



## Term Dates to Remember

### TERM 4 9 weeks

#### OCTOBER

Monday 13	HSC Examinations
Wednesday 22	Twilight Concert
Saturday 25	Sam Lyle Show Jumping &
Sunday 25	Cross County Clinics

#### NOVEMBER

Saturday 1	New England Sings
Sunday 2	New England Sings
Friday 7	NEGS Sports Dinner
Saturday 22	NEGS Equestrian ODE
Sunday 23	NEGS Equestrian ODE
Thursday 27	St John's Celebration of Learning & Concert - 6pm

#### DECEMBER

Tuesday 2	Carol service at 5.00pm Drama plays
Wednesday 3	Year 7 -11 Speech Day

NEGS Calendar Link

<http://negs.nsw.edu.au/calendar/>

## From The Principal Mr Clive Logan

### What Authentic Leaders Do

Last Tuesday morning, the new Prefects for 2015 were inducted at the first assembly for this term. Eight Year 11 girls have now taken on the responsibility to lead the student body for the next 12 months. At their first meeting, each new prefect read a letter sent from last year's prefect holding their position giving some advice and what they had learnt during their year.

When one looks at the papers and the news, it is disappointing to see the way that leaders have failed in holding true to what was expected of them. Is it because they were overwhelmed by their responsibilities? Is it because they did not know what was expected of them? The best definition I have heard is that leadership is influence – nothing more, nothing less, for good or not and that a good leader needs a great team around them. Authentic leadership does not come from your title or from the size of your paycheck. Instead, this form of leadership comes from your being and the person that you are.



Here are 10 things that I found that authentic leaders do on a regular basis:

- 1. They speak the truth.** In business and politics today, we frequently see people 'swallow our truth'. We say things to please others and to look good in front of 'the crowd'. Authentic leaders are different. They consistently talk truth. They would never betray themselves by using words that are not aligned with who they are. This does not give anyone a license to say things that are hurtful to people. Speaking truth is simply about being clear and being honest.
- 2. They lead from the heart.** Business is about people. Leadership is about people. The best leaders wear their hearts on their sleeves and are not afraid to show their vulnerability. They genuinely care about other people and spend their days developing the people around them. They are like the sun: the sun gives away all it has to the plants and the trees. But in return, the plants and the trees always grow toward the sun.
- 3. They have rich moral fibre.** Who you are, speaks far more loudly than anything you could ever say. Strength of character is true power - and people can feel it a mile away. Authentic leaders work on their character. They walk their talk and are aligned with their core values. They are noble and good. And in doing so, people trust, respect and listen to them.
- 4. They are courageous.** It takes a lot of courage to go against the crowd. It takes a lot of courage to be a visionary. It takes a lot of inner strength to do what you think is right even though it may not be easy. We live in a world where so many people walk the path of least resistance. Authentic leadership is all about taking the road less traveled and doing, not what is easy, but what is right.
- 5. They build teams and create communities.** One of the primary things that people are looking for in their work experience is a sense of community. In the old days, we got our community from where we lived. There were block parties and street picnics. In the new age of work, employees seek their sense of community and connection from the workplace. Authentic leaders create workplaces that foster human linkages and lasting friendships.
- 6. They deepen themselves.** The job of the leader is to go deep. Authentic leaders know themselves intimately. They nurture a strong self-relationship. They know their weaknesses and play to their strengths. And they always spend a lot of time transcending their fears.

7. **They are dreamers.** Einstein said, "Imagination is more important than knowledge." It is from our imaginations that great things are born. Authentic leaders dare to dream impossible dreams. They see what everyone else sees and then dream up new possibilities. They spend a lot of time with their eyes closed creating blueprints and fantasies that lead to better products, better services, better workplaces and deeper value. How often do you close your eyes and dream?
8. **They care for themselves.** Taking care of your physical dimension is a sign of self-respect. You can't do great things at work if you don't feel good. Authentic leaders eat well, exercise and care for the temples that are their bodies. They spend time in nature, drink plenty of water and get regular massages so that, physically, they are operating at planet-class levels of performance.
9. **They commit to excellence rather than perfection.** No human being is perfect. Every single one of us is a work in progress. Authentic leaders commit themselves to excellence in everything that they do. They are constantly pushing the envelope and raising their standards. They do not seek perfection and have the wisdom to know the difference. What would your life look like if you raised your standards well beyond what anyone could ever imagine of you?
10. **They leave a legacy.** To live in the hearts of the people around you is to never die. Success is wonderful but significance is even better. You were made to contribute and to leave a mark on the people around you. In failing to live from this frame of reference, you betray yourself. Authentic leaders are constantly building their legacies by adding deep value to everyone that they deal with and leaving the world a better place in the process.

Adapted from:

[http://leadership.uoregon.edu/resources/exercises\\_tips/leadership\\_reflections/10\\_things\\_authentic\\_leaders\\_do](http://leadership.uoregon.edu/resources/exercises_tips/leadership_reflections/10_things_authentic_leaders_do)

## NEGS News

### A new body of Student Leadership ushered in at New England Girls' School

On Tuesday, 7th October 2015, New England Girls' School (NEGS) school community were introduced to the 2015 prefect body of NEGS. In front of students, teachers, family and staff the prefect elect were formally inducted into their positions by the school Principal Mr Clive Logan and the outgoing school leaders.

