



NEGS

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

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NEGS Newsletter

Term 3 Week 4 - Wednesday 5th August 2015

From The Principal

Mr Clive Logan



Perfectionism versus Striving for Excellence

Are you a perfectionist? Or do you strive for excellence?

If you think these are the same thing, I'm afraid you're mistaken. They may be related, but they are the opposite sides of the same coin. In fact, they can be so antagonistic towards one another that the best way to achieve excellence is by not demanding perfection. So, let's understand the big differences between the two.

Perfectionism is focused on "doing the thing 'right'", how things APPEAR, and if OTHERS think it's done right. **Excellence** is about "doing the right thing". It is focused on the REASON for a task, and the RESULTS for it to be a success.

Perfectionism is a thief of time, draining your energy like a blood-sucking vampire. It bullies and criticises you, and demands unachievable outcomes – since whatever you do is never good enough. It makes you try to live up to some illusion that doesn't exist. Perfection is always out of reach. Perfectionism is the individual's belief that he or she must be perfect to be acceptable. Perfectionism is black and white with no grey area. Anything other than perfect is failure. Perfectionism diminishes your productivity, your efficiency and effectiveness, and worse still, damages your peace of heart and mind.

The **pursuit of excellence** is the desire to achieve at a high level, to be the best that one can be but without the demand attached to the goal or desire, keeps you focused on what matters, fills you with energy and can act as your cheerleader. There is no damage to self-worth, like that found in perfectionism. On the other side, productivity is built into the pursuit of excellence. Pursuing excellence may require tremendous effort and focus as well as other resources. But, unlike perfectionism, it does not demand a sacrifice of self-esteem as it tends to focus on the process of achievement rather than the outcome.

Often perfectionists will not complete things, not start things, or not even take things on at all, for fear of not being able to do it perfectly. Perfectionism often causes procrastination. Fear of being unable to deliver to some unachievable standard often causes them to completely avoid doing what needs to be done. Perfectionists are terrified of making a mistake, and consequently find themselves stressed, anxious and desperately focused on not failing. They maintain unrealistic expectations of themselves and of others, causing undue stress on themselves and others. Perfection can never be achieved.

Excellence focuses your attention on what's right and working well, rather than what's not working – and this keeps your attention on the positives and how things could be even better. Excellence is limitless and progressive, since you can always reach for greater and greater excellence. Success is really based on taking the right action and getting the feedback to improve and not on getting things totally right every time.

Understand the damage that perfectionism does, and the benefits of aiming for excellence, then ask yourself where perfectionism has taken hold in your life or business. It might be a trait of yourself, a partner, a child or an employee. Deal with it at all levels, and nurture an ethos of excellence instead. Accept that nobody's perfect. Accept that excellence is a process and a direction, rather than an end point.

There's no fear attached to excellence; anyone can do it, and it's realistic. To achieve the success you want in all aspects of your life, I would encourage you to focus on striving for excellence. This way, your results will always be great – and you can always aim for even better!

Harriet Braiker summed it up this way: "Striving for excellence motivates you; striving for perfection is demoralizing."

So remember – you don't have to always do things right – as long as you always do the right thing. Life is much more rewarding and enjoyable this way!

