



NEGS

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There's no
place
like NEGS

NEGS Newsletter

Term 1 Week 4 - Wednesday 18th February 2015

From The Principal

Mr Clive Logan



**But I thought we were friends –
how could you do that to me!!**

Our friends are essential to our enjoyment of life - they support us and validate our sense of self. So how do we choose our friends? And what happens when friendships break down?

We value friends, but the path of friendship, like love, rarely runs smooth. We may feel jealous of a friend's achievements when we want to feel happy for her. We might find it hard to give friends objective advice. We can be reluctant to allow each other to change, sometimes falling out in a way that is painful for all involved. Yet, friendships are vitally important; central to our enjoyment of life.

More fundamentally, friendships are essential to our sense of who we are. Neuroscientists have shown that our brain does not reveal to us the world as it is, but rather as possible interpretations of what is going on around us, drawn from our past experience. Since no two people ever have exactly the same experience, no two people ever see anything in exactly the same way. Friends are central to this all-important sense of validation. When a friend confirms to us that the world is as we see it, we feel safer, reassured. On the other hand, when friendship is betrayed, our sense of who we are is being challenged.

Friendship, therefore, can be rewarding but, like all relationships, it can also be risky. Other people can let us down, insult or humiliate us, leading us to feel diminished and in danger. The degree of risk we perceive from our friends **relates directly to the degree of self-confidence we feel**. When confident of ourselves, we feel that we can deal with being invalidated; when lacking self-confidence, we often see danger where no danger need exist. Take jealousy, for example. Feeling self-confident, we can rejoice in a friend's success; feeling inferior, we see danger and a threat and try to defend ourselves with: "It's not fair". We can fail to see that our friendship should be more important to us than our injured pride.

The people who can validate us best are those we can see as equals and with whom there can be mutual affection, trust, loyalty and acceptance. Such people give us the kind of validation that builds a lasting self-confidence despite the difficulties we encounter.

These are our true friends.

Have you ever been hurt by a friend? Someone you thought you could trust but who later turned against you? Well, you're not alone. Friendship breakdown is something every one of us has experienced but few of us really talk about. The hurt of a broken friendship or relationship can haunt us for years.

Dr Jan Yager, a sociologist who has been studying friendship for more than 25 years, has written *When Friendship Hurts: How to Deal with Friends who Betray, Abandon or Wound You*. In it, she explores the reasons why friendships end, how to decide what to do with the relationship and also how to stop obsessing about a failed friendship and move on. She says: "Losing a friend can be confusing, hurtful and very difficult to overcome. I aim to help people understand what has happened and how to avoid going through the same situation in the future."

Dr Yager explores what causes friendships to falter and explains how to mend them – or end them. She covers all the bases, including:

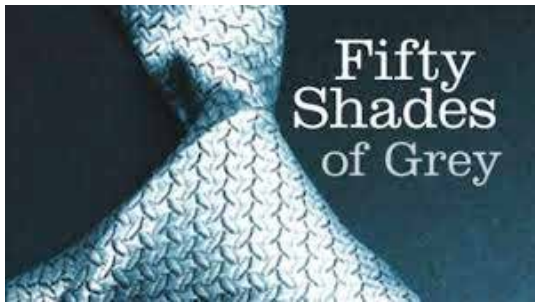
- Identifying the possible causes of a destructive friendship
- The twenty-one types of negative friends: a rogues' gallery featuring such types as the Blood-sucker, the Fault-finder, the Promise Breaker, and the Copycat – and how to respond to them
- How to recognise destructive friends as well as how to find ideal ones

- The email and social media effect – how electronic communication has changed friendships for both the better and the worse
- The misuse of friendship at work and school – how to deal with someone's lies, deceit or attempts at revenge
- How to stop obsessing about a failed friendship.

Our friends are often as important to us as our families, so we are deeply affected when they disappoint or hurt us. The key lesson for me was how, why and when to let go of friends who do not add value and worth.

From our Chaplain@NEGS

Rev. Rebecca Eastment



Fifty Shades of... what?

Valentine's Day landed again at NEGS this year with the traditional arrival of the TAS boys at lunchtime, (singing terribly and dressed just as badly), handing out roses to their chosen flames. It caused a frivolous buzz as usual, as Valentine's Day does amongst our teenagers. At the same time in our wider culture there was another buzz - the landing of the movie Fifty Shades of Grey, setting new box office records for the highest-grossing holiday opener of all time and ranking among the biggest R-rated debuts in history. This erotic drama picked up \$81.7 million from 3,646 locations over the three-day period.



But what is this movie? How do we categorise it? And why are women (and presumably our older teenagers) flocking to it having devoured the books already? In case you're not aware, the movie portrays an emotionally and physically abusive relationship, in which Mr Grey (who apparently owns 50 pairs of sunglasses) variously stalks, manipulates, controls and abuses the girl. Physically abusive sex is a highlight. Of course, you will not be surprised to learn of my opinion... that I believe this is a deeply unhelpful movie for you and your daughters to see. It is more than just another storyline that portrays sex and relationships in ways far removed from God's design. If a movie offers a realistic critique and portrayal of consequences, it might be deemed helpful. Instead, Fifty Shades of Grey is a movie offering no critique of the damaging behaviour it portrays.

