



Newsletter

Term 1, Week 6 - Wednesday 5th March 2014

From The Principal

Mr Clive Logan, NEGS Principal

Raising teenagers in today's changing world

Helping an adolescent become a caring, independent and responsible adult is no small task. Adolescence can be a confusing time of change for teenagers and parents alike. But while these years may be difficult, there is plenty we can do to nurture them and encourage responsible behaviour.

Show your love

One of the most important parenting skills needed for raising healthy teenagers involves positive attention. Spend time – quality time – with your teenager to remind him or her that you care. Listen to your teenager when he or she talks, and respect your teenager's feelings. If your teenager doesn't seem interested in sharing life with you, keep trying. Regularly eating meals together may be a good way to stay connected. Better yet, invite him or her to prepare the meal with you. You might also encourage your teenager to talk to other supportive adults for guidance.

Minimize pressure

Don't pressure your teenager to be like you were or wish you had been at his or her age. It's natural for teenagers to express themselves in ways that differ from their parents. If your teenager, for example, shows an interest in 'body art' – such as piercings – make sure he or she understands the health risks, such as skin infections, allergic reactions and other potential permanent consequences. As you allow your teenager some degree of self-expression, remember that you can still maintain high expectations for your teenager and the kind of person he or she will become.

Encourage cybersafety

Get to know the technology your teenager is using and the websites he or she visits. If possible, keep the computer in a common area in your home. Now that there is access via 3G anywhere, anytime, be open in discussing the etiquette required to maintain friendships but also to avoid potential dangers. Remind your teenager to practice these basic safety rules:

- Don't share personal information online.
- Don't share passwords.
- Don't get together with someone you meet online.
- Don't send anything in a message you wouldn't say face to face.
- Don't text or chat on the phone while driving.
- Talk to a parent or trusted adult if an interaction or message makes you uncomfortable.

Set limits

To encourage your teenager to behave well, identify what constitutes acceptable and unacceptable behaviour at home, at school and elsewhere. As you establish appropriate rules, explain the behaviour you expect as well as the consequences for non-compliance. When setting limits:

- **Avoid ultimatums.** Your teenager may view an ultimatum as condescending and interpret it as a challenge.
- **Be specific.** Rather than telling your teenager not to stay out late, set a specific curfew.
- **Be concise.** Keep your rules short and to the point.
- **Be flexible.** As your teenager demonstrates more responsibility, grant him or her more freedom. If your teenager shows poor judgment, impose more restrictions.
- **Be prepared to explain your decisions.** Your teenager may be more likely to comply with a rule when he or she understands its purpose.
- **Be reasonable.** Avoid setting rules your teenager can't possibly follow. A chronically messy teenager may not be able to maintain a spotless bedroom overnight.

What's on the Website

Travel Form for Boarding Parents

Armidale District Netball Association
2014 Registration Forms

Term Dates to Remember

TERM 1 11 weeks

| | |
|-------------------|--|
| Saturday 15 March | Scholarship Day Autumn Festival |
| Friday 21 March | Year 12 Parent Teacher interviews 3.30pm |
| Saturday 22 March | Year 12 Ball |
| Thursday 10 April | Year 7 Parent Teacher interviews 3.30pm |
| Friday 11 April | Buses depart from 7.30am |

TERM 2 8 weeks

| | |
|------------------|---|
| Monday 28 April | Year 11 Parent Teacher interviews Boarders return |
| Tuesday 29 April | Classes resume |
| Thursday 1 May | Half Yearly exams Years 11 & 12 |
| Tuesday 13 May | NAPLAN Tests |
| Wednesday 14 May | School Photos |
| Thursday 15 May | NAPLAN Tests TBC |
| Thursday 5 June | NAPLAN Tests Year 9 Parent Teacher interviews 3.30pm |
| Friday 6 June | Buses leave for June long weekend |
| Monday 9 June | Public Holiday Boarders return |
| Friday 13 June | NEGS Athletics |
| Thursday 19 June | Year 8 Info. Session Year 8 Parent/ Teacher Interviews |
| Friday 20 June | Buses depart from 7.30am |

NEGS Calendar Link

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

Not sure if you're setting reasonable limits? Talk to your teenager, other parents or professionals. Whenever possible, give your teenager a say in establishing the rules he or she is expected to follow.

