



## Newsletter

Term 1, Week 8 - Wednesday 19th March 2014

### From The Principal Mr Clive Logan, NEGS Principal

#### Resilience Lessons

The Sun Herald recently published an article reporting on the findings of a survey from Resilient Youth Australia that paints a very sad picture of high school students today. Here are some excerpts from the newspaper article found at:  
<http://www.smh.com.au/national/education/schools-must-teach-emotional-resilience-study-20140308-34e3y.html>

"An alarming snapshot of the mental health of high school students has found one in three girls and a quarter of boys are depressed, with many turning to violence, alcohol and unwanted sex to cope with problems.

The study of almost 4500 year 7 to 12 students, also revealed that 34 per cent of girls and 30 per cent of boys felt constantly under strain and unable to overcome difficulties. More than half had low levels of resilience and of those, 43 per cent felt violence was an appropriate way to solve relationship issues. A third were drinking at dangerous levels, and one in four lacked the confidence to say no to unwanted sexual experiences, while 16 per cent feel it necessary to carry a weapon. One in 10 of the students from schools surveyed in Victoria, Queensland, SA and NSW, had gambled in the past year...

Psychologists and educators say many young people lack the basic skills of impulse control, conflict resolution and relationship-building to help them cope with life's challenges.

'As a nation, we need to start empowering our kids and giving them these skills. The kids who get violent on our streets and get really drunk often have no idea how to form a relationship. They are the same kids who are socially anxious and scared and believe that it's OK to resolve their problems by hitting somebody,' said Andrew Fuller, a clinical psychologist and director of Resilient Youth Australia. 'The role of schools is in educating the whole child rather than just focusing on a narrow band of literacy and numeracy. Every child in Australia deserves this kind of learning.'

NEGS and St John's is committed to educating and making our students aware through our Wellbeing@NEGS course commenced this year, by targeting the character strengths which we believe will assist each student to tackle the social, emotional and physical issues evident in our society today. Emerging research suggests teaching children how to regulate their emotions not only helps reduce stress and anxiety but can boost academic performance, all so important to what we believe provides a balanced, well-rounded education.

The scary thing is that the Resilient Youth Australia survey found only 8 per cent of high school students had optimal levels of resilience - factors such as good relationships with adults, engagement at school and a sense of empowerment - which protected them against engaging in violence, alcohol abuse and dropping out. One in five had been bullied online and a third were suffering sleep problems, while one in four lacked confidence, and had trouble concentrating at school.

#### What's on the Website

- Parenting Tips latest edition
- Distance no barrier for NEGS IGSSA Girls competing in state events

#### Term Dates to Remember

| TERM 1            | 11 weeks   |
|-------------------|--|
| Friday 21 March   | Year 12 Parent Teacher interviews 3.30pm                               |
| Saturday 22 March | Year 12 Ball   |
| Thursday 10 April | Senior School Cross Country<br>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<br>Boarders return                   |
| Tuesday 29 April  | Classes resume   |
| Thursday 1 May    | Half Yearly exams<br>Years 11 & 12                                     |
| Tuesday 13 May    | NAPLAN Tests   |
| Wednesday 14 May  | School Photos TBC<br>NAPLAN Tests                                      |
| Thursday 15 May   | NAPLAN Tests   |
| Thursday 5 June   | Year 9 Parent Teacher interviews 3.30pm                                |
| Friday 6 June     | Buses leave for June long weekend                                      |
| Monday 9 June     | Public Holiday<br>Boarders return                                      |
| Friday 13 June    | NEGS Athletics   |
| Thursday 19 June  | Year 8 Info. Session<br>Year 8 Parent/Teacher Interviews               |
| Friday 20 June    | Buses depart from 7.30am   |

NEGS Calendar Link  
<http://negs.nsw.edu.au/calendar/>

I do not believe that the statistics listed above are an accurate reflection of this school but we are aware that the issues raised are evident in the School. We are not into burying our heads in the sand. We need to work at this together as a School community to make our students more resilient and to have the grit and determination to face the challenges that they will face. We provide information in each newsletter so that you can discuss the issues with your child. For more information, please contact Mrs Angela Sole, the Wellbeing Coordinator at the School.

