



Term Dates to Remember

TERM 3 (10 weeks)

SEPTEMBER

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

NEGS Calendar Link

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

From The Principal

Mr Clive Logan

Insights on Vulnerability

When it came time to name her new book, *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*, Brené Brown harkened back to a speech that Teddy Roosevelt gave in 1910. In it, Roosevelt said:

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly."

The powerful quote resonated with Brown, a research professor at the University of Houston Graduate College of Social Work, who gave the blockbuster TEDTalks "[Brené Brown: The Power of Vulnerability](#)" and "[Brené Brown: Listening to Shame](#)" (well worth looking at)! In the introduction to her book, Brown recounts Roosevelt's words, which she says perfectly encapsulate her research into why we find being vulnerable such a hard thing to do.

Brown says, "Vulnerability is not weakness, and the uncertainty, risk and emotional exposure we face every day are not optional. Our willingness to own and engage with our vulnerability determines the depth of our courage and the clarity of our purpose; the level to which we protect ourselves from being vulnerable is a measure of our fear and disconnection.

"When we spend our lives waiting until we're perfect or bulletproof before we walk into the arena, we ultimately sacrifice relationships and opportunities that may not be recoverable, we squander our precious time, and we turn our backs on our gifts, those unique contributions that only we can make," says Brown. "Perfect and bulletproof are seductive, but they don't exist in the human experience."

Here are some more inspiring quotes from Brown's book:

"I define vulnerability as uncertainty, risk and emotional exposure. With that definition in mind, let's think about love. Waking up every day and loving someone who may or may not love us back, whose safety we can't ensure, who may stay in our lives or may leave without a moment's notice, who may be loyal to the day they die or betray us tomorrow — that's vulnerability."

"We judge people in areas where we're vulnerable to shame, especially picking folks who are doing worse than we're doing. If I feel good about my parenting, I have no interest in judging other people's choices. If I feel good about my body, I don't go around making fun of other people's weight or appearance. We're hard on each other because we're using each other as a launching pad out of our own perceived deficiency."



“Raising children who are hopeful and who have the courage to be vulnerable means stepping back and letting them experience disappointment, deal with conflict, learn how to assert themselves, and have the opportunity to fail. If we’re always following our children into the arena, hushing the critics, and assuring their victory, they’ll never learn that they have the ability to dare greatly on their own.”

Brown suggests that rather than sitting on the sidelines and hurling judgment and advice, we must dare to show up and let ourselves be seen (in the arena). This is vulnerability. *This is daring greatly.*

In her book, she poses the questions:

What drives our fear of being vulnerable?

How are we protecting ourselves from vulnerability?

What price are we paying when we shut down and disengage?

How do we own and engage with vulnerability so we can start transforming the way we live, love, parent and lead?

In *Daring Greatly*, Dr. Brown challenges everything we think we know about vulnerability. It is well worth the read!

From the Health Centre Cathy Beevors & Jodie Jackson

IMPORTANT MESSAGE FOR PARENTS & CARERS OF 11-13 YR OLD GIRLS.

Dear Parents & Carers,

I would like to bring to your attention The National Self Detection Program for Scoliosis (curvature of the spine) for adolescent girls. The Spine Society of Australia recommends that all girls aged between 11-13 yrs should perform the self detection test, and if any concerns see their G.P or Physiotherapist for further assessment.

Three out of every 1000 girls will require active treatment for Scoliosis. In the early stages the condition is mostly asymptomatic, therefore screening adolescent girls is highly recommended as a preventative measure.

The National Self Detection Brochure can be downloaded from www.scoliosis-australia.org. I would strongly encourage all families to check the website and address this issue. Alternatively hardcopies of the brochure are available from the Health Centre.

If your daughter is a Boarder and you would like her assessed at school, an appointment can be made to see a Physiotherapist through the Health Centre, with the cost charged to your account.

Please contact The Health Centre on 6774 8716 or health.centre@negs.nsw.edu.au, to request an appointment or if you have any questions.

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.

Good News & Achievements



• Scholars' Happenings

A big congratulations to the following girls who gained certificates in the Challenge stage of the Mathematics' Challenge for Young Australians.

