



NEGS

There's no
place
like NEGS

NEGS Newsletter

Term 1 Week 11 - Tuesday 5th April 2016

FROM THE PRINCIPAL

Mrs Mary Anne Evans



Welcome to the NEGS Newsletter, and my inaugural Principal's message.

As I pen this article on Easter Monday, I am reminded of this special time of reflection and appreciation of all that we have. A timely reminder for all of our students at NEGS, as we embark upon the final two weeks of term.

I have no doubt that Yr 12 will have used their time wisely to ensure that the examinations they are about to sit, do not invoke feelings of panic but rather confidence that they have done all they could which enables them to walk assuredly into the examination room. Their destiny is in their hands and nothing can replace hard work, attention to detail and practise. There is no magic formula.

To assist parents and students of our senior years, I have attached an article by Andrew Fuller, Clinical Psychologist, "Parents Guide to Senior Years". I think you will all find this invaluable and also a collaborative approach to your daughter's education.

In keeping with the Strategic Intent of the School, I would like to remind everyone of our clear lines of reporting and accountability. This enables parents to contact whomever is relevant in any scenario:

1. Academia: Classroom Teacher; Head of Department; Director of Studies.
2. Welfare: Tutor Teacher; Year Advisor; Deputy Principal.
3. Discipline: Classroom Teacher; Head of Department; Deputy Principal.
4. Boarding: House Mother; Head of House; Director of Boarding.

These clear channels of communication enable issues to be dealt with swiftly and by the relevant professional.

Illuminating further staffing announcements:

1. Mrs Rowena Tall has submitted her resignation effective at the end of this Term. Rowena has taken the position of Acting Head of Junior Music, Newington College Sydney. Rowena started teaching at NEGS in 2008 with her major focus on building a strong music program in the junior school. As a result, St John's is recognised as a school of excellence in Music. Rowena also directed, co-ordinated and choreographed six musicals in the junior school and lower secondary. The NEGS & St John's Community wishes Rowena and her family every success, and we shall follow with interest her undoubted accomplishments in Sydney. We shall miss you.
2. Ms Lara Johnson has submitted her resignation as Kirkwood House Mother, effective at the end of Term 2, 2016. Lara has worked in NEGS boarding since 2013 whereupon she has become an integral member of the boarding team. Lara's sensitivity, professionalism and relatability towards the girls has been invaluable and will be sorely missed. The NEGS community wish Lara every success in her impending professional life.
3. Ms Laura Cambridge will be taking twelve months Leave Without Pay, effective the end of Week 3, Term 3 2016. Laura will be teaching and travelling in England. We wish Laura all the best and look forward to her return in 2017.
4. The Teacher's Selection Panel has made a final list of successful applicants to be interviewed for the positions of: a. 0.65 English/History teacher; b. 0.85 Technological & Applied Studies/Visual Arts teacher; c. 0.6 Junior Music teacher. Once these positions have been finalised, I will make the appropriate announcement.

NEW ENGLAND GIRLS' SCHOOL

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Due to the changes this Term, the senior school timetable will be re-done to accommodate new staff, promotions, positions and exiting staff. The timeframe on this should be Week 3, Term 2, all going well. It is in the best interests of your children that this process is done comprehensively, ensuring the best teaching professionals are employed to join the NEGS/St John's teaching team. The best people, in the best roles ensure your child's success at school. It is very apt to remember the words of Benjamin Franklin:

"Tell me and I forget. Teach me and I remember. Involve me and I learn."

Finally, I would like to thank the extended NEGS & St John's community, for all their support during a very busy Term 1. It is this collaborative spirit that sets us apart. I look forward to seeing many parents at the senior school cross country on Thursday 7th April 2016, and I wish you all a happy and safe holiday break with your sons and daughters.

How parents can help students in the senior years of school

Andrew Fuller

When you have a student completing the senior years of school, everyone in the family is doing Year 11 or 12. Here are a few ideas for coming through these years flourishing, and having everyone's dignity intact.

