



# NEGS

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There's no  
place  
like NEGS

## NEGS Newsletter

Term 2 Week 4 - Wednesday 13th May 2015

### From The Principal

Mr Clive Logan



#### Be Grateful, not Entitled

Close your eyes and focus on the darkness for a minute ... Please, seriously, just try it! What you'll gain from this little exercise is well worth feeling silly for a bit.

Keep them closed!! For many people in this world, that is the daily reality. *Every minute. Every day.* If one of them were to stop by and offer you a million dollars for *your* eyes, for your ability to continue reading, for your ability to see this world and see kids grow up ... would you? *And yet, have you ever really appreciated your ability to see?* You can open your eyes now.

Like many of us, we always felt jaded about sayings like "count your blessings" or "be thankful for what you have" and so on. When I heard or read that I should be *thankful* for my ability to see or walk or whatever, I used to mentally roll my eyes. I took everything I had for granted. Worse, I felt cheated when I didn't get more of what I wanted.

What I'm suggesting is that we need to be grateful, not entitled! But that is easier said than done. What I've found is that cultivating an attitude of gratitude *isn't* actually easy. Sometimes I find my first inner reaction is to whinge about something that went wrong or is lacking, instead of feeling happy about what is right or what is already present. I have had to change my thinking, to change my attitudes, to change my responses and actions. So, I'm making a conscious attempt to be more grateful. Until we change our heart, life will always shortchange us.

Some specific places where we should try to apply gratitude:

- **Dealing with disappointment:** How often do we feel a sense of disappointment and envy when we see/meet other people who have things that we don't?
- **Dealing with criticism:** When someone criticises me, I sometimes find it hard to accept. Trying to feel thankful and seeing this as an opportunity for growth can help a lot.
- **Dealing with personal imperfections:** We can all feel that we are not perfect enough. After years of beating ourselves up about it, we have to decide to focus on trying to acknowledge our positive points and focus on changing the negative ones.
- **Dealing with imperfections in others:** Yes, I'm one of those people that *expects* other people to be perfect as well. And then when they are not, I can whinge and get all judgmental. I *want* to remember all the good things about them, not focus on their imperfections, but in the heat of the moment it's sometimes so much easier to blame. Consciously trying to adopt an attitude of gratitude has been a huge help in holding my tongue and turning things around.
- **Dealing with problems:** This one is something that I'm finding a lot easier to apply the 'gratitude attitude' towards! Crazy as it sounds, I find a weird paradoxical sense of liberation when I thank my lucky stars that I have a certain problem. Somehow, it seems to make it easier, and actually inspiring, to go tackle the problem instead of worrying about it.

So, some things to remember while cultivating a 'gratitude attitude', a few tips that have been helpful in letting me turn my attitude into a *habit*:

1. **Tie it to something you routinely do.** Think WWW - 3 things – What Went Well this week? Even write them down in a personal diary.
2. **Don't expect miracles on day one.** Don't expect that right from the very first day it will give you a lift, a sense of liberation or immense peace of mind (though it could)! You may feel a bit silly at first if you are not used to it. It always helps ground me and makes me realise how good my life is, just the way it is!
3. **Be authentic:** The downside is that it could turn into a rote routine. As much as possible, make a concerted effort to actually be real and *feel* the gratitude.

The attitude of gratitude can make a huge difference in life. I've found that we all can get through very difficult situations (where we would have completely crumbled down before) in a calm, controlled manner coming up with incredible out-of-box solutions while maintaining an upbeat outlook.

There is also mounting research-based evidence that an attitude of gratitude will make you a happier person! In a 2003 study from the University of California, grateful people reported higher levels of happiness and optimism, as well as lower levels of depression and stress. High school students who score high on gratitude have more friends and higher grades, while more materialistic students report more envy, lower grades and less life satisfaction, according to a study in the *Journal of Happiness Studies*.

It isn't until later in life that most people discover that one of the keys to happiness is gratitude. The concept of thankfulness can be difficult for adults to embrace, and even harder for children and teenagers who believe the world sometimes revolves around them. There are so many valuable qualities we want to instill in you as teenagers – why focus on gratitude? Grateful teenagers are not only more pleasant to be around, but according to one study, they are also less likely to abuse drugs and alcohol, be depressed and have behavioural problems at school.

