEEKEND

### Monday 26th August

TEAM	VS	TIME	PITCH	PICK UP
NEGS GOLD	GUYRA GREEN	6.10pm	T1	PICK UP 5.40pm - MRS THOMAS

### Saturday 31st August

TEAM	VS	TIME	PITCH	PICK UP
NEGS SILVER	ESC BLUE	12.40pm	T1	PICK UP 12.00pm - BOARDING DRIVING

TEAM	VS	TIME	PITCH	PICK UP
NEGS GOLD	BYE	BYE	BYE	BYE

## JUNIORS

### Mid Week - Tuesday 27th August

TEAM	VS	TIME	PITCH	PICK UP
NEGS BLUE	DUVAL	5.00pm	2	Pick up turning circle 4.25pm - BOARDERS ONLY. MISS SOUTHGATE DAY GIRLS ARE TO MAKE OWN ARRANGEMENTS

### Saturday 31st August

TEAM	VS	TIME	PITCH	PICK UP
NEGS PINK	DUVAL	8.30am	1	Pick up turning circle 7.45am Pick up SPORT UNE 9.30am BOARDING DRIVING

TEAM	VS	TIME	PITCH	PICK UP
NEGS BLUE	HARLIES	9.30am	1	Pick up turning circle 8.45am Pick up SPORT UNE 10.30am BOARDING DRIVING

TEAM	VS	TIME	PITCH	PICK UP
NEGS PURPLE	DUVAL WHITE	10.30 am	1	Pick up turning circle 9.45am Pick up SPORT UNE 11.30am BOARDING DRIVING

TEAM	VS	TIME	PITCH	PICK UP
NEGS AQUA	DUVAL BLACK	11.30 am	1	Pick up turning circle 9.45am Pick up SPORT UNE 12.30pm BOARDING DRIVING

**Omega Feeds**  
**NEGS CNC\* ODE**  
28 & 29 September 2013

*embracing life with confidence,  
compassion and creativity*

**CNC\*, EVA 105, EVA 95,  
EVA 80, EVA 60 and EVA 45**  
**Prize money CNC\* \$2,500 & EVA 105 \$1,500**

Event program and online entries at [www.nominate.com.au](http://www.nominate.com.au)  
For enquiries please email [ode@negs.nsw.edu.au](mailto:ode@negs.nsw.edu.au) or call 02 6774 8717

**OMEGA FEEDS** **new england mutual** **Crowe Horwath**

**NEGS EQUESTRIAN**

New England Girls' School, Uralla Road, Armidale NSW 2350. [www.negs.nsw.edu.au](http://www.negs.nsw.edu.au)

## Sport News - Netball

### Round 12 results - ADNA Netball competition

#### NEGS2 v Muscle Tribe

NEGS 2 played well on Saturday afternoon. The shooters were on fire and defence were quick. The parents were on their toes watching the team as the game was neck and neck. The girls kept their cool and played their own game. The movement across the court was great and their passing has improved considerably. The girls had fun and fought hard. Congratulations on your win girls. Every single one of you deserved it. I know you were tired after that game but it was one of the best games yet. We would like to thank Anna Campbell for playing for our team. We have loved having you. Also, thank you to the parents. We loved the cheering and morale on the sideline. I look forward to seeing you all again next week.

#### NEGS Navy v PLC2

NEGS Navy took on a very determined PLC2 on the weekend. It was a tough match for our girls, who gave away both height and age to the opposition. After a very close and low scoring first quarter the PLC girls really stepped up in the second quarter to take a decisive lead. Due to missing several players, NEGS tried some new combinations, however PLC were simply too strong for our girls on the day. Emily Farrar battled well through the midcourt and Caitlin Bonnicci and Molly Evans were strong in defence. Laura Claridge showed her versatility by playing at both ends of the court. The girls fought valiantly until the final whistle but went down 22-12.



### Round 13 results - ADNA Netball competition

#### NEGS1 vs Ravens

NEGS1 faced Ravens in less than ideal conditions for netball. Fortunately, the rain cleared as the girls stepped on court but it was still slippery under foot. A few laughs were had as both sides struggled with the wet ball and cold fingers. Harriet Raleigh was voted Best and Fairest for her consistent, positive and tenacious efforts in defence. (\*defence with a 'c' and not the American 's') Ravens proved to be too wily with a 49 - 18 win. NEGS1 have one more ADNA match on Tuesday night against Impies Red before traveling to Sydney for their final IGSSA rounds on Thursday.



#### NEGS2 v Muscle Tribe

NEGS2 played a great game on the weekend. Despite the wet conditions the girls decided to play and they did an excellent job. The courts were wet and the ball became slippery. However, this did not affect the girls' passing and movement around the court. Defence was strong during the game with Laura Anderson and Hannah Parker sticking to their opponents. Stella Quast was named Best and Fairest for the game. All the girls tried their best and were very sportsman like. NEGS2 did loose but throughout the game they played with their heads up. Well done girls! I would like to thank Eliza White for playing on our team. You were a little pocket rocket and appreciate you filling in! Well done girls!