Parents have a vital role in helping students:

- Manage time
- Manage energy
- Manage stress
- Manage to get everything in at the right time and in the right place.

In addition to this you have to manage yourself.

Developing the System

Regular planned times for study throughout the year creates better results. Short regular sprints of learning are more effective than long study marathons. To create this you need to work out a system.

Sit down with your student and map out an ideal week including-

- Times for sleeping (at least 8 hours a night)
- Times for unwinding and relaxing
- Best breakfast foods
- The best times for study
- The best time of the week for consolidating notes and extending memory
- Time to catch up with friends
- Required school hours
- Time for part time work (less than 10 hours a week)
- How to handle invitations around exam times.

Without a plan, you are simply left with doing what you like when you feel like it and often feeling like studying is not the most likely emotion in teenagers' lives.

Study sprints should be ideally 20 minutes long and never longer than 50 minutes with a ten-minute break between study sessions.

Usually on the weekend, have some time set aside for organising information and testing memory of new information.

Patience, talk through the system until you all feel that you have the best plan. Ask them how often you should remind them of the system when they don't seem to be following it.

You may also need to discuss minimizing distractions- excessive social media use, listening to music while studying, multi-tasking or chatting with friends online is not compatible with studying. Multi-tasking is just splitting your attention and means you'll need to study four times longer than you need to.

As a parent of a senior school student, keep yourself informed. Come to information sessions and parent-teacher meetings yourself. Stressed students don't always store detailed information well so take notes of key dates and requirements.

Steering students back to the system

It is hard to get through Year 11 or 12 without some meltdowns. When a meltdown occurs, rather than starting a long conversation about it or providing a motivational pep talk,

embracing life with confidence,
compassion and creativity



NEGS

Dear Parents/Guardians,

The School is offering Seasonal Influenza vaccinations (INFLUVAC) to all senior school students. The vaccinations will be given at the NEGS Health Centre. The cost is \$18 and will be charged to your school account. If you would like your daughter vaccinated, please complete the consent form below and return it to the NEGS Health Centre by **Thursday, 7th April**.

WITHOUT THE SIGNED CONSENT, WE CANNOT ADMINISTER THE VACCINE

Vaccines will not be available until mid April. Vaccinations will commence in Week 1, Term 2 in a series of clinics at the Health Centre.

Alternatively, the holidays are a perfect opportunity for students to be taken to their GP for the vaccination. Day students are encouraged to receive their vaccination from their own GP.

Student's Name: _____

Academic Year: _____ Boarding House: _____

Allergies: _____

I give permission for my daughter to have an Influenza vaccination at the NEGS Health Centre. I understand the cost will be charged to my account.

Signature: _____ Date: _____

Please return to NEGS Health Centre by Thursday, 7th April.



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

TERM 2 9 weeks

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

TERM 3 10 weeks

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



TERM 4 9 weeks

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



Building good mental health in young people

Interactive online learning courses for parents developed by the Black Dog Institute

BUILDING RESILIENCE IN YOUNG PEOPLE



This course includes five short, interactive, and engaging modules that will help you understand what resilience is and the role you can play building resilience in the young people you care for.

You will learn about:

- what resilience is in the context of mental health and how it helps
- useful strategies for building resilience in young people including how to control emotions, identifying personal strengths and a step by step process for problem solving.

NAVIGATING TEENAGE DEPRESSION



This course includes five short, interactive, and engaging modules that will help you understand depression and bipolar disorder in the context of adolescence.

You will learn about:

- the causes and signs and symptoms of depression and bipolar disorder
- useful strategies for supporting a young person you care about
- help and support services available

Access the courses at: www.BLACKDOGLMS.com
 More information at: www.HEADSTRONG.org.au

This initiative is proudly supported by:



Study Skills Seminars For Term 2.