## 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 3.15 pm**

**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.**

## 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](mailto:helen.smith@negs.nsw.edu.au))  
P: 6774 8700

## 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



# Good News & Achievements



• Well done to **Clare and Sarah Askey** who competed at SIEC and Scone - Final results were SIEC; Clare EVA105 4th of the Juniors  
Sarah EVA95 4th of the Juniors.

Scone: Clare finished 6th of the Juniors in EVA 105. Sarah was 3rd in the EVA95J division.

Other results – Coona Pony Club ODE Dec 2013\B grade - Clare 1st  
Coona PC combined training B grade – Sarah 2nd, Clare 4th

Other results from show jumping at Coona B grade power and speed Clare 5th, Sarah 6th.  
Clare also competed at the Armidale riding club dressage day 9/2/14 and was 1st in the 2.1, equal 2nd with herself on Tahoe and Jackpot in the 1.2 and 3rd in the 1.1 and 6th in the 2.2.

• **Isabella Johnson, Hollie O'Halloran and Anna Jarvis** at the Armidale Show. Anna won the perfect Trifecta – 3 x 1sts, 3 x 2nds and 3 x 3rds



• **Brooke & Hollie O'Halloran** at Armidale Show 7th, 8th & 9th March 2014  
Hollie 3rd & 5th - under 15's  
Brooke 4th - Open 1m  
Hollie 5th - under 18's  
Hollie 5th & 6th - under 15's 6 bar she cleared 125cm on the last jump in the 4th round.  
Hollie 3rd & 5th - Open 90cm  
Hollie 1st - Open 1m  
Hollie 4th - Open 1m

• **Bronte Dagg** - Champion and **Chelsea Eichorn** Reserve Champion - Armidale Show

• **Chelsea Eichorn**  
Bundarra Show, 2nd Girl Rider, 2nd Pair of Hacks (with Natasha Favato - NEGS pony club)

Uralla Show, 3rd Girl Rider, 3rd district Rider

Armidale Show, 1st Girl Rider, Reserve Champion Girl Rider

• **Laura Strelitz** attended the Far North Coast ASH Branch Show in Grafton this weekend of the 15/16th March. She rode both her Horses, with the following results;



Far North Coast Branch  
15th/16th March  
2nd Working 3 yr old  
Futurity *Silverthorn Gunsmoke*

2nd Preliminary Dressage  
*Silverthorn Gunsmoke*  
2nd Working Youth Challenge *Tassa's Taboo*  
1st Hack Youth Challenge *Tassa's Taboo*  
2nd Time Trial Youth Challenge,  
2nd Utility Youth Challenge *Tassa's Taboo*

2nd OVERALL YOUTH CHALLENGE 15 under 18yrs  
2nd Working Horse 15 and under 18yrs *Tassa's Taboo*  
1st ASHLA Turnout class – under 18yrs *Tassa's Taboo*  
Equal 2nd Rider Class 15 under 18 years *Tassa's Taboo*  
1st ASH Hack 15 under 18 years *Tassa's Taboo*  
CHAMPION HACK 15 UNDER 18 YRS



• **Elijah Layton** won 3rd place in Cattle Parader class at Walcha



• Quota breakfast for International Women's Day. Mr Clive Logan with some NEGS & TAS Students.



• **Sophie Watson** won second place in the Intermediate Junior Merino Sheep Judging. Sophie won second place overall in the Armidale Merino Sheep & Wool judging competition.

# Health Centre

Cathy Beevors & Jodie Jackson

## NEGS GP CLINIC

The School is very excited to announce that Dr Wendy Simpson from Integral Health Medical Practice in Armidale is our new School General Practitioner.

Dr Simpson moved to Armidale from Wollongong early this year and enjoys all aspects of General Practice with a particular interest in children and woman's health.

We are very fortunate to have secured Dr Simpson's services as she is new to the area and happy for the NEGS students to be part of her practice. Dr Simpson will hold a clinic in the Health Centre on Wednesday mornings from 9am. Initially this clinic will be for Boarding students only.

This clinic will be for routine medical appointments and reviews. Any urgent problems that arise at any other time will be attended to in her rooms when necessary.

The Health Centre Registered Nurses will be working closely with Dr Simpson to ensure our students receive the best care for both their physical and mental wellbeing.

Appointments for the clinic at school must be made prior to the clinic by the Health Centre Staff.

