



Newsletter

Term 4, Week 8 - Wednesday 27th November 2013

How do we measure success?

In the film, *Troy*, Achilles has to face a giant from an enemy's force, one on one. He prepares himself for the battle, runs towards him and, in one swift action, kills him with one stroke of his sword. We often have to face the 'giants' in our life and it is how we approach them that determine how successful we will be. What are some lessons that we can learn from this at the end of a school year?

Identify your giants

- We have to be able to see the issues that are facing us without taking the frustrations out on other people – this may multiply the problem even further
- Sometimes we have 'blind spots' and we often have to rely on friends and family to see those things that we can't
- We live in a society which appears to have a growing victim mentality, denying responsibility instead of taking positive steps towards dealing with the giants and taking responsibility for our actions

Develop your perspective

- Youthful idealism needs to have the opportunity to experiment, to explore and to question – how much has this been encouraged and harnessed this year?
- We also have to see things as they really are – we have to protect ourselves from thoughts of hopelessness and see the potential and promise that is there in each one of us

We have to be prepared to 'put in the hard yards'

- We have to be in the right place at the right time – we have to **position** ourselves
- We have to be prepared to **persevere** – it is how we come through experiences, the tough times, through toil that determines the outcomes of our life
- "Thinking about ploughing doesn't get the work done" – Wayne Bennett has said that meetings and a lot of talk doesn't become fruitful until you **do** what is required, that is, **positive action**
- Anyone who is reaping the rewards and benefits intrigues me – more often than not, these people have had to slay their giants along the way, not just had a lucky break!

We have to be prepared to get out of our depth sometimes

- For a good catch, fish are in the deep, not in the shallows where it is comfortable, safe, easy, familiar and with little or no thought required
- It is out in the deep, where it is uncomfortable, unsafe etc, where we find out our strengths and abilities and where real learning takes place and where there are rewards
- Don't draw back to the shallows where it is comfortable and safe – **launch out into the deep!**

Walk with confidence and purpose and be prepared to do something different

- It is good to be confident in our abilities, but not arrogant or aggressive. Have we listened to the advice of others? Have we kept a sound balance between confidence and humility?
- Don't just retreat back into the familiar but be prepared to look at things and do things differently

We have to work with others and make our gifts available for others

- Everyone has gifts and talents which can be developed and used for personal benefit, but sometimes it is not just about 'us' – we have to think of others and the higher purpose. This is what good leadership is!

Dates to Remember

2013 - Term Four

9 Weeks

Thursday 28 November	St John's Celebration of Learning
Tuesday 3 December	Carol Service at 5.00pm. Followed by 'NEGS Drama Evening - 7.30pm
Wednesday 4 December	NEGS Secondary School's Speech Day

NEGS Calendar Link

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

- Teamwork is always how individuals work together for the **benefit of all**
- **What positive influence have you had over others this year?**

Consider the benefits and rewards

- We all want to be recognised for being great or having great achievements – a hero aspires to doing great things when he is inspired and motivated for a higher cause
- However, we have to be careful that the appetite for greatness is not the same thing as an appetite for glory

Celebrate your victories

- There is nothing wrong in remembering your successes – we can be thankful that we are not what we used to be!
- There is continued ‘momentum’ – movement ahead in all areas of life, not just staying still

As one commentator said on Remembrance Day a few weeks ago, “The older I get, the more I ask: has my life really made a difference?” The desire is for greatness (and there is nothing wrong with that) so long as it isn’t just for personal glory. The greatest benefit is knowing how to help and serve others.

So, have you had a successful year this year?

Have a great Christmas and New Year and I look forward to presenting more insights with you again next year.

Mr Clive Logan, Principal

NEGS Drama Night

Festival of Carols and Readings is followed by NEGS Drama Evening in the Assembly Hall at 7.30pm.

Families are welcome to join us for a sausage sizzle prior to the NEGS Drama Evening.

2014 Newsletter News

The NEGS Newsletter will be undergoing a face lift in 2014 and we will be undertaking some minor tweaking to the look, layout and length of our document. Watch this space for more information.....

P&F News

The P and F would like to thank all the parents, staff and girls for all their hard work at the Spring Fair. We had such a lovely day and we are very happy to report that we made just under \$14,000. From these profits we have donated \$700 to the Oncology Unit at the Armidale Hospital. The remainder will help us to continue to fund a scholarship, capital works, prizes and all the other worthwhile projects that are undertaken during the year.

The P&F continues to provide a scholarship to a student who is entering year 6 at St. Johns and we are very pleased to have chosen a recipient for 2014. The year has gone by very quickly and as Christmas approaches we find ourselves starting to think about next year. We schedule the P&F meetings at the beginning of each term, the evening prior to classes starting, so that boarder as well as day parents are able to attend.

We wish you all a very safe and Merry Christmas and look forward to seeing you at our first P&F meeting for the year on Tuesday January 28th at 6:30pm in the WH Lee room.



