



NEGS Newsletter

Term 1 Week 6 - Wednesday 2nd March 2016

FROM THE PRINCIPAL

Mr Clive Logan

Impediments to Success – and how to overcome them!

“The most important factor in any success equation is not the method but the person who uses it.” In *Brainblocks: Overcoming the 7 Hidden Barriers to Success*, neuropsychologist and entrepreneur Theo Tsaousides presents us not with another set of steps to reach our goals, but rather an understanding of why we might be undermining our own success. His book is as much a treatise against self-sabotage as it is a toolkit for how to defend against it.

“Brainblocks”, Tsaousides writes, “are the habits of feeling, thinking, and doing created by our brains that block our pursuit of success.” And although we can’t hope to completely eradicate these habits, we can find ways to better manage them.

In each chapter, Tsaousides offers a “confessional” — a section with his and other people’s stories — as well as ways to “spot the brainblock” in our own lives, a list of the harmful side effects it may be having on us, and a plan to “smash the brainblock.” In many cases, he intersperses the text with quick exercises that are as powerful as they are easy to use. Tsaousides writes with the wisdom that comes from his many years of clinical practice, and he engages the reader in a relatable tone.

“Self-doubt,” Tsaousides writes, “is the most fundamental brainblock because it stops you from getting started.” We get stuck in a comfort zone where, although we’re able to avoid fear and criticism, we have little impact. In overcoming self-doubt, Tsaousides encourages us to challenge what we fear: “Tackle what you don’t know and do it over and over and over again,” he suggests.

What about procrastination? In a clever metaphor, Tsaousides describes it as the tide that slowly wears away the rocks on the shore until they collapse. “Every time you procrastinate,” he explains, “your goals become eroded, until one day they crumble before they ever had a chance to materialize.” He provides tips, including learning to prioritize, being clear about your options, and resetting the emotional temperature.

He also dedicates sections to impatience, multitasking, rigidity, perfectionism, and negativity. The book encourages flexible and creative thinking, and becoming more comfortable with change.

When it comes to perfectionism, Tsaousides writes, we must separate the good aspects of it from the bad. We must learn to distinguish between what he calls “prevention goals” and “promotion goals” and to stop running away from perceived negative outcomes.

And in the case of multitasking — something many of us believe will help us *go, go, go* — Tsaousides writes that a mind trying to do many things at once is far less effective than we might think. Attention, he writes, is like a flashlight in a dark room that can only be shone fully in one direction. We must be selective about where we choose to shine it, he explains, if we want to do something — and do it well.

Dr Tsaousides has been best known through an online forum. Deeply informed by the science, it is also easy to read. Theo explains the concepts clearly, goes straight to, yes, exactly how we (including me) screw up and shows the path forwards. What I like is that his tone is calm, encouraging and engaging. Not exhortation, hectoring or shouting his brilliance.

This is no ordinary self-help book and this is no ordinary author. A neuropsychologist who has done the research, helped real patients and shares what works with all of us in this easy-to-read book. He writes as if he is talking to you, judgment-free, like a best friend who wants to see all your dreams come true. The author’s down to earth style and “confessionals” make you feel that you’re not the only one out there struggling with these brainblocks and gives you hope that you can manage them better. Also, I really find the strategies encouraging. Because there are several for each brainblock, there is something for everybody. They are easy to understand and implement and the best part is that there is no ‘psychobabble’!

Tsaousides’s message is simple: We are all wired for success. And that’s a message more people should hear. I have been sharing these thoughts recently at School Assembly – hopefully they are making a difference!



NSW PARENTS' COUNCIL

Welcome to 2016 - A year of opportunity

NSW Parents' Council would like to wish you all a great start to the school year. We have many activities throughout terms 1 and 2, including guest speakers who are experts in parent engagement. We will be conducting webcasts and visits to schools to empower and provide support to parents and teachers. We welcome your enquiry about affiliation and participation. For more information on the benefits of joining us and contact details, please see the brochure below. Copyright © 2016 NSW Parents' Council Inc, All rights reserved. You are receiving this email because you opted in at our website, or you were added to our database based on our existing relationship.