During the ceremony, Mr Logan presented each new prefect with the specially denoted prefect badge and hat band. This was followed with their Prefect Oath of Service and Commitment. Mr Logan congratulated the outgoing student leadership team for taking on the duties over the last 12 months and for helping to create the vision of student leadership engaging in school spirit and providing a student voice.

Says Mr Logan, "our student leadership structure truly reflects the quality of students we have in our wonderful school. NEGS students are leaders. We believe in enhancing the leadership skills of our students through programs that develop individual responsibility, promote independence and rewards success to enable every student to build their confidence and to create responsible citizens".

One such program will commence on the 29 October, 2014, when all prefects will travel to Tamworth for the annual Grip Leadership Conference, bringing back more ideas and more enthusiasm. They will focus on organising activities that will raise empathy and awareness of the world, sustainability, community service, fund raising, inter house competitions. They are also required to meet weekly, coordinated by Mrs Consuela Despi, to plan, decide and organise more activities for the whole school. They lead Assemblies and are the best role models for the other girls of the school.

The senior student leadership team for 2015 is:

- Nicola Orr - Head Prefect
- Caitlyn Everingham - Senior Prefect
- Alice Frend - Sports Prefect
- Edwina Morton - Round Square Prefect
- Rebecca Mulligan - Boarder's Prefect
- Anthea Powell - School Community Prefect
- Skye Ramsay - Equestrian Prefect
- Isabella Watson - Music Prefect



## Good News & Achievements



• **Charlotte Raleigh:** Over the holidays Charlotte Raleigh travelled to Sydney to compete in the first phase of the Under 17 NSW netball trials. The girls were placed into teams and played a total of 15 games. Charlotte trialled at the defensive end of the court playing both Goal Defence and Goal Keeper. At the end of these games the selections were announced. From 165 competitors they chose 60 to continue onto the next phase. Charlotte was one of these gifted players. They then had to attend the Talented Athletes Program weekend. Two NSW Swifts mentors came to help with the skill development and then game play. This weekend she travels to Sydney again to attend the third phase and to attempt to make the Under 17 team or alternatively the Development Squad. We wish Charlotte all the best of luck, she is one of the only players who is not from a metro area and is only 15 years old.

**Charlotte made the under 17 netball NSW talented athlete program 165 trialled 57 selected.**

### News just in:

**Forty nine athletes have been selected to advance to the final phase of selection for the 2015 NSW Under 17 netball team after last Saturdays selections. Charlotte Raleigh was one of these 49. She is now the only representative from NIAS and one of three (Dubbo and Muswellbrook) outside of the Sydney/Central Coast/Newcastle region. These athletes will now participate in squad training and fitness testing early in December prior to the final trial in late January. If selected Charlotte will compete as part of the Under 17 NSW team at the National Championships. Best of luck Charlotte!**

**CIS:** Both **Ellis Mackay** and **Charlotte Raleigh** attended the CIS Athletics Championships at the end of Term 3. Both girls did an amazing job. Ellis came second in the Under 17 High Jump with a PB of 1.60m which qualified her for the next step. Charlotte came 4th in the 15 Years discus and 6th of the 15 Years javelin. We would just like to extend our congratulations to both the girls who are highly motivated and spend a lot of their time training alone.

**Sarah and Clare Askey:** Both Sarah and Clare Askey also had some fantastic sporting achievements over the holidays. The girls were part of the Hockey NSW Invitational Touring Team who visited the New Zealand North Island for 10 days. They played 9 games of hockey at various places billeting out after each game. The girls had a blast with several fun excursions outside of the hockey field and numerous opportunities to improve their skills.



• Over the holidays, **Laura Streliz** attended two big Stock Horse Events on her mare 'Silverthorn Elliette'. They both had a successful time and the results are as follows:



### YOUTH NATIONAL TAMWORTH

Handler 5th                      ASHLA 3rd  
Rider 4th                         Hack 3rd  
Working 1st  
Junior Judging 1st/Highest Point Trophy 13 under 21  
5th Working Section Challenge

### EASTERN BRANCH ASH GRESFORD

Open Hack 2nd                      Open Working Mare 3rd  
1st Juvenile Campdraft                      3rd Junior Judging  
Juvenile Challenge/2nd Hack/2nd Working 1st Overall  
1st Rider 15-18

### CHAMPION RIDER UNDER 21

3rd Hack 15-18                      3rd Working 15-18  
2nd Station Horse                      3rd Dressage

Thankyou again to her Sponsor Rod Stevens Saddlery for making her and "Elle" look so smart in the ring!

• Year 5 student **Bronte Dagg** had a successful trip "down the mountain" to compete at the Bellingen All Breeds Horse Show recently. Bronte and her ponies, Toy and Pinky, took home three reserve champions, five champions and a best presented award as well as a number of prizes. Her little sister **Arabella** (Year 2) also won her rider class.



- **Laura Strelitz:** attended the NSW State Breeder ASH Show held at Scone over the weekend. She competed on her mare, Silverthorn Elliette and also took her young horse, Silverthorn Gunsmoke. Laura had a successful weekend, we were particularly pleased with Smoke as he is still quite green but stepped up to the job on the weekend placing in both his first ever dressage tests as well as his working and hack. Results as below.