NEGS

*The Principal, Mr Clive Logan,
warmly invites you to attend the*

118th NEGS Speech Day

on

Wednesday 4th December 2013

9.30am in the NEGS Multi Purpose Centre

with Special Guest Speaker

Olivia Gossip (Old Girl '99)

Assistant Parliamentary Counsel -
Bill Drafting Group, Office of Parliamentary Counsel

followed by Morning Tea at 11.45am in the Assembly Hall

You are also welcome to join us on

Tuesday 3rd December 2013

5pm at the Chapel of Michael And All Angels
for the **Festival of Carols and Readings**

RSVP: Monday 25th November 2013
to 02 6774 8700 or email: reception@negs.nsw.edu.au

embracing life with confidence, compassion and creativity

From The Deputy Principal

2013 has been a wonderful year for New England Girls' School, and I would like to thank the many people who have supported the school – students, staff, parents, Old Girl's and the many generous donors and volunteers – throughout the year. There are so many untold stories of generosity, assistance, care and thought that all goes into making NEGS the special and successful place that it is.

Congratulations to our Senior girls who are continuing to lead the school this term, so capably. They are striving to reach and teach others how to “be the difference”. Congratulations to the junior girls, who are displaying the respect and dignity expected of a member of the NEGS community.

Good luck to our Yr 12 students who can access their HSC results on Wednesday 18th December and their ATAR results on Thursday 19th December at 9:00am. Both QTAC & UAC first round offers occur on Thursday 16th January 2014.

This is always the time of year when we farewell staff as they take on new roles, challenges and in some cases, a wonderful time of retirement. The school loses a collective of NEGS experience and the stories and wisdom that goes with that. We all know that such losses are inevitable however it is difficult to quantify the significance of the impact that their teaching and the role of housemother, has had on the girls that have passed through the school, in their time here.

I wish the following staff the very best of luck in their new adventures: Madame Hilda Nadolny, Ms Magenta Southgate, Mrs Delwyn Smidt, Mrs Lyn Thompson, Mrs Dawn Tyler, Mrs Meg Tyler, Mrs Jennifer Carey and Ms Nanette Spanswick.

It has been a busy and intensely rewarding year for me personally, and I would like to extend my sincere thanks to the NEGS community for making me feel so welcome and a part of this special place. I would like to take the opportunity to wish everyone a hope-filled and safe Christmas and New Year. I look forward to an exciting 2014 and offer, for your reflection, the following thoughts by Daryl Hanley:

*“Parents and teachers working together.
I dreamed I stood in a studio
And watched two sculptors there,
The clay they used was a young child's mind
And they fashioned it with care.
One was a teacher; the tools being used
Were books and music and sport and art,
One a parent with a guiding hand
And a gentle, loving heart.
Day after day the teacher toiled
With touch that was deft and sure,
While the parent laboured just as hard
And polished and smoothed it o'er.
When at last their task was done
They were proud of what they had wrought,
For the things they had moulded into the child
Could neither be sold or bought.
And both agreed they would have failed
If they had worked alone;
For behind the parents stood the school
And behind the teacher, the home.”*

**Mrs Mary Anne Evans,
Deputy Principal**

National Grower Registration Number

NEGS is now the holder of a National Grower Registration Number (NGR). If you would like further details on how families who are grain growers can deliver grain to NEGS, please call Graeme Hollis (Business Manager) on 67748700.

Year 10 will Shine!

This week Year 10 are participating in a week of various opportunities including a First Aid Course, Careers advice and visiting Autumn Lodge. The girls are also participating in the 'ShineGIRL' program. ShineGIRL is about equipping girls with the knowledge and skills to discover who they are and the person they want to become. It also hopes to offer girls new, proactive positions to co-construct stories of identity in which they discover a new language to speak about what they value and treasure in their lives, and to state their hopes and preferences.

This program encourages participants to find the strength and courage within themselves to make healthy choices and live life to their full potential. The program is not aimed at stereotyping what girls should be like or how they should behave, but using a holistic approach, it reinforces that every girl is different and has different strengths, qualities and skills.

ShineGIRL takes a strengths based approach inspiring the girls to grow and change by using their strengths as a personal resource. It applies experiential learning to purposefully engage participants through direct experience and focused reflection in order to increase knowledge, develop problem solving skills and clarify concepts. The program also focuses on developing emotional intelligence - to understand yourself and to understand others, including their feelings.

The program will run between recess and lunch each time, culminating in a special High Tea for the girls on Friday. The sessions will be facilitated by Gaylia Logan, Fiona May, Kerry Savory and Angela Sole.

Congratulations to our Year 6 students

Best wishes to our Year 6 students as they prepare for an exciting new stage in their education as Secondary School students in 2014. Year 6 teacher Heidi Dent organised an exciting program of 'taster' Year 7 lessons in the Secondary Department which has led to the girls becoming familiar and comfortable with the classrooms and teachers. The Secondary teachers enjoyed engaging with the girls and are looking forward to teaching them in 2014.

Wellbeing Course for 2014

Next year we begin the Wellbeing course for years 7-12. 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.

The course builds on the five elements of positive psychology – positive emotions: feeling good, engagement: being completely absorbed in activities, relationships: being authentically connected to others, meaning: purposeful existence and achievement: a sense of accomplishment and success. Girls will focus on developing their personal strengths (parents, find out what your strengths are by visiting Martin Seligman's Authentic Happiness website). The girls will also explore gratitude, curiosity and expressing 'What went well' in each lesson.