To ensure that our girls are fully prepared for their studies and examinations at NEGS, we have engaged Elevate Education to present on Study Skills, strategies and techniques.

Each year group will receive a presentation catering to a specific skill of focus. These skills will be furthered developed in class lessons throughout the year. The girls are also taught additional study skills in their Tutor time lessons. We place great emphasis on time management, note making skills and memory strategies. Elevate Education will present at NEGS on Friday 29th April in the Assembly Hall.

The cost for the study sessions is \$12 per student 7-10; \$16 per student years 11 & 12.

This cost will appear on your school account.

For more information: <https://au.elevateeducation.com/seminars>
I have attached an example of some of the seminar material.

The program is as follows:

Study Sensei	Year 11 & 12	08:50 – 09:55
Time Management	Year 11 & 12	09:55 – 11:00
Study Skills Kick Start	Year 7 & 11	L20 – 12:10
Junior Time Management	Year 8	12:10 – 13:00
Memory Mnemonics	Year 9 & 10	14:00 – 15:00

Time Management

+ More

This seminar addresses the second most common question we get from students: *"Once I know what to do, how do I find the time to do it?"* Students have busy lives and for most, the challenge is simply finding time to get the work done.

Skills covered:

- **Study routine** - How to develop a study routine that allows for socialising, sport and extra-curricular activities but ensures that students still find time to fit in their study.
- **Working smart** - How to identify the work that is going to get students the most marks across their final years and how to ensure that it gets done.
- **Study groups** - Students are shown how to leverage their time across the year by using study groups. This is a particularly powerful technique for those students who are time poor.
- **Procrastination** - Students are introduced to the most common reasons for procrastination and how to get around it.

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+ More

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Anzac Day March - 25th April

For any day girls/local boarders, the assembly point for the March is the Moore Street car park (next to the Court House).
Assembly time is 10.15 am.
The commemoration service commences at 11.00 am in Central Park.

Students are to wear full winter walking out uniform - kilts, white blouse, tie, black stockings, blue felt hats and blazers.



Formal School Photos

WILL BE TAKEN ON WEDNESDAY, 18TH MAY.

Information regarding ordering and payment will be emailed to all families (and students) before the end of term.

Please keep an eye out for this email. If no information is received by Thursday 7th April, please contact Mrs Helen Smith (helen.smith@negs.nsw.edu.au).

New buses for seatbelt replacement programme starting in Term 2

As part of the new requirements for all school buses that transport students beyond the town limits, Edwards' Coaches has upgraded the buses on the following routes:

- Warrane
- Rockvale
- Longford
- Invergowrie 1 & 2

Students must be aware that if a bus has seatbelts, they are required to wear them. Failure to wear a seatbelt will result in the following consequences:

- Students will be reminded of these protocols by the bus driver and will be warned if they fail to comply.
- First offence: parents and school principal notified in writing; student counselled accordingly.
- Subsequent offences: parents and school principal notified; student not able to travel on the bus for up to 2 weeks for a second offence and up to 10 weeks for any subsequent offence. Permanent suspension of travel may apply to further offences.

Senior students are asked to be of assistance to junior students who may struggle to do up and undo the seatbelt.

All buses will be upgraded in the coming years.



KOKODA TRACK EXPEDITION 2016



Courage, Endurance, Mateship, Sacrifice.

Carved into four black granite pillars that form the Isavuru Memorial to Australian and Papua New Guineans who served and died on the Kokoda Track in 1942, the words represent the qualities of those who gave so much in the Second World War. They also reflect the personal stories of fathers and sons (and at times, mothers and sisters) from The Armidale School, which on five occasions has organised an expedition to walk the famous trail.

Combining personal challenge and respect for service, TAS first organised an expedition in 1997 to mark the centenary of the school's Cadet Unit, and it was completed by 32 cadets. The last trip was in 2015.

Accompanied by local guides, each day's outing starts with a briefing about the withdrawal and attack of Australian troops, and at certain points, a closer examination of the positions taken by the Australians and the Japanese during conflict.

