



NEGS

T: +61 02 6774 8700 F: +61 02 6772 7057
E: reception@negs.nsw.edu.au W: www.negs.nsw.edu.au
FB: NEGSarmidale Twitter: NEGSarmidale

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NEGS Newsletter

Term 2 Week 6 - Wednesday 27th May 2015

From The Principal

Mr Clive Logan



Understanding the Impact of Rumours and Gossip

You hear a juicy tidbit from a friend, who heard it from another friend, who heard it from a person in the hallway, who read it on Facebook. It was probably made up by someone who wanted to get back at somebody else. What is the truth?

Chances are, rumours and gossip are always floating around any school and the community. Unfortunately, it's seen as being totally normal. After all, everyone gossips, don't they? Even parents do, so do celebrities and politicians. So, if it's alright for them, it's alright for me to do it too, isn't it? It appears that this is how we communicate and stay connected with other people's lives.

Sometimes this is harmless, but at other times, it can be very hurtful and even damaging to individuals, friendships and groups of people. To many people, rumours and gossip may seem like an innocent form of teenage life. After all, drama is expected at this age. As a result, most adults see gossip and rumours as harmless and often encourage children to just ignore it. But for those who are impacted, gossip can be downright painful at times and almost impossible to ignore – especially if social media is being used to perpetuate it.

What is a rumour?

Rumours are a piece of information or a story that has not been verified. What this means, is that the person telling the story doesn't know for

certain if it is true or not. Most of the time, people who spread rumours don't bother to determine if there is any truth to what they are saying. Typically, rumours are spread from person to person and can change slightly each time they are told. As a result, they can become exaggerated and altered over time, with no element of truth at the end!!

What is gossip?

Gossip is slightly different from a rumour. Usually, gossip involves a juicy detail of some sort, which means the information is shocking or personal. What's more, gossip is usually spread behind a person's back and can be very hurtful. Gossip usually involves love, relationships, sex and other issues that people don't usually talk about publicly. Additionally, gossip almost always causes pain and humiliation for the person it's about. People share gossip without any thought of how it might impact the person it's about.

Why spread rumours or gossip?

There are a variety of reasons why people will spread rumours or engage in gossip. But at the top of the list, most people gossip or spread rumours in order to be part of the group, to fit in with friends, as a way to feel special or to impress others. Here's a closer look at the reasons why you may spread rumours or gossip:

- **To feel better.** When people feel bad about themselves, they sometimes will target other people to try to make themselves feel better.
- **To feel accepted.** If everyone else in your circle of friends is gossiping or spreading rumours, you feel like you have to do the same thing to be accepted.
- **To get attention.** When teens know a secret that nobody else knows, or they are the first person in the group to hear a rumour, it makes them the centre of attention.
- **To gain power.** Some teens always want to be the one in control and the one at the top of the social ladder. When kids are at the top of the social ladder or are determined to climb higher, they sometimes accomplish that by hurting the status of another person. Spreading rumours or gossiping is one of the primary ways people jockey for social status, especially mean girls.
- **To get revenge.** When teens are jealous of another person's looks, popularity or money, they might use gossip and rumours to hurt that person. They also tend to use gossip and rumours to get back at someone who they feel deserves to be hurt. Making up a rumour, spreading gossip sometimes satisfies their need for justice.

- **To relieve boredom.** Research indicates that boredom is often the number one reason why teenagers spread rumours. They are bored with life because there is no drama and resort to rumours and gossip to spice things up and make life more exciting.

What can and does rumour or gossip do?

- **It damages relationships.** When we learn that a friend has passed on a rumour about us – true, but confidential information – it always does damage to the relationship. The same is true when you are the one passing on the gossip.
- **Trust is destroyed.** It is virtually impossible to restore complete trust in a person who has shared your secrets with another. And it is very difficult to trust someone who has just shared with you someone else's secrets.
- **It adds unnecessary complexity.** If you've ever told a secret that you don't want somebody else to pass along, you know exactly what unnecessary complexity is. Gossip adds the nagging worry that word will make it back to the person or spread beyond our control.
- **It devalues the relationship in front of you.** Intimate, personal details about a person who is not there, always removes you from your present reality and transports you somewhere else. Not only does it distract you from the relational opportunity in front of you, it puts you squarely in the middle of a personal scenario where you do not belong.

An old proverb tells the story of a person who repeated a rumour about a neighbour. Soon, the whole community had heard the rumour. Later, the person who spread the gossip learned that the rumour was untrue. He was very sorry and went to an elder in the community who had a reputation for great wisdom to seek advice. The elder told him, "Go to your home and take a feather pillow outside. Rip it open and scatter the feathers, then return to me tomorrow." The man did as the elder had instructed.