In her visit to NEGS last year, sexologist Dr Patricia Weerakoon was visibly worked up as she warned our senior students to avoid this text and not to date boys who condoned it. Her concern focused on the future health of relationships and the destructive power of pornography to make a lasting

May I suggest that you find and keep the kind of friendships that will work for you, to develop the positive friendships that enrich our lives on every level. And remember, we don't have to have like everyone, but we do have to **respect** everyone. I highly recommend this book if you are dealing with friendship issues with your daughters and sons.

imprint on the teenage brain - examples she sees daily in her work in relationship counselling.

But what about art? Is it just the 'prudish' Christians who are condemning this movie as low brow, 'soft porn'? Absolutely not! The secular media also pan the film both morally and artistically, labelling it as 'Domestic Violence dressed up as romance'. Google Today show host Lisa Wilkinson 'Fifty Shades of Nay' for one such example.

So what is its appeal? Why is it so popular among women in our western culture? Simply... Salvation.

'The story is one that has moved women for ages. A woman overlooked by the world and unconvinced of her own worth is brought to beautiful fulfilment by a man who is more than other men in so many ways . . . and so needy in other ways. As he joins her life, she is increasingly more than she's ever been before. And in the process, he is healed of all his wounds by the love and softness and steadfastness of her heart toward him. Boy saves girl. Girl saves boy. All along, the answer lay right inside of them both.'

<http://www.thegospelcoalition.org/article/now-that-theyve-bought-the-ticket>

Being someone's saviour may well be an attractive theme for many women out there. So be it. But there is one question that has halted even the most enthusiastic supporters of the film... Would you like your daughter to be the saviour of someone like Mr Grey? How would you feel about her being on that trajectory?

At NEGS we clearly point our students to the only true Saviour. Jesus Christ. One who lies outside of us. One who will not abuse, use or fail us. In Him we find, not a dark heart full of deviant sexuality, but one who loves perfectly, delights in our welfare, and is determined to do us good with all his heart and all his soul.

Buttons

A shout-out from our lovely Chaplain Mrs Eastment who says "I would dearly LOVE any donations of buttons for use in Room 15 (Crossroads lunchtime group) this Thursday and throughout the term.

We are attempting to make necklaces to help raise money for our service trips etc"

Perhaps you might even like to place an order with a particular colour scheme?



LORIN NICHOLSON

Motivating Generations



Australia's preeminent youth motivational speaker, Lorin Nicholson, has received outstanding feedback in over 1400 schools, to more than a million students throughout Australia and the globe.

We are looking forward to Lorin sharing simple but powerful messages of **perseverance, resilience, respect, inclusion and leadership** that will greatly inspire every student to succeed in all areas of school and personal life.

New England Girls' School
Friday, 27th February, 2015
2.00pm

All staff, students, parents, family and community members are welcome to attend.

How will you BITE BACK in 2015?

Tell us how and win!

Let us know what positive things you're doing to take life to the next level in 2015

5 Fuji INSTAX Mini Cameras to be won

+ SPEAKERS SNACK MAKERS and HEAPS MORE!

Make change. Try something new. Or get creative.
 Get in quick! Entries close March 3rd, 2015

Full info on how to enter at **BITEBACK.org.au**

Good luck! **BITE BACK**

BITE BACK

BITE BACK Competition

BITE BACK has been created by the Black Dog Institute with financial support provided by the Australian Government Department of Health, NSW Department of Health and Juniper Networks Foundation.

Last year, Creative Director of BlackDog Institute, Matthew Johnstone visited NEGS to present on his latest books and explain the work he does on developing educational programs on understanding mental health, mood disorders, mindfulness and resilience for schools and the work place.

BITE BACK is a new and ever-changing space where you can discover ways to amplify the good stuff in life, share real and personal stories with others, check out videos, blogs and interviews of interesting people, check and track your mental fitness, and get your teeth stuck in to a bunch of activities!

Share your big plans to get the most out of 2015. Some massive prize packs are on offer!

BITE BACK's How Will You BITE BACK in 2015? competition encourages teenagers to formulate a practical plan for how they're going to take life to the next level.

There's always room for more of the good stuff and it's great to launch into the new year on a positive note. So for this competition, BITE BACK wants to hear about the positive things you're doing to take life to the next level.

To sweeten the deal they've got 5 prize packs to give away for the most captivating entries including Fuji instant cameras, zombie speakers, an ice cream maker, desktop mini pool table, and heaps more.

So how will you BITE BACK in 2015?

