

From the Principal

There is a very positive atmosphere around the NEGS campus with the return of many of our students to face-to-face learning. The girls all seem very happy to be back, which has definitely surprised a few of them.

With the early success of the returning Year 11 and 12 boarders we are now hoping to have all of our Year 5-10 boarders return back in Week 7 for the last 3 weeks of Term 2. Of course remote learning will remain in place for the remainder to Term 2 for those students who are unable to return.

For students attending school as Day Students could you please make sure that you let the school know (02 6774 8700 or attendance@negs.nsw.edu.au) if your daughter is unable to attend school for the day, otherwise they will be recorded as having an unjustified absence. With the return to face-to-face learning, online learning is aimed at boarders or students who are unwell.

I would like yet again to thank all students, parents and staff for continuing to adapt to the constantly changing conditions. It is a true testament to the resilience of our NEGS community.



MR MARK FLYNN
NEGS ACTING PRINCIPAL



JUNIOR SCHOOL *Update*



From The Head of the Junior School

The transition back to face-to-face learning has gained momentum this week as we have welcomed increased numbers of students back to school. The transition has provided an invaluable opportunity to continue to refine our risk mitigation practices to ensure the school environment is as safe as possible for the students and staff.

I have particularly appreciated the cooperation of the parent body in adjusting to our updated practices. I can appreciate it has been challenging for some of the Transition parents as they have had their drop off and pick up routine changed.

Whilst the recent period has presented many challenges for all members of our community, I have been reminded of the resilience of young learners and how quickly they grow and adapt. It has been lovely to witness our youngest students growing in independence and confidence each day as they have experienced the joy that can come from increased responsibility. I wonder whether sometimes we, as adults, get in the way of this. Perhaps this is another example of the way we can all grow through this recent disruption.

A handwritten signature in black ink, appearing to read 'A Travers', is written on a light-colored background.

MR ANDREW TRAVERS
HEAD OF JUNIOR SCHOOL



Year 11 Entrepreneurs Welcome Guest Speakers

NEGS Year 11 Business Studies class is working on developing their own business ideas this term. In the last few weeks two guest speakers have joined us in the virtual classroom to share their knowledge and experience about how to start a successful business.

The first guest was Dimity Smith, Community Manager at the UNE SMART Region Incubator. The UNE SMART Region Incubator brings together support, connections and a community of founders with innovative business ideas to assist with the development of high growth business in the Armidale region. Dimity walked the students through the process of turning a great idea into a great business using the Lean Canvas tool. The students were very fortunate to be able to benefit from Dimity's extensive knowledge of the Lean Canvas method of business planning as well as from her personal experience as an entrepreneur.

Tom Croft, co-owner of The Welder's Dog, dropped into our Google Meet to talk about the importance of planning and enthusiasm for people considering starting a small business, and about how it is vital to hold onto a sense of humour when there is trouble brewing. The students were particularly eager to hear about any problems Tom and his partner had faced in establishing his business and asked plenty of questions about this topic. We can only assume that this was a case of wanting to learn from others' mistakes rather than any schadenfreude on students' part.

Year 11 thank Dimity and Tom for their generosity in speaking to the class and look forward to putting their start-up tips to good use.



DIMITY SMITH



TOM CROFT



News from Music

How lovely to welcome everyone back to their Music lessons and meet our new students. Teaching Music online to the students has been very entertaining and I am amazed at how creative the students are as some of them continue with their online learning. A big thanks to our lovely parents who let their children grab the kitchen saucepans, laundry buckets, wooden spoons and anything else they could find so that they could create music from home. It was also great to see the students playing their own musical instruments in online classes.

Not only were the students able to create Music in their online lessons they were often joined by their kittens, cats and dogs and even a pet kangaroo who joined in with the students tapping their paws to the music they were listening to. It really goes to show that you can create music wherever you are and everyone can join in.

Lessons at school continue to be interesting, interacting with our students online and our students in the classroom. This week, Year 7 students have been learning about Instruments Of the Orchestra and have had fun creating a percussion performance using everyday objects found at home and in the classroom.

