



Term Dates to Remember

TERM 3 (10 weeks)

SEPTEMBER

Thursday 4	Year 11 Examinations commence
Friday 5	Grandparents' Day
	Old Girls' Framed Art Show
Saturday 6	Old Girls' Weekend
	St John's / NEGS Spring Fair
Thursday 18	Year 12 Valedictory Chapel and Graduation
Friday 19	Buses depart from 7.30am

TERM 4 9 weeks

OCTOBER

Monday 6	Public Holiday
	Boarders return by 8.30pm
Tuesday 7	Classes resume
	Year 11 Info session 2.00pm

NOVEMBER

Friday 7	NEGS Sports Dinner
Saturday 22 & Sunday 23	NEGS Equestrian ODE

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

Accept Yourself (Flaws and All): The Benefits of Being Vulnerable

Mentally strong people don't hide their true nature behind a veil of secrecy. If you find it difficult to accept yourself, please consider these benefits of being vulnerable:



1. You will learn to appreciate the quirks that make you unique.

Being vulnerable will help you embrace the strange (interesting) and quirky (unique) things that make you special. While you might call certain personal characteristics are 'awkward', they are only awkward if you don't accept yourself, and consequentially feel uncomfortable in who you are. We are all crazy in our own ways; and if you're going to be weird, you might as well be confident about it.

2. You will make peace with troubling memories from your past.

Being vulnerable will help you get rid of pent-up baggage that bothers you. While it isn't easy to deal with painful memories, it is better to confront your past than it is to hide from it. We all have made bad decisions we regret, so don't even think about judging yourself; search for a lesson or takeaway that will help you prevent similar mistakes in the future and let it go.

3. You will attract the right kind of people into your life.

Being vulnerable will help you understand what types of people you can most relate to. While you might be tempted to hang out with whoever crosses your path, it is better to choose your friends carefully. We all have made the mistake of telling something personal to somebody we shouldn't have and ended up getting hurt due to backstabbing or betrayal; it is good to love all people without question, it is best to only put total faith in true friends worthy of trust.

4. You will find it easier to empathise with the struggles of others.

Being vulnerable will help you develop empathy for others. While it is easy to throw a fit when something terrible happens to us, it is a lot harder to demonstrate compassion for the struggles of another person. We all have been guilty of getting so caught up in our own lives that we forget the world doesn't revolve around our needs; before behaving like an upset infant, remember that many people face hardships that you couldn't begin to imagine.

5. You will earn the trust of people at school and at work.

Being vulnerable will help you grow closer to the people in your school or workplace. While you might think you deserve recognition just because of your hard work, you need to remember that no amount of achievements can make up for a complete lack of emotional intelligence. We all have complained about getting 'passed over' for a position; before assuming you're 'under-appreciated', take an honest look at your ability to communicate and work together with your peers.

6. You will humanise yourself in the eyes of others.

Being vulnerable will help you demonstrate that you are an approachable person who is kind and considerate. While it isn't easy to find the courage to reveal our true nature, there is no better way to encourage others to accept themselves. We all have fought with a lack of self-worth at one time or another, and I'm not excluded. While I have made strides forward, there are still some days where I wonder why anybody would care about what I have to say; and other days, I worry that I might never meet a person who truly understands me. I don't say that to moan and groan, but rather to emphasise that I am a human just like you. I have learnt to accept me, flaws and all, because positive change cannot come from a place of fear, shame, self-loathing or retreating from others. I hope these benefits of being vulnerable will inspire you to do the same.

Adapted from: **Accept Yourself (Flaws and All): 7 Benefits of Being Vulnerable**

by Daniel Wallen, found at:

<http://www.lifehack.org/articles/communication/accept-yourself-flaws-and-all-7-benefits-being-vulnerable.html>

Book Fair on Grandparents' Day 5th September

NEGS will be welcoming Grandparents for a morning on Friday 5th September and part of that celebration of families and support for NEGS, will involve a Book Fair. This will be located close to the Library Lawns where morning tea will be served. If the weather is unkind you will be notified earlier in the morning where the Morning Tea and Book Fair will be relocated.

The Book Fair will be a model of a specialist children's book shop with book items for children from early childhood to teens for very reasonable prices. We would encourage Parents and Grandparents to purchase a book for their child or grandchild to take or to be kept for a birthday or Christmas gift or to donate to the Library with the student's name. We have 3 main suppliers: Scholastic, Readers Companion and Collins Bookshop.

