

## From the Principal

We were delighted to have 46 day girls return to school this week. This is a wonderful first step back to normality and has lifted the spirits of all the staff. The girls seemed very happy to see their friends and to be learning together again, whilst still abiding by restrictions as much as possible.

Further to our correspondence last week Year 11 and 12 boarders will be returning to NEGS on **Sunday, 17th May 2020**.

For Years 7 to 10 boarders, and for those in Year 11 and 12 who have decided to continue with remote learning, please remember that it is vital for students to complete the daily attendance form via the link sent through Engage. If you have any concerns regarding this please contact Mrs Helen Smith via email: [attendance@negs.nsw.edu.au](mailto:attendance@negs.nsw.edu.au).

The Dining Hall is opening next week from Monday 18th May and more information will be available once Health Centre staff have met with the kitchen staff later in the week.

We continue to monitor public health advice and hope that we can ease some restrictions in the coming weeks.

I would also like to acknowledge the great effort being made by students and teachers in this difficult time. We can and will get through this together.



MR MARK FLYNN  
NEGS ACTING PRINCIPAL



# JUNIOR SCHOOL *Update*



## From The Head of the Junior School

We are so thrilled to be able to welcome you back on campus for face-to-face learning and of course to enjoy each other's company socially. It's been such a strange time in isolation and I know we will cherish being back together as a family once again. As you know, NEGS has remained open for all students throughout Term 1 and at the start of Term 2 to assist parents who are performing essential services and those who are simply not able to have their child learn from home.

**Transition** is back full time in Week 3.

We look forward to see **K-2** on Monday - Tuesday - Wednesday (weeks 3 and 4)

And **3-6** on Thursday - Friday (week 3) and Wednesday - Thursday - Friday (week 4)

Siblings are welcome to come back with each other.

From Week 3 onward students will be with their teacher working through a mixture of class and remote learning work.

We are currently planning to have **K-6** back full time in Week 5.

Due to the complexities for our year **5** and **6** boarders we will deliver our Distance education program for them until boarding reopens.

Thank you for your flexibility and for the trust you have demonstrated in us as we navigate carefully and thoughtfully through these challenging times. My thoughts are very much with our counterparts around the world who are welcoming back students under very different circumstances to ours.

Stay well,

MR ANDREW TRAVERS  
HEAD OF JUNIOR SCHOOL

## Dear Parents and Students,

I hope you have enjoyed the time with your families during the past few weeks. This has been a very difficult time for everyone all over the world and it is still not over. It is important to spend this time with your families, catch up on all your school work and look after your horses. Your horse's welfare is as important in these times. Make a schedule every week and try and stick to it. Make sure you include your fitness in the program too, like two point position, riding without your stirrups or lunging your horses and yourself. Try to include some long trot sets if you have the space. As there will be no competitions for the next few months and if you still have the ability to ride your horses then work on their flat work, as it is the foundation for every discipline.

I have also included a chart which I would recommend you print out and put in your bedroom and stable, it gives you a guideline for all normal conditions of health. Some of these things you can monitor with your horses and learn.

I look forward to seeing you all in Term 3, ready to train at the EC.

Keep Safe and give a carrot to your horses.

FROM EVERYONE AT THE EC

DESLEY, ROY, RACHELLE, ROB, SARAH, JUSTINE AND IMTI

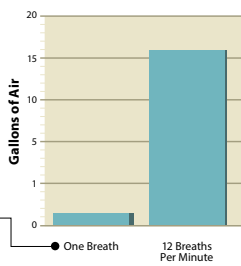
### Your horse's vital signs

Check your horse's vital signs when he or she is at rest so you can determine what is normal.



#### RESPIRATION

- A normal horse takes in about 1.25 gallons of air with each breath.
- At 12 breaths per minute a horse will take in 15 gallons of air per minute.



#### NORMAL RESTING RESPIRATION Breaths per minute

Mature horses	8 - 24
Newborn foals	60 - 80
Older foals	20 - 40

#### What can cause an abnormal elevated respiration rate and effort?

- Pain
- Fever
- Heat stress or heat stroke
- Respiratory illness/distress
- Strenuous exercise beyond what the horse is capable of

During exercise the respiration rate can go as high as:

180 breaths per minute

Abnormal respiration rates should be reported to your veterinarian. Horses in acute respiratory distress should be treated immediately.



#### HEART RATE

Normal resting heart rate for an adult horse:

**28-44**  
Beats Per Minute (BPM)

Horses with a resting heart rate of over 50 bpm should be evaluated.

#### What can cause an abnormal increase in resting heart rate?

- Excitement
- Stress
- Pain
- Infection
- Illness

The resting heart will pump about 10 gallons of blood per minute. When working at maximum capacity it can pump 65 to 75 gallons of blood per minute!