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Sydney, Nsw 2000
Australia



**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



NSW Parents' Council

NSW Parents' Council has collaborated with The Resilience Doughnut to bring you an online parenting course to help raise resilient children. Classes begin 1 March 2016.

RAISING RESILIENT CHILDREN ONLINE PARENTING COURSE

Take our online course in the comfort of your own lounge room!



RAISING RESILIENT CHILDREN IS NO EASY TASK.

Most children don't like to be pushed out of their comfort zones, and most parents juggle with balancing discipline and acceptance.

The *Raising Resilient Children Parenting Course* covers four weeks of strength based and practical insights into raising resilient kids from birth to teen years.

At the end of the course, parents will have a foundation on which to make decisions that build resilience both in their kids and themselves personally.

Week 1

Understanding Resilience, what it is and what it is not.
The Resilience Doughnut
Practical applications

Week 2

Having resilient conversations
Keeping them optimistic
Focusing on the preferred future
Taking advantage of the difficulties

Week 3

Development of moral reasoning and empathy
Social scanning for kindness
Discipline for the success
Decision process for parents
Use scaling to guide decision process

Week 4

Child management versus Child raising
Knowing the difference
• Tips for preparing for life
• Manners
• Selecting qualifications
• Eye contact
• Restaurants
Awareness of the child's place in the world
Practising gratefulness

The Resilience Doughnut parenting courses assume that parents want their kids to be able to: face the inevitable challenges that life brings, grow personally as a result of difficulties and contribute significantly to the society they live in.

THE RESILIENCE DOUGHNUT PARENTING COURSES



"Combining Strengths to Thrive"



NSW Parents' Council

WHEN: A new course starts every month.
WHERE: Online, in the comfort of your own home
COST: \$220 (inc GST)
FOR MORE DETAILS:
VISIT: www.theresilience-doughnut.com.au
PH: (02) 9869 0377
EMAIL: Sue Bull: sue@theresiliencecentre.com.au

REFERENCE NAME

When registering please enter this reference name at checkout

NSW2016



FROM THE HEALTH CENTRE @ NEGS

Sister Jodie Jackson

Dear Parents/Caregivers

Please find attached a copy of the Medical Update Form, these need to be updated on a yearly basis, could we ask to please fill out and send back to the NEGS Health Centre.

kind Regards
Jodie Jackson, Registered Nurse



Medical Update Form

Information to be updated by Parent / Guardian

In order to provide optimal medical care it is essential that your daughter's / son's MEDICAL DETAILS remain current. Please complete this Form and return it to the NEGS Health Centre, attention Registered Nurse Cathy Beevors, CONFIDENTIAL with details that require amendment.

Student's Name: Date of Birth:

Current Year:

Medicare Number:

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 Expiry Date:

--	--

 Month

--

 Year

--

 Position on Card:

--

Private Health Fund:

Membership Number: Expiry Date:

Any changes to Family Contact details or situation?	
Mother's Name: Address: Postcode:	Phone (Home): (W): Mobile: Email:
Father's Name: Address: Postcode:	Phone (Home): (W): Mobile: Email:
Emergency and/or Guardian Name: Address: Postcode:	Phone (Home): (W): Mobile: Email:

• Has your Child been diagnosed with any new condition since last update / enrolment ie: Asthma? Yes No

If yes, please specify:

• Have any allergies been diagnosed?: Yes No

If yes, please specify:

• Any new Medications?: Yes No

If yes, please specify:

• Any new injuries / operation?: Yes No

If yes, please specify:

• Recent vaccinations attended whilst home?: Yes No

If yes, please specify:

Signed by Parent/Guardian: Date:



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
Friday 11 March	HSC Music Day - NECOM
Wednesday 16 March	IGSSA Swimming
Saturday 19 March	Tildesley Shield
Wednesday 23 March	Autumn Festival
THURSDAY 24 MARCH	Year 7 Parent / Teacher Interviews
	STAFF DAY
	BOARDING HOUSES CLOSE 9:30AM
FRIDAY 25 MARCH	GOOD FRIDAY
MONDAY 28 MARCH	EASTER MONDAY
	BOARDERS RETURN BY 8PM
Tuesday 29 March	Year 12 Half Yearly Examinations commence
Saturday 2 April	IPSHA Cross Country
Thursday 7 April	Senior Cross Country
	Year 11 Parent / Teacher Interviews
	END TERM ONE
Friday 8 April	Staff Day
	Boarding Houses close 9:30am

TERM 2 9 weeks

MONDAY 25 APRIL	ANZAC DAY
	P&F Meeting 7pm
	Boarders Return by 8pm
Tuesday 26 April	Classes Commence
Monday 2 April	Year 9 Camp departs
Tuesday 10 May	NAPLAN
Wednesday 11 May	NAPLAN
Thursday 12 May	NAPLAN
Friday 13 May	IGSSA Cross Country
Wednesday 18 May	School Photos
Friday 27 May	Senior School Athletics Carnival
Friday 3 June	Year 9 Parent / Teacher Interviews
Thursday 9 June	NW Equestrian Expo - Coonabarabran
FRIDAY 10 JUNE	Junior School Athletics Carnival
	STAFF DAY
	BOARDING HOUSES CLOSE 9:30AM
MONDAY 13 JUNE	QUEEN'S BIRTHDAY PUBLIC HOLIDAY
	BOARDERS RETURN BY 8PM
Thursday 23 June	Years 7 -12 Wellbeing Day
	Year 8 Information Session - 2pm
	Year 8 Parent / Teacher Interviews
	Cabaret Evening, 6pm
	END TERM TWO
Friday 24 June	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
	Year 12 Valedictory Day
	END TERM THREE
Friday 23 September	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
	Festival of Nine Lessons and Carols - 5pm
Wednesday 7 December	Year 7 - 11 Speech Day - 9:30am
	END TERM FOUR
	BOARDING HOUSES CLOSE 1PM

This year we have many exciting additions to our Student Wellbeing Programme. Most notable is the use of the acronym PROSPER to describe our wellbeing program from Transition to Year 12.

Dr Toni Noble has taken the 5 tenets of PERMA (the key to a flourishing life) and added Resilience and Strengths, to reflect the whole school journey to ensure that our students live to the best of their potential.

P- Positivity

R- Relationships

O- Outcomes

S- Strengths

P- Purpose & Meaning

E- Engagement

R- Resilience

Positivity: Supporting students to experience positive emotions and to develop a positive mindset

Relationships: Supporting students to develop the social skills and pro-social values that underpin positive relationships

Outcomes & Accomplishment: Providing an optimal learning environment to enhance students' outcomes and accomplishment

Strengths: Using strengths-based approaches

Purpose: Supporting students to develop a sense of purpose and meaning

Resilience: Supporting students to develop the skills and attitudes that underpin resilient behaviour

WELLBEING JOURNALS

Students in Years 7 and 8 have enjoyed their tutor lessons using their new journals. Each lesson covers a Character Strength, a Mindfulness activity and a study skill or life goal. The girls will also use these journals in their PDHPE lessons. We hope that the girls develop an approach to their wellbeing that they see is pervasive across all subject areas at school.

FLOURISHING SURVEY

Our school has been selected as one of 10 pilot schools across Australia to take part in a Positive Psychology research project, which will provide benefit to our students. I attach a letter from Murdoch University explaining the survey, the purpose of the research and the results that the school receives as a result of the research.