Transition and Kindergarten have been busy learning autumn songs and keeping the beat using a variety of instruments. Years 1 and 2 have been learning how to lead the group in 'The Telephone' song whilst Years 3 and 4 students are learning 'Boris' on the marimbas. Year 5 have been learning bucket drumming whilst Year 6 have been creating their own body percussion performances.

Mr Finco has been busy with his Senior classes and has been welcoming new students into his guitar group on Thursday lunchtime, 5 students being the limit as the school practises safe social distancing habits.

Due to current restrictions on schools due to COVID-19, choirs, ensembles of more than 5 students and band will not be able to run this term. We look forward to when we can enjoy these musical groups again. In the meantime the students and teachers love creating music together in their Music classes.

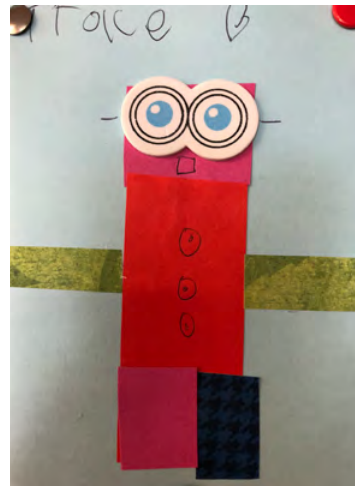
Yours in Music,

SALLY SPILLANE

Learning in the Library

Library has continued to run remotely for the last two weeks. Students in Transition to Year 2 were sent home letters from the library with the task to make and send back a message to Miss Cambridge, who is rather lonely without them.

The cards have been coming back thick and fast and are starting to adorn the Library 'Brag Board'. We can't wait to see how many we can add over the coming weeks. Thank you to the parents who have helped with construction, writing and posting of the letters. It is always a treat to have one arrive on the library desk to perk up the day.



Uniform Shop
Open Tuesdays and Thursdays
8:30am - 4:00pm

Happy National Boarding Week

This week is National Boarding Week and although our 2020 celebration of our wonderful NEGS boarders is different to other years, I would still like to take time to acknowledge their significance in our school community. With the absence of the majority of our boarding community in Term 2, we are acutely reminded of the vitality and sense of family our boarders bring to the school community.

These are strange times and to say we miss having all of our boarders back with us is an understatement! While we eagerly welcomed 20 of our Year 11 and 12 boarders back this week, our dining hall is lacking its usual buzz, 2 out of our 3 boarding houses remain in darkness and the grounds after hours are very still without the presence of our complete family of boarders going about their busy school lives at NEGS. Girls, we are truly looking forward to welcoming you back as soon as possible.

Personally I would like to thank the school community for welcoming me into the role of Head of Boarding and I am eager to get boarding life at NEGS back to the new normal in these challenging times.

The recently returned, 20 boarders enjoyed a decadent dessert on Thursday night as a quiet celebration of boarders everywhere. Myself, Mrs Garrad and Mr Flynn enjoyed welcoming these girls back on Sunday as they returned to a new and challenging boarding environment with the usual easy going, adaptable and ready for anything attitude of a NEGS girl.

JODIE JACKSON
HEAD OF BOARDING



NEGS Talented Athlete Programs 2020

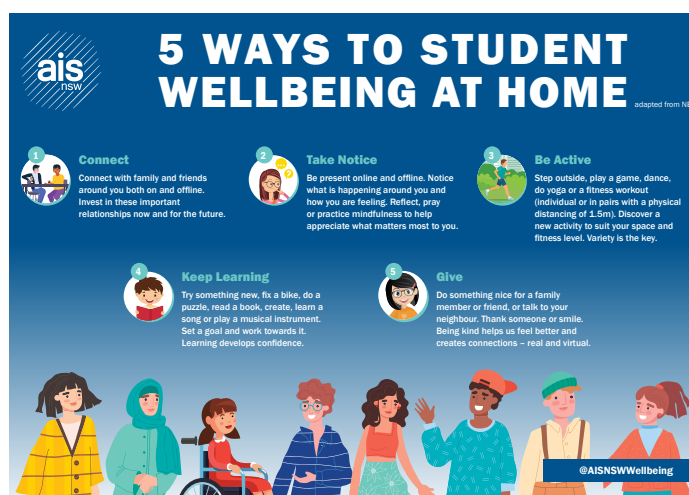
The NEGS Talented Athlete Program (TAP) is supported by our State sporting organisations - Hockey NSW, NSW Rugby and Netball NSW. The Program aims to nurture the growth of elite athletes through a holistic and individualised approach while embracing the school values of excellence, responsibility and integrity.