Silverthorn Elliette  
 1st/2nd Dressage  
 1st Juvenile Rider  
 1st Juvenile Hack  
 CHAMPION HACK  
 ASHLA Turnout Class 1st  
 Open Hack Mare 3rd  
 Juvenile Challenge 1st hack/2nd Working/3rd Overall

Silverthorn Gunsmoke  
 4th/5th Dressage  
 2nd 4yr Hack  
 5th 4yr Working



- Congratulations to **Chelsea Eichorn** and **Anna Jarvis** winning the pairs in Guyra at the Interclub on Sunday.

- Congratulations to **Caitlin Croft** for her performance in the Glen Innes High School Sports Day Competition. Her results were amazing! She received four first places, one second and a third!! Well done.

St John's loves to hear about what our incredibly talented students are doing out in the community.

**Elizabeth Hancock:** Over the holidays Elizabeth attended the NSW Young Rider Championships at Young and Australian Interschools Championships in Werribee.

She placed 5th in Novice Freestyle and top ten in Official Novice classes in NSW Young Riders, which was a fantastic result. She placed 6th in her Novice 2.2 class in Australian Interschools Championships out of 24 riders in Australia and ended up 8th overall in Australia. She was the youngest rider in Secondary Senior Novice and she was the highest performing NSW rider in Secondary Senior Novice which is a great achievement. Well done Elizabeth!



- **Clare Askey** - Named this week as the FM 100.3 / KG Motors 'Sports Star of the Week' for scoring the winning goal for the NEGS under 16 Hockey squad to win the grand final locally.

- Congratulations to **Ellis Mackay**, who competed in the 17yrs high jump event, and cleared a height of 1.55m to finish in 7th place. Ellis had some good attempts at equalling her personal best of 1.60m and was unlucky not to get over the bar cleanly. If she had cleared 1.60m she would have won bronze. A great effort.



Clare and Sarah Askey

All tutor groups continue to make their way through the Character Strengths and this term we look at ways of practising Gratitude, Hope, Humour and Spirituality.

**Year 7-11 Year Group lessons this term are on:**

- Year 7- Continue with "Surviving Girlhood"
- Topic 9- Stereotypes
- Topic 10- Self-Awareness
- Topic 11- Responsibilities-

**Year 9 - Lessons 8,9,10**

- Self-efficacy
- Post-traumatic growth
- Bullying or banter

**Year 10 - Lessons 7,8**

- Sexual Relationships
- Getting wasted: thinking about intoxicants

**Year 11 - Lessons 5,6,7,8**

- Achieving potential
- Be a doctor to yourself: using coaching to problem solve
- Outrospection

**Year 8 - Lessons 9,10 ,11**

- Resilience: Problem Solving and the File Game
- PIIP and stress management
- Mindset

**Guest Speaker- Matthew Johnstone from the BlackDog Institute- Parents welcome.**

On Tuesday 28th October, Matthew Johnstone will speak to the girls on raising awareness of mental health issues particularly in relation to living in rural Australia. He will be discussing the impact of rural adversity on farming/regional families' mental health and wellbeing. All parents and Boarding staff are encouraged to attend.

**There will 2 sessions in the Assembly Hall – Years 7-9 11.20-12.00 and Years 10-11 12.05-12.50.**

Matthew Johnstone is an accomplished author and speaker who has given talks all over Australia and the UK. The recipients of his talks have been schools, community groups, corporations, hospitals and places of industry. He has been the keynote speaker at various fund raiser events and workshops. Matthew has written and illustrated six books, three of which have been best sellers.

His speaking career began after the release of his second book 'I Had a Black Dog' published in 2005 by Pan MacMillan Australia. Although this book deals with his battle in overcoming depression - his talks are inspiring odyssey of hope, resilience, the path to happiness and what can be learnt from coming through adversity.

Matthew spent 15 years as an award winning creative in advertising, working in Sydney, San Francisco and New York. He has combined his career of communicating simply and effectively with his life story. His talks are accompanied by highly visual slides both photographic and illustrated. There are no graphs or pie charts, this is purely a visual, inspiring and often humorous journey.



Matthew's desire for those who hear him speak are to leave inspired to:

- Communicate more openly and effectively both at home and work
- To strive towards living more authentically
- To be more mindful and present
- To be inspired to create more purpose in their lives
- To be motivated to work towards what makes them genuinely happy
- That good can come from bad if we're open to learning from the experience

## October Issue Out Now

All students can access this e-magazine via the link that has been emailed to them.



### Chatterbox

<http://www.cybersmart.gov.au/Home/Parents/Resources/Educate%20yourself/Chatterbox.aspx>

**This new website offers parents resources and information on cybersafety issues.**



The informal and interactive nature of Chatterbox provides parents a fresh, new and jargon-free perspective on cybersafety issues. The Chatterbox conversations by Cybersmart can be accessed at home, on a mobile device or on-the-go. Parents are encouraged to submit questions and share stories on our Facebook page.

### Episode 6 - Digital Rights vs. Digital Wrongs

Do you feel you have the tools and knowledge to help your kids deal with ethical situations they may encounter online?

Young people are still developing their self-regulation skills and as adults, we are best-placed to guide them in making the right decisions both online and offline.

Do you think parenting online is any different to parenting offline?

### Episode 5 - Screentime and Downtime

Between smartphones, tablets and laptops, kids are consuming many hours of screen time a day.

Unless a good balance of time offline and online is maintained, it can start to feel quite excessive or even compulsive, and interfere with their physical, mental and social health.

This episode of Chatterbox explores time online – how much is too much?