Term Two and Term Three Calendar Dates

TERM 3

10 weeks

Monday 13 July	Year 10 Information Session 2pm Year 10 Parent/Teacher Interviews 3:30pm - Milburn Room P&F Meeting, 7pm – WH Lee Room
Tuesday 14 July	Term Three Classes commence
Thursday 16 July	IGSSA Round 1, Hockey & Netball
Monday 27 July	Year 12 Trial Examinations commence
Tuesday 28 July	Formal Assembly
Thursday 30 July	IGSSA Round 2, Hockey & Netball
Wednesday 5 August	Chemistry Olympiad
Friday 7 August	Year 12 Trial Examinations conclude
Monday 10 August	Biology Olympiad
Wednesday 12 August	Physics Olympiad
Thursday 13 August	IGSSA Athletics Carnival
Friday 14 August	IGSSA Athletics Carnival
Saturday 15 August	National Science Week
Wednesday 19 August	Day 3 STEM Day
Wednesday 2 September	St John's Musical - Dress Rehearsal
Friday 4 September	St John's Grandparents' Day St John's Musical - 2pm Old Girls' Framed! Art Show & Sale - 6.30pm Year 6, 7 & 8 Social at PLC Year 9 & 10 Social at NEGS
Saturday 5 September	Old Girls' Weekend, AGM 9am NEGS & St John's Spring Fair 10am Old Girls' Reunion Dinners
Wednesday 9 September	Year 11 Preliminary Exams commence
Thursday 10 September	GRASS Science Investigation Awards Year 7, 11 & 12 School vaccinations St John's Musical - Evening Performance, 6:30pm
Friday 11 September	IGSSA Hockey & Netball finals
Wednesday 16 September	Year 11 Preliminary Exams conclude
Thursday 17 September	Year 12 Valedictory Day Chapel 9:30am Year 12 morning tea 10:30am Year 12 Graduation Ceremony 11:30am – MPC
Friday 18 September	End Term Three
Saturday 26 September	Spring Bible Week commences
Saturday 3 October	Spring Bible week concludes

TERM 4

9 weeks

Monday 5 October	Public Holiday P&F Meeting, 7pm – WH Lee Room Boarders Return 8:30pm
Tuesday 6 October	Term Four Classes Commence Prefects Induction Assembly Year 11 Leadership camp departs
Thursday 8 October	Year 11 returns
Monday 12 October	HSC Examinations commence
Friday 16 October	Sports Presentation Evening
Monday 2 November	Year 7 & 8 Examination week
Friday 6 November	HSC Examinations conclude
Monday 9 November	Year 9 & 10 Examination week
Monday 16 November	Year 10 Work Experience Week
Monday 23 November	Year 10 Service Week
Thursday 28th November	St John's Celebration of Learning
Tuesday 1 December	Carol Service – 5pm
Wednesday 2 December	Year 7-11 Speech Day – 9:30am - MPC End Term Four

The Nicole Fitzsimons Foundation

Kate spoke to our Year 11 students on Tuesday 21st July.

Kate Fitzsimons lost her sister Nicole in a motorbike accident in Thailand and in honour of her legacy The Nicole Fitzsimons Foundation was established. An integral part of the foundation is educating young Australian tourists on the inherent dangers of travelling in countries with lower standards of safety. To find out more about Nicole & the Foundation, please visit the website at www.nicolefitzsimons.com

Batyr

A team from Batyr spoke to Years 9 and 10 on Tuesday 21st July. Batyr is a social enterprise that focuses on preventative education in the area of young people's mental health. They provide programs that train young people to speak about their personal experience with mental ill health and start a conversation in their community.

Two young girls gave a moving talk on how they overcame their mental health issues- Anxiety and Chronic Fatigue Syndrome.

Their message said that we all need to take an active part in helping out friends if they are in need- have a chat to them. It is important to surround yourself with a network of people you can rely on, such as family and friends.

Their key points that the students took away from the talk were:

1. LOOK OUT- take note of changes of behaviour in your friends
2. GET TALKING- ask someone if they are OK
3. LISTEN UP- Listen more than you talk, say "It sounds like you are having a rough time"
4. REACH OUT- to a trusted adult or teacher
5. TAKE CHARGE- take time to relax and be involved in your school community



Strengths Challenge 2015 for Parents and Families:

Your students are learning about the positive effects of identifying and building on the 24 Character Strengths. The NEGS students have used the VIA Character Strengths survey and each week in Tutor time they explore a new strength with their Tutor teacher. St John's students explore their strengths throughout their Wellbeing lessons.

Now it's your turn!

I met Michelle McQuaid at the recent Institute for Positive Psychology and Education 2015 Conference. She has a bubbly personality and is committed to helping people move from **FUNCTIONING to FLOURISHING in the workplace.**

She says that "given a [growing body of research](#) has been finding that developing our strengths at work can help us to feel more **confident, energized and happy**, doesn't being "too busy" or "feeling too tired" seem like the worst reason in the world not to start consistently doing a little more of what you do best?"

Her [Strengths Challenge](http://www.strengthschallenge.com) at www.strengthschallenge.com is a fast and fun way to create a strengths habit. Head to the website and sign up!

There are 3 easy steps:

Step 1: Determine Your Use of Your Strengths – complete a short survey to help you understand how often you're using your strengths and the impact this is having on your performance and wellbeing.