#### Heart rates in young horses

Age	BPM
Newborn foals	80-100
Older foals	60-80
2-year-olds	45-65

#### Heart rates in exercising horses\*

Activity	BPM
Walking	80
Trotting	130
Cantering	180
Galloping	200

\*Maximum heart rate 200-240

#### EVALUATING FITNESS



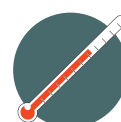
A fit horse's heart rate will return to normal within 15 minutes after exercise has ended.



A horse that is working toward increasing his fitness level will recover within 30 minutes.



A horse that is exercising beyond his fitness level will take longer than 30 minutes to recover.



#### TEMPERATURE

##### Temperature in foals

A foal that is less than one month old will have a normal temperature range between 100°F and 102°F.



##### Temperature in adult horses

**98° to 101.5°**  
is the NORMAL range for adult horses.

**2° to 3° higher**  
than your horse's normal is a SLIGHT fever.

**4° higher**  
than your horse's normal is a HIGH fever.

**105° or more**  
Call your vet.

Foals are at greater risk for either overheating or hypothermia because of their smaller body mass.

#### What can cause a high temperature?

##### POSSIBLE CAUSE

**Strenuous exercise** can increase a horse's body temperature a couple of degrees.

**Illness or infection** can cause a rise in body temperature.

**Heat stress or heat stroke** in horses that are sick, working, being shipped or otherwise stressed in hot, humid conditions.

**Vaccinations** can lead to elevated body temperatures in some horses.

##### CONSULT YOUR VET

If temperature doesn't return to normal within 90 minutes of finishing work.

If your horse has an unexplained high fever.

If your horse's temperature reaches 105° or more.

If fever persists more than a day.

To learn more, visit [KPPusa.com](http://KPPusa.com)



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## Learning in the Library

COVID-19 and Remote Learning has not dimmed the creativity of library lessons at NEGS. This week students in Years 3-6 have had the opportunity to access their unit for the term 'A Pandemic of Poetry'.

The first form of poetry was Synonym Poetry where students watched a video of Miss Cambridge providing an explanation before completing their own and submitting through Google Forms. Sounds a little technical doesn't it? Well our students in NEGS Junior School are well adapted to the situation and submitted some amazing pieces of poetry. Well done team on your adaptability and resilience!

## COVID-19 UPDATE

This week in NSW we will see restrictions easing as the NSW government begins implementing the national cabinet's three-stage 'roadmap' to ease COVID-19 restrictions. We continue to monitor public health advice for boarding schools and hope that we can ease some restrictions in the coming weeks. The situation remains fluid and all changes are made in consultation with the advice from Health NSW and the NSW Education Standards Authority.

This week day students have returned to classroom teaching and we remind all parents to please refer to the COVID-19 Protocol for Day Students which was sent out last week.

## *Synonym Poetry*

*Vikings they crash and they bang,  
they crack and then yell get out.  
It makes my head spin round and round.*

- IMOGEN CADZOW (YEAR 5)

*Creature, Pet, Critter, Beast,  
scary just to say the least.  
Vertebrae, or a stray,  
living at a nice warm bay.*

- BELLA FITTLER (YEAR 5)

*Buzz, crash, explosion,  
loud noises made me very scared.*

- PRUDENCE CHAPMAN (YEAR 3)

*Cute, playful, funny and small,  
dachshunds are the greatest dogs of all.*

- LUCY WILKINSON (YEAR 3)

*Spin, leap, spring and twirl,  
beautiful tutus covered in pearl.*

- BRIDIE WILKINSON (YEAR 6)

*Pugs, dog, animal, friend and mate,  
they wag their tail and lick your plate.*

- ROSIE WOODS (YEAR 3)

*Clip, clop, trot, trot,  
I can hear horses thundering down the track.*

- ABBIE KELLY (YEAR 3)

# OLD GIRLS' News

## Eliza White

Congratulations to NEGS Old Girl, Eliza White, who received an Academic Excellence prize, the *Lizbeth Hopkins Prize*, at the University of Queensland's *The Women's College Academic Dinner* on 12 March, 2020.

Academic Excellence Prizes are awarded to Women's College residents based on their cumulative university results from 2019 and the criteria of the particular Academic Excellence Prize.



## Charlotte Raleigh

Congratulations to NEGS Old Girl, Charlotte Raleigh, who has gained a Tier Two position in the Swifts Academy - a wonderful sporting achievement. *The Northern Daily Leader* wrote a wonderful article about her:

<https://www.northerndailyleader.com.au/story/6736832/former-nias-netballer-enjoys-a-swift-ascent/?cs=12>