



NEGS

There's no
place
like NEGS

NEGS Newsletter

Term 1 Week 8 - Friday 18th March 2016

FROM THE PRINCIPAL

Mr Clive Logan

Why Grit Matters

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.

—Vince Lombardi

Steve Jobs, Colin Powell, Michael Jordan: all famous individuals who excelled in their fields and whose names have become synonymous with excellence and achievement. But apart from that, you are probably unaware of any similarity between them. After all, what does one of the most transformational pioneers of the personal software industry have to do with leading troops into battle, or guiding America's foreign policy? And what do the exploits of the greatest basketball player of his generation have to do with Silicon Valley or the Pentagon? But these three overachievers share one very surprising trait. All three were so ordinary growing up that virtually no one predicted their future greatness. They were all easily overlooked and dismissed, their talents grossly underestimated.

Steve Jobs had a 2.65 GPA in high school and never completed his first year of college. As a high school sophomore, Michael Jordan went home in tears after his basketball coach decided he wasn't good enough to make the cut for the school's varsity team. The future Secretary of State and Chairman of the US Joint Chiefs of Staff trudged through high school with a very ordinary C average and scant self-confidence. Not long ago, Colin Powell told an interviewer, "I never thought I would be someone important. I was just a pretty average kid with average grades in an average home. There was nothing special about me."

So what was it that changed the course of Powell's life? How is it that countless successful people don't display obvious special gifts, talent, or genius early on? How do you catch up in the game of life when you aren't blessed with perfect scores on your SAT or an Ivy League education or a family fortune to give you a head start?

Emerging research suggests that there is far more to success in life than a country club pedigree or natural ability and sheer talent. Passion and perseverance, it turns out, matter more than talent or intelligence when it comes to being successful. For most of us, the corner office or professional

kudos is the result of hard work, rather than exceptional genes. The endgame belongs to the truly diligent, not the merely talented. It belongs to those who have grit.

Grit is a somewhat old-fashioned term, resurrected from a previous century. But it is enjoying a remarkable renaissance these days. Why? Because it seems as if we are getting soft. Grit is about sweat, not swagger, character, not charisma. Grit has been equated more with methodical stick-to-itiveness and survival than

any secret ingredient to success. Which is too bad, because for so many, grit is the secret to success. Grit is the result of a hard-fought struggle, a willingness to take risks, a strong sense of determination, working relentlessly toward a goal, taking challenges in your stride and having the passion and perseverance to accomplish difficult things, even if you are wallowing in the most difficult circumstances.

Perhaps what we love most about grit is that you don't have to be born with it. It can be learned. In fact, perseverance and the value of hard work have been, since the time of the Greek philosophers, always considered to be core elements of raising and educating the next generation. Aristotle, writing about the virtues of hard work, said, "We are what we repeatedly do. Excellence then is not an act but a habit."

Bob Deusch, a PhD in cognitive neuroscience, has a unique perspective on the role of grit in shaping our lives. "There are different levels of grit," Deusch said. "It's not a unified, generic, all-or-nothing concept. There are a million people who have grit and there are a million who don't. But of those who don't, at least 80% could have grit." In other words, it's a trait that can be developed, a skill that can be learned when a person is exposed to the right kind of training, experiences and practice."



We would argue that it was grit that enabled “Air Jordan” to go on to dazzle his high school JV team and ultimately become, well, Michael Jordan. How does Jordan sum up what it took to become the best player in basketball history? “I’ve missed more than 9,000 shots in my career. I’ve lost almost 300 games. Twenty-six times, I’ve been entrusted to take the game winning shot and missed. I’ve failed over and over and over again in my life, and that’s why I succeed.”

For Colin Powell, the son of Jamaican immigrants, it wasn’t until he attended the City College of New York that he found his calling in the Reserve Officers Training Corps. ROTC gave him the structure he needed and he soon became commander of his unit, launching his historic career.

For Steve Jobs, getting fired in 1985 from Apple, the company he founded – and the failure of his subsequent venture, NeXT Computer – set the stage for one of the most remarkable business comebacks in history. As he confessed in his commencement speech at Stanford University, “[I]t turned out that getting fired from Apple was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life.”

Michael Bloomberg, the three- time mayor of New York City whose \$30 billion fortune makes him one of the richest people in the world, summed up the essential concept of grit when he explained his secret to success in an interview with New York magazine.

