



NEGS
MORE THAN
A SCHOOL

NEGS Newsletter

Term Four - Week 2, 24th October, 2018

2018 CALENDAR DATES

TERM FOUR

FRIDAY 26 OCTOBER

Scone Beef Bonanza Livestock Team depart
5/6 Orienteering: 9 am - 11 am

SATURDAY 27 OCTOBER

Hawkesbury Canoe Classic

SUNDAY 28 OCTOBER

Year 7 (2019) 'Girls' Night In'

MONDAY 29 OCTOBER

NEGS P&F Meeting: 5 pm | Library

THURSDAY 1 NOVEMBER

Transition / Kindergarten Orientation Day

SATURDAY 3 NOVEMBER

Equestrian ODE
NEGS P&F ODE Dinner: 5 pm | \$15 pp

MONDAY 12 NOVEMBER

Year 7 & 8 Exam Week

MONDAY 19 NOVEMBER

Year 9 & 10 Exam Week

WEDNESDAY 21 NOVEMBER

Transition / Kindergarten Orientation Day

FRIDAY 23 NOVEMBER

Year 6 Fundraising Day

MONDAY 26 NOVEMBER

Year 10 Service Week

THURSDAY 29 NOVEMBER

NEGS Celebration of Sports: 6 pm - 9 pm

TUESDAY 30 NOVEMBER

NEGS Chinese Day: 11 am - 3 pm

FRIDAY 7 DECEMBER

Gold Coast Excursion

TUESDAY 11 DECEMBER

Junior School Celebration of Learning
Last day of Term for Junior School
Festival of Nine Lessons and Carols: 5 pm - 11 pm
P&F Dinner after Carols

WEDNESDAY, 12 DECEMBER

Year 7 - 11 NEGS Speech Day
Last day of Term Four

13 DECEMBER - JANUARY 29

School Holidays



Mrs Terri Swartz

AS ACTING PRINCIPAL WHILE MARY ANNE IS OVERSEAS, I'M REALLY PLEASED TO WELCOME EVERYONE BACK TO TERM 4, AND OFFER A SPECIAL WELCOME TO OUR NEW STUDENTS STARTING WITH US.

A busy Term 3 ended with a wonderful Valedictory celebration for our 2018 Year 12 cohort. Personally, I will remember the character and passion of the 2018 cohort. To Year 12, we send you our best wishes and support in your final days as a student of NEGS. I took the time to wish them well and ease some nerves on the first day of their HSC on Thursday by handing them a rose whilst Mrs Garrad gave them a warm and reassuring hug. As I type this, the girls have completed their English exams and I looking forward to putting aside some time to make a cup of tea and have an in-depth look at the English papers.

On Tuesday of Week 2 I have the privilege of inducting the 2018/2019 Prefects, Daisy Meehan (Head Prefect) and Chelsea Devenish (Deputy Head Prefect) and presenting them with their badges alongside their peers, who share responsibility for student leadership in the school.

We've been fortunate to have met with some parents, staff, Old Girls and other stakeholders to discuss improvements to our communication channels. As our school and technology have evolved, there is a need for the way we communicate to and from the school to also evolve, and we acknowledge that this is an area in which we need to improve on heading into 2019.

Key areas of focus for improved communication channels include:

- prioritising app and portal-based platforms for our school community to receive and provide communication to the school
- ensuring these platforms have the capacity to be individualised
- creating streamlined communication channels, avoiding the current duplication or gaps which may occur through email, social media, notes and the website.

Many thanks again to everyone for all your feedback which will inform our planned changes - we look forward to providing more updates on these improvements over the coming months.

From the Acting Principal

At our assembly on Tuesday of Week 1 I reminded the girls that our standards of personal presentation make NEGS a school of distinction and that there are measures in place to ensure students meet those standards including consequences for not adhering to requirements.

The NEGS family has been growing in recent days. We extend our congratulations to Michelle Wilsmore and her husband Scott. I am pleased to announce that she gave birth to Ted Wyatt Wilsmore on the 19th of October. Both Michelle and her son are doing well. Congratulations also to Vanessa Boland, our Chaplain, and her husband Ben who welcomed a son, Jack William on the 10th of October. We send our prayers and best wishes to both families at this special time.

Due to Michelle's maternity leave, Ms Alice Turner is the Year Advisor for Year 9 and Mrs Helen Doyle has joined the Year 9 tutor team. We thank them for stepping up to support and guide Year 9 until Michelle returns from maternity leave.

“ Personally, I will remember the character and passion of the 2018 cohort. ”

Students in Years 7-10 will have an examination period later in the term. Years 7 and 8 exams are held in Week 5 and Years 9 and 10 exams are held in Week 6. In preparation for this time, students will be provided with assessment notifications containing information about the content of each exam and reminded of the study strategies available to them. If they have any questions about exam preparation, they need to speak with their classroom teacher. General study planning advice can also be sought from their Tutor. Students will be encouraged to set aside time in their week to prepare for these exams. An exam timetable will be distributed by the Director of Teaching and Learning when it has been finalised later in the term.

