



**NEGS**  
MORE THAN  
A SCHOOL

# NEGS Newsletter

Term Three - Week 8, 12th September, 2018

## From the Principal



Mrs Mary Anne Evans

As the School term marches on, with commitments ever extending into our work-life-balance and on the back of Father's Day, I thought it was appropriate to include the latest study on the importance of a father's work-life balance as being crucial to his children's wellbeing. At the same time all students are encouraged to balance their commitments to ensure their best results academically and with a healthy mind. This is especially relevant for Yr 12 as the Higher School Certificate examinations are only a matter of weeks away. When Mrs Swartz and I spoke with Yr 12 girls last week, we also stressed the importance of finishing their final weeks at the School, well. To validate the point, is the unfortunate outburst of Serena Williams this week at the US Open. This act has served to leave a tarnish on an otherwise outstanding career. I implore the girls to think before they act and to finish strong.

### Fathers' work-life balance is crucial to children's mental wellbeing

Issue 16/2018: September 5, 2018

A study by researchers at the Australian National University (ANU) has found that a father's work-life balance is crucial to the mental health of his children. Researchers surveyed 2,496 Australian families, finding that it is not just a mother's struggle to balance work and home commitments that affects children, but also that experienced by fathers.

ANU researchers were able to demonstrate that the mental health of children deteriorates when their mother or father experiences an increase in work-family conflict. Conversely, children's mental health improves when work-family conflict is reduced. Another key finding is that men are equally as likely to experience a problem with work-life balance as women, with 16% of men saying they never or rarely feel work and family life is in balance, compared with 15% of women.

ANU researcher, Dr Liana Leach, recently interviewed about the study by Susie O'Brien for the Herald Sun newspaper, said that: Fathers say they can't even get to things like family

events. Even when they are spending time with family they say they can't enjoy it because they're always thinking about work. Furthermore, says Dr Leach, the study shows that work-life conflict leads to "fatigue, distress or emotional withdrawal as parents forgo family events or valued time with their children for work-related opportunities and expectations". In turn, when work-family conflict becomes chronic, "children's wellbeing is adversely affected both directly and indirectly via increases in poor parent mental health, parenting irritability and marital dissatisfaction".

According to the ANU study, published in the Social Science and Medicine journal, fathers want to spend more time with their children but say that their work does not allow them to. This is backed up by Australian census data showing that about 90% of men are employed and 92% of those are employed full-time. "The problem is compounded," Dr Leach told the Herald Sun, "for fathers who want to be with their families more but end up working 40 to 60 hours a week."

Data from the Australian Bureau of Statistics shows that the number of couples with children where both parents work full-time or part-time increased from 59% a decade ago to 64% in June 2017. This has principally occurred as a result



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# Principal News

Mrs Mary Anne Evans

of the increasing number of women joining the paid workforce, now at a record high of 60%. Couple families with one parent working full-time and one working part-time are the most common group, comprising 35% of couple families with children in June 2017. The biggest increase, however, has been among couple families with both parents working full-time, up from 21% ten years ago to 25% in June 2017.

Dr Jennifer Baxter of the Australian Institute of Family Studies estimates that 31% of two-parent Australian families have a stay-at-home mother, while 4% have a stay-at-home father (up from about 2% in 1981) — though it should be noted that is difficult to estimate the number of stay-at-home fathers as some may be temporarily unemployed or studying rather than genuinely choosing to be a stay-at-home parent while their partner is the principal wage earner.

The Australian Bureau of Statistics (ABS) estimates that the number of fathers using flexible work hours to look after children aged under 12 has doubled in the past twenty years, up from 16% of fathers in the mid-1990s to about 30% in 2016. In addition, the number of fathers working from home to care for their children has doubled from 7% to 14%, and the number of fathers working part-time to help care for their children has risen from 1% to 5%.

However, as the ABS notes, 90% of fathers with children aged under 15 are employed and 92% of these work full-time. By comparison, 65% of mothers with children aged under 15 are employed and 42% of these work full-time. Fathers working full-time work an average of 42 hours per week while mothers working full-time average 33 hours per week.

In addition, parents must factor in hours of housework; childcare; household administration; home maintenance; attending children's sporting, music and other commitments; caring for elderly and other relatives; and other family and work obligations on evenings and weekends — leaving little time for family time, socialising, exercise or relaxation.

Lisa Connolly, Director of Family and Community Statistics at the ABS, says that it comes as no surprise that about 93% of mothers and 85% of fathers with children aged under 15 feel "rushed or pressed for time". However, she also notes that 89% of parents still feel that they spend "quality time with family and friends".