Our plan is to transfer the majority of our students to Integral Health so they can access the clinic at school. This will reduce the cost to parents in taxi fares and save time away from classes for the girls.

Students who have been cared for by Dr L Bookallil or Dr Heather Williams will be given the option to see Dr Simpson or stay with their Doctor of choice.

Integral Health also offers 24 hour care for their patients.

We would like to acknowledge Dr Luke Bookallil from Rusden Street Medical Practice and Dr Heather Williams from Marsh Street Medical Practice for stepping in and caring for our girls when our former school Doctor resigned 18 months ago.

Both Doctors were unable to run a clinic at NEGS due to existing work commitments so they are both very happy that Dr Simpson is able to do that for us and they wish us well.

Details for the Integral Health Armidale are as below:

126 Barney St  
Armidale, NSW 2350  
Ph 67725877

Dr Wendy Simpson  
B.Med (Newcastle), FRACGP, DRANZCOG

All costs will be invoiced to the student's home address and Parents/Caregivers will need to access rebates. A standard consultation will cost \$70 (with Health Care card \$55) and a long consultation will cost \$120 (with Health Care card \$105).

## Senior School, Parent Liaison List - 2014

### Year 7:

Kate Blackmore - [kate.blackmore.2350@gmail.com](mailto:kate.blackmore.2350@gmail.com)  
Rose Meehan - [rose@agbis.com.au](mailto:rose@agbis.com.au)  
Etoline Galbraith - [aegalbraith@bigpond.com](mailto:aegalbraith@bigpond.com)

### Year 8:

Sally Strelitz - [sally@millyhill.com.au](mailto:sally@millyhill.com.au)  
Susie Redhead - [sredhead@neml.org.au](mailto:sredhead@neml.org.au)  
Sarah Edmonds - [sopast1@bigpond.com](mailto:sopast1@bigpond.com)

### Year 9:

Lisa Haynes - [shop@conceptsofarmidale.com.au](mailto:shop@conceptsofarmidale.com.au)  
Fid Nivison - [milagro@milagrodesign.com.au](mailto:milagro@milagrodesign.com.au)

### Year 10:

Lauren Bailey - [lsbailey@bigpond.com](mailto:lsbailey@bigpond.com)  
Tina Watson - [msm5@bigpond.com](mailto:msm5@bigpond.com)

### Year 11:

Janet Carter - [angusjanetcarter@bigpond.com](mailto:angusjanetcarter@bigpond.com)

### Year 12:

Wendy Robertson - [fishington@bigpond.com.au](mailto:fishington@bigpond.com.au)  
Sharon Neeson - [Sharon.neeson@bigpond.com.au](mailto:Sharon.neeson@bigpond.com.au)

# Year 11 Biology Excursion

with Miss Stone

On Wednesday 26th February, eleven Year 11 students set out for Thalgarrah Environmental Education Centre. This excursion forms an important part of the Preliminary Biology syllabus, with students required to complete a field trip to study the components of a local ecosystem.

The girls began their day with a classroom session at the centre, which featured some fun with a hatchling Stimson's Python and a visit from a feisty Bearded Dragon. This was followed by an exercise where students had to locate 'frogs' out in a bushland area behind the centre using a GPS. Each 'frog' contained information about some animal and plant interactions. After a delicious morning tea of chocolate muffins, cooked by our own NEGS catering staff, students walked 1km into the surrounding bush to determine the abundance and distribution of plants and animals using a variety of sampling techniques. They also used various pieces of equipment to measure the abiotic factors affecting this ecosystem, including air temperature, soil pH, light intensity and slope.

The girls arrived back at the centre in time to enjoy a BBQ lunch. They finished off the afternoon with a discussion about animal adaptations and received an impromptu visit from a beautiful coastal carpet python. Students remained enthusiastic throughout the day, singing on the bus ride both to and from the centre! A big thanks must go to Mrs Edmonds for cooking the BBQ, to our NEGS catering staff for supplying the fantastic food for the day and to the staff at Thalgarrah for their expertise and hospitality. The girls were exemplary representatives for their school and it was a pleasure to take them on this excursion!



**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!



# Student Wellbeing

with Mrs Sole

## Character Strengths in Tutor Time

Last weeks Character Strength was Perspective and this week is Authenticity.