### Episode 4 - The Internet's Underbelly

The digital world has made pornography accessible, anonymous and affordable for all. For adults – this isn't generally an issue, but for young people it can be damaging and disturbing.

For some children, exposure to online pornography occurs before any formal education on the topic, and the portrayals fail to demonstrate the elements of a healthy sexual relationship, like love and respect.

This episode of Chatterbox focuses on accessing age-inappropriate content and unwanted contact.

### Episode 3 - Trolling, Tagging and Bagging

Online communication through picture posting, status updates, texting and instant messaging is an integral part of life, with many benefits for self expression.

However, young people need to be aware of the rules and etiquette principles that apply to digital interactions.

Episode three explores the potential for harm that can sometimes occur when social media is misused.

### Episode 2 - Tots, Teens and In-Betweens

Has the digital world changed childhood forever or will kids always be kids regardless of changing environments?

Cybersmart Chatterbox ponders where technology fits with the trials and tribulations of growing up.

### Episode 1 - Selfies and Someone-Else's

The first episode of the Cybersmart Chatterbox series explores some of the risky behaviours young people can engage in online.

This episode suggests tips on how to manage some of the most common parenting challenges in the online world.

Enjoy Term 4!



**TAS THE ARMIDALE SCHOOL**  
EXPLORE  
EXPERIENCE  
ENJOY

**Celebrating the school's 120<sup>th</sup> year with a grand new organ for the TAS Memorial Hall.**

**In our 120<sup>th</sup> year, we invite you to the official launch of a grand new organ for the TAS Memorial Hall.**

The gift of an anonymous donor, the organ, handcrafted by the Allen Organ Company in the US and the largest concert instrument in Armidale will be showcased at a gala concert by acclaimed organist Mr Warwick Dunham, TAS choirs and other performers.

Please join us as we celebrate this magnificent addition to the cultural life of TAS and the Armidale community.

This event is also a fundraiser for the facade pipes needed to complete the installation of the organ in the Hall. All donations to this cause are tax-deductible and can be made when booking or on the night.

**Date:** Saturday November 15  
**Time:** 5-8pm  
**Cost:** \$30 per head (includes drink on arrival and cocktail food)

Online Bookings & RSVP by 10 November to: [www.trybooking.com/GBCP](http://www.trybooking.com/GBCP) or contact TAS Reception (02) 6776 5800

**TAS FOUNDATION**

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.

All ARMIDALE courses will be held in the Family Relationship Centre:  
Armidale Office - 3/150 Rusden St, Armidale.

All of these programs are FREE of charge unless otherwise stated  
Please note: Bookings are essential for all courses. The earlier you book the more likely the course will go ahead.

For further information, or to enrol in any course please contact the Family Relationship Centre, Armidale office on 6738 7200 or Free Call – 1800 372 826 Or email us: armidale@centacarenenw.com.au

Centacare and the Family Relationship Centre are here to:  
help you strengthen family relationships;  
help families stay together;  
and assist families through separation.

#### Relationship Course

Love Isn't All You Need (The Beatles were wrong.)- FEE - Stronger Relationships \$200 voucher (Couples only)

Most couples get help or advice 6 years too late. If you act now you can help prevent divorce and increase your happiness in the relationship! This 4 week course teaches you the skills that you need to increase your friendship and closeness and help you with conflict.

Make time for each other to learn the principles that make relationships work and remind yourself why you love your partner so much in the first place!

November 2014 - Armidale  
Mondays - 3rd, 10th, 17th & 24th November  
12.00 - 2.30pm

#### Outreach Education Dates for 2014 – see below for descriptions of these courses

##### Courses for separated parents

##### Keeping Kids In Mind! (KKIM)

This is a 5 week accredited course designed to help separated or divorced parents in high conflict. This course aims to help parents handle strong emotions better, understand how entrenched conflict negatively affects children and provides tips for parenting during tough times. KKIM satisfies the requirements of a court ordered separated parenting course.

Mondays for 5 weeks, starting Mon 13th October 2014

5.30 - 8pm COST: \$50

##### Building Connections – FREE

This program aims to help separated parents have healthy and strong relationships with their children.

The pre-mediation program covers:

- ways of communicating with the other parent
- the impact of separation and conflict on children,
- setting goals for future parenting
- the support services available to you.

Armidale 2014  
September  
Thu 25th Sep 9.30am -12.30pm

October  
Wed 15th Oct 5.30 - 8.30pm  
Thu 30th Oct 9.30am - 12.30pm

November  
Wed 19th Nov 5.30 - 8.30pm  
Thu 27th Nov 9.30am - 12.30pm

#### Parenting courses

Surviving Your Adolescents (11-22 year olds) – FREE – Armidale and Tenterfield

Surviving Your Adolescents is a program which will provide parents with some useful skills for dealing with teenage behaviour. Find out what is normal behaviour for a teenager; how to manage risk-taking; tips to maintain and improve your relationship with your teenager; and the Four Cardinal Sins (what not to do) of parenting teens.

October 2014 - Armidale  
Thursday 16th October - 9.30am to 12.30pm  
Follow up - Thursday 23rd October - 9.30am -11.00am

#### Exploring Challenging Children – FREE – Armidale

Covers:

- identifying the child's concerns and triggers that cause the behaviour,
- teaching lagging coping skills to these children,
- finding workable solutions that satisfy both adults and children.

The program provides an understanding of children with Autism Spectrum Disorder .