Step 2: Discover Your Strengths – Can you name your top 5 strengths? If you're struggling to find the words to describe what you do best, then we recommend taking the free VIA Survey to discover your top strengths. The good news is even just taking a strengths survey has been found to give you a short boost in productivity.

Step 3: Design A Strengths Habit – One of the easiest and most effective ways we've found to help people put their strengths to work is by creating a small 11-minute strengths habit you can use each day. If you're struggling to pick your strengths habit we have plenty of ideas in the free strengths eBook on the membership site, or join the strengths chat room and find out what others are doing!

MATHS and PROBLEM SOLVING WORKSHOPS @ NEGS PROBLEMS, PATTERNS, PICTURE, PUZZLES (PPPP) WORKSHOPS

On Wednesday 22nd July, NEGS students (years 7-10) had the opportunity of participating in a PPPP Workshop and St Johns students (years 3-6) participating in the Out Of the Box Workshop. Both workshops were run by Inquisitive Minds, a Sydney based educational business, which focuses on creating positive mathematical experiences for students in Primary and Secondary Schools.

Their innovative workshops have been designed to improve students' attitude and performance in Maths. It was amazing to watch our girls and boys thoroughly engrossed in problem solving, working together to come up with strategies to solve brain-teasers. Here are some of the comments from students about the workshops.

- *I wish that every maths lesson could be like that
- *It was so fun, we got to do maths questions that would normally be hard, but it was easy
- *I always thought I wasn't any good at maths, but now I know I am good at it
- *It was really great. I loved it because it was really fun. I can't wait until we do it again
- *I really liked how we worked together.
- *I LOVED this maths workshop. I thought it was both challenging and exciting. It was fun, could we do it again?
- *I can't believe we were rushing to get the next maths questions!
- *Since participating in the workshop I've realised that maths can be fun
- *It was a great idea and so much fun. The chocolate made the competition more intense, but we still learnt many new skills
- *It was very fun and a great way to learn maths
- *I had an awesome time and I learnt so many new skills for Maths
- *The inquisitive minds challenge helped me to see just how maths can be
- *The inquisitive minds program changed the way I see maths forever
- *It was an amazing way to deepen my knowledge about maths

Many thanks should go to Mrs Donella Tutt, our Scholars' Coordinator, who initiated and organised successfully this special day from the beginning to the end, attending to every little detail.

Mrs Consuela Despi
Head of Mathematics and Science



From the Arts Department Miss Sarah Ronald

On Friday 17th July Georgia Lowry (Year 9) and Felicity Thomas (Year 9) represented NEGS at the annual Art School Competition entitled "Lets Hang it" at NERAM. Both girls were chosen as finalists in the competition and this means that their work is framed and displayed at NERAM for two weeks. Felicity Thomas' work is a painting of a cow entitled "Eye Fillet". Georgia Lowry's work is an oil painting entitled "Dormancy Comes with Age".

I am pleased to announce that Georgia Lowry was declared the winner of the Junior Secondary Section (Year 7, 8, 9) of the competition.



Careers News Mrs Terri Swartz

Our senior students are well catered for when it comes to career advice and support. Thanks to the girls from years 10-12 taking the time to listen with a representative from Marcus Oldham College about future study opportunities.

An advertisement for Bluehaven School Shoes. It features a young woman in a school uniform sitting on a wooden bench. The ad includes the Bluehaven logo, the text "SCHOOL SHOES", a photo of a brown shoe labeled "brussels", and a "\$5 SCHOOL REBATE" offer. The rebate details are: "\$5 FROM EVERY BLUEHAVEN SCHOOL SHOE PURCHASED WILL BE DONATED BACK TO THE SCHOOL TO BE USED TOWARDS SPORTING EQUIPMENT." The store name "SPORTSPOWER ARMIDALE" and address "116 DANGER STREET ARMIDALE" are also listed. The SportsPower logo is at the bottom with the tagline "YOUR LOCAL EXPERTS".



P&F News

Spring Fair

• Final Spring Fair Meeting is to be held on Tuesday, 4th August at 5.30 pm in the W H Lee Room, Akaroa. **Liaison Parents please attend with an update on your stalls.**

P&F Facebook

NEGS P&F have a Facebook page – please 'like it' and stay informed of the latest news and events.

