



NEGS

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NEGS Newsletter

Term 2 Week 9 - Tuesday 16th June 2015

From The Principal

Mr Clive Logan



Don't Drown in Shallow Water

Life of Pi is a 2012 adventure drama film about a young man who survives a shipwreck and is hurtled into an epic journey of adventure and discovery in which he forms an unexpected connection with another survivor ... a fearsome Bengal tiger.

In the book, *Life of Pi*, the **adult Pi Patel**, after surviving and all his adventures, says: "By the time we reached the Mexican shore, I was afraid to let go of the boat. My strength was gone. I was so weak. I was afraid that in two feet of water, so close to deliverance, I would drown. I struggled to shore and fell upon the sand."

When I read this, I thought that it seemed a ridiculous notion that you could drown in shallow water, especially after Pi had survived all the dangers of the deep; that it seemed strange that you could drown in something you could handle (2 feet of water), that you could easily master? Surely the important messages were about endurance, determination and overcoming the odds!

But then I really began to think: what is he trying to say? Then the light bulb went on in my head - **we all go through times of trouble**. The toughest times in life are not in the beginning of any struggle because the beginning of the struggle catches you fresh, you're vibrant, you're ready to take on the challenge. You're Rocky!! But over time, it wears you down and it is when you are closest to the shore that you are the most

vulnerable to collapsing. Just like in a sporting event, it doesn't matter what has happened in the first 75 minutes of a game, it is what happens in the last 5 that determines whether you win or lose – and how you handle winning and losing. I sent around this quote recently by Michael Jordan to the girls, "I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." But that's another article for another day!!

So, here are some life lessons that I have learnt to keep us from 'drowning in shallow water'.

1. Don't take the presence of the storm to indicate the absence of God.

We all face storms in life, (and I am not talking about the ones with rain, wind, thunder and lightning). There are health storms, physical storms, financial storms, relationship storms, emotional storms; all kinds of storms. And these storms are what other people can't see. They are undetectable storms, when we put our smile on, just like putting your makeup on, and we say, "Everything's fine". No one can really tell that we are going through a **secret** storm. In a physical storm, someone usually helps us, gives us an umbrella or offers security because they can **see** and are **aware** of the impact of the storm; but when we go through a secret storm, there is no one to comfort us because no one knows that we are dealing with ... a secret storm.

They may be jealous of the car we drive or our parents own, not knowing that it is 2 payments in arrears, they are envious of the position we have been promoted to, not knowing that we can't rest or sleep properly due to the pressure and stress of the new position. Job, in the Bible, after losing everything, in the middle of his storm, even said, "If only I knew where to find Him; if only I could go to his dwelling."

You know, we buy into this notion that if God is with us, we would have no storms, we wouldn't have any trouble, that if God was really with us, we would be happy, that if God was really with us everything would go smoothly, if God was really with us, we would have no family problems, if God was really with us, our bills would be paid, if God was really with us, my relative wouldn't have died from cancer ... and so on. The question we ask when we face a crisis is, where is God in this mess I'm in? These questions are normal. I've asked the same questions when bad things happen to good people. Where was God in all of this?

The problem is, you can't see or hear properly in a storm – that's why God tells us to walk by faith, not by sight! Like Pi, we can go through trouble all by ourselves, in secret with no one aware of our

suffering and with no one to comfort us. Don't go through whatever storm you're facing based on what you see, but steer through it based on your faith. If you really want to see God do his best work, it is when you are in trouble! However, don't be so aware of the storm that you lose awareness of God in the storm. He is there – right beside you.

2. Don't hang onto what is temporary.

Don't define success by preserving what stuff we had last season or relying on last year's performances; let it go. Everything that we have is not meant for us to have our whole life. Look at clothes and shoes – they wear out and we constantly change our wardrobe. If your parents lost the job they thought they'd retire with, or the house you live in, or friends you thought you'd have forever, it's not all over. Sometimes we have people in our life to get us from Point A to Point B, but then someone else comes along to help us to get to Point C. Like Pi, just because the ship falls apart, it doesn't mean that we have to fall apart. Just because things are broken in our life, doesn't mean we can't survive!