### IGSSA NETBALL UPDATE

The IGSSA Netball matches were played against PLC in Week 4.

Thank you to the staff, students and families who supported our girls. An extra big thank you, also, to the boarding staff, for getting all of our boarders to and from the matches.

Congratulations to all girls who played in these matches. There was a high level of skill and excellent sportsmanship on display.

#### Results

JUNIOR IGSSA: 18-6 NEGS. SENIOR IGSSA: 20-12 PLC

The Junior team have now won 3 out of 4 games and the Seniors 2 out of 4. We wish both teams and their coaches the best of luck for their next trip to Sydney, where they will play the remaining games at the end of Week 6.

## Sport News - Netball

Our draw for the remaining matches is outlined below.

### Trip 2

Friday 23rd August, 2013

	Division	Teams			Venue	Time
NEGS JUNIOR	J02	NEGS	v	ROS	Anne Clark Centre	5:00 PM
NEGS SENIORS	S02	ROS	v	NEG	Anne Clark Centre	6:00 PM

Saturday 24th August, 2013

	Division	Teams			Venue	Time
NEGS SENIORS	S02	MON	v	NEG	Five Dock Indoor 1	8:00 AM
NEGS JUNIOR	J02	NEGS	v	BRI	Five Dock Indoor 1	9:00 AM
NEGS SENIORS	S02	NEGS	v	KAM	Five Dock Indoor 1	10:00 AM
NEGS JUNIOR	J02	NEGS	v	SVC	Five Dock Indoor 1	11:00 AM

### IGSSA Athletics

Congratulations to our IGSSA Athletics team who traveled to Sydney last week to compete in the IGSSA Championships. The girls are to be congratulated on their strong results and the way in which they represented New England Girls' School. A special thank you must go to Mr Andrew Frend, who coached the girls in the lead up to the carnival. His expertise and tips for the relay teams were especially appreciated.

At IGSSA Athletics schools are allocated a division according to enrolment numbers. As we are a small school we compete in division 3. With outstanding performances, we are however considered for the division 1 awards.

Charlotte Raleigh achieved the most outstanding result of the Carnival. She was awarded a Bronze medal for the Junior Discus, this was achieved in the division 1 competition. Her throw of almost 30 metres also landed her the division 3 first place. Charlotte was outstanding in both throwing and jumping events, qualifying for multiple finals.

Ellis Mackay jumped an impressive 1.56m to place 5th in the Senior High Jump. Her jump also gave her a division 3 win in this event. Alice Frend and Caitlyn Everingham both qualified for their respective finals in the Long Jump and as a team, we brought home a swag of division 3 ribbons.

Sarah Wyatt picked up a first place in the 800m, Claudia Smith came 3rd in her 14 years 100m, Caitlyn Everingham was 3rd in her 100 metre event and Victoria Bennet came 2nd in her 400m. Tahlia Paull was strong both on the track and in the field. She was 2nd in her 800m event and 1st in her High Jump event.

Emily Rogers was unable to participate in a number of her events due to injury. Despite this she was instrumental and took on many leadership roles during our time in Sydney.

Our Junior, Intermediate and Senior Relays all placed in the division 3 races.

Congratulations to our 2013 IGSSA Athletics team!



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compassion and creativity



**NEGS  
EQUESTRIAN**

## Newsletter

Term 3 Week 6 - Wednesday 21st August 2013

### Out and About

Over the past couple of weeks some of our Equestrian Centre riders have been out competing around NSW. Sophie Barr recently competed at Pony Club State Championships, representing Manilla Pony Club Zone 5. Sophie competed in the 13 - 15 years age group where she came 6 th AM5, 10 th Grand Prix and 14 th overall for age group. Well done Sophie, a tremendous effort.

Recently Raquel Frogley, Hilary Blackman, Megan Nolan, Kate Ramsay and Lucy Ramsay travelled down to Sydney to compete at the ODE held at Sydney International Equestrian Centre. Raquel riding Lazuli and Kate riding Khancoban Road competed in the EVA95 Preliminary. Hilary and Megan both competed in the CNC1 \* where they rode against some seasoned competitors. Lucy riding Little G Kid Coady placed 7 th in the dressage in the EVA80 Junior class. Well done to these avid eventers, a great effort achieved by all.