November 2014 Armidale  
Thursday 6th November - 9.30am to 12.30pm



**Keeping Kids In Mind**

Keeping Kids In Mind is a five week course offering support for separated parents in a time of change and uncertainty, helping them understand the impact of separation or divorce on children.

- handle strong emotions better
- understand how entrenched conflict affects children
- tips for parenting during tough times

*This course satisfies the requirements of a court ordered separated parenting course.*

Registration is essential.  
To book your place please call  
**1800 372 826 or 6738 7200**

**WHEN:** 5 x Mondays  
5.30pm - 8pm  
13th, 20th & 27th October;  
3rd & 10th November  
**WHERE:** Centacare NENW  
Suite 3/150 Rusden St, Armidale  
**COST:** \$50  
(payment plan available)

Armidale 2014  
September  
Thu 25th Sep 9.30am -12.30pm




New England Sings!

This grand event is going to be held on the weekend of the 1st and 2nd of November at Lazenby Hall. Parents are encouraged to purchase tickets early in order to avoid disappointment as this event sells out very quickly. Tickets can be purchased online through the NECOM website - www.necom.org.au

An information note for those students participating will be circulated shortly with more detailed rehearsal and performance information.

Private Vehicle Conveyancing (PVC)

Private Vehicle Conveyancing (PVC) travel diaries

A reminder that all travel diaries (for boarders' travel) should be returned to the me at NEGS by the end of Term 4 detailing trips made in Terms 3 and 4, otherwise the minimum will be claimed i.e. 1 return trip for each term.

Please note: for families who are not registered, to be subsidised for Semester 2 (Terms 3 and 4) the cut off date for applications is the end of November. Once again, if your application is successful, could you please forward a copy of the original form to NEGS so we can ensure that you will be paid your subsidy? Thank you for your assistance.

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

NSW Parents Council



NSW Parents' Council reports on its very successful trip to Armidale, with articles from two of the speakers, Nina Funnell and Kate Fitzsimons

- Wellbeing@NEGS: Principal Clive Logan talks about new initiatives at New England Girls' School
#ozptchat - connecting parents and teachers on twitter
Trent Southworth, Teen Strategies Group, gives advice on the potential dangers in your medicine cabinet and congratulations to the deserving winners of our Awards for Excellence, presented at our AGM

Full newsletter at http://www.parentscouncil.nsw.edu.au/Newsletters.htm

FREE

Surviving Your Adolescents

Learn how to manage and let go of your 11-22 year old!

The Surviving Your Adolescents course covers:

- What is normal adolescent behaviour
How to manage teen risk-taking
The Four Cardinal Sins (what not to do)
The relationship between parent-teen communication and adolescent safety
The four ways to improve your relationship
What role to take: Observer, Advisor, Negotiator, Director
How to respond to emotional blackmail



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

WHEN: Thursday 16th October
TIME: 9.30am to 12.30pm
Follow Up: Thursday 23rd October - 9.30 -11am
WHERE: 3/150 Rusden St. Armidale
COST: FREE



Registration is essential. This course is subject to registration numbers.



FREE help for separated parents

Building Connections is a program to help separated parents have healthy and strong relationships with their children.

This program covers:

- This impact of separation and conflict on children
Ways of communicating with the other parent
Setting goals for future parenting
Support services available to you

DATES AVAILABLE:

- Thursday 25th September, 9.30am - 12.30pm
Wednesday 15th October, 5.30pm - 8.30pm
Thursday 30th October, 9.30am - 12.30pm
Wednesday 19th November, 5.30pm - 8.30pm
Thursday 27th November, 9.30am - 12.30pm

WHERE: 3/150 Rusden Street, ARMIDALE

For more information or to book, please call
1800 372 826 FREECALL
or 6738 7200



Exploring Challenging Children

Free help for frustrated parents

Does your child:

- Show extreme behaviour?
Have intense temper tantrums?
Refuse to do what they are asked?
Use verbal and physical aggression?

Exploring Challenging Children covers:

- Identifying the child's concern and triggers that cause the behaviour
Discovering and teaching children the lagging coping skills they lack
Finding workable solutions that satisfy both adults and children.

WHEN: Thursday 6th November
9.30am to 12.30pm
WHERE: 3/150 Rusden St, ARMIDALE
COST: FREE
For more information or to book, please call
1800 372 826 or
6738 7200





9th October 2014

Dear Parents/Guardians,

NEGS is pleased to offer Parents/Guardians the opportunity to pay future years school fees in advance as a lump sum.

We are offering the opportunity to pay for the 2015 tuition and boarding fees based on the 2014 fee schedule with a 4% discount applied.

Please note, this discount applies to boarding and tuition fees only.

The arrangements must be in place and funds paid to the school by Friday, 14 November 2014.

Please contact NEGS Finance Office via 02 6774 8700 to arrange a quote to take advantage of this opportunity.

## NEGS Uniform Shop

Mrs Rosemary Campbell

### Consignment Clothing

All clothing is to be left at the Uniform Shop. Usual days Wednesday and Thursday 8.30-4.30.

Please fill in a Consignment Uniform Booking Form available at the Akaroa Reception or the Uniform Shop.

Articles must be clean and mended if necessary. Where practical, please hang dresses and blouses on hangers.

Kilts, tartan ties and blazers must be dry cleaned and left in the dry cleaning bag on the hanger please. If clothes are not laundered they will be laundered here and the owner will not receive payment.

The clothing is tagged when it is received and the date is noted. If the clothing or articles are not sold within 18 months from the date they are received, these clothes become the property of the School.