Sometimes the real struggle we have is that we're in love with what we had. We think that if our lives don't stay the same with what we started, that we can't keep going. But that's not true. Even when life looks different than what we expected, and it's in pieces, there's still a way to get to your next place on life's journey. We have to let go of what we've lost and start living on what we've got left.

3. Don't be moved by exhausted emotions.

Pi was beyond tired. He survived the storm, almost starved to death, lived in spite of the tiger, almost lost his mind and when he finally got to the end, he held tightly to the boat. Pi was afraid he would die in shallow water. Meanwhile, the tiger had moved on without even a look back!

I've learned that when we get tired we can't trust how we feel. When our emotions are exhausted, they'll send us false signals, making us think we are in danger when we're really not. Our emotions will make us think we can't trust who we really can trust, they'll make us think people hate us who really love us, they'll make us lash out at people who are really trying to help us ... all because we have exhausted emotions. Our perception of the situation is altered, we'll hold on to what is familiar and not striving for what is in front of us. When we are tired, we make dumb decisions ... because we have exhausted emotions. When we're beyond tired, it's like flying a plane but we can't trust the dials. Our exhausted condition makes us paranoid and fearful and takes the pleasure out of surviving.

We have everything we thought we wanted, so why aren't we happy? Those 'if I ever' moments are what most of us are waiting for. 'If I ever' get this bill paid off, 'if I ever' survive this sickness, 'if I ever' find the right person, the right friend, the right boyfriend, 'if I ever' get through this trauma ... then I'll really party. However, by the end of all the struggling to get there, we're too tired to do anything or even enjoy what we have in front of us.

At the moment of celebration, we stand still fearful we are going to die in two feet of water. Along the journey of life, it costs us so much to get there that survival doesn't feel anything like being successful. If you've survived this far, don't give up on your family or your dream. And most importantly – don't give up on yourself.

Like Pi, keep on moving the boat even when you feel scared to death. You've come too far to drown in shallow water. All you have to do is stand up! As Pi says,

"Even when God seemed to have abandoned me, He was watching. Even when He seemed indifferent to my suffering, He was watching. And when I was beyond all hope of saving, He gave me rest. Then He gave me a sign to continue my journey." Life of Pi

Feeling Overwhelmed? Not exactly sure how to 'start' anew? Where to begin? If the prospect of change feels overwhelming to you, then consider taking 'one step at a time'. Some famous quotes about taking one step at a time:

"The journey of a thousand miles begins with one step." – Lao Tzu
"One may walk over the highest mountain one step at a time." – John Wanamaker

"Champions know there are no shortcuts to the top. They climb the mountain one step at a time. They have no use for helicopters!" – Judi Adler

OPENING DATES FOR THE UNIFORM SHOP

The Uniform Shop will be open
Wednesday 17th June
Thursday 18th June
Friday 19th June

THE SHOP WILL BE CLOSED OVER THE HOLIDAYS.

Then open again at 8.30am on
Monday 13th July,
Wednesday 15th July and
Thursday 16th July.

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Term Two and Term Three Calendar Dates

TERM 2

9 weeks

Monday 20 April	Year 11 Parent/Teacher Interviews 2pm – Milburn Room
	Year 11 & 12 Design / Art Excursion
	P&F Meeting, 7pm – WH Lee Room
Tuesday 21 April	Term Two Classes commence
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
Friday 5 June	Buses depart from 7:30am
Monday 8 June	Public Holiday
Tuesday 9 June	Confirmation Service
	'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
Friday 19 June	End Term Two