We are looking forward to productive and enjoyable final term for the year.





Molly Taylor



PROFESSIONAL RALLY DRIVER, MOLLY TAYLOR IS NOT ONLY AN INCREDIBLE ROLE MODEL FOR WOMEN IN THE SPORT, SHE'S ALSO A MEDIA PERSONALITY, PUBLIC SPEAKER AND POPULAR ROLE MODEL FOR THOUSANDS OF YOUNG GIRLS AND WOMEN AROUND THE WORLD. BUT FIRST AND FOREMOST MOLLY IS A PROUD NEGS OLD GIRL AND IN THIS NEWSLETTER SHE HAS TAKEN THE TIME TO CHAT WITH US ABOUT HER TIME AT NEGS AND DISPENSE SOME WORDS OF WISDOM FOR OUR GIRLS.

Why NEGS?

As a child I was obsessed with horses. I was in competing in an Ag Show one day and there was some marketing material about NEGS and I brought home all the brochures. This was just before my sister Jane was about to start high school and she decided that she really wanted to go to boarding school in the country. Eventually I pestered mum and dad so much they let me go as well. Into eventing.

Do you still ride?

My passion at NEGS was eventing and even though I haven't ridden for a few years, I do miss it. I recently went and visited an old friend from NEGS who lives on a cattle station and we went for a ride and I loved it.

Do you keep up with your school pals?

There is definitely a core group that still keep in touch. Even though we are all doing different things, and are at different stages in life there is a bond that comes from living together as long as we did. Those old school ties are a lovely legacy that will exist forever and one of the reasons I am so grateful to have boarded at NEGS

How did attending an all-girls school help you to compete in a traditionally male-dominated industry?

I guess from being in that environment plus the boarding component lends you a huge sense of independence that I never would have had if I had stayed at home. I also think forming friendships with people from all walks of life and the diversity of a boarding school really contributes to who you are as a person. NEGS gave me the courage and the belief in myself that I could do whatever I put my mind to and that is a huge competitive advantage.

NEGS gave me the courage and the belief in myself that I could do whatever I put my mind to and that is a huge competitive advantage.

Young women need female role models to inspire success. What advice do you have for NEGS girls?

The most important thing for young women to know early in their career is the importance of passion. To truly love and be passionate about what you are doing. There will always be sacrifices so you need to want it. After that, it's about rolling your sleeves up and working at it every day.

One piece of advice you could give to any girl struggling to find herself?

Like most girls, I am guilty of doubting myself and being self-critical but as I get older I have learned to be happy knowing that I have done the best job that I can. There is so much that is out of our control. If we can let go of that and also stop being so hung up on perfection, (which is tough in this world of social media) and try and remember that nothing will ever go the way you want it to go but that is OK.

In 2009, aged 20, you quit a commerce degree at Sydney Uni and took off to Europe for five years, chasing a gig as a freelance rally driver. Why?

I thought, "It's now or never — if I don't give it a crack I'm always going to wonder." My attitude was, go all in and see what happens. I had very little money but I got a good lease deal on a car and worked on it myself. I lived in a barn for a while — cheap rent — and competed in every event I could. My proudest moment was coming third in the junior worlds round in Finland, which is hallowed ground, the birthplace of rallying. The roads there are extremely fast and

technical, the jumps are big ... so to pull off that result on my limited budget really meant a lot.

Who are your role models?

My sister Jane is one. She is incredibly smart, and set a pretty high benchmark which was evident when she became dux of her year at NEGS. She is now a barrister in Sydney and has been very successful in her field. My other role model, (which may sound corny) is my mum. She was also a professional rally co-driver and because of career I never had that perceived idea that women couldn't be the best at what they did in whatever sport they chose.

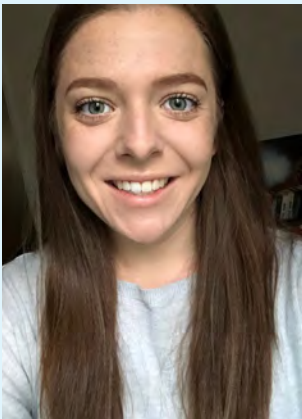
If you had daughters would you send them to NEGS?

Totally! I loved boarding school. Although I was always in trouble. Not big stuff and it always seemed to be food related. I remember one year getting a detention on the first day back at school when myself and a few of the other girls had a chocolate fight in the dorm. I guess I was always the rowdy one but I did love all the boarding mistresses, I'm just not sure how much they loved me back!

Boarding

NEGS

Meet some of our Boarding Staff



My name is Ellie Frame and this is my third year working at NEGS. I mainly work in Kirkwood House but have also worked in Saumarez and White House in the past.