Entries close soon! Visit www.biteback.org.au/competition for more details

Term One and Term Two Calendar Dates

<p>TERM 1 10 weeks</p> <p>Monday 26 January Australia Day</p> <p>Tuesday 27 January 2pm - Orientation Afternoon for New Students 5pm - Welcome BBQ Dinner for all current and new families - Library Lawns Boarders Return 8:30pm P&F Meeting, 7pm – WH Lee Room</p> <p>Wednesday 28 January Term One Classes Commence</p> <p>Thursday 29 January Combined Line Classes Commence</p> <p>Friday 30 January Boarders Getaway</p> <p>Wednesday 11 February Year 7 Camp departs</p> <p>Friday 13 February St John’s Swimming Carnival Year 7 Camp returns</p> <p>Saturday 14 February ODE Equestrian Centre</p> <p>Thursday 19 February PSSA Swimming Carnival Year 7, 11 & 12 School Vaccinations</p> <p>Friday 20 February Senior Swimming Carnival</p> <p>Sunday 22 February ‘The Idea of North’ in concert - 5:00pm</p> <p>Friday 27 February NEGS Wellbeing Day Year 12 Parent / Teacher Interviews 3:30pm – Upstairs in Library Year 6 - 9 Socials - TBC</p> <p>Saturday 28 February Year 12 Formal</p> <p>Wednesday 4 March Year 10 Music Workshop, NECOM</p> <p>Thursday 5 March HSC Music Workshop, NECOM</p> <p>Friday 6 March HSC Music Workshop, NECOM Armidale Music Foundation – weekend</p> <p>Monday 9 March Encore Performances- Sydney</p> <p>Friday 13 March IGSSA Swimming Carnival</p> <p>Tuesday 17 March St John’s Camp – Week</p> <p>Wednesday 18 March Tildesley Shield Competition</p> <p>Friday 20 March ‘Bullying No Way’ Day</p> <p>Saturday 21 March Harmony Day</p> <p>Monday 23 March St John’s Interview week</p> <p>Wednesday 25 March Year 12 Half Yearly Exams</p> <p>Wednesday 1 April Senior School Cross Country Year 7 Parent/Teacher Interviews 3:30pm – Milburn Room</p> <p>Thursday 2 April End Term One Staff Day, no students</p> <p>Friday 3 April Good Friday</p> <p>Friday 17 April TAS Rugby Camp KYCK @ Mt Vic - Christian Studies Camp</p>	<p>Saturday 18 April Claire Schaeffer workshop</p> <p>TERM 2 9 weeks</p> <p>Monday 20 April Year 11 Parent/Teacher Interviews 2pm – Milburn Room Year 11 & 12 Design / Art Excursion P&F Meeting, 7pm – WH Lee Room</p> <p>Tuesday 21 April Term Two Classes commence</p> <p>Saturday 25 April ANZAC Day</p> <p>Wednesday 29 April School Photos</p> <p>Saturday 2 May Scholarship Day</p> <p>Sunday 3 May Year 9 Camp departs</p> <p>Tuesday 5 May ‘Narnia - The Musical’ matinee performance</p> <p>Thursday 7 May ‘Narnia - The Musical’</p> <p>Friday 8 May ‘Narnia - The Musical’</p> <p>Saturday 9 May ‘Narnia - The Musical’</p> <p>Thursday 7 May Year 7, 11 & 12 School Vaccinations</p> <p>Friday 8 May Year 9 Camp returns</p> <p>Tuesday 12 May NAPLAN</p> <p>Wednesday 13 May NAPLAN</p> <p>Thursday 14 May NAPLAN</p> <p>Friday 15 May IGSSA Cross Country</p> <p>Tuesday 19 May Armidale Eisteddfod commences</p> <p>Wednesday 20 May Big Science Competition Week</p> <p>Thursday 4 June St John’s Athletics Carnival</p> <p>Friday 5 June Buses depart from 7:30am</p> <p>Monday 8 June Public Holiday</p> <p>Tuesday 9 June Confirmation Service</p> <p>Thursday 11 June Armidale Eisteddfod concludes</p> <p>Friday 12 June Senior School Athletics Carnival Year 9 Parent/Teacher interviews 3:30pm - Milburn Room</p> <p>Sunday 14 June Armidale Eisteddfod Gala Concert</p> <p>Thursday 18 June Year 8 Information Session 2pm Year 8 Parent/Teacher Interviews 3:30pm – Milburn Room</p> <p>Friday 19 June End Term Two Staff Day, no students</p>
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Claire Schaeffer

How fabulous! Claire Schaeffer, world-renowned couture sewing expert, will be visiting our shores in April 2015!

If you're a keen sewing aficionado, you will no doubt have heard of Claire and probably have read/watched her wonderfully detailed books and videos. Now there's an opportunity to meet Claire in person and spend time learning about the couture techniques she is famous for teaching as well as hear about her wonderful research trips to the top couture houses of the world!

Claire will be visiting NEGS for two one week workshops in the April 2015 holidays. At the conclusion of the workshops she has offered to provide a day with Senior students interested in Textiles.

When: Saturday 18th April 2015 - 9am

Where: NEGS Assembly Hall

Cost: \$60 per student **Who:** Years 10 - 12

What to bring: morning tea, lunch, notebook & pens.