I'm Bored!

If this sounds like a familiar cry in your household in the holidays, please enjoy the attached article, *"The Brilliance of Boredom"* by Helen Street. She states, **"Having time to be bored means having time to develop creatively. What's more, passive entertainment is only ever a band aid for a lack of self-determined action. Ultimately, everything becomes boring if we are not actively engaged in it."** Allow your children time to become creative before you give in to their demands for using technology!

Wishing you a safe and blessed Christmas and holidays,

Angela Sole, Coordinator of Wellbeing @NEGS



Dr Helen Street

How often, as parents and educators, we hear the words “I’m bored!” Or “I can’t think of anything to do”. All too often children given free reign to come up with an activity or an idea will falter within a matter of minutes. Rather than believe boredom is a problem state to be in, it is time we revisited the true value of being bored as a necessary step in every creative process.

‘I have no idea what to do...’ is a statement designed to fill us adults with anxiety and spur us into action to rescue our frustrated children. In today’s world the idea of boredom is associated with ideas of teachers and parents abandoning their children’s needs, being inadequate providers of ‘interesting things to do’ or simply being unable to keep up with the short attention span of a younger person.

Our children know this all too well. They proudly announce boredom as a means to be given permission to change activities, be given access to easy entertainment or extra adult attention to ‘solve the problem’.

In line with many other parents, I often counter expressions of boredom with a suggestion that my children help with the housework or other chores that need doing. Looks of horror come back in response. When I suggest other solutions such as ‘go play with your sisters, or, read a book’ I am generally met with disdain, as if I just don’t get it. It seems that being bored, means being uninterested in doing much at all.

In contrast, on the rare occasions when I suggest TV or a movie as an anecdote, my children’s eyes light up as they run towards the remote control. Being bored equates to a desire to be passively, easily entertained. Woe beholds the household when even the lure of TV becomes boring.

I have spent most of my recent professional time becoming increasingly excited at the launch of the Positive Schools 2014 conferences. With a major theme of next years events around technology and mental health, my attentions have been turned to both the role of technology in supporting youth wellbeing, and the dangers of technology in creating mental health issues. The co-existing theme of creativity complements these ideas well, and asks what technology can do to promote or hinder creativity in young people. It is this question that leads me to revisit current thinking about the concept of boredom in our technologically driven society.

Increasing access to modern technology provides us with numerous avenues for easy, passive entertainment in addition to numerous ways to communicate with others in an informal way. No longer do I have to stare into space while waiting at the check-out, I can check my phone messages, text messages, email, Facebook or Twitter (if I so choose!). At home I can turn on the TV anytime, browse on Google or pick up my ipad for a whole entertainment system on my lap. How easy it is ‘not to be bored’.

My husband and I limit the amount of screen time our children have access to, however, they too have definitely learnt that the wonders of technology can stave off boredom with very little effort required. But is this a good thing or a bad?

Although it is certainly true that home based technology can offer a means for all sorts of creative pursuits, the use of technology for entertainment frequently results in the offering of passive, easy ways to pass the time. The many options available may stop immediate cries of boredom, but they also stop kids actively seeking

out purposeful, creative activities in the long term. If you never have to amuse yourself or develop your own ideas or passions, then you will never learn to be self-reliant or self-directed in your behaviour. Thus, one of the biggest problems of access to passive entertainment at the tap of a screen, is the dampening of self-directed and intrinsically motivated behaviours. Without these, creativity is also severely limited.

Unlike popular movies would have us believe, creativity is not some magical quality that descends on the chosen few. It is a skill that can be developed and nurtured with time and opportunity.

Creativity not only helps us to define our humanity, it is strongly linked to both our wellbeing and academic competencies. If we continually rely on being passively entertained, creativity is a precious skill that we lose. If we lose creativity, we diminish our academic, social and emotional competencies. We put our wellbeing at risk.

The instant appeal of technological entertainment means we might start to believe that we don’t have to concern ourselves with being creative or ‘suffer’ the frustration of being bored. Yet creativity is a vital skill and boredom a vital step in the journey. Having time to be bored means having time to develop creatively. What’s more, passive entertainment is only ever a band aid for a lack of self-determined action. Ultimately, everything becomes boring if we are not actively engaged in it.

If I am strong enough to ignore the cries of Sunday afternoon boredom from my children, I can guarantee that they will creatively and happily be involved in an activity within twenty minutes. When you are used to instant entertainment twenty minutes can seem a long time however, a self-directed creative pursuit may then engage a child for a whole day, a whole week or even a life time. We know that many great ideas have stemmed from having the opportunity to actually think about things, or in fact, to think about nothing at all; ie having the opportunity to be bored. If we are constantly structuring our attention with the passive process of gazing at a lit up screen, we are never giving ourselves opportunity to actively seek out our passions in life or to develop creative ideas of our own.

