



NEGS
MORE THAN
A SCHOOL

NEGS Newsletter

Term Four - Week 4, 8th November, 2018

2018 CALENDAR DATES

TERM FOUR

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

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

JANUARY 29

Orientation Day for New Students

Boarders Return

JANUARY 30

Semester One - Classes Commence



Mrs Terri Swartz

From the Deputy Principal

This fortnight has seen the Years 7 - 10 students immersed in exam preparation. Years 7 and 8 commence their exams in Week 5, and Years 9 and 10 will follow in Week 6. We have been reminding them about the need for consistent and sustained preparation rather than a late flurry of activity.

Many of our Year 12s have completed their HSC exams and said farewell. As they wear the uniform for the final time and collect their references before departing, we remind them that we look forward to hearing where life takes them and value it when they keep in touch with us.

It has been heartwarming to observe the current Year 11 students rise up to role of the senior members of the school. They have done so with positivity and enthusiasm for the life of the school.

This week we welcome back our Principal, Mrs Mary Anne Evans. She had the pleasure of returning in time to see the NEGS ODE celebrate 45 years of the NEGS Equestrian Centre. It was a joy to see the Old Girls compete against current girls in the flag race on Saturday evening. It was thrilling to see some of our girls competing in the show jumping on Saturday afternoon. They displayed focus, discipline and courage as they competed. Mr Imti Anees and his team put on a wonderful event for both competitors and spectators.

The Hawkesbury Canoe Classic girls, fathers and support teams have safely returned to us and I hear they are all the better for the experience. We congratulate them all on their willingness to partake in such a demanding event. The hours of organising, supporting and worrying put in by Mrs Penny Lehman must be recognised and we thank her.

Mr Mark Fisher took a contingent of students to the Scone Beef Bonanza. They represented the school with distinction. We are grateful for the support of Mrs Prudence Woods and Mrs Amy Layton in making sure the team were looked after.

The weekend of New England Sings activities was an enjoyable occasion. We acknowledge the hours of preparation put in by our Music staff and students in order to produce such joyful music.

The Hawkesbury Canoe Classic

The Hawkesbury Canoe Classic is an endurance event where paddlers make their way down the Hawkesbury River from Windsor to Brooklyn – a distance of 111 km.

This year NEGS entered a team of eight girls; 2 competing with their fathers and the other 6 as teams of 2 per kayak. The conditions initially were perfect, however, very early in the morning they deteriorated.

All teams completed the event for 2018 and they are a credit to themselves and showed a physical and mental toughness that deserves recognition.

Thanks to the amazing land crew for these teams – the families were encouraging, supportive and worked tirelessly for the good of all teams.

Well done to Alicia & Alex Ball,
Kate & Andrew Earle, Heidi Powell,
Kate Cruickshank, Cilla McCamley, Kassie Cook,
Katrina Campbell and Josie Bartel.



An account of the 2018 Hawkesbury Canoe Classic

Alicia Ball

The Hawkesbury Canoe Classic is a physical challenge and a more intense mental battle that pushes you to break out of your comfort zone and explore strengths you never knew you had.

Personally, I found the journey leading up to the Hawkesbury one full of twists and turns, blisters and aching

“muscles, and a massive awakening. Completing this journey with my dad (Alex Ball), was definitely a bonding experience that I will never regret.”

Having a family connection to the event, I found inspiration in completing the race for not only myself but for the people who receive the money raised from the Arrow Bone Marrow Foundation, which researches cures for blood disease.

During the multiple training sessions up at Malpas, there is some point that you think to yourself why am I doing this? This thought reappears about 3am in the morning of the event when you have paddled close to 80 km.

Somehow we all found the strength within ourselves to push through the pain pulsating down our arms and continue to paddle. The feeling of success and completing the event outweighs the thought of giving up. I believe the mental strength we all took into the paddle was one that followed the NEGS motto perfectly, “Whatever you do, do it heartily”.

I also believe that we all knew once the paddle was done, that we would

be comparing who had the most blisters.

However, there were moments in the paddle where my body was tired, Dad and I started to doubt whether we went to the right checkpoint, ‘was that a rock or a floating log we just hit’, or my personal favourite ‘what is the finned animal that is splashing next to the boat?’