Credits: Isabella Gooch Yr 5
Francisca Dugdale Yr 6
Eva Knox Yr 6
Charlotte Yr 6
Zara Blackmore Yr 7
Megan Galbraith Yr 7
Sophie Mitchell Yr 7
Jaimie McElroy Yr 8

This term, students from Years 5 to 9 are frantically preparing for the Da Vinci Decathlon to be held at TAS later in the term. With topics as varied as Drama & Philosophy through to Coding & Engineering, the day looks like being fun and challenging.

• Lets Hang it Competition at NERAM. The opening night was last Friday 18th July.

There were three finalists from NEGS:

Elizabeth Hancock (Y9)

Sarah Parkes (Y10)

Claudia NASH (Y11)

As a finalist in the competition all three students had their work on display in the exhibition, but the extra exciting news is that Sarah Parkes actually won the Senior Secondary Section of the art prize - her artwork is below in a blog sent from the gallery. This means that Sarah's work was judged better than the rest of the Y10, 11 and 12 works on display.

The works are on display for the week.



Claudia Nash's charcoal drawing



Lizzie Hancock with her artwork



Sarah Parkes' winning entry



The Hurting Game- Production

On Wednesday, 27th August Brainstorm Productions will be presenting 'The Hurting Game' for years 7 to 9. The show is about peer pressure and being "true to yourself". The students will travel to TAS via bus to view this production. 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 a more positive school environment. For more information about the company follow this link or go to www.brainstormproductions.edu.au The cost of the production is \$6.00 and will be charged to your school account.

The Years 7-9 Year Advisors have been preparing their students for this production by looking at lessons on the Social Media Debate, Communication- The Key to Good Relationships and Gossip.

This show will form part of an informative "Wellbeing Day" on August 27th for our students from years 7-11.

The Junior School will also be involved with activities and games , including a combined Tabloid Sports with the Senior School after lunch. More information about this day will be in the next newsletter.

August Issue of Molly and Fox Out Now

Cold, wet weather and the perfect time to curl up with the August issue of Molly and Fox. This month is filled with great contributions from some of our readers, gorgeous photos, quotes and clips plus our regular features.

Remember if you want to see yourself on the pages of Molly and Fox, drop us an email to emag@mollyandfox.com and we will be in touch.

All students have received an email with the link to this latest issue.

NEW "Study Buddy Club- with a little help from my friends" available for Years 7 and 8 Students

Students in Years 7 and 8 may now attend a "Study Buddy Club" operating out of Room 12 from 3.30-4.30pm on Wednesdays in Term 3, under the tutelage of academic peers from years 9-11. This afternoon activity will have overall supervision provided by Mr Jake Compton, and assistance from Mrs Angela Sole.

Incorporating all the positive aspects of mentoring and tutoring, plus helping the girls overcome adversity with their prep. problems, and helping them reduce anxiety over studying, this is a wonderful way for the girls to support each other.

The peer leaders are currently undertaking their Duke of Edinburgh Award, and this service of mentoring will also help the girls to develop leadership skills. This supports the goals of the Wellbeing Programme as it is providing confidence to tutors and students as well as attempting to create a culture of success, hard work and resilience within the school. Please sign up with Mr Compton if you are interested in attending these assistance afternoons.

In addition to this centre, Mr Compton also runs a weekly Wednesday afternoon "Open Classroom" for assistance in Essay writing, and in organization and planning of assessment tasks, for students in Years 9 and 10.

Please see next page for ParentingIdeas article "A Girls' Way".



INSIGHTS

by Michael Grose – No. 1 parenting educator



A Girl's Way

Girls are more inclined to want people to like them and have a greater desire to be accepted. It's important to open up conversations around values and beliefs.

Article contributed by Catherine Gerhardt

Raising teen girls was never meant to be easy. With two pre-teen daughters myself I am keenly aware of the challenges that lie ahead. Already there are circumstances with friends, and there will be situations with boyfriends, work and online relationships, then add into that mix possible issues with body image and self esteem. Whew! That sounds like a potential mine field.



Girls can tend to be too trusting when it comes to relationships and may not pay enough attention to their instincts, that intuition that helps keep them safe. In general girls are more inclined to want people to like them and have a greater desire to be accepted. It is important that we open up conversations around values and beliefs.