UPCOMING AWARENESS DAYS:

Close the Gap - 17th March

Close the Gap day recognises the disparity between Indigenous and non-Indigenous peoples' health. Activities are centred on learning about health and what can be done to help rectify this problem.

Bullying No Way Day - 18th March.

Each year, we participate in Bullying No Way Day - a national initiative to keep anti-bullying a priority.

Please see the attached information letter.

As a school, each year will participate in a variety of activities designed to reinforce the definition of bullying, steps to take if bullied and ways to promote a school environment where all students feel valued and safe.



Dear Parents & NEGS Community,

At our school we aim to create a safe and supportive school community for everyone.

Sometimes, it can be difficult for parents or carers to know what to do when their child talks to them about bullying.

You are an important part of our work to prevent bullying and to respond effectively if it happens.

Stopping bullying involves everyone.

If your child talks to you about bullying:

1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need to: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.
2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.
3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.
4. **Visit** www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.
5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child's safety.
6. **Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please contact the school if you would like to discuss any aspect of our approach to preventing bullying

If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.

BULLYING. NO WAY!

www.bullyingnoway.gov.au



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www.peoplediagnostix.com.au

24-02-16

Dear Parents of Students Year 7-12 at NEGS,

The following letter is to provide information regarding an exciting university study our school is participating in regarding positive education and student wellbeing.

Traditionally psychology has focused on the identification and treatment of distress and mental disorders. This is an important task as one in five (or 20% of all) Australians experience a mental disorder (such as anxiety and depression) each year. For the remaining 80% of the population however, significantly less has been done to assist individuals to remain mentally healthy by preventing the development of mental disorders, and less still for optimising mental wellbeing.

With the introduction of positive psychology (or positive education as it is referred to within education), there have been a number of developments to help individuals flourish. The term “flourishing” denotes a high level of wellbeing characterised by positive emotions, engagement (or flow), positive relationships, meaningfulness and accomplishment. Lifestyle factors such as diet, exercise and sleep are also necessary to provide the energy and physical capacity to participate in a happy and fulfilling life.

Many forward thinking schools are now adopting positive education principles into their curriculum as they see the goal of education to not only equip students with the necessary academic ability for working life, but also the ability to stay physically and mentally well. There have been various attempts at evaluating the effectiveness of these interventions, but to date there has not been a tool specifically designed for this purpose.

The current “Flourishing at School” research is seeking to validate a tool based on the tenants of positive psychology. This is particularly beneficial in school aged children as we can then identify if individuals or cohorts are better equipped to reach and maintain a high level of wellbeing, rather than waiting until they have become distressed or developed a mental disorder.

The tool has already been validated with an adult working sample, however this next stage of the research will target secondary Australian students to validate the tool for a school aged sample. The data received will also form the initial normative sample for inter-school comparisons.

This research is being completed by People Diagnostix psychologists in collaboration Libby Brook (L.Brook@murdoch.edu.au; Tel: 08 9360 2637) and Dr Graeme Ditchburn (Graeme.Ditchburn@Murdoch.edu.au; Tel: 08 9360 2775). The study has received human research ethics approval (HREC approval number 2015/231).

This study has been approved by the Murdoch University Human Research Ethics Committee (Approval 2015/231). If you have any reservation or complaint about the ethical conduct of this research, and wish to talk with an independent person, you may contact Murdoch University’s Research Ethics Office (Tel. 08 9360 6677 (for overseas studies, +61 8 9360 6677) or e-mail ethics@murdoch.edu.au). Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.

The research will be published in a peer-reviewed journal at the conclusion of the study, however individual students and schools participating will not be included in order to protect confidentiality and anonymity.

The school will receive a summary report of how the wellbeing of their students compares to other schools taking part. This information will be highly beneficial in determining future interventions to maximise the wellbeing of your children.