Enforce consequences

Enforcing consequences can be tough — but your teenager needs you to be his or her parent, not a friend. Being too lenient may send the message that you don't take your teenager's behaviour seriously, while being too harsh can cause resentment. Be consistent when you enforce limits. Whatever disciplinary tactics you decide on, relate the consequences to the broken rule and deliver them immediately.

Set a positive example

Remember, teenagers learn how to behave by watching their parents. Your actions generally speak louder than your words. Set a positive example and your teenager will likely follow your lead.

Adapted from: <http://www.mayoclinic.org/parenting-tips-for-teens/art-20044693>

Good News & Achievements



• Congratulations to **Caitlin** who participated at the **Uralla Show** in February.

- 1st Galloway Pleasure Hack
- 2nd Galloway Maiden Hack
- 3rd Galloway Open Hack Heavy
- 2nd District Girl Rider Under 13
- 3rd Girl Rider 9 – 11 yrs

Brooke and Hollie - Guyra show, 22nd & 23rd February 2014

- Brooke 70cm . 3rd
- Brooke 90cm 1st Hollie 3rd
- Hollie 3rd 90cm scurry
- Brooke 5th open top score
- Hollie 3rd, 4th & 5th Under 12
- Brooke 3rd & 5th Under 17

Inverell Show 1 March 2014

- Hollie - 1st, 2nd & 3rd - Under 12
- Brooke - 5th - Under 18
- Brooke - 6th D grade.

• **Skye Ramsay** competing in the Pre Novice at SIEC last weekend with **Meagan Nolan** and **Jaimie McElroy** came third in her section.

• **Elizabeth Hancock** at the Scone Dressage on her horse Dinky last weekend and did a tremendous job, winning both her Novice classes.



• Some of the **St John's Junior School** students at the PSSA Swimming Carnival today. Some many PB's in the pool and lots of fun to be had in the rain! Well done to all of our swimmers.



• **Bronte Dagg** has just been awarded the Equestrian NSW Inter-school Junior Saddlehorse Champion for 2013 and will be going down to Sydney next month to the Equestrian Australia Annual award ceremony in Sydney to collect her award.



This is a great achievement for someone so young. She was representing her previous school Hinton Primary, however, will represent NEGS from 2014. Well done Bronte.

• **Kate Cruickshank** (Year 7 Boarder from Warral) has been selected to represent Pony Club Zone 5 at the Sydney Easter Royal Show and will be competing in the Team of Fours, Pairs and Girl Rider under 13yrs. This is a great achievement and Kate is away most weekends training in preparation for the Royal.

News from the Director of Studies

Mrs Hiscox

NEGS has been approached by the NSW Parents' Council to host a session for Year 10 parents and students on Monday, July 14th, at 5 pm. The session would be open to all Independent schools in Armidale and include a presentation from Carol Taylor, the Chief Executive of BOSTES, as well as advisors from UAC and UNE.

The session is designed for parents of Year 10 students to inform them about HSC subjects, scaling, and University options and access. It is planned to also include an address on "thriving not just surviving the HSC". This is a wonderful opportunity for us to have access to highly qualified presenters and will take the place of our "in house" information session for Year 10 which was scheduled for June 19th.

This necessitates a change in dates for the Year 8 and Year 10 parent information sessions and parent/ teacher interviews. The revised dates and times are as follows:

Thursday, June 19th: Year 8 Information session for parents and girls in the Hall at 2 pm
Year 8 parent teacher interviews in Dr Jan Milburn Room at 3.15pm

Monday, July 14th: Year 10 parent teacher interviews in the Dr Jan Milburn Room from 2 pm to 4.45 pm.
Year 10 Information session for parents and students in the Hall at 5 pm,
sponsored by the NSW Parents' Council.

Round Square News

Mrs Morley



Last Thursday and Friday Mr Logan and Mrs Morley attended the Round Square Heads and Reps meeting in Singapore. They were hosted by United World Colleges of SE Asia and were joined at lunch by some of their international scholars.