If children are not used to addressing the benefits of boredom, then begin with easy steps. Guide them to some suggestions for age appropriate activities. Offer lots of support and encouragement for ventures that stem out of boredom. Know that as kids become better at being self-directed learners, the time taken to ‘stop being bored’ will decrease. Know that as creative skills develop, the level of creativity achieved will increase. It can seem a brave and almost radical move to allow kids to be bored, stuck without an idea. It is also important that we keep a check on our own impatient, technologically driven selves and not rush in to save them too soon. Next time a child lets you know that they are horrendously bored, cheer in celebration and let them know that this means they are going to create something wonderful very soon... Boredom needs to be redefined as a positive step in every creative learning process, as a means to positive self-development and enhanced wellbeing. How brilliant it is to be bored.

Dr Helen Street is an applied social psychologist with a passion for wellbeing in education. She presents seminars and workshops for schools (Helen.Street@uwa.edu.au). Helen is also chair of The Positive Schools Conferences (positiveschools.com.au) launching this month Australia-wide.

This has been a short but hectic term but still very enjoyable to say the least.

Coast Trip

On the 10th of November our Coast trip took place and it was a great day. Mr Rose drove the big bus with year 8, Miss Schneider drove the Tarago with year 9 and Mrs Middleton and myself took the Prado with the overseas students and 2 year 7 students.

We left at 7am and stopped at Dorrigo for a toilet break and morning tea. We arrived at Park Beach Plaza at 10.30am and the girls had 2 lovely hours to shop.

They enjoyed looking at the coastal boutiques and the food hall and met up with us at the required time. We then went to the beach for lunch but many had indulged in goodies at the food hall so were eager to hit the beach. We checked in at the Life Guard centre as we had phoned them during the week advising them that we would be bringing a group. Twenty nine very excited girls "hit the waves" with much gusto. For the next 2 hours they surfed and surfed and laughed and laughed.

All too soon it was time to leave but David Rose had a special request and that was to visit the icecream parlour at the jetty. We did not have to twist any girls arms for this. Then we drove to Dorrigo for a break arriving back at the school at 6.30pm.



The students must have really enjoyed themselves as they have requested a trip like that every term.

I would like to thank Mr Rose who generously donated his time to drive the bus, Miss Schneider and Mrs Middleton for helping me make the day a special time for the girls.

I would also like to thank Head Girl, Emily Rogers and Boarder Prefect, Emily Moffatt who assisted us throughout the day. (Boarder Prefect Holly McDonald was absent with family)

Term Four

The girls have been kept busy finishing projects, studying for exams, playing sport and socialising. It was pleasing to see Kirkwood girls do well at the Sports Award Dinner especially Charlotte Raleigh who took out the big award.

Retirement

This is my last newsletter before I retire at the end of term. I am excited about the prospect of being able to sleep in every day and get on with the next stage of my life. What am I going to do? The first 6 months will be spent travelling back and forth to see my grandchildren plus some more study and then I am off to Borneo to assist with saving the Orangutans. I am planning a few overseas trips over the next few years which will include a trip to Peru to see Machu Picchu. At some stage I will go back to Cambodia to visit Tara Winkler and the Cambodian Childrens Trust as this organisation is very dear to my heart.

Will I ever come back to NEGS? Of course I will. I will follow my babies progress not only on line with the newsletters but I intend to pop in from time to time to see them and, in retirement, maybe I will have time to bake them a cake.

Thank you all for sharing your daughters with me. I have loved every part of my time at NEGS. The past year has been amazing with Mrs Evans as Head of Boarding and Deputy and Mr Logan as Principal. They are two very professional educators who are going to make a huge difference to your daughters' lives. Along with Mr Hollis as Business Manager you will see a big difference to NEGS over the next few years. I will continue to promote NEGS as being THE place to educate women of the future. Thank you for being wonderful parents.

God bless you all and have a lovely and Holy Christmas break.

Lyn Thomson
Kirkwood House

Good News & Achievements:

Dorrigo Show

Elijah Layton 3rd place in the U14s, Junior Paraders.
Isobel Robertson 2nd U14s Paraders.

Amelia Ghiggioli 2nd in the Junior Handlers and a Ghiggioli double with Amelia winning the Junior Judging and Isabella Ghiggioli 2nd Junior Judging.

Ava Loudon had a great day making friends and racing at the **Glen Innes Redfins Swimming Carnival** on Sunday. Ava won all four of her events in the 33m pool including Freestyle, Backstroke, Butterfly and Breaststroke.



School Zones in Operation

The NSW Government has advised that the Double Demerit Point (DDP) period for Christmas 2013 and New Year 2014 will be effective from Friday 20th December 2013 to Wednesday 1st January 2014 inclusive. Friday 20th December 2013 is a gazetted school day therefore DDPs will apply to all relevant school zone offences committed on that day.

Private Vehicle Conveyancing Travel Diaries

Private Vehicle Conveyancing (PVC) travel diaries

A reminder that all travel diaries (for boarders' travel) should be returned to me at NEGS by the end of Term 4 detailing trips made in Terms 3 and 4, otherwise the minimum will be claimed i.e. 1 return trip for each term.

Please note: for families who are not registered, to be subsidised for Semester 2 (Terms 3 and 4) the cut off date for applications is the end of November. Once again, 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 your subsidy? Thank you for your assistance.

