



## Term Dates to Remember

### TERM 4 9 weeks

#### 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
Wednesday 3	Year 7 -11 Speech Day

NEGS Calendar Link

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

## From The Principal

Mr Clive Logan

### Moving forward, one step at a time

"The candlelit ceremony at night touched our hearts particularly when 'Somewhere over the rainbow' was sung, when candles were lit for the people who had suffered cancer in their lives and a survivors and carers lap was completed. This was followed by a photo tribute of the people who had passed away from cancer and fireworks were lit, lighting up the sky with the beautiful colours. After the opening ceremony, everyone walked a lap in recognition of cancer patients."

On the Saturday the 13th of September, 34 NEGS girls and 9 staff participated in the Relay for Life. It started at 1.30pm Saturday afternoon and walked until 10.00am on Sunday morning. The weekend was a great success and the girls all really enjoyed themselves, although by the end of it we were all very tired!

Through the night they walked, lap after lap after lap of the track – and when they grew tired, they signaled a teammate who would take over and continue the march. They began their journey in darkness and ended it under the dawn of a new day. That spirit of support was also seen in the various local businesses that donated food and beverages to help keep participants' energy level up.

One of our girls said, "The weekend was an experience that I will never forget as it was an eye opener to people who suffered and survived cancer. It was very enjoyable walking to raise money for the Cancer Council with some of my close friends. One of my favourite parts was watching the fireworks that were a symbol of all the colours of the rainbow; they were extremely beautiful. I encourage everyone to participate in this event as it's a great weekend and goes to a good cause that is so close to so many families."

Relay for Life is a wonderful example to us all. Cancer is a horrible disease and a heavy burden on society, but the Relay reminded people that if there is a victory to be had, it is in celebrating life. But it is all about us learning how to cope and moving forward, whatever circumstances we find ourselves in. There are only ever a handful of things that will give you the most progress and momentum in the context of your life plan. Obviously, we may differ on what those might be, however here are my top four:

#### 1. Destination: know where you want to end up, or "begin with the end in mind"

Fred Smith said it best when he wrote, "Direction is better than goals." A goal measures progress but won't set your direction. Recently, I heard of a friend who raced to get on a train and once on that train immersed himself in a book while the trip progressed. The train stopped at every station that it was meant to and only at the very last minute did he realise that he was on the wrong train! He accomplished every goal he was supposed to on the way to a destination he didn't want. His direction was impacted from the beginning.

Take the time, do the work and put the effort in to have crystal clear clarity on where you want to end up. Be bold, be brave, be courageous.



## 2. Responsibility: by taking ownership

Jim Rohn says most people 'earn a living rather than designing a life.' At its core, I believe that I must take personal responsibility for my life, attitude, choices and outcomes. Life happens when we decide that someone else is not to blame for our current situation and no one else is responsible for that except you. Yes, it can be favourably or unfavourably influenced by people, but in the midst of that I can still choose who I am and what I focus on, and who I become.

What I have faith for, what I allow to be my most dominant thoughts and meditations, what I believe and lean into, all influence and makeup my future. How I respond when things DON'T go my way, what I make that mean, are all elements in the personal responsibility journey.

## 3. Collaboration: we, is better than me.

In the movie Gladiator, Maximus says in the midst of impending peril, "Whatever comes out of these gates, we've got a better chance of survival if we work together. Do you understand? If we stay together we survive."

"If we work together, we don't just survive, we thrive". When you lean into positive relationships you exponentially increase your chances of success. As much as I believe in personal responsibility, I equally believe that we don't have every resource in us. We need to rely on, receive from, and give to the many relationships we have in our life. Work with people you know, love and trust to become that person you'd be delighted to meet. As Woodrow Wilson said, 'I use all the brains I have got and all the brains I can borrow.'

## 4. Movement: prioritise progress and personal growth

Perfection should never be your goal. Progress, however, must be. We recognise that we need to be consistently moving forward in a purposeful way. Keep learning, keep growing, stay curious, ask questions and elevate others. Create a process to take what you learn into and build it into your everyday life. Have a community of trusted friends that will be your 'iron sharpening iron' team. Learn to read efficiently, keep up with what's happening in the world. Be interested rather than interesting. "We all need to be making consistent progress in a purposeful way".

Above all, focus on the kind of personal growth that will add the most value to you and to your life plan. Ruthlessly jettison the rest. Dr Seuss paints the picture of progress as well as anyone can when he wrote, "The more you read, the more you'll know; the more you learn, the more places you go!"