These students came from countries as diverse as Uruguay, Cambodia, Holland, Tanzania, America and Swaziland. After lunch the scholars helped Mrs Morley to sort a collection of old style soccer shirts which NEGS was donating to a project called 'Kits for Kids'.

A Thai teacher then took the shirts onto a collection point where they are being distributed throughout orphanages in Thailand and Cambodia.

Round Square - some dates 2014

Young Round Square Conference - Auckland, New Zealand. April (21-26th April) plus approx. 1 week preservice (16th-20th) (12-14yrs).
International Round Square Conference - Jordan, 7th -13th October plus 1st -6th Pre-conference trip. Years 10 & 11.
Regional Service Trip - Fiji. 21st Sept - 5th Oct (this is approx as dates are not set yet, but I can update you when they are released). 15 years & over.

2015

Senior Regional Round Square Conference - Seoul, Sth Korea, 26th - 31st January 2015 Plus 19th - 26th Pre-conference is likely. Years 9 & 10 in 2014.



**Do you find that you never have time to just sit and read?
Would you like to get some great suggestions for good books to read?
Come to the NEGS book club?**

WHERE: Please come to the Library.....to the Cushions area!
WHEN: on Wednesday afternoons at 3.30-4.00ish
WHY: read...find out about good books.....have a biscuit
WHO will be there: Everyone!! Some beautiful Year 12's will run this BOOK CLUB
WHAT do I bring: A favourite book!



Year 12 Business Studies

Mr Esterbauer

Mr Peterson spoke to Year 12 Business Studies about his business's operations last Wednesday.

The talk covered the background to the business and focused on the operation management of Peterson Wines. The company operates within the premium quality wine market both in Australian and Asia. Some of the business issues covered included operations expansion, diversification, technological influences, social change, political influences on the business, quality assurance, visibility, adapting to changing market tastes and trends, and operations management style from an entrepreneurial perspective.

The girls gained valuable insight into operations management and the contemporary issues influencing the business. The Year 12 Business Studies class would like to thank Mr Peterson for giving up his valuable time to help the girls at NEGS.



Parent Liaison List - 2014

Parent Liaison 2014

Transition: TBA (contact Josie Knox in the meantime)

Year K: Nicole Killen - nickillen@gmail.com

Year 1/2:

Josie Knox - josieknox@tenterdenstation.com.au

Year 3/4:

Cath Farrar - chook5@activ8.net.au

Year 5:

Tracey Whitehill - tracey.whitehill@exemail.com.au

Year 6:

Tara Moxham - tara@iacglobal.com

Trudy Hancock - trudyhancock@bigpond.com

Year 7:

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

Rose Meehan - rose@agbis.com.au

Etoline Galbraith - aegalbraith@bigpond.com

Year 8:

Sally Strelitz - sally@millyhill.com.au

Susie Redhead - sredhead@neml.org.au

Sarah Edmonds - sopast1@bigpond.com

Year 9:

Lisa Haynes - shop@conceptsofarmidale.com.au

Fid Nivison - milagro@milagrodesign.com.au

Year 10:

Lauren Bailey - lsbailey@bigpond.com

Tina Watson - msm5@bigpond.com

Year 11:

Janet Carter - angusjanetcarter@bigpond.com

Year 12:

Wendy Robertson - fishington@bigpond.com.au

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

NSW Parents Council

The latest E-Bulletin is available from <http://parentscouncil.nsw.edu.au/>

It includes the following topics:

- * Arts make kids Smart
- * Principal of the term
- * Girl Talk: talking to daughters about healthy relationships
- * Parents keeping a connection with their new secondary school
- * Its back to school and its back to backpacks



Student Wellbeing

with Mrs Sole

Week 4, 2014
Year Meetings 7-12

Year Advisors together with the year Tutors, met on Tuesday for the first Year Meeting activity for 2014 from the Wellbeing Program. Ask your daughters what they have learnt so far!

Year 7 were on camp so they had great fun spending time getting to know each other, and learning how to appreciate individual differences and team building skills.