I am currently studying Teaching at UNE and have just completed my third year.

Outside of work I enjoy playing many sports, my favourite being Netball.

Thanks, Ellie.

My name is Claudia Frame, I am 22 years old and from Tamworth NSW.

I currently study a Bachelor of Nursing at the University of New England.

I have worked at NEGS for 3 years and have experience in all boarding houses and most year groups.

I enjoy playing netball and soccer.

Thanks, Claudia



From the Deputy Director of Boarding



Mrs Donna Garrad

Week 1 in boarding has been very hectic and exciting with the girls all catching up, settling into boarding and jumping back on the academic wagon after the break. This newsletter I would like to introduce two very valuable members of the boarding staff team, twins Ellie and Claudia Frame who have now been with us for 3 years.

Ellie and Claudia have a lovely rapport with the girls and NEGS loves having them on the team.

Many parents have heard from me already this week and I look forward to touching base with all families regularly during Term 4.



The NEGS P&F will be selling bunches of these gorgeous peony roses. They will be \$15 per bunch (approx. 5 stems per bunch).

Payment via EFT with your order or Cash/EFTPOS at collection.

Collection of your flowers will be at the NEGS Turning Circle on 23rd Nov 2018, between 3.30pm & 5.30pm.

For any queries, please contact Sally White, NEGS P&F Treasurer on 0409 455 232 or email: easternplains@activ8.net.au.

Pre-Orders are essential and due by: Friday 9th November.

Spring @ NEGS



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UNIFORM UPDATE

From Term 1 2019 the new NEGS Polo shirt (pictured) will be worn in place of the old style polo.

From Term 1 2020, NEGS branded Junior School Uniforms will replace St John's.

New Stock is available in the Uniform Shop



Equestrian Centre

Mr Imitiaz Anees

2018 ISHE

Thank you to all of the families who have shared their photos of ISHE 2018. Congratulations to all of the girls who competed and represented NEGS so proudly.

You are a credit to your school.

The results from the ODE are as follows:

ODE

105 - Anna Jarvis 7th

95
 - Amy Fisher 2nd
 - Matilda Hall 4th
 - Katie Hancock 6th

80
 A - Brooke McKenna 9th

60
 Junior - Savanah Brown 6th

Senior - Molly Michell-Smith 1st Snr
 - Matilda Hall 4th Snr

B - Charlotte Chapman 3rd

Dressage
 Arabella Blanchard 3rd Prep A
 Holly Jacobson 2nd 1.3
 Caitlin Croft Reserve Champion – 1st 1.3
 and 3rd 2.2
 Brie Aitken 2nd 1.3

Molly Michell-Smith 4th 1.3
 Amy Fisher 3rd and 4th Elementary
 Annabelle Simpson top ten

Showjumping

110cm
 - Amy Fisher 2nd

100cm
 - Katie Hancock 3rd

90cm
 - Jessica Bull 3rd

80cm
 - Brie Aitken 1st - Reserve Champion
 - Bridie McKenna 4th

70cm
 - Matilda Hall 3rd
 - Charlotte Jacobson 4th

60cm
 - Molly Michell-Smith 3rd

Equestrian Centre

NEGS ONE DAY EVENT 3rd & 4th November 2018

NEGS Equestrian Centre is excited to be hosting our annual One Day Event (ODE) on the 3rd and 4th of November this year.

This event is a fantastic opportunity to see some outstanding dressage, cross-country and show jumping while showcasing our great school and its wonderful facilities!

The Equestrian Centre would love to hear from anyone who would like to volunteer to assist with the ODE, either at the event or prior to the event – we have a range of tasks with which we require assistance.

Well done girls!



If you would like to be involved please contact Rachelle Hirst by emailing rachelle.hirst@negs.nsw.edu.au



ISHE | Top: Brie Aitken | Below: Team Girls



ISHE | Above: Delilah Layton | Below: Molly Michell-Smith & Matilda Hall



POLOCROSSE CHAMPIONSHIPS IN PERTH

A huge Congratulations to NEGS Armidale students Gemma Stuart and Abby Finlayson who recently competed at the National Polocrosse Championships in Perth. The girls team won the Junior Girls competition and Gemma also won Best Number 3 Player, Best ASH, Best Junior Girl Horse and Rider Combination and Best Overall Junior. Well done girls on such incredible achievements.

INTERSCHOOLS CHAMPIONSHIPS

NEGS Armidale was well represented at the 2018 Marcus Oldham Australian Interschool Championships. A special mention and huge "Congratulations" to Year 6 student Holly Jacobson who was awarded Reserve Champion for the Primary 60cm combined training and 2nd Primary Combined Training Team NSW. Katie Hancock riding 'Any Thyme' competed in the dressage, placing 4th with a great dressage score of 68.5 and 5th in the secondary combined training 95cm. Molly Michell-Smith placed 9th in secondary combined training 60cm. Anna Jarvis placed 21st 80cm Secondary ODE and Amy Fisher placed 15th 105cm secondary combined training. Well done to all of the NEGS girls who have represented NSW and NT at the Nationals.