The study will have minimal interference with normal classes comprises of two surveys (one week apart) which will take place during term 1. Your child's responses will be identifiable in the original data in order to match across the two surveys and to enable scores that indicate a possible high risk of Depression, Anxiety and Stress to be brought to the attention of the relevant school representative (e.g. school psychologist). All names and personal details will be removed from the data in order to de-identify it prior to all further analyses and reporting.

We thank you for allowing your child(ren) to participate in the research. If you have a significant concern about your child(ren) participating in the research, you can elect for them not to take part by contacting the school directly via the following contact details.

Kind regards,

Mrs Angela Sole

Director of Student Wellbeing,

New England Girls' School,

Uralla Road, Armidale NSW 2350

Angela.sole@negs.nsw.edu.au

Ph: 02 6774 8700

Fax: 02 6772 7057

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

'Romani', Kingstown

Sheep Sale: 10am

Clearing Sale (including Furniture & Household Items): 11am

Saturday 5th March 2016

Over 50 years of items going to auction: farm vehicles,
plant & machinery, tooling, horse/sheep/stud cattle equipment.

Key items of furniture include: 3 large dining and occasional tables with chairs,
dressing tables, mahogany furniture, several chest of drawers, tables, chairs, bookcase, fridge,
freezer, baby items, bbq, garden furniture, pots, tennis court items, assorted china, crockery,
kitchenware, electrical, and much more.

Catering provided by Kingstown Pony Club.

Please contact Francine Hassall 6778 9130 for more information.

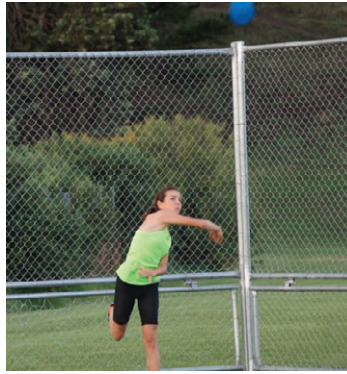


GOOD NEWS & ACHIEVEMENTS



LUCY RAMSAY has been asked to attend the NSW Equestrian Awards at Rosehill Racecourse on the 9th March as she won the NSW Junior Pre novice leader board 2015.

GRACE CASSIDY is leaving on the 9th of March to attend the National Junior Championships for Athletics which is being held in Perth this year. She will be participating in the 800m and 400m races. Good luck Grace!



Netball



Congratulations to the following girls who trialled for ADNA representative teams in the past two weeks. Those who have made the team will represent the region at Representative Carnivals in the coming months as well as playing in Wollongong in the July holidays at State Age Championships.

Congratulations also to the girls who trialled for the U15 and U17 teams, it was unfortunate that there were not enough girls to field teams in these age groups.

Under 12's

Charlotte Claridge
Reserve- **Sophie Mason**

Under 13's

Janine Widders-Lockwood
Reserve- **Kylie Morgan**

Under 14's

Latoya Foote
Carlee Christensen

CHARLOTTE RALEIGH also represented the Under 17's Netball NSW Development Squad at the Heart Kids Cup in Orange the past weekend as part of her duties to the team in the lead up to Nationals in the next holiday break.



LAURA HARDIE at Bendemeer Campdraft where she won the Juvenile Draft on their young stallion Lena's Conman.

Armidale Show

Our kids are quite creative! Although some of you may have seen the girls participating in the equestrian and cattle events at the Armidale Show you may not have had a chance to check out the pavilions. Please congratulate these students when you see them as a lot of them have submitted off their own initiative.