While some people may be blessed with a natural inclination toward thankfulness, for most of us gratitude is learned. By learning gratitude, children become sensitive to the feelings of others, developing their innate capacities for empathy and altruism, whereas entitled kids end up feeling perpetually disappointed.

### What Gratitude Is Not

Sometimes in our efforts to instill gratitude, we use approaches that look similar to gratitude but have unintended negative effects:

- **Threats.** Lecturing your child about how spoiled they are or threatening to take away their toys because their room is too cluttered does not teach gratitude.
- **Comparisons.** “Other children would give anything to have what you have” and other comments like these are really comparisons, not lessons in gratitude. This kind of “reverse envy” is more likely to inspire greed and guilt than gratitude.
- **Indebtedness.** Feeling obligated to return a favour or do something nice to get out of another person's debt is not gratitude. The feeling behind indebtedness is negative and focused on a specific person, whereas gratitude is positive and can be directed toward anyone.
- **Flattery.** Lavishing gifts or compliments on someone isn't necessarily an expression of gratitude. Thanking people in these ways produces resentment, guilt and a sense of obligation rather than appreciation.
- **Manipulation.** Some people have questionable motives behind their expressions of gratitude. For example, kind words may be used to manipulate someone into doing something, exert control or secure someone's loyalty or good favour.

### The Recipe for Authentic Gratitude

Most parents want their children to be happy, yet we shower them with gifts, protect them from the natural consequences of their actions and do all kinds of things that actually make them less happy. If we really want our kids to be happy, we need to instill an attitude of gratitude. But how can we instill gratitude in children who are naturally self-centred and growing up in an entitlement-driven society?

- **Model Gratitude.** Gratitude isn't just a lesson to be taught to children, but also an ongoing exercise in learning for parents. Instead of clamouring for the newest iPhone or gadget, work on them being grateful for what they already have right now. When interacting with your children, share frequently and generously and display that good manners are “what we do”, not just what we say we do.
- **Share the Gift of Giving.** Experienced parents have learned that the more children get, the less they appreciate what they have. Receiving gifts can be fun, but make sure your children also recognise the joy of giving. Around the holidays, focus on celebrating, making memories and visiting with friends and family rather than who gets the most presents.
- **Teach Family Values.** Many children grow up believing that life is only about acquiring money and material possessions. If your family values hard work, saving money and simple joys, make sure your principles are being communicated regularly.

- **Start a Family Tradition.** Make gratitude a habit; for example, by going around the dinner table saying one thing you're grateful for or reflecting on the day at bedtime, noting the small things you enjoyed.
- **Assign Age-Appropriate Tasks.** The more children contribute around the house, the more they realise how much effort it takes to keep a household running. Even if it takes twice as long or ends up creating another mess, give your child age-appropriate chores, like setting the table or feeding a pet (or for teenagers, working a part-time job). Not only will they appreciate that these tasks require effort but they will feel the satisfaction of earning what they have and making a valuable contribution to your family.
- **Serve Others.** Service can be part of a child's life from a young age. Have them involved in decorating thank-you notes, baking cookies for a friend or donating belongings to less fortunate children – and point out how good it feels to make someone else's day brighter. With older children, volunteer at an animal shelter, nursing home or soup kitchen, or figure out a type of charitable work they're passionate about and offer to help out.
- **Practise Mindfulness.** Children now spend more and more of their time in front of television and computer screens, too often losing sight of the small but enduring pleasures found in nature and in their interactions with other people. Take time to appreciate the sights, smells and sounds around you and you'll model mindfulness for your children.

You've probably heard it said, “Happiness is a choice.” While it can be difficult to choose happiness in tough times, research suggests that happiness is, in fact, less the result of circumstance and more the product of our own thinking and habits. In other words, you don't have to wait until you have the perfect life to be happy – everyone can choose it right now by focusing on what we are grateful for and encouraging our children to do the same.

Gratitude begins where the sense of entitlement ends!

I leave you with a poem from one of my heroes, Mother Teresa:

#### Do It Anyway

People are often unreasonable,  
Illogical and self-centered;  
Forgive them anyway.

If you are kind,  
People may accuse you of selfish ulterior motives;  
Be kind anyway.

If you are successful,  
You will win some false friends and true enemies;  
Succeed anyway.

If you are honest and frank,  
People may cheat you;  
Be honest anyway.