Nevertheless, with the ANU study finding that children's wellbeing is adversely affected when the conflict between their parents' work and family life becomes chronic — resulting in "poor parent mental health, parenting irritability and marital dissatisfaction" — perhaps it is time for increasingly busy families to draw breath and consider the role that all family members, including fathers, play in creating a better work-life balance and improved mental wellbeing for both parents and children.

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Join us for the  
**2018 Year 12 Graduation &  
Prize Presentation**

**Thursday 27th September 2018**

*The Occasional Address will be delivered by NEGS Old Girls*

**Molly Taylor & Jane Taylor**

2016 Australian Rally Champion  
NEGS Old Girl 2004

Barrister and Lecturer  
NEGS Old Girl 2002



RSVP: Tuesday 25th September to NEGS Reception 02 6774 8700  
or [reception@negs.nsw.edu.au](mailto:reception@negs.nsw.edu.au)

# 2018 Calendar of Events Semester Two

## TERM THREE

14 September	Grandparents' Day 'How the West Was Warped' Matinee 1:30 pm 'How the West Was Warped' - 7:00 pm
14-17 September	New Zealand Equestrian Team coming to compete
15 September	'How the West Was Warped' - 7:00 pm
15-16 September	Old Girl's Weekend Scone Dressage
22 September - 6 October	Round Square International Conference Canada
27 September	Valedictory Day Last day of Term Three

## TERM FOUR

15 October	Staff Day Boarders return by 8pm
16 October	CLASSES COMMENCE
20-21 October	New England Sings
3-4 November	NEGS Equestrian One Day Event
26-30 November	Year 10 Service Week
3-9 December	Year 10 Work Experience
11 December	Festival of Nine Lessons and Carols Last day of Term Four for Junior School
12 December	Year 7 - 11 NEGS Speech Day Last day of Term Four for Senior School



## 2018 Year 12 Graduation & Prize Presentation



The Board of Directors and Principal cordially invite you to attend the 2018 Year 12 Graduation & Prize Presentation

### Thursday 27th September 2018

9.00am Valedictory Chapel Service  
10.00am Year 12 Graduation & Prize Ceremony in NEGS Multi-Purpose Centre  
11.30am Morning Tea for Year 12 Students and their families in the NEGS Assembly Hall

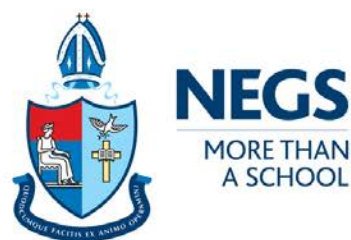
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# Grandparent's Day

## Friday 14th September 2018

8.45am - Arrival at Chapel

RSVP online at: <https://www.trybooking.com/XLYG>  
by Monday 10th September 2018

P: 02 6774 8700 | E: [reception@negs.nsw.edu.au](mailto:reception@negs.nsw.edu.au)

Join us for activities in the classroom, a sneak peak of our musical, morning tea and much more!



## 2019 Term Calendar

### Term One

Tuesday 29 January	Staff Day   Scholarship Day Orientation Day for New Students Boarders Return by 8pm
Wednesday 30 January	<b>CLASSES COMMENCE</b>
Thursday 11 April	Last day of Term One

### Term Two

Monday 29 April	Staff Day   Boarders Return by 8pm
Tuesday 30 April	<b>CLASSES COMMENCE</b>
Friday 7 June	Staff Day
Monday 10 June	Queen's Birthday Long Weekend
Thursday 27 June	Last day of Term Two

### Term Three

Monday 22 July	Staff Day   Boarders Return by 8pm
Tuesday 23 July	<b>CLASSES COMMENCE</b>
Thursday 26 September	Valedictory Day Last Day of Term Three

### Term Four

Monday 14 October	Staff Day   Boarders Return by 8pm
Tuesday 15 October	<b>CLASSES COMMENCE</b>
Tuesday 10 December	Festival of Nine Lessons and Carols
Wednesday 11 December	Year 7 - 11 NEGS Speech Day Last Day of Term Four

## From the Director of Boarding



Mrs Stephanie Thomas

Term 3 is always a very busy term filled with loads of activities and experiences. Recent research carried out by Harvard University found that, 'While it is obvious that your feelings can influence your movement, it is not as obvious that your movement can impact your feelings too.' It went on to discuss how just 20 minutes of movement a day can improve the way we feel, improve brain function and even increase your mood.