Please look out for the Book Fair and be part of the excitement of browsing among exciting new books. There will be many titles the students would love to own.

NEWS from NEGS P & F

Each year the NEGS P&F distributes most of the funds raised at the previous year's Spring Fair to various projects around the school after consulting with Heads of Departments and with the approval of the Principal.

This year the following projects were supported by the P&F:

- \$850 to St.Johns for 2 ipads and screen protectors
- \$500 for a herb and kitchen garden project
- \$1000 for novels for the English Departments Wide Reading Program
- \$2500 contribution for an auger and hopper for the Agriculture Department and Equestrian Centre
- \$600 for a cathode ray oscilloscope and
- \$500 for Lego Mindstorms EV3 robotics for the Science Department
- \$1500 for a new office chair, 3 new timber venetian blinds and the balance on new doonas and bedspreads for the Health Centre
- \$250 for a new sign on the St.John's bus
- \$2218 for two lots of curtains in the school library
- \$1472.80 for various equipment for the Sports Department
- \$699 for a Footymate BBQ
- \$1000 for 2 hardwood picnic tables
- \$110 for 2 slow cookers to heat soup at carnivals

\$13199.80

Many thanks to all of the parents, students and teachers that have contributed to our fundraising efforts over the last twelve months. Preparations are now in full swing for the Spring Fair which is only two weeks away.

David Fenwicke
on behalf of the NEGS P&F Committee



NEGS & St John's

invite you to

Grandparents' Day

Friday 5th September 2014

Meet your grandchild at 9:15am at the Assembly Hall,
for commencement of a musical concert at 9.30am.



NEGS

New England Girl's School
Uralla Road, Armidale NSW 2350
T +61 02 6774 8700
E reception@negs.nsw.edu.au
www.negs.nsw.edu.au

Good News & Achievements



- **Elizabeth Hancock**, Yr 9, has made the NSW Dressage Team to compete at the National Dressage Titles in Werribee on the 29th September 2014. She will compete at the Young Riders (dressage) on the 23rd September in Young, on the way.

- Congratulations to **Hayley Whitehill** who danced beautifully & was once again extremely successful Highland Dancing Competition. 3 x 1st, 1 x 3rd, 1st in her Trophy Hornpipe & 1st in the Overall Title.



- **Laura Strelitz** and her successful gelding, Tassa's Taboo competed at the Brisbane Ekka over the weekend in the Australian Stock Horse Classes. Laura and 'Tabby' were placed 2nd in the prestigious Australian Stock Horse Ladies Association Open Turnout Class where they are judged on their Gear, Workout and overall presentation and received 1st place in the Junior and were presented with a special Sash. It is with great thanks to Rod Stevens Saddlery who sponsor Laura and Tabby to help make them look so competitive!

Laura also placed in the following classes

- 2nd Led Gelding
- 7th Junior Working
- 5th Open Working
- 1st Station Horse Challenge
- 2nd Junior Hack
- 1st Open Gelding Hack



Enrolments Office

Miss Kaveney

Friendly reminder to all current St John's and NEGS parents:

The Enrolments Office is now finalising numbers for 2015 so teachers and classes can be allocated accordingly. Could all parents of Transition and Year 6 please confirm with the Enrolments Office by Thursday, 18th September 2014, as to whether their child will be continuing onto Kindergarten or Year 7 for 2015. We do hope to see all students continuing on to further their education at St John's and NEGS.

Furthermore, if your child is leaving at the end of 2014, as per the Enrolment Contract, the School requires at least one term's Notice of Withdrawal given in writing to the Principal. If the required withdrawal has not been given, tuition fees plus boarding (for boarding students) to the equivalent of one term will be charged and are payable in lieu of notice.

Private Vehicle Conveyancing (PVC)

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

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

Please note: for families who are not registered, to be subsidised for Semester 1 (Terms 1 and 2) the cut off date for applications is the 18th June. 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 correctly for your subsidy? If you have two different distances e.g. home to coach pick up point or home to NEGS then it is necessary to complete two forms.

Thank you for your assistance. If you have any questions, please contact me. Helen Smith E: helen.smith@negs.nsw.edu.au or P: 6774 8700.