What you spend years building,  
Someone could destroy overnight;  
Build anyway.

If you find serenity and happiness,  
They may be jealous;  
Be happy anyway.

The good you do today,  
People will often forget tomorrow;  
Do good anyway.

Give the world the best you have,  
And it may never be enough;  
Give the world the best you've got anyway.

You see, in the final analysis,  
It is between you and God;  
It was never between you and them anyway.

## Term Two and Term Three Calendar Dates

### TERM 2

9 weeks

<b>Monday 20 April</b>	<b>Year 11 Parent/Teacher Interviews 2pm – Milburn Room</b>
	<b>Year 11 &amp; 12 Design / Art Excursion</b>
	<b>P&amp;F Meeting, 7pm – WH Lee Room</b>
<b>Tuesday 21 April</b>	<b>Term Two Classes commence</b>
Saturday 25 April	ANZAC Day
Wednesday 29 April	School Photos
Saturday 2 May	Scholarship Day
Sunday 3 May	Year 9 Camp departs
Thursday 7 May	Year 7, 11 & 12 School Vaccinations
Friday 8 May	Year 9 Camp returns
Tuesday 12 May	NAPLAN
Wednesday 13 May	NAPLAN
Thursday 14 May	NAPLAN
Friday 15 May	IGSSA Cross Country
Tuesday 19 May	Armidale Eisteddfod commences
Wednesday 20 May	Big Science Competition Week
Thursday 4 June	St John's Athletics Carnival
<b>Friday 5 June</b>	<b>Buses depart from 7:30am</b>
<b>Monday 8 June</b>	<b>Public Holiday</b>
Tuesday 9 June	Confirmation Day
	'Narnia' - The Musical' Preview matinee
Thursday 11 June	'Narnia' - The Musical' Opening Night
Friday 12 June	'Narnia' - The Musical' second show
Saturday 13 June	'Narnia' - The Musical' Final Show
Thursday 13 June	Armidale Eisteddfod concludes
Friday 12 June	Senior School Athletics Carnival
	Year 9 Parent/Teacher interviews 3:30pm - Milburn Room
Sunday 14 June	Armidale Eisteddfod Gala Concert
Thursday 18 June	Year 8 Information Session 2pm
	Year 8 Parent/Teacher Interviews 3:30pm – Milburn Room
<b>Friday 19 June</b>	<b>End Term Two</b>

### TERM 3

10 weeks

<b>Monday 13 July</b>	<b>Year 10 Information Session 2pm</b>
	<b>Year 10 Parent/Teacher Interviews 3:30pm - Milburn Room</b>
	<b>P&amp;F Meeting, 7pm – WH Lee Room</b>
<b>Tuesday 14 July</b>	<b>Term Three Classes commence</b>
Thursday 16 July	IGSSA Round 1, Hockey & Netball
Monday 27 July	Year 12 Trial Examinations commence
Tuesday 28 July	Formal Assembly
Thursday 30 July	IGSSA Round 2, Hockey & Netball
Wednesday 5 August	Chemistry Olympiad
Friday 7 August	Year 12 Trial Examinations conclude
Monday 10 August	Day 6 Week Five Biology Olympiad
Wednesday 12 August	Physics Olympiad
Thursday 13 August	IGSSA Athletics Carnival
Friday 14 August	IGSSA Athletics Carnival
Saturday 15 August	National Science Week
Wednesday 19 August	Day 3 STEM Day
Friday 4 September	Old Girls' Framed! Art Show & Sale
	Year 6, 7 & 8 Social at PLC
	Year 9 & 10 Social at NEGS
Saturday 5 September	Old Girls' Weekend, AGM 9am
	NEGS & St John's Spring Fair 10am
	Old Girls' Reunion Dinners
Wednesday 9 September	Year 11 Preliminary Exams commence
Thursday 10 September	GRASS Science Investigation Awards
	Year 7, 11 & 12 School Vaccinations
Friday 11 September	IGSSA Hockey & Netball finals
Monday 14 September	St John's Musical - Matinee
Tuesday 15 September	St John's Musical - Matinee
Wednesday 16 September	Year 11 Preliminary Exams conclude
	St John's Musical – Evening Performance
Thursday 17 September	Year 12 Valedictory Day
	Chapel 9:30am
	Year 12 morning tea 10:30am
	Year 12 Graduation Ceremony 11:30am – MPC
<b>Friday 18 September</b>	<b>End Term Three</b>
Saturday 19 September	New England Netball Carnival (NENC) – Weekend
Saturday 26 September	Spring Bible Week commences
Saturday 3 October	Spring Bible week concludes

## Year 11 Rowlings during tutor time this week.

On Monday we studied zest (Looking at how we are motivated through life, focusing on one or two main reasons ), the girls have scrapbooks which they fill with different 'wellbeing' topics each week, we also discuss "What went well" at the end of the week. Stickers, glue, magazines etc. are all resources that are used with lots of enthusiasm to fill their books.