Ask your daughter what she has learnt in Tutor time. Which is her favourite activity so far?

## Year Meetings for Years 7 and 8

Last Tuesday students in Years 7 and 8 received a lesson on time management and organising their revision for tests and completing assessment tasks. Students were advised to work on each assessment task as soon as it is given, break the task into parts and then commit to completing one part each week. The use of a study timetable was discussed. Many girls have a lot of extra-curricular activities eating into homework time, so students were encouraged to make use of the library at lunchtimes or after school until 5.00pm.

## 2014 National Day of Action against Bullying and Violence

Our school is taking a stand against bullying and violence in 2014.

Our school has registered to be part of the 2014 National Day of Action against Bullying and Violence, being held nationwide on Friday, 21 March.

The National Day of Action against Bullying and Violence (National Day of Action) is Australia's key anti-bullying event for schools. It's a day where school communities across Australia 'take a stand together' against bullying and violence.

NEGS is dedicated to creating a supportive school environments, free from bullying, harassment and violence. By working together we are sending a clear message to young people that bullying and violence, in or outside of school, are not okay at any time.

We have a number of programs and initiatives in place to counter bullying. These include teaching social skills and resilience in the Wellbeing Program.

This Friday all students will participate in activities to discuss the definition of bullying and then brainstorm ideas for a safe and supportive school environment and display these around the school. All students will receive a laminated poster card with tips on dealing with bullying and avenues to access help if needed.

The National Day of Action is an initiative of all Australian education ministers and is coordinated by the Safe and Supportive School Communities (SSSC) Working Group, with representatives from all Australian educational authorities.

The SSSC is also responsible for the Bullying. No Way! website which offers practical resources and information to help schools, parents and students counter bullying, harassment and violence.

Also available on the site is the Take a Stand iPhone app, to keep tips and advice on dealing with bullying close at hand, as well as The Allen Adventure iPad app, designed for children under 8 years.

Download these free apps now in the Student's section of [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

## ParentingIdeas

Please find attached an article on "Resiliency Robbers". For the Parenting Magazine, follow this link: [www.parentingideas.com.au/Parents/Parenting-Magazine](http://www.parentingideas.com.au/Parents/Parenting-Magazine)



Mrs Angela Sole  
Coordinator Student Wellbeing @ NEGS

# INSIGHTS

by Michael Grose - Australia's leading parenting educator

## Resiliency Robbers

**All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their (children's) long-term best interests.**

If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children's resilience.

### **Robber # 1:** Fight all their battles for them

Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

**Resilience notion # 1:** Give kids the opportunity to develop their own resourcefulness.

### **Robber # 2:** Make their problem, your problem

Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here's a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

**Resilience notion # 2:** Make their problem, their problem.

### **Robber # 3:** Give kids too much voice

In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

**Resilience notion # 3:** Make decisions for kids and expect them to adjust and cope.

### **Robber # 4:** Put unrealistic or relentless pressure on kids to perform

Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

**Resilience notion # 4:** Keep expectations in line with children's abilities and don't put excessive pressure on them.

### **Robber # 5:** Let kids give in too easily

Resilient learners link success with effort. They don't give up because they don't like a teacher or when confronted with multi-step or more complex activities. Similarly they don't bail out of a sporting term half

way through the season because the team is not winning or they are not enjoying it.

**Resilience notion # 5:** Encourage kids to complete what they have started even if the results aren't perfect.

### **Robber # 6:** Neglect to develop independence

Don't wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

**Resilience notion # 6:** Don't routinely do for kids what they can do for themselves.

### **Robber # 7:** Rescue kids from challenging or stretch situations

There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

**Resilience notion # 7:** Overcoming challenges enables kids to grow and improve.

Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities.

They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life's curve balls.

And that is a huge lesson to learn at any age.

Published by Michael Grose Presentations.  
All rights reserved.

For more ideas, support and advice  
for all your parenting challenges  
visit: [www.parentingideas.com.au](http://www.parentingideas.com.au)

While you are there subscribe to  
Happy Kids, Michael's hugely  
popular email newsletter.