K-12 Students Wellbeing Day, Wednesday 27th August- Parents welcome

Our second Wellbeing Day will address students' social, physical and mental wellbeing with a variety of activities planned. The Junior School will engage in activities led by Junior School staff together with the specialist teachers, ensuring a fun and engaging time. Junior School will then join in with the Secondary school after lunch, to participate in Tabloid Sports.

The program for the secondary school is as follows:

Years 7-9 leave for TAS at 8.45am to watch a Brainstorm Production called 'The Hurting Game'.

The show is about peer pressure and being "true to yourself". This is an entertaining way to promote discussion about friendship, peer pressure, bullying, body image, our cyber footprint and the way we interact at school and on digital media.

This show will assist students to recognise and resist peer pressure and help create more positive school environment.

Years 7-9 return for recess at 11.00-11.20 and then listen to a local Solicitor from Moin & Associates to hear about the legal implications of social media (venue- Assembly Hall).

Years 10 and 11 begin the day at 8.45 in the Assembly Hall learning about Safe Partying from Senior Constable Fiona McCormack. Year Advisors, Jake Compton and Belinda Stone will then collate questions that can be asked at the next session at 10:15 with a Solicitor from Moin & Associates.

After recess, Years 10 and 11 will listen to Anne Slattery from Health Unit in Tamworth speaking about women's sexual health, including blood born diseases, venue Jan Milburn Room. Years 10 and 11 also participate in the walk-a thon.

At 12:05 all students from Years 7-11 will participate in a Walk-a-thon to raise funds for Mercy Ships Project and Drinking Straws, organised by the Student Representative Council and Mrs Sam Morley. Girls are seeking sponsors for this event.

After a BBQ lunch at the school BBQ area, Years K-12 will enjoy Tabloid Sports on the school oval. Laura Cambridge has orchestrated an incredible array of fun activities that will make us all laugh! The senior students will mentor the junior students. Challenge activities include a bean bag relay race, a rubber chicken under the chin race and dressing up a team mascot! The names of each team will represent a Character Strength.

Parents are most welcome to attend the sessions at school, the walk-a-thon and the Tabloid Sports. Please contact your daughter's Year Advisor or class teacher for more details.

Random Acts of Kindness

One of the weekly activities that the students engage in as part of addressing the wellbeing of all students and staff, is writing a Gratitude diary, or a "What Went Well" entry. Students are also encouraged to carry out a random act of kindness.

We can enhance our positive emotion and well-being by increasing our kindness. Random acts of kindness involve finding one completely, unexpected thing to do and just doing it. This is because acts of kindness employ our strengths. It shifts the focus from ourselves to others, which is a key activity for building happiness.

Acts of kindness can promote a sense of meaningfulness and value in one's life because they inspire greater liking by others as well as appreciation and gratitude.

Random acts of kindness are not about duty or obligation and can be small and brief (e.g. giving a stranger who is short of change coins in the supermarket, letting a person who is obviously under time pressure go in front of you in the dining room.)

A website that parents and families may like to visit is: <http://www.randomactsofkindness.org/kindness-ideas>

ParentingIdeas article attached for this newsletter is "The Drugs Kids are Actually Using".

"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end."

—Scott Adams (1957)

Creator Of Dilbert Comic Strip

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Livia Gamble

The Drugs kids are actually using

Talking to young people about drugs has a significant impact, but you need to get the facts about the current drugs available.

The sex talk is one of the most confronting conversations parents have with their children but there is another topic of conversation that is of equal importance and it often gets overlooked. Drug use is something that parents need to talk about with their children. Australian website, the Other Talk focuses on helping families speak openly about drugs with their children. But to be able to start the conversation early parents need to know what drugs kids are being introduced to today.

Geoff Munro from the Australian Drug Foundation says parents should focus on the drugs that pose the biggest risk to young people and they are not necessarily the ones that first come to mind.

Munro said: "I think it's really important that parents understand that the drugs kids are faced with today are the traditional ones, alcohol and tobacco and pharmaceutical drugs to a certain degree."

"Cannabis is also certainly available in the community so alcohol tobacco and cannabis are the ones we really think parents should focus on," said the National Policy Manager.

In particular, parents should direct their attention to alcohol and its effects as it is the most accessible.

However, parents need to know the facts and consequences of drug and alcohol use before they can educate their children against it. Here is what you need to know before you have the conversation.

ALCOHOL

In 2011 the Australian secondary school students' surveys revealed around "three out of four Australian secondary students ages between 12 and 17 had tried alcohol.