Helen Smith (helen.smith@negs.nsw.edu.au)



Safer Drivers Course

Saturday 7 December 2013

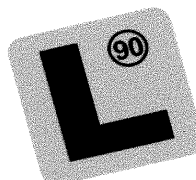
9:30am – 12:30pm

Joblink Plus Armidale—118 Rusden Street

Fee: \$140.00 (At completion of both Module 1 and 2 20 logbook hours will be credited to each participant)

Places limited, to register contact

02 6764 6688.



Drive for Life

JOBLINKplus
social enterprises

Extension Science at UNE

On Wednesday 13th November, 5 students ranging from Year 5 to Year 9 spent a couple of hours in the Molecular Biology faculty at the University of New England. Dr Lily Pereg, convenor of Molecular and Cellular Biology, gave up her valuable research time to provide an engaging and hands-on experience for the girls.

They began their morning with a tour of working laboratories and a talk about the current areas of research. We were all very impressed by the facilities available. The students then had the opportunity to make microscope slides using staining techniques to view various fungi species, including penicillium and aspergillus. They viewed their specimens under different magnifications and drew the results. Dr Pereg also showed them a culture of Black Root Rot fungus and the students discussed biotechnology and how other fungi could be used to control the pathogenic fungus. The girls also learnt how to test the sensitivity of bacteria to antibiotics.

This opportunity to work with scientists in a real-life context was invaluable and we are most grateful to Dr Lily Pereg and her staff at UNE. The girls followed up this activity at school by culturing fungal spores from the air in their homes. The results were surprising - microbes are everywhere, even in the 'cleanest' environment!

*Miss Belinda Stone
Science/Senior Biology Teacher*



Uniform Shop Opening Dates

Uniform Shop Dates for November, December and January (2014)

November: 27th & 28th

December: 3rd, 4th, 5th / 11th, 12th / 17th, 18th, 19th

January (2014): 22nd, 23rd / 27th, 28th, 29th, 30th

Please Note: 27th January not confirmed

THE GREEN HOUSE PROJECT!

Proudly presented by
Tamworth Regional Council
Waste Services



SUSTAINABLE
namoi living

Step One: Think big! Come up with an idea for a super sustainable or environmentally friendly house! **Step Two: Make a plan!** Make a plan for all the different ideas and technologies you can use to make your house as environmentally friendly as possible. For inspiration, visit a TRC library near you; ask your parents or talk to a builder, tradesman, or architect you know; go to www.sustainablenamoiliving.com.au or www.facebook.com/sustainablenamoi; talk to your teacher! **Step Three: Let your imagination run wild!** Draw, paint, design or create a picture, collage, painting, diorama or working model of your 'Green House'. **You can present your entry in whatever format or medium you like!** **Step Four: Win great prizes!** Submit your entry before the due date and you could win fantastic prizes for you and your school!

MEANWHILE...



Entries due by
Friday
11 April 2014

Conditions of Entry:

Entries can be submitted by an individual, group, class or school. Entries will be judged on concept, originality and presentation.

Entries can be delivered to the Namoi CMA office nearest you [Tamworth, Narrabri, Walgett or Gunnedah] or posted to:

Tamworth Regional Landcare Association
PO Box 7118 NEMSC TAMWORTH 2340
by Friday 11 April 2014

Open to
years
K-12



Catchment Management
Authority
Namoi



More info at www.sustainablenamoiliving.com.au/schools

THE GREEN HOUSE PROJECT!

Proudly presented by
Tamworth Regional Council
Waste Services



SUSTAINABLE
namoi living



Name (Individual, group or class): _____

School: _____

Age: _____ Phone: _____ Email: _____

Name of project: _____

What is your project (picture, video, model, diorama, plan): _____

Tell us a little bit about your entry (100 words or less, attach more paper if you need to):

Conditions of Entry:

All entries must have an official entry form attached, available from the website at www.sustainablenamoiiving.com.au/schools
Entries can be submitted by an individual, group, class or school. Entries will be judged on concept, originality and presentation.
Each entry must be no larger than 1m x 1.5m and should weigh no more than 10kg. If it is a wall hanging, it must have it's own hanging mechanism.
Entries can be delivered to the Namoi CMA office nearest you [Tamworth, Narrabri, Walgett or Gunnedah] or posted to:
Tamworth Regional Landcare Association, PO Box 7118 NEMSC TAMWORTH 2348 by Friday 11 April 2014
The judges decisions are final and no correspondence will be entered into.
Prizes will be presented at the Sustainable Namoi Living Expo Schools Program on 9 May 2014 at Bicentennial Park, Tamworth.

More info at www.sustainablenamoiiving.com.au/schools

my school
my dreams
my future



ST JOHN'S

Newsletter

Term 4 , Week 8 - Wednesday 27th November 2013

Salvation Army Gift

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

It is our hope that each family could select an appropriate gift, gift wrap it and deliver to St John's (via Mrs Helen Smith) no later than Monday, 2nd December, 2013. Each gift is to be labelled "Boy" or "Girl" and the appropriate age group. The value of each gift is to be left to each family's discretion.

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

Invitation

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

Children will need to be seated by 5.45pm. They are to be dressed in full school uniform, excluding hats/caps.

Please note: All children will be dressed in sport uniform on Thursday allowing for uniforms to be prepared for the "Celebration of Learning".

Bike Safety Day

Once again St John's students are participating in a Bike Safety Day (29th November). Please refer to the notes sent home with children. Children are to wear their PE uniforms.