Along the way, tribute is paid to those who had lost their lives; as part of their preparation, each TAS student has to research a soldier who served.

While the significance of the expedition as commemoration to those who served and sacrificed has remained, it has also evolved to include the TAS family more broadly and it has become particularly popular with parents and their sons or daughters.

The Kokoda expedition has stood the test of time at TAS because boys and girls still crave great adventure today as much as they ever have, but nothing compares to the real thing.

Need A Challenge In Your Life?

Walk the Kokoda Track where Australian soldiers fought the invading Japanese In 1942.

DATES

22 September to 3 October

20 positions are available for Year 10 and 11 students, parents and staff of TAS, PLC and NEGS.

An information evening hosted by the Kokoda tour company 'Our Spirit' will be held at TAS in Big School on Tuesday 26 April at 6.30pm.

CONTACT

Mr Trevor Thatcher Ph 0427 765 806 or email tthatche@as.edu.au



2016 TERM 1

A very busy term to start the year with the following activities.

Northern Ram Breeders Association – Junior Judging

A number of keen students attended this competition with an enjoyable experience for all. Mr Hamish Chandler (NEGS parent) very kindly tutored our students in the art of both sheep and fleece judging. Ribbons were won by a number of students with Georgina Watson shining through.

Guyra, Armidale and Walcha Agricultural District Shows

A big thank you to Mr Richard Mackenzie (Agriculture assistant) and Ms Louise Lawrence for their assistance with this year's local competitions. Our students worked hard and had a lot of fun! Many prizes were won across steer and heifer cattle classes, student parader and junior judging competitions at each of our local district agricultural shows.

Highlights included:

- Champion pure bred steer at Guyra
- Champion overall school at Armidale
- New England zone finalists representing our region at the Sydney Royal Show
 - Beef cattle parading: Chelsea Devenish, Emily Barton, Olivia Carter
 - Beef cattle judging: Felicity Thomas, Emma Kaul (reserve)
- Champion steer at Walcha Show
 - Champion parader at Walcha Show – Olivia Carter

Our Livestock Team is to be congratulated for an outstanding overall effort at all three competitions.

Preliminary Agriculture Farm Case Study

This year our Preliminary Agriculture class was fortunate enough to complete their Farm Case Study on 'Congi' station near Walcha. A visit to the property was the first step in the process. It was a fantastic day where students had a full farm tour and learnt about every aspect of the farm business from manager Mr Anthony Uren (NEGS parent). The class was able to see crutching, cattle ultrasound pregnancy testing and generally experience first hand one of Australia's best traditional fine wool and beef producing properties. A big thank you to Mr Uren for a wonderful experience and for the sharing of his extensive knowledge.

Stage 5 Agriculture Property Planning Competition

Also this term, both our stage 5 Agriculture classes spent a day on a Guyra sheep and cattle farm (Ellerslie) to commence the New England Property Planning Competition. It was an informative, enjoyable day where students were engaged in a number of stations on the property learning about soils and pasture, water resources, biodiversity, biosecurity and livestock enterprises. Students are now completing their property planning task in groups, ready to submit to the Local Land Services early next term. Thank you to Mrs Annette Edmonds (Science assistant) and Mrs Sara Schmude (NEGS parent) for their assistance on the day.

NEGS Agriculture activities for Term 2:

- Whole School Composting System
- HSC Guyra Tomato Enterprise Tour
- Total Field Days – NEGS Agriculture Display
- Manning Valley Beef Week
- Northern School's Prime Lamb Competition



Tamworth Show - Pig Exhibition

Lilli McMillan and Jorja Mason represented NEGS at this year's Tamworth Show - Pig Exhibition with the showing of our school bred Berkshire Pigs. Both girls assisted Mr Richard and Mrs Heather Cole (Lachlan Dale - Forbes) who initially donated our quality Berkshires, with preparing and exhibiting the prize winning pigs. A fantastic, fun experience! Well done Lilli and Jorja! Our school sow - 'River Glen Honey' is due to farrow again in April.