Important safety discussions for girls:

Friends vs. Cliques

Friends are those people that we share a lot in common with. We enjoy hanging out with them and supporting each other. Friendship groups share values and beliefs and welcome new friends.

Cliques are more restrictive. They have rules that set out who can be 'in' and how they should behave. There can be a lot of pressure to conform to a clique and it's usually controlled by a leader.

Have discussions with your daughter about knowing what they want and what they believe in, and emphasise the importance of keeping true to themselves. Are they being true to themselves in their friendships and activities when in a peer group? One of the messages we use in our home is 'Who is the boss of you?' Does your daughter have the skills to be the boss of herself or will she easily allow someone to take that position?

Peer Pressure

Almost everyone finds themselves in a peer pressure situation at some point. Help your daughter understand that when something makes her feel uncomfortable, this means the situation is wrong for her.

Encourage her to know who she is and keep to her values. Take some time out this week to sit down with her and write some down and have them posted as discussion points for when you need them. Is she living in a way that respects her core values?

It is also worthwhile to have a plan and build discussions around potential peer pressure situations, like alcohol, drugs or sex? Think ahead and discuss what she can do and even have her practise what she can do or say. A lot of families have a code phrase that teens can use if they are feeling pressure and want to get out of a situation. One family I know uses 'mother' as their alert word; if they hear that word or have it written in a text that is their cue to mobilise.

No means no

Believe it or not, NO is a word I want to hear my daughters using a lot as they navigate their way through their teenage years. The word NO is a powerful word. NO is a complete sentence. It is the most important word they can use to keep themselves safe. If someone does not listen to their NO, then that person is trying to take control of them or the situation. Help your daughter to understand that if they let someone talk them out of their NO, they are letting them take control. No means no – you do not need to say anything else. Let's say, for example, someone approached your daughter and asked to help carry her school bag and she says, 'No, thank you. I can do it myself. I don't have far to go'. This tells the person that she may be open to conversation and may be able to be convinced. NO means no negotiation.

The need to be noticed can be strong enough to lead girls into risky behaviours or behaviours that do not fit in with their core values. As parents, we need to support our girls to find and know their core beliefs and values and empower them to be true to these ideas and standards.

If the way your daughter wants to be remembered does not match the way she thinks others will remember her, then it is time to make some changes. If your daughter finds herself questioning what she is doing, get her to reflect on her list of core beliefs and values. The choices they make now will help build the foundation for the woman they are going to become.

Catherine Gerhardt, Kidproof Melbourne

Kidproof provides proactive and preventative child and family education programs.

► www.kidproofsafety.com.au

parentingideas.com.au parentingideas.co.uk parentingideas.co.nz

Michael Grose Presentations

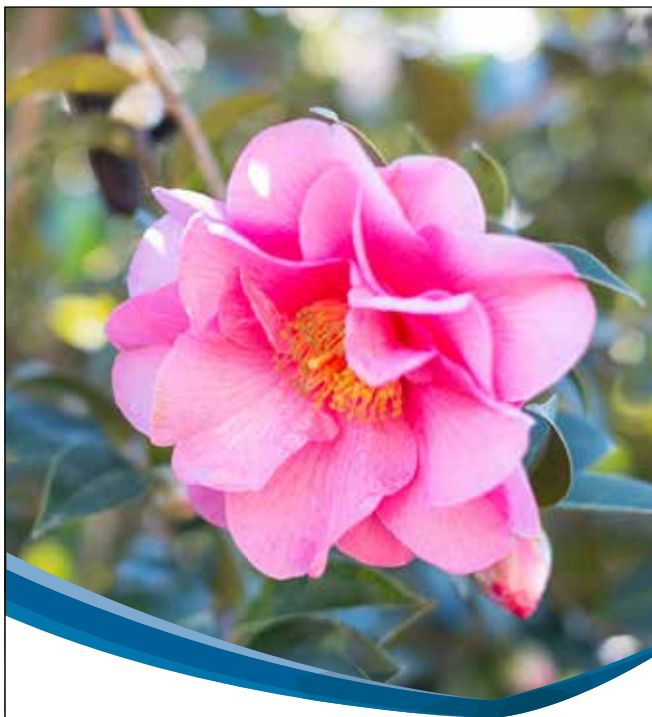
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facebook.com/michaelgroseparenting

twitter.com/michaelgrose



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.