PO Box 167 Balnarring VIC 3926 P. 03 5983 1798 F. 03 5983 1722 E. [office@parentingideas.com.au](mailto:office@parentingideas.com.au)

my school  
my dreams  
my future



ST JOHN'S

## Newsletter

Term 1, Week 8 - Wednesday 19th March 2014

### From The Head of St John's

Mrs Cary Roberts

Thank you to all the students who joined us at The Autumn Festival Parade on Saturday. It was a great day and all students in attendance looked wonderful and represented our school with pride.

The students enjoyed a visit from the Life Education Van this week and judging by the playground discussion afterwards, gained good information on healthy lifestyles and the importance of looking after ourselves.

Congratulations to Grace Cassidy and Calan Loudon on their success at PSSA swimming. These two students received the Age Champion, a tremendous effort!

This year the staff are implementing the new English syllabus and planning effective learning programmes for their classes. We were very fortunate to have a consultant from the Association of Independent Schools (AIS) come and work with us over two afternoons and one day. The teaching staff has gained a very clear insight into the syllabus and is looking forward to its successful implementation this year.

On Friday we are looking forward to seeing as many of you as possible for our annual cross country followed by a BBQ lunch. It will be a lovely way to spend the afternoon together before the assembly, at which Year Five will be presenting, at 2.30pm in the NEGS Assembly hall.

#### What's on the Website

- Parenting Tips latest edition

#### Term Dates to Remember

|               |   |
|---------------|---|
| <b>TERM 1</b> | 11 weeks  |
| <b>March</b>  |   |
| Friday 21     | Cross Country followed by BBQ and Year 5 Assembly |
| Saturday 22   | Year 12 Ball                                      |

NEGS Calendar Link

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

#### 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](mailto: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.



ST JOHN'S

St John's Junior School  
would like to invite you to our annual  
*Cross Country Event*  
on Friday 21st March at 12:30pm.

Followed by  
*Parents and Family BBQ Lunch*  
at St John's Junior School Lawns.

Friday the 21st March is an Assembly afternoon so please stay and join us in the hall at 2:30pm.

If you are able to help at the Cross Country event and/or join us for lunch please RSVP below.

Your name/s .....

I/we would like to help at Cross Country event

I/we would like to stay for lunch

Uralla Road, Armidale NSW 2350 Australia

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

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



# St John's Student Wellbeing

with Miss O'Connell

St John's have had a great start to the year with our new Wellbeing Program. Miss O'Connell has been working with Mrs Angela Sole in the Senior School to develop a Wellbeing Program to suit the needs of students in the Junior School. The program will help to develop the key areas of Self Esteem, Resilience and Character Strengths. This is very exciting for the Junior School.

Our first Student Wellbeing session focused on Self Esteem and helping new students at school feel comfortable in their new environment. Older classes in the Junior School joined with younger classes for a story and conversation time.

The second Student Wellbeing session focused on 'What went well?' Students were given a journal and asked to write three good things that happened to them at school throughout the week.

Martin Seligman (2011) has suggested that doing the three good things exercise regularly can make you measurably happier. It transpires that the act of counting your blessings somehow makes them appear to multiply. To extend on this and to help students relate why that good thing happened, students were asked to write why that 'good thing' happened. Was it because they were more open to a new situation? Was it because they stepped out of their comfort zone?

The challenge of this apparently simple exercise is to be able to focus specifically on things and events that we have enjoyed in the here and now. Essentially this exercise works by re-educating our attention to look for what is good in life.

After this activity students were asked to write or draw what they were thankful for. Emmons (2007) in his book, "Thanks" suggests that it is helpful to think of gratitude firstly as the acknowledgement of goodness in one's life, and secondly, recognising that the sources of this goodness lie at least partially outside the self. It involves a focus on the present moment and focusing on the things that an individual has rather than things they do not have. This exercise works by re-educating attention to look for what is good in life.

A habit grows from repeated action, creating neural networks in our brains that can direct our attention without conscious thought.

This activity works by encouraging individuals to notice and be aware of the 'good things' in their lives and to focus regularly on happy moments. A 'good thing' might be as small as appreciating a delicious piece of chocolate. Emmons suggests that individuals who practise active gratitude are happier, more energetic and experience more frequent, positive emotions.

Last week's session focused on the National Day of Action Against Bullying. NEGS and St John's registered to participate in this program. The activities completed throughout the session focused on how student's can react in difficult situations and how to create a safe and supportive school environment. Students completed activities, watched clips in relation to social situations that they then analysed and contributed to meaningful discussions.