NEGS RUGBY

NEGS Rugby sensations, Jess and Lucy Plowman recently competed in the State 7's Championships at Forster-Tuncurry. Lucy was part of the Central North Under 15's Girls team and placed third overall, whilst Jess was part of the Central North Under 13's Red team and were Plate Champions in their Division. Congratulations girls on being part of this State team with such fantastic results.



NEGS HOCKEY NSW PLAYER PATHWAY

Congratulations to NEGS Hockey NSW Player Pathway Program Student, Chelsea Thornton on being awarded 'Player of the Tournament' at the U15 NSW Indoor Hockey State Championships last weekend!



NEGS HOCKEY

Competing and winning a gold medal internationally is a huge achievement and for Year 10 NEGS Armidale student, Hayley Lennon it was a dream come true. Hayley was named Vice Captain and was also part of the management Women's group for the NSW Bushrangers whilst competing in the South East Asian Indoor Hockey Challenge (SIHC) in Malang, Indonesia during the holidays. She continues to go from strength to strength with Hockey, being awarded the SIHC Female MVP - Player of the tournament by the SIHC Committee. Her team met with the Australian Consulate Officials in Indonesia and had the opportunity to meet with representatives from the Indonesian National Hockey Squad. She enjoyed the opportunity to coach at two local high schools. It was a sensational tournament and Hayley is to be congratulated on her amazing achievement.



Rifle Club News

Mr David Rose

NEGS



In July the NEGS Rifle Club Team campaigned for its twentieth year at the AAGPS Rifle Shooting premierships and twenty four years at the NSW Rifle Association's All Schools Match.

This year a team of six, led by Brydi Holmes and Anna Campbell, included Sophie Sutherland, Ruby Loosemoore, Amelia Croft and Ella Holmes met at Wingham Rifle Range for the annual pre-match training camp.

Anna began her week earlier, shooting with the Country Under 25 Team alongside past Club Captain Isabelle Cameron against the City Under 25 team at ANZAC Range.

Supported by Camp parents Rob and Sue Holmes, and with visits from coaches Mr Andrew Cameron and Alex Patten, the girls worked on their marksmanship at 300, 500 and 600 metres.

The team then travelled to Sydney for the first match, the five-a-side Fiona Reynolds Memorial All Schools Match against fourteen other school teams at ANZAC Range, Malabar.

In the best tradition of the Club, all the girls put in maximum effort and, as always, the NEGS team "punched above its weight".

Shooting once at 500 and twice at 600 metres in Malabar's headland wind, the NEGS team of Brydi, Anna, Sophie, Ruby and Ella achieved 12th position. Top scorer for NEGS was Brydi with 135-2 placing here at 28th from 57.

Action then moved to Hornsby Rifle Range for the AAGPS Rifle Shooting Premiership.



After a day's "official practice", two days of competition followed with the Rawson Cup and NRA Shield on Tuesday, the 2nds Match Buchanan Shield on Wednesday, shooting against the seven GPS schools whose members are mainly selected from Years 11 and 12.

In the individual aggregate scores, from a total of 75 shooters, Ruby finished 30th overall, followed by Brydi in 50th place, Anna 52nd, Ella in 56th and Amelia in 59th.

In the best tradition of the Club, all the girls put in maximum effort and, as always, the NEGS team "punched above its weight".

Once the matches finished, the presentation ceremony and social events piled one upon the other, first the GPS official presentation, the wonderful Sydney High School hosted afternoon tea with TAS, and the annual Shore Rifle Club Presentation Dinner.

Very many thanks to camp parents Rob and Sue Holmes for supporting the girls over such a long excursion, the Sutherland, Campbell, Loosemore and Croft families for their generous contributions and coaches Alex Patten and Andrew Cameron for their invaluable input.

Junior School

Head of Junior School

WELCOME BACK TO TERM 4. I HOPE YOU ALL HAD AN ENJOYABLE AND RELAXING HOLIDAY.

We are pleased to welcome new students to NEGS Junior School this term:

- Edward Flynn - Transition
- Tamadur Alkhathami - Transition
- Maysoun Alkhathami - Year 1

Last term we farewelled our Year 12 girls as they left to study for their final examinations and it was a pleasure to see the students of the Junior School presenting each of the girls with the handmade flowers we had created, as the Senior girls made their final walk of honour between our students.



Mr Andrew Travers

IT WAS GREAT TO HEAR AND SEE (NEGS FACEBOOK AND INSTAGRAM) THE STUDENTS THAT COMPETED AT NUMEROUS EVENTS OVER THE HOLIDAYS. CONGRATULATIONS AND WELL DONE TO ALL.