According to the Drug Info website drinking:

- Increases risk of injury and self-harm - poor decision making, violence, using illicit drugs.
- Effects mental health - young people who drink to cope with problems are more likely to suffer from depression.
- Effects brain development - memory, ability to learn, problem solving skills can all be affected.
- Contributes to the three leading causes of death amongst adolescents - unintentional injuries, homicide and suicide.

TOBACCO

Munro says, "Tobacco is still a substance that young people are often tempted to try but only about 17 - 18 per cent of young people smoke tobacco."

Tobacco is a stimulant drug which speeds up the messages travelling between the brain and the body. While there are more than 4000 chemicals in tobacco smoke, the three main ones are:

- Nicotine - is what smokers become dependent on.
- Tar - is released when a cigarette burns and coats the lungs and can cause lung and throat cancer.
- Carbon Monoxide - a toxic gas that reduces the amount of oxygen available to the muscles, brain and blood.

There is no safe level of tobacco use. Long-term effects include a higher risk of heart disease, hardening of the arteries and other circulatory problems.

CANNABIS

LA spokesperson for the Drug and Alcohol Coordination Unit with the Police Department has said, "Generally speaking it's [cannabis] the one that's most available and most accessible."

Cannabis is a depressant drug, which means unlike cigarettes its use slows down the messages travelling between your brain and body.

Long-term effects may eventually cause memory loss, learning difficulties, mood swings, decreased sex drive and regular colds.

Those with a family history of mental illness are more likely to also experience anxiety, depression and psychotic symptoms after using cannabis.

But other than alcohol, tobacco, and cannabis, what other drugs should parents be aware of when starting the conversation with school-aged children?

more on page 2 >>



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



parentingideas.com.au





Parentingideas INSIGHTS

... the drugs kids are actually using ...

2

Building parent-school partnerships

INHALANTS

Inhalants are something that some kids experiment with but it is usually a passing faze. People who inhale products like paint, cleaning fluid and glue to get high may experience an initial rush, confusion, disorientation or drowsiness, but the comedown can last several days.

Side effects from inhalants include: headaches, nausea and dizziness and can also cause permanent damage. Chemicals from the products can build up in your system, irritate the stomach and worst case, cause organ damage.

Synthetics or new psychoactive substances (NPS)

In the past, kids were experimenting with synthetic drugs but that may have been because they were legal.

Also referred to as herbal highs, party pills or bath salts, synthetics come in the form of powders, pills and dried herbs that have been soaked in chemicals and designed to mimic the illicit drugs; banned drugs are replaced with new ones.

Even though these drugs might be legal, this does not mean they are safe. The ever-changing ingredients mean it is difficult to know the effects. For more information on synthetic drugs visit the Drug Info website.

When it comes to keeping your children away from drugs and alcohol, Geoff Munro says most parents don't realise how influential they are.

"The research shows that if parents make it clear to their children that they don't want them drinking or smoking, their children are less likely to do that."

Livia Gamble

This article first appeared in Essential Kids on 16th June 2014 and is reproduced with permission.

WHAT YEAR OLDS ARE REALLY USING 12-17

australian drug FOUNDATION



SHORT TERM
Alcohol contributes to the 3 major causes of teen death: injury, homicide & suicide.
Young people are more likely to drink to excess and take risks than adults. ***

40%
HAVE HAD A FULL SERVE OF ALCOHOL*

LONG TERM
Alcohol (and other drugs) can damage the developing brain.
This affects memory, learning & problem solving. And can cause mental health problems. ***

HAVE TRIED INHALANTS 17%**

HAVE TRIED HALLUCINOGENS 3%**

HAVE TRIED ECSTASY 2.7%**

HAVE TRIED COCAINE 1.7%**

14.8%** HAVE TRIED CANNABIS

2.9%** HAVE TRIED AMPHETAMINES

2%** HAVE TRIED STEROIDS WITHOUT A DOCTOR'S PRESCRIPTION

1.6%** HAVE TRIED HEROIN

* 2010 National Drug Strategy Household Survey report
** 2011 Australian School Students Alcohol and Drug (ASSAD) Survey
*** 2009 Australian Guidelines to Reduce Health Risks from Drinking Alcohol



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's NEW Parentingideas Club today at parentingideasclub.com.au. You'll be so glad you did.