Wellbeing is important for not only students but staff as well. Teachers at St John's participated in a Teacher Wellbeing Lunch last Friday in the Junior School and had an enjoyable time.

## Assembly Awards

Congratulations to the following students who received awards in the Week 6 assembly:

### Personal Best Awards

K - Myla Cox  
1/2 - Charlie McCulloch  
3/4 - Solomon Layton  
5 - Nichola Clarkson  
6 - Anna Jarvis

### Book Work Awards

K - Brodie Meredith  
1/2 - Archie O'Neill  
3/4 - Alexandra Reed  
5 - Daniel Jamali  
6 - Charlotte Stone

### St John's Star Awards

K - Annicka McCulloch  
1/2 - Arabella Dagg  
3/4 - Eloise Gooch  
5 - Isabella Gooch  
6 - Zoe Reed

## St John's Student victorious at Sydney Equestrian Awards Night

The New England Girls' School has a new champion show rider with Year 5 student Bronte Dagg receiving an award at the distinguished Equestrian NSW Awards for Excellence held in Sydney on Wednesday 12 March.

The 10 year old primary school student travelled to Sydney and was awarded the 2013 Champion Saddle Horse Award in the Interschool Championships.

Bronte was one of several hundred people who attended the awards at Rosehill Racecourse where people of all ages were rewarded for their contribution to the world of equestrian sport. High achievers in the fields of eventing, vaulting, show jumping, dressage, show riding, carriage driving and interschool competitions were invited to the gala event to collect their awards.

Bronte, who has been riding since she could walk, said she was surprised when her name was called out to go up on stage to collect her award. "Mum never told me I was getting an award so it was a bit of a surprise when they called out my name," she said. "I thought I was just going there for a nice dinner.

"I was really excited about winning the award as it was a really big event and only the top riders in their disciplines were given awards so I feel very lucky. I also got to meet Olympic rider Shane Rose which was awesome."

Bronte attended the Equestrian NSW Interschool Championships last year at the Sydney International Equestrian Centre (SIEC) where she was awarded reserve champion rider under 13 and champion open pony under 14 hands with her pony Smithfields Toy Dancer.



Having recently moved from the Hunter Valley to Armidale to attend NEGS, Bronte has been putting a lot of work into her two show ponies who have been competing at local shows in the lead up to Toowoomba and Sydney Royals.

Bronte, who was recently sashed supreme rider under 17 at Inverell Show and supreme district junior rider at Armidale Show, said she hoped her winning streak would continue into the royal show season.

"At Sydney Royal last year I won 13 ribbons – including four firsts and a reserve champion – and I am hoping to do as well or even better this year," she said. "I am also hoping to pick up some qualifying tickets to the Grand Nationals which is one of the biggest events in show riding world."

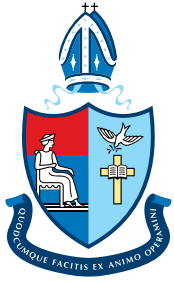
## Touch Football

Mrs Liane Nixon

Over the past few weeks some of our wonderful St John's students have been competing in the Touch Football competition. This team has worked extremely hard in developing their skills with their Year 9 coaches Bridget Sutton and Zoe Nivison. On the field, they have displayed determination and courage at all times and are to be commended for the way they listen to one another on the field. The students have played some tough teams but have managed to score tries and came out with a draw at their last game, 4 all. Well done to this team!

Pictured: (backrow 1st, left to right)  
Clancy Hedges, Grace Cassidy, Will Nicol  
Ashley Knight, Isabelle Chandler, Solomon Layton  
Absent - Tim Lindeman





# ST JOHN'S

# SPORT

Another fortnight has passed and St John's have yet again performed brilliantly in the sporting arena. As mentioned previously St John's students participated at the PSSA Carnival and did very well. We have recently found out that two of our students were awarded Age Champions at the Carnival which is a fantastic achievement. Grace was named Senior Girls Age Champion and Calan was named Junior Boys Age Champion.

Grace travelled to Sydney to swim at the IPSHA Swimming Carnival held at the Sydney Aquatic Centre. She swam extremely well and we are very proud of her efforts. Well done Grace!