MS Icy Pole Fundraiser

This is also to be held on Friday, 29th (with Bike Safety Day) – notes have been sent home to families.

Last day of term

As per the note sent home with children, this will be a day of fun. Children are to wear mufti/civvies with sandshoes or joggers.

Semester Reports

All reports need to be collected and signed for on Tuesday, 3rd December. Any reports not collected will be posted.

As this is the last newsletter of the year, the staff of St John's Junior School would like to wish all families a very happy, safe and holy Christmas. We look forward to seeing returning students in 2014!

The entire St John's community would like to wish Mrs Dim Fenwicke all the best as she leaves St John's after a decade of wonderful teaching. We wish her all the best as she decides on her next career move. Likewise we would like to thank Mrs Lou Wood for her wonderful work this year in the Sport/Learning Support role that she has held. We are hoping to see Mrs Wood if she is able to do some casual work. Good luck is extended to Miss Laura Cambridge as she goes in to a different role in the Senior School - we look forward to seeing her around the school.

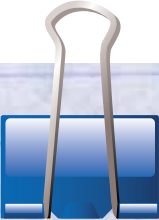
Mrs Helen Smith (on behalf of Mrs Dim Fenwicke)

ORIENTEERING

STOP PRESS: following on from the last newsletter the results have been sent through. St John's team as a whole, gained second place this year, very narrowly edged out by TAS. This is a great result and everyone who participated should be proud of their achievement!

Dates to Remember

Term Four - 2013



28th November	"Celebration of Learning" commences at 6.00 pm
29th November	Bike Safety Day
29th November	MS Icy Pole Fundraiser
3rd December	Last day of school with fun activities – children to wear mufti/civvies

For dates later in the year, please refer to the electronic calendar from the school website.

NEGS Calendar Link

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

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

Assembly Awards

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

Personal Best Awards

K/1 – Nicholas Thomas, Ava Loudon
2/3 – Niamh Bookallil, Eloise Gooch
4 – Nichola Clarkson, Charlie Aitken
5 – Katie Hancock, Priscilla Clonan
6 – Zara Blackmore, Sophia Carlon

Book Work Awards

K/1 – Archibald O'Neill
2/3 – Caitlin Croft
4 – Amber Leitner
5 – Eva Knox
6 – All of Year 6

Bronze Award – Calan Loudon

Silver Award – Charlotte S., Isabel Bookallil, Alexandra Rose, Ashley Knight, Lydia Farrar

Sport 'Team Spirit' Awards – Daisy Meehan, Alice Walker

Sport Participation Award – Priscilla Clonan

YCDI – Delilah Layton, Emily Grieve
Farewell and Good Luck

Touch Football

Week 6

On Thursday we played touch and the score was 5-0. Sadly we lost but that was alright. Emily is our coach and she has helped us all the way. We passed really well and we all tried really hard. Good luck to the team next week.

Clancy Hedges

Week 7

On Thursday 21st November we played touch against St Mary's. We won 4-3. We played very well and passed excellently. We all want to thank Emily, our lovely coach. She has taught us so much and she is so lovely.

Sunny Hedges and the Touch Football Team.

Book Club News

Parents! Help stop the "Summer Slide" by encouraging your child to read every day during the school holidays.

Research tells us that children who read for at least 10 minutes a day over the summer school holidays have a better start to the new school year than children who spend little or no time reading. Reading over the holidays helps children maintain or improve the reading level they developed throughout the school year. Kids who don't read over the break can lose core reading skills and slide backwards, potentially falling behind when they return to school.

Kids—lodge your Reading Minutes every week for an automatic entry to the weekly prize draw! Every week is a fresh chance to WIN a \$50 prize of your choice from the Scholastic Store!

It's easy to join your school's Reading Team and contribute your Reading Minutes to try to win this year's Summer Reading Challenge. Registration for the Challenge opens on 1st December 2013. Revisit this site from 1st December, complete the simple registration form and create your username and password. Get reading for at least 10 minutes every day! So you don't lose track or forget write down the time you spend daily. Every minute counts! Log-on to enter your minutes. We recommend you lodge your Reading Minutes weekly for entry in our weekly prize draw where you can WIN books and other cool stuff from our new online store www.scholastic.com.au/shop.

Happy Reading!

Amy Layton

Scholastic Bookclub Coordinator



THE SCHOLASTIC
SUMMER
READING
CHALLENGE

Your school could earn the prestigious title of **SUMMER READING CHAMPION** and **WIN \$1000 in Scholastic Rewards.**

Plus students can record weekly Reading Minute totals online for the chance to **WIN GREAT PRIZES** for themselves every week!

AUSTRALIA Vs NEW ZEALAND

Which country will record the most Reading Minutes over the summer school holidays and reign supreme as Summer Reading Champion this year? Encourage students to **READ EVERY DAY** over the summer holidays and lodge their Summer Reading Minutes for their school and country on our Reading Challenge website, www.scholastic.com.au/summer

Special OFFER!

Help spread the word to parents, so they can stock up on summer reading material for less! Visit www.scholastic.com.au/shop and enter the promo code **SUMMER** for special pricing during school holidays! Use the reproducible letter to parents on the reverse to send home with your students.

