



NEGS

NEGS Junior School

Handbook 2020





NEGS
MORE THAN
A SCHOOL

Dear NEGS Junior School Community,

At NEGS Junior School, we offer a broad, challenging, academic curriculum integrated with pastoral care initiatives and sporting and cultural pursuits. Within the context of a family friendly, Christian environment, we promote an atmosphere where boys and girls are engaged, motivated and challenged to reach attainable goals within a caring and supportive environment. Our student-centred programs promote academic, sporting and arts excellence through a stimulating, enriched and rigorous curriculum. Our goal and commitment is to create independent, caring, self-reliant and challenged life-long learners.

The NEGS Junior School Handbook has been compiled as a guide to refer to when needed throughout the year. Below we have outlined platforms available to communicate to and from the school, to ensure that you and the school have all the information needed to support your child's happy and successful experience at NEGS.

Communication

Communication is critical to the success of your child's experience at school. In response to some great feedback from parents and the school community, and given the increased information flowing to and from the school we're updating the way this communication occurs, to make it more effective, efficient and streamlined.

Please ensure that your email address is updated regularly for you to receive as much information as possible from the school, and I encourage you to continue to send any feedback you have about the changes we're making to myself at the email address, next page.

NEGS Parent Portal

The Parent Portal contains the NEGS Calendar, the ability to lodge permission and absence forms and communicate to and from the school. Additional features will become available throughout the year. The Parent Portal will be our preferred method of communication between parents and staff and functions in a similar manner to emails.

NEGS Facebook and Instagram

Like the [NEGS Facebook](#) page and follow [instagram](#) and stay up to date with events, celebrations and everyday life of students and staff at NEGS. There are separate Facebook pages for NEGS Equestrian and NEGS Rifle Club.

To share pictures with us email marketing@negs.nsw.edu.au or tag us in your social media posts.

Phone and communication

Parents and staff can readily communicate with staff by phone and email. Contact Reception on 02 6774 8700 to leave a message for a staff member, or email them directly (see page six for staff email addresses).

2020 promises to be an exciting year for NEGS Junior School

We're looking forward to welcoming our new students, a new teacher, and working closely with our Senior School staff and students to provide even more opportunities and experiences for our Junior School students.



Mr Andrew Travers

Head of NEGS Junior School

Phone: 02 6774 8737

andrew.travers@negs.nsw.edu.au

A handwritten signature in black ink, appearing to be 'A Travers', written in a cursive style.

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General INFORMATION

NEGS Junior School is located at the NEGS campus located on Uralla Road, Armidale. The Senior School was opened in 1895 by the first Headmistress, Florence Green. The Junior School was added in 1974. The school provides co-educational classes from Transition to Year 6.

The Junior School is a picturesque heritage property that utilises the facilities of the Senior School but has its own playground and precinct. The heritage listed John Horbury Hunt building provides a sense of history and grandeur for the site but the weatherboard cottages ensure that there remains a sense of village and community within the Junior School. The magnificent gardens of the school make the surrounds an aesthetically lovely place to learn, grow and play.

NEGS is a family-friendly, Christian environment, where we promote an atmosphere that ensures that boys and girls are engaged, motivated and self-directed in their learning.

Junior School STAFF



Head of NEGS Junior School

Mr Andrew Travers

MEd (School Leadership), BEd, BTeach
(Early Childhood)

andrew.travers@negs.nsw.edu.au



Transition

Mrs Catherine McCann

BEd (Early Childhood)

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Transition

Mrs Rebecca Moore

Dip Child Cert 3

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Kindergarten

Ms Claire Archibald

BEd (Primary)

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Years 1/2

Mrs Victoria Packer

BGen Studies, BTeach

victoria.packer@negs.nsw.edu.au



Year 3/4

Mrs Deanna Ford

BEd, B Teach

deanna.ford@negs.nsw.edu.au



Year 5

Mrs Liane Nixon

BEd (Honours)

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Year 6

Mrs Heidi Dent

BEd (Primary)

heidi.dent@negs.nsw.edu.au



Music Years K-2

Mr Phil Oxley

phil.oxley@negs.nsw.edu.au



Music Years 3-6, Music Coordinator

Mrs Sally Spillane

sally.spillane@negs.nsw.edu.au



Languages

Madame Hilda Nadolny

hilda.nadolny@negs.nsw.edu.au

NEGS Junior School Reception - 6774 8700

NEGS Main Reception – Akaroa - 6774 8700

juniorschool.reception@negs.nsw.edu.au



NEGS *Values*

The NEGS community is founded upon respect and responsibility. The actions of all members of our school community should be safe and students should behave in a way that reflects well upon themselves, their family and the school, and be considerate of others.