At the end of this term we have our Junior School Celebration of learning and end of year Assembly. We have decided to combine these events together and move the date to Tuesday 11th November 1:30-3:00. The Celebration of Learning will be for Transition to Year 6 and we hope everyone can make this event. This is also the Junior School's last day of term.

This term for Friday sport, K-6 will be heading to Armidale Gymnastics for a 4 week program and also Tenpin Bowling.

HELPING YOUR CHILD STICK AT IT

Does your child sign up for activities - sports, dance, clubs, music lessons - and then quit when it gets too hard or they say they are sick of it? Because parents know how they had to persevere in life, they are naturally worried their child may become a quitter.

Don't think of your child's character as fixed. Most of our worries about our children are about the future. We see the 9-year-old who quits as the aimless 20 year-old. But who they are now is not who they will always be.

Explain the difference between "I don't want to" and "I don't feel like it". Distinguishing long-term desires from immediate feelings will help children understand the difference between an immediate task and ultimate goal. This is a lesson that doesn't register right away, but it's worth planting the seed and emphasising over time.

Let them know you see the areas in which they do work hard or show motivation. Say "I know you're someone who can stick with things when they're important to you".

Get to the root of their concern. Why don't they want to go? Perhaps they feel they aren't as good as the others. What might make that better? Extra practice with your help? Help them understand that we often take a while to become good at something.

Children should have control over their own lives but that doesn't mean they can back out of a commitment, or waste money parents have paid for lessons or gear. If they are adamant, then expect them to write a letter to the coach or organiser explaining why they are quitting. This makes them take ownership of their decision. They cannot ask parents to phone and get them off the hook.

Keep exploring. It may take a while to find what really motivates and entuses them. There's no rush!

We can't make them develop grit. We can expose them to things they may like, support them in sticking with things as they get harder and express confidence that they can handle the stress or the boredom.

The world is so complex that we have no idea where that spark of interest will come from. If we encourage children to keep seeking what they love, and to work hard at it when they find it, this will help them grow into confident and self-directed young adults.

Taken from "The Self-Driven Child: The Science and Sense of Giving Your Kids More Control over their Lives."

It's a busy life being a child and today's child is far busier with a myriad of extra-curricular activities with far more distractions that children of 20 or even 30 years ago. However - do stop and ask yourself - are they doing too much on top of a busy school day? That is the most important question you can ask.

Junior School

Touch Football Teams

Touch Football



Mrs Deanna Ford

The interschool touch football competition commences this week on Thursday, 25th October at Rologas Fields.

This term we are able to field one team in both the Year 3/4 and Year 5/6 division and Mrs Ford will be the teacher in charge.

Year 3/4 play at 4:00pm and Year 5/6 at 4:30pm. Please be at the field at least 5 mins before the game time.

Students will need to wear their school sports uniform and bring along a water bottle.

If your child is unable to make it to a game, please notify Mrs Ford. The last game will be 6th December (Week 8).

Good luck to all players!

YEAR 3/4 TEAM

Tom Lorimer
Paige Patterson
Tilly Patterson
Bailey Harvey-Lynn
Ruby Harvey-Lynn
Alexander Scanlon-Dawson
Finlay Pulkkinen
Claire McAlary
Airlie McAlary
Lara McAlary

YEAR 5/6 TEAM

Holly Jacobson
Ellie Woods
Felicity Chapman
Bridie McKenna
Josie Harris
Annabelle Chua-Tran
Rebecca Reid
Scarlet Martin
Lily Lorimer
Kearna Smith

Save
the
Date

Special Events for 2019

DATES TBC

14th February

Father and Daughter Dinner

13th September

Grandparents Weekend

14th September

Old Girls' Weekend

NEGS Ball - 125 Years

Community News



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

ARMIDALE FLEECE TO FASHION AWARDS
 TURNERS ARMIDALE
 regional australia bank



NEGS Junior School will be collecting gifts for the Kmart Wishing Tree as a Community project.

We would love NEGS students to get involved by purchasing a gift to donate to this wonderful appeal. Please place a tag on the wrapping to indicate if the gift is for a boy or girl and the age the gift will suit. The gift is due Thursday 29th November.



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-focussed 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.

Delivered by Autism Queensland trading as Autism Australia
 ABN 79 253 351 418
www.autismqld.com.au



'LOVE BITES' PROGRAM

NEGS Armidale hosted the "Love Bites" Program during the school holidays.

Love Bites is a respectful relationship education program for adolescents. It consists of two interactive workshops: One on Relationship Violence and one on Sex and Relationships followed by creative workshops and community campaigns. The program emphasises the importance of a whole school commitment to respectful relationship education.