I, without a doubt, do not regret competing in the Hawkesbury. I believe that you really learn how to be patient and consider the many different options available to you without rushing, as the paddle is a marathon not a sprint and that type of mindset can be adapted into your everyday life.

The weather for the last 17km was a challenge that Dad and I met and defeated. Getting out at the end knowing that I have somehow had the physical and mental ability to complete 111km paddle overnight, really established for myself that you can do anything if you set your mind to it. It also shows that if you work hard to ensure success, not only for your peers but for yourself, you will gain a reward that no one can ever take away.

So, for anyone thinking about competing in the Hawkesbury in the future, I highly recommend it, it is an experience that will stay with you for life. I am very proud to be a part of this year’s Hawkesbury team and am very thankful to the girls who participated.

Meet our

Housemother from White House



MRS JENNY FULLOON

I am a local, growing up on a grazing property east of Armidale.

My family has had a long connection with NEGS with my grandmother, mother, sister, daughter and myself all attending NEGS as boarders.

I have a teaching background, mainly Japanese teaching, and have taught in high schools and primary schools in NSW and SA. My first teaching position happened to be working at NEGS also. Hence, I have experienced NEGS as a student, teacher, parent, Old Girl and now House Mother.

I am enjoying my role as White House Mother very much. I am fortunate to be looking after a wonderful group of girls ranging from Years 5-8 and Year 11. Life is certainly very busy in the boarding house but it is also a very rewarding role and a privilege to observe the girls growing and flourishing over the year.

Pippa, the Aussie Terrier has joined me in my House Mother role and loves interacting with the girls. She welcomes them back to the house in the afternoon, provides entertainment and furry cuddles for girls missing home.

Thanks, Jenny

From the Deputy Director of Boarding



Mrs Donna Garrad

This newsletter I would like to introduce Mrs Jennifer Fulloon. Jenny joined us in in Term 3 as White House Mother. Jenny is enjoying working in NEGS boarding and as a teacher, NEGS Old Girl, NEGS boarders and parent of two young adults also boarders has a wealth experience in the education and wellbeing of young children and young adults. Jenny is also fluent in Japanese and spent time in Japan as an exchange student whilst a boarder at NEGS.

With Year 11 at the helm our after school activities are a big hit, thank you to our Head Girl 2019, Daisy Meehan for the pics of our Treasure Hunt afternoon. Rose, Nina, Kate, Becky, Annabelle, Chelsea and Scarlett all had a fun week. Year 11 are to be commended for their leadership and enthusiasm implementing and managing this program.



NEGS was once again well represented at Hawkesbury Canoe Classic, a 111km paddle overnight in the moonlight. This is a fun paddle with a serious purpose and each participant aims to raise money for "Arrow" the Bone Marrow Transplant Foundation.

Unfortunately this year our girls were within sight of the finish line when they were withdrawn from the race by organisers due to bad weather that had already resulted in a number of capsizes.

Congratulations to Cilla and Kassiah, Kate and Heidi, Katrina and Josie for an extraordinary effort in such a gruelling race under difficult conditions. Checkout NEGS Facebook and Instagram for some great pics.

Saumarez House is slowly farewelling our Year 12, 2018 after completing their final exams. Some of our girls will return temporarily to attain their RSA and RSG qualifications just to add to the amazing achievements, opportunities and qualifications they already have and that demonstrate the holistic approach to the education and wellbeing of our NEGS students as they head off on their journey beyond NEGS.

I look forward to sharing some news next newsletter as our girls take part as volunteers, spectators and competitors at the NEGS ODE weekend. Reports from boarding staff on the Saturday of the event report a real buzz and excitement amongst our boarders for the weekend.



Parental controls in iOS 12

IF YOU HAVEN'T UPGRADED YOUR CHILD'S IPHONE TO IOS 12 HERE IS THE REASON TO DO IT NOW.

Apple has created a new set of parental control functions known as "Screen Time". Screen Time works via Family Sharing, so as long as your children are part of your "Family" in the Family Sharing settings of your Apple device, you will be able to view and control their Screen Time options from your phone.

If the child has an iPhone, and the parent has an Android phone, Screen Time settings can be set on the child's device. Unfortunately, the parent will have to access the child's phone to see screen time information or make changes to the settings. The best situation is for the parent and child to both have iPhones and connected with Family Sharing.