Any clothing that is unsuitable for sale in the Uniform Shop, is given to the Salvation Army to be sent overseas.

Please leave the original name tapes on the articles.

Many parents take advantage of the second hand clothing and if the articles are presented well, they sell very quickly.

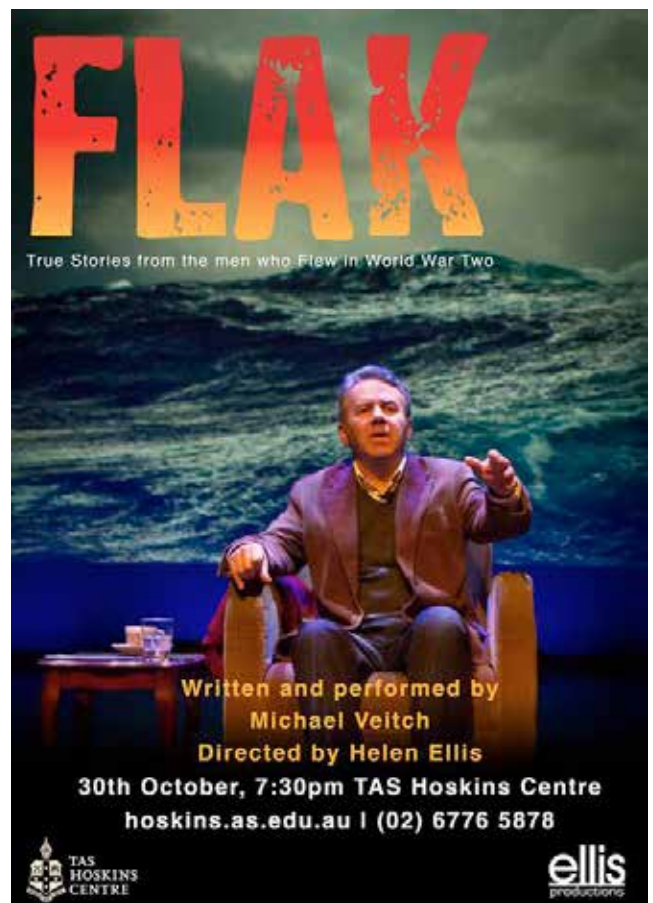
Second hand clothes are sold to the next family for half the original price. The original owner will receive the second hand price less 30% commission.

If buying clothing from another family it is a good idea to check with us that the clothing is current.

It is the responsibility of the owner of the clothes to contact us with any change of address or bank details. We are unable to return clothing and articles that we cannot sell.

Please do not place clothing in plastic bags

Thank you very much for your co-operation.



## 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:
Tuesday 11 November 5:30pm – 7:30pm	Armidale City Bowling Club – Tops Function Room	www.etcld.com.au/rms Ph: (02) 6650 1969 Freecall 1300 359 968

A small collection of photos from the Round Square Senior Conference - Pre-Tour of Turkey. The girls (Logan Brown and Raquel Frogley) and I participated in a 3 day home stay and then joined in a range of cultural Activities with Enka Lisle School in Istanbul.



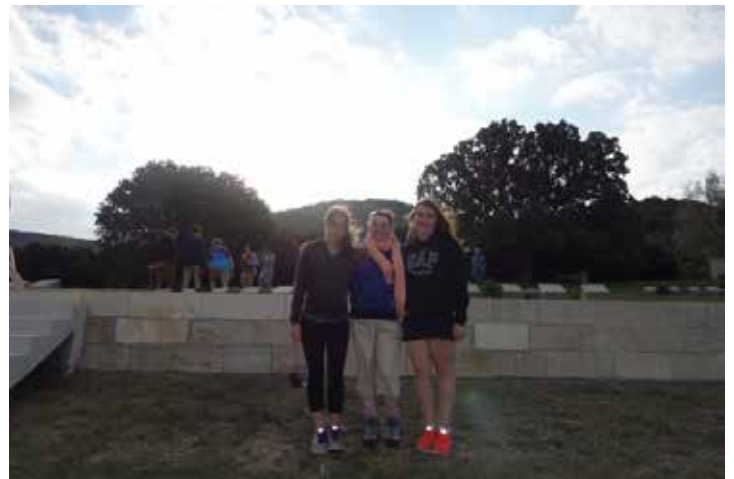
View from the highest point in Istanbul, Pier Loti Hill



Learning Turkish Drumming.



Joining students from TAS Armidale, Trinity Anglican School, Cairns and Bunbury Cathedral Grammar School in WA on a tour of the Golden Horn. Students learnt that Istanbul sits astrid a river which divides the land mass into Europe and Asia.



We spent 2 days at Gallipoli, learning the history and undertaking a memorial service at Lone Pine.



We found the grave of John Simpson from the Simpson and his Donkey fame and we surpassed to learn he only lived 20 days once he landed in Gallipoli.



Students from each of the 7 participating schools (including Vivek High School in India) undertook a memorial service at Lone Pine and all students placed crosses brought from the Australian War Memorial.

# Science News

Miss Stone

## Science Success

Last term was very busy for the NEGS Science faculty and we have had a number of successes in national and global competitions.

50 students from Years 4-10 competed in Education Perfect's World Science Series Championships. NEGS placed 3rd in the world and 2nd in Australia in our category of 'schools with 1-50 students'.