For more information please call 1300 136 833
or email sportscouncil@armidale.nsw.gov.au

Registration forms available from Newcastle Permanent or online at
www.armidaleregional.nsw.gov.au/community/sport-and-recreation/get-active-armidale



ARMIDALE
Regional Sports Council

**Come
& Try**

GET ACTIVE
22 Oct - 4 Nov 2018

Mountain Biking

Mon 22 & 29 Time: 5pm - 6pm

Soccer

Thu 25 Time: 4pm - 5.30pm

Volleybounce

Thu 25 & 1 Time: 4pm - 5.30pm

Running with Kiltman Fitness

Mon 22 & 29 • Wed 24 & 31
Time: 6.30am - 7.30am

Hollywood Circuit @ F45

Sat 27 & 3
Time: 6.30am - 7.30am / 7.30am - 8.30am

Athletics & Little Athletics

Thu 25 & 1 Time: 4.45pm - 6pm

Sailing

Sun 28 & 4 Time: 12noon - 3pm

No Lights, No Lycra

Thu 25 & 1 Time: 6.15pm - 7.15pm

Best Move Pilates @ Altitude Physio

Wed 24 & 31 Time: 10.30am - 11.30am

Cricket

Mon 22 & 29 Time: 3.30pm - 5.30pm

Zumba!

Mon 22 & 29 • Wed 24 & 31
Time: 6.15pm - 7.15pm

Rowing

Sat 27 Time: 8.30am - 10.30am

Get fit, lift, have fun!

@ New England Barbell
Thurs 25 Time: 4pm - 4.45pm

Body Pump @ Sport UNE

Wed 24 Time: 1pm - 2pm
Sun 28 Time: 4pm - 5pm
Sat 3 Time: 9am - 10am

Mobility Plus @ Sport UNE (Seniors & Rehab)

Mon 22 & 29 Time: 9.30am - 10.30am

TBW Functional Fitness @ SportUNE

Tue 23 & 30 • Thu 1
Time: 9.30am - 10.30am (creche available)
Thurs 25 Time: 6pm - 7pm

Fitness Plus @ Sport UNE

Fri 26 Time: 9.30am - 10.30am
Tue 30 Time: 7am - 8am

Spin cycle @ Sport UNE

Sat 27 Time: 8am - 9am

Body Combat @ Sport UNE

Mon 22 Time: 5pm - 6pm
Fri 2 Time: 5.30pm - 6.30pm

RPM @ Sport UNE

Tue 30 Time: 1pm - 2pm

Yoga @ Sport UNE

Wed 31
Time: 8.15am - 9.15am / 6pm - 7pm

Body Balance @ Sport UNE

Thu 25 & 1 (22yrs+) Time: 1pm - 2pm
Sun 4 Time: 5pm - 6pm

Better Balance @ Move Better For Life Physio

Thurs 25 & 1 Time: 11am - noon

Yoga

@ Move Better For Life
Mon 22 & 29 Wed 24 and 31
Time: 1pm - 1.30pm Time: 5.15pm - 6pm

Fitness Circuit with Kiltman Fitness @ PCYC

Mon 22 & 29 Time: 4.30pm - 5.30pm

I.C.E @ Creighton PT

(Intense Cardio Exercise)
Mon 22 & 29 • Wed 24 & 31 • Fri 26 & 2
Time: 6.40am - 7.10am / 5.30pm - 6pm
Tue 23 & 30 • Thu 25 & 1
Time: 6.40am - 7.10am / 4.10pm - 4.40pm
Sat 27 & 3 Time: 7am - 7.30am

Silver Sneakers

@ Healthy Inspirations (55yrs +)
Mon 22 & 29 • Tues 23 & 30 • Wed 24 & 31
Thu 25 & 1 • Fri 26 & 2 *Female only*
Time: 9.30am - 10.30am

B-fit @ Healthy Inspirations (Female only)

Mon 22 & 29 Tue 23 & 30
Time: 1pm - 1.45pm Time: 5.15pm - 6pm

Healthy Pump @ Healthy Inspirations (Female only)

Mon 22 & 29 Time: 5.15pm - 6pm

Hiit-IT @ Healthy Inspirations (Female only)

Wed 24 & 31 Time: 1pm - 1.45pm / 5.15pm - 6pm

Yoga @ Healthy Inspirations (Female only)

Sat 27 & 3 Time: 9am - 10am

Morning Burn @ PCYC

Tue 23 & 30 • Thu 25 & 1 • Sat 27 & 3
Time: 7am - 8am

BoxFit @ PCYC

Tue 23 & 30 • Thu 25 & 1
Time: 5.30pm - 6.30pm

Futsal @ PCYC

Mon 22 & 29 Time: 6.30pm - 8pm
Fri 26 & 2 (Juniors) Time: 5.30pm - 7pm

Circulate (Circuit class) @ PCYC

Wed 24 & 31 Time: 5.30pm - 6.30pm

Fencing @ PCYC (Juniors)

Wed 24 & 31 Time: 7pm - 8pm

Aikido @ PCYC

Mon 22 & 29 • Thurs 25 & 1 Time: 6pm - 7.30pm
Sat 27 & 3 Time: 10am - 11am

Taekwondo @ PCYC

Mon 22 & 29 • Tue 23 & 30 • Wed 24 & 31 •
Thurs 25 & 1
Time: 4pm - 4.30pm (4-6yrs) /
4.30pm - 5.15pm (7-11 yrs) / 5.15pm - 6pm (12+ yrs)

Japanese Sword @ PCYC

Wed 24 & 31 Time: 6pm - 8pm

Visit our website to
register & for more
info on each activity!