In Junior School discipline is a positive process, which encourages students to participate as productive, responsible members of the community. An important part of education is to develop effective self-discipline so that at all times students behave in a manner that is safe, legal and considerate.

BEHAVIOURAL EXPECTATIONS

The School places an emphasis on the encouragement and acknowledgment of positive behaviour.

Every student:

- Has the right and the duty to learn and actively engage in a safe, caring and secure environment without being disturbed by others. All students should be familiar with our approach to dealing with bullying.
- Shows responsibility to his/her teachers and classmates by moving promptly to class, respecting the teacher's right to teach without interruption and bringing the correct books and equipment to class and activities.
- Shows courtesy to other students, teachers and visitors.
- Shows pride in his/her school by wearing the full and correct uniform in the appropriate situation.

CONSEQUENCES FOR UNACCEPTABLE BEHAVIOUR

The classroom teacher is primarily responsible for the academic and pastoral needs of each student in the class. The Head of Junior School in consultation with the child's parents and classroom teacher will manage severe or ongoing misdemeanours.

Positive disciplinary practices seek to promote productivity and responsibility. A collaborative class approach to managing behaviour is encouraged.

Suspension and expulsion will only be implemented as a last resort after all other avenues have been exhausted and when:

- The duty of care to other children and/or staff is impeded and therefore outweighs the rights of the offending student to remain within the School.
- No compromise can be reached enabling the values of the School to be upheld with the student remaining within the School.

DEALING WITH BULLYING

All students and staff have the right to feel safe and happy at school. NEGS seeks to provide a safe and just environment where a person's actions reflect well on themselves, their family and the School.

The School will take prompt action to address any incident of alleged bullying, taking into account the circumstances under which it is revealed, the context and time within the academic calendar. All members of our community are committed to ensuring a safe and caring environment, which promotes personal growth and positive self-esteem for all. NEGS will always approach each case individually. The School's first priority is to support the victim of bullying. The School will provide support for the alleged offender. Incidents of bullying will be dealt with promptly upon receipt of information.

1. Reports of bullying will be investigated by the classroom teacher and Head of Junior School to determine the nature and extent of the bullying. All incidences of bullying will be reported to the Head of Junior School.
2. If the bullying is a less severe first offence, the classroom teacher will follow up the incident as appropriate. This may involve bringing the parties together to talk through the situation and encourage positive reconciliation. The bully will be counselled to enable their behaviour to be modified rather than be disciplined. The student who has been bullied will be supported and assisted to develop strategies to manage and prevent a repeat situation arising. The parents of both parties will be informed.
3. If the bullying is a serious first offence, the Head of Junior School and classroom teacher will interview the offender and the victim, and the parents will be informed. There will be appropriate disciplinary action and the bully will be counselled to assist them in not reoffending.
4. If the same student repeats a serious act of bullying, the Head of Junior School and Deputy Principal (if required) will interview the alleged bully in the presence of their parents. Direct consequences may include suspension or expulsion.

PREVENTIVE MEASURES

We believe the key to discouraging bullying lies in the development of students who have positive well-being and a productive and satisfying academic mindset. To that end, our Live Life Well @ School program, wellbeing initiatives and Fundamental Movement skill activities, all work towards the promotion of happy children.

The Junior School is guided by a philosophy that has a strong focus on the social and emotional development of each child. Students actively participate in the Live Life Well @ School program that teaches children healthy lifestyle choices. A daily fitness program, bike track, 'Crunch and Sip,' and participation in gardening activities, all promote our philosophy of individual student wellbeing.

Children are being actively encouraged to explore their environment and take calculated risks by building cubbies, using climbing equipment and riding bikes during break times in the school day. These activities promote growth in children's level of engagement in physical activities and their ability to judge successfully how to take calculated risks that increase enjoyment but maintain safe practices. These are all great lessons to learn in the safety of the schoolyard. Cross stage participation in sporting, academic and playtime activities, promotes inclusion and acceptance of individual differences, where each child is accepted and encouraged to achieve their potential.





NEGS *Uniforms*

All clothing must be marked with the student's name.

TRANSITION (ALL YEAR)

Monday to Friday

- NEGS PE shirt, shorts (or tracksuit during cool weather) and sneakers.

PLEASE NOTE THAT THE OLD STYLE STRIPED POLO CAN NO LONGER BE WORN.

- Students can also wear their school jersey. A yard hat is required and a drink bottle should be brought to school every day ("no hat no play").
- During winter, students may wear a navy skivvy under their polo shirt. Jewellery is not to be worn at school. Single stud earrings may be worn.



Summer K-6 TERM 1 AND TERM 4

A yard hat is required and a drink bottle should be brought to school every day.

Monday, Tuesday and Thursday

Students are required to have their blazer at school each day but are not required to wear them during warm weather. Jumpers may be worn outside in the playground but must be worn with a blazer when attending Assembly Chapel or leaving the school grounds.