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



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

Armidale Freedom Climb

Join us for OM's Inaugural Armidale Freedom Climb to help raise funds, prayer and awareness for women and children caught in slavery and human trafficking.

Where: Cathedral Rock in the Cathedral Rock National Park (On the Armidale to Coffs Harbour road, 5 km west of Ebor)

Starting point: The Barokee Camping ground / car park

Time: 9 am

Distance: 5.8 km loop

Time: Approx 2.75 hrs, but with time spent at the top, more like 3.5 hrs+

Distance from Armidale to Barokee Camping ground: 80 km (last 8 km gravel)

Difficulty: Medium difficulty - the last 300 meters is climbing through big boulders with a chain climb at the end.

Registration cost: Adult: \$20 Student: \$15 Family \$35
Date: August 30th

If you can't climb you can still be a part of Freedom Climb Armidale by sponsoring a climber, joining the prayer initiative or joining us for the lunch to hear more about the issues and how OM is making a difference.

For more about the climb visit us on **Facebook**

Thanks for your part in making a difference in the lives of women and children caught in trafficking, slavery and exploitation
If you have any questions please do not hesitate to contact me

Blessings,
Director Freedom Climb Australia
www.freedomclimbkinabalu.wordpress.com

Spring Fair

The annual NEGS Spring Fair will be held on Saturday 6th September. This will be a closed weekend for Boarders. If you require special consideration for leave on this weekend please email sarah.ronald@negs.nsw.edu.au (Kirkwood House) or maxine.thompson@negs.nsw.edu.au (Saumarez House).

Coast Weekend

We are in the process of organising an end of year trip to the coast for the girls. Please save the date...Saturday 15th November and Sunday 16th November, 2014. This trip will be to Coffs Harbour and will be open to both Day Girls and Boarders. More information on this will follow shortly.

Weekend activities

Art Museum

On the Sunday 27th of July, Miss Thompson, Artemis and myself went to the art museum for an outing. I enjoyed seeing all the different types of artwork, there was some really artistic works. After that we went to the cafe and had a hot chocolate which I enjoyed. Thank you to Miss Thompson for taking us out, it was really nice of her.

I had fun and it was such a beautiful day to go to the art museum.

Jess Tinker - Year 9



NEGS Boarders: Jess Tinker and Artemis Wedderburn with Miss Thompson at NERAM last weekend.



Jess and Artemis enjoying their hot chocolates at NERAM Harvest

Lucy Moffatt, Laura Brown and Maria Fantini: enjoying some musical bonding in Saumarez house last week.



Boa r d e r s



Weekend Outline

Friday 8th August – Sunday 10th August

Friday 8th August

- 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 9th 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
- 5:45pm –
6:30pm Dinner in the Dining Room
- 7.00pm **OPTIONAL ACTIVITY–SOCIALS at TAS and PLC**
–9.00pm **(BUS Departs from the Turning Circle at 6.40pm)**
–10.00pm
- 7.00pm Year 11 Dinner Leave (optional)
–9.00pm
–10.00pm Year 12 Dinner Leave (optional)

Sunday 10th August

- 11:00am Brunch in Dining Room
- 11:30pm –
12:30pm Hour without Power – Games in Kirkwood OR Free Time outside
THE MPC WILL BE OUT AS IT IS BEING USED FOR DANCING THIS WEEKEND
- 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



'Teen Sex By the Book'

Introducing Dr Patricia Weerakoon

"I know what you're thinking...what does this Sri Lankan woman in a sari have to teach ME about sex! Well let me tell you something..."

And on August 14, Dr Weerakoon will indeed tell our students in years 7 to 12, some "things" about God, sex and relationships!

You may have noticed Dr Weerakoon's name popping up around the New England and beyond. A sex therapist, university lecturer, and committed Christian, she has been engaged in a local tour speaking about a topic she is very clearly passionate about - God's great design and purpose for sexual relationships. Using clear scientific research about the human brain as well as her knowledge of the God who designed it, Dr Weerakoon communicates a very important and engaging message that our students are unlikely to hear anywhere else.