RSVP: Monday 30th March 2015

Please make payment via direct credit to: Community Mutual
Quoting: your surname with the word Sew as reference
BSB: 932 000 Account No: 697265 Account Name: NEGS Limited



**NEW ENGLAND
GIRLS' SCHOOL**

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www.negs.nsw.edu.au



**NEW ENGLAND
GIRLS' SCHOOL**



Dear Parents, Guardians and Friends of NEGS,

You are invited to attend the

NEGS Swimming Carnival 2015. Friday, 20th February, 2015.

Enjoy a lovely day supporting the students of NEGS as they strive to do their best in, and out, of the pool.

You are very welcome to come dressed in the colours of your daughter's house to add to the atmosphere.

When: Gates open at 8am, spectator fee of \$3.00 upon arrival.

Where: The Monckton Aquatic Centre, Dumaresq St, Armidale, 2350.

On the completion of races all students will return to school and convene in the MPC for the House Cheering Final and Award Presentation. Parents are welcome to attend.

Volunteers: We are looking for parent helpers to time keep during the day. If you wish to volunteer your services please email the Sports Coordinator, Laura Cambridge at: laura.cambridge@negs.nsw.edu.au and she will be happy to allocate you a time slot.



Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop in your area will be held:

TIME & DATE:	VENUE:	BOOK NOW ON:
Wednesday 4th March 5:30pm – 7:30pm	Armidale O'connor Catholic College- Library	www.etcltd.com.au/rms Ph: (02) 6650 1969 Freecall 1300 359 968

**120th Anniversary Concert -
The Idea of North - Sunday 22 February**

NEGS/St John's community is very excited about welcoming multi-ARIA winning a cappella group The Idea of North to perform as part of our birthday celebrations.

Described by the Sydney Morning Herald as "one of Australia's brightest cultural treasures", the group have just returned from touring in South East Asia and the G20 Conference in Brisbane.

The Idea of North will perform a one-off concert in the NEGS Chapel as part of an evening of celebration. Refreshments will be served on the lawn before the concert from 3:45pm and there will be supper and drinks with the performers after the show (VIP ticket). The concert commences at 5:00pm.

Ticket prices are:

VIP ticket drinks	\$110	Includes front seating and supper and with The Idea of North
Front seating	\$45 (adult)	\$35 (child)
Rear seating	\$40 (adult)	\$30 (child)

The show is an entertaining mix of jazz, blues, pop and folk and combines polished musicianship with a relaxed concert atmosphere. It is suited to anyone who enjoys popular musical styles, including older primary school aged children.

Students in any of the school choirs and those taking individual singing lessons are very strongly encouraged to attend this concert.

Purchase tickets at trybooking.com.au/111736 or call the Music Department on 6774 8744. Group discounts are available (five people or more).

Members of the NEGS Junior Vocal Ensemble and Senior Vocal Ensemble will participate in a workshop with The Idea of North on Monday 23 February at 09:30am.

Ossia Trio - Concert Friday 27 February

The Ossia Trio, a piano trio visiting the region from Sydney, will perform at NEGS on the evening of Friday 27 February at 7:00pm.

The programme will include The Spirit and the Maiden by contemporary Australian composer Elena Kats-Chernin (who was recently in Armidale for the New England Sings! festival) as well as works by Schubert and Mendelssohn.

The Ossia Trio are Madelaine Slaughter (violin), Liam Meany (cello) and Patrick Keith (piano).

Please direct enquiries to Patrick Keith - pat_keith18@hotmail.com or 0438 291 113.

Bell Choir

The Handbell Choir produced a wonderful performance for the carols service last year, and has received glowing praise from school staff and parents alike. We very much appreciate the efforts of Mr Oxley in his role as volunteer choir master in producing such a wonderful sound.

Rehearsals will be recommencing for this year this week, and occur during lunchtime on Friday.

All previous members of the group are welcomed back, and any students interested in finding out more about the ensemble are welcome to come in for a sneak peek and a chat to Mr Tracy.

Twilight Concert

Wednesday 25th March is the date for our first Twilight Concert of 2015. All students involved in musical tuition are encouraged to participate. It's a great experience running works-in-progress for an audience of fellow students and parents, with a fun and relaxed atmosphere. Students who are interested in participating should chat to their music tutor, and a sign-up sheet will be on the music department noticeboard.

Dates:

- Sunday 22nd Feb - The Idea of North Live in Concert
- Friday 27th Feb - The Ossia Trio
- Wednesday 25th March - Twilight Concert



The Idea of North | Photography: Paul Snodden, Margaret Stubbs | © 2015 The Idea of North | JFEGS 2015

NEGS Livestock Team Mr Mark Fisher

On Tuesday, 3rd February, eight keen NEGS Livestock Team members represented our school at the junior Merino sheep and wool judging competition organised by the Northern Ram Breeders Association in conjunction with their ram show and sale held at the Armidale showground.

It was a fantastic educational competition with a number of schools attending and learning more about our sheep and wool industry.

Leading up to the competition we had NEGS parent and Landmark wool representative, Mr Angus Carter, very kindly refresh our students in the art of sheep and wool judging.