Turn on Screen Time

You will need to turn on and set up Screen Time on all the devices owned and used by your children. This is done in the Screen Time section of the Settings app. Open up the Settings. - Navigate to the "Screen Time section." - Choose "Turn on Screen Time."

Choose "Continue" When you see the introductory screen asking whether this is your iPhone or your child's iPhone, select "This is My Child's iPhone." After you have turned Screen Time on, you can set Downtime, which is a set period of time in which your child will be blocked from using the iPhone, or App Limits, which will restrict certain app categories.

You can also choose Content and Privacy settings, which we explained further below. When your child's device is on your Family Share iCloud account, you can make changes remotely from your (the parent's) device, by tapping on a child's name in the Screen Time section of the Settings app, listed under the parent's own Screen Time usage.

Alternatively, Downtime and App Limits selections for your child can be adjusted directly on their device by going to the Settings app and selecting Screen Time on their device. Parental controls only work if they are not altered by the child they are protecting. All of the App Limits, Downtime, and Content Restrictions are protected via a passcode. The passcode restricts changes to the Screen Time settings and must be entered to allow more usage time to children when limits have been reached.

Downtime

Downtime sets a schedule that allows you to choose when your child cannot use certain apps on their iPhone or iPad. During Downtime, only apps that the parent designates in "Always Allowed" and phone calls will be available. We recommend Snapchat or Instagram is restricted during school hours.

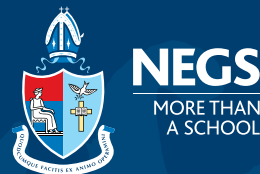
You turn on blocking for Downtime to prevent apps from being used entirely, but Apple gives you a non-blocking option when you want your child reminded that apps shouldn't be used at certain times.

App Limits

App Limits allows you to finely control how much time your children spend on certain categories of apps. With App Limits, you can set restrictions on either All Apps or by Categories such as Social Networking, Games,

Entertainment, Creativity, Productivity, Education, Reading & Reference, Health & Fitness, and Other.

After the App Limit has been reached, apps will be locked with an hourglass symbol and a passcode will be required to enable more time. Children can ask for more time through the app. The parent can remotely approve or deny their child's request for more time directly from their device. You can also set less restrictive rules that serve as more of a reminder by turning off blocking with App Limits.



SAFE ON Social

Always Allowed

With Downtime and App Limits, the parent can designate certain apps to be "Always Allowed." These apps will be accessible at all times even when Downtime and App Limits are enabled. Apple makes Phone, Messages, FaceTime, and Maps as always available apps, but you can select any apps that you want through the Always Allowed app interface, accessible under "Always Allowed" in the Screen Time section of Settings on a child's device. You can remove access to all apps, including Messages, with the exception of the phone, which remains available to children in case of emergencies.

Content Restrictions

Content Restrictions have expanded to include preventing a child from changing the passcode on their device, restricting account changes, limit volume, and automatically turn on Do Not Disturb While Driving.

A parent can also set privacy settings for everything from location services (GPS) to advertising preferences. For example, if a parent wanted to make sure they could always access their child's location, they can turn on Location Services and select Share My Location, and also limit GPS use on other apps.

Accessing Content & Privacy restrictions requires an adult to input a Content & Privacy passcode, which prevents children from changing these settings.

Kirra Pendergast - Director, Safe on Social Media Pty Ltd

www.safeonsocial.com

Spring @ NEGS



NEGS
MORE THAN
A SCHOOL

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 Imtiaz Anees



“There was so much always happening at the NEGS ODE over the weekend.

From Dressage to Cross Country to Show Jumping there were great riders, horses and fabulous people having a great time.”



With so many volunteers throughout NEGS who made the ODE weekend such a special event, the Equestrian Centre invited them to a little gathering this afternoon to “thank” them personally. A “HUGE” Congratulations to Imti and the Equestrian Staff for all of their hard work and for putting on another great event at NEGS.

NEGS OLD GIRLS VS CURRENT GIRLS FLAG RACE

Girls at NEGS certainly learn to ride well and no matter how the years go by, they still can hold their own in the saddle. The fierce competition was on when the NEGS Old Girls saddled up to take on the current students of NEGS for the Queen of the Course. The winners of the event went to the Old Girls proving that they can still ride! Well done to all of the competitors!