PE Day and Friday Sport

Students wear their sports gear to school on these days. NEGS PE shirt (polo on PE Day and House shirt on Friday Day 5), shorts (or plain navy tracksuit during cool weather) and sneakers. Students can also wear their school jersey. Yard hats are required and a drink bottle should be brought to school every day. White socks (Year 6 girls may wear NEGS socks) and sneakers. Please note that 'skins' and short ankle socks are not a part of the sports uniform. Exceptions need to be approved by the Head of Junior School or Sports Coordinator. Girls are not required to wear a school cap but boys should wear their regular cap to school.

PLEASE NOTE THAT THE OLD STYLE STRIPED POLO CAN NO LONGER BE WORN.

PE DAYS are K-2: Tuesdays and 3-6 Thursdays

* School Chapel is on every Wednesday. Assembly is held every second Monday morning at 8:50

Girls

NEGS Blazer

Summer dress that is hemmed (below the knee).

White ankle socks and black shoes

Summer straw hat

Hair that is long enough to touch the collar must be tied back with white ribbons and hair accessories must be plain

Makeup, nail polish and jewellery are not to be worn when in uniform

Single silver/gold stud earrings may be worn

Boys

NEGS Blazer

Navy dress shorts and white shirt with tartan tie

The school cap is worn to School and a yard hat to be left at school

Long navy socks and black shoes



Winter

K – 6 TERM 2 AND TERM 3

A yard hat is required and a drink bottle should be brought to school every day ("no hat no play").

Other than for PE Day

Friday Sport, students are required to have their blazer at school each day but are not required to wear them during warm weather. Jumpers may be worn outside in the playground but must be worn with a blazer when attending Chapel, Assembly or leaving the school grounds.

Girls

Winter tunic (below the knee)

Navy stockings and black lace up shoes

Winter hat

Hair that is long enough to touch the collar must be tied back with navy ribbons and hair accessories must be plain

Makeup, nail polish and jewellery are not to be worn when in uniform

Single silver/gold stud earrings may be worn

Boys

Navy dress trousers and white shirt with tartan tie

The school cap is worn to school and a yard hat to be left at school

Navy socks are to be worn with garters and black lace up shoes (preferred to velcro)

DAILY PROCEDURES

8:20 Supervision in the playground

8:45 Daily Fitness

9:00 Classroom activities

10:45 Morning Tea

11:05 Classroom Activities

12:30 Lunch in the Dining Hall

1:00 Playground

1:30 DEAR (Drop Everything and Read)

1:50 Classroom activities

3:20 End of school day

3:30 If not collected, students will be provided with supervision at the Homework Centre. Charges apply.

BUS TRAVEL

Students are supervised by staff at the bus shelter located near the Junior School car park.

Bus Company contact – Edwards Coaches

(02) 6772 3116 or www.edwardscoaches.com.au

SPECIALIST LESSONS

Transition is provided with Music lessons and joins NEGS Junior School for Sport days. Swimming lessons are an optional extra and held on Wednesday mornings.

Primary and Infants classes participate in specialist Music lessons and Infants and Primary Choirs. Year 5/6 are members of the Stage 3 Band. Students study a language (K - 6), PE and visit the Library. Classroom teachers will conduct Christian Studies lessons and all students will attend Chapel each week with the School Chaplain.



Students wishing to further their studies through peripatetic music, tennis, drama, sport teams, livestock and equestrian should contact the relevant departments.

Sport, Drama, Music, Livestock and Equestrian see Co-curricular section.

LIBRARY

The Library is located at the Senior Campus. It is a valuable shared resource for all students of NEGS. Students visit the Library during their weekly lesson with our Teacher Librarian. Students are also able to use the Library from 8am to 5pm and also Tuesday and Thursday lunchtimes.



Homework Centre

NEGS Junior School Homework Centre will be run from 3.30 - 5.30pm, four days per week in the school library (best accessed through the doors out to the Akaroa carpark). Homework can be completed during this time followed by play outside. They require a drink bottle, afternoon tea and a hat.

The cost will be \$9.90 per hour and charged to your account monthly. Charges apply after 5 minutes into the hour. ie at 3:35 and 4:35 pm. Please be prompt for pick up as a penalty fee will apply for parents who are consistently late. Students not collected by 3:30 pm on more than several occasions will be charged for Homework Centre at a cost of \$50.