“I know what hard work is all about,” Bloomberg said. “I still come back to what my strategy always was and will continue to be: I’m not the smartest guy, but I can outwork you. It’s the one thing I can control.”

The Four Ingredients of Grit

Failure is how we learn—it’s how we develop and acquire grit. From our own experiences, and those of the countless successful people we have worked with across a wide array of industries, from writers and CEOs to lawyers and Broadway performers, we can say it is grit that got them, and us, where we are. Grit can be broken down into four essential components:

Guts - Grit begins with the courage to take on a tough challenge, and not falter in the face of adversity. General George S. Patton famously defined courage as “fear holding on a minute longer.” Guts is what gives you the confidence to take a calculated risk, to be daring (without being reckless). Guts is about putting yourself out there, declaring your intention to triumph, even if victory appears to be nowhere in sight.

Resilience - Some of the world’s most notable high achievers have flunked or dropped out of school, been fired from their jobs, evicted from their homes, or dealt some other major setback that forced them to hit bottom. But they bounced back. Jerry Seinfeld got booed off the stage during his first stand up gig. It took three attempts before Steven Spielberg was accepted by a film school. But neither let humiliation or failure diminish their conviction. Studies show that people with a high degree of grit are able to stay focused and motivated, whatever failures, obstacles and adversities get in their way.

Initiative - By definition, initiative – being a self-starter – is what makes grit dynamic, what sets it in motion. Leaders are often judged by their ability to take the initiative. But some of the most compelling examples of initiative are found far from the boardroom or the battlefield. One of my favourites took place on the African savanna, where thirteen-year-old Richard Turere was devastated to discover that lions had killed his family’s bull. What could prevent such an attack in the future? When the Masai boy patrolled the cattle pasture at night in an effort to keep the herd safe, he noticed that the prowling lions were scared off by the bouncing beam of his flashlight as he walked. Tinkering with scavenged solar charging cells and flashlight parts, he created a “lion’s light” fence that effectively keeps the predators away. The moral of this story? You don’t have to outweigh or outrun an opponent if you can outsmart them first.

Tenacity - Tenacity is the relentless ability to stay focused on a goal. This is perhaps the most recognisable trait associated with grit. We see it in every athlete who overcomes a setback or a loss to win an Olympic medal or a championship ring; in every Nobel winner who has sweated through thousands of failed experiments and dead ends before making some ground-breaking discovery that has changed her field; in every entrepreneur who spends years fighting to launch a new service or product that ends up changing the way we live. Tenacity requires industriousness and determination. It is a quality that seems in shorter supply in today’s digital age. Studies have shown it takes a minimum of ten years – and the right kind of focused attention to master a skill at the highest levels and realize one’s full potential. World-renowned cellist Pablo Casals, asked at the age of 93 why he continued to practice 3 hours a day, replied, “I’m beginning to notice some improvement.”

The science of success is only beginning to be explored. And there is much to learn. But the great thing about grit is that working harder, smarter, more passionately and longer is something we control, unlike the community we grew up in, the high school we attended, the money and resources our parents have, company politics, or the current state of the economy. It is attainable by each and every one of us, even if we’re not the smartest or most talented person in the room.

Right now there are millions of people who have the potential to become world-class musicians, bestselling authors, or professional athletes if they are able to draw upon the guts, resilience, initiative and tenacity necessary to realize their potential.

Could you be one of them?

Extracts from [Grit to Great: How Perseverance, Passion and Pluck take you from Ordinary to Extraordinary](#), by Linda Kaplan Thaler and Robin Kival (2015)

2016 CALENDAR DATES

TERM 1 11 weeks

Wednesday 27 January	Orientation Day Years 7 - 11 P&F Meeting 7pm Boarders Return by 8pm
THURSDAY 28 JANUARY	CLASSES COMMENCE
Monday 8 February	Year 7 Friendship Camp to Lake Keepit
Wednesday 10 February	'Bravissimo!' Port Macquarie
Friday 12 February	St John's Swimming Carnival
Friday 19 February	Senior School Swimming Carnival
Saturday 20 February	Year 12 Parent / Teacher Interviews
Friday 26 February	'Encore!' excursion departs
Wednesday 2 March	Junior School Cross Country
Wednesday 9 March	IPSHA Swimming Carnival
Thursday 10 March	Year 10 Music Day - NECOM
Friday 11 March	Twilight Concert, 6pm
Thursday 16 March	HSC Music Day - NECOM
Saturday 19 March	HSC Music Day - NECOM
Wednesday 23 March	IGSSA Swimming
THURSDAY 24 MARCH	Tildesley Shield
FRIDAY 25 MARCH	Autumn Festival
MONDAY 28 MARCH	Year 7 Parent / Teacher Interviews
Tuesday 29 March	STAFF DAY
Saturday 2 April	BOARDING HOUSES CLOSE 9:30AM
Thursday 7 April	GOOD FRIDAY
Friday 8 April	EASTER MONDAY
	BOARDERS RETURN BY 8PM
	Year 12 Half Yearly Examinations commence
	IPSHA Cross Country
	Senior Cross Country
	Year 11 Parent / Teacher Interviews
	END TERM ONE
	Staff Day
	Boarding Houses close 9:30am