During the last weekend of July, the Armidale Riding Club held an unofficial dressage competition here at the NEGS Equestrian Centre. Congratulations to all girls who competed and special mention to Alison Cala riding Zulu winning the Novice 2B and also winning the Elementary 3B. Well done to Jaimie McElroy riding Andre who demonstrated their competence in competing in the Elementary 3B also. Congratulations also to Shaina Berry riding Cardigan who competed in the Preliminary 1B receiving a very high score of 70%. Lizzie Hancock doing a great test blitzed the crows with a stella performance. Well done to Rhianna on a great test on the every lovely Fonzie. Thank you to all the girls who helped and please pass on your appreciation to the Armidale Riding Club who worked hard to provide this opportunity for you.

### Barraba Horse Sports and Gymkhana

Emily Battle had a very successful time at the Barraba Horse Sports Day achieving the following awards:

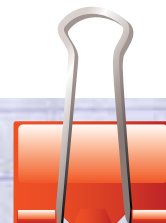
Emily was awarded Highest Point Score Champion for 14yr Girls after a huge success in al events. What a remarkable effort then cleanup the next day at the Gymkhana taking out the following prizes.

Caitlin Croft also attended the event and received the following awards

Well done Caitlin who was awarded Runner Up Highest Point Score 9yrs Girls then going on the next day to clean up again in the following events;

- 1 st Bareback & Bonfield Bounce
- 2nd Flag Race
- 3rd Pair of Riders & Ben-bar-aft

### Upcoming Events



24th & 25th Aug	Brett Parbery Clinic
31 Aug & 1 Sept	NEGS EC Colleen Brook Show Jumping and Coach Accreditation Clinic
31 Aug & 1 Sept	NEGS ECNE Australian Stock Horse Branch – Wardell Stock Horse Clinic
7&8 September	Tamworth T.I.E CIC***
15th September	Quirindi Show
21&22 September	Sydney Equestriad CIC***
25-27 September	NEGS EC Dressage and Jumping Super Clinic
28&29 September	NEGS EC NEGS CNC**
5-Oct	Score ODE CNC***



### Brett Parbery clinic is happening this weekend 24/25th August.

He will be conducting 45minute private lessons over the weekend. Brett has an incredible background which started with western sports such as campdrafting, polocrosse and also Hacking that later turned into competitive Rodeo riding

across the country. He then moved across to Dressage in 1998 where he began at the bottom of the game and relocated to Holland to train with some very experienced and knowledgeable trainers for the next 3 years, before returning to Australia to ride and train at his own property in Penrose (Southern Highlands).

Uralla Road, Armidale NSW 2350 Australia

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# Sponsorships, Trade Fair sites and Contributions

NEGS CNC\* ODE, 28 & 29 September 2013



The NEGS One Day Event is fast approaching, and there are still opportunities for you, your business, or organisation to support this great event.

## Packages available:

Package	Cost
<b>CNC*</b>	Omega Feeds
<b>EVA 105 ODE: Pre-Novice</b> (includes 8 VIP passes)	\$4,950.00
<b>EVA 95 ODE: Preliminary</b> (includes 8 VIP passes)	\$4,950.00
<b>EVA 80 ODE: Introductory</b> (includes 4 VIP passes)	\$1,650.00
<b>EVA 60 ODE: Newcomers</b> (includes 4 VIP passes)	\$1,650.00
<b>EVA 45: Encouragers</b>	New England Mutual
<b>Teams Challenge</b> (includes 4 VIP passes)	\$1,650.00
<b>Main Arena</b>	Crowe Horwath
<b>Dressage Oval</b>	\$330.00
<b>Cross Country: Standard</b> (includes 2 VIP passes)	\$660.00
<b>Cross Country: Water</b> (includes 2 VIP passes)	\$880.00
<b>Show Jump: Jump Wing</b>	\$440.00
<b>Show Jump: Jump Wing and Fence</b>	\$660.00
<b>Show Jump: Full Jump</b> (includes 2 VIP passes)	\$1,980.00

## Trade Fair sites

Starting from \$55.00 our trade fair sites are an affordable way to promote your business for the duration of the event.

## Contributions

This is a simple way of supporting our wonderful event, giving you the flexibility to choose the amount you wish to contribute. Your contribution will be noted in the event program while donation amounts will not be disclosed. Some contributors may prefer to remain anonymous. The choice is yours.

Level	Range
<b>Bronze</b>	\$50.00 – \$199.99
<b>Silver</b> (includes 1 VIP pass)	\$200.00 – \$499.99
<b>Gold</b> (includes 2 VIP passes)	\$500.00 – \$999.99
<b>Platinum</b> (includes 3+ VIP passes)	\$1,000.00 or over

## VIP Marquee tickets

Individual VIP Marquee tickets are available for purchase for \$55.00 each.

## For more information:

Phone: 0458 330 947

Email: [ode.sponsorship@negs.nsw.edu.au](mailto:ode.sponsorship@negs.nsw.edu.au)



**NEGS EQUESTRIAN**



**new england mutual**  
at the heart of our community

**Crowe Horwath.**