Year 8 started with a topic on Group Dynamics looking at the different roles assumed in teamwork. The girls were placed in groups and given the task of building a cage with a workable door, using newspapers and packaging tape. This newsletter we feature Year 8 Tutor Groups. Our girls are very resourceful and innovative thinkers as you can see in the photos below!



Year 8 and Year 8 Year Advisor (Angela Sole) and Year 8 Tutors (Consuela Despi & Sam Morley)

Year 9 focused on how diet, exercise and sleep affect our lives and how to manage stress. Year 10 investigated Curiosity. This lesson was based on Jaak Panksepp's theory of seeking. Ask the girls what they now believe about people being born lucky.

Year 11 were introduced to their Wellbeing Program by establishing learning relationships within the group. As they start their HSC year, Year 11 will need to foster support for each other. The girls engaged in games which led them to the conclusion that working together is sometimes more efficient than everyone being on individual pages. The Year 11 lessons will cover strategies for thinking in different ways, developing self-awareness and the dynamics of inter-personal relationships.

Year 12 will work their way through an excellent resource from ReachOut Professionals on "Building Resiliency". They will explore 7 essential resiliency skills. Last week they looked at Emotional Awareness and Self Regulation. One of the activities asked the girls to mark on a list of Emotions, which ones they had experienced that day. Year Advisor Max Thompson reported that the girls were quite amazed at their results, recognising that our emotions fluctuate widely throughout a day.

Character Strengths in Tutor Time

The Character Strengths for Weeks 4 and 5 were Open Mindedness and Love of Learning.

Students were introduced to the notion of alternative viewpoints and the importance and need, to understand and respect the perspectives of others. They were asked to initially identify their own viewpoints in a range of areas. There was also focus upon the importance of always looking at both sides to any situation or story. The notion of empathy is also very important in this topic. It is very important in our lives that we can see things from others' perspectives and put ourselves in their shoes in order to maintain positive relationships and also to truly understand and engage in respectful relationships with others.

The Love of Learning lesson focused on a quote from John Holt. John Holt is a controversial American educator and author. He held that the primary reason children did not learn in schools was fear: fear of getting the wrong answers, fear of being ridiculed by the teacher and classmates, fear of not being good enough. He maintained that this was made worse by children being forced to study things that they were not necessarily interested in.

“The child is curious. He wants to make sense out of thing , find out how things work, gain competence and control over himself and his environment, and do what he can see other people doing. He is open, perceptive and experimental. He does not shut himself off from the strange, complicated world around him, but tastes it, touches it, hefts it, bends it, breaks it. To find out how reality works, he works on it. He is bold. He is not afraid of making mistakes and he is patient. He can tolerate an extraordinary amount of uncertainty, confusion, ignorance and suspense... School is not a place that gives much time or opportunity or reward for this kind of thinking and learning.”

What will our girls make of this quote? What are their opinions on how they learn? What are their learning motivators? Students completed a ‘Learning Goals Action Plan’ that should help them develop good learning skills.

ParentingIdeas

Please find on next page an article on “Tolerance- a vital ingredient for your Child’s Success”.

Week 6 Student Wellbeing Article: Year 12 Wellbeing Program

In the first wellbeing session of the year the girls looked at what it meant to be resilient. They investigated how the same situation can have different outcomes dependent on how one is able to ‘bounce back’ or deal with adversity. In the picture below, some of our Year 12 students are shown with pictures which represent ‘Resiliency’ to them.

In the second session they looked at the 6 virtues and 24 Character Strengths which individuals possess. These include, Wisdom and Knowledge, Transcendence, Humanity, Courage, Justice and Temperance. The girls completed an activity which highlighted their own Character Strengths and discussed these with their peers. (Maxine Thompson)



From Left: Hannah Parker, Allison Korn, Eliza Pitt, Shannon Neeson and Savannah Peterson.

Private Vehicle Conveyancing (PVC)

Private Vehicle Conveyancing (PVC) applications – day and boarding students

PVC subsidy is available for eligible NSW school students, where there is no public transport available for all or part of the journey. An example of this is if families live more than 1.6km from the nearest transport pick up point. For further information re eligibility please telephone the Ministry of Transport on 1800 010 123.