David Fenwicke
P&F President



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 2 (Terms 3 and 4) the cut off date for applications is the 1st December.

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 8700

A poster for "TWILIGHT SOCCER". The background shows a soccer player in a white shirt and dark shorts kicking a ball on a field at sunset. The text is in large, bold, white letters. At the bottom, there is a registration link and contact information for Sportune University of New England.

TWILIGHT SOCCER

10'S / 12'S / 14'S / 16'S
WOMENS / OPENS / MIXED
JUNIORS : \$350 / SENIORS : \$450
9 WEEK COMPETITION
STARTS OCTOBER 6

register today at www.sportune.com.au

02 6773 3856 / sportune.com.au

sportune
University of New England

CALLING BOTTLES OF ALL SHAPES & SIZES, FILLED WITH LOTIONS & POTIONS, BITS & BOBS!

St John's Yr 5/6 classes are having a BOTTLE LOTTO stall at the NEGS Spring Fair. It's a stall where every player wins a prize. (Woo Hoo!) And it can be a GREAT money spinner if we can get everyone supporting us with donations of unopened bottles.

We need donations of unopened bottles and jars containing anything and everything you can imagine – from dog wash to dishwashing liquid, from wine to Windex, from soft drink to soy sauce, from perfume to pre-wash! If it comes in a bottle, it's all good! And if it doesn't come in a bottle – eg. vouchers – then we'll find a bottle to put it in!



It would be fantastic if you can help by donating a bottle or two in the lead up to the Spring Fair. A collection box will be placed in the St John's office from Monday, August 3, to accept all donations.

For more information please contact:

Sarah Mason (mum of Sophie) – sarah.mason@hspr.com.au

Bridget Rice (mum of Sydney, Owen and Matilda) – bridgetrice@gmail.com

A massive thank you from Yr 5/6.

See you at the Fair!

Hockey/Netball IGSSA Round 2

This week saw the second round of IGSSA for the Netball and Hockey teams. With better weather the hockey teams were able to train and play in the dry and this assisted in their game play. Unfortunately, both teams were depleted by injury, however, the girls fought on and powered through all of their games with some outstanding results. The Senior team holding top grade teams to low scores and Juniors converting some of their own whole field plays into magnificent goals.

The Netballers also had a successful weekend with the Juniors coming within a point of their opposition in their first game and cracking double figures in two of their games. The Senior team walked away with three wins from three making them five wins from six with a game against PLC Armidale to come this weekend.

With these results we find the Senior Netball team travelling again later in the term to participate in finals hopefully with the Junior hockey team, where we are waiting on the results of some key other matches to confirm their position.

Well done to all involved in these hectic and exciting weekends. Special thanks to the coaches, Mrs Swartz, Blair, Kylee and Ben, the teacher supervisors, Mrs Thomas and Mrs Graham and the bus driver, Stuart.

Round 2 Results:

Senior Hockey
vs SCEGGS1 0-2
vs PLC Sydney 1 0-2
vs Abbotsleigh1 0-3

Junior Hockey
vs Abbotsleigh7 0-2
vs Rosebank4 2-1
vs PLC Sydney3 4-0
vs Ascham6 1-1

Senior Netball
vs St Catherines1 18-14
vs SCEGGS1 18-9
vs Pymble2 23-16

Junior Netball
vs St Vincents12 13-14
vs SCEGGS12 7-26
vs Pymble16 12-41

In their final match of IGSSA before finals the Senior Netball Team has defeated PLC Armidale 27-11. Making it 6 wins from 7 games.



Seniors vs St Catherine's



Junior IGSSA Netball vs St Vincent's



Senior IGSSA Netball vs St Catherine's



Juniors vs St Vincents



Sunday
September
20TH

2015
**PEDAL
to
PINEY**

Depart: 10:30am Farmers' Market, Civic Park
Arrive: 12pm Pine Forest- Picnic & Entertainment



MORE INFO: SLArmidale.org/bikeweek



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.

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.

12TH-18TH
September



How far can you ride
during Bike Week?

Ride. Log your trips.
Win Prizes!



REGISTER NOW: SLArmidale.org/bikeweek