Feb

9

Matt Ryan Clinic at NEGS Armidale

9 February 2019–10 February 2019 · NEGS Equestrian

For more information contact the Equestrian Centre on 02 6774 8717



CODE READ PAPER PLANE

NEGS is proudly supporting the Code Read Paper Plane Challenge as part of Dyslexia Awareness.

Students were very creative with their designs, flying both indoors and outdoors to see whose plane could 'go the distance' with lots of fantastic prizes.

Girls donated a gold coin to the Dyslexia Network Ltd. As one of only seventeen schools in NSW to enter the competition, NEGS is in the running to win a drone, which has been kindly donated by Harvey Norman.

Thank you also to NEGS Mum, Sarah Jacobson for also helping to get behind this wonderful cause.



AUSTRALIAN ECONOMICS COMPETITION

A big congratulations to Sophie Mitchell in Year 11 who received a High Distinction in the Junior Division of the 2018 Australian Economics Competition.

The competition is organised by the UNSW Business School and it encourages awareness of current economics, business and political environment. The questions are not explicitly aimed at meeting the Australian Economics and Business Studies high school examination syllabi but stretches students in their understanding of those topics.

A High Distinction places Sophie in the top 5%. This is an outstanding result and we congratulate Sophie on such an amazing achievement.

ROYAL AUSTRALIAN AIR FORCE

NEGS girls were flying high with a visit from the Royal Australian Air Force. Girls were given the opportunity to fly in the Flight Simulator with many showing great potential whilst flying and landing. They also experienced the Virtual Reality goggles and sessions in Air Flight Controlling.

This was a fun and entertaining session, where we saw a number of girls who would be fabulous Air Flight Controllers, and a few who would not be!

The girls enjoyed learning about the extensive opportunities that are available for women in the Australian Air Force.

Many thanks you to the RAAF team that came to NEGS. What a great career!



YEAR 7 2019 "GIRLS NIGHT IN"

The Year 7 2019 "Girls Night In" has been a huge success and what a fabulous group of girls! They have had a great couple of days experiencing classes in the Senior School and having a fun sleep over.

Unfortunately not all the girls could make it but we look forward to welcoming them all next year.



TURNING OF THE FIRST SOD

It is a very exciting time for NEGS on Monday 5th November, we hosted the first "sod" turning ceremony, conducted by the CEO of Hockey NSW, Mr David Thompson for the Opening of the State-of-the-Art Regional Sporting Complex to be ready in 2019.

The Complex will be a multi-purpose facility that will benefit not only the students but the entire New England community.



With immense pride Transition students, Casey Tigue and Kenzie Watson presented "Personal Best" certificates to their clever Mothers who recently graduated at the University of New England with PhD's.

Well done Kara and Jo!



UPPER HUNTER SCONE BEEF BONANZA

The much anticipated Upper Hunter Scone Beef Bonanza was on again with 14 NEGS Livestock students, including 3 Junior School students all being incredible ambassadors for the School.

Competing against 890 students from schools across the state and 460 head of cattle NEGS had some incredible achievements in a number of fields. Year 9 student, Emma Steele won 1st place in both the 15 Years Junior Judging and was overall Reserve Champion. She had the highest overall pre oral presentation point score out of 890 students!! An unbelievable and well deserved result! Congratulations Emma!

NEGS were in the top lineup from our 7 steer exhibits which was a great overall result considering the number of cattle in each class and won 5 ribbons and also achieved some great results in the Paraders.

Well done to Tiffany Thomas and Eliza Watts who both placed 2nd in their paraders classes. Jaimie McLoughlin, Emma Steele, Bridgette Cadzow, Tayla Coggan - all placed 3rd in their paraders classes and it was Tayla's first show! Abbey McLoughlin placed 4th in the Paraders and Ella Crowley competed in her first show placing 5th place in Paraders.

Continued "thanks" to the Cassidy family "Merilba" for running our school commercial Charolais herd enabling us to breed our own quality exhibition steers for our keen students to work with and exhibit!

Also to Mr and Mrs Cole 'Lachlan Dale Limousins' - Forbes for their continued support with quality cattle.