TERM 2 9 weeks

MONDAY 25 APRIL	ANZAC DAY
Tuesday 26 April	P&F Meeting 7pm
Monday 2 May	Boarders Return by 8pm
Tuesday 10 May	Classes Commence
Wednesday 11 May	Year 9 Camp departs
Thursday 12 May	NAPLAN
Friday 13 May	NAPLAN
Wednesday 18 May	NAPLAN
Friday 27 May	IGSSA Cross Country
Friday 3 June	School Photos
Thursday 9 June	Senior School Athletics Carnival
FRIDAY 10 JUNE	Year 9 Parent / Teacher Interviews
MONDAY 13 JUNE	NW Equestrian Expo - Coonabarabran
Thursday 23 June	Junior School Athletics Carnival
Friday 24 June	STAFF DAY
	BOARDING HOUSES CLOSE 9:30AM
	QUEEN'S BIRTHDAY PUBLIC HOLIDAY
	BOARDERS RETURN BY 8PM
	Years 7 -12 Wellbeing Day
	Year 8 Information Session - 2pm
	Year 8 Parent / Teacher Interviews
	Cabaret Evening, 6pm
	END TERM TWO
	Staff Day
	BOARDING HOUSES CLOSE 9:30AM

TERM 3 10 weeks

Monday 18 July	Staff Day
	Year 10 Information Session - 2pm
	Year 10 Parent / Teacher Interviews
	P&F Meeting 7pm
	Boarders Return by 8pm
TUESDAY 19 JULY	CLASSES COMMENCE
Thursday 21 July	Round 1 IGSSA Hockey & Netball
Monday 1 August	Year 12 Trial Examinations Commence
Tuesday 2 August	Formal Assembly
Thursday 4 August	Round 2 IGSSA Hockey & Netball
Friday 5 August	Major Projects Evening 5:30pm
Wednesday 17 August	IGSSA Athletics
Friday 9 September	Grandparents' Day
Saturday 10 September	Old Girls' Weekend
Monday 12 September	NEGS Spring Fair
Friday 16 September	Year 11 Preliminary Examinations Commence
Thursday 22 September	IGSSA Finals Hockey & Netball
Friday 23 September	Year 12 Valedictory Day
	END TERM THREE
	Staff Day
	BOARDING HOUSES CLOSE 9:30AM



TERM 4 9 weeks

Monday 10 October	Staff Day
	P&F Meeting 7pm
	Boarders Return by 8pm
TUESDAY 11 OCTOBER	CLASSES COMMENCE
Thursday 13 October	HSC written examinations commence
Saturday 22 October	Year 10 Semi-Formal
Saturday 29 October	Hawkesbury Canoe Classic
Monday 7 November	Year 7 & 8 Examination Week
Monday 14 November	Year 9 & 10 Examination Week
Saturday 19 November	NEGS ODE
Sunday 20 November	NEGS ODE
Thursday 1 December	Junior School Celebration of Learning - 6pm
Tuesday 6 December	Junior School Final Assembly - 9am
Wednesday 7 December	Festival of Nine Lessons and Carols - 5pm
	Year 7 - 11 Speech Day - 9:30am
	END TERM FOUR
	BOARDING HOUSES CLOSE 1PM

thoughts 'n' dreams

2016 'MYALL CREEK MEMORIAL'
STUDENT ART, WRITING & SONG COMPETITION

*Why is a Treaty important
to all Australians?*

NEW!
**Song
Section**

The Friends of Myall Creek
Committee invite all school children
from years K to 12 to participate
in the 8th annual 'THOUGHTS
AND DREAMS' competition.