This tuition paid off with success! A big thank you to Mr Carter.



*Year 11 ribbon winners -
Sophie Watson, Sarah Parkes & Sophie Uren.*

Careers Advisor Mrs Terri Swartz

Changes to the Secondary Schools Tax File Number Program in 2015

The Secondary Schools Tax File Number (TFN) Program will not continue beyond 31 December 2014. This means that School TFN forms will no longer be processed beyond this date.

How can students apply for a TFN from 1 January 2015?

The Australian Taxation Office, in partnership with Australia Post, is making it easier for individuals to apply for a TFN.

Students can now apply for a TFN online and have their identity verified through an interview at a participating Australia Post office.

Applying online is the fastest and most convenient way for students to get a TFN. More information on applying online can be found at ato.gov.au by searching for 'QC27248'

Students who are unable to visit a participating Australia Post office will need to complete the application form Tax file number - application or enquiry for individuals form (NAT 1432). More information about lodging this form can be found at ato.gov.au by searching for 'QC22604'

Private Vehicle Conveyancing

Attention: New families to NEGS/St John's Junior School

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

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

Please note: for families who are not registered, to be subsidised for Semester 1 (Terms 1 and 2) the cut off date for applications is the 12th June.

It is now possible to apply online at the following address:
<https://appln.transport.nsw.gov.au/stms-parent/application/download>

If you are unable to apply online or have any questions, please contact me.
Helen Smith (helen.smith@negs.nsw.edu.au).
6774 8700

Year 7 Echidna Gully Camp

Mrs Angela Sole, Year Advisor

Year 7 Echidna Gully Camp 12 - 13th February, 2015.

Year 7 Advisor, Mrs Angela Sole and tutors Mrs Del Smidt and Mrs Le-anne Chandler accompanied the girls to their Friendship Camp at Echidna Gully, Armidale.

The focus of the camp was to explore the elements of what makes solid friendships, being aware of one's impact on others through positive communication, discovering Mindfulness and achieving a state of flow to develop a sense of Wellbeing. Having fun and enjoying laughter was essential too!

Physical activities allowed opportunity for team work and discovering each girls' strengths and how they could use each other's strengths to work together. The girls accepted the challenge of the "Echidna Gully Games" with enthusiasm. Girls were tested on their spatial skills when creating a tower block, memory in a game of Concentration, and originality when they had to visually display how they could represent our NEGS school motto, "Whatsoever you do, do it heartily". Each team of girls became their own logo as they balanced in their tyre tubes in a dam! The language they used when making decisions together was inspiring as they listened to each other and encouraged each other.

One challenge required the girls to suit up in a Life Jacket and pull themselves across a body of water via a rope. This posed an element of trepidation for some girls. It was again inspiring to see how the girls worked with each other to ensure everyone felt comfortable and safe. Laser blitz was of course a hit! A set that replicated the mid west with plenty of hiding spots was perfect!

A professional photography lesson run by Mr David Rose (IT Manager) provided the girls with the skills for them to develop the ability to pause, to look carefully at what is around them and to compose a photo that represents something of beauty and interest. Creativity was called upon as they focused on photographing a flower or blade of grass, a drop of water, a landscape and their friends. Photography is a medium we encourage the girls to pursue when they need to settle their minds, and turn the focus away from the agitation of life's busy-ness.



The girls will print their favourite photos and may enter them in the local show to display their skills. We now have many budding photographers who are keen to pursue this new hobby! Some of their work already was simply amazing with their use of composition and capturing the light.

As no electronic devices were allowed over the two days, the girls were able to focus on communicating with each other and re-visiting old fashioned games- they ran, hid,

played Frisbee, did cartwheels and hand stands, made each other laugh and read a book. They climbed the fort, shimmied down the rope and played!

A highlight of the second day was our walk to the Metz Gorge lookout. Morning tea was served here amongst the eucalypts and shimmering blue hills. There was much excited chatter as we stood on the Lookout platform and contemplated early life in Armidale in the late 1800's as gold was mined.

Threaded throughout the two days, the teachers spoke to the girls about building positive relationships, self-esteem and positive attitudes. Year group activities based on managing relationships included discussing cliques, how friendships can be strengthened, and building a language of direct, open communication such as using "I" statements to ensure needs are met when building relationships and avoiding conflicts.

Camp finished with the girls making friendship bands, necklaces or book marks out of plaiting coloured wool and beaded with letters. The girls could choose letters to create a word that was meaningful to them. The staff were most impressed with how they worked together, and how they easily built new bonds with each different group of girls in which they were placed, over the two days.

The Year 7 welfare team look forward to observing and nurturing these skills of exclusivity and to the development of each girl's individuality within the collective.



Carlee, Priscilla



Echidna Gully Games



Isobel, Lucinda, Francisca



Isobel



Kylie, Latoya, Zahra



Maggie



Echidna Gully Games



Georgia



Metz Gorge lookout



Josie, Courtney, Matilda



Cynthia



Year Seven Friendship band



walking back from Metz Gorge lookout

Year 7 reflections on camp

* Being new to NEGS, the Echidna Gully camp was a great opportunity for me to get to know the other Year 7 girls and to make new friends in an entertaining environment. A highlight was getting to explore the gully and finally getting to see the gorge after a long and tiring hike!