## Lone Pine Seedling Presentation

During the second week of term, Nicola Orr (12) and Isabell Chandler (6) attended a ceremony at the Armidale Ex-Services Club. They were each presented with a seedling propagated from the Lone Pine at Gallipoli. These will be planted at NEGS and St John's.



## Parent Liaison 2015 - Senior School

### Year 7:

Michelle Bookallil: [mbook@cluny.net.au](mailto:mbook@cluny.net.au)

Trudy Hancock: [trudyhancock@bigpond.com](mailto:trudyhancock@bigpond.com)

Cindy Clonan: [alfoxton@bigpond.com.au](mailto:alfoxton@bigpond.com.au)

### Year 8:

Kate Blackmore - [kate.blackmore.2350@gmail.com](mailto:kate.blackmore.2350@gmail.com)

Etoline Gailbraith – [aegailbraith@bigpond.com](mailto:aegailbraith@bigpond.com)

### Year 9:

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 10:

Lisa Haynes - [shop@conceptsofarmidale.com.au](mailto:shop@conceptsofarmidale.com.au)

Jenny Swan – [wobbles22@bigpond.com](mailto:wobbles22@bigpond.com)

### Year 11:

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

2nd Person – TBA (anyone interested please contact Tina)

### Year 12:

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



# Private Vehicle Conveyancing

## 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 2** detailing trips made in Terms 1 and 2, 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 1 (Terms 1 and 2) the cut off date for applications is the **12th of June**. These forms must be sent to the PVC office in Parramatta. 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)



OPEN DAY 2015

## Fire & Rescue NSW Open Day 2015

Fire & Rescue NSW is hosting its annual Open Day on Saturday, 30 May 2015 between 10am and 2pm at our Training Centre, 10 Mann St Armidale.

Students and their parents are invited to come along and watch fire safety demonstrations, hop aboard a fire truck, hold a fire hose, enjoy a sausage sizzle and get a fire safety activity booklet while chatting with firefighters about what they do.

This is a fantastic opportunity for students and their parents to meet their local firefighters. Winter is just around the corner and it's the worst time of the year for house fires, so this is also a great opportunity to learn as much as you can about home fire safety.

# LOLLY GUESSING COMPETITION

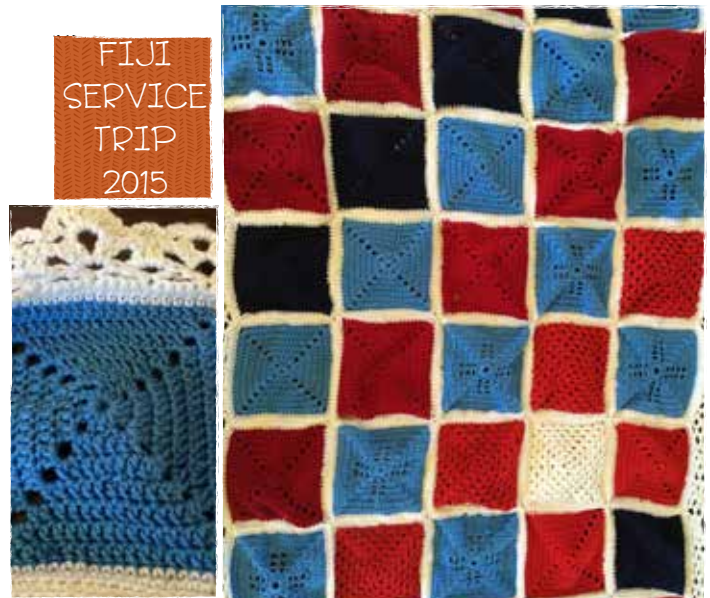
## FJI SERVICE TRIP



**\$1.00  
PER  
GUESS**

### RULES:

- \* The lolly jar and guessing sheet will be located in the library at the circulation desk.
- \* Money must be submitted before a guess can be recorded.
- \* Your guess must be different to the previous guesses made.
- \* Closest number wins the jar.
- \* Competition closes at the end of Week 6.
- \* Only Miss C knows the number.