TERM 3

10 weeks

Monday 13 July	Year 10 Information Session 2pm
	Year 10 Parent/Teacher Interviews 3:30pm - Milburn Room
	P&F Meeting, 7pm – WH Lee Room
Tuesday 14 July	Term Three Classes commence
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
	St John's Musical - Evening Performance
Friday 18 September	End Term Three
Saturday 19 September	New England Netball Carnival (NENC) – Weekend
Saturday 26 September	Spring Bible Week commences
Saturday 3 October	Spring Bible week concludes



Surviving year 12

Fact sheet for parents

Supporting your Year 12 student

Year 12 is considered by some to be the most important year of schooling. There is an enormous amount of pressure on Year 12 students and it comes from parents, teachers, schools and the students themselves. There are a number of ways parents can support their children as they work through their final year of schooling.

Balance

It's important that you make sure your teenager has lots of opportunities to play sport or pursue an artistic activity like drama or music. Also, try to make sure that they spend time with their family, and friends.

Routine

Parents can do lots of things to help teenagers develop smart study habits. These skills do not develop automatically and parents will need to be patient while these new habits develop and the old, unhelpful ones are discarded.

A study-friendly home

Environment

It is important to make your home a place where it is easy for your teenager to think.

Help eliminate distractions such as television, radio, MP3 player, talking, noisy younger children, or cluttered work areas. It is impossible to watch TV and study. Show how important schoolwork is by keeping the TV off during study time.

- Keep your conversation to a minimum and encourage younger children to use this time as their study time or quiet time, too.
- Provide physical conditions that help concentration, such as good lighting, cool temperatures and a table or desk with a supportive chair.
- The work area should be neat, have enough space for writing and reading, and should be kept clear of any clutter.
- Remind them to sit with good posture in a comfortable chair. Lying down may be so relaxing that it interferes with concentration.

Making time to study

You can support your teenager by helping him or her focus on their study.

- **Schedule study time.** Study times should be scheduled for whenever there are the fewest distractions or interruptions. If your teenager needs help to establish a routine, have a chat about which times could be best used for studying. Set that time aside on at least five days a week. Use the afternoon or early evening as study time, as this leaves time later in the evening for relaxing activities.

- **Plan study in two 50 minute blocks with a 15 minute break.** One 50 minute slab of study is better than several hours full of distractions and interruptions. Use a kitchen timer or an alarm clock to signal breaks and to indicate the end of study time.

At exam time

The exam results do not represent your teenager's future. The end of secondary school is the start of the next and usually more exciting time in your teenager's life. The moment the exams are over, celebrate. Such a celebration is crucial, as the message you will be reinforcing is that the final score is incidental. Getting through high school is a wonderful achievement in itself.

When the exam results arrive

This period can be even more uncomfortable than the exams because everyone feels so helpless. There is always the potential that your teenager might fall short of his or her predicted scores, and the goal of achieving a place at his or her chosen university, TAFE or apprenticeship might seem unreachable. This can result in weeks of anxious waiting. Everyone in the family is treading on eggshells, and when the results do finally arrive, quite often the family can be too emotionally drained to celebrate or regroup.

You need to recognise that feeling on-edge or uneasy is a natural response. Talk to your teenager about the way he or she is feeling and the choices and options available. Let him or her know that both you and their school are supportive.



When the results are not what your teenager hoped

Don't be fooled if your teenager appears to be indifferent to his or her results. Almost all students care deeply about their results and about the attitudes of their friends and relatives.

- Encourage your teenager to talk and reassure him or her. Reassure your teenager that failing an exam doesn't mean he or she is a failure, and that while you may all be disappointed in the results, you are not disappointed in him or her.
- If your teenager was after a score that would allow him or her into a particular university course, reassure him or her that all is not lost, with thousands of university places being offered through the preference process.
- Put things into perspective. Reassure your teenager that everyone loses out at some time or other, and failing an exam isn't the end of the world. He or she could re-sit and do better; or decide to go a different route next time.
- Encourage your teenager to look for positive ways forward, to consider all the options available. Your teenager may want to consider completing Year 13, working or travelling for a year, or doing an internship. A career counsellor or university advisor may be able to help.
- Tell your teenager that whatever happens, you will be behind him or her 100 per cent.