Join hundreds of other school kids
across NSW to say NO to racism...
and YES to treating everyone
with respect and understanding.

SEE OVERLEAF FOR DETAILS!

www.myallcreek.info

**Great
prizes
to be won!**

PRIZE CATEGORIES

CATEGORY 1 KINDERGARTEN – YEAR 3

CATEGORY 2 YEAR 4 – YEAR 6

CATEGORY 3 YEAR 7 – YEAR 9

CATEGORY 4 YEAR 10 – YEAR 12

Three [3] prizes will be awarded in each category.

FIRST PRIZE: \$50 and book

1ST & 2ND HIGHLY COMMENDED: \$20 and book

ENTRY FEE Free

NO. OF ENTRIES

You may enter in the writing, art and/or song sections as many times as you would like.

SIZE **Written work**

– maximum one [1] x A4 page. **Artwork** – any size. **Songs** – one [1] x less than three [3] minutes.

THEME

Best written work [essays/poems/short stories/songs etc] or artworks [any medium] depicting the theme of

Why is a Treaty important to all Australians?

SCHEDULE

Closing date for entries: **5pm, Friday 20th May, 2016**

NO late entries will be accepted.

ENTRIES

Written work, audio and/or artwork to be sent to:

2016 Thoughts & Dreams Competition

Att: Jo Miller

c/o- 5 Junction Street, Bingara NSW 2404

or digital entries emailed to: jo@hopwoodmiller.com

ALL entries must be labelled with the following:

i] Name ii] Age iii] Telephone Number

iv] Year of student/class and school

v] Email address if applicable

For the return of written work and artworks, please supply a stamped self-addressed envelope [in the correct size]. If this is not provided please see officials for alternate collection arrangements. *Any items not collected will remain the property of the Friends of Myall Creek Memorial.*

JUDGING

Judging will take place in two stages.

STAGE ONE: Judges will choose three [3] finalists. These finalists will be notified by phone by Monday 30th May 2016.

STAGE TWO: The judging of the finalists and awarding of prizes will be take place at the Annual Myall Creek Memorial Ceremony on Sunday 12th June 2016.

The judges' decision will be final.

OFFICIAL CEREMONY

Sunday June 12th, 2016

10.00am – Morning tea at the Myall Creek Memorial Hall.

10.30am – Short walk to the Memorial Site for the ceremony, returning to the hall around midday.

1.00pm – Announcement of winners and awarding of prizes of the 8th Annual **Thoughts & Dreams** Competition.

For more information please contact:

Jo Miller on **0414 418 600** or jo@hopwoodmiller.com

or go to: www.myallcreek.info

enter

on your own or as a class project!



PROUDLY SPONSORED BY
The Friends of Myall Creek Memorial
and Sydney Friends of Myall Creek



sydney friends of
myall creek

BULLYING. NO WAY!

SAFE AUSTRALIAN SCHOOLS
TAKE A STAND TOGETHER.

Our school community
is proud to take a
stand against bullying
and violence.

Friday 18 March 2016
www.bullyingnoway.gov.au

National Day
of Action against
Bullying and Violence



To coincide with 2016 National Day of Action against Bullying and Violence - <http://www.bullyingnoway.gov.au/> on March 18th 2016 - TIEDSC Network are offering a Parent Webinar session for Independent school parents and educators on Preventing bullying to enhance children's and adolescents' brain development.



Winthrop Professor Donna Cross from the Telethon Kids Institute and the University of Western Australia will help parents to understand the links between positive social environments and experiences and bullying (including cyber bullying) and brain development. Importantly it will also address actions parents can take to enhance their children's social and emotional development. This seminar is based on 15 years of ongoing applied Friendly Schools' research investigating children and young people's bullying behaviour. For further details and on how to register, please [click here](#).

It will be held on Thursday, 17 March 2016

- 7:30 PM EDT ACT, NSW, TAS, VIC
- 6:30 PM QLD
- 7:00 PM SA
- 4:30 PM WA

NEWS AND EVENTS @ NEGS



Board Games and Dress Ups

As our numbers are growing in boarding the girls are always looking for some activities to do in their "down" time. If you happen to have any board games, jig saw puzzles or dress ups that you would be willing to give up, please deliver these to Akaroa.

Mrs Stephanie Thomas, Director of Boarding

ANZAC Day

Once again NEGS will participate in the Anzac March in Armidale on Monday, 25th April.