## They get results

In all, hundreds of people took part in the Relay for Life. While the majority were students, there were also friends and family members participating. In the end, our NEGS girls raised an amazing \$1200. Just a walk in the park.

## Mathematics Mrs Despi

### Australian Mathematics Competition

This year, as every other year, our most interested students in Mathematics participated in the Australian Mathematics Competition.

We would like to congratulate all our students that sat the competition. This is a challenge even for the brightest students.

Most of the students received Participation Certificates or Proficiency Certificates, which is commendable, given their dedication and eagerness to try their best in such a high level thinking competition.

Special congratulations should go to the good number of students that achieved a Credit Certificate.

#### Credit

##### Year 7:

Zara Blackmore

##### Year 10:

Madeline Lane

##### Year 8:

Charlotte Kingham

Jaimie McElroy

Sarah Wyatt

##### Year 11:

Stella Fantini

##### Year 12 :

Shaina Berry

##### Year 9:

Lucy Haynes

Lucinda Parry

Emily Sole

We need to mention here the highest achiever of our school for this contest, **Megan Galbraith in Year 7, who received a Distinction Award and a Prudence Award.** The Prudence Award is won by the student in the school with the highest number of consecutive correct answers. Well done, Megan, you make your school very proud.

We are looking forward to the next year's competition as some of the girls are consistently training for mathematical contests during their Scholar's Program.



# NEGS

## New England Girls' School & St John's Junior School

would like to thank their Volunteers for their generosity and support during 2014 and invite them to a social gathering on

**When:** Wednesday 26th November 2014

**Where:** WH Lee Room

**Time:** 4pm - 6pm

**RSVP:** Friday 21st November on 6774 8700

## Good News & Achievements



- NEGS OGU Raffle prize winner - Mrs Merryl Betts with her prize. Artwork by Mrs Gillian Hook "Chinese Vase"



- On Saturday, 25th October, **Sarah Wyatt, Charlotte Raleigh, Eliza White** and **Miss Thompson** competed in the Armidale 5km Park run. Congratulations to Sarah Wyatt who was the first female over the line and 16th overall in a time of 23:28. A fantastic effort by all!



- Congratulations to **Mary Carter** and **Mr Carter** who finished the Hawkesbury Canoe Classic yesterday morning at 7am, meaning they completed it in a time of 14hours, 32mins and 7seconds! An excellent time. Both very tired and a few blisters on Mary's hands but otherwise both paddlers are safe and well. Well done to you both!



- Congratulations **Chelsea Eichorn** who was presented with the champion ribbon at the Kingstown Interclub on Sunday with the highest point score in her age group. Chelsea also had a very successful day on Saturday, at the Uralla Interclub.



## Change of Date for the Uniform Shop

The Uniform Shop will be open on the **11th November & 12th November**  
Tuesday and Wednesday - NOT Wednesday and Thursday

## 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.

## Music Ms Williams

### Narnia - The Musical

Girls in Years 7-9 are very excited to have completed the audition process for the 2015 musical. The cast list has just been confirmed and rehearsals are now commencing. Stay tuned for dates and ticketing information!

### Twilight Concert

Wednesday 22 October saw another enjoyable Twilight Concert  
in the Jan Milburn room. Highlights were Katie Cannington on  
both saxophone and voice and a beautifully performed original  
composition by Katrina Bean and Lorna Clarke. It was wonderful  
to see so many performers as soloists for the first time. Twilight  
Concerts will continue each term in 2015.

### New England Sings!

This weekend (1-2 November) sees the culmination of the many  
hours of preparation that have gone into New England Sings! -  
one of Australia's largest choral festivals. Students from both St  
John's and NEGS will perform in the Sunday concerts. Tickets are  
available from [trybooking.com](http://trybooking.com) and information regarding the  
concerts from [necom.une.edu.au](http://necom.une.edu.au). Participating students have  
received letters outlining the procedures over the weekend.  
Please contact the Music Department if further information is  
required.



*Lorna Clarke and Katrina Bean discuss their performance before the Twilight Concert on Wednesday*

### Dates for your Diary

St Mary's High Tea and Concert	Saturday 22 November
Carol Service	Tuesday 2 December
Speech Day	Wednesday 3 December
Music Scholarship Auditions	Saturday 2 May (closing date 17 April)

### Three Fat Carrots- Free motivation for goal setting



Our goal is simple: We want to inspire and support Aussie students. And we've come up with an exciting way students can ask their biggest fans to help them get across the line with their studies.