HOMEWORK

Media reports often discuss the positives and negatives of homework. At NEGS Junior School we believe that this activity develops organisation and provides consolidation of basic skills. **Parents may elect to abstain from the Homework program but should ensure that discussions have occurred with staff to discuss the benefits for their child.**

Homework is given for Monday, Tuesday, Wednesday and Thursday nights with the exception of students in Transition and Kindergarten who are expected to read at home with parents. Students participating in the class homework program are provided with a set amount each night:

- Year 1 10 minutes
- Year 2 20 minutes
- Year 3 30 minutes
- Year 4 40 minutes
- Year 5 50 minutes
- Year 6 60 minutes

Homework is set to develop strong study habits and to reinforce learning that has occurred during the day. While parent encouragement and support is welcomed, at no time should parents do their children's work. Should your child experience problems it is essential the teacher is aware of these difficulties via a note in the diary. Similarly if your child is having difficulty completing the set tasks within the above timeframe, please notify their teacher.

Homework is a consolidation activity that should be developing fluency and fundamental skills. In some cases, extension or project work may be a mutually agreed task between student, parent and teacher. This may be due to heightened interest or to further develop a certain skill area. Project work should be designed to be facilitated within classrooms. At times, teachers may ask students to provide materials or research that will prepare students for classroom incursion activities.

All work that is handed in will be corrected and feedback provided to students. Incomplete homework will not be finished at school during break times. Parents will be notified that homework was not handed in and are advised to discuss the issue with their child at home. Students attending the Homework Centre are expected to be completing classwork/reading during set study periods.



REQUESTS FOR EXTENDED LEAVE DURING TERM

Students are required by law to attend school from the first day to the last day of term. Students have generous holiday periods throughout the year and it is expected that trips be taken within term breaks. **Requests for special leave should be addressed to the Head of Junior School and must be submitted in writing at least two weeks prior.** Leave is granted at the discretion of the School. Students are responsible for ensuring they obtain work for their absence. Any work due during the time of absence must be submitted prior to departure.

ABSENCE PROCEDURE

On the day of absence, parents are required to phone or email Reception by 9am, reporting their child's absence and giving the reason. As a legal requirement, a note/email explaining the cause and dates of absence, must be provided to the school. Students absent for three days due to ill health should supply a doctor's certificate upon return. Late arrival to school is strongly discouraged as this places the student in a compromised situation where they have missed the opportunity to touch base with friends and hear the important first instructions of the day. It is expected that routine medical, sporting and dental appointments will be made outside school hours wherever possible, to minimise disruption to student's learning and school routine. When leave is unavoidable and a student departs during school hours, it is imperative that a parent or guardian communicates with the classroom teacher at the classroom or at Reception.

WHO TO CALL OR EMAIL

Illness: Reception before 9 am - 6774 8700 or juniorschool.reception@negs.nsw.edu.au

Lateness: Reception before 9 am - 6774 8700 or juniorschool.reception@negs.nsw.edu.au

Requests for extended leave: Head of Junior School - andrew.travers@negs.nsw.edu.au

HEALTH PROMOTION AT SCHOOL

In order to ensure your child's best interests are being met, we adhere to the following policies:

Yard hats: No hat, no play.

Sunscreen: Due to allergic skin conditions, it is the primary responsibility of parents to supply sunscreen. It is available at school if required.

Illness: Any student who visits the Health Centre has their name and treatment recorded. We do not expect children to arrive at school unwell. Parents will be telephoned and asked to collect their child immediately if this is the case.



MEDICATION

These guidelines must be followed if your child is receiving any medication:

1. Any medication must be accompanied by detailed instructions, from the student's medical practitioner.
2. All prescribed medications should be given directly to the Health Centre.
3. Ongoing medication should be sent in weekly doses only. Ensure that directions and your child's name and class are clearly written on the medication.
4. Students requiring puffer sprays may keep these with them provided that it will not cause harm if accidentally taken by other students. The need for these sprays must be recorded on the medical form. An Asthma Management Plan must be supplied to the Health Centre.
5. Students with anaphylaxis will have a current Anaphylaxis Management Plan. This together with relevant medication needs to be provided to the Health Centre.

The Health Centre can be contacted by email healthcentre@negs.nsw.edu.au or 6774 8716.



MEALS

Transition students are required to bring a fruit snack, morning tea and lunch. It is expected that students are provided with healthy meals and that foods with a high fat and sugar content are kept to a minimum. Good nutrition ensures that children are prepared to learn and be productive throughout the school day.

K-6 students are provided with meals at morning tea and lunch by NEGS catering, however if you choose to pack morning tea and lunches for your child, parents can select to opt out of NEGS catering by giving 2 weeks notice prior to the end of term.

Primary and Infants students are also encouraged to bring a fruit snack for a mid morning classroom break. The students are supervised at meals by Junior School staff. Parents must ensure that staff are aware of dietary needs and are responsible for the accuracy of the school database through regular updates of medical records if required.

USE OF TECHNOLOGY AND COMMUNICATION

All staff, parents and students are expected to use technology in a safe and considerate manner. Technology must be used for educational purposes and in respectful way towards peers, staff and students. Students will be educated about cyber-safety and the appropriate use of social media, passwords and copyright.