We appreciate that this is a Public Holiday that falls at the end of the school holidays but staff will be in attendance and we look forward to seeing as many students as possible. Students are to be dressed in full winter walking out uniform including hats and blazers and are to assemble in the Moore St carpark (next to the Courthouse) at 10:15am. The Commemoration Service will commence at 11.00am in Central Park.



To raise money for 8 villages in the Nakorotubu district, Fiji. Help us to make a difference to this area so badly damaged by Cyclone Winston.



A Fun Family Night

- Fijian singing
- Local bands
- Island dancing
- Photo booth
- Traditional 'lovo' (Fijian) dinner and desserts for purchase.
- Drinks available (strictly alcohol free)
- "Islander theme" prize for best dressed
- Games for all ages
- All this and more



Invitation To Host Japanese Exchange Students - Easter

Dear NEGS and St John's Families,

Japanese students Akai and Yuka are presently on exchange with NEGS for an extended time.

During the forthcoming Easter holiday break, it would be wonderful if these delightful girls could be hosted by one of our families so that they can experience Australian home life and be part of a family while they are away from their own.

They would not be expecting travel / holiday destinations / resort living / tourist experience (although they wouldn't say "no" either), just a relaxed family environment.

If you would like to offer Akai or Yuka, or both, an Easter break, please contact Sally Olsen at <sally.olsen@negs.nsw.edu.au> or call the school on 02 67748700 for further details.

Best wishes for the forthcoming holiday

NEGS Multi Purpose Centre, Uralla Road, Armidale

Contact Lisa Haynes - 0427855578, or Concepts of Armidale

\$5 per person \$20 for family of 5 (2 adults, 3 children under 12)

ROUND SQUARE NEWS

Erin Gaff went to this school in Term 4 and *Louise Sakhat* has been here on exchange this term!

Herlufsholm Skole & Gods

18 October - 11 December 2015

Herlufsholm's school policies are: tolerance, respect, personal Identity, security, Independence, dedication, responsibility for own efforts and for socialising with others and respect for the School's rules.

Herlufsholm is the oldest school in Denmark, It was founded In 1565 by Herluf Trølle and Brigitte Gøye who wanted to make a school for the best students and for them to get the best education. On my experience in Denmark, I was able to experience incredible things and make friends from all over the world. Some highlights of my trip include, 'Louisiana' Art Gallery, 'Tivoli' theme park which was really exciting because it was decorated in Christmas theme, with snow. The school was a brand new experience for me as I was not accustomed to the Danish lifestyle, it was hard understanding school announcements but I eventually got there! There was a 'komediebal' which is there 2G (year 11) formal, where they did Peter Pan as a production. I really enjoyed staying with my host family, as they were very welcoming and supportive whilst I was overseas. I would recommend going on exchange, as it is an experience of a life time, one in which I will never forget.

Australian Experience: 17 January - 11 March 2016

The things I have found different from my school and NEGS is:

- We have our own individual room where we study, get dressed, have prep but we have a big room with about 30 beds where we sleep.
- My school is co-ed so we have boys, 3 out of our 9 dormitories were boy and girls mix dorms.
- We are allowed in our dorms during our spares, after breakfast and during the school breaks.
- During the school year we have about 10 formals where if you are in year 10 or above you are allowed to drink responsibly. This is because in Denmark the drinking age is 16 years old.
- But although all the differences between these 2 schools, both Herlufsholm and NEGS want the best for these students.

I would really like to thank NEGS for the support and amazing experiences I was granted whilst over here in Australia, I'm definitely coming back!

The OUTBACK ADVENTURE:

Whilst staying the Gaff family, I was able to experience things I have never had the opportunity to try! Such as, visiting the property and playing in the dirt with kelpie pups. I also helped muster and yard Santa Gertrudis cattle, this was amazing as I had never touched a cow before. I also was able to watch the National Rodeo Finals in Tamworth and saw a bucking bulls for the first time. In Longreach I was grateful enough to visit the 'Stockman's Hall of Fame' which gave me great insight to country heritage.



Friday 4th March saw NEGS host the first ever Armidale Heat of the Kids Lit Quiz. The Kids' Lit Quiz is an annual literature competition (run around the world) for children aged 10 to 13. It puts readers onto the stage and lets them compete for fantastic prizes. On the day we had 48 students (in teams of 4) from Armidale primary and high schools, competing in rounds with questions like:

What was Matilda's favourite subject at school?