NEGS CROSS COUNTRY RUNNING SHEET THURSDAY 7th APRIL 2016

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

Risk Warning

(Under Section 5M of Civil Liability Act 2002)

On Behalf of **New England Girls' School**, AHIGS and IPSHA:

Sporting Activities 2016

New England Girls' School 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.

New England Girls' School, 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 **New England Girls' School**, 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.



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

Tildesley Tennis

The team consisting of Alys Marshall (Captain), Madeline Lane, Isabella Ritter, Emily Farrar, Eliza White and Lucinda Parry travelled to Sydney last week to compete in the Tildesley Tennis Competition against the other IGSSA schools. Beating the rain the girls competed in their games finishing up in 24th position.

Campus to City Canter

On Saturday a small (but elite!) team of athletes from NEGS participated in the Campus to City Canter, a 5km run from UNE to town. Sarah Wyatt, Emily Sole, Madeleine Scott, Isabella Chandler, Olivia Strelitz and Miss Cambridge lined up at the starting line ready to go. Not surprisingly we lost sight of Sarah Wyatt within the first 100 meters as she zoomed out in front of the pack with her Viper Athletics teammates. Official times and places will not be posted in the newspaper until Wednesday but it has been confirmed that Sarah finished the race as third place woman and all other athletes crossed the line close to, or just under, the 30 minute mark. Congratulations to all competitors and thank you to Mr and Mrs Sole our chief supporters and transporters.



Netball Information

The netball season will begin on Saturday April 30th, Week 1 Term 2. Students have been notified of their teams. Below is some information about the coaches and the allocated training times for the teams. Players if you have a clash with your training time please speak to your coach about this. If they cannot move the day, then you will need to join in another team's training session so that you are still developing your skills for game play. We have endeavoured to cater for all students, however, there are many additional classes, music lessons and equestrian commitments that make this at times impossible.

Draws will be emailed out weekly as will umpiring duties. It is the students' responsibility to note times and duties and to ensure that they are at the courts half an hour before playing or umpiring. Students will also be required to fill in exeats if they are absent for a game. They will need to check with their coach before organising a substitution to ensure that one is needed. Green exeat forms can be found outside the PE office. Coaches and boarding staff must sign the form before it is handed in to Miss Cambridge.

NEGS 1 Senior IGSSA- Mrs Swartz and Miss Cambridge

TRAINING- WEDNESDAY MPC 3.45-5pm starts Week 1 Term 2.

Both Miss Cambridge and Mrs Swartz have been playing netball since the dawn of time, back in the days where you used to have to yell 'play' for a throw in and velcro bibs and bodysuits were still a thing of the future. Both have been selected in their area's representative teams and have played at State Age and State Championships. Both coaches have also played State League for Armidale and currently play A Grade in the local competitions. Mrs Swartz is the 'go to' shooter with accuracy and game plans. Miss Cambridge is a 'play where you need' player generally running out the game in any position as long as she is guaranteed chocolate slice at the end of the 15 minute sprint.

Mrs Swartz holds a Foundation Coaching qualification, while Miss Cambridge holds a Development Coaching Qualification. Miss Cambridge is also a National B Badge umpire which sees her umpiring at an elite level and generally umpiring the A grade games for NEGS.

This year Mrs Swartz will be looking after NEGS one and their skills and tactics while Miss Cambridge will be focusing on their fitness and netball knowledge.

NEGS 2- Miss Ashlee Doak

TRAINING- THURSDAY MPC 4-5pm starts Week 1 Term 2

Ashlee is a keen netballer who currently plays for St Albert's College A Grade in the university netball competition. She is an old NEGS girl who played in the Senior IGSSA Netball team for two years under Mrs Swartz and this is her second year coaching for NEGS. In her time Ashlee has also represented Inverell at State Age Championships. Ashlee is what is commonly known as a 'pocket rocket'. She is fast and effective in the WA position and has been spending a lot of time in centre at Albies. Ashlee is well known for her positive reinforcement and general enthusiasm and love for the game.