Do's and don'ts

Do

- guide, support and encourage your teenager
- encourage healthy eating, regular exercise and plenty of sleep
- take your teenager's efforts seriously
- create an effective work space in the house if your teenager can't study in their room
- take a whole family approach to supporting your teenager
- remind your teenager of his or her goals

- give your teenager positive feedback whenever possible
- encourage your teenager to take study breaks when necessary
- remember, the final year is about your teenager, not you
- help your teenager put, and keep, the year in perspective
- keep an eye on his or her emotional health – look for changes in sleeping or eating habits, and see your GP if you are worried
- let your teenager know that you're there when he or she needs you
- encourage your teenager to believe in themself.

Don't

- nag
- overload your teenager with domestic chores
- tell your teenager to work harder or he or she will fail.

References

- ¹ Mission Australia (2012) Youth Survey 2012; page 5.
- ² Gough D, Edwards H (2006) Pressure takes big toll on students. The Age Newspaper, April 16 2006
- ³ McGraw, K., Moore, S., Fuller, A. and Bates, G. (2008), Family, peer and school connectedness in final year secondary school students. Australian Psychologist, 43: 27-37
- ⁴ Robotham, J. (2003), Suicide linked to pressure of HSC. Sydney Morning Herald Newspaper, January 23, 2003

The research

According to the Mission Australia Youth Survey in 2012, coping with stress and school or study problems remain major concerns for respondents.¹ Research has shown that Year 12 can increase rates of depression, anxiety², suicidal thoughts³ and even suicide.⁴ In particular, the fear of failure and the apparent lack of prospects as a result of poor results in Year 12 were identified as major stressors for many young people. As well as managing school, many young people were also trying to cope with work, family and social commitments. The cumulative effect of these demands appears to be leaving many young people feeling besieged and struggling to cope.

Where to find more information

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www.beyondblue.org.au

Learn more about anxiety and depression, or talk it through with our Support Service.

☎ 1300 22 4636

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Strength-based parenting improves children's resilience and stress levels

Retrieved from <http://medicalxpress.com/news/2015-05-strength-based-parenting-children-resilience-stress.html>



Children are more likely to use their strengths to effectively cope with minor stress in their life if they have parents who adopt a strength-based approach to parenting.

In a groundbreaking study published recently in the journal *Psychology*, Professor Lea Waters from the Melbourne Graduate School of Education outlines how children can draw on their personal strengths to cope with the demands that lead to stress.

"While some stress such as [toxic stress](#) caused by a long lasting intense negative experience can have a debilitating effect on the wellbeing of children, not all stress is bad or damaging," Professor Waters said.

"Positive stress is a normal part of the developmental process. When managed well, it has the potential to help children learn, grow and adapt.

"Essential life skills such as coping with and adapting to new situations grow out of positive stress."

The paper, "The relationship between strength-based parenting with children's [stress levels](#) and strength-based coping approaches," shines new light on how strength based parenting builds up children's resources.

"Strength-based parenting is an approach where parents deliberately identify and cultivate positive states, processes and qualities in their children," Professor Waters said.

"This style of parenting adds a 'positive filter' to the way a child reacts to [stress](#). It also limits the likelihood of children using avoidance or aggressive coping responses."

This study offers a new avenue for research into the under explored and promising area of positive psychology parenting approaches.

"While the importance of providing love and emotional support to children is well understood, we now know the importance of deliberately identifying and building strengths in our [children](#)."

"This is a style of parenting which could be increased and is worthy of additional research," Professor Waters concluded.