JDE 8289689



Touch Football

Wednesday (13.11.2013)

Congratulations to NEGS 1 and NEGS2 in their efforts at touch football this week. NEGS 1 played NEGS 2 in a game with the final score being 11-5 to NEGS 1.

NEGS Women's had a forfeit from their opposition this week landing them an automatic win.

Thankyou to our umpires this week Georgia (year 11), Eliza (year 11) and Amy (year 10).

Wednesday (20.11.2013)

Touch football was a successful week for the juniors this week with both teams having their first win for the season. NEGS 1 played the year 7 PLC team winning 4-2 whilst NEGS 2 played the year 8 PLC team winning 3-0. A huge congratulations to both teams on their successes this week. Women's played A touch of 'All stars' with an unfortunate loss of 12-2.

Thankyou again to our umpires for there efforts and ongoing commitment.

Risk Warning Under Section 5M of the Civil Liability Act 2002 issued on behalf of New England Girls' School and AHIGS:

Non-Sporting Activities

New England Girls' School organises many activities such as debating, mock trial, orchestra, choir, during the course of a year. Students participating in these activities take part in practice and in competitions.

The Association of Heads of Independent Girls' Schools NSW (AHIGS) administers and convenes inter - school activities (such as Archdale Debating and Festival of Speech) in which many students, including students of this school, participate.

While New England Girls' School and AHIGS take measures to make the activities as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these activities, whether at practice or in actual events.

Such injury can occur while the student is engaging in or watching a non-sporting activity, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure (e.g. a collapsed stage during a debating competition).

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

Risk Warning under Section 5M of the Civil Liability Act 2002 on Behalf of New England Girls' School, AHIGS and IPSHA:

Sporting Activities

New England Girls' School organises many individual and team sporting activities during the course of a year. Some of these are organised in conjunction with the Association of Heads of Independent Girls' Schools NSW (AHIGS) and some with the Independent Primary School Heads' Association of Australia NSW (IPSHA). Students participating in these sporting activities take part in practice and in competitions.

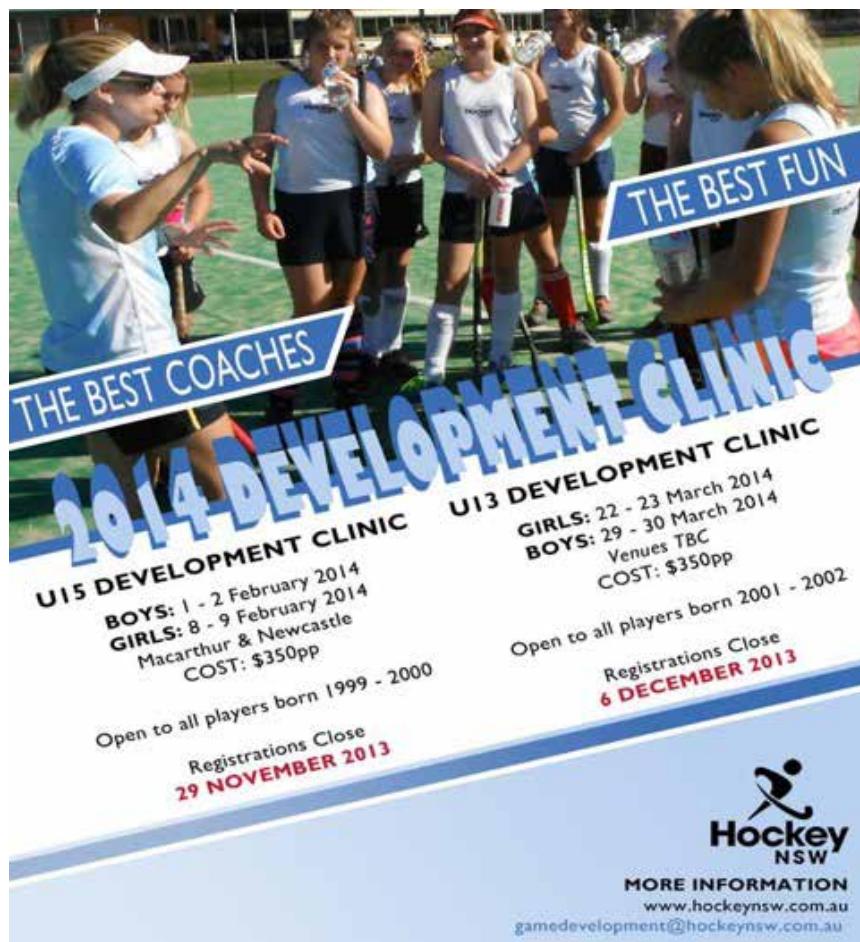
New England Girls' School, AHIGS and IPSHA expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

While New England Girls' School, AHIGS and IPSHA take measures to make the sporting activities as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events.

Such injury can occur while the student is engaging in or watching a sporting activity, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.