3 Fat Carrots is a game based on incentives. The incentive or prize won will depend upon the result achieved. Students have the power to choose their own level of reward, based on how well they think they can do.

Studying can be hard. And sometimes, quite solitary. But by giving students a network of supporters to urge them on, and a nice fat 'carrot' for them to work towards, we think we've just made it that little bit easier.

**3FATCARROTS.COM.AU** is a **FUN and FREE** student goal setting website. 3 Fat Carrots motivates students to achieve their targets.

## How it works?

Students who register on the site set their own personal targets and choose rewards that motivate them to work towards and achieve their target. Students build their support network through inviting family and friends to sign up and sponsor them towards their goals. Students then score all sorts of fantastic rewards from their support network of family and friends based on how well they do.

## What motivates students?

The best rewards for keeping students motivated do not have to be expensive, or even tangible. Today's students are using 3FATCARROTS.COM.AU to set smaller targets and rewards more often. Student motivation can be increased through rewards such as:

- > Incentive of a student's choice – such as concert tickets, gadgets, clothes, holiday etc.
- > Priceless incentive – rewards you can't put a price on like not having to do any chores for a month or unlimited access to Facebook for a period of time.
- > Donation to a charity – which holds meaning for a student.
- > Cash incentive – to help pay for schoolies, a formal dress or to spend on other stuff.

## Further information

Contact us to request a 3 Fat Carrots information pack for teachers, parents and students. You can email us at [info@3fatcarrots.com.au](mailto:info@3fatcarrots.com.au) or visit [3FATCARROTS.COM.AU](http://3FATCARROTS.COM.AU)

## Mindfulness/ Meditation

Much current Educational research points to the benefits of adding Mindfulness to a student's everyday life. Smiling Minds is one free app you may like to try first before encouraging your child to sign up. With exams approaching, we want our students to find the right balance between study and keeping healthy.

### What is Smiling Mind?

Smiling Mind is modern meditation for young people. It is a unique web and App-based program, designed to help bring balance to young lives.

It is a not-for-profit initiative based on a process that provides a sense of clarity, calm and contentment.

So what are you waiting for, let's do this.

**Trial a session**



## Download the free App today



**TAS**  
TAS ARMIDALE  
SCHOOL

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 awe-inspiring device, 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 an eminent organist, the well-known TAS choir and other performers.

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

This event is also a celebration of the decade paper awarded to complete the installation of the organ in the Hall. All donations to the cause are tax-deductible and can be made when booking or on the night.

Date: Saturday November 15  
Time: 5-9pm  
Cost: \$30 per head (includes drink on arrival and cocktail tray)  
Online bookings: 8:00pm by 10 November to: [www.armidale.org.au](http://www.armidale.org.au) or contact: TAS Reception (02) 6776 3000



## Reclaim the Night

Art Competition - Open to all ages  
Theme - 'Healthy Relationships'

Please submit by Friday 7<sup>th</sup> November  
161a Ruisden St Armidale (Family Referral service -0457767296)

Winners presented on the night -Friday 14th November 2013 6:30 - 9:00 PM Beardy Street Mall

This night is a part of an internationally held rally intended as a direct action against all forms of violence within our society.

Facilitated by The Armidale Domestic Violence Steering Committee Contact No: 02 6772 8100 NNWCLS Inc.



# NEGS

*The Principal, Mr Clive Logan,  
warmly invites you to attend the*

## 119th NEGS Speech Day

*on*

**Wednesday 3rd December 2014**

9.30am in the NEGS Multi Purpose Centre

*with Special Guest Speaker*

**Prof Alexandra Bune**

AM FRACP DSc (Hon) (NEGS Old Girl '60)

followed by Morning Tea at 11.45am in the Assembly Hall

*You are also welcome to join us on*

**Tuesday 2nd December 2014**

5pm at the Chapel of Michael And All Angels  
for the **Festival of Carols and Readings**

RSVP: Monday 24th November 2014

P: 02 6774 8700 or

E: [reception@negs.nsw.edu.au](mailto:reception@negs.nsw.edu.au)

## Tamworth Beef Championships

The NEGS Livestock Team have again blitzed their competition and impressed the judges at the 2014 Landmark Livestock Championships held at The Australian Equine and Livestock Events Centre (AELEC), Tamworth, on Friday 29th to Sunday 31st August.