# CUSTOMISED negs blanket

## BLANKET RAFFLE

The winter sport season is upon us and many spectators are looking at the upcoming weekends with dread. FEAR NO MORE! A one of a kind CambridgeSmith Design blanket is up for grabs.

The lap blanket will be raffled off in Term 2 for \$1.00 a ticket with all proceeds being donated to the Fiji Service Trip.

Tickets can be bought at Reception or from the PDHPE staffroom.

The raffle will be drawn on the last day of term.

# thoughts'n'dreams

## REMINDER!

Great  
prizes  
to be won!

### 2015 Student Art, Writing and Song Competition

Attached is the entry form for the 7th Annual Friends of Myall Creek 'Thoughts & Dreams' Student Art, Writing and Song Competition that was sent to you in March.

The competition is open to all school children from years K to 12. Join hundreds of other school kids across NSW to say NO to racism...and yes to treating everyone with respect and understanding. This year's theme is **'Who is the most inspiring Aboriginal or Torres Strait Islander person to you and why?'**

Encourage your students to write a story or poem, draw or paint a picture, make a sculpture or grab some friends and write and perform a song. They can let their imaginations go wild! **Enter NOW!**

**HURRY! ENTRIES CLOSE WEDNESDAY 20TH MAY**

# SAVE THE DATE

NORTHERN NSW DA VINCI DECAATHLON

The Armidale School



When:

- 26 August (Year 7 & 8)
- 27 August (Year 9 & 10)
- 28 August (Year 5 & 6)

For more information contact:  
Ms Catherine Boydell  
E: [chris.boydell@nsw.edu.au](mailto:chris.boydell@nsw.edu.au)  
M: 0419 0411390

## Year 9 Camp Miss Cambridge

Last week Year 9, Miss Cambridge, Mr O'Neill, and our two gappies Marie and Julianne went on the annual Survival Camp.

We all left on Sunday and travelled to the Great Aussie Bush Camp at Tea Gardens. Due to the unfortunate weather of the previous week the usual camping sites, hikes and canoe trips were adjusted, however, considering that we saw washed away camper vans on our trip down we felt lucky to be camping at all.

This camp tested the girls endurance, perseverance, problem solving and team work skills. Some of the students undertook their Bronze Duke of Ed whilst on the camp.

The girls participated in two canoe trips and two hikes. All of which were lead and navigated by the students themselves (much to the horror of the two teachers at times!).

Highlights of the trip included a night trip to the sand dunes which showcased an amazing sky full of stars, a possum which sounded disturbingly like a wild pig and the 20 minute walk to the luxury compost toilets at the second camp site.

All in all the girls should be immensely proud of their achievements. Not only did they become pro at putting up tents and cooking freeze dried meals they were also courteous and well regarded by their camp leaders throughout the six days.





## Music

Ms Kirrili Williams

### **Narnia - the musical**

The students have been working hard for the upcoming show which will take place in the NEGS assembly hall. The performance dates have now been released:

Tuesday 9/6: 11.30am  
Preview matinee

Thursday 11/6  
Opening Night

Friday 12/6  
Second Show

Saturday 13/6  
Final Show

*If there are any parents willing and able to assist with elements of the show's production such as sets or costumes, please contact Rowena, Benn, or Kirrili in the music department.*