I'm sure you are familiar with the 'harm minimisation' approach to teenage issues. When it comes to sexual promiscuity and drug use, it goes something like this.. 'Well.. they are going to do it anyway so we need to teach them how to do it safely.' And 'They need to be made aware of the dangers and to use a clean syringe.' Of course, we do need to teach our young people how to keep their bodies safe from disease and unplanned pregnancy. A harm minimisation approach alone is understandable if there are no value judgments to be made, and if there is nothing else but our bodies at risk. However, most of us would agree that a human being is more than just a physical organism. As a school with a very clear Christian foundation and a passionate desire to see our students grow in their knowledge of God and his wisdom for life, we are not content to stop there. Condoms, clean syringes and safe drinking levels don't protect hearts. We aim to teach our students not just about their physical safety, but also about their emotional and spiritual safety.



Dr Weerakoon's message communicates the massive potential of sex - for both joy and despair. On the one hand it is one of God's great gifts to us for our enjoyment. On the other, it has the potential to cause long-lasting hurt and damage to ourselves and the people around us.

People will always scoff about the "ludicrous" idea of enjoying sex solely within the safety of a committed relationship - marriage. Yet few would deny the damage that our young people experience all too often, as they begin a life of sexual experiences.

Dr Weerakoon speaks with humour and a candidness that is very engaging, even entertaining. Perhaps she is speaking at a venue near you? Let me encourage you to buy a ticket. Her words of wisdom are worth hearing. And of course, so are God's.





ARMIDALE & NEW ENGLAND BURNS CLUB

HIGHLAND DANCING COMPETITION
9th August, 2014

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

Come along and enjoy some
spectacular **Highland Dancing**. Admire
the electric colour of Tartans & Velvets.

Dancing commences at 8.30am

Primary, Beginner & Novice
dancers shall compete in the morning.

Intermediate & Premier

dancers shall compete from noon.

Shona's Gourmet kitchen will be open all
day offering scrumptious food.

*We would love to see you support this
unique sporting event.*



NEGS



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



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at the heart of our community



New England Mutual is a trading name of Community Mutual Ltd. ABN 21 087 650 360 : AFSL 241167
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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.

Round 1 IGSSA Hockey and Netball

The first round of the IGSSA Hockey and Netball was completed on the 25th and 26th of July with some pleasing results, namely the returning to school before 8pm- well done Lindsay the bus driver! Currently both our Junior Hockey and Netball teams are undefeated.

The results were as follows:

Junior Netball:

- NEGS vs Brigidine 25-23
- NEGS vs Ascham 19-15
- NEGS vs Loreto Normanhurst 33-3

Senior Netball:

- NEGS vs Pymble 18-37
- NEGS vs Kincoppal-Rose Bay 13-28
- NEGS vs Roseville 12-41

Junior Hockey:

- NEGS vs PLC Sydney 2-0
- NEGS vs Ravenswood 4-0
- NEGS vs Frensham 2-0

Senior Hockey:

- NEGS vs MLC 4-1
- NEGS vs Danebank 0-1
- NEGS vs Santa Sabina 0-0
- NEGS vs Monte Sant'Angelo 2-2

The girls will keep training hard in the lead up to the second round being held on the 15th and 16th of August in the hopes of making finals. Good Luck!

If you wish to keep up to date with our placings Hockey can be found at <http://www.ahigs.nsw.edu.au/IGSSA/Sports/Term3/Hockey.aspx> under Sports- Term 3- Hockey. Our divisions are S02 (Seniors) J01 (Juniors). Netball is at <http://www.ahigs.nsw.edu.au/IGSSA/Sports/Term3/Netball.aspx> under Sports- Netball- Term 3. Our divisions are S02 (Seniors) and J02 (Juniors).



Bridget Sutton



Isabella Ritter



Junior Netball



Senior Netball



Summer Sport Selections

The summer months are coming on quickly and sport selections for Term 4 will be made in the upcoming weeks in PDHPE lessons and tutor times. In anticipation of this I request that all students have a discussion with their families about the sports they wish to nominate for in advance. These are listed below. All sports will be confirmed by the end of Term 4 with registrations and charging occurring for particular sports. Please be aware of this when making selections as changes will not be possible in Term 4. Students need to select one sport to fulfil requirements and attend every week. Multiple selections are allowed but students need to be aware of their time and not overcommit. A maximum of three sports is allowed.

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.

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.