The 9 senior school students and one representative from the St John's Junior School (Eli Layton) were stand-out competitors over the weekend showcasing their strong agricultural capabilities.

Also in attendance were the school's seven head of mainly Charolais cross cattle as well as Agriculture teacher, Mr Mark Fisher, who set up a mentoring program that was implemented over the weekend with a resounding success. The enthusiastic teacher said, "I called it the Mentor and Munchkin program, which is a bit tongue in cheek, but the students loved it. I set it up so the Year 7's were aligned with an older student and it was designed so that they could pass on skills and knowledge to the up and coming team members."

Major awards included Walcha local Emma Costello in Year 9 winning the 14-16 years junior judging competition. A great achievement! Year 7 student Katrina Campbell also from Walcha was a finalist in the junior 10-14 age group judging competition thanks to her outstanding ability whilst judging two classes of steers and a class of heifers. Katrina also won a ribbon winner in the top line for the paraders competition and her stellar cattle handling capabilities were also noted.

For me, personally, the highlight is seeing these kids get up in front of a microphone in front of hundreds of people, and how articulate they are in using industry terms in the context required. To make the top line and snag a ribbon is a great achievement.. its a big thing" Other top line winners included Year 7 - Sophie Sutherland (Gostywck) and Year 8 student Olivia Carter (Gunnedah) who both made the finals and were ribbon winners in the paraders competition.

Year 10 student Kate Cannington was third in the 16-19 years paraders. Another strong result for Kate.

The NEGS cattle also did well with a third placing in the unled section with a steer donated by the Strelitz family – grandparents of Amber Strelitz who is a member of the livestock team. NEGS also beat the field winning champion carcass heifer which sold for \$6 a kilo live weight. A big thank you to Mr & Mrs Brian and Nolene Grogan who bred the champion heifer.



## Livestock Team Dinner

Our school's Livestock Team Dinner was held last term with a great attendance from both students and family. It was a relaxed, social evening with time to reflect on the year's successes with awards presented and our team supporters kindly acknowledged and thanked by our students. A big thank you to our team captain Kate Cannington and her family for organising such a successful night. Thank you also to our principal, Mr Clive Logan, for his attendance and continued strong support of our team. Major awards from the evening will be presented at this year's sports dinner.

## HSC Agriculture - Artificial Cattle Breeding

Evaluating methods of livestock artificial breeding is an important HSC Agriculture syllabus dot point. Mr and Mrs Brown (NEGS parents) very kindly invited our HSC students for the afternoon to their family business just out of town to witness first hand the techniques involved in artificially breeding cattle. The concepts are very complex and Peter's explanations and demonstrations were fantastic. This was truly an invaluable experience for our keen young agriculturalists. Our students were also spoilt with hot scones straight from the oven! A big thank you to both Peter and Fayette for their support of Agriculture at NEGS.



## Stage 5 Agriculture Sheep and Wool excursion

Recently our stage 5 Agriculture class spent the day at 'Fishington' – the Robertson family farm for shearing. It was a fantastic practical, educational day enjoyed by all. Students were grouped and rotated between 4 stations throughout the day - wool handling and classing, wool marketing, working dogs, sheep handling and husbandry. Practical learning in Agriculture is invaluable as it helps students to make more sense of concepts covered in the classroom as well as expanding their depth of industry knowledge and skills. A big thank you to the Robertson's (NEGS family) for allowing us to spend the day at such a wonderful property. A big thank you also to Mr Angus Carter (also a NEGS parent) from Landmark for his wool marketing expertise.





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.



*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**

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)

## **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](mailto:helen.smith@negs.nsw.edu.au))

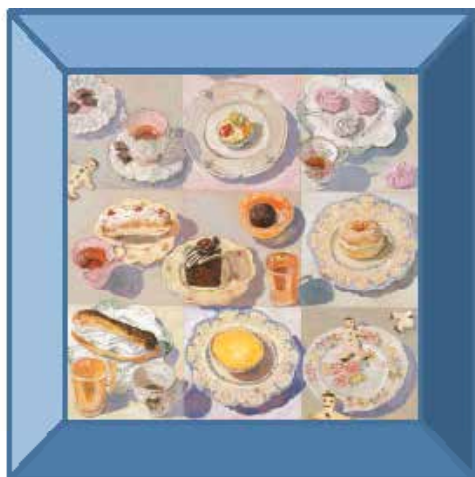
## **NSW Parents Council**

- 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>



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: Moorman Art Gallery, corner Art Gallery way and Myahgah Rd, Moorman.**

