



# 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

There's no  
place  
like NEGS

## NEGS Newsletter

Term 1 Week 2 - Wednesday 4th February 2015

### From The Principal

Mr Clive Logan



#### The Growing Pains of Life: From Hardship to Happiness

I sometimes sit and wonder how I got to where I am now. Yes, that may sound very unusual to use as an opening line. Reflection is healthy and necessary to put our thoughts and ideas into perspective. At times, I wrestle with why the rollercoaster of emotions can take such a toll on a day-to-day basis. That's not to say, "Oh, my life is so hard" but we quickly realise that most hardships don't take hold lightly. Suddenly, as these thoughts went bouncing around my head, two words came to mind: growing pains.

Life is beautiful in its simplicity, but can appear so complicated while caught up in its webbing. We live for the moments that fill our hearts and minds with joyful feelings and rewards – those natural highs. But there also lies the reality of those difficult circumstances that can strike at any moment. How far are we able to protect ourselves from the perils this world brings – everything from insect bites, to broken hearts, to fear of terrorist attacks?

The things we cannot control are equally a part of the ebb and flow of life. The cliché, "What does not kill us only makes us stronger," gains its popularity and reputation from the millions of success stories of those who have hit rock bottom and bounce back.

It is unfortunate to hear people complain about situations they are actually able to control and learn from in a positive way. Imagine

converting the energy used to dwell on something and instead create a constructive plan for progress that builds to eventual success. That is what we are hoping to do at NEGS and St John's – to have each student own this existence, cherish this opportunity, accept responsibility for decisions and live up to everything they have gained. We all are going to feel discouraged at some time. We are all going to feel 'beat up' when things don't go the way we want - that is an enormous part of being human. Each day presents a new chance to do something great or work towards a new goal. The pain and uncomfortable feelings we experience are signs of strength, as weakness leaves the body. Embrace it, soak it up and encourage as much growth as possible.

I ask that no student be afraid to ask for help when needed. Everyone is on a personal path and faces unique challenges but no one is in this alone. Understand first what it is you are seeking. It is a focused mindset, something deep down that we all possess.

"If you aren't exhausted at the end of the day, you aren't doing enough." We all need our rest, and there are often times when unproductive activities take preference, but inactivity is just that – inactive. The life we want is not going to come easily, so we have to go out there and get it. Do not fear the pain that comes with growth, because the rewards at the other end are more bountiful than we know. A great, yet exceptionally difficult, part of life is continuing onward without ever knowing where we will end up. The path will inevitably encounter fear, pain and sadness that not everyone is equipped to handle well. My hope is that we all, parents, staff and students, appreciate the many periods of elation that life has to offer but remember that in times of pain and hardship, we are simply making room for the good.

Adapted from: <http://elitedaily.com/life/growing-pains-this-is-life/>

#### New Staff

It is great to be able to welcome (or welcome back) new staff to the School for 2015.

At NEGS, **Mrs Le-anne Chandler** comes to us from Guyra Central School where she has been for over 6 years and will be heavily involved in the teaching of a number of subjects in Years 7 and 8.

**Mr Remo Sica** replaces Mrs Sam Morley in the Technology Department and comes with a wealth of experience across a range of different subject areas.

**Mrs Del Smidt** returns to NEGS after a year's absence to the PDHPE department.

In St John's, **Mrs Victoria Packer** will be working in a strong part-time capacity in the Infants department after having had previous experience at the School in various capacities.

**Mrs Rebecca Moore** has been working in the Early Childhood industry since 2005 and will be working as an assistant to Mrs Catherine McCann in Transition.

**Mr Tim Forgeard** will be joining the Junior School staff as Assistant Chaplain to St John's. He is also a recently qualified secondary teacher of History and English.

*Congratulations* to Miss Jess O'Connell who was married over the holidays and who will now be known as Mrs Jess Oehlers – I am sure that she will look forward to pronouncing and spelling her new name!

## Student Wellbeing@NEGS

Mrs Sole

**Welcome to the 2015 school year to all students and families from Transition to Year 12! In the Wellbeing Program this year, your daughters and sons will be given opportunity to increase their resilience skills and ability to deal with stressors and relationships.**

NEGS is a MindMatters school which provides a framework for our Wellbeing teaching program and lessons. All academic staff recently participated in a training session on MindMatters, enabling them to be familiar with current research in the field of Mental Health and strategies to assist students. The NEGS community are also encouraged to participate in MindMatters training and can also complete the training modules on the MindMatters site, [www.mindmatters.edu.au](http://www.mindmatters.edu.au)

Another exciting relationship that we have in the wider education community is our membership to Positive Education Schools Association (PESA), [www.pesa.edu.au](http://www.pesa.edu.au). The patron is Dr Martin E P Seligman, founder of Positive Psychology in the school setting. Our program at NEGS is strongly based on his current research in this area. You will see our NEGS logo proudly displayed on this website. The book promoted, "Better than OK- helping young people to flourish at school and beyond" can be found in our school library.