Some of activities and experiences which have been offered over the last couple of weeks have included: roller skating at Armidale Sport and Rec, self defence lessons by Anthony Kelly, totem tennis competitions between year groups and just this past weekend past bushwalking and sports activities out at Dumaresq Dam. During HWOP on a Sunday the staff have also reported how active the girls have been, participating in a variety of indoor games and activities as well. I encourage all students to get involved in the boarding activities instead of sitting and watching a screen all day.





# Sport

## NEGS Netball Program

supported by NETBALL NSW

TRIAL DATE

**MONDAY 17TH  
SEPTEMBER 2018**

NEGS Multi-Purpose Centre

We're really excited to  
announce our new  
**NETBALL PROGRAM**  
commencing in 2019

For more information or to register now  
for our upcoming trials, call us or go to our  
website:

[http://www.negs.nsw.edu.au/netball-  
program/](http://www.negs.nsw.edu.au/netball-program/)

### NEWS FROM THE BOARDING HOUSES

#### WHITE HOUSE

White House students are happy and settled as we progress towards the end of Term 3. The newest members to the fold have integrated well and everyone has been enjoying forming new friendships as well as strengthening those relationships with old friends. The girls have been very busy with their daily activities and are beginning to look forward to the holidays that are drawing near very quickly. Winter sports are coming to a close too, with some girls reaching the semi-finals. The Year 11 girls have been working hard to organise the farewell for the Year 12s, I have been impressed with how they have picked this up and run with it. They have also been preparing for their exams that start next week. There are a large number of girls, particularly in Year 7 and 8 that are involved in the musical who have been at rehearsals preparing for their performances in a week's time. Our youngest girls have had a lot to learn as they adjust to being boarders living in close proximity with each other and having older girls around them in the house and in the dining hall. It is lovely to see how the older and younger girls are interacting with each other. It has been a pleasure to work with, and get to know, such a wonderful group of girls.



#### KIRKWOOD HOUSE

Kirkwood has been quiet recently with half of year ten away on the ski trip. It's been a wonderful opportunity for new friendships to be formed amongst the remaining girls. With the weather starting to warm more girls are venturing outside to run, practice sport and just hang out. It's been lovely having our three new girls in the house, Flo Davidson, Anika Langfield and Emma Steele, they are fitting into boarding life beautifully. We have also been fortunate to have the wonderful Amy Lindstrom from Woodridge College, South Africa who has easily become a NEGS girl. As we reach the end of term the girls are getting tired but they are resilient and encourage each other to keep on going. It's always nice to see the girls of Kirkwood flourishing.



## SAUMAREZ HOUSE

With 3 weeks left to go for Year 12 boarders 2018, festivities have preceded formalities with a Pizza night in Saumarez with Mrs Garrad, followed by a "Pub Grub" dinner at The Grand Hotel with Mrs Evans, Mrs Thomas and Mrs Garrad and then NEGS lip sync battle organised by the Year 12 year group with maximum participation for the enjoyment of the entire school.

Next week sees the first of our formalities with the Year 12 formal boarders' farewell dinner in the Dining Hall on Thursday September 13th. Year 11 have been busy working towards making this a very special and memorable occasion for the girls.

Lots more exciting events are planned for the next few weeks and in boarding we look forward to making and sharing some more wonderful memories with Year 12 and their friends and family.



## TERM 4 - LONG SERVICE LEAVE

From 22nd September 2018 to 12th December 2018 I will be attending the Round Square Conference in Canada, and taking the opportunity to take some Long Service Leave. To ensure that there is minimal disruption to Boarding during this time, Donna Garrad will be appointed to the role of Acting Director of Boarding. I am confident that Donna will undertake the increased responsibility of this role, supported by the NEGS community, with professionalism and diligence in my absence. All communication should be directed to donna.garrad@negs.nsw.edu.au or 6774 8774 during this time.

I look forward to returning refreshed and ready for 2019.

## Career News

Mrs Helen Doyle

## Careers @ NEGS

I am writing this on my way back from the Gold Coast where I was fortunate enough to be able to visit the fantastic Bond University campus at Robina. To say I was impressed would be an understatement. These are a few dot points on what impressed me and what you may not be aware of. Now where to start!

- Bond is a private university and therefore you pay fees. However you are eligible for FEE help which means that you can put all of your undergraduate degree on FEE help and then pay it back, similar to HECS. Your debt levels are not very different to what it would be if you were adding it to HECS. For many of the degrees you do not need to pay for additional resources e.g. materials, textbooks.
- Bond has very small class sizes, mostly a maximum of 24.
- Students at Bond are immersed in real life situations from the first day. For example if you are an architecture student you are working on real plans from day 1 with students from 2nd, 3rd and 4th year supervised by real architects.
- From Day 1 students have to undertake Beyond Bond, where the students work towards gaining a job at the completion of their studies.