Explore further: [Independent review shows program helps children with disabilities](#)

More information: The Relationship between Strength-Based Parenting with Children's Stress Levels and Strength-Based Coping Approaches, [dx.doi.org/10.4236/psych.2015.66067](https://doi.org/10.4236/psych.2015.66067)

Provided by [University of Melbourne](#)

National Reconciliation Week 2015 - 27th May - 3rd June

Assembly item by Melissa Kelly, Thelma Dauvunau, Janine Widders-Lockwood, Latoya Foote & Kylie Morgan

"I would like to begin by acknowledging the traditional custodians of the land we're meeting on today, and pay my respect to their Elders past and present. I also acknowledge my gratitude that we share this land today, my sorrow for some of the costs of that sharing, and my hope and belief that we can move to a place of equity, justice and partnership together".

National Reconciliation Week (May 27th - 3rd June) is a time for all Australians to learn about our shared histories, cultures and achievements. We explore how each of us can join the national reconciliation effort.

We are trying to find meaningful ways to increase respect; reduce prejudice, strengthen relationships between the wider Australian community and Aboriginal and Torres Strait Islander peoples.

Narragunnawali (pronounced narra-gunna-wally) is a word from the language of the Ngunnawal people, traditional owners of the land on which Reconciliation Australia's Canberra office is located.

Narragunnawali means peace, alive, wellbeing and coming together.



it's time to
change it up!

Relationships- By playing in team sports or working together, we are improving relationships.

Respect- By treating each other fairly we are working towards respect for each other.

Opportunities- Everyone should have the equal amount of opportunities to enable them to access further study, choose any job they want and live a happy and healthy life.

Barker Induction 2015

Mrs Mary Anne Evans

Barker Induction 2015! !

Energetic; exciting; buzzing; invigorated learning; engaged students; positive relationships; collegial approaches; warm and inviting. These are the words that encapsulate all that is NEGS. These are also the words that rang true on the NEGS ambassadorial visit to Barker College on the 27th May 2015.

Clive Logan, Kay Hiscox, Jake Compton, Angela Sole and myself were invited by Barker College, with the dual purpose as a professional development opportunity and to further develop the new alliance between the two schools. What we saw was a school with spirit, standards and values.

The Barker Staff were very open in sharing intellectual property, classroom delivery and a true insight into the operations of a fellow Anglican School. Some brief facts are:

- Barker College has a student population of 1987;
- The campus is set on 50 acres, at Hornsby;
- They are an accredited BOSTES provider for Professional development;
- This term has seen the creation of the position of "Director of Academic Performance" who is analysing the impact of incursions/excursions on the academic progression of students.

There are many other aspects of Barker College which can be viewed at www.barker.nsw.edu.au

What does this mean for NEGS?

- Collegial support
- Agricultural excursions, connections and collaborations between the two schools and the University of New England
- Use of Barker training facilities for IGSSA (this will be occurring next term)!
- Outdoor Education opportunities
- Equestrian support
- Round Square familiarisation
- Video capturing of classes
- Subject diversity and support
- Duke of Ed support
- Wellbeing & Leadership Program sharing

The future is an exciting one for NEGS knowing that the alliance between us and Barker College is embedded in strong traditions and similar values. The opportunities that exist for our students is multi-faceted and can only result in positive outcomes for all.

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)

GRIP NATIONAL LEADERSHIP CAMP 2015

Would you like to develop valuable leadership skills whilst having enormous fun during the July school holidays? Students in Yr 10-12 are invited to participate in a national leadership camp being held in Sydney, hosted by the GRIP Leadership team. Teenagers from around Australia will be gathering for this 4-day camp from July 7-10.

GRIP Leadership is well known for organising Australia's largest student leadership events and helping students reach their potential as a leader. Full details available at www.gripleadership.com.au



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SAVE THE DATE

NORTHERN NSW DAVINCI DECATHLON

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: cherryb@armidale.nsw.edu.au
M: 0410 041 300



WEP Student Exchange – Learn and Discover the World!