Mobile phones should not be used within the school day. Junior School students need to approach a teacher if there is an issue to be resolved. Students found to be using a phone during the school day will have the phone confiscated by the classroom teacher, who will inform the Head of Junior School and then contact the student's parents.

Students in Years 5 and 6 are required to provide their own laptop device (BYOD) in keeping with the NEGS technology requirements. Students in Transition to Year 4 are provided with desktops, laptops and ipads when required as a part of their educational program. All students are required to be cyber-safe uses of technology. Year 5 and 6 students are required to agree to a Junior School Technology Usage contract to ensure that guidelines and expectations are clear. Students accessing social media sites such as Facebook and Instagram will have their accounts closed and parents contacted. Emails are regularly checked by staff and students found to be using their

laptop inappropriately will have their machine confiscated by the Head of Junior School. Laptops will be returned after a consultation with the student's parents.

EMAIL COMMUNICATION WITH THE SCHOOL

Email is an easy means of communication that is used extensively within the School's staff and student body and parent community. However, please remember that email is not a reliable form of communication for information that must be relayed quickly or is of an urgent nature. When a response is required within a day, a phone call to Reception is essential.

We will endeavour to answer emails within a 24-hour period during Monday to Friday. Parents are encouraged to make appointments to discuss pertinent issues rather than highlight concerns in emails.

WHOM TO CALL OR EMAIL

Messages: Reception – 6774 8700 or reception@negs.nsw.edu.au

Classroom matters: Classroom teacher or Head of Junior School

Personal matters and major incidents: Head of Junior School





Junior School PARENT LIAISON CONTACTS

liaison.jscontacts@negs.nsw.edu.au

One contact list for all Junior School parents



Speech Day JUNIOR SCHOOL

All students are required to attend NEGS Junior School Speech Day at the end of the school year. Students are presented with a personalised award and one student from each class is nominated for a Progress Award.

Special Awards

Music Prize for achievement and service (Instrumental)

Music Prize for achievement and service (Choral)

Armidale Dumaresq Council Citizenship Award

Awarded to the K - 2 student who has consistently demonstrated thoughtfulness, hard work and is a responsible member of NEGS.

NEGS Junior School Citizenship Award

Awarded to a Year 3 to 6 Primary student who encapsulates NEGS values in terms of work ethic, manners and generosity of spirit.

Head of School Award

An encouragement award to a student who has made gains in academic achievement, application or behaviour.



**"Whatsoever you do, do it heartily"
Award**

Awarded to the Year 6 student who best encompasses the ethos of NEGS Junior School.

NEGS Junior School Dux

Dooner Family Perpetual Trophy

Awarded to the K - 2 student who has demonstrated a high level of achievement and effort in Creative and Practical Arts.

Joshua Pearson Trophy (Improved Application to Sport)

Awarded to the student who has shown improvement in skills, and contributes to sport wholeheartedly.

Participation and Service to Sport

Awarded to the student who demonstrates commitment and good sportsmanship to the NEGS Junior School sports program.

NEGS Junior School Sports Achiever

Awarded to the NEGS student who has most demonstrated achievement at a representative level, sportsmanship and has contributed to the Junior School sport program.

Equestrian Achiever

Awarded to the NEGS Junior School student who has most demonstrated a high level of achievement and effort in representative equestrian events.

Calendar Dates

2020 NEGS

Term 1 (11 Weeks)	
Mon 27 Jan	Australia Day public holiday
Tue 28 Jan	Staff Day Uniform shop open from 8.30am – 4pm Boarders return from 12 - 8pm P&F Welcome BBQ 5pm on the Library Lawns (RSVP to enrolments@negs.nsw.edu.au)
Wed 29 Jan	Classes commence for all students
Thu 13 Feb	Junior School Class Photos
Fri 14 Feb	Swimming Carnival
Wed 4 Mar	IPSHA Swimming Carnival
Wed 11-13 Mar	Year 3 and 4 Camp
Sat 4 Apr	IPSHA Cross County
Wed 8 Apr	Last day of term for students
Thu 9 Apr	Staff Day
Term 2 (9 Weeks)	
Mon 27 Apr	Staff Day Boarders to return between 1:30 - 8pm
Tue 28 Apr	Classes commence
Fri 8 May	NEGS Athletics Carnival
Tue 12 - Fri 22 May	NAPLAN
Fri 5 Jun	Staff Day prior to Queen's Birthday long weekend
Mon 8 Jun	Queen's Birthday public holiday Boarders to return between 1:30 - 8pm
Tue 9 Jun	Classes resume following Queen's Birthday long weekend
Thu 25 Jun	Last day of term for students
Fri 26 Jun	Staff Day