NEGS 3- Miss Emma Scott

TRAINING- MONDAY MPC 3.30-4.30pm (Week 1 you will train on Tuesday as a one off so you can meet before your first game)

Emma is a new addition to the NEGS coaching staff. She is an old O'Connor girl who has recently taken up study at UNE. Emma has played A grade in the town competition for the past few years and is an Armidale representative at carnivals umpiring for the younger representative teams. Emma has represented Armidale at State Age, State Champs and State League in her capacity as an umpire. She is a qualified National C umpire which gives her general court knowledge and understanding of tactics and rules, and her years in the defensive centre court will be an added advantage to her team.

NEGS 4- Miss Georgie Gaff

TRAINING- WEDNESDAY MPC 3.30-4.30pm starts Week 1 Term 2

Georgie is also a new addition to the NEGS coaching team. She is beginning her university career at UNE and is an old girl from Loreto, Normanhurst. She has spent her high school years participating in the IGSSA netball competition and is looking forward to playing in the university competition after her recovery from a recent injury.

NEGS 5 Junior IGSSA- Miss Hannah Clark

TRAINING- THURSDAY MPC 3.45pm-5pm starts Week 1 Term 2

Hannah has recently returned from Sydney to her home town of Armidale. She is an old Duval High Student and has come back to UNE to complete a Post Graduate Degree in Sports Science. Hannah has represented Armidale at State Age, State Championships and State League as well as being selected to play for NIAS. Hannah has played A grade town competition whilst in high school and before she moved to Sydney to follow her netball career. Whilst in Sydney Hannah played for her university, local association and State League. Hannah is a committed defensive player who has sound knowledge about netball both through her experience and her career.

NEGS 6- Annabelle Heagney, Laura Claridge, Molly Evans, Bridget Sutton

TRAINING- TUESDAY MPC 3.30-4.30pm starts Week 1 Term 2

Annabelle, Laura, Molly and Bridget are all members of our Senior IGSSA team and have been so for the past two years. Amongst this group the girls hold Community Coaching qualifications, have represented Armidale at State Age Netball and State Championships as well as being part of the NIAS netball squad. The girls are looking forward to taking on the responsibility of coaching the Year 8/9 team and passing on their skills from across the areas of the court.

NEGS 7- Maddie Lane, Hannah Tomlinson Gils, Charlotte Raleigh, Katrina Tomlinson Gils, Ebony Thomas

TRAINING- TUESDAY MPC 3.30-4.30pm starts Week 1 Term 2

Madeline, Hannah, Charlotte, Katrina and Ebony are also members of the Senior IGSSA Squad. Amongst this contingent we have qualified community coaches as well as Ebony holding her Foundation Coaching qualification. Three of the girls have represented Inverell at State Age, whilst the other two have represented Armidale at State Age and State Championships. The girls have been selected and played for NIAS as well as NSW teams and Madeline holds her National C Badge in umpiring. These girls hold skills in the attacking, defending and mid court and look forward to mentoring and sharing their love for the sport with their team.

COFFS OCEAN SWIM

On the 3rd of April, six NEGS girls went to Coffs Harbour for the 2km Ocean Swim. We got our number and cap and got ready to start swimming at 9:30.

There was 296 people there overall. It was a sunny day but it was quite choppy once we swam past the jetty.

The swim was quite aggressive and competitive making all of us swim our hardest.

Lucy Fenwicke got 27th overall in a time of 29.11, 2nd in her age category and the 1st Armidale female.

Charlotte Raleigh got 49th overall in a time of 30.58, 4th in her age category and was the 2nd Armidale female.