A very big "Thanks" to camp Mums and Dad Mrs Amy Layton, Mrs Stacey McKenna and Mrs Prudie and Mr Jonathon Woods for all their assistance at Scone this year! It could not have been done without their hard work!

To our our enthusiastic Livestock Leader, Mr Mark Fisher, a special "Thank You".



What's News in Careers

Mrs Helen Doyle

Year 12 have nearly finished their exams by the time this newsletter is published. Many of them will receive their early offers to the courses and the universities that they have applied to in the next few days. It is an exciting time for them and I wish them all the best. Please let me know if there is anything further that I can help you with.

The Careers Portal continues to be updated regularly as the information does not stop coming through at this time of the year. There are currently many opportunities available on the portal. You just need to bookmark it and check back frequently. For example look at some of the short courses available to Senior Students during the holiday period. They look really good. The details are in Term 4 Week 3.

Many students have asked about writing a resume. The JobJump website has a really good resume builder, depending on the type of job that you are looking for. You can access the JobJump website through the Careers Portal as well.

Year 10 should have finalised or be in the last stages of finalising their Work Experience, which takes place in Week 8. The forms are available on the Careers Portal. Please get all forms signed and back to me as soon as possible. If you are having trouble finding a placement please contact me asap.

Have you thought about Volunteering abroad? There are many opportunities available. This is a wonderful experience and will be very impressive on your resume. Remember many universities are not only looking at your academic ability but also your community service. I will be talking more about this in coming weeks to all the students.

Wellbeing @ NEGS

Sister Jodie Jackson

WELLBEING @ NEGS TERM 4 AT NEGS WILL SEE OUR WELLBEING PROGRAM CONTINUE WITH THE THEME - RESPECT.

Students are participating in activities and discussions during tutor time focusing on all areas of respect, how to earn it and how to show it. In line with this theme during the holidays NEGS hosted NAPCAN, who provided training for the well regarded Love Bites program, a Respectful Relationships Program for adolescents with a particular emphasis on the importance of a whole school commitment to respectful relationship education. NEGS were fortunate enough to have two staff, Mr Josh Cohen and Mrs Kristen Cohen, attend the training.

Having access to such a valued program within the school will provide a great opportunity to address these very relevant and concerning issues with our students and school community as a regular part of our wellbeing program. Love Bites will be presented to Year 10 during service week this term and rolled out to other year groups in 2019.

NEGS are in discussions to host NAPCAN again in 2019 and take advantage of training more of our staff in the Love Bites Program.

The 'Love Bites information Pack' can be downloaded from the Newsletter Email sent to you.

REGIONAL

Sporting Complex



NEGS ANNOUNCE THE OPENING OF STATE-OF-ART REGIONAL SPORTING COMPLEX TO BE READY IN 2019

On Monday 5 November NEGS staff and students hosted a 'turning of the first sod' ceremony by David Thompson, CEO Rugby NSW, to officially announce the NSW NEGS Regional Sporting Complex, a new \$1.5 million multi-purpose facility that will benefit not only the students but the entire New England community.

The Sporting Complex, which is funded through philanthropic donations to School, will be among the best multi-sport venues in the region, providing NEGS athletes a state-of-the-art facility for daily training and competition.

Signalling the dawn of a new era for NEGS sport, the complex will be anchored by a state-of-the-art synthetic hockey field built to Federation of International Hockey (FIH) Standards, a rugby field, athletics track, nine netball courts and two tennis courts resurfaced with artificial turf. Completion date is expected to be March 2019.

The Complex marks the most ambitious infrastructure project at NEGS to date, coinciding with three major player pathway programs supported by sporting bodies including NSW Rugby, Hockey NSW, Netball NSW and the UNE Lions.

NEGS Principal Mrs Mary Anne Evans believes it will be one of the most exciting sporting projects that the school has experienced in its 125-year history. "It is a great honour to be able to share with you today this significant moment as we turn the first sod and officially launch the NSW NEGS Regional Sporting Complex.

This will be a truly a remarkable facility and will positively impact every single student, current and future when we deliver one best training and competition venues in the region. Our aim is to develop players into top-level athletes and ensure our players have the same opportunities as those living in metropolitan areas", Mrs Evans concluded.

The Armidale community will also benefit as NSW NEGS Regional Sporting Complex will be available for external training, sporting camps and competitions.