- **Hayley Whitehill Year 7- 1st Prize and Champion Album Page, 2nd Any construction made of hard material**
- **Isabel Bookallil Year 8- 3rd Article suitable for a fete, 1st Girls Dress and Skirt**
- **Lucy Pulkkinen St John's- HC 8yrs and under drawing**
- **Tariq Rahim St John's- 3rd 8yrs and under drawing**
- **Jade Watkins St John's- 2nd 8yrs and under drawing**
- **Dimity Chalmers St John's- 1st 8yrs and under mixed media**
- **Mohammed Almokhtar St John's- 2nd 8yrs and under mixed media**
- **Sienna Alldis St John's- HC 8yrs and under mixed media**
- **Sophia Rutledge St John's- Grand Champion Overall and 1st Junior Section 9-11yrs painting**
- **Laura Finlay Year 9- 2nd 15-18 yrs Intermediate painting class, 2nd and 3rd 15-18 yrs Intermediate drawing class**
- **Lilly Green St John's- 2nd 9-11yrs painting**
- **St John's Transition- 3rd Poster by a Pre School**
- **St John's Year 3/4- 1st Collection theme Olympics**
- **Eva Dabovich St John's- 2nd Item made of wood**
- **Sophie Sutherland Year 9- 2nd open to your imagination photography, 18yrs and under Photography Champion, 2nd winter wonders photography, 1st animals and pets photography, Eunice Parsons Memorial Trophy for best in Photography 18years and opens.**
- **Felicity Chapman St John's- 1st Open to your imagination photography**
- **Mrs Smith also came first in the apricot rock cake section, and Mr Smith got 1st and 2nd for his peaches.**

GOOD NEWS & ACHIEVEMENTS



NEGS LIVESTOCK TEAM - Great overall success at the show with highlights - **BEST OVERALL SCHOOL IN THE BEEF CATTLE SECTION** of the show. **EMMA BARTON AND CHELSEA DEVILISH** selected to represent the NE Region in State Final at Sydney Show. **FELICITY THOMAS** also selected for state final for beef cattle judging with **EMMA KAUL** as reserve.



SOPHIE SUTHERLAND (Year 9) receiving The Eunice Parsons Perpetual Trophy for the Best Photo of Show 18 years and under. She was the 18 years and under Photography Champion. This followed a busy couple of days for her at the Armidale Show competing with the Livestock Team.



LAURA FINLAY got a 2nd and 3rd in the intermediate drawing class and 2nd in the intermediate painting class.





Gold Coast Trip 2016

With a great start to the year, 186 boarding and day students set off to the Gold Coast on the first weekend of term. Not long into the trip the adventures began, with us driving into a 'Supercell' storm and rain so heavy it was with us in the bus. This did not dampen the excitement however, and we had Mrs Thomas' classic movies to keep us going. We arrived safely at the 'Treasure Island Holiday Park Accommodation' and settled into our cabins.

Saturday morning we all assembled in the Queensland humidity, full of energy ready for a fun-filled day at this year's new theme park. 'Dream World' was a big success with many girls conquering their fears on the wild thrills offered by the park. Although the weather was wet at times, this simply further encouraged the NEGS girls to go on as many rides as possible. After a adventurous day, we returned to 'Treasure Island' for an afternoon full of swimming, tennis and relaxing in our cabins.

The next day, still enthused, we all set off for a morning of shopping at Harbour Town, before we travelled home. The return trip was even more interesting than the trip there, with Mrs McCulloch and her bus of girls stranded without shelter, caught in a flash torrential rain storm.

Overall, this trip was a great success, building new friendships between all ages, both boarding and day students. We would just like to thank Mrs Thomas for organising the whole trip and to all of the accompanying staff who made the weekend the wonderful experience that it was.

Sophie Uren and Hannah Tomlinson Gils 2016 Boarding Prefects



MUSIC SCHOLARSHIPS 2016

NEGS Music Scholarship Auditions were held last weekend. As always, many talented musicians auditioned across a variety of instruments. The Music Department looks forward to welcoming all new and continuing musicians to NEGS in 2017. Well done to all those who auditioned.

TWILIGHT CONCERT - MARCH 9, 6.15PM

The music block is bursting at the seams with keen musicians practising for the upcoming Twilight Concert. With only one week to go, students and teachers are working together to perfect their performances. Twilight Concert is always a great opportunity to practice performance skills in a friendly and supportive environment. Friends, family, and staff of NEGS are welcome to attend!