parentingideas.com.au

Boarders



Weekend Outline

Friday 22nd August – Sunday 24th August

Friday 22nd August *IGSSA ATHLETICS RETURNS APPROX. 10PM

- 3.45pm BUS to Town –Meet outside Kirkwood
Pick up to Return to NEGS @ Bus Stop on cnr Faulkner St and the Mall @ 5.00pm
- 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 23rd August

Weekend SPORT – See Sports draws for game times

- 8:00am – 9:00am Breakfast in the House
- 11:30pm– 1.30pm Walk through lunch in the Dining Room
- 12.00pm– 1.30pm **OPTIONAL ACTIVITY –RUGBY at TAS**
- 5:45pm – 6:30pm Dinner in the Dining Room
- 7.00pm Year 11 Dinner Leave (optional)
–9.00pm
–10.00pm Year 12 Dinner Leave (optional)

Sunday 24th August

- 11:00am Brunch in Dining Room
- 11:30pm – 12:30pm Hour without Power –MPC will be open, Games in Kirkwood OR Free Time outside
-
- 1.00pm– 3.00pm 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

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

Spring Fair

Any donations for the fair; i.e. books, chocolate, donations of hair & face paint, eggs, potted plants etc. would be greatly appreciated.

Junior School	Tombola/Lob a Choc/Books & Craft (portraits to be drawn by students - Fathers Day cards to be made)
Year 7	Cake Stall
Year 8	Gourmet BBQ/Relishes/ Cakes
Year 9	Wine Wheel Barrow
Year 10	Nachos/Drinks
Year 11	Plants/Ice Cream
Year 12	Car Balloons (fill a car with balloons and you guess how many inside)



The annual NEGS



Spring Fair

10:00 am Saturday 6th September

pony rides / paint a pony / wine wheel barrow/ tombolla / lob-a-choc / face painting, hair & tattoo's / books & craft / gourmet BBQ & relishes / cakes / nachos / drinks / ice cream / plants / balloon guessing / Concepts of Armidale fashion parade / chocolate wheel /novelty events / music performances



emporium with over 20 stalls / annual art show /
old girls weekend

be there for a great day experiencing NEGS in its full spring glory



Spring Fair



With only 3 weeks to NEGS Spring fair we are requesting donations to help make our day, Saturday September 6, a success.

We are looking for pre loved books of all varieties from Children's to classics, cooking to craft, hard and soft cover. Tombola jars filled (empty jars and or goodies to fill them would also be greatly appreciated), chocolates (small or family blocks) for our lob-a-choc. Craft items – the craft stall will be making cards for Father's Day. For all you green thumbs any potted plants for our plant stall would be fantastic.

On Spring Fair day any donations of home baked cakes and farm fresh eggs would be most welcome!

All donations can be left at NEGS reception or St John's reception.



The NEGS Spring Fair - Emporium

- CR Country Designs
- Pink Fig Designs
- Sweet and Sour Licorice
- Phoenix Traders
- Read and Bell
- Petite Poppie
- Odgers and McClelland Exchange Store
- The Spice Trading Company
- Letto Bello Linen
- The Eclective
- Intimo
- Calamity Jane and Vera Thora
- Raindrops and Lollipops
- Horse Art
- As you Wish
- Bee's Knees
- Teapots and Tractors
- What2Wear
- Madison Jayne
- Love Bomb Designs
- Eliza Shaw Jewellery
- Partylite
- Lollipoppy
- The Power Room
- Eco Manifesto

Start your Christmas Shopping...

*Women's clothing - scarves, kaftans, dresses, shirts,
Handbags, jewellery, hats, toys, children's wear, canvas bags,
cushions, soaps, candles, sweet treats, artwork, kitchenwares, cards,
hair accessories, eco friendly gifts, spices, linen, soft furnishings,
wall hangings, stationery and so much more...*

So come and shop till you drop at the MPC!



NEGS Livestock Team

Mr Mark Fisher



The New England Girls' School have once again enjoyed a stellar week at the annual Royal Queensland Show held (Ekka) held August 8-17.

Led by team captain, Year 11 student Kate Cannington, she and her seven fellow members spent months in preparation for what is widely regarded as the largest carcass steer competition in Australia.

The all-girl team impressed the judges with Walcha local girl Emma Costello posting third place (out of 24 head) in the Middle Weight School Steer division and the NEGS Livestock Team placing well in the overall herds person competition.