Matilda

* The Echidna Gully Challenge was a really good challenge but I found it fun and hard at the same time.

When I did laser blitz at Echidna Gully I lost two lives out of eighteen and I got too many prickles in my socks but it was really fun and reminded me of hunting.

Gabby

* I enjoyed the new friends at camp and the fun experience of the country. I extremely liked the laser blitz and tree house. This was an very exciting time for me.

Charlotte S

* I enjoyed meeting everyone and getting to know everyone better. My favourite activity was the skirmish and I also liked the golf.

Lucinda

* I enjoyed Echidna Gully as I got to bond with people i wouldn't usually bond with. We all got a privilege to do some amazing things like swimming in dams and playing laser tag with friends. I think this is a great experience and everyone should be able to have it.

Eloise

* I enjoyed the Echidna Gully Friendship Camp because I was spending it with all of the Year 7 students, getting to know them all individually while we weren't at school. I enjoyed the activities we participated in because we were either in different groups or just because they were fun.

* Thank you for organising the camp and please send my thanks to Mr & Mrs Monk for their hospitality and the fabulous food they made especially for us.

Charlotte C

* On Thursday I really enjoyed the Echidna Run, I also enjoyed all the games of lazerblitz and it was really fun. On Friday we did a big walk to Metz gauge which was a great experience and I didn't want to drop my camera down or I won't see it again. After the walk making friendship bracelets was the great fun. I would just like to thank the owners at Echidna Gully because the food was amazing. We received homemade scones, homemade lamingtons, and much more it was really good. This was one of my favorite camps that I've being on and hope to go there again. Thank you to Mrs. Sole, Mrs. Smidt and Mrs. Chandler for taking and looking after us there.

Maddie

* Echidna Gully was a great way to make long lasting friendships and I enjoyed laser tag the most probably.

Hannah

* Our camp at Echidna Gully was so much fun with all the wonderful activities and being there with your friends.

Kate

* I loved Echidna Gully because of the games and activities that we played, the activities we played were, laser tag, making friendship bracelets and doing the echidna run which is like an obstacle course. I found it a lot of fun getting to know the girls in my year.

Josie

* I think the Echidna Gully friendship camp was a great chance to get to know everyone. I really enjoyed the photography session, the wonderful food and the exciting Echidna Gully run.

Brenna

* I had a great time at Echidna Gully because it was a great chance to get to meet and get to know all of the girls a bit better.

My favourite part about Echidna Gully is the lazerblitz arena.

Francisca

* What I loved about the friendship camp is that we all got together and spent some time with each other and because we talked about how we could all get along and make sure no one feels lonely or left out. Even though we all had a few ups and downs we all said sorry and

now thats its all in the past, its stays in the past. Thank you for taking me and everyone else to the friendship camp, it was amazing and really fun.

Paris

* I really liked camp, lazer tag was the best, and I really liked taking the pictures. It was a really good friendship camp and I especially got to know everyone very well thank you for taking care of us.

Janine

* I had a really good time at Echidna Gully, the activities were really fun. I really enjoyed the lovely food they made, I really liked laser tag the best.

Kylie

* My experience at Echidna Gully was amazing. The walk to the Gorge was spectacular and the views were beautiful, the owners Theresa & Jeremy Monk were very kind and made delicious food. I had a lot of fun playing Laser Tag and doing the Echidna Run and being with my friends and the Teachers.

Harriet

* Echidna Gully was good. I really enjoyed it. Staying with all the girls and all laughing together was really fun. Getting to know the girls better was great. The course was fun it was good to do something different. Laser tag was my favourite of them all.

Phoebe

* I had a marvellous time at Echidna Gully, my favourite things were laser tag, photography and the FOOD. I bonded so well with the other students. Thank you for taking me on the excursion.

Priscilla

* At Echidna Gully I loved it, it was just so much fun and I am pretty sure that everybody had heaps of fun. I personally loved the laser tag because it was just a really fun game with two teams and the music, all of the space to hide and run around. The water activities were just so much fun and the water was luckily nice and warm, there weren't any leaches, we all had fun being out of town, it was just a good environment without phones or anything everybody was talking face to face. I just loved the whole thing, it was heaps of fun.

Jaimie

Netball

The netball season is fast approaching and IGSSA trials are taking place in Week 4. We welcome back Mrs Swartz as our Senior IGSSA Netball Coach and introduce Kylee Johnstone as our Junior IGSSA Netball Coach. Kylee joins us from Western Australia and has two young children in the Junior School. Her wealth of experience and enthusiasm is greatly welcome and we look forward to having a new member on the team.

We also congratulate Charlotte Raleigh who has made the U17 NSW Development Squad for netball and wish her all the best of luck in the coming weeks as she travels to and from Sydney for training.