ARMIDALE
Regional Council

ExtendEd Program



This program offers parents a practical solution to juggling work and family responsibilities while providing your children with the best educational opportunities available. Students participating in the ExtendEd PM program can remain at school after the 3.20pm bell to do their extra-curricular activities, complete their homework supervised by staff, eat afternoon tea and dinner before being picked up by their parents at 8pm or later.

Students participating in the ExtendEd AM program can join boarders for breakfast if they have extra-curricular activities before school then continue into the normal school routine from 8.30am. The earliest entry into boarding is 6.30am.

While some schools are charging up to \$50 a day (on top of regular tuition fees) for this casual service, NEGS is offering these services to students for the cost of

- ExtendED PM \$20 per day (including, GST, to cover costs of meals and supervision).
- ExtendED AM \$10 per day (including, GST, to cover costs of meals and supervision).
- Students wishing to access ExtendED due to compulsory NEGS commitments such as Tildsley tennis training or IGSSA fitness can access this service at half price. Please indicate the student's commitment when making the booking.

Parents are asked to notify boarding staff <saumarez.house@negs.nsw.edu.au> by email if this program would support your daughter in anyway. Include details such as your daughter's name, year group, days required, date to start, parent contact details and any dietary and medical information please. ExtendEd is only available to Years 6 - 12.

Additionally, the NEGS Library is open Monday to Thursday from 8am until 5pm. On Fridays the Library is open from 8am until 4pm. Students are able to access the library resources or use it as a quiet study space during these hours.

Happy Retirement Lyndie

33 years is a long time in one job, and we congratulate Lyndie Ward on achieving this milestone here at NEGS.

We wish you all the best in your retirement Lyndie.



School News

Year 10 Service Week

Dear NEGS Community,

Year 10 Service Week will again be occurring in Week 7 of Term 4 (Monday 26th - Friday 30th November).

As part of our service initiative the students will be assisting in the collection and sorting of items for the charity 'Share the Dignity'. This started last year with Mrs Donna Garrad with students in boarding but has since expanded to include the whole school.

We are choosing to assist the #itsinthebag cause in the lead up to Christmas. Please see the flyers attached to find ways in which you can help with this initiative. You do not need to donate every item on the list. We will compile and sort to ensure that each bag has the required items. The drop off point will be the NEGS library.

Please when you are clearing out those wardrobes for the upcoming summer months, if you have any handbags or backpacks of good condition and any of the sanitary items on the list, please send them Miss Cambridge's way.

We will also be making our NEGS tissue holders to be donated to local hospitals, retirement villas and hospices. If you wish to contribute to this as well we will be collecting small tissue packs. These too can be dropped off in the library. We are not brand snobs! Any tissue is a good tissue in a time of need.

Thank you for your kind contributions towards making Service Week successful.



A quick guide to your #ITSINTHEBag donation

Choose a handbag you no longer use, fill it with items that would make a woman feel special, pop in a thoughtful note or Christmas card and show her someone cares. Your donation to our 'It's in the Bag' initiative will be given to homeless women, women at risk or women experiencing domestic violence all around Australia.

Make sure you drop your bag at your closest collection point (locate these on our website) between
16th November & 2nd December 2018

All items included in your bags MUST BE NEW and in sealed packaging for health, safety & hygiene reasons. Medium to large sized handbags or backpacks may be in good to excellent second hand condition or brand new.

ESSENTIALS

<input type="checkbox"/> Shampoo	<input type="checkbox"/> Soap	<input type="checkbox"/> Pads
<input type="checkbox"/> Conditioner	<input type="checkbox"/> Deodorant	<input type="checkbox"/> Tampons
<input type="checkbox"/> Toothbrush	<input type="checkbox"/> Toothpaste	

EXTRAS

<input type="checkbox"/> Baby Wipes	<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Stationary
<input type="checkbox"/> Face Wipes	<input type="checkbox"/> Movie Tickets	<input type="checkbox"/> Towel
<input type="checkbox"/> Tissues	<input type="checkbox"/> Gift Vouchers	<input type="checkbox"/> Poncho
<input type="checkbox"/> Perfume	<input type="checkbox"/> Meal Vouchers	<input type="checkbox"/> Scarf
<input type="checkbox"/> Dry Shampoo	<input type="checkbox"/> Phone Card	<input type="checkbox"/> Jewellery
<input type="checkbox"/> Hair Ties	<input type="checkbox"/> Book	<input type="checkbox"/> Moisturiser
<input type="checkbox"/> Hair Brush	<input type="checkbox"/> Socks	<input type="checkbox"/> Handwritten note or card
<input type="checkbox"/> Comb	<input type="checkbox"/> Undies	

PLEASE DO NOT INCLUDE THESE ITEMS:
SHARPS: Razors, knives and/or scissors.
FOOD: Including but not limited to chocolate, lollies, nuts or alcohol.
PHARMACEUTICALS: Including but not limited to panadol, nurofen, condoms and throat lozenges.