The NEGS' school's pure Charolais heavy weight steer also placed well in a strong competition against a class of 32 steers. Team captain Kate Cannington made the top line in a massive 16-19yrs paraders competition. Amber Strelitz, Millie Edmonds, Emma Costello, Cate Bonnici and Isobel Robertson all made the final for their age group paraders.



Agriculture teacher Mr Mark Fisher says, "The girls held their own and their passion and enjoyment for the week was palpable. The Ekka would be our nations most prestigious 'hoof and hook' competition and they truly appreciate what an honour it is to be involved", says Mr Fisher.

Whilst team captain Katie Cannington has added ribbons to her already impressive collection she says her proudest moment was when "on the final day, the judge singled out the NEGS girls for our team spirit, the way we conducted ourselves and our immaculate presentation. It really meant we finished the competition on a high.

Also attending the week long event was Laura Strelitz and her gelding, Tassa's Taboo who competed in the Australian Stock Horse Classes. Laura and 'Tabby' were placed 2nd in the prestigious Australian Stock Horse Ladies Association Open Turnout Class where they are judged on their Gear, Workout and overall presentation and received 1st place in the Junior Division. This is a huge achievement and Laura was presented with a special Sash commemorating her efforts.

Ms Strelitz also placed in the following classes:

- 2nd Led Gelding
- 7th Junior Working
- 5th Open Working
- 1st Station Horse Challenge
- 2nd Junior Hack
- 1st Open Gelding Hack



NSW Parents Council

For information on funding to Non-Government Schools, including an press release from the Association of Independent Schools, please go to this website:

<http://www.parentscouncil.nsw.edu.au/Funding.htm>

If parents have a further interest in issues regarding Non-Government Schools, please take the opportunity to sign up for the newsletter.



The Armidale School
Parents & Friends Association Presents...

International Bestselling
Writer and Storyteller

CELIA LASHLIE
- LIVE

On 'Growing Gorgeous Boys into Good Men'



TAS Hoskins Centre
6pm, 22 August
Tickets \$10



www.trybooking.com/FNAL

Phone: (02) 6776 5800



Community Partnership Account NEGS P & F

How can supporters of NEGS P & F contribute?

New England Mutual offers a Community Partnership Account (CPA) which assists community-based organisations with their fundraising activities. NEGS P & F is registered with New England Mutual as a Recipient CPA Organisation. Supporters can contribute with the association's fundraising efforts without it costing them a cent by opening a Community Partnership Account. As long as supporters have money in their accounts, the association will receive an annual bonus from New England Mutual. The more supporters NEGS P & F obtain, the more they will receive in their annual bonus payment – become a supporter today by opening a CPA with New England Mutual.

How does it work?

On 30 June each year we calculate the average annual balance of accounts held by supporters. This amount is then used by us to make a 1% bonus payment to NEGS P & F.

How do I apply?

It's easy, simply call **132 067**, visit any branch or log onto www.communitymutual.com.au to discuss how New England Mutual can meet your financial needs.

Community Partnership Account
Join the Revolution in Community Banking



New England Mutual is a trading name of Community Mutual Ltd, ABN 21 087 650 360 : AFSL 241167
Community Mutual Ltd is the issuer of the Community Partnership Account

Senior School, Parent Liaison List - 2014

Year 7:

Kate Blackmore - kate.blackmore.2350@gmail.com

Rose Meehan - rose@agbis.com.au

Etoline Galbraith - aegalbraith@bigpond.com

Year 8:

Sally Strelitz - sally@millyhill.com.au

Susie Redhead - redhead@nemi.org.au

Sarah Edmonds - sopast1@bigpond.com

Year 9:

Lisa Haynes - shop@conceptsofarmidale.com.au

Jenny Swan - wobbles22@bigpond.com

Year 10:

Lauren Bailey - lsbailey@bigpond.com

Tina Watson - msm5@bigpond.com

Year 11:

Janet Carter - angusjanetcarter@bigpond.com

Year 12:

Wendy Robertson - fishington@bigpond.com.au

Sharon Neeson - Sharon.neeson@bigpond.com.au

Roberts and Morrow Armidale Fun Run

This year NEGS will be entering a combined staff and student team in the Roberts and Morrow Armidale Fun Run on Sunday 2nd November 2014. There is the option of a 5km (\$20 registration fee) and a 10km (\$30 registration fee) race. Students, staff and any interested parents are encouraged to write their names on the sign up sheet on the Sports Notice Board. Online registrations will be completed at the beginning of Week 9. All registration fees will be charged to accounts. The school bus will be transporting the boarders to and from the event.