What colour was the highly sought after and prized Askenstone?

Well done to our St John's and NEGS teams. The year 8 team (Grace, Sheriden, Courtney and Charlotte) came third overall.

The year 7 team (Maddie, Sydney, Chloe and Tianna) and year 6 team (Sophie, Sophia, Lily and Connie) all had enormous fun and I'm sure are already 'reading up' for next year's competition.

Congratulations to the winning team, Armidale City, who are now off to Sydney to represent Armidale at the National Finals.

Also a BIG thankyou to Eliza and Tilly for being extraordinaire scorers, and a BIG thankyou to our amazing exchange girls, Yuka, Gemma and Louise, for being our enthusiastic runners.



NEGS Rifle Club members Anna Campbell and Alex Patten travelled to Spring Ridge on Sunday 6th Match to compete in the New England District Open Prize Meeting. Shooting in 35 degree heat at 500 and 600 yards, and against adult shooters in their grade, the girls dominated, winning at ranges and coming 1st (Anna) and 2nd (Alex) overall in C grade.

Both won coveted C1 and C2 "bullion" badges, their first, plus trophies and cash prizes. As Anna was also a "TYRO" competitor, the event being her first prize meeting, she was eligible for the the TYRO badge as well.

A highlight of the day was Anna's 50-6 possible at the first 600 Yard stage, comparable with A Grade scores!

The day began with a somewhat rushed walk up start at 500 yards, firing 10 counting shots for a possible score of 50. Alex shot a splendid 49-5 (dropping one bullseye and scoring 5 centre bulls), while Anna sorted herself out with a 45.0.

Dropping back to 600 Yards, Anna showed the way with a 50.6, two points ahead of Alex and good enough to be fourth placed in the A Grade pack. At the second 600 Yard stage, with afternoon heat and mirage playing tricks with the sighting picture, Anna managed a 47-1 and Alex 44-2 to finish the day with 142.7 and 141.13 respectively.

Both girls were complimented on their performance by some of the best shooters present, and have already been "scouted" for the NSW Country Under 25 Team.



Anna Campbell and Alex Patten





As seen on
ABC's
Australian
Story

Guest Speakers
Gemma Sisia & Dorice Livingstone

FIGHTING POVERTY THROUGH EDUCATION

An inspiring story of the motivated Australian teacher who founded one of Tanzania's most successful charity schools.

You're invited to The School of St Jude's Community Breakfast!
WHEN 7am, Tuesday, March 29 RSVP Wednesday, March 23
WHERE PLC Astra Arts Centre, Crest Rd, Armidale
COST Breakfast provided, \$20 adult, \$10 school age children
REGISTER Book your tickets via www.trybooking.com/KQQF
CONTACT Shona Eichorn at PLC on 6770 1700
[Learn more: www.schoolofstjude.org](http://www.schoolofstjude.org)



FRIENDS OF NERAM

NERAMble – Art in The Garden

Saturday 2nd & Sunday 3rd April, 2016.

10am – 4.30pm.

Gungurru Rd, Armidale

3 gardens - \$6 per garden or \$15 for all three.

The New England Regional Art Museum is holding its 10th Autumn ramble in three gardens on the outskirts of Armidale.

The gardens will feature many forms of art including sculptures, pottery, jewellery, garden books and cards, plus plant sales, Autumn Harvest stall, and many other garden related attractions.

Raffle, teas and lunches on sale.

All proceeds to NERAM in memory of former FON member, Helen Dangar

Directions: On Waterfall Way (Kentucky St) heading to Grafton (east), turn into Castledoyle Road 1km after the Bunnings roundabout. After 1.9 kms, turn left into Gungurru Road, gardens are a further 100m.

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

Private Vehicle Conveyancing (PVC) applications – NSW 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 23rd 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 8751

INDIGENOUS STUDENT EXCURSION

Mrs Angela Sole

On Thursday 10th March, a group of students, accompanied by Mrs Sole, visited the Indigenous Community Garden.

This year we are providing an opportunity for our Indigenous students to be involved in the local community. We begin this term visiting the Armidale Indigenous Community Garden. The excursions will involve learning about vegetable gardening, harvesting produce to be distributed at Minimbah Primary School, researching and planting Indigenous medicinal plants. Robert Waters, University of New England, will be present at the Garden and will share his research on storytelling, Indigenous culture and plant practises. We also plan to visit the Keeping Place, Oorala, UNE and NERAM to be part of local community initiatives and cultural experiences.