The concert will be held in the Jan Milburn Room commencing 6:15pm.

Students wishing to perform are advised to speak with their peripatetic music teachers and sign up at the Music block.

ENCORE! EXCURSION

Last week, a group of NEGS students along with Ms Williams, Mr Tracy and Mr Rose traveled to Sydney to attend the annual Encore! performance at the Opera House. Encore! showcases outstanding HSC music performances, giving students the opportunity to show support for their peers as well as gain inspiration for their own work in performance and composition.

The girls certainly made the most of the multi-day trip, attending a show of Matilda, touring the ABC studios, and exploring the cultural highlights of Sydney. Photos of the trip are now on the school's iCloud.

YEAR 10 MUSIC DAY AND HSC MUSIC WORKSHOPS!

NECOM is again running their annual music workshops for elective music students from years 10-12. Sessions on musicology, composition, and performance provide ideal opportunities for students to workshop ideas, meet other music students, and learn valuable skills. This year renowned choral conductor and educator Paul Jarman will be attending the Year 10 Music Day. Look out for excursion notes which will be out soon.

EISTEDDFOD - COMPOSITION

Entries are now open for composition submissions for the 2016 Armidale Eisteddfod. Please see the Music staff if you are interested in participating.

MUSIC DEPARTMENT DATES

Please note the following important dates:

- Music 1 and Music 2 HSC Workshop: Thursday 10 & Friday 11 March, 2016, 9am-3.30pm
- Year 10 Workshop: Wednesday 9 March, 2016; 9.15am-3.30pm
- Twilight Concert: 9 March, 6:15pm
- Cabaret Evening: 23 June, 6pm

PUBLICATIONS @ NEGS

Check out our number of Publications available from the NEGS website, Semester One, 2014 Akaroa Magazine, 2014 Chronicle, The Family Handbook, Policy Procedures + more...

<http://negs.nsw.edu.au/new-england-girls-school/news-and-events/publications/>

NEGS OLD GIRL, TARA WINKLER, Class of 2003, since leaving school she has been running a child support organisation in Cambodia.

A book of her experience has just been published.

<https://www.cambodianchildrenstrust.org/news/tara-winklers-book-coming-soon-how-not-to-start-an-orphanage-by-a-woman-who-did/>

2016 Swimming Carnival Results**HOUSE CUP - OVERALL POINT SCORE**

1ST	MURRAY	728
2ND	GREEN	642
3RD	DUMOLO	617
4TH	LYON	610

AGE CHAMPIONS

U12's
CHAMPION- MOLLY MICHELL-SMITH
RUNNER UP- MATILDA HALL

U13's
CHAMPION- OLIVIA STRELITZ
RUNNER UP- ABBY FINLAYSON

U14's
CHAMPION- GEORGIA HISCOX
RUNNER UP- GRACE CASSIDY

U15's
CHAMPION- LUCY FENWICKE
RUNNER UP- ALICIA BALL

U16's
CHAMPION- KATHLEEN MCPHIE
RUNNER UP- SARAH WYATT

U17's
CHAMPION- ABBEY JACKSON
RUNNER UP- MIKAELA BALL

U18's
CHAMPION- TAHLIA PAULL
RUNNER UP- SARAH HAMPARSUM

Trivett Cup- Most Outstanding Swimmer of the Carnival-
LUCY FENWICKE

CHEERING CUP

1ST	LYON
2ND	GREEN
3RD	DUMOLO
4TH	MURRAY

Swimming Carnival History

The Swimming Cup trophy is going into the engravers for its next installment and Mrs Smith and Miss Cambridge, out of curiosity, decided to see what traditions the houses had in success at the carnival over the years. The cup has been going since 1957, and it is interesting to note that Murray appears to have a strong tradition throughout the years. Over the 58 years, Murray has won the cup 22 times, Dumolo and Lyon have won it 13 times each while Green has been successful 10 times.