This PESA membership provides opportunities for further professional development for the staff, together with being able to share resources and ideas in the teaching of Positive Education in our school.

We keep our Wellbeing Program current and pertinent to the students' needs through participating in surveys intending to identify areas that need further development. Last year our students in Years 9-12 participated in the Youth Mission Survey. We received data in January specific to NEGS as well as the National findings ([www.nationalsurvey.com](http://www.nationalsurvey.com)).

The NEGS data revealed that the top issues of concern for them are: school or study problems, body image, coping with stress and depression. The findings showed that you as parents are an important choice for where young people go for help (more so than asking a teacher or a friend). To this end, we will continue to send through articles and websites that may help you to assist your children.

This week in Years 7-12 we start looking at the 24 Character Strengths in Tutor Time, and in Junior School these strengths are investigated in Wellbeing lessons. Each week, a different character strength will be investigated and your child will have a chance to build upon this strength through a variety of activities.

This week is Creativity. If you would like to be part of this conversation with your children, a good site to go to is <http://www.characterstrengths.co.uk/> All students at some stage will complete the Penn University VIA Character Strengths survey to identify their own strengths (<https://www.authentic happiness.sas.upenn.edu>)

The importance of individuals knowing and using their strengths is central to positive psychology because they relate to understanding and building each individual's psychological health and wellbeing. Greater wellbeing in turn enhances learning, the traditional goal of education.

We are also preparing for the annual Wellbeing Day (Friday 27th February). In the Secondary school, we have two presenters from Hunter New England Health engaged for the day, with the theme being Relationships. Students will have opportunity to participate in workshops and activities including looking at the effectiveness of Mindfulness. Junior School will participate in some exciting art activities at NERAM. We finish the day with a production from "See Sharp"- Lorin Nicholson is a blind guitarist who presents his strong message of resilience through song.

Enjoy the 2015 school year with your daughters and sons!

Kind regards,  
Angela Sole, Wellbeing Coordinator.

Multi ARIA-Award winning vocal group

THE IDEA OF NORTH  
Live in Concert



"One of Australia's brightest cultural treasures." Sydney Morning Herald

NEGS Chapel - Uralla Road, Armidale  
5pm, Sunday 22 February 2015  
Drinks on the lawn from 3:45pm  
Tickets: \$45

VIP \$110 includes an exclusive  
after-show supper with The Idea of North

Bookings: [trybooking.com/111736](http://trybooking.com/111736)  
Enquires: 6774 8744

# Term One and Term Two Calendar Dates

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

## Private Vehicle Conveyancing

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

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

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

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

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

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

## Buttons

A shout-out from our lovely Chaplain Mrs Eastment who says "I would dearly LOVE any donations of buttons for use in Room 15 (Crossroads lunchtime group) this Thursday and throughout the term. We are attempting to make necklaces to help raise money for our service trips etc.

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



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

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

The next workshop in your area will be held:

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

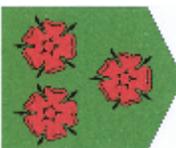
# Order of Events

1. Open 200m Freestyle
2. 12 Years 50m Freestyle
3. 13 Years 50m Freestyle
4. 14 Years 50m Freestyle
5. 15 Years 50m Freestyle
6. 16 Years 50m Freestyle
7. 17 Years 50m Freestyle
8. 18 + Years 50m Freestyle
9. 12 Years 50m Backstroke
10. 13 Years 50m Backstroke
11. 14 Years 50m Backstroke
12. 15 Years 50m Backstroke
13. 16 Years 50m Backstroke
14. 17 Years 50m Backstroke
15. 18+ Years 50m Backstroke
16. 12 Years 100m Freestyle
17. 13 Years 100m Freestyle
18. 14 Years 100m Freestyle
19. 15 Years 100m Freestyle
20. 16 Years 100m Freestyle
21. 17 Years 100m Freestyle
22. 18+ Years 100m Freestyle
23. 12 Years 50m Breaststroke
24. 13 Years 50m Breaststroke
25. 14 Years 50m Breaststroke
26. 15 Years 50m Breaststroke
27. 16 Years 50m Breaststroke
28. 17 Years 50m Breaststroke