The following students achieved outstanding individual results:

### Credit (placing them in the top 20% of 20 000 competitors)

Alex Patten                      Year 9  
Victoria Bennet                Year 9

### Bronze (placing them in the top 10% of 20 000 competitors)

Sophia Gibby-Loughrey      Year 7  
Megan Galbraith                Year 7  
Isabella Collison                Year 5

### Silver (placing them in the top 5% of 20 000 competitors)

Zara Blackmore                Year 7

### Gold (placing them in the top 2% of 20 000 competitors)

Charlotte S                      Year 6

Charlotte was also awarded a 2GB iPod shuffle for her efforts.

The following students also received certificates for achieving the highest point score in their respective NEGS classes.

Lydia F	Year 4	Eloise Redhead	Year 8
Isabella C	Year 5	Victoria Bennet	Year 9
Charlotte S	Year 6	Emily Farrar	Year 10
Zara Blackmore	Year 7		

The Science Club girls have been busy learning how to program using Tynker. Hopefully they will be ready to design their own apps soon! The Year 6 partnership of Francisca D and Charlotte S in Year 6 competed in the Science iQ competition run by the Western Australian Science Teachers' Association and came 2nd in Australia!. They were each awarded with a certificate and \$30 worth of Coles Myer vouchers. Well done girls!

Towards the end of last term, some students from Years 3/4, 5 and 6 also competed in the Bebras computational thinking challenge. This is an international initiative whose goal is to promote computational thinking for students. Bebras is aligned with and supports the new Australian Digital Technologies Curriculum. It is run by NICTA under the Digital Careers program, funded by the Australian Government as represented by the Department of Communications. The students enjoyed the challenge and we look forward to participating again next year.



## Experience The Magic Of Hosting



”

In July our exchange student, Toon, joined our family. And when I say joined he literally did that. He has become my teenage son. Our experience as a family has been amazing and unforgettable.

Toon is leaving this week and I feel like my son is grown up and leaving home. There is nothing negative that I can say about our time with Toon. Toon has been through all sorts of things with our family. Through good times, like the birth of our new daughter, and not so good times (but nothing bad).

I would like to say my respects to Toon's parents. They have done a wonderful job raising such a courteous, well mannered, well balanced son. We have so many fantastic stories from this exchange experience. We have enjoyed it so much that we are hosting again next July. We will have a friend for life and will never forget Toon.

Thank you WEP for the chance to meet Toon. It wouldn't have been possible without the WEP team. Only a quick few words to show my appreciation in meeting Toon and to WEP.

Enrich your home with a curious exchange student in January 2015

**Request student profiles now to find out more!**

[www.wep.org.au](http://www.wep.org.au) **1300 884 733** [info@wep.org.au](mailto:info@wep.org.au)

# Boards



## Weekend Outline

Friday 17th October – Sunday 19th October

### Friday 17th October

---

- 5.45pm Dinner in the Dining Hall
- 7.00pm 7:00pm –9.00pm Year 11 Dinner Leave (optional)  
7:00pm –10.00pm Year 12 Dinner Leave (optional)

### Saturday 18th October

---

- 8:00am – 9:00am Breakfast in the House
- 10:00am – 12:00pm BUS to Town –Meet at the Turning Circle.  
Pick up to Return to NEGS @ Bus Stop on cnr Faulkner St and the Mall @ 12:00pm
- 12:30pm Lunch in the Dining Room
- 5:45pm – 6:30pm Dinner in the Dining Room
- 7.00pm Year 11 Dinner Leave (optional)  
–9.00pm Year 12 Dinner Leave (optional)  
–10.00pm

### Sunday 19th March

---

- 9.30am– 11.00am **OPTIONAL ACTIVITY- A DAY ON THE GRAVEL (See attached flyer and sign up in Kirkwood House)**
- 11:00am Brunch in Dining Room
- 11:30am – 1:00pm Hour without Power  
MPC open OR Free Time outside. The pool will be operational from this weekend (weather permitting)  
Both Kirkwood and Saumarez will be locked for this hour.
- 1.00pm–3.00 pm SPAR: (1.5 hour limit)  
Year 9 are able to walk to SPAR in groups of 4 or more  
Year 10 are able to walk to SPAR in groups of 3 or more  
Year 11 and 12 are able to walk to SPAR in pairs
- 5:45pm – 6:30pm Dinner in the Dining Room
- 6.30– 8.00pm PREP In Kirkwood and Saumarez House

**IF YOU ARE ON AN EXEAT THIS WEEKEND PLEASE ORGANISE YOUR PAPERWORK BY WEDNESDAY EVENING**

# A DAY ON THE GRAVEL

ADMISSION FREE

2

STAGES

CINDERS LANE ARMIDALE

13

ACTS

ASH HALL TRIO  
FRANCESCA ANDREONI  
BEZ IMENA \* ALANA BLACKBURN  
THE BOPCATZ \* ~~BOB DYLAN~~ (unavailable)  
EPHEN STEPHEN \* FABIO  
LISSA-KÄTHE \* PURCELL & STAPLETON  
THE SUNDEWS \* TERRA FIRMA  
WILD WOMEN OF ARMIDALE  
WIRRYCOW

BREAKFAST \* COFFEE \*  
SNACKS ON SALE

SUNDAY 19TH OCTOBER 2014  
8 AM TO 2 PM

A CIVIC PRECINCT EVENT

[www.armidalecivic.org.au](http://www.armidalecivic.org.au)

CIVIC



**Camp Sew & So Sewing Retreat**  
**New England Girls School Campus, Armidale**  
**January 11 - 16, 2015**

Do you love all things sewing?