WEP Australia is a not-for-profit student exchange organisation registered with the Education Departments in NSW, QLD and VIC. Applications for short and long-term programs commencing from November 2015 onward are open now. Students can choose from over 25 countries to live with a volunteer WEP host family and attend an overseas high school for a summer, semester or year. To request program information for your family, visit www.wep.org.au, email info@wep.org.au or call 1300 884 733.

We look forward to hearing from students, interested in this wonderful experience. If you have any questions about our programs or would like to request brochures for your school, please don't hesitate to contact us.

NEGS Rifle Club News Mr David Rose

With the end of Term II, NEGS Rifle Club winds up its training program in the lead up to the annual training camp and competition matches, including the All Schools Match and the AAGPS Rifle Shooting Premiership.

Despite a combination of poor weather, conflicting commitments and the short term, the Fullbore shooters have generally prepared well, using improved sighting equipment donated to the Club over the past year.

The seven student squad will go into camp at Wingham Range in the last week of the coming holidays before heading to ANZAC Range Malabar to shoot in the Fiona Reynolds Memorial All Schools Match against as many as 13 other school teams. They will then move to Hornsby Range to compete alongside at the GPS event.

The girls are looking forward to renewing connections with the other school Rifle Clubs, but particularly Sydney High, who host them at ANZAC Range, and Shore who welcome them to a luncheon and their annual presentation dinner.

At Wingham the squad will train alongside Scot's College and be coached by some of Australia's best target rifle shots.

Results in the Fiona Reynolds Match may be seen at <http://fionareynoldsallschools.webs.com/> and the Club's general progress will be on Facebook - search for NEGS Target Rifle Club and "like" for regular updates.



Members of NEGS and Armidale Rifle Clubs brave wet conditions to meet with Member for Northern Tablelands, Adam Marshall. Mr Marshall was at Wollomombi Range to announce funding for an electronic target.

*BACK L to R : Mr Andrew Cameron, Mrs Libby Martin, Mr Stuart Cleghorn, Mr David Willis
FRONT: L to R: Alex Patten, Sophie Sutherland, Bronte Hiscox, Mr Marshall, Isabelle Cameron (Club Captain)*

Holiday Art workshops!

I will be running art workshops during the school holidays to encourage resilience and reduce anxiety in children and teenagers. Workshops include topics such as 'being mindful with art' and 'the world is in my hands'. Teenage only (14-18) workshops include 'art as journaling' and 'inside out' also aimed at encouraging resilience and reducing anxiety. All workshops run for 3 hours and all materials are included. If you would like to know more, please visit my website (www.creativecounsellingsolutions.com.au).

Julie Nicholson-Creative Counselling Solutions.

NSW Parents' Council



New Website

We have just re-launched our new website at www.parentscouncil.nsw.edu.au. Please visit and explore. If you want to contribute to our blogs, suggest a story or just keep up to date with what we are doing. Visit our home page.

Annual General Meeting

Formal Reminder - 53rd AGM with Guest Speaker Hon Catherine Cusack MLC

Notice is hereby given that the 53rd Annual General Meeting of The NSW Parents' Council will be held on Friday 12th June 2015, commencing at 6.30pm at the Adam Room, Masonic Club – 169 Castlereagh Street, Sydney.

The Purpose of this meeting is to: receive and consider the financial statements for the financial year ended December 31st 2014 together with the reports of the Executives and the Auditors; elect executives to replace those retiring (including by rotation) from the board; attend to any other business.

Early advice of any other business would be appreciated. The AGM will be followed by an information meeting that includes the presentation of our Annual Awards of Excellence. For further information please contact us on 0438 558 276 or at community@parentscouncil.nsw.edu.au.

Guest Speaker will be the Hon Catherine Cusack MLC, Parliamentary Secretary to the Premier of NSW. You are invited to attend with your RSVP appreciated by close of business Thursday 11 June 2015.