Follow us: Facebook @NEGS_Armidale and Instagram negs_armidale #playlikeanegsgirl



Junior School

Head of Junior School

Last week we had our first Transition and Kindergarten Orientation morning. We will be having our next on **WEDNESDAY 21ST NOVEMBER**.

It was great to see all the Junior School students compete in the ODE over the weekend and other students coming to watch and support.

Coming up on **FRIDAY 30TH NOVEMBER** we have the **K-8 CHINESE DAY** run by Mrs Liu. This will be a great day filled with Traditional dance, Kung Fu, Dumpling making and fun games.



Mr Andrew Travers

It was a pleasure to attend the Term 4 Heads of Junior Schools meeting in Sydney last week.

We had a fantastic presentation by Dr Michael C Nagel, PhD

Dr Nagel is an educator, motivator, researcher, mentor and parent. He has worked with children on three continents as a teacher and behaviour specialist. Currently, Dr Nagel researches and teaches at the University of the Sunshine Coast across various areas including cognition and learning, human development and early learning, neurological development in children, neurologically based pedagogy and the middle years of schooling. His insights linking neurology and education have been well received by audiences of parents and educators alike and have been praised for linking theory with the everyday realities of raising and working with children. Mike draws much of his insights and ideas from over two decades of practical educational experiences. <https://michaelnagel.com.au/>

HERE ARE A FEW OF THE CURRENT NEUROSCIENCE FINDINGS:

Neuroscientists are uncovering anatomical, chemical and functional differences between the brains of men and women...these variations occur throughout the brain, in regions involved in language, memory, emotion, vision, hearing and navigation...researchers are working to determine how these sex-based variations relate to differences in male and female cognition and behavior.

- Dr Larry Cahill (Assistant Professor of Neurobiology and Behavior and a fellow of the Center for the Neurobiology of Learning and Memory at the University of California, Irvine).



What's Positive for Boys?

- Lots of movement and hands on, interactive learning.
- *Less time 'sitting and getting' and more time 'doing'.*
- Competition
- *Boy friendly content in language arts.*
- *Finger manipulation while listening.*
- *Procedural literacy.*
- Problem solving, inquiry and activity based learning...problems involving deductive reasoning.
- Experiential learning.
- Greater response time during questioning.
- *One instruction at a time.*
- *For boys, significant male role models are crucial!*

...it is significant to note the plethora of research indicating that boys who grow up with the absence of significant male figures, especially fathers, are more likely to experience abuse and mental illnesses, exhibit behaviour problems at school, receive lower grades or drop out of school, suffer from low self-esteem and motivation and find themselves in trouble with the law.

- Nagel (2006)

What's Positive for Girls?

- Problem solving, inquiry and activity based learning...tasks involving inductive thinking.
- Hands-on, spatial development activities especially in the early years.
- Cooperative learning...girls tend to focus on social interactions while learning.
- Always assume that girls are interested in maths, science and technology and support any endeavours into these areas.
- Exposure to female role models in nontraditional fields.
- Using the strength of communication to develop other areas (i.e. science and maths).

Media Release

Media Release

Wednesday 7 November

The development of girls' rugby received a boost this week with the announcement of a new Talented Athlete Programme to be implemented at NEGS.

NSW Rugby and the UNE Lions have committed to supporting the programme and will provide specialist coaching to support NEGS coaches and young players.

Trials for the new programme will be held on 26 November 2018 ready for full implementation in 2019.

NEGS will also be building a state-level standard rugby field to facilitate professional tournaments and visiting schools and clubs in the region.

NSW Rugby Development Manager, Andrew Hill, said this was fantastic news for the development of Rugby at the girl's boarding school, and the region.

"NSW Rugby is committed to increasing the profile of women's rugby, and a key part of the NEGS programme is to identify and assist talented athletes in regional areas reach their potential," Mr Hill said.

Director UNE Life David Schmude said the partnership would provide NEGS Rugby Program athletes the opportunity to access representative pathways and specialist coaching close to home.

"Supporting partnerships such as this one between NEGS and the UNE Lions, helps student athletes reach their full sporting potential whilst continuing their studies in regional NSW. Through access to top NSW Rugby and UNE Lions high performance staff and facilities right at their door step, the pathway to representative teams such as the UNE Lions and Australian Pearls has never been clearer."