**Cost: \$30 per head pre-paid or (\$35 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

Expertise Fun Camp Sew & So Learning  
 Creativity Passion Inspiration  
 Flair

*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

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 NEGS Centre of Excellence  
 and Fabric Fair



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	<a href="http://www.etcltd.com.au/rms">www.etcltd.com.au/rms</a> Ph: (02) 6650 1969 Freecall 1300 359 968

Helping learner drivers become safe drivers



**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.

# B o a r d e r s



## W e e k e n d O u t l i n e

Friday 31st October – Sunday 2nd November

### Friday 31st October

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- 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 1st November *\*New England Sings*—see attached sheet for details

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- 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 2nd November *\*New England Sings*—see attached sheet for details

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- 8.00am **OPTIONAL ACTIVITY- Armidale Fun Run**
- 11:00am Brunch in Dining Room
- 11:30am – 12.30pm Hour without Power  
MPC open OR Free Time outside. Both Kirkwood and Saumarez will be locked for this hour.  
The pool will be open from 4.00pm–5.00pm
- 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
- 4.00pm– 5.00pm Pool open for swimming
- 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**

**Sport Report by Year 8:**

Summer sport has started and with a little bit of help from Year 8, here is a review of the sporting highlights of the term so far.

Swimming at TAS has started and, according to Kathleen McPhie, it is going quite well. It is improving the exercise of the swimmers who are becoming fitter and enjoying the early morning starts.

Yoga has also started this term with some pleasing feedback. Students are feeling relaxed and are learning how to breathe properly so that all muscles in the body are engaged.

The NEGS Football League has also begun with Green City being the team to beat, currently winning three out of the four matches already played. Alex Patten is carving up the field becoming the scoring machine for the Green team. Dorothy, our GAP student, is also quite nifty on the field.

Year 8 has been learning to play cricket in class. We originally started indoors and learnt to throw, catch, hit and sprint. We have since progressed to the fields and have been having highly competitive continuous cricket matches where not only do we compete against each other, but we also compete against the timed sprinklers on the oval.



**Hawkesbury Canoe Classic**

This weekend will see the NEGS team of Angus and Mary Carter compete in the Hawkesbury Canoe Classic in the Fiona Reynolds II boat. Mary had her fundraising spider stall this week and raised \$200.00 with the help of the NEGS community accomplishing her fundraising goal for the Arrow Bone Marrow Foundation. Good luck Carters!



# REVIEW OF 2014 HOCKEY @ NEGS

The following survey is for students and parents of 2014 Hockey.

Please complete and return to Mrs Stephanie Thomas either by email: stephanie.thomas@negs.nsw.edu.au or mail to the school.

Thank you, Stephanie

<b>HOCKEY @ NEGS Program</b>		<b>Year: 2014</b>									
<p><i>Hockey @ NEGS would appreciate your assistance in completing this form to evaluate, update and improve the program for future players and their parents/guardians. All information will be treated confidentially. You do not have to put your name on this form but real problems are sometimes hard to solve without a contact name.</i></p>											
<b>Students name:</b> _____	<b>Parent/Guardian:</b> _____										
<b>RATINGS</b>											
Poor	Fair	OK	Good	V.Good	Poor	Fair	OK	Good	V.Good		
1	2	3	4	5	1	2	3	4	5		
<b>Please circle or highlight one response:</b>											
1) Was the program challenging and worthwhile.	1	2	3	4	5	1	2	3	4	5	
2) The standard of coaching was:	1	2	3	4	5	1	2	3	4	5	
3) The organisation of training was:	1	2	3	4	5	1	2	3	4	5	
4) Fairness and quality by coaches to all athletes was:	1	2	3	4	5	YES	NO				
5) Communication to players was:	1	2	3	4	5	1	2	3	4	5	
6) The program has helped me to continue achieving my hockey goals:	YES	NO				1	2	3	4	5	
7) Has the program developed your potential "on the field"?	1	2	3	4	5	<b>Other comments/improvements to the Program:</b>					
8) Your overall impression of the Program:	1	2	3	4	5						
<b>Other comments/improvements to the Program:</b>											