Term 3 (10 Weeks)	
Mon 20 Jul	Staff Day Boarders to return between 1:30 - 8pm
Tue 21 Jul	Classes resume
Mon 24 Aug	IPSHA Athletics
Sun 30 Aug - 3 Sep	Year 5 and 6 Camp (TBC)
Mon 31 Aug - 2 Sep	IPSHA Performing Arts Festival Sydney
Fri 4 Sep	Grandparents' Day
Fri 4 - 6 Sep	Old Girls' Weekend
Thu 24 Sep	Last day of term for students
Fri 25 Sep	Staff Day
Term 4 (8 Weeks)	
Mon 12 Oct	Classes resume
Thu 3 Dec	Junior School Speech Day Term concludes
Thu 3 Dec	Carols Service (5-6pm) followed by P&F BBQ





Sport NEGS JUNIOR SCHOOL

This sport information outlines the sport policy, procedures and relevant information for the sport and wellbeing program and opportunities available from Kindergarten to Year 6 students at NEGS Junior School.

NEGS encourages all students to participate in extra-curricular sports. The School's program aims to encourage every student to participate in sport for fun and enjoyment at any level of which they are capable.

The Sport Program aims to:

- Promote good sportsmanship, school spirit and respect
- Encourage fun, excitement and development of skills
- Promote fitness and wellbeing for all students
- Encourage commitment to each sport and cooperation with team mates, coaches and other teams
- Encourage students to enjoy healthy competition and support students to develop their skills to their full potential

We aim for all students to develop their skills and enjoyment in their chosen areas of extra-curricular sport at NEGS.

If you have any queries regarding NEGS Junior School sport please email the Sport Coordinator at juniorschool.reception@negs.nsw.edu.au



JUNIOR SCHOOL HOUSES

Dumolo – Yellow

Green – Green

Murray – Blue

Lyon - Red

NEGS JUNIOR SCHOOL SPORT

Sport Program 2020

Sport	Age/Year Group	When	Training	Game	Uniform
Touch Football	Year 3-6	Term 1 & 4	Wednesday 3:30pm - 4:30pm	Thursday Rologas Fields	PE Uniform
Basketball	Years 3-6	Term 1 & 4	Wednesday 3:30pm - 4:30pm	Monday "The Den" Armidale High School	School shorts and basketball singlet
Netball	Years 3-6	Term 2 & 3	Wednesday 3:30pm - 4:30pm	Saturday Armidale Netball Courts	PE Shirt and NEGS skirt
Hockey Outdoor	Years 2-6	Term 2 & 3	Wednesday 3:30pm - 4:30pm	Saturday UNE Hockey Fields	PE shirt, NEGS skirt/shorts and hockey socks. Shin guards, mouth guard and hockey stick
Hockey Indoor	Years K-6	Term 1 & 4	No training	Indoor Hockey "The Den" Armidale High School	
Soccer	Kindergarten and Year 1	Term 2 & 3	Wednesday 3:30pm - 4:30pm	Saturday Rologas Fields	PE Shirt and shorts, socks, soccer boots, mouth guard and shin guards
Swimming	Transition	Specialised swimming lessons weekly for 'Learn to Swim'			
Swimming	K-2	K-2 Learn to Swim lessons will take place in Term 1			
Swimming	Years 3 - 6	Swim and Survive will take place during Term 1 for Sport			
Gymnastics	T-6	Gymnastics program takes place during Term 4 for Sport			
Equestrian	K-6	Individual and Group lessons are provided throughout the year and can be arranged during lunchtimes if required. Please contact the Equestrian Centre for more information.			

*All students are required to wear the full sport uniform to training and games. Please note that 'skins' are not a part of the NEGS sports uniform.

WET WEATHER PROCEDURES

In the case of wet weather, **training sessions** will be cancelled and parents will be notified through School App. If your child cannot be collected as normal, they will go to the Homework Centre for collection. In the case of Wet Weather for Saturday sport please follow the instructions of the relevant sporting organisation.

EXPECTATIONS/REQUIREMENTS FOR TRAINING

Once a student has been nominated for a chosen sport they must attend all training sessions and games unless the team manager or sport coordinator has been notified.

Students are expected to be worthy ambassadors for the School. This means being punctual (on time), wearing the correct uniform and always demonstrating fair play.

Students are expected to work at maximum effort and to listen and observe all instruction given by the coach or teacher.

EXPECTATIONS/REQUIREMENTS AT SATURDAY SPORT

There may be times when there will be a late change to a sporting venue or match time. We will endeavour to inform you of these changes as soon as we can.

If students are too ill to play in a Saturday match, the team manager must be notified as soon as possible in case a replacement is required.