Round 1 of Netball will begin on March 14th and there will be three rounds before holidays. Teams will be finalised in the coming weeks and students notified in order for the teams to begin training in the week before the first round. Coaches and training times will also be assigned to the teams. We will welcome back two old girls to the coaching squad with Blanche Malcolm and Ashlee Doak taking up positions with us as well as a new face in Brad Smith. A teacher in Uralla, Brad has represented the university in netball and has spent several years coaching teams in the university competition, including St Albert's and Robb A Grade.

We also would like to wish Madeline Lane and Mrs Terri Swartz all the best of luck in the upcoming Fast Five Netball competition. This competition is an invite only event where four teams play off in a pre-season competition to see who is the best fast five team. Players will be drafted into the teams based on positions. The competition is high with Mrs Swartz and Miss Thompson narrowly beating out Miss Cambridge and Brigitte Michel in last year's comp.



Tildesley Tennis Team

Congratulations to the Tildesley Tennis Team who were selected this week. These girls will be training hard over the coming weeks in order to prepare for the competition held in Sydney from March 18th-20th. We wish Isabella Ritter (singles), Madeline Lane (C) and Emily Farrar (doubles) and Lucinda Parry and Eliza White (doubles) all the very best of luck.

Swimming Carnival

The NEGS Swimming Carnival will take place on Friday the 20th of February. Please see the information next page, for details on this fantastic event.

Risk Warning

(Under Section 5M of Civil Liability Act 2002)
On Behalf of NEGS, AHIGS and IPSHA:
Sporting Activities 2015

NEGS 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.

NEGS, 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 NEGS, 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.

Risk Warning

(Under Section 5M of Civil Liability Act 2002)
On Behalf of NEGS, AHIGS and IPSHA:
Non Sporting Activities 2015

NEGS organises many activities such as debating, orchestra, choir, and other extra curricular musical activities 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, sometimes including students of this school, participate.

While NEGS 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.

NEGS Swimming Carnival
Friday 20th February 2015



Order of Events

1. Open 200m Freestyle
2. 12 Years 50m Freestyle
3. 13 Years 50m Freestyle
4. 14 Years 50m Freestyle
5. 15 Years 50m Freestyle
6. 16 Years 50m Freestyle
7. 17 Years 50m Freestyle
8. 18 +Years 50m Freestyle

9. 12 Years 50m Backstroke
10. 13 Years 50m Backstroke
11. 14 Years 50m Backstroke
12. 15 Years 50m Backstroke
13. 16 Years 50m Backstroke
14. 17 Years 50m Backstroke
15. 18+ Years 50m Backstroke

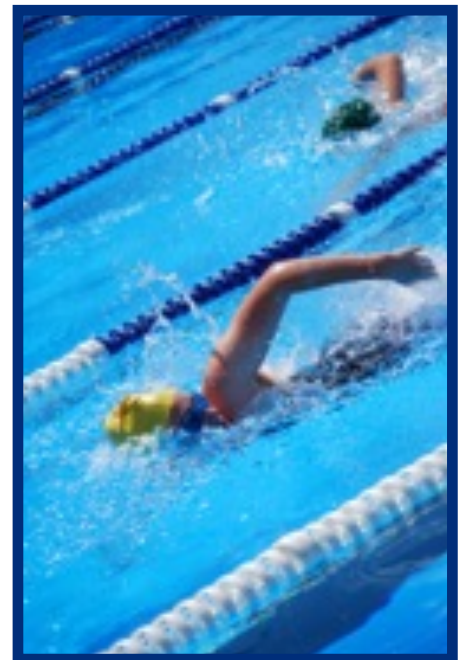
16. 12 Years 100m Freestyle
17. 13 Years 100m Freestyle
18. 14 Years 100m Freestyle
19. 15 Years 100m Freestyle
20. 16 Years 100m Freestyle
21. 17 Years 100m Freestyle
22. 18+ Years 100m Freestyle

23. 12 Years 50m Breaststroke
24. 13 Years 50m Breaststroke
25. 14 Years 50m Breaststroke
26. 15 Years 50m Breaststroke
27. 16 Years 50m Breaststroke
28. 17 Years 50m Breaststroke





29. 18+ Years 50m Breaststroke
30. Open 200m Individual Medley
31. 12 Years 50m Butterfly
32. 13 Years 50m Butterfly
33. 14 Years 50m Butterfly
34. 15 Years 50m Butterfly
35. 16 Years 50m Butterfly
36. 17 Years 50m Butterfly
37. 18+ Years 50m Butterfly
38. Junior Medley Relay 4 x 50m
39. Intermediate Medley Relay 4 x 50m
40. Senior Medley Relay 4 x 50m



House Swim (IF TIME PERMITS)

41. Junior Freestyle Relay 4 x 50m
42. Intermediate Freestyle Relay 4 x 50m
43. Senior Freestyle Relay 4 x 50m
44. All Ages Freestyle Relay 6 x 50m



House Cheering, Final Results and Presentation Ceremony to take place at conclusion of Swimming Carnival at NEGS MPC.

NEGS SENIOR SCHOOL SWIMMING CARNIVAL

Who: All girls in Year 7 -12.