Please note: for families who are not registered, to be subsidised for Semester 1 (Terms 1 and 2) the cut off date for applications is the 18th June. If your application is successful, could you please forward a copy of the original form to NEGS so we can ensure that you will be paid correctly for your subsidy? If you have two different distances e.g. home to coach pick up point or home to NEGS then it is necessary to complete two forms. Thank you for your assistance.

If you have any questions, please contact me. Helen Smith (helen.smith@negs.nsw.edu.au)
P: 6774 8700

INSIGHTS

by Michael Grose – No. 1 parenting educator



Tolerance: a vital ingredient for your child's success

Kids who accept differences in others are setting themselves up for success in the world of diversity that they will enter.



Want your child to be successful way past the confines of the school gate?

Then you need to make sure your child is tolerant of individual differences and accepting of children and adults who look and act differently to them.

There's no doubt that success in today's world depends on the ability to understand, appreciate and work with others. The child who is open to differences is likely to have more opportunities in school, in business and in life in general.

Schools are diverse places

Walk into any school ground in Australia and you'll witness diversity firsthand. You're likely to see children from many different cultural, racial and family backgrounds. You'll also see kids with different needs and diverse ways of expressing themselves. Some kids will wear their hearts on their sleeves, while others will be taciturn and quiet. Tolerant kids are accepting of these differences. They make friends with children and young people who may look and act differently to them.

Intolerance breeds bullying

Intolerance, or prejudice, is at the heart of a great deal of the bullying that occurs among children and young people. Kids who look and act differently or who are more isolated often experience bullying for no apparent reason other than the fact that they are 'different'. Whole-hearted acceptance and even appreciation

of differences is a preventative bullying measure that we can all support.

Tolerance starts at home

Kids learn attitudes such as tolerance from those around them. Children in primary school usually reflect the attitudes of their parents. While adolescents are strongly influenced by their peers, parental attitudes still have a significant impact on their attitudes to other people. In short, if you want your child to be accepting of differences – whether they are racial, cultural, behavioural or in sexual orientation – then make tolerance a family trait. Here's how:

- ✓ **Help your child feel accepted, respected, and valued.** When your child feels good about himself, he is more able to treat others respectfully.
- ✓ **Model acceptance.** Kids learn what they live so make sure you welcome differences in others, and be sensitive to cultural or racial stereotypes. It also helps on a practical level to discuss prejudice and stereotypes when they occur in the media.
- ✓ **Challenge prejudice or narrow-minded views.** Sometimes kids, knowingly or unknowingly, can say the cruellest things about others. As a parent respectfully remind your child or young person about the impact that a narrow view can have on his or her own behaviour as well as on those it may be directed towards. Intolerance of diversity is an attitude that parents should make a stand against.
- ✓ **Answer kids' questions about differences honestly and respectfully.** Teach your kids that it is acceptable to notice and discuss differences as long as it is done with respect.
- ✓ **Respect individual differences within your own family.** Your ability to accept your children's differing abilities, interests and styles will go a long way towards establishing an attitude of tolerance in the children themselves. By valuing the uniqueness of each member of your family you are teaching your kids to value the strengths in others, no matter how diverse.

Modern Australia is such a wonderful culturally-rich place. This diversity is part of its magic. One way to make sure our children fully appreciate this richness is to fully embrace tolerance in everything we do.

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

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twitter.com/michaelgrose

Boarding News

with Maxine Thompson and Sarah Ronald

WHATS COMING UP IN BOARDING

Autumn Festival

Please note that next weekend is the Autumn Festival. On Saturday 15th March the morning will be 'Closed' and all Boarders will be required to march and represent the school. After the conclusion of the formalities, Boarders will be able to go on Exeats for the weekend. If you require special leave from this event you must request this through Mrs Evans <maryanne.evans@negs.nsw.edu.au> .