Please Note: It is imperative that a parent/guardian is present for the full duration of the game/games. Under NO circumstances are parents/guardians to drop off their child and leave. This is a compulsory requirement for any K- 6 student who wishes to participate in sport at NEGS Junior School.





Sporting events 2020

NEGS CARNIVALS

Each year there are three main carnivals at NEGS for students to participate in for Swimming, Athletics and Cross Country. On these days, students wear their sport uniform to school with their house coloured shirt. At all of these carnivals, parents are very welcome to attend and help if needed. Please see the Calendar dates above for the dates for these events in 2020.

NEGS WHOLE SCHOOL SWIMMING CARNIVAL will be held at the Armidale Aquatic Centre. Students 8 years and over will participate in competitive events and Students K-2 will participate in novelty events.

NEGS WHOLE SCHOOL ATHLETICS CARNIVAL will be held on the NEGS Athletics Field. Students 8 years and over will participate in competitive events at the carnival. Students in Transition to Year 2 will be involved in the opening of the carnival, mini races and novelty events.

NEGS JUNIOR SCHOOL CROSS COUNTRY CARNIVAL is held on the NEGS school grounds. Students T- 6 participate.

Code of Conduct SPORT

Players' code of conduct

- Play by the rules.
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage or another competitor.
- Cooperate with your coach, team-mates and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Parents' code of conduct

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Spectators' code of conduct

- Remember that young people participate in sport for their enjoyment and benefit, not yours.
- Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their results.
- Respect the decisions of officials and teach young people to do the same.
- Never ridicule or scold a young player for making a mistake. Positive comments are motivational.
- Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.
- Do not use foul language, sledge or harass players, coaches or officials.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.



LIVE LIFE WELL @ SCHOOL

This program aims to develop teachers' knowledge, skills and confidence in teaching nutrition and physical education including fundamental movement skills as part of the K-6 Personal Development, Health and Physical Education (PDHPE) syllabus.

Primary teachers participate in a two-day professional learning workshop that promotes a 'whole of school' approach to physical activity and healthy eating.

Every day students are asked to bring 'Sip and Crunch'. This is a mid morning snack of fruit or vegetables and a drink of water to help them through the morning till recess time.

Wellbeing Program

OVERVIEW

The wellbeing program at NEGS aims to create the conditions for a flourishing life for all students. We provide students with opportunities to find out about the ways and processes in achieving wellbeing, including learning from setbacks and adversity, to become more resilient, and having time to reflect on how we might bring about our own wellbeing and the wellbeing of those around us.

WHAT IS WELLBEING?

'Wellbeing is a dynamic state, in which the individual is able to develop their potential, work productively and creatively, build strong and positive relationships with others and contribute to their community' (Foresight Report published by the Government Office for Science in 2008 UK).

Our wellbeing program builds on strong research by internationally esteemed psychologist Martin Seligman. He states that wellbeing should be taught in school because it would be an antidote to the runaway incidence of depression, a way to increase life satisfaction and an aid to better learning and more creative thinking.

Martin Seligman's research in education models reveal that a positive mood produces broader attention, more creative thinking and more holistic thinking. This is in contrast to negative mood, which produces narrowed attention, more critical thinking and more analytical thinking.

The NEGS Wellbeing program has been developed from Kindergarten to Year 6 with a sequenced program so students entering the Senior School are continuing on from their prior knowledge in the Junior School.

The wellbeing program is strongly embedded in all Junior School classwork, specialists' lessons and extra curricular activities. Our teachers provide a caring and enriching environment for all students to succeed.



NEGS JUNIOR SCHOOL KITCHEN GARDEN PROJECT

As part of the Live Life Well @ School Project, NEGS established garden beds within the school environment for students to plant, maintain and use throughout the year.

MORNING FITNESS PROGRAM

As part of the Live Life Well @ School Program and the PDHPE Syllabus outcomes for Fundamental Movement Skills, NEGS has created a morning fitness program. Fitness starts at 8:45am daily. Students are asked to bring their sneakers to school.

Music

Music is a highly valued part of school life at NEGS Junior School and this is reflected in the curriculum from Transition - Year 6. All students experience regular class music lessons with specialist teachers for ninety minutes each week and have the opportunity to learn instruments with private tutors at school. There are a variety of instrumental and choral ensembles in which students can participate.

The Music program is designed so children develop knowledge and understanding, skills, values and attitudes by performing, organising sound, composing and listening, experiencing musical concepts (duration, pitch, expressive elements, tone colour and structure) within a wide range of repertoire through a sequential and planned process of teaching and learning.

Musical learning evolves from a variety of experiences including singing games and dances; folk songs and art songs; singing songs in unison, rounds, canons and in parts; singing themes from great instrumental music; and listening and moving to music. All these form the wealth of experiences from which musical concepts are drawn and through which musical skills are practised. Just as one learns to speak first and then read and write later, so the music is taught first before the symbols.