29. 18+ Years 50m Breaststroke
30. Open 200m Individual Medley
31. 12 Years 50m Butterfly
32. 13 Years 50m Butterfly
33. 14 Years 50m Butterfly
34. 15 Years 50m Butterfly
35. 16 Years 50m Butterfly
36. 17 Years 50m Butterfly
37. 18+ Years 50m Butterfly
38. Junior Medley Relay 4 x 50m
39. Intermediate Medley Relay 4 x 50m
40. Senior Medley Relay 4 x 50m
- House Swim (IF TIME PERMITS)
41. Junior Freestyle Relay 4 x 50m
42. Intermediate Freestyle Relay 4 x 50m
43. Senior Freestyle Relay 4 x 50m
44. All Ages Freestyle Relay 6 x 50m



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





**NEW ENGLAND  
GIRLS' SCHOOL**



Dear Parents, Guardians and Friends of NEGS,

You are invited to attend the

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

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

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

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

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

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

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



## Risk Warning

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

### Non Sporting Activities 2015

NEGS organises many activities such as debating, orchestra, choir, and other extra curricular musical activities during the course of a year. Students participating in these activities take part in practice and in competitions.

The Association of Heads of Independent Girls' Schools NSW (AHIGS) administers and convenes inter - school activities (such as Archdale Debating and Festival of Speech) in which many students, sometimes including students of this school, participate.

While NEGS and AHIGS take measures to make the activities as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these activities, whether at practice or in actual events.

Such injury can occur while the student is engaging in or watching a non-sporting activity, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure (e.g. a collapsed stage during a debating competition).

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

## Risk Warning

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

### Sporting Activities 2015

NEGS organises many individual and team sporting activities during the course of a year. Some of these are organised in conjunction with the Association of Heads of Independent Girls' Schools NSW (AHIGS) and some with the Independent Primary School Heads' Association of Australia NSW (IPSHA). Students participating in these sporting activities take part in practice and in competitions.

NEGS, AHIGS and IPSHA expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

While NEGS, AHIGS and IPSHA take measures to make the sporting activities as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events.

Such injury can occur while the student is engaging in or watching a sporting activity, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

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

As reported in the Armidale Express Extra last week, the NEGS/St John's community is very excited about welcoming multi-ARIA winning a cappella group The Idea of North to perform as part of our birthday celebrations.

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

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

Ticket prices are:

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

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

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

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

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



The Idea of North | Photographs: Kurt Swain on Stageport Studios | © 2015 The Idea of North | JMSA Group, 10/15

## School Ensembles

Musical ensembles will begin in Week 2, including all string groups and choirs. The exception is Wind Ensemble, which will commence in Week 4.

To enrol in an ensemble, please contact the Music Department in person or via email - [benn.tracy@negs.nsw.edu.au](mailto:benn.tracy@negs.nsw.edu.au) or [kirrili.williams@negs.nsw.edu.au](mailto:kirrili.williams@negs.nsw.edu.au)

Boarders' Practice will also commence in Week 2.

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School		08:00 NEGS Wind Ensemble 08:00 NEGS String Ensemble	08:00 St John's Vocal Ensemble	08:00 NEGS Senior Vocal Ensemble 08:00 NEGS Junior Vocal Ensemble 08:10 St John's String Ensemble	
Lunch		13:05 - 13:50 NEGS String Quartet		13:15 - 13:50 NEGS Senior Vocal Ensemble	13:15 - 13:50 NEGS Handbell Ensemble
After School	18:15-19:00 Boarders' Practice		18:15-19:00 Boarders' Practice	18:15-19:00 Boarders' Practice	15:50-17:30 NEGS Musical

## Ossia Trio - Concert Friday 27 February

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

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

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

Please direct enquiries to Patrick Keith - [pat\\_keith18@hotmail.com](mailto:pat_keith18@hotmail.com) or 0438 291 113.

Ms Kirrili Williams  
 Director of Music  
[kirrili.williams@negs.nsw.edu.au](mailto:kirrili.williams@negs.nsw.edu.au)

Dear Parent/Guardian,

The role of the School Registered Nurse is one that is forever changing and evolving. My role as the NEGS Nurse is a varied, busy and enjoyable one.

Traditionally, the role of the school nurse included health monitoring, health promotion, first aid, emergency care and counselling. The role of the nurse today often goes beyond the above tasks. It includes arranging vaccinations, vision and hearing screening, administering medication, maintaining health records, arranging emotional and mental health care, doctors' visits, caring for the girls who are too sick to go to school and the list goes on.

There are many situations in each school day where we care for the needs of our girls in boarding but also day girls and the girls and boys in St John's. To do that efficiently we need accurate and up to date information.

I am writing this note to ask you all to please complete the enclosed Medical Update Form. I have condensed it considerably so it will only take a few minutes.