BROKEN RECORDS

15YRS 50M FREESTYLE- LUCY FENWICKE 29.50
(S.CONNOR 2007 29.72)

15YRS 50M BACKSTROKE- LUCY FENWICKE 34.22
(O.FENWICKE 2014 35.69)

15YRS 100M FREESTYLE- LUCY FENWICKE 1:04.37
(S.CONNOR 2007 1:06.05)

15YRS 50M BREASTSTROKE- LUCY FENWICKE 38.52
(S.CONNOR 2007 38.52)

15YRS 50M BUTTERFLY- LUCY FENWICKE 30.97
(P.BUTLER 2004 32.60)

OPEN 200M IM- LUCY FENWICKE 2:38.81
(A.TEMPLETON 1998 2:43.23)

Congratulations students, staff, P&F and families of NEGS for a wonderful day.

Following Lucy's six record breaking swims at the NEGS school carnival on Friday she travelled to Sydney to compete at the NSW Country Championships on the weekend.

Lucy was a finalist in six of her nine events with the main highlights being a bronze medal in the Women's 13-14 years 50 metre breaststroke and breaking the 1.20.00 qualifying time in the 100 metre breaststroke for the National Age Championships to be held in Adelaide after Easter.

Lucy also took over four seconds off her 200 metre breaststroke time to be only 0.24 of a second outside the qualifying time for Adelaide. Lucy has another chance to achieve that time at the Swimming NSW National Prep Meet being held in Sydney on the 12 March.

UPCOMING SPORTING EVENTS:

- Winter Hockey Competition- Registrations due February 29th (registrations emailed to students and families)
- IGSSA Hockey Trials- 1st and 8th of March
- Sport UNE Twilight Soccer Carnival- Saturday 5th March (EOI emailed out, waiting on numbers for a team)
- IGSSA Netball Trials- 8th and 9th March, registrations for these players due on the day
- IGSSA Swimming Carnival- 10th and 11th March (notes due 1st March. Students and families of selected participants notified by email).
- Inverell Toughen Up Challenge- Saturday 12th March (ENTRIES CLOSED)
- Winter Netball Competition- Registrations due 14th March (registrations emailed to students and families) IGSSA Tildesley Tennis Tournament- 16th-18th March (TEAM: Alys Marshall, Madeline Lane, Emily Farrar, Isabella Ritter, Lucinda Parry and Eliza White)
- Netball Rules Information Night- Monday 21st March (Flyer emailed, waiting on RSVPs)
- Coffs Ocean Swim- Sunday 3rd April (EOI emailed out, waiting on permission notes for entries)



Armidale Learner Driver Mentor Program Training for Mentor Drivers

To become a supervising mentor driver in the Learner Driver Mentor Program you will need to complete the Training for Mentor Drivers. The training program covers the following areas:

- An overview of the Learner Driver Mentor Program
- An explanation of the Graduated Licensing Scheme
- An overview of critical issues regarding young people and road safety taking on board issues relating to the how young people assess and manage risk
- The critical role of mentors/supervising driver: practical tips to enhance a mentor's influence
- Most common provisional driver crash types and Safer Driving Behaviours: what are they, why are they particularly relevant and how are they best explained to young learners
- How to use and fill out the Learner driver log book
- What is assessed in the Learner on road test

A certificate is given to all participants who complete the training and there is no commitment to become a mentor driver straight away.

The training will be presented at the Traffic Education Centre, 18 Mann Street, Armidale (behind Doody Park)

When: Friday 4th March or Saturday 5th March

Time: 9.45am – 4pm

Cost: FREE

Please register by Wednesday 2nd March by contacting Jane Guilfoyle on 6770 3688 or 0409 908 322 or email jguilfoyle@armidale.nsw.gov.au

The training is written and delivered by NSW Youthsafe, www.youthsafe.org an independent non profit organisation, and supported by NSW Centre for Road Safety and NSW Health.