Stage Three students participate in the band program. The choral program continues throughout each stage in both curricular and extra-curricular spheres.

Every two years the entire school stages a musical production. The most recent show was Snow White which the students thoroughly enjoyed.

NEGS offers a varied high quality extra-curricular program. Choral and instrumental ensembles cater for all ability levels. Extra-curricular programs are run by highly qualified music staff with the support of specialist visiting teachers.

Most students choose to specialise on an instrument or voice, undertaking private lessons, group classes or sectional tutorials. Lessons are available in:



Piano	Oboe	Cello	Electric Bass
Flute	French Horn	Bassoon	Percussion
Trumpet	Viola	Double Bass	Recorder
Violin	Clarinet	Drum Kit	Singing
Organ	Trombone	Saxophone	Guitar

Students perform regularly in assemblies, Showcase Concerts, and Twilight Concerts as well as yearly events such as Celebration of Learning, Carol Service and musical productions. Performance opportunities and making music for others are treated as integral aspects of student development and individual students are catered for at a level that is appropriate to their abilities and experience.

Music scholarships are offered each year to students who demonstrate high achievement and commitment to individual lessons and ensemble work.

Enrichment Opportunities

STEM CLUB

Students are invited to join STEM (Science, Technology, Engineering and Maths) Club which will be up and running in 2019 following the completion of our purpose - built rooms in Horbury Hunt.

LIVESTOCK TEAM

Our Livestock Team is open to all students from the Junior and Senior Schools. The Livestock Team provides students with the opportunity to enhance self-confidence by working with young, grain-fed stock, prepared and presented in Agricultural competitions by the students.

CODING

Coding Club provides opportunities to:

- learn programming languages like Python and HTML
- program microcomputers and drones
- experiment with virtual reality
- learn how to design apps and games
- experiment with robotics
- compete in national competitions

Coding Club is available for Years 4 – 6

PASS

A program developed to address the social, emotional and physical needs of children, PASS (Physical and Social Skills) aims to empower NEGS students, by helping them recognise and understand the importance of emotional regulation, positive psychology and mindfulness.

Through a combination of fundamental movement skills, art, music, nature, meditation, journaling and explicit social skills lessons, students will cultivate an understanding of behaviours that strengthen mental wellness. The club is offered to all NEGS Junior School students from K-6.

YOGA

Imagine how amazing it would be to teach our children the knowledge, awareness and skills they need now that they can carry with them for a lifetime. Vera Vidya Yoga is a 6 week kids Yoga Course taught by a qualified Rainbow Kids Yoga Teacher. Yoga teaches our children the knowledge, awareness and skills they need now that they can carry with them for a lifetime.

The classes are open for K-6 students and focus in on strength, flexibility, and mindset. They also focus on healthy ways to move their bodies and ways to improve their self esteem. The teacher integrates this knowledge into a course that provides strategies for your children's toolbox to deal with anxiety, stress, and facing challenges. This is all done via body movement, breathing techniques, and take home messages they can start to integrate into their everyday life.

DEBATING

In Term One, Year 5 and 6 will engage in friendly debating which will focus upon building the skills necessary for all students to be confident, active participants in both formal and informal debates.

Term Two will see this move towards an introduction of competitive debating, with our students participating prepared debates against other local schools.

Further to this, NEGS engages in an interschools debating competition with PLC and TAS. A debating team is invited to represent NEGS in the Year 6 section of the competition.

MUD CLUB

K – 6 Students are invited to join the Mud Club run by Mrs Catherine McCann on a Monday afternoon (3:30pm – 4:30pm) in the Senior School craft room. This pottery group will be making beautiful creations using a variety of clay techniques. There will be an approx. cost of \$150 per Semester to cover the expense of purchasing materials.



Equestrian

NEGS Equestrian provide group and individual lessons in our Equestrian Centre arenas. These can be provided during lunchtimes with coaches collecting students from the Dining Hall if required.

Please contact the Equestrian Centre on 6774 8717 or 0417 806 395 or email equestrian.centre@negs.nsw.edu.au for more information.

THE UNIFORM AND SAFETY REQUIREMENTS FOR RIDERS ARE:

- A suitable pony and safe tack (students who do not have their own pony will be assigned compatible school pony and tack)
- ASNZ3838 approved helmet (helmets are provided for those who do not have one however we encourage students to consider purchasing their own)
- All riders must wear smooth sole elastic sided riding boots (no Cuban heels or heavy grip soles such as those found on work boots). Please ask your instructor if you are unsure
- Riding jodhpurs or jeans may be worn with the NEGS Junior School sports polo or jumper
- Riding crop/short whip and riding gloves (optional).

NEGS

'Whatsoever you do, do it heartily'



NEGS
MORE THAN
A SCHOOL

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