The girls helped to revive this garden by watering the Echidna sculpture constructed of Lomandra. Lomandra grass is used in weaving to make baskets, and as this plant matures, we hope to have a demonstration and opportunity for the girls to also learn this craft.



GOOD NEWS & ACHIEVEMENTS



Caitlin Croft competed at Walcha Show on Saturday the 12th March. Caitlin's horses are Selena & Truly and she is in Year 6

Her results were:



Pony Club Mount, Rider & Equipment	Selena	3rd
Novice Galloway 14.2h n/e 15h	Selena	5th
Pleasure Galloway	Selena	3rd
Girl Rider 9 and Under 12	Truly	2nd & Reserve Champion Jnr Girl
Maiden Galloway Hack	Truly	4th
Novice Galloway 14h n/e 14.2h	Truly	2nd
School Mount Rider Under 12	Truly	2nd
Pair of Riders, Adult & Child	Truly	3rd

IGSSA UNDER 16 HOCKEY TRIALS

MAIBLE CHALMERS travelled to Sydney to participate in the IGSSA Under 16 Hockey trials. In hot conditions she was successful in being selected as a shadow for the team who will compete at the upcoming U16 Hockey CIS championships.

All Schools Triathlon - OLIVIA STRELITZ

On Tuesday I went down to Sydney for the All Schools Triathlon. When we got to the race I got a bit nervous because there were so many people there and it was a very hard competition! When we got there we had to get our numbers on our legs and get our tags then we had to go through this line and they had to check your helmet fit and your bike was alright. Once we got through the line we had to hang our bikes up and get everything ready. After the race briefing we went to the river. It was a deep water start so it wasn't like the normal starts we do in the Armidale triathlon. Actually to be honest nothing was really like the Armidale triathlon there, there were way more people and there was a lot more competition. There was a buzzer to tell us when we had to start. it was a 400 metre swim in the Nepean River then when we finished the swim it was about a 100 metre sprint to our bikes. Once I got to my bike I got my shoes on and helmet and ran to where we had to get on the bike. It was a 10km ride once we finished the 10km we had to jump off our bikes and run them back up to where our bikes were so I hung my bike up changed my shoes took my helmet off and then ran off this was the last leg which was a 3km run.

All the crowd were at the finish line and when I finished I was very tired! I don't know what I came but it was really fun and a really good experience!

Twilight Concerts

The first Twilight Concert of 2016 was also our most well attended. There were around 50 audience members on the night. The concert was enjoyed by all and we are pleased to announce that two similar concerts will take place next term as a result of the large numbers of participants. They will be held on 18 May and 08 June.



Tianna Sullivan plays her first solo in last week's Twilight Concert. We hope it is the first of many!



Miss Rowland leads the String Ensemble through an exciting performance of "Dragon Hunter"

NECOM Music Workshops

Last week NEGS elective music students from years 10-12 attended the NCOM music workshops. This was a fantastic opportunity for students to learn new skills, mix with peers, and receive valuable feedback on their work.

Armidale Eisteddfod

NEGS will again compete in the Armidale Eisteddfod held from May to June. NEGS will be represented by the choirs and string ensembles, as well as numerous individual student entries. Students wishing to compete in individual events are advised to speak with their private music teacher. Entries are due Friday 18 March.

Cabaret Evening

Please see the Music staff if you would like to audition for the Cabaret Evening at the end of Term 2.

NEGS CROSS COUNTRY RUNNING SHEET THURSDAY 7th APRIL 2016

- 11.20am- Staff and student helpers to assemble at the back of the MPC for allocation of duties and collection of kits before proceeding to positions.
- Students to be assembled by House Captains and Vice Captains into competitive and non competitive runners.
- Competitive runners are to proceed to starting line.
- Non-Competitive runners are to proceed to the allocated cheering sections for their house along the finishing track.
- 11.30am- Staff to be at position with mobile phones.
- 11.35am- Mrs Evans to start competitive race.
- 12-13yr olds will be running 3km
- 14-17yr olds will be running 4km
- 18yr olds will be running 6km
- Fun Runners will complete the 3km course.
- These are the ages you are, or will, be turning in 2016.
- At the end of the race please line up in the designated shoot with your age group. Please do not swap or throw your ticket number out, but give to Mrs Hiscox or Mrs Smith as they record your number.
- 12.00pm- All house captains to assemble their non-competitive runners at the start line.
- 12.05pm- Mrs Evans to start the non-competitive race.
- 12.50pm- ALL NON-COMPETITIVE RUNNERS TO BE FINISHED BY THIS TIME (This gives you 45 minutes to complete the course).
- 12.50pm- Lunch to be served.