For additional information you can access the site <http://www.armidalefunrun.com.au>



IGSSA Round 2

Both Junior and Senior Hockey and Netball teams travelled to Sydney for their second round of games.

Currently Junior Hockey sits in 4th position, Senior Hockey sits in 2nd position, Junior Netball sits in 4th position and Senior Netball sits in 8th.

The results for the weekend were as follows:

Junior Hockey:

NEGS vs Abbotsleigh 1-2
NEGS vs Pymble 0-3
NEGS vs Kambala 2-2

Senior Hockey:

NEGS vs St Catherine's 2-1
NEGS vs Loreto Normanhurst 1-0
NEGS vs Rosebank 2-1

Junior Netball:

NEGS vs Danebank 12-22
NEGS vs Sceggs 26-14
NEGS vs PLS Sydney 21-25

Senior Netball:

NEGS vs Tara 13-37
NEGS vs PLC Sydney 19-37
NEGS vs Sceggs 10-34



All teams need to remain in the top four over the last two weeks of round games in order to make finals.

Good luck to the Junior Hockey team who will be playing PLC Armidale next Monday in their last game before finals.



The **Division 2 Hockey Team** completed their final match on Monday night in rather unpleasant conditions. This team has seen a large improvement over the season and has had a dynamic player list that has demonstrated the capabilities of the school's hockey program. Special thanks to their coaches Cyndy Slade and Blair Chalmers and the committed parents who watched their 7.10pm games nearly every Monday night. This was also the last game for some of our Year 12 students in NEGS colours. We wish them all the very best in the future and hope that they continue playing hockey wherever they find themselves next year.



Good luck Emily Morrice and Bec Waters!

Standings:

As we enter the last round of games for hockey and netball before semis we currently have several teams in the running for semi finals.

Netball

- NEGS 1 7th
- NEGS 2 7th
- NEGS 3 2nd
- NEGS 4 4th
- NEGS 5 4th

Hockey

- Div 1 7th
- Div 2 9th
- Under 16 Royal 1st
- Under 16 Crimson 5th
- Under 16 Sky 6th
- Under 13 Red 2nd
- Under 13 Blue 4th
- Under 11 4th

Semi finals draws will be released early next week. Well done on a great season girls and good luck in your final games.

SUMMER SPORT SELECTIONS

SPORT	DAY & TIME	REQUIREMENTS
MORNING FITNESS	TUESDAY & THURSDAY MORNING 7.00AM-8.00AM	FITNESS CLOTHING
SHOOTING	FRIDAY AFTERNOONS & SUNDAY	PLEASE CONTACT MR ROSE
LIVESTOCK TEAM	TUESDAY & THURSDAY AFTERNOON	PLEASE CONTACT MR FISHER
EQUESTRIAN	VARIED	A HORSE.
ZUMBA	THURSDAY AFTERNOON 3.45PM- 4.45PM MPC	FITNESS CLOTHING. MUST HAVE AT LEAST 10 STUDENTS TO RUN. \$10 PER CLASS
YOGA	WEDNESDAY AFTERNOON 3.45PM-4.45PM MPC	FITNESS CLOTHING. MUST HAVE AT LEAST 10 STUDENTS TO RUN, MAXIMUM OF 20 PER CLASS.
TENNIS	MONDAY AFTERNOON 3.45PM-4.45PM NEGS COURTS	FITNESS CLOTHING. RACQUETS AND BALLS SUPPLIED. A COMPETITION DRAW WILL BE DRAWN UP ON NAME SUBMISSION.
INDOOR HOCKEY	THURSDAY AFTERNOON AND NIGHT- VARIED TIMES	HOCKEY STICK, MOUTH GUARD AND SHIN GUARDS. TRAVEL BY GRAHAM GREGG REGO FEES
CYCLING	MONDAY AFTERNOONS 3.45PM.4.45PM CYCLING SHED	FITNESS CLOTHING. MUST HAVE AT LEAST 10 STUDENTS TO RUN. \$15 TERM FEE
OWN SPORT	VARIED	FOR THOSE STUDENTS WHO HAVE COMMITTED TO A SPORT OUTSIDE OF SCHOOL. A BOOKLET MUST BE FILLED IN.