Medicare information often changes, your child may no longer have asthma, may have developed a new allergy, a change in dietary needs etc.

If your child has been diagnosed with asthma since they commenced school I need to know and the school needs an asthma management from your doctor.

I do appreciate your co-operation in this matter and look forward to receiving completed forms. I am happy if it is returned by mail, email, or faxed - whatever makes it easier for you.

Health Centre email – [health.centre@negs.nsw.edu.au](mailto:health.centre@negs.nsw.edu.au)  
Fax – 02 677 68715

Kind regards,

Cathy Beevors  
Registered Nurse  
Health Centre

#### Outreach Education Dates for 2015

**Inverell - Practical Parenting** - Wednesday  
18th February 2015 - 10.30am to 1.30pm

**Tenterfield - Keep Calm They're Just Kids** -  
Wednesday 25th March 2015 - 10.30am to  
1.30pm

**Glen Innes - Love isn't all you need** -  
Wednesday 29th April 2015 - 10.30am to 1.30pm

#### Toolkit for Dads - FREE

**February - March 2015**  
7 Fridays - 13th, 20th & 27th February 6th, 13th,  
20th & 27th March 2015  
1-3pm

This 7 week course for fathers covers the most important tips and information on getting closer to your children, making sure they have a positive sense of self, understanding what kids need as they grow up, and helping you achieve a work/home life balance.

30/01/15 Version



## Contact Details

### Tamworth Office

V Guy Kable Building  
201 Marius Street, Tamworth  
Phone : (02) 6762 9200  
Email: [frcadmin@centacarenenw.com.au](mailto:frcadmin@centacarenenw.com.au)



### Armidale Office

3/150 Rusden Street, Armidale  
Phone: 02 6738 7200  
Email: [armidale@centacarenenw.com.au](mailto:armidale@centacarenenw.com.au)



*Centacare NENW provides Family Relationship Centre outreach services across the New England and North West through our offices in Moree, Narrabri, Walgett and Inverell. Please contact our Armidale or Tamworth team for more information.*

*Dates and times are subject to change.  
Courses may be cancelled prior to start date due to insufficient registrations.*

Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.



How can we help your family?

**February  
to June  
2015  
Program  
Guide  
Armidale**



**FREE CALL - 1800 372 826  
or 6738 7200**



All programs and services are FREE or attract a nominal fee.



An Australian Government Initiative



## NSW SCHOOL VACCINATION PROGRAM SUGGESTED NEWSLETTER CONTENT

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2015 the following vaccines will be offered:

### Year 7 students\*

- dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- varicella vaccine (chickenpox) as a single dose; and
- human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

### Year 11-12 students\*

- measles-mumps-rubella (MMR) vaccine as a single dose as part of a catch-up vaccination program for students who are not fully protected.

PLEASE CHECK HOW MANY DOSES OF MMR VACCINE YOUR CHILD HAS RECEIVED BY CHECKING THEIR BABY VACCINATION BOOK (BLUE BOOK) OR CONTACTING MEDICARE ON 1800 653 809. IF THEY HAVE EVIDENCE OF TWO PREVIOUS DOSES – **DO NOT COMPLETE THE CONSENT FORM.**

\* *The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.*

*Consent form kits* will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at [www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation)

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11<sup>th</sup> number beside the child's name) on the consent form, as this is required to record the student's information on the National HPV Vaccination Register and (for female students only) link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Starts  
17th Feb

# TWILIGHT SOCCER

**PRIZES FOR 1<sup>ST</sup>/2<sup>ND</sup> PLACE**  
 10's, 12's, 14's, 16's, Women's, Mixed & Open's  
 Teams: Juniors: \$240 Seniors: \$300  
 6 Week Comp

**sportline**  
University of New England

Register today [www.unisport.com.au/sportline](http://www.unisport.com.au/sportline)  
 or phone 02 6773 3744

*Kids back to school?*

**Ready to do something for yourself?**

**Why not try CrossFit?**

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

For your free trial session, simply call 6772 6798 or register online at [www.crossfitarmidale.com.au](http://www.crossfitarmidale.com.au)

**What are you waiting for?**

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



## Transport Roads & Maritime Services

### Helping Learner Drivers Become Safer Drivers

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

The workshops provide practical advice about:

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

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

Who should attend:

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

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

**FREE** **Practical Parenting**

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

**Yes?**  
Come to the Parenting Now course

**WHEN:** Friday 20th March 2014  
**TIME:** 9.30am to 12.30pm  
**WHERE:** Centacare Armidale  
 3/150 Rusden St  
*Registrations are essential  
 This course is subject to numbers*

For more information or to register, contact the Family Relationship Centre through Centacare NENW  
**6738 7200**  
**1800 372 826**