The charities, organisations and shelters the bags go to for distribution have requested that the above listed items are not included in the bags for the health, safety and hygiene of the volunteers, staff and recipients of the bags. Thank you for your understanding.

FIND YOUR CLOSEST COLLECTION POINT
sharethedignity.com.au/bag-collection-points

A quick guide to your #ITSINTHEBag donation



CHOOSE A
medium or large
sized bag



FILL IT WITH
new essential
& luxury items



DONATE
at your local
collection point

Make sure you drop your bag off at **your closest collection point** between

16th November & 2nd December 2018

All items included in your bags MUST BE NEW and in sealed packaging for health, safety & hygiene reasons. Medium to large sized handbags or backpacks may be in good to excellent second hand condition or brand new.

PLEASE DO NOT INCLUDE THESE ITEMS IN YOUR BAGS:

SHARPS: Including razors, knives and/or scissors. **FOOD:** Including but not limited to chocolate, lollies, nuts or alcohol. **PHARMACEUTICALS:** Including but not limited to panadol, nurofen, condoms and throat lozenges.

For more information visit sharethedignity.com.au/bag-collection-points

Safe On Social

PARENTS/CAREGIVERS THIS ARTICLE IS FOR YOU!

We are looking forward to hearing from Kira at Safe On Social when she presents at NEGS next year. In the meantime I have included her most recent article, it is directed to us as parents and caregivers to consider our cyber foot print.

Cyber safety sessions are often structured around how we can help children, and what a child should not be doing on social media.

This, however, is about parents.

When you comment on a public post, you are often engaging with complete strangers. Depending on the discussion you are entering into you may encounter people you wouldn't invite into your home, or talk to at a party. You certainly wouldn't tell these people when and where you went on holiday, how old your children are, their names, where they go to school, where you work, the area you live and what kind of stuff you own?

You would be cautious in real life, so why not online?

Risks to your children

Further to this, when you comment on your schools Facebook or Instagram page – you are publicly stating you have an association with the school. That means you could have a child there. Depending on the nature of the post you respond to you may confirm this fact. Should someone click on your name, what sort of profile will they find? Have you just revealed too much about your family?

Parents, most of the security on your accounts is not as strong as it should be.

Think about what can happen when you geotag a photo of your child into their school and then have a public Instagram or Facebook account. We see this a lot during school awards ceremonies, the first day of school and at other special events.

Think about this scenario. Someone who doesn't have a child's best interests at heart happens to be driving past the school, they pull over and search the name of the school and see photos of your child that you have geotagged to the school. They click on your name and go straight to your account because your Instagram is not set to private or your Facebook isn't as private as it could be. Then, that stranger could understand everything about your life and therefore be very convincing to your child if they see them walk out of the school and say to them "Mum told me to pick you up" think about it if your child says how do you know my Mum? They could answer with a whole lot of information about your life based on what you are posting. Right down to where you last went on holidays and the name of the dog.

Also, please be aware when you are taking photos at your child's school and posting them there may be kids in protective custody in the background of the image, and you could unwillingly put them at risk. Also if you take photos of your child with their friends always make sure you have permission from the parents of the other children before you post pictures of their kids online.

We all ask our kids to keep their accounts set to private...time to lead by example.

If you have any questions please get in touch: wecanhelp@safeonsocial.com

Kind regards,
Kirra Pendergast - Director, Safe on Social Media Pty Ltd
www.safeonsocial.com





Round Square

International Conference



Mrs Stephanie Thomas

WE WERE VERY EXCITED TO RECEIVE SOME PHOTOS FROM STEPHANIE THOMAS AND THE STUDENTS WHO, DURING THE HOLIDAYS, ATTENDED THE ROUND SQUARE INTERNATIONAL CONFERENCE IN SAN FRANCISCO.

What an experience they had. The girls attended the Opening Ceremony at Appleby College, visited Muskoka Woods, the Golden Gate Bridge, the beautiful redwood trees of Muir Woods, they saw the seals at Pier 39 and travelled to Toronto.

Meanwhile, Year 10 NEGS Armidale and Round Square students Georgia Hiscox and Gabrielle Cadzow are having such a great time in South Africa, that they want to stay longer! The friendships that they are forging and the opportunities that they are receiving are incredible!

