



NEGS
MORE THAN
A SCHOOL

NEGS Newsletter

Term One - Week 4, 21st February, 2019

2019 CALENDAR DATES

TERM ONE

| | |
|--------------------------|--|
| Monday 11 March | Year 3-6 School Camp Year 7 Lake Ainsworth Camp |
| Tuesday 12 March | SRC Leadership Camp |
| Wednesday 13 March | Tildesley Tennis |
| Wednesday 20 March | Junior School Cross Country |
| Friday 22 March | IGSSA Swimming |
| Saturday 6 April | IPSHA Cross Country |
| Thursday 11 April | Senior School Cross Country LAST DAY OF TERM ONE |
| Friday 19 April | Good Friday |
| Sunday 21 April | Easter Day |
| Monday 22 April | Easter Monday |
| Thursday 25 April | ANZAC Day |

TERM TWO

| | |
|-------------------------|---|
| Monday 29 April | Boarders return |
| Tuesday 30 April | CLASSES COMMENCE |
| | Art/D&T/Textiles Excursion TBC |
| Tuesday 7 May | Transition Mother's Day morning tea |
| Wednesday 8 May | Senior School Photo Day |
| Tuesday 14 May | NAPLAN commences |
| Friday 17 May | IGSSA Cross Country |
| Friday 24 May | Athletics Carnival |
| Friday 31 May | North West Equestrian Expo |
| Friday 7 June | Boarders' Travel Day |
| Monday 10 June | Queen's Birthday Long Weekend Boarders return |
| Thursday 27 June | Year 11 Parent/Teacher Interviews LAST DAY OF TERM TWO |
| Monday 1 July | New Zealand Talented Athlete Program |
| Sunday 14 July | Rifle Club Training Week |
| Saturday 20 July | Rifle Club matches |

TERM THREE

| | |
|-----------------|--|
| Monday 22 July | Year 7-10 Parent/Teacher Interviews |
| Tuesday 23 July | CLASSES COMMENCE |

From the Principal

The early weeks of any year are crucial in establishing routine, getting organised and initiating patterns of positive study and extra-curricular patterns. Integral in this is the NEGS' culture and traditions - our level of expectation and rising to the standards set in our long and proud history. The setting of boundaries and what is acceptable and what is not, is crucial for the students and the year ahead. This structure supports and give clear direction to the students when things go wrong - and things will always go wrong in various degrees - because that is what happens in life.



Mrs Mary Anne Evans

At times like this I am reminded of the words of the NEGS School Hymn, particularly the first verse:

"Wrought by brave hands long dead, the past has laid
so great a heritage before our feet.
We can, with grateful hearts and unafraid,
Work on to make the present strong and sweet".

The calm, focused and happy atmosphere at NEGS is reflective of stability within the School and the great anticipation of the new hockey/rugby/netball fields/courts. Further evidence of the positive start to the 2019 scholastic year, is the wonderful support of our parents at key events such as the Welcome BBQ; Father/Daughter Dinner; Yr 12 Parent/Teacher Interviews and last Friday's Swimming Carnival. For this we thank you.

In order for our children to achieve, it is critical that all parents learn to take care of themselves and to that end I attach the following article which is quite insightful. Enjoy.

MRS MARY ANNE EVANS

NEGS Principal

RAISING RESILIENT PARENTS - OCTOBER 25, 2018

By Sharon Witt

We all want to raise capable and resilient young people. The reality is, though, the more we invest in our children the more we as parents are stretched to capacity.

And this is happening in homes where parents are already stretched by their own careers and work obligations. We are seeing increased numbers of parents working outside the home. According to the Australian Bureau of Statistics, about 64 per cent of families have both parents in the workplace.

There's nothing wrong with being a working parent, but when we're in this situation, it requires a little more attention to ensure the whole family is not just surviving, but thriving. If we want to raise resilient and well-rounded young people, it stands to reason the primary carers need to be taken care of, too.

FROM THE *Principal* NEWS

When parents and carers invest in taking care of themselves and their family environment, they put in place protective factors that reduce the risk of developing mental health concerns.

Think about it this way: when travelling by air with children, safety instructions are always given by airline staff for parents to first use the oxygen masks on themselves before they administer it to their child.

Parents and carers would benefit from remembering this basic instruction in all areas of life. To look after our kids and be optimal parents, we need to start by modelling these very traits from the outset.

So how do we start the process of building our own resilience as a parent?

Here are some strategies to help:

Demonstrate self-care

Our children see us build our own resilience when they see us looking after ourselves. We can't be the best, strongest, healthiest, most vital versions of ourselves if we're not taking care of ourselves.

If your children see you focus on exercise, eating well and balancing friendships with work commitments, they see how you give yourself some time out. All of these little acts of self-care help to ensure you are ready to cope if and when challenging situations arise. Exercise is an important factor in self-care.

It may feel selfish, but it's actually selfless – as it's demonstrating what self-care and resilience looks like. It's becoming even more important to model self-care in today's fast-paced world: our kids are often over-scheduled, and we can easily fall into that trap ourselves, too. We need to model for our kids what it looks like to have down time.