Abbey Jackson got 90th in a time of 34.13 and got 8th in her age category. Olivia Strelitz got 16th in a time of 35.42 and got 6th in her age category.

Kathleen McPhie got 126th in a time of 36.14 and got 8th in her age category.

Sarah Wyatt got 163rd in a time of 38.29 and got 12th in her age category.

Overall there was 120 females that swam. All the NEGS girls were very successful and we all had a great day. We would like to thank TAS for sharing transport down to Coffs.

Report: Kathleen McPhie, Sarah Wyatt and Lucy Fenwicke



Abbey Jackson, Sarah Wyatt, Kathleen McPhie, Lucy Fenwicke, Charlotte Raleigh, Olivia Strelitz

NEGS NETBALL 2016

NEGS 1 (Snr IGSSA)	NEGS 2 (yr12/11/10)	NEGS 3 (yr11/1/10)	NEGS 4 (yr11/1/10)
<p>Coach: Mrs Swartz/Miss Cambridge</p> <p>Training Time: Wednesday 3.45-5pm</p> <p>Maddie Lane (C) Katrina Tomlinson Gils Molly Evans Hannah Tomlinson Gils Annabelle Heagney Bridget Sutton Laura Claridge Ebony Thomas Charlotte Raleigh</p>	<p>Coach: Ashlee Doak</p> <p>Training Time: Thursday 4-5pm</p> <p>Emily Farrar April Larsen Alys Marshall Laura Streilitz Ellen Archer Laura Hardie Claudia Neate Vicky Bennet Ally Coxon Kirra Riggs Ellie Bourke</p>	<p>Coach: Emma Scott</p> <p>Training Time: Monday 3.30-4.30pm</p> <p>Amy Reid Isobelle Fox Charlotte Kingham Lucy Ramsay Lucy Redden Grace Shortis Matilda Adamson Thelma Dauvunau Holly Coulthard Claudia Smith</p>	<p>Coach: Georgie Gaff</p> <p>Training Time: Wednesday 3.30-4.30pm</p> <p>Kira O'Connor Claudia Meehan Jenna Goodfellow Felicity Thomas Madelin Lyon Sophie Close Lucinda Parry Rachel Foster Hilary Mackay Erin Gaff Ruby Scott-Smith</p>
NEGS 5 (Jnr IGSSA)	NEGS 6 (yr9/8)	NEGS 7 (yr8/7/6)	
<p>Coach: Hannah Clark</p> <p>Training Time: Thursday 3.45-5pm</p> <p>Isabella Johnson Georgia Hiscox Carlee Christensen Stella Grieve Sheridan Bennett Janine Widders-Lockwood Chelsea Devenish Kyle Morgan Harriet Oates</p>	<p>Coach: Annabelle, Laura, Molly and Bridget</p> <p>Training Time: Tuesday 3.30-4.30pm</p> <p>Eloise Barden Sophie Mitchell Imogen Dagg Evey White Katrina Campbell Megan Galbraith Abbey Brazier Cilla McCamley Josie Orr Hannah Stewart Phoebe Uren Latoya Foote</p>	<p>Coach: Maddie, Kate, Charlotte, Ebony and Hannah</p> <p>Training Time: Tuesday 3.30-4.30pm</p> <p>Micaela Sanderson Chloe Brain Nichola Clarkson Angela Dillon Hayley Whitehill Sydney Rice Kyra-May Buchanan Madeline Watts Cynlaka Rose Eliza Watts Charlotte Claridge Sophie Mason</p>	
<p>ALL TRAININGS TO BE HELD IN THE MPC</p> <p>NETBALL UNIFORM: NEGS PE SHIRT, NAVY NEGS SKIRT</p> <p>(FULL LENGTH BLACK TIGHTS IF COLD WITH NEGS JERSEY)</p> <p>SENIOR IGSSA- NEGS DRESS</p> <p>JUNIOR IGSSA- IGSSA SHIRT WITH VELCRO AND NAVY NEGS SKIRT</p>			