**NEW ENGLAND
GIRLS' SCHOOL**



Dear Parents, Guardians and Friends of NEGS,

You are invited to attend the

NEGS Cross Country Carnival.

Wednesday, 7th April 2015

Enjoy a lovely day, supporting the students of NEGS as they strive to do their best while running through the extensive grounds of NEGS.

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

When: Competitive runners will begin at 11.30am with the Fun Run beginning at 12pm. All races will conclude at 1pm.

Where: NEGS MPC will be the start, and end point of the race. The course will include a track that runs through the school grounds.

We hope to see you there!



Kate Bailey
Athletics/Cross
Country Captain

IGSSA Swimming Results

The NEGS Swimming Team travelled to Sydney on the 10th and 11th of March to participate in the IGSSA Swimming Carnival. Twelve students made the trip down this year with fabulous results between them including final appearances, personal bests and CIS qualifying times.

Congratulations girls on an outstanding showing.

Lucy Fenwicke

Open 200m IM 2.37:02, 1st in heat, 11th overall
15yrs 50m breast 35.37 PB 1st in heat, 2nd overall FINAL
15yrs 50m fly 31.10 1st in heat, 5th overall FINAL
FINAL 15yrs 50m breast 35.15 2nd CIS Qualifier
FINAL 15yrs 50m fly 31.63 8th

Molly Michell-Smith

12yrs 50m free 35.53 3rd in heat, 18th overall BFINAL
12yrs 50m back 45.26 5th in heat, 21st overall
12yrs 50m fly 49.37 5th in heat 20th overall
BFINAL 12yrs 50m free 36.80 7th

Olivia Strelitz

13yrs 50m free 31.76 3rd in heat, 15th overall BFINAL
13yrs 50m breast 44.40 3rd in heat 18th overall
13yrs 50m fly 39.37 4th in heat 19th overall
BFINAL 13yrs 50m free 32.23 6th

Ashlee Petch

14yrs 50m free 42.54 8th in heat, 21st overall
Kitty McPhie
16yrs 50m free 35.08 7th in heat, 23rd overall
16yrs 50m fly 38.28 PB 7th in heat 23rd overall

Charlotte Raleigh

17yrs 50m free 28.98 2nd in heat, 9th overall FINAL
17yrs 50m breast 36.76 1st in heat 4th overall FINAL
17yrs 50m fly 31.18 2nd in heat, 9th overall FINAL
FINAL 17yrs 50m free 29.75 10th
FINAL 17yrs 50m breast 36.89 6th CIS Reserve
FINAL 17yrs 50m fly 32.10 10th

Ruby Loosemore

M/C 50m Free 41.83 5th overall
M/C 50m breast 52.93 3rd overall

Lily Etheridge

13yrs 50m back 43.37 5th in heat, 21st overall

Claudia Meehan

16yrs 50m back 42.06 7th in heat, 23rd overall

Sarah Wyatt

16yrs 50m breast 45.01 4th in heat, 19th overall
Int 100m free 1.20:02 6th in heat, 21st overall

Abbey Jackson

17yrs 50m back 39.82 5th in heat 21st overall
Snr 100m free 1.14:69 7th in heat 21st overall

Abby Finlayson

Jnr 100m free 1.20:50 8th in heat 23rd overall

Junior Medley Relay- Ashlee, Abby, Olivia, Lily

2.50:09 8th in heat, 24th overall

Junior Freestyle Relay- Molly, Abby, Olivia, Lily

2.24.40 6th in heat 22nd overall

Intermediate Medley Relay- Sarah, Lucy, Claudia, Kitty

2.34:36 6th in heat, 21st overall

Intermediate Freestyle Relay- Sarah, Lucy, Claudia, Kitty

2.18.70 6th in heat 21st overall

All Age- Molly, Lily, Abbey, Charlotte, Claudia, Ashlee

3.39.62 5th in heat 21st overall





Molly Michell-Smith



Lucy Fenwicke



IGSSA Teams



Intermediate Relay Team



Junior Relay team