In another sporting field another one of our talented sports stars has performed amazingly. Bronte was awarded State Saddlehorse Champion in Sydney last week. She is a magnificent rider and we are very proud of her. Well done Bronte!



**Tildesley Shield Tennis**

We would like to congratulate and wish our NEGS Tildesley Shield Tennis team all the best of luck as they compete at the annual event from the 26th to the 28th of March at Pennant Hills.

**Tildesley Tennis Team:**

Kayla Wicks (Captain), Phoebe Parry, Lilian Betts, Madeline Lane and Lucinda Parry.



**NENC**

This is also a friendly reminder that if you wish to participate in the NEGS Netball team in the inaugural New England Netball Carnival to return your permission notes as soon as possible.

**What has NEGS been up to?**

Kayla Wicks our NEGS Sports Prefect, in conjunction with the prefect team, has initiated some great sporting activities at lunch for our younger years encouraging them to leave their computers behind at lunch and to get up and active. What a great initiative. All the students seem to be enjoying the activities and look forward each week to see what Kayla and the Prefects come up with next.

In PE, Year 8 have been developing their skills in hockey, while PASS have been tackling big ball soccer as well as teamwork logic thinking challenges.

In sport our Year 7/8 Basketball team are making great improvements with the majority of the team this week scoring goals.



### **NEGS IGSSA Swimming Team:**

A small team of 13 students formed the NEGS IGSSA Swimming Team. They travelled down to Sydney on the 13th of March and competed all day on the 14th of March. The girls should be proud of all of their efforts during this time. They displayed great team spirit, confidence and collegiality throughout the stay demonstrating what it is to be a NEGS student.

Of the 13 students, 4 students made finals. Overall NEGS had 8 participants in finals. An outstanding result for such a small team.

Lucy Fenwicke qualified for the 13yrs 50m breaststroke, butterfly and freestyle. She placed 7th in the breaststroke and butterfly finals ensuring that she is the second reserve for the IGSSA team at CIS. She also placed 8th in the freestyle.

Charlotte Raleigh qualified for the 15yrs 50m breaststroke and freestyle B finals. She finally cracked the 30 second barrier in her freestyle coming second and placed 6th in the breaststroke ensuring that she is first reserve for the IGSSA team at CIS.

Kayla Wicks qualified for the 17yrs 50m backstroke and freestyle B finals. She placed 9th in backstroke and 5th in the freestyle.

Lucy Moffatt qualified for the 18yrs 50m freestyle B finals where she placed 7th.

Outstanding results.

Well done to the entire IGSSA Swimming team:

Clare Askey, Alicia Ball, Lucy Fenwicke, Olivia Fenwicke, Abbey Jackson, Claudia Meehan, Lucy Moffatt, Tahlia Paull, Charlotte Raleigh, Amber Strelitz, Kayla Wicks, Sarah Wyatt and Emily Rogers (Swimming Captain).

Thank you also to our massive support team which nearly outnumbered our participants, Mr and Mrs Raleigh, Mr and Mrs Fenwicke, Mrs Ball, Mrs Strelitz, Mr Stace (the bus driver), Mrs Rogers and Grandad.

### **IGSSA Hockey Trials**

We currently have two students, Clare and Sarah Askey trialling in the Under 16 IGSSA Hockey team. We wish them all the best of luck.

### **Fast 5 Netball**

We wish to congratulate Brigitte Michel in Year 12 who was selected and invited to play in the Royal Hotel Fast 5 Netball Competition. Brigitte is the 'junior' on the Sportspower team meaning that she is the only player on that team under 18 years of age. Her team has finished top of the table due to her calm and accurate shooting and will be playing in the grand final next Tuesday. We wish her all the best of luck (not only because she plays on Miss Cambridge's team, but also because she will be playing against Mrs Swartz and Miss Thompson). Go Sportspower!





## Newsletter

Term 1, Week 8 - Wednesday 19th March 2014

### Laura Strelitz ASH Nationals 2014

Laura attended the Australian Stock Horse Nationals held at Tamworth ALEC centre recently with her 2 horses Tassa's Taboo and Silverthorn Gunsmoke. Laura's results were as follows 4th dressage (35 competitors), 2nd Station Hack (over 60 competitors), 2nd open working, (over 30 competitors), got to ride for reserve champion but unfortunately it went to the other, adult, rider. 5th open challenge hack section. (104 competitors). We were extremely proud of Laura's results as the classes were extremely large and were mainly adult riders.