The following day, he visited the elder. The elder said, "Go collect the feathers you scattered yesterday and bring them back to me." The man went home and searched for the feathers, but the wind had carried them all away. Returning to the elder, he admitted, "I could find none of the feathers I scattered yesterday." "You see," said the wise elder, "it's easy to scatter the feathers but impossible to get them back."

So it is with gossip; it doesn't take much to spread hurtful words, but once you do, you can **never completely undo the damage**. We all have to think about what you say, not just what we do – there are always consequences.

Maths Day – Mrs Consuela Despi

On Friday the 15th of May, two teams of four Year 8 NEGS girls took part in the University of New England's Year 8 Maths Day. The University Maths Day brought together 64 teams from 39 schools.

NEGS Team One included: Megan Galbraith, Daisy Meehan, Stephanie Clarkson and Zara Blackmore.

NEGS Team two included Sophie Mitchell, Isabelle Perrottet, Lydia Thornberry and Chelsea Devenish.

Both NEGS teams worked well to complete all the Mathematical tasks.

We participated in several challenges over the day, including a head to head pattern challenge, where we competed against other schools at filling in the missing numbers in a pattern.

There were also problem solving question races and a fun maths general knowledge quiz in the afternoon. Do you know what a number with 100 zeros is called?

We all had a great time stretching our Mathematical skills and knowledge. We would like to thank Mrs Despi for enabling us to attend this event as well as to Mrs Edmonds and Mr Trotman for supervising us on the excursion and of course The University of New England for organising and hosting the Maths Day.

Zara Blackmore - Year 8



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
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



Everyone welcome
Walk the bridge, chat to friends, listen to speakers
Organised by Armidale ANTaR
Australians for Native Title and Reconciliation

Sixth Annual ANTaR Reconciliation Bridge Walk

The Armidale ANTaR group is running its 6th annual Reconciliation Bridge Walk at 12 noon on Sunday 31 May at the picnic area near Stephens' Bridge on the corner of Dumaresq and Marsh Streets. This is a local function in recognition of Sorry Day and National Reconciliation Week.

We would like to invite members of the Armidale school community to join us for this event. A copy of the flyer for the event has been attached to enable you to promote the event if you are able.

Everyone is welcome. We will meet at midday near the Information Centre on the corner of Marsh and Dumaresq Streets and then walk across Stephens' Bridge in commemoration of the original Sydney Harbour Reconciliation Bridge walk in 2000 where 300,000 people walked across the Bridge in support of Aboriginal and Torres Strait Islander people and reconciliation. After our bridge walk we will have young speakers talking about what reconciliation means to them. We hope you will come along and join us. It will be a great opportunity to meet and chat with friends, meet some new people, listen to our speakers and enjoy a lunch together.

You are invited to bring a picnic – tea, coffee and sausage sandwiches will be provided.

We would like to invite young people to prepare and deliver a short talk about reconciliation after the bridge walk. Please pass on this invitation to any young people whom you think might like this opportunity to talk about the important subject of reconciliation in Australia. Anyone interested in presenting a short talk should contact Lesley Widders on 67715996 who will provide more information about what is required.

Organised by Armidale ANTaR
Australians for Native Title and Reconciliation

contact Jenny Greaney for more information at jgreane2@une.edu.au or 0457723265

Parent Liaison 2015 - Senior School

Year 7:

Michelle Bookallil: mbook@clunynet.au
Trudy Hancock: trudyhancock@bigpond.com
Cindy Clonan: alfoxtan@bigpond.com.au

Year 8:

Kate Blackmore - kate.blackmore.2350@gmail.com
Etoline Gailbraith – aegailbraith@bigpond.com

Year 9:

Sally Strelitz - sally@millyhill.com.au
Susie Redhead - sredhead@neml.org.au
Sarah Edmonds - sopast1@bigpond.com

Year 10:

Lisa Haynes - shop@conceptsofarmidale.com.au
Jenny Swan – wobbles22@bigpond.com

Year 11:

Tina Watson - msm5@bigpond.com
2nd Person – TBA (anyone interested please contact Tina)

Year 12:

Janet Carter - angusjanetcarter@bigpond.com

Our amazing Kindergarten teacher Jess Oehlers has made the decision to shave off her hair to raise money for her goddaughter Sara Lynch. Sara has recently been diagnosed with leukaemia. Sara attended St John's for Transition and is a good friend to several of our students.

There are several events that families can attend to help the cause:
Mums are invited to a Ladies' Luncheon event on May 23 (RSVP Wed 20 to 6772 2111). There is also a fund-raising golf day at the Armidale Golf course on Friday 29 May (contact Troy Johnson on 0408711622). This charity event will be followed by a fundraising auction and the shave.

St John's is the kind of school that thinks about others. It would be wonderful if as a school community we could help Jess raise funds to support Sara and her family over the coming months.

St John's Crazy Hair Day will be held on Friday 29 May.