Students from years 7 to 12 will be eligible to attend the trials both from NEGS, around Australia and internationally. Those successful in making it into the year-round rugby union program will receive intensive training and skills development delivered to them as current and newly enrolled NEGS students.

NEGS Director of Sports, Josh Cohen, says all players will be given the best possible rugby experience. "Our ethos is all-inclusive, and we aim to give as many of our students and talented players from around NSW, the opportunity to develop their rugby skills at a competitive level.

For NEGS students and Talented Athletes in the programme to have access to specialist coaches, on site facilities and support to attend regional and state-wide competitions is a huge boon for girls' rugby in the New England/North West.

We are also pleased to announce that we will be entering the Independent Girls' Schools Rugby Sevens Competition in Sydney in 2019. Having this opportunity to compete against the large Sydney schools is a first, and will further enhance the development of their rugby," Mr Cohen concluded.

Principal, Mrs Mary Anne Evans says the school values the support of NSW Rugby as it marks the achievement of a key milestone in line with NEGS' Strategic Plan.

"We are committed to diversifying in areas where we see positive impacts. Engaging in a wide diversity of co-curricular activities is deeply embedded at NEGS and a unique aspect to our School."



Trial Date

MONDAY 26TH NOVEMBER

To register or for more information visit: www.negs.nsw.edu.au

2019
NEGS Rugby
Program

News

Community News



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.

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.



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 |



NEGS
MORE THAN
A SCHOOL

Sport

**It is time to nominate for the 2018
NEGS Major Sports Awards.**

**These awards will be presented
at the NEGS Celebration of Sport
Dinner on Thursday November 29th.**



Mr Josh Cohen

NEGS Major Sporting Awards Nominations

To nominate you will need to use the link below and complete the Google Form.

<https://goo.gl/forms/kCMYnE3gHj8H6bPB3>

Students from all years including Year 12 can nominate for the awards.

NORTEC Sportswomanship Award - This is awarded to a Student who maintains a sporting manner and displays fair play in their approach to competition.

Services to Sport - This is awarded to a Student who has given their time to assist with sport and provide opportunities and support for other students at NEGS. This may include, but is not limited to, umpiring, coaching, filling in for other teams, desk duties etc.

Sportswoman of the Year - This award is presented to a Student in the year that has achieved an exceptional level in a sport or sports.

Student Coach of the Year - This is awarded to a Student or Students for a high level of coaching of a NEGS or NEGS Junior School team.

Team of the Year - This is awarded to the team who achieved the greatest success during the current year.

Connor Shield - This shield is presented to the Student who has shown consistent commitment to sport.

Young Sports Achiever - This award is presented to a Student in Year 7 who has achieved an exceptional level in a sport or sports.

Junior Sports Achiever - This award is presented to a Student in Year 8-9 who has achieved an exceptional level in a sport or sports.

Most Outstanding Individual Sporting Achievement - This is awarded to a Student who has achieved the highest level of representation in a particular sport.

**Nominations
will close 5pm
Thursday
November 15th
2018.**



NEGS
MORE THAN
A SCHOOL

NEGS SUMMER SPORT TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Before school		TAS Swimming 6:00 - 7:00am Costs associated		TAS Swimming 6:00 - 7:00am Costs associated	Boxing 6:00 - 7:00am Costs associated	Rowing Time to be confirmed Costs associated
Lunchtime	Lunchtime activities vary from week to week					
After School	Yoga 3:45-4:30 Free sport	Basketball (Yrs 7-9) Varying times Costs associated	Social Tennis 3:30 - 4:30pm Free Sport	NEGS Touch 4:15 - 5:15pm Free Sport	Tamworth Rugby 7s 3:30pm - 9:30pm Costs associated	Fullbore 8:30 - 2:30pm Costs associated
	Rowing 3:30 - 5:30pm Costs associated	Smallbore 3:30 - 5:00pm Costs associated	Indoor Rock Climbing 4:00 - 5:00pm Costs associated	Indoor Hockey Varying times Costs associated		
	Twilight Netball Varying times Costs associated		Basketball (Yrs 10-12) Varying times Costs associated	Livestock Team 3:30 - 5:00pm Costs associated		
	Livestock Team 3:30 - 5:00pm Costs associated					