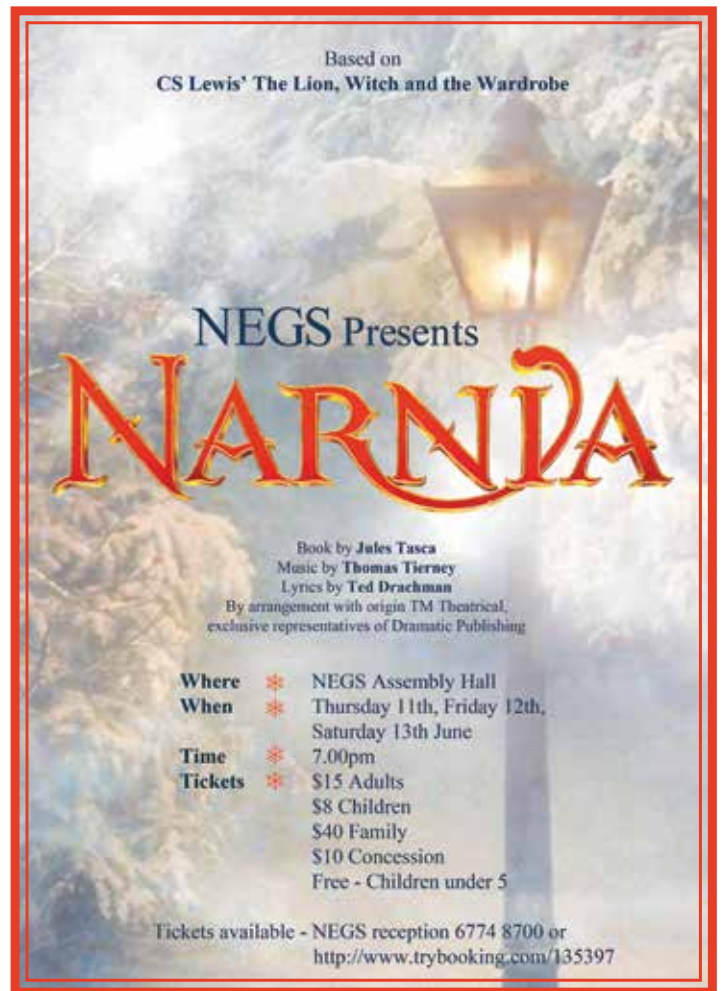
### **Upcoming dates:**

#### **Twilight concert - ensemble evening**

Monday 18th May, 6:30pm, Milburn Room

#### **Narnia**

Tuesday 9th, Thursday 11th, Friday 12th, and Saturday 13th of June



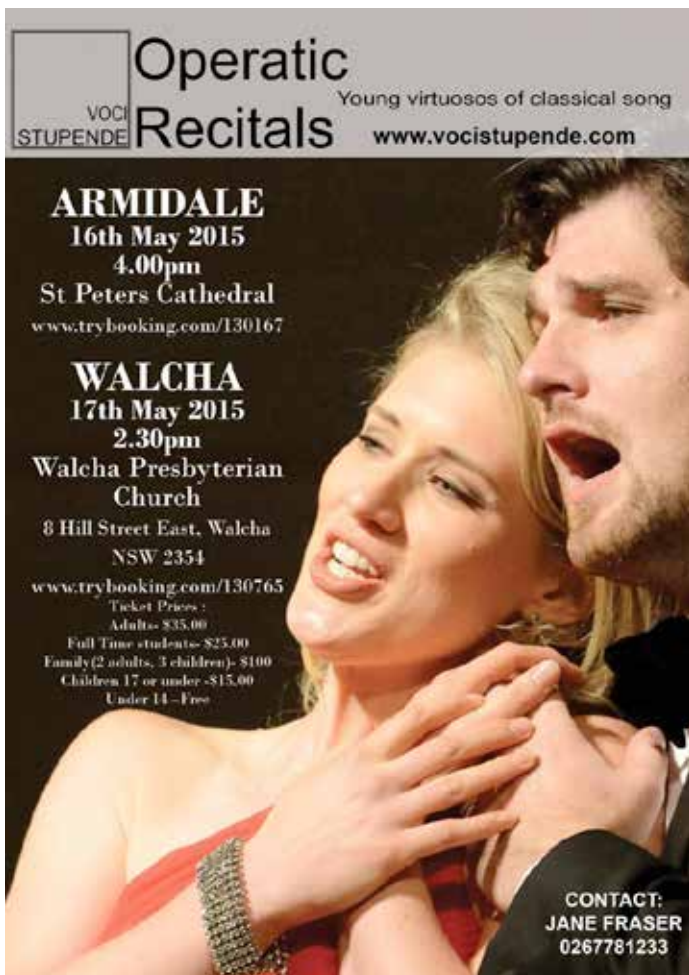
Based on  
CS Lewis' *The Lion, Witch and the Wardrobe*