- Students have access to the transformer program free of charge. The transformer program allows students to explore their entrepreneurial ideas and see them come to fruition in a supportive environment.



- Bond have the trimester program which runs over a calendar year unlike other universities where the third trimester runs over the Christmas Break.
- Bond's campus is situated on the river and is a stunning setting with many sculptures and places to relax or have a break outside. We found it hard to believe

that we were in the middle of a busy city!

- We have our own contact at Bond - Shelley Martain. Phone: +61 (0)7 5595 4081
- Mobile: +61 (0)417 757724 Bond University | Gold Coast, Queensland, 4229, Australia smartain@bond.edu.au.

- They love visitors but let Shelley know so that she can organise a tour for you and for you to sit in on some classes in the areas that you are interested in.



## SOUTHERN CROSS UNIVERSITY

Star entry closes on Friday 14th September. This date is not flexible so apply now. Remember to apply for any uni that you apply direct to them for early entry as it doesn't affect your preferences on UAC. This just gives you more options and it doesn't cost you anything.

## UAC

UAC is seeking feedback on the usability of their resources. There are links for students and parents to complete a survey. .

Year 12 students: <https://www.surveymonkey.com/r/TCJD3W6>

Parents of HSC students:

<https://www.surveymonkey.com/r/TCKCW2T>

## CAREERS PORTAL

For all up to date information please read the What New page on the NEGS Careers Portal. Please bookmark and check back at least once a week. Also check the work experience opportunities that I post when they are available.



## STAR Early Offer Program



Applications now open [www.scu.edu.au/star](http://www.scu.edu.au/star)



# Music News

Mrs Sally Spillane



## NEWS FROM MUSIC

How wonderful it is to work with students who are highly motivated and help others around them. Miss Turner, Mr Oxley, Mr Finco and myself have been impressed with the dedication and commitment the girls with lead roles in the Senior School Musical 'How The West Was Warped' have shown. Hours of practise at lunchtimes and after school rehearsals, never complaining, always striving to do the best job they can, these are wonderful girls who have set an excellent example to all the students in the chorus, leading by example. Well done to you all.

Make sure you get your ticket to the shows, they will be lots of fun and very entertaining. Gunslinging desperadoes, cowboys, cowgirls, outlaws and dancing showgirls, this show has them all. Step back into the Wild, wild west and enjoy yourself. Tickets can be purchased through Try Booking so don't miss out!!!

Don't forget to check out the awesome band supporting this musical. Super talented Mr Tony Jones and Mr Andrew Travers are part of this band, see them in action, they are fabulous!

Students throughout Junior and Senior School are busy practising their songs for New England Sings. Junior school students will be attending

their third rehearsal this week and Senior school students will be attending their second rehearsal later on in the term. Don't forget to get your tickets for this concert as tickets are selling fast and you don't want to miss out.

In the Junior School Saumarez Strings go from strength to strength under the leadership of Miss Laura Curotta. If you are lucky enough to be in the Music block on a Monday morning you will hear them in action. They will be performing at a Junior school assembly coming up soon and our next Twilight Concert which will be held early next term.

Mr Oxley is feeling happy with the progress of his Junior School Handbell Group, however it is important for students to come to practise which is held every Monday lunchtime .

I am so impressed with both the Junior Vocal Ensemble which has welcomed new members in recent weeks and the Junior School Marimba group. They are all learning new songs getting ready for their next performance.



Finally one of our music stars Annabelle Simpson from Year 10 recently performed on her trombone in the Armidale Youth Orchestra's "50th Big Bash" Concert at Lazenby Hall, UNE. This was a special 50th birthday celebratory concert, in honour of all members past and present. Many previous conductors came and enjoyed the concert together with alumni who played with the current members of the orchestra. Conductor, Mr Russell Bauer, selected music of a celebratory nature in keeping with the festivities - music from the comical "Cartoon Symphony", the wonderful "The Barber of Seville" by Gioachino Rossini and Tchaikovsky's powerful 1812 Overture. The concert also premiered a work that local composer Paul Marshall had been commissioned to write in honour of AYO's 50th birthday titled "Where The Mountains Kiss The Sky". Paul said that his inspiration

for the composition had come from Armidale and the beautiful scenery that surrounds the city. Annabelle enjoys being part of the AYO as it has allowed her to make new friends and widened her opportunity as a trombone player to learn many new things.

Yours in music, Sally Spillane

Our NEGS band has welcomed new members this term and are busy learning some James Bond Music which is great to listen to.