What: (to bring) Swimmers (NEGS or race ones), sunscreen, water bottle, towel, hat, goggles, house coloured swim caps. Please wear your house shirt, PE shorts and joggers. You will need to change back into these for House Cheer at the end of the day.

Where: Town Swimming Pool

When: Friday 20th February, Week 4.

Why: Why not? This is a great chance to spend the day at the pool with your friends cheering on and competing for your house.

How: Buses will be transporting students from school to the pool. Please be at the Turning Circle at 7.45am. Buses leave at 8am. First Race will be at 8.30am. For those who are on late buses, Graham Gregg will transport you down. Please notify your tutor teacher of your need to catch this bus so that it waits for you. Please also notify your tutor teacher if you are making your own way down with your parents.

Entry for spectators (parents, friends etc) is \$3.00. Payment has been organised for students.

Recess and lunch will be supplied by the school.

The P&F will supply food for parents.

ALL STUDENTS WILL BE REQUIRED TO COME BACK TO SCHOOL ON THE BUS TO PARTICIPATE IN THE HOUSE CHEERS AND PRESENTATIONS IN THE MPC.

After House Cheers you may go home with parents. House Cheers and Presentation will be concluded in time for those who catch buses home.

Looking forward to a lovely day. Keep your fingers crossed for fine weather.





Helping Learner Drivers Become Safer Drivers

A free 2 hour workshop provided by NSW Roads and Maritime Services.

The workshops provide practical advice about:

- The new changes to the Learner Driver Permit,
- The new Safer Drivers Course,
- How to use the Learner Driver Log Book,
- How to plan driving sessions,
- How to deal with difficulties that may arise during driving practice,
- The importance of giving the learner constructive feedback.

The workshops are designed to help learner driver supervisors plan the best on-road experience for learner drivers and include information about the current licence conditions for learner and provisional drivers, young driver safety issues and low risk driving.

Who should attend:

- Parents, friends or relatives who are/will be supervising drivers
- Learner drivers are welcome to attend if accompanied by their supervisor

The workshop will be presented by the Enterprise and Training Company (ETC) in partnership with Roads and Maritime Services (RMS).

Armidale Community Preschool Inc. 50 years of early childhood

On Saturday 28th of February, the Preschool will be celebrating 50 years of early childhood education.

When: Saturday 28th of February

Where: At the preschool grounds or at PCYC if wet weather.

What to bring: Picnic and rug or a BBQ will be available.

Everyone invited to attend.
No alcohol to be brought or consumed.

FREE

Practical Parenting

- Are you tired of **repeating** everything 4 times to get your children to **listen**?
- Do you give into your children to stop the **whining**?
- Do you ever feel **guilty** or **embarrassed** because your children **won't** behave?
- When you **punish** your children do you feel punished yourself?



Yes?

Come to the
Parenting Now
course

WHEN: Friday 20th March 2014

TIME: 9.30am to 12.30pm

WHERE: Centacare Armidale

3/150 Rusden St

Registrations are essential

This course is subject to numbers

For more information or to register, contact the Family Relationship Centre through Centacare NENW

6738 7200

1800 372 826



Kids back to school?

**Ready to do something
for yourself?**

Why not try CrossFit?

CrossFit Armidale is now offering sessions at 9:30 Monday, Wednesday and Friday. THE perfect time for a workout after dropping the kids off at school!

For your free trial session, simply call

6772 6798 or register online at

www.crossfitarmidale.com.au

What are you waiting for?

Make 2015 your year with CrossFit Armidale – Elite fitness for everyday people!

CFA

CROSSFIT ARMIDALE



Schools web site competition

2-2-2015

The AAAS is to be held at the Armidale Airport on November `14 and 15 and we are offering the various high schools in the Armidale area the opportunity to design the site in a competition one site will be chosen as the winner.

Web site Specifications

The site needs to look swish & digitally pleasing and new and exciting.

Requirements

Equal focus between Car Show and the Airshow

Site will need to be able to display a description and photo of the antique car or plane

Will need to have a program of events

Be able to pre book tickets online we would suggest looking at Trybooking.com.au or ticketboothaustralia.com.au as two options with online ticketing, it shouldn't cost the show anything but charges the ticket purchaser a fee.

Have a site map of the Airport

Be able to register people's interest for newsletters, Mail chimp is a very effective and easy to use email newsletter online application that allows you to send newsletters out, updates etc

Be colourful easy to navigate be interesting and exciting

PO Box 659, Armidale, NSW 2350 • Ph: 02 6771 5633

Rotary Club
of Armidale

Armidale
Lions

Australian
Transport
Museum

Aero Club
of
Armidale

Foundation for
Regional
Development

Armidale
Dumaresq
Council



Closing Date for entries 28-2-15

Anticipated launch date for the site by the end of March

Prize

The winning School will receive 20 free tickets to the Airshow

Further information please contact Peter Bailey

ceo@frdl.org.au ph 02-67715633

PO Box 659, Armidale, NSW 2350 • Ph: 02 6771 5633

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