Further information will be distributed shortly

Campus to City Canter

The Campus to City Canter will be held as part of The Autumn Festival. It will be held on Saturday 15th March starting at 8.00am. The run will be approximately 4km. If you would like to participate in this please email Miss Thompson <maxine.thompson@negs.nsw.edu.au>

West Side Story

Boarders have been invited to attend the dress rehearsal of "West Side Story" at the TAS Hoskins Centre on Monday 24th March. All Boarders will enjoy a night of high quality entertainment and the opportunity to support their peers.

Boarders Weekend Outline

Friday 7th March – Sunday 9th March

*If you would like to go to the Armidale show on Friday night, please sign up on the sheets in Kirkwood and Saumarez. There will be a \$6 charge for the return bus trip.

Friday 7th March

| | |
|--------------------|---|
| 5.45pm | Dinner in the Dining Hall |
| 6.30pm – 8.30pm | The Armidale Show The Bus will depart the Turning Circle at 6.30pm |
| 7.00pm | 7:00pm –9.00pm Year 11 Dinner Leave (optional) 7:00pm –10.00pm Year 12 Dinner Leave (optional) |

Saturday 8th March

| | |
|-------------------------------|--|
| 8:00am – 9:00am | Breakfast in the House |
| 10:00am – 12:00pm | BUS to Town –Meet at the Turning Circle. Pick up to Return to NEGS @ Bus Stop on cnr Faulkner St and the Mall @ 12:00pm |
| 12:30pm | Lunch in the Dining Room |
| 5:45pm – 6:30pm | Dinner in the Dining Room |
| 7.00pm –9.00pm –10.00pm | Year 11 Dinner Leave (optional) Year 12 Dinner Leave (optional) |

Sunday 9nd March

| | |
|--------------------|---|
| 11:00am | Brunch in Dining Room |
| 4:00pm – 5:00pm | Hour without Power – Pool open for swimming (if weather permits) OR MPC open OR Free Time outside Both Kirkwood and Saumarez will be locked for this hour. |
| 1.00pm– 3.00pm | SPAR: (1.5 hour limit) Year 9 are able to walk to SPAR in groups of 4 or more Year 10 are able to walk to SPAR in groups of 3 or more Year 11 and 12 are able to walk to SPAR in pairs |
| 5:45pm – 6:30pm | Dinner in the Dining Room |

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

The NEGS Boarding Team

Mrs Mary Anne Evans
(02) 6774 8703
Head of Boarding
maryanne.evans@negs.nsw.edu.au
(for school day leave requests)

Miss Sarah Ronald
(02) 6774 8725
Head of Kirkwood House
sarah.ronald@negs.nsw.edu.au

Miss Maxine Thompson
(02) 6774 8774
Head of Saumarez House
maxine.thompson@negs.nsw.edu.au

Miss Lara Johnston
(02) 6774 8784
Kirkwood House Mother
lara.johnston@negs.nsw.edu.au

Mrs Kerry Middleton
(02) 6774 8774
Saumarez House Mother
kerry.middleton@negs.nsw.edu.au

House Staff

Miss Laura-Jo Green,
Mrs Faye Paris (weekends),
Miss Kirstie Fuller,
Miss Ellie Evans

my school
my dreams
my future



ST JOHN'S

Newsletter

Term 1, Week 6 - Wednesday 5th March 2014

From The Head of St John's Mrs Cary Roberts

Over the last weeks we have been delighted to welcome new students and families to the school. In Transition Ruby and Bailey Harvey-Lynn and in Kindergarten, Sidney and Zara Harvey-Grace and Meshari Almagheeb. We trust your educational journey with us will be a positive and productive one.

Our first Assembly was a great start to the year. Year Six was officially given their role as Year Six Leaders of the school. This job is a very important one for the students as it provides an ideal opportunity for all the students to carry out their role in such a way that depicts the values of St John's. It also provides them with necessary skills for future leadership opportunities when they commence year seven. Younger students at the school take great pride in watching these students perform their role and they model themselves on the behaviour of the leaders.

This year staff will be awarding the Star of the Week Awards in place on the Bronze, Silver and Gold Awards. The recipients at the last Assembly were very proud of their efforts. Photos of the *St John's Stars* are displayed in the hallway of the main building.