Our Stage 4 band are working hard in all their different groups. Miss Fletcher's cello players performed to the marimba players last week in band time who were very impressed with their progress and then the marimba players performed to the cello players to show what they had been working on. The smiles on the girls' faces said it all, working together and supporting each other as they continue to learn how to play the various instruments they chose to play. The other groups will be performing at our next band practise together. The benefits of playing an instrument are many. Much research has been done on this subject, it is very interesting to read.

Now that we have so many students playing instruments at NEGS we are in need of more instruments. If you have any instruments at home that are sitting unloved and not used at home please consider donating them to the NEGS Music Department where they will be put into use again and loved by one of the students.





## School Photos

Dear families and students,  
As you are aware "extra group" photos have been taken at school (see below for the list).

If you wish to order the photos:

Please go to: [www.asaphotography.com.au](http://www.asaphotography.com.au)

Click on the link "NEGS extra group photos".

Click on the photo you would like to check.

A new page will open displaying the image and the add to cart option. By clicking on the image, the photo will enlarge and parents and students will be able to visualise the actual image.

Once you have selected the photos you wish to order, click on "Checkout". Follow steps to complete payment.

OR

Cheque/cash may be returned to school with the attached order form - Mrs Smith has a limited supply of these.

All orders must be made by Friday, 21st September. The photos will be returned to school for distribution in Term 4.

ASA PHOTOGRAPHY		CCHPP	
9 Nyssa st, Armidale NSW 2351 Tel: 0410 636595 Email: enquiries@asaphotography.com.au			
Student's Name .....		Class .....	
		Date of Birth .....	
<b>School: NEGS Sport photo Day</b>			
<b>Print size 20x25 cm</b>		<b>Price: \$20 each</b>	
Quantity	Quantity	Quantity	
	Rugby team	Round Square NEGS Junior Choir	SRC Guitar Group
	NEGS Band	Rifle Club	Rifle Club Match Team
	NEGS Vocal Ensemble	IGSSA Cross Country team	IGSSA Swimming Team
	IGSSA Athletics team	Tildesley Tennis team	CIS/All Schools' Representative
	Rowing team	Senior IGSSA Netball team	NEGS 2 Netball team
	Senior IGSSA Netball team	NEGS 4 Netball team	Senior IGSSA Hockey team
	NEGS 3 Netball team	U13 Hockey team	U16 Hockey team
	Junior IGSSA Hockey team	U16 Indoor Hockey team - 1	U16 Indoor Hockey team - 2
	U13 Indoor Hockey team	NEGS Sky Basketball team	NEGS Red Basketball team
	NEGS White Basketball team	Livestock Team	
	NEGS Blue Basketball team		

'HOW THE WEST WAS WARPED' GET YOUR TICKETS NOW - <https://www.trybooking.com/XUFC>

**'HOW THE WEST WAS WARPED'**  
NEGS Assembly Hall  
\$15 Students / Concession - \$20 Adults

Friday 14th September  
Matinee 12.05 pm | Evening 7.00 pm

Saturday 15th September  
Evening 7.00 pm

Tickets on sale now  
\$15 Students/Concession | \$20 Adults  
Book now at Trybooking:  
<https://www.trybooking.com/XUFC>

**'HOW THE WEST WAS WARPED'**

**NEGS ASSEMBLY HALL**  
\$15 Students / Concession - \$20 Adults

Friday 14th September - Matinee 1:30 pm | Evening 7:00 pm  
Saturday 15th September - Evening 7:00 pm

Tickets on sale now via;  
Trybooking: <https://www.trybooking.com/XUFC>

For further information please contact NEGS Armidale  
T: (02) 6774 8700 | E: [reception@negs.nsw.edu.au](mailto:reception@negs.nsw.edu.au) or visit  
[www.negs.nsw.edu.au](http://www.negs.nsw.edu.au)

# NEGS

## School News



*Coffee is a language in itself, bringing individuals together and fuelling the brightest of minds.*

As of 2017, an initiative of the 9/10 Commerce class, 'Negspresso'; serving a range of hot beverages, has operated each Tuesday & Thursday.

In regard to both the manufacture and marketing, the business is solely operated by students. By doing so, a broader understanding has been gained in finance marketing, market research & finance skills. In addition to this, an insight has been provided to the operations of businesses.

Such experience will prove invaluable to the students moving forward, should businesses be established.

Commerce students are trained in Coffee Making through TAFE, allowing them to provide coffee, chai lattes and hot chocolates to both students and staff alike. However, coffee may not be purchased by students. The store operates on both Tuesday and Thursday mornings (8am – 8:35am) and lunch (1:05pm – 1:35pm) with girls rostered to rotate the tasks.