Bring a donation and wear your wackiest clothes! Create your own crazy hairstyle, wear a wig or visit the St John's Salon (open from 8:30 am). We are asking parents with creative skills to come and help.

Year 6 girls will be offering these fabulous services:

- Coloured hair spray - \$5
- Hair pieces -\$3 each
- Hairdo of your choice from one of our talented parents or staff - \$10 (Please bring your own hairbrush and ties)

Our Director of Development (and hairdresser to the stars) Mrs Mary Wright will be offering her professional stylist services for an exclusive fee of \$20. Bookings advised!!

Kind regards
Shannon Rosewood
Head of St John's Junior School

Private Vehicle Conveyancing

Private Vehicle Conveyancing (PVC) travel diaries

A reminder that all travel diaries (for boarders' travel) should be returned to me at NEGS by the **end of Term 2** detailing trips made in Terms 1 and 2, otherwise the minimum will be claimed i.e. 1 return trip for each term.

Please note: for families who are not registered, to be subsidised for Semester 1 (Terms 1 and 2) the cut off date for applications is the **12th of June**. These forms must be sent to the PVC office in Parramatta. Once again, if your application is successful, could you please forward a copy of the original form to NEGS so we can ensure that you will be paid your subsidy? Thank you for your assistance.

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



OPEN DAY 2015

Fire & Rescue NSW Open Day 2015

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

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

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

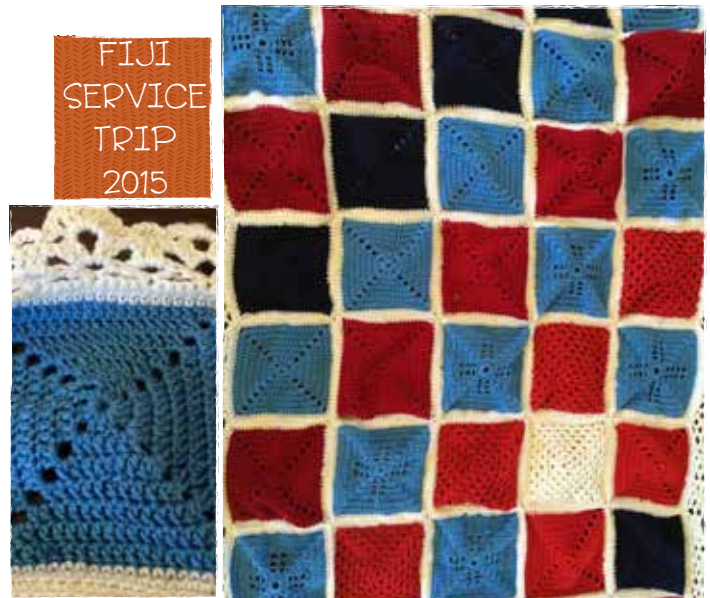
LOLLY GUESSING COMPETITION FIJI SERVICE TRIP



**\$1.00
PER
GUESS**

RULES:

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



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BLANKET RAFFLE

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

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

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

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

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

SAVE THE DATE

NORTHERN NSW DA VINCI DECAATHLON

The Armidale School

When:

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



- For more information contact:
- Ms Catherine Boydell
- E: cbeydel@negs.nsw.edu.au
- M: 0415 041390

NEGS Livestock Team Mr Mark Fisher



Great success at the Manning Valley Beef Week

Once again the NEGS Livestock Team has achieved exceptional results at this year's Manning Valley Beef Week held in Wingham. This achievement helps us celebrate 20 years of cattle exhibition at NEGS. With a team of eight students and five head of cattle, we contributed to the competition with over 280 students, over 20 schools and 144 head of cattle.

The following results were achieved:

Junior judging

13 yrs won by Katrina Campbell

14 yrs won by Emily Barton

Cattle handling/ parading

13yrs won by Katrina Campbell, 2nd Chelsea Devenish, 4th Sophie Sutherland.

14yrs won by Emily Barton, 4th Olivia Carter who also won the best prepared and presented parader at the show.

15yrs 2nd place Olivia Fenwicke out of a huge class. Olivia was also highly commended for a scholarship interview in front of a panel of industry representatives.

Felicity Thomas and Zoe Stuart also participated to a very high standard in their competitions – Well Done!



Cattle results

Our black Limousin steer bred by Richard and Heather Cole 'Lachlan Dale' - Forbes was sashed the Reserve Champion Steer of show and sold for more than the champion steer at \$9:00/kg HSCW.

Our pure Charolais steer bred and kindly donated by NEGS parents, the Stuart family – Mudjee won the heavy weight unled steer competition and was the third best unled steer out of a field of 64 steers.

Our Heavy weight apricot Limousin steer (Wild Rivers Limousins – Armidale) was highly commended in a big class of cattle.

Overall, fantastic results!