The school takes great pride in the tradition of wearing uniforms with pride. Please ensure that your child comes to school dressed correctly each day. Girls must have the summer dress, blazer, straw hat, white ribbons in their hair, ankle length fold down socks and, if they have pieced ears, must wear silver studs or clear studs. Boys must wear navy shorts, white shirt with tie, blazer, navy socks and school cap. All items of uniform are available from the clothing shop.

If your child is attending Homework Club after school the correct documentation must be completed. Please contact Mrs Smith (8.30 am to 10.15 am) if you require further assistance

Best wishes to Grace, Eva and Calan as they travel to Sydney later this week to participate in the IPSHA swimming. We eagerly await to hear of their experiences upon their return.

Basketball and Touch football are in full swing and judging by the sports reports given, students are enjoying their chosen fields and playing very well. I hope they keep up the wonderful sportsmanship they have been demonstrating over the last weeks.

Students are not supervised at school prior to 8.30am. If they do arrive early, they must be seated in the playground until the teacher on duty arrives.

The Student Well Being Programme has commenced at the school. This programme incorporates ideas from the You Can Do It programme and a variety of other social and emotional learning programmes. Mrs Angela Sole and Miss Jess O'Connell have been working together to plan and implement this programme. Children will be focussing on the positives and learning how to switch their thinking in order to develop the social skills required to deal with issues that arise throughout their schooling. Last week the older students supported the younger students with What Went Well this week. The interaction and positive talk amongst the peer groups was very positive.

Premier's Reading Challenge

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

What's on the Website

Term Dates to Remember

| | |
|---------------|------------------------------------|
| TERM 1 | 11 weeks |
| March | |
| Wednesday 5 | IPSHAA Swimming Sydney |
| Friday 7 | Assembly Kindergarten |
| Wednesday 12 | Life Education |
| Thursday 13 | Life Education |
| Saturday 15 | Scholarship Day Autumn Festival |
| Saturday 22 | Year 12 Ball |

NEGS Calendar Link

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

Uralla Road, Armidale NSW 2350 Australia

T: +61 02 6774 8700 F: +61 02 6772 7057 E: reception@negs.nsw.edu.au

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

Assembly Awards

Congratulations to the following children who received awards in the Week 4 Assembly:

Personal Best Awards

K: Leontine O'Neill
1/2: Siena Hays
3/4: Arnika Moorfield
5: Isabella Gooch
6: Francisca Dugdale

Book Work Awards

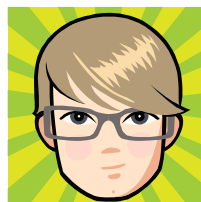
K: Sienna Alldis
1/2: William Tout
3/4: Caitlin Croft
5: Hayley Whitehill
6: Eva Knox

St John's Star Awards

K: Taj Killen
1/2: Archibald O'Neill
3/4: Ashley Knight
5: Isabelle Chandler
6: Clancy Hedges



Logo Design Competition



Competition



entries must say:

“YOUTH OPPORTUNITITES EXPO - 2014”

for your chance to

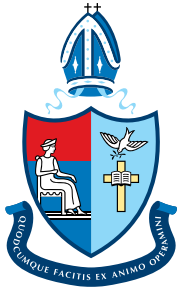


WIN an iPad!



Entries must be submitted by 10th March 2014 to Armidale Dumaresq Council.
Entries are subject to the terms and conditions listed on the entry form that must accompany each entry. Entry forms can be downloaded from the Council website





ST JOHN'S

SPORT

St John's have had a busy start to the year with sport. We started the term with our Swimming Carnival. The day started with some of the first drops of rain we had seen in a while so everyone was in good spirits. Students did a great job earning points for their house swimming in many events. The Parent/Teacher race was very exciting with some new parents joining the teachers on the blocks. Our fantastic P&F served up a feast for lunch which kept everyone full for the presentation. All in all a fantastic day was had.

In Week Three, some students travelled to the Monckton Aquatic Centre for the PSSA Carnival. Although we were among some big schools, St John's performed exceptionally well. Many of our swimmers received first and second place and nearly all of our swimmers improved on their personal best times by nearly six or more seconds. All students who attended the carnival have been congratulated on their team spirit and their 'have a go' attitude. We would like to take this opportunity to wish our swimmers travelling to Sydney for IPSHA next week all the best and look forward to hearing about how it went when you get back.