The Aboriginal Culture Centre and Keeping Place (ACCKP) is once again running a Holiday Program for primary school Children from Monday 8th October to Friday 12<sup>th</sup> October.

The program will run from 9.00am to 12 noon. This program is open to all children of primary school age. The theme for the October Holiday Program is "Prepare for Christmas". Children will have the opportunity to learn and carry out activities surrounding this theme.

The cost for the morning tea, supervision, materials and activities will be covered by the ACCKP. This holiday program is being funded by the Department of Education.

Please pick up and complete a registration form from the ACCKP by the 1<sup>st</sup> October 2018 to ensure your child/children's place is confirmed.



**MS** Armidale & District Branch

invite you to attend a  
**MELBOURNE CUP DAY**  
FUNDRAISER  
**Tuesday**  
**6th November 2018**  
12 noon in the Auditorium  
**Armidale City Bowling Club**

- Drinks on arrival
- Finger food luncheon
- Sweeps • Raffles
- Fashions on the Field prizes

**Fleece to Fashion & Turners Armidale Fashion Parade**  
**Big screen race coverage & TAB available**

Tickets: \$30 each available from  
Armidale City Bowling Club,  
Dumaresq St, Armidale  
Phone 6772 5666

Proudly supported by  
**ARMIDALE** City Bowling Club  
**FLEECE TO FASHION** AWARDS  
**TURNERS** ARMIDALE  
**regional australia bank**



# Junior School

## Head of Junior School



Mr Andrew Travers

### MAKE CAR TIME COUNT

Parents spend a lot of time behind the steering wheel driving their children to school and other activities, here is some good news. Time spent in the car with children is the perfect opportunity to have quality conversations with them.

The car is the perfect place to start a conversation. Often in the car there is no pressure so often you will have the most significant conversations of the day with your children at that time...you can catch up on what is happening in their world – at school, their friends, things that they have coming up, and perhaps things they are worried about, and are excited about. It is a much more relaxed environment to tackle issues or offer advice and also it is a nice time to spend with them. It can be fun and silly and you can have that connection with them.

Clinical Psychologist Kirrilie Smout of Developing Minds Psychology and Education says, "the car can be the perfect place for conversations because it removes home distractions for both parents and children". "Children are sometimes more likely to talk to parents in the car than when they are home." Many find the lack of intense eye contact, the lack of other activity options, and the brief nature of the trip make it easier for them to relax and talk. Parents and children can just chat and listen. When you are having conversations in the car, show genuine interest in your child's opinions, experiences and ideas. Share your ideas and experiences of work, friendships and life. Give your children an age-appropriate glimpse into what you think about issues.

Try to make car time, quality time

Thank you to the P & F for a fantastic BBQ at the Father's Day Breakfast. It was great to see so many Fathers and even better seeing them getting into some handball and showing some old school tricks.





# Transition News

## BEING A GOOD FRIEND.

Transition have been working on their friendship skills over the past month. They have listened to numerous stories with an emotional theme, this has allowed them to focus on the feelings of characters within a text as well as their own feelings. The children have had discussions about what they can do to help each other and how to help themselves when they come across a social problem. Free play has allowed the children to use their many social skills to work co-operatively and kindly. Giving and receiving compliments has become a feature of our day with the children learning how to give a compliment. We have tried to focus on how a friend makes us feel or the way they help us rather than the go to compliment - "I like your shoes". We hope that our families have been receiving lots of lovely compliments at home.



Mrs Catherine McCann



**autismaustralia**

## TALK TO LEARN Autism & Social Communication Group

### COMMENCING TERM 4.

This program is available for two age groupings:

**0-6 years Group**  
2pm-3.15pm

**7-12 years Group**  
3.30pm-4.45pm

**Venue:**  
Armidale City Church Hall  
68a Markham Street  
Armidale

**Cost:** There is no charge for this program.

**Both groups will run on Tuesdays across the term.**

'Talk to Learn' was made possible by through the National Disability Insurance Scheme's Information Linkages and Capacity Building funding scheme.

**A group program for families of children with autism or social communication differences.**

Talk to Learn provides children with autism or social-communication differences a place to learn to participate more with the people and places around them.

**The group is play-focused with a purpose!**

Group leaders will show and practice with parents, different ways of playing and talking with their children that they can continue to use at home to help their children interact and learn new skills.

It also provides a group forum for parents to discuss with the group leader, practical ways to support their children.

Parents are responsible for the care of their child at all times during the group. Leaders are there to help with the playing and learning.