Australian Parents Council Website and registration

The Australian Parents Council is the voice of parents with children at independent schools across the nation. It plays an active and critical role with lobbying on issues of importance to parents. If you would like to connect with the Australian Parents Council (APC) online, you can do so by becoming a registered user by visiting <http://austparents.edu.au/register>

Most teenagers need 9.25 hours a night sleep say some experts

Karen Boyes, one of Australasia's most highly regarded experts in education, teaching strategies and parent engagement has reminded parents recently that the sleep deprivation that so many teens put themselves through is really harming their social, education and communication abilities. A very good piece of advice is shut down all electronic devices at either 9pm or at least one hour prior to bed each night without fail - a very challenging concept. Go to www.karentuiboyes.com for more information.

Parent Tool Kit - A US online resource

In conjunction with Pearson Education, NBC Education (an offshoot of the major media entity) has an excellent Parent Toolkit online resource that is readily available for parents in similar advanced school systems. The issues of school stage challenges and social/emotional development are common to parents in countries like Australia, Canada, Germany, the Netherlands, New Zealand and the United States. Go to www.parenttoolkit.com and check it out!

Narnia - The Musical

Ms Kirrili Williams

Thursday 11 - Saturday 13 June saw the Assembly Hall light up as musicians and actors from Years 7 to 10 staged Narnia over the three nights.

The audience were treated to a full length show, choreography, jokes and over twenty musical numbers.

Leads Emily Sole (The White Witch) and Eugenie Gullifer-Laurie (Aslan) worked for months with the large cast to prepare for their roles. The live band consisted of music staff and visiting musicians from the peripatetic staff and wider community.

Appearances on stage from staff members Mr Geoff O'Neill and Mrs Amber McCulloch were a hit with the audience.

Professor	Mr Geoff O'Neill
Susan	Disa Smart
Peter	Katrina Campbell
Lucy	Isabelle Perrottet
Edmund	Zoe Stuart
Mrs Macready	Mrs Amber McCulloch
Tumnus	Heidi Powell
White Witch	Emily Sole
Dwarf	Charlotte
Mr Beaver	Hannah Weston
Mrs Beaver	Alexandra Rose
Fenris Ulf	Miah Lupica
Father Christmas	Alicia Ball
	Chelsea Devenish
Aslan	Eugenie Gullifer-Laurie
White Stag	Kassiah Cook
Narnian Creatures	Alicia Ball
	Priscilla Clonan
	Chelsea Devenish
	Katie Hancock
	Josie Orr
	Matilda Rice
White Witch's Army	Isabelle Chandler
	Hannah Rahim
	Tariq Rahim
	Harriet Schmude
	Eloise Barden



Mr O'Neill (Professor Digory), Disa Smart (Susan), Katrina Campbell (Peter), Isabelle Perrottet (Lucy) and Zoe Stuart (Edmund) at the dress rehearsal



Hannah Rahim (Cruelie) and Miah Lupica (Fenris Ulf)



Emily Sole (Queen Jadis, The White Witch)



Eugenie Gullifer- Laurie (Aslan)



Hannah Weston (Mr Beaver) and Alexandra Rose (Mrs Beaver)

The input from staff across the school, students in backstage roles, parents and friends was extraordinary. Many congratulations and thanks go to all those involved.

Upcoming Events

Twilight Concert - Wednesday 12 August

Stage 6 Performance Evening - Week 7, Term 3

All Schools Swimming Carnival

Lucy Fenwicke, of Year 9 travelled on the 18th of May to participate in the All Schools Swimming Carnival. She had progressed through to this level after first swimming in the NEGS Carnival, followed by excellent results at the IGSSA Carnival before qualifying for the CIS Swimming Carnival. At this carnival she was also successful and was selected to represent the Combined Independent Schools at the All Schools event.

Lucy swam in the 14yrs 100m breaststroke placing 7th, 14yrs 50m breaststroke placing 7th and the 14yrs 100m freestyle placing 8th. All races were completed within a whisker of her personal best times.

We would like to congratulate Lucy on her outstanding results in this sporting area.