Then join Rita Showell, local teacher, dressmaker and fabric retailer, and a team of experts for the week long sewing experience of a lifetime. Join other sewing enthusiasts for this week where tutors share their wealth of knowledge and skills with you. It is an action packed week: classes are from 9am to 4pm with the centre open from 8am to 10pm giving you plenty of independent sewing time or the opportunity to participate in further learning in the various night courses on offer.

If you can't make the whole week, then there are a number of short courses on offer.

Classes will be limited to 10,12 or 14 participants per tutor to ensure plenty of personal attention from these gifted and generous teachers.



# Camp Sew & So

Courses:

- Junior
- Teen
- Master Classes
- Short Courses
- Evening Courses

Dates:

January 11th - 16th 2015

Venue:

New England Girls' School  
 (NEGS). Uralla Road,  
 Armidale

Hours: Sunday 11th: 2pm - 5pm  
 Monday 12th - Friday 16th  
 9am - 4pm

Sponsored by **BERNINA**<sup>+</sup>  
 NEGS Centre of Excellence  
 and Fabric Fair



You are cordially invited to attend a  
**Cocktail Function Showcasing the talented**  
**Australian artist, Lucy Culliton "Eye of the Beholder" Exhibition**  
*- her vibrant career with impressions from everyday life.*



Date: **Thursday 20th November 2014**  
 Time: **6.00-8.30pm**

Venue: **Moeman Art Gallery, corner Art Gallery way and Myahgah Rd, Moeman.**  
 Cost: **\$30 per head pre-paid or \$38 on the night - ring Sue for ordering purposes**  
 Includes: **Champagne/drinks with finger-food supper**  
 Raffle prizes help raise funds for **NEGS SYDNEY OGU SCHOLARSHIP**



RSVP: With payment by 15th November 2014, enquiries Sue Noor 0422454463  
 Cheques made payable to: **NEGS OLD GIRLS UNION SYDNEY BRANCH**  
 Cheque address on envelope to: **21 Milham Cres, Forestville 2087**  
 Direct Debit: Account name : **NEGS OGU** BSB: **112-879**  
 Account no : **115092419** Reference: **Your Name**

*Til death do  
 as part...  
 REALLY?*

**Love isn't all you need!** (The Beatles were wrong.)

(COUPLES ONLY)  
 Most couples get help or advice 6 years too late. If you act now you can help prevent divorce and increase your happiness in the relationship!  
 This 4 week course teaches you the skills that you need to increase your friendship and closeness and help you with conflict.  
 Make time for each other to learn the principles that make relationships work and remind yourself why you love your partner so much in the first place!

**WHEN:** 4 x Mondays 12pm - 2.30pm  
 Starts 3rd November - ends 24th November  
**WHERE:** Centacare NENW  
 3/150 Rusden St ARMIDALE  
**COST:** Stronger Relationships \$200 voucher  
**RSVP:** 20th October, call the  
 Family Relationship Centre  
**6738 7200 or 1800 372 826\***  
\* This course is subject to numbers.  
 Registrations essential.



### Hawkesbury Canoe Classic

This year we have a father/daughter combination attempting the Hawkesbury Canoe Classic, Angus and Mary Carter (Year 11). This is a fundraising event for the Arrow Bone Marrow Foundation where teams paddle 111km and fundraise for this worthy cause. Mary will be running a Spider (the drink) Stall this Thursday to begin her fundraising.

Over the weekend Mary and Mr Carter had a successful night paddling 30kms & then another 25kms in the morning at Grafton. There were 18 canoes with the Carters coming in 8th with an average speed of 8kms at night, and 3rd average speed 7km's in the morning. This is a great achievement and we wish the Carters all the very best in their preparation for the event. Please remember to support Mary by buying a Spider or donating at her stall.



**SPIDER'S**  
Do you like fizzy drink and ice-cream?

**Buy a spider for \$2.50 this Thursday at recess and lunch**  
I will also be selling raffle tickets for \$2.00 each and you can win awesome prizes!!

On the 25th of October I will be entering in the 38th Hawkesbury Canoe Classic with my Dad, which is a 111km paddle to raise money for the Arrow Bone Marrow Foundation.

IF YOU CAN'T MAKE IT ON THURSDAY YOU CAN SPONSOR ME ONLINE -  
[HTTP://WWW.CANOECLASSIC.ASN.AU/MY/RACES/SPONSORSHIP?RID=21130](http://www.canoeclassic.asn.au/my/races/sponsorship?RID=21130)

You are invited to join us for the 2014

## NEGS Sports Dinner

On **Friday 7th November 2014**  
Time **5.30pm for 6.00pm start**  
Cost **\$50.00**  
Venue **Armidale Ex-Services Club,**  
Dumaresq Street, Armidale  
RSVP **Friday 24th October 2014, with payment, to**  
NEGS Reception on 02 6774 8700 or  
email: [reception@negs.nsw.edu.au](mailto:reception@negs.nsw.edu.au)



New England Girls' School  
Uralla Road, Armidale NSW 2350  
T +61 02 6774 8700  
E [reception@negs.nsw.edu.au](mailto:reception@negs.nsw.edu.au)  
[www.negs.nsw.edu.au](http://www.negs.nsw.edu.au)