*Please note: As numbers are limited please understand it is not possible for siblings to attend.*

Register your interest online at <http://ems.gs/3kFt0efboQf>  
Please email all enquiries to: [natalie.jones@autismaustralia.com.au](mailto:natalie.jones@autismaustralia.com.au).

Delivered by Autism Queensland trading as Autism Australia  
ABN 79 253 351 418

[www.autismqld.com.au](http://www.autismqld.com.au)





## NEGS/Farrer Combined Ski Trip 2018

Miss Laura Cambridge

This week saw a small contingent of girls attend the combined NEGS/ Farrer Memorial Agricultural High School Ski Trip.

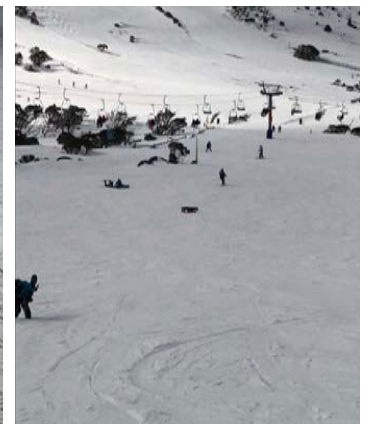
The girls, accompanied by Miss Cambridge and Leonie, travelled down early Sunday morning with Farrer to stay at Jindabyne Sport and Rec Centre.

Excitedly on Monday we caught the bus, followed by the ski tube to the top of Blue Cow and proceeded with our lessons and free skiing/snowboarding time for the next three days.

We'd like to say a special thank you to Richard for driving us to Farrer and to Miss Clausen, Mr Comi and Mr O'Connor from Farrer for organising and looking after us on the trip.

The five top tips we would like to impart (based on personal experience) to those wishing to go to the snow anytime in the future:

- The snow at Blue Cow is actually pretty good at the start of September. Unusually so this year, but it was fabulous on blue bird days.
- Skiing is hard to learn but easier to master. Snowboarding is easy to learn but hard to master - so says one wise boy from Farrer.
- Flat Bicky down the slope is never a great idea.
- The medical centre is really efficient and friendly.
- Our bus can definitely outdo a kangaroo: Bus 1 - Kangaroo 0.



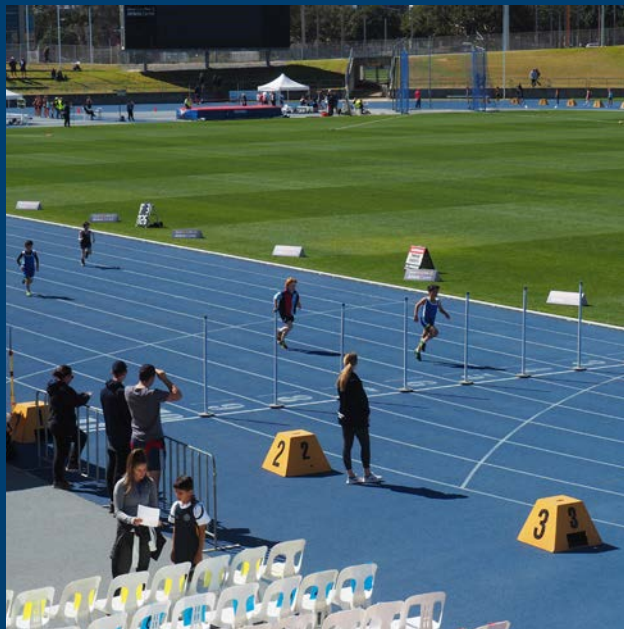




# Sport

## IPSHA Athletics Carnival

Congratulations to Connor Sweeney for his efforts at the IPSHA Athletics Carnival in Sydney on Wednesday 29 August. He placed 2nd in one of his heats and came home with a ribbon. We are very proud of his achievements and representation of our school.



Mrs Liane Nixon

## NEGS JUNIOR SCHOOL NETBALL

### ROUND UP

#### WEEK 6

On Saturday 1st September we played the last round of Netball before the finals. We played *VIP* and won 17 to zero. We all played really well.

*Amanda Knight*

#### U13 Netball

Last weekend we played a game of netball to see who would make into the semi finals, NEGS or PLC. NEGS won and next weekend we are playing the *Horizons* in the semi finals. Hopefully we win!

*Scarlet Martin*

#### WEEK 7

On Saturday the NEGS GO Team played against *Uralla* in the netball semi-finals. We won 14-8 and it was a really great game. Lily kept telling us to bring our A Game and I think that Amanda Knight really did. We are really proud and pumped to play in the preliminary finals next week.