Our students worked tirelessly and professionally as a team throughout the week at a very enjoyable event. A big thank you to those beef producers who continue to support our Livestock Team with quality cattle. Our success could not come without your generous assistance. Thank you also to Mr Richard Mackenzie our new Agriculture Assistant and to Marie our German gap year student.

A big thank you also to the Manning Valley Beef Week committee for organising such a wonderful competition helping to encourage young people into Agriculture.

We will soon have 15 quality steers in our show steer feedlot coming from local producers with cattle destined for the Brisbane Royal Show, Armidale Ray White Beef Show, Northern Schools Steer Competition and the Scone Beef Bonanza.



Music Ms Kirrili Williams

Narnia - the musical

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

Tuesday 9/6: 11.30am
Preview matinee

Thursday 11/6
Opening Night

Friday 12/6
Second Show

Saturday 13/6
Final Show

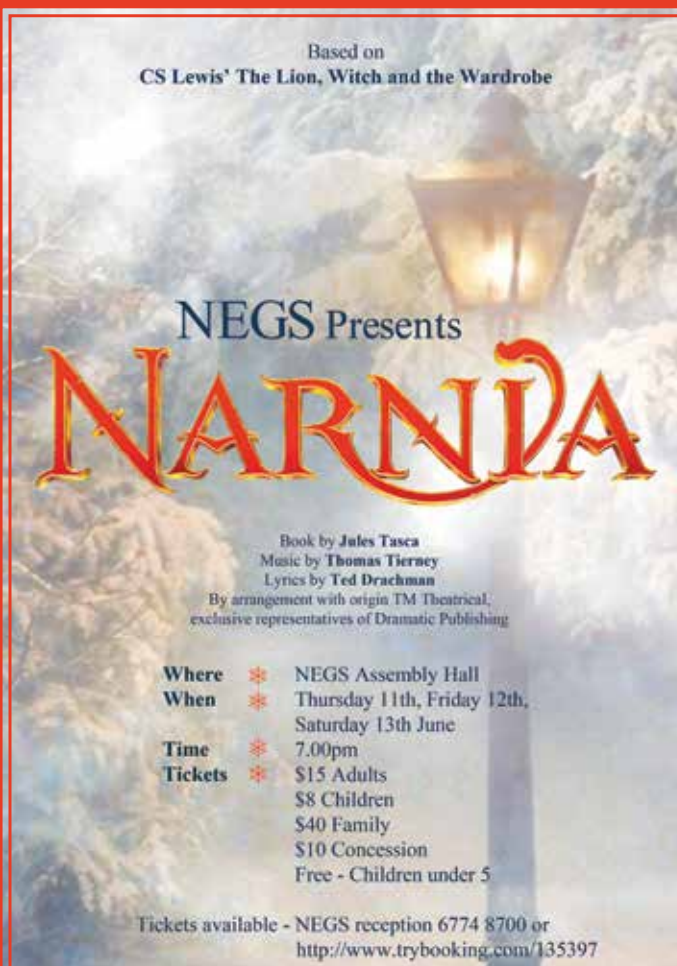
If there are any parents willing and able to assist with elements of the show's production such as sets or costumes, please contact Rowena, Benn, or Kirrili in the music department.

Upcoming dates:

Narnia

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

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



NEGS Presents
NARNIA

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

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

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

NEGS Athletics Carnival Friday 12th June 2015

Order of Events



Track Program

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

Field Program

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

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SCHOOL



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

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IGSSA Cross Country

A small team of 14 students travelled to Frensham in Mittagong to compete at the IGSSA Cross Country Carnival on Friday 15th of May. This year we were very successful with all our competitors aiming to beat personal best times and training intensely before departure. We had one of the most successful teams and this is in large part to the close team spirit of the group captained by Alice Frend in her last year as Cross Country Captain.



The results are as follows:

12yrs 3km Event

Jaimie McLoughlin 11th (CIS qualifier TBC in coming days)
Abbey McLoughlin 50th

13yrs 3km Event

Grace Cassidy 12th (CIS qualifier TBC in coming days)

14yrs 4km Event

Matilda McCarroll 22nd
Evey White 42nd

15yrs 4km Event

Sarah Wyatt 6th (CIS qualifier TBC in coming days)
Victoria Bennet 67th
Claudia Neate 70th

16yrs 4km Event

Eliza White 34th
Charlotte Raleigh 36th
Abbey Jackson 106th

17yrs 4km Event

Annabelle Heagney 31st

18yrs 6km Event

Alice Frend 34th
Morgan Hyatt 65th





NEW ENGLAND GIRLS' SCHOOL



Dear Parents, Guardians and friends of NEGS,
You are invited to attend the

NEGS Athletics Carnival
Friday, 12th June 2015

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

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

When: Races begin at 8.45am
Where: NEGS Athletics Oval

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

Please remember to rug up warm!

We hope to see you there!