THE NEGS TALENTED ATHLETE PROGRAM IS COMPRISED OF THE FOLLOWING FIVE COMPONENTS:

1. **Specialist coaching** – Qualified coaches assist athletes to develop their technical and tactical competence. Athletes are provided with:
 - 2 team training sessions per week; and
 - 1 small group session per week with the specialist coaches.
2. **Athletic development** – Our qualified strength and conditioning coach assists athletes to improve speed, strength, power, agility, balance, flexibility and reduce the likelihood of injury. Athletes are provided with:
 - Comprehensive fitness testing;
 - 1 – 2 strength and conditioning sessions per week with options to increase.
 - Individualised training programs in order to maximise the student's athletic performance.
 - Students in Years 9 and 10 complete the small group sessions and strength and conditioning sessions during the school day using a subject line specifically for athletes within the program. Students in Years 7 and 8 complete the sessions after school and Years 11 and 12 students complete the sessions before or after school.
3. **Holistic growth** – Qualified professionals will assist athletes to develop their knowledge, understanding and skills related to recovery techniques, injury prevention and management, nutrition, sports psychology, anti-doping, media and public relations, etiquette and time management. Athletes are provided with:
 - 1 education session per month.

4. **Individual Athlete Plans** - Athletes will receive an individualised plan each semester which identifies athlete strengths and areas for improvement. The plan focuses on the following key elements: technical preparation, tactical preparation, physical preparation and mental preparation. Athletes will be provided with:
 - 1 individual Athlete Plan per semester.
5. **High performance excursions** - Athletes will be provided with:
 - High performance camp – Athletes attend 1 high performance camp each year where they have the opportunity to learn from coaches and athletes performing at the highest level.
 - Representative pathway - Athletes are provided with support to progress along the NSW representative pathway for their sport. Athletes are provided with:
 - Information and assistance to register for relevant NSW trials; and
 - Transport to and from the NSW IGSSA trials.
 - Specialist coaching, athletic development, holistic growth sessions and Individual Player Plans are free to athletes in the NEGS Talented Athlete Program. High performance excursions incur an additional charge.

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COVID-19 Update

We request that you do not send any student to school who is exhibiting **ANY** signs of illness or states they are feeling unwell.

We also ask that if you answer 'yes' to any of the following 3 questions, that you keep your child at home and contact the Health Centre (02 6774 8700) to discuss.

- Has anyone in your household been in close contact with a confirmed case of COVID-19 in the last 14 days?
- Has anyone recently returned from traveling?
- Does anyone in your household have any of the following symptoms? Fever, cough, sore throat, fatigue or shortness of breath?

In the event that a student needs to be tested, before returning to school you will require a certificate from their GP stating they have returned a negative result for COVID-19 and are fit to return to school. If your child receives a negative result, we still ask that you keep your child home until all symptoms of illness have passed.

Despite some reports from the Government about social distancing in schools, our situation is different as we are considered a residential facility. Restrictions about no adults on campus remains the same as does the restrictions for drop offs and pickups.

The situation remains fluid and all changes are made in consultation with the advice from the Australian Government Department of Health, NSW Health, Australian Health Protection Principal Committee (AHPPC) and the NSW Education Standards Authority (NESA).

A reminder that the June long weekend is a four day weekend for all students. There is no school on Friday the 5th of June or Monday the 8th of June.

Old Girls' News



Welcome to our new Director of Enrolments Muffie Sproat. Muffie is a NEGS Old Girl who has joined the Akaroa team after many years of working in London and Sydney for Tatler Magazine, British Vogue, Australian Vogue, House & Garden, The Times and Elle Magazine. Keep an eye out in the first Akaroa of 2020 for Muffie's speech that she gave to the NEGS students at Assembly in Term 1.