THE BEST COACHES
THE BEST FUN

2014 DEVELOPMENT CLINIC

U15 DEVELOPMENT CLINIC
BOYS: 1 - 2 February 2014
GIRLS: 8 - 9 February 2014
Macarthur & Newcastle
COST: \$350pp
Open to all players born 1999 - 2000
Registrations Close
29 NOVEMBER 2013

U13 DEVELOPMENT CLINIC
GIRLS: 22 - 23 March 2014
BOYS: 29 - 30 March 2014
Venues TBC
COST: \$350pp
Open to all players born 2001 - 2002
Registrations Close
6 DECEMBER 2013

Hockey NSW
MORE INFORMATION
www.hockeynsw.com.au
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*embracing life with confidence,
compassion and creativity*



**NEGS
EQUESTRIAN**

Newsletter

Term 4, Week 8 - Wednesday 27th November 2013

As the year draws to a close and we look toward 2014 we would like to thank everyone who has supported the students and staff throughout 2013.

2014 will see the introduction of structured equestrian programs, workshops, clinics and new technologies.

Coaches now have available amazing technologies that allow them to provide feedback from anywhere in the world. Gina Haddad recently noted that "Technology plays an integral role in rider development bringing about improved observation and diagnostic capability; it enhances both the visual and kinesthetic learning processes and significantly increases training productivity and efficiency". We look forward to introducing some of these technologies in 2014 to enrich the learning experience for NEGS equestrian students.

Christmas Party will be held at the EC on Saturday 30th of November and is open to all students between 10-3pm. Please see the flyer for details.

The Captain's News

Results from combined training

Event 1 (under 13)

1st Nick Colwell
2nd Amber Lewis
3rd Anna Thomas
4th Alex Wright

Event 1 (over 13)

1st Claudia Smith
2nd Kath Green
3rd Zoe Macdougall

Event 2

1st Lily Clonan
2nd Anna Jarvis
3rd Isabelle Perottet
4th Will Wood
5th Saskia Kennett

Event 3

1st Tara Murray
2nd Natasha Favotto
3rd Tim Upjohn
= 4th Chloe Stier and Ebony Cafarella

Event 4

1st Caitlin Hollis
2nd Tahlia Paull
3rd Angela Creed

Event 5

1st Hannah Parker (on count back)
2nd Meagan Nolan
3rd Ada Garvey
4th Caroline Triebe

*Thank you to everyone for
braving the storms.*

Erica Kelly Jumping Workshop

A big Thank you to Mrs Erica Kelly for enriching the development of 12 students on Tuesday evening in specialist jumping workshops. Students took up the opportunity to develop their jumping technique and much more. We look forward to more visits from Mrs Kelly in 2014.

Uralla Road, Armidale NSW 2350 Australia

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Congratulations to all girls who have been out and about competing! Good luck to all of the girls who are competing at Armidale Combined Training and other places this weekend!

Woolbrook Horse Sports:

Caitlin Croft:

2nd in Hack, Girl Rider, Pairs, Bareback, Mug Race & Apple under the Chin bending

4th in Straight Barrel & Snakes and Ladders

5th in Running T

Claudia Smith:

Yr 10 highest point score

Walcha Interclub:

Brigitte Low:

1st Hack

4th Rider

2nd Pairs

5th Bareback

4th Square Jump

Wingham ODE:

Lucy Ramsay - 3rd Junior EvA95

Meagan Nolan - 3rd Open EvA80

competed in CNC 1*

Inverell Show Jumping and Dressage Day:

Anna Campbell - 4th C Grade Accumulator

11/12 October NSW State Breeder ASH Show:

Laura Strelitz:

1st - Youth ASHLA turnout class under 18yrs, Working 15-18yrs, Youth Challenge 13 - 18yrs, Open Working, Youth Judging

2nd - Rider 15 - 18yrs, Hack 15 - 18yrs

3rd - Youth Handler, Dressage

4th - Dressage

5th - Open Champagne Stakes Challenge

Champion Youth Working under 18yrs

Reserve Champion Open Working



NEGS EQUESTRIAN CENTRE CHRISTMAS PARTY

**SATURDAY 30TH NOVEMBER
10AM TO 3PM - \$5 LUNCH**

10AM START WITH ACTIVITIES ON HORSEBACK,
THEN A FUN POLO X MATCH BETWEEN SENIORS
AND INSTRUCTORS FOLLOWED BY JUNIORS.
LUNCH FROM 12.30 - 1.20. THEN A TREASURE
HUNT FOLLOWED BY WATER FIGHT/SLIDE.

- FUN ACTIVITIES ON HORSES AND OFF
- POLO X GAMES
- PRIZES FOR THE BEST DRESSED: CHRISTMAS THEME
- WATER SLIDE
- LUNCH: BRING A SALAD OR YOUR FAVOURITE SWEET OR SAVOURY TREATS TO SHARE

RSVP TO EQUESTRIAN CENTRE OFFICE BY THURSDAY 28TH NOVEMBER



Polocrosse News

Polocrosse has been a huge success to date; with a large number of girls contributing to our team! The team trains every Tuesday and Thursday afternoon and as you can see; the girls are becoming very skilled competitors. If you are interested in joining our team or would like to help out in any way, please contact coach Bree Squires. Spectators are always welcome to training sessions so come along and enjoy an afternoon of polocrosse!



THE LEGENDS



DAISY MEEHAN



VYING FOR THE BALL!



ANNA JARVIS



LINE OUT