Due to Laura's commitment, passion and success, she was approached this weekend by Rod Stevens Saddlery of Narrabri to be sponsored by their Business. Laura has been competing in one of Rod's saddles successfully over the last 8 months and is now been supplied by Rod with all her gear. We would like to thank Rod Stevens Saddlery for taking Laura on board with his kind offer of sponsorship and look forward to representing his amazing saddles and gear. If you are looking for a new stock saddle or fender, bridle, breastplate, spurs etc, we ask if you could please have a look at Rod and his family business as their gear is of the highest standard and very competitively priced whether you are looking for the turnout saddle or just an everyday comfortable saddle. His web site is not yet complete, although he is on Facebook or can be contacted on 044 886 0459. Laura has also been given a Show Rug Set from Impressa Equine Products to wear at Sydney Royal Show. Impressa Rugs stand out from the rest as they have a removable belly flap to help kept your horses warm/dry or clean when they lie down. Their false tails are amazing and start at \$150.00 for medium and come with a free tail bag. For more information go to the website [www.impressa.com.au](http://www.impressa.com.au) If you do purchase from the above two business's, Laura would appreciate it very much if you mentioned her name as she representing their products.

### What's on the Website

- Parenting Tips latest edition
- Distance no barrier for NEGS IGSSA Girls competing in state events
- EVENTING NSW & ENSW JUNIOR DEVELOPMENT CLINICS , EASTER 2014  
*A reminder that the junior development clinic nominations will be closing at the end of next week.*

### Dates to Remember

|                 |                       |
|-----------------|-----------------------|
| 17th - 18th May | Brett Parbery Lessons |
| 24th - 25th May | Parelli 2 Day Clinic  |
| 17th October    | NEGS Horse Sports Day |



NEGS PROUDLY PRESENTS

**BRETT PARBERY**  
17th / 18th May

Best known for his partnership with Victory Salute, Brett Parbery is at the top of his game and amongst other achievements, has scored the highest mark by an Australian rider in an international competition.

With years of experience training with Ulla Salzgeber and Edward Gal, it's no wonder that Brett is in constant demand for clinics throughout Australia.

For bookings contact the NEGS Equestrian Centre on 6774 8717.  
With only limited places available for this clinic, bookings are going fast!

Closing date 9th May 2014  
45 mins. Private Lesson  
Cost: \$165.00

Coming to YOUR area soon. . . .

### Parelli 2 Day Clinic

**Progressing your Horsemanship**

Can you send your horse over a jump from 12ft, 22ft or 45ft away?

Can you ride a round circle & stop without touching the reins...at the trot...at a canter?

Over 2 days we will look at progressing your practical skills both on the ground and ridden using the Parelli 7 Games as our blueprint to success!

Building distance in our communication on the ground, understanding what motivates our prey animal partners and learning natural riding dynamics that help build calmer, braver, smarter and more athletic horses in the saddle.

With **Carmen Smith**  
4<sup>th</sup> Senior Parelli Professional

**Location**  
NEGS, Armidale, NSW

**When**  
Saturday - Sunday  
24th - 25th May 2014

**Price**  
Early Bird \$445.00  
Exp April 24th  
Course runs from 2:45 - 5:00pm to 4:30pm in each day will build on the next day.  
Open to all Levels  
Regular Price \$540.00

**For Bookings & Enquiries contact**  
Carmen Smith 0419 644 950 | [info@carmensmith.com.au](mailto:info@carmensmith.com.au)  
or Annyka Overton 0428 772 817 | [annyka.overton@negs.nsw.edu.au](mailto:annyka.overton@negs.nsw.edu.au)

[www.carmensmith.com.au](http://www.carmensmith.com.au) | [info@carmensmith.com.au](mailto:info@carmensmith.com.au) | **FR: 0419 644 950**

Uralla Road, Armidale NSW 2350 Australia

T: +61 02 6774 8717 F: +61 02 6772 7350 E: [equestrian centre@negs.nsw.edu.au](mailto:equestrian centre@negs.nsw.edu.au)

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