NEGS Presents  
**NARNIA**

Book by Jules Tasca  
Music by Thomas Tierney  
Lyrics by Ted Drachman  
By arrangement with origin TM Theatrical,  
exclusive representatives of Dramatic Publishing

**Where** ✨ NEGS Assembly Hall  
**When** ✨ Thursday 11th, Friday 12th,  
Saturday 13th June  
**Time** ✨ 7.00pm  
**Tickets** ✨ \$15 Adults  
\$8 Children  
\$40 Family  
\$10 Concession  
Free - Children under 5

Tickets available - NEGS reception 6774 8700 or  
<http://www.trybooking.com/135397>



**Operatic Recitals**  
Young virtuosos of classical song  
www.vocistupende.com

**ARMIDALE**  
16th May 2015  
4.00pm  
St Peters Cathedral  
www.trybooking.com/130167

**WALCHA**  
17th May 2015  
2.30pm  
Walcha Presbyterian Church  
8 Hill Street East, Walcha  
NSW 2354  
www.trybooking.com/130765  
Ticket Prices:  
Adults- \$35.00  
Full Time students- \$25.00  
Family (2 adults, 3 children)- \$100  
Children 17 or under- \$15.00  
Under 14 - Free

**CONTACT:  
JANE FRASER  
0267781233**



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commitment to building  
a culture of positive  
mental wellbeing and  
resilience for students,  
staff and parents.

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## CIS Swimming

Last week Lucy Fenwicke travelled to Sydney to compete in the CIS Swimming Championships competing in the 14yrs 50m Breaststroke and 14yrs 100m Breaststroke. Lucy came fourth in both races in Sydney swimming two new personal best times of 36.42 seconds for the 50m breaststroke and 1.23.33 for the 100m breaststroke.

She has been successful in qualifying for the NSW All Schools Swimming Championships on the 18th of May in Sydney competing as part of the CIS Secondary Swimming Team for 2015. She will be swimming in the 14yrs 100m Breaststroke.

We wish Lucy all the best of luck!

## IGSSA Cross Country

The NEGS IGSSA Cross Country team will be travelling to Frensham on Thursday the 14th of May to compete in the IGSSA Cross Country Championships on Friday 15th of May. The team will consist of Alice Frend (Captain), Morgan Hyatt, Annabelle Heagney, Eliza White, Charlotte Raleigh, Abbey Jackson, Sarah Wyatt, Claudia Neate, Victoria Bennet, Matilda McCarrroll, Evey White, Grace Cassidy, Jaimie McLoughlin and Abbey McLoughlin.

Our two Year 12 students will be running 6km, our 14-17yr olds will run 4km, while our youngest will be running 3km.

Good luck to our runners!

## NEGS Athletics Carnival Friday 12th June 2015

### Order of Events



#### Track Program

08:45 am 800m (18,17, 16, 15, 14, 13, 12 years)  
 09:15 am 100m (18,17, 16, 15, 14, 13, 12 years)  
 10:15 am 400m (18,17, 16, 15, 14, 13, 12 years)  
 11.20 am 200m (18,17, 16, 15, 14, 13, 12 years)  
 12.30 pm - P&F Lunch for Parents & Friends  
 01:30 pm 4 x 100m Interhouse Relays  
 (Juniors, Intermediates, Seniors)  
 02.15 pm Staff vs Student 4 x 100m Relay  
 02:30 pm Marching  
 02:50 pm Official Ceremonies

#### Field Program

	12/13yrs	14yrs	15yrs	16yrs	17/18yrs
9.00am	Shot	Discus	LJ	-	-
9.45am	Discus	Shot	-	LJ	HJ
10.45am	HJ	-	Discus	-	Shot
11.45am	-	HJ	Shot	Discus	LJ
12.45am	LJ	-	HJ	Shot	-
1.30am	-	LJ	-	HJ	Discus



## NEW ENGLAND GIRLS' SCHOOL



Dear Parents, Guardians and friends of NEGS,

You are invited to attend the

### NEGS Athletics Carnival Friday, 12th June 2015

Enjoy a lovely day, supporting the students of NEGS as they strive to do their best on the field and track.

The P&F will have a food tent set up for spectators throughout the day.

When: Races begin at 8.45am

Where: NEGS Athletics Oval

The presentation of awards will begin at the completion of the last relay.

Please remember to rug up warm!

*We hope to see you there!*