CIS Cross Country

Three of our cross country runners participated in the CIS Cross Country Championships at Eastern Creek on 11th June.

They recorded the following results:

Jaimie McLoughlin 12yrs (3km)- 26th 15:21

Grace Cassidy 13yrs (3km)- 12th 13.20 (2nd Reserve for All Schools)

Sarah Wyatt 15yrs (4km)- 11th 16.38 (1st Reserve for All Schools)

We congratulate them on their hard work and determination and wish Grace and Sarah all the best of luck hoping that they make it through to All Schools.

IGSSA Netball and Hockey

This year there has been a slight change to the design of our IGSSA trips as Barker has come on board to assist with facilities and costing.

This year we will continue to travel Thursday afternoon and stay at our accommodation at Courtyard Marriott, North Ryde. However, on Friday morning we shall make our way to the Barker campus to use their state of the art hockey fields and netball courts to train in the morning, free of charge.

We will then head back to Macquarie Centre for lunch before a quick stop over at the hotel to change before heading out to our designated games.

IGSSA is currently compiling the large number of teams into grades and are allocating venues. Once this is complete a draw will be sent out to all students and parents. A permission note will be given to students prior to the end of this term. This needs to be returned by the last day of Term 2.

The first round will be in Week 1 of Term 3, Thursday 16th July-Saturday 18th of July. Second Round will be in Week 3 Thursday 30th July-Saturday 1st of August.

Netball State Championships

Over the long weekend three of our netballers travelled down as part of the under 17's Armidale and District Netball Association Representative Team. Laura Claridge, Charlotte Raleigh and Ebony Thomas played three straight days in Wollongong against some tough competition from around the state, both metropolitan and rural.

The girls ended up finishing 9th out of 24 teams. A wonderful achievement for a small team from a small association. Well done girls!



In class

Year 8 have been working on their hand eye coordination, problem solving, team building and concentration skills in the 'How Many? Challenge'. Each students must have a ball and they are challenged within their group to use all balls in a sequence without, dropping, clashing or yelling at their team mates. They are very determined to have all balls in play before the end of term.



Athletics

On Friday the Senior School participated in their annual Athletics Carnival. A great day was had by all, and although cold the day saw broken records, fast relays and one of the best marches we have seen.

Congratulations to all participants in the carnival and special thanks to all those who contributed to the day to make it the success that it was.

The IGSSA team has been notified of their selection and training for this event will begin next term.

Results are as follows:

Age Champion Runners Up

12yrs Charlotte Chapman

13yrs Chelsea Eichorn

14yrs Chelsea Devenish

15yrs Claudia Neate

16yrs Claudia Smith

17yrs Sarah Parkes

18+yrs Caitlyn Everingham

Age Champions

12yrs Maggie Halliday

13yrs Grace Cassidy

14yrs Penny Haynes

15yrs Sarah Wyatt

16yrs Charlotte Raleigh

17yrs Tahlia Paull

18+yrs Alice Frend

Thompson Trophy - for the athlete with the highest point score of the day.

Sarah Wyatt

Barwick Trophy - for the athlete with the highest field event score of the day

Charlotte Raleigh and Tahlia Paull

Cheering Cup - for the house with the most team spirit and participation of the day

Lyon

Marching Cup - for the house who were the best marchers in the whole school march

Murray

House Cup- highest scoring house of the day

Lyon- 1574 points

Dumolo- 1212 points

Green- 1057 points

Murray- 938 points

Record Breakers

16 years Discus

S.Thompson 2007 25.35m broken by Charlotte Raleigh 2015 27.64m

16 years Javelin

S. Thompson 2007 21.56m broken by Alex Patten 2015 21.63m

16 years Shot Put

I. Crothers 2010 9.56m broken by Charlotte Raleigh 2015 10.30m

Open 1500m Run

K. McMaster 1997 5:21.54 broken by Sarah Wyatt 2015 4:28.73