Students have nominated their Summer Sports for the year and Winter Sport nominations will be out over the next few weeks.

St John's would like to thank all parents who have volunteered over the last few weeks at sporting events with different roles and also those who have come to cheer on students. We really appreciate it and it's great to see you as well.

Below are some photos from the St John's Swimming Carnival and the PSSA Swimming Carnival.

Kind regards,

Miss Jess O'Connell



Sport News

with Miss Laura Cambridge - Sports Co-Ordinator

Recently the students of NEGS competed in their annual Swimming Carnival. All students should be proud of their efforts on the day, whether it be competitively in the pool, cheering from the sidelines, doing laps in the non-competitive races or yelling as loud as possible in the House Cheering Competition.

The IGSSA swimming team will shortly be announced and they will be traveling to Sydney to compete on behalf of NEGS against the other participating IGSSA schools in the inter-school competition. We wish these girls the best of luck.

Below are the results for the 2014 NEGS Swimming Carnival.

| AGE | CHAMPION | RUNNER UP |
|------|-------------------|----------------|
| 12's | Chelsea Eichorn | Disa Smart |
| 13's | Lucy Fenwicke | Alicia Ball |
| 14's | Claudia Meehan | Amber Strelitz |
| 15's | Charlotte Raleigh | Abbey Jackson |
| 16's | Clare Askey | Tahlia Paull |
| 17's | Kayla Wicks | Anthea Powell |
| 18's | Lucy Moffatt | Emily Rogers |

The Trivitt Cup for Most Outstanding Swimmer of the Carnival -
Lucy Fenwicke

Cheering Cup - Lyon

House Cup -

| | | |
|-----|--------|-----|
| 1st | Green | 895 |
| 2nd | Murray | 888 |
| 3rd | Lyon | 850 |
| 4th | Dumolo | 643 |

We also had records broken. Congratulations to the following swimmers:

15yrs 50m Backstroke S. Connor 36.32 2007 -
Broken by O. Fenwicke 35.69 2014

13yrs 50m Backstroke S.Connor 37.80 2005 -
Broken by L. Fenwicke 36.25 2014

13yrs 100m Freestyle A Templeton 1.10.25 1997-
Broken by L. Fenwicke 1:10.20 2014

13yrs 50m Butterfly H Raleigh 35.72 2008 -
Broken by L. Fenwicke 33.54 2014

Junior 50m Medley Relay was LYON 1997 2.49.68 -
Broken by MURRAY 2.49.46 2014.

Hockey New England

EXPRESSIONS OF INTEREST FOR 2014 REPRESENTATIVE TEAMS

Dear Players and Parents,

Hockey New England is calling for expressions of interest from players interested in participating in 2014 Representative Teams. Please include full name, DOB, contact email, contact mobile ph no. and the team/s you wish to play in.

Players interested in training before selections are welcome to come along on Tuesdays from 5:30pm on T1.

Selections will be held on:

- Monday 17th March from 5-7pm for U18 Boys
- Thursday 20th March from 5/6-8pm for U18 Girls.
- Monday 28th April from 5-7pm for U15 Boys
- Thursday 1st May from 5/6-8pm for U15 Girls.
- Monday 26th from 5-7pm for U13 Boys
- Thursday 29th May for U13 Girls.
- Thursday 24th April for U11 Boys and Girls

Training for teams will begin the week immediately following selections on either/both Monday and Thursday from 5pm.

Expressions of Interest to be submitted by: 10th March 2014

Expressions of interest should be forwarded to:
Michelle Constance (HNE Representative Co-ordinator)
conkie1@bigpond.com

Any questions/enquiries please contact:

Michelle: 0435 102 929

Paul: 0427 668 915

Blair: 0431 104 488

Winter Hockey Registrations: City Hockey Club is looking for players for teams in the Friday evening junior competition. Teams are U11, U13 and U16s divisions. PH Paul 6772 4089 AH for further information.