*Thank you, Bridie Wilkinson*

NEGS  
MORE THAN A SCHOOL

NEGS SRC SUPPORTING BUY A BALE

**BAKE SALE  
FUNDRAISER**

14 September - Grandparent's Day

All Items \$2  
Donations Welcome | 11:00am | NEGS MPC



# Hooked On Running



**ALTITUDEFITNESS**  
ARMIDALE

This clinic is designed for anyone starting at the very beginning 0km or someone who can already run 5-10 km and wants to improve their speed. Its jammed packed with info. You don't have to run on the day. Next Sunday 16th Sept 9am -12pm. Anyone interested should get in contact with me ASAP.

Ali Flynn - Director

E: [altitudefitnessarmidale@gmail.com](mailto:altitudefitnessarmidale@gmail.com)

P: 0421 759 924

Getting Started

Getting Faster

Getting World-class Coaching

# Old Girls' Weekend

## Old Girls Weekend September 14th - 16th

### FRIDAY, 14TH SEPTEMBER

OGU Function at the 'Newie'  
Time: 8:30pm 'till late | Venue: New England Hotel, Dangar Street, Armidale 2350  
\$10 cover charge

### SATURDAY, 15TH SEPTEMBER

NEGS Principal's Welcome followed by OGU AGM  
Time: 10:30am | Venue: Jan Milburn Room, Library, NEGS.

Light Luncheon and welcome hosted by NEGS Principal  
Time: 12:00pm | Venue: Jan Milburn Room

Moffatt Shield Tennis | Netball Matches between OGs and students

Jazz @ NEGS with 'The Ash Hall Trio' with canapés and champagne  
Time: 2:00pm | Venue: Multi Purpose Centre  
\$25 ticket per person (ticket must be paid for before arrival)  
Pay via Try Booking: <https://www.trybooking.com/VVLD>  
plus tickets will be available at the door.

NEGS OGU On-Line Auction  
Time: 2:00pm | Venue: Multi Purpose Centre

### SUNDAY, 16TH SEPTEMBER

Holy Communion for Old Girls in the Chapel of St Michael and All Angels with Year 12 students  
Time: 9:00am | Venue: Chapel of St Michael and All Angels

Brunch for Old Girls and Guests  
Time: 10:15am | Venue: NEGS Dining Hall  
\$15 pp tickets must be paid for before arrival  
Pay via Try Booking:  
<https://www.trybooking.com/VXXE>

Tours of the School  
Time: 11:30am

Tickets sold  
at the door

**NEGS**  
MORE THAN A SCHOOL

NEGS and NEGS OGU would like to invite you to join us for

# Jazz @ NEGS

with 'The Ash Hall Trio'  
*Canapés, Champagne with Jazz at NEGS*

**Saturday, 15th September**  
\$25 pp | 2:00 pm – 4:30 pm | NEGS MPC  
Pay via Try Booking: <https://www.trybooking.com/VVLD>  
RSVP: Friday, 7th September, to Mrs Sara Schmude  
E: [schmudfamily@gmail.com](mailto:schmudfamily@gmail.com) | P: 02 6771 2435

VISIT <https://galabid.com/auction/negsogw> to view our amazing Silent Auction items.



## Old Girls' Silent Auction

### TO REGISTER

Text "negsogw" followed by your full name to  
**0458 678 678**

You'll get a text back with a link -  
click the link to register to bid!

All funds go towards the Old Girls' Scholarship Foundation,  
so PLEASE SHARE this with your friends and family.  
Attendance is not required at the event to bid in the silent auction.  
If successful with your bid you can pay via your phone.

## Auction is now LIVE

<p>Donation \$1 Donated Make a Donation</p>	<p>Wayward Trail Starting at \$300 Be the first to bid</p>	<p>Horse Riding Lessons Starting at \$200 Be the first to bid</p>	<p>Chukle Starting at \$50 Be the first to bid</p>
<p>Pinnacore Romantic Getaway for 2 People Starting at \$600 Be the first to bid</p>	<p>Blue Pacific Unit 1 Yamba Starting at \$600 Be the first to bid</p>	<p>Fis Starting at \$250 Be the first to bid</p>	<p>Penny &amp; Cottage Armidale Starting at \$125 Be the first to bid</p>
<p>Support a NEGS Scholarship \$100 Buy it Now</p>	<p>Gourmet Food Hamper Starting at \$40 Be the first to bid</p>	<p>Firewood Starting at \$110 Be the first to bid</p>	<p>Silly &amp; skin care range Starting at \$160 Be the first to bid</p>



### VISIT

<https://galabid.com/auction/negsogw>

to view our amazing Silent Auction items.  
A huge thank you to all our supporters who have donated items.