This could include things like: booking a night away at a hotel by yourself or pitching a tent in a caravan park an hour away. Planning a night out with your friends. Arranging for your kids to have a sleepover so you can have a night of Netflix on the couch and a sleep-in the next day. It's all about taking the time to retreat away from the pressures of everyday life, even if only for a few hours and replenishing yourself.

Take care of You

This is quite similar to the previous point but a little more targeted. The first point was about prioritising our own self-care and ensuring we're not the last person being looked after. It's all about proactively monitoring and managing our own health when difficult situations arise.

In the midst of being a parent, you are of no value to your kids if you fall apart and can't climb your way back on top of things. When you get hit with something difficult, you may fall apart and mope in bed for the day – but your kids then need to see you get back up again. If you find that you can't resurface, that's okay; but it means that you need to get help. It's our job as parents to model for our kids that it's okay to reach out for support when we need it.

Be honest and upfront

As parents, we obviously want to shield our kids from trauma. However, it can be beneficial to their well-being if we are open, honest and transparent. When we experienced a traumatic event a few years ago, I called my dear friend Michael Carr-Gregg and said, "I don't know what to do or how to help my kids to process this... help!".

He suggested that I tell my 16-year-old son everything. "What he can imagine is going on, is far worse than the truth," Michael advised. "Tell him everything about what has happened so far, and what the plan is going forward."

It went against every fibre of my being to follow his advice; I wanted to protect my son from the situation, not expand his involvement in it. But do you know what? He handled it so well. Being upfront with him and giving him the space to ask questions, helped him to gain some control and perspective.

Develop your tribe

They don't say that parenting takes a village for no reason! Parenting is a team sport, and by expanding our own network of trusted friends and relatives, it makes the process of raising children much less isolating and lonely. It's helpful for parents to take time for old friendships, and making new ones.

Having a tribe is about sharing experiences. When we share, it gives other people the permission to say me too!

There is so much relief and growth in these types of shared conversations and experiences. We're often scared about sharing, but when we do lean on people and share our story, we're opening the door for them to share their stories, too.

You're not doing this parenting caper on your own, even though it may sometimes feel like it. And if it does feel that way, or if you feel like you don't have a tribe, you might have to step out and look for it and develop your own support system.

For some people, that may be on social media, especially if you're in a remote area or you can't or don't like getting out and about. You can join groups that gather to discuss specific concerns, like anxiety support, parenting forums, having children with special needs, or to do with sports or hobbies.

FROM THE *Principal* **NEGS**

Maintain perspective

This is all about modelling resilience, no matter what happens. Even in the darkest of hours when the most difficult things happen, we can model to our children the ability to not only survive, but to eventually thrive again.

One of the most effective ways of building our own resilience is to maintain a sense of perspective. We can often catastrophise things; if a glass breaks, we fly off the handle. To maintain perspective is to have the attitude of: well, at least it wasn't your arm that broke, there are worse things that could happen.

Set and maintain boundaries

Do you often say "yes" first, before even properly thinking about it? Can you help with this project? Appear on this panel? Give a talk at this event? Help my kids with this problem?

A bit of silliness can help everyone in the family maintain a healthy perspective.

Whatever the question or request, often we say "yes", and then work out how to make it happen. Whilst this kind of approach can serve us well when we're building our careers, it can also eventually lead to burnout. When we push ourselves to the nth degree and give and give of ourselves, we can be left with nothing but a burnt-out shell.

This is why learning to set boundaries is absolutely crucial. The ability to say "no" is a learned skill and something we need to practice for our own self-preservation. It doesn't even have to be a "no"; it could be a "not now".

Building boundaries is important in our own lives, and they're just as important in our children's' lives. Learning to be patient and to compromise are traits that contribute towards resilience; we can't give our kids what they want all day, every day, or they'll never be able to adapt and respond appropriately when things don't go their way.

Show our kids that it's okay to fail

An essential skill that all parents should aim to teach their kids, is that it's okay to fail. This is an opportunity to show them how we bounce back.

Throughout their life, our young people are not going to achieve every goal they set for themselves. They're going to make mistakes or take a different path, and they're going to feel disappointed when things don't turn out how they expected them to. This is life!

We shouldn't sweep these feelings under the carpet or encourage our kids to simply keep their chin up and look for the next goal to aim for. Instead, we should give them the tools they need to move through failure and disappointment, knowing that a) these feelings won't last; and b) it's okay to not be okay sometimes.

The truth is, nobody has got it all together, all the time (even though social media might skew this reality somewhat!).

Moreover, while it's okay to not be okay, it's not okay to stay in that trench. Wallow, sulk and have your moment of not coping ... and then learn how to pick yourself up again.

Keep your sense of humour

At the end of the day, you have to keep your sense of humour! Never take yourself too seriously. You have to laugh and seek out the funny side of life; after all, none of us are getting out of it alive.

(Sharon Witt has been immersed in the adolescent world for more than 26 years as a secondary teacher in Melbourne. She is the author of 12 books written for young people around the topics of resilience, to help guide them through many of the issues they face in early years, including the best-selling Teen Talk, Girlwise and Wiseguys series, and the newly-released Raising Resilient Kids.

Sharon has also developed a series of ten-week programs for building resilience in our children for use in primary schools in both Middle Primary and Senior Primary.

Details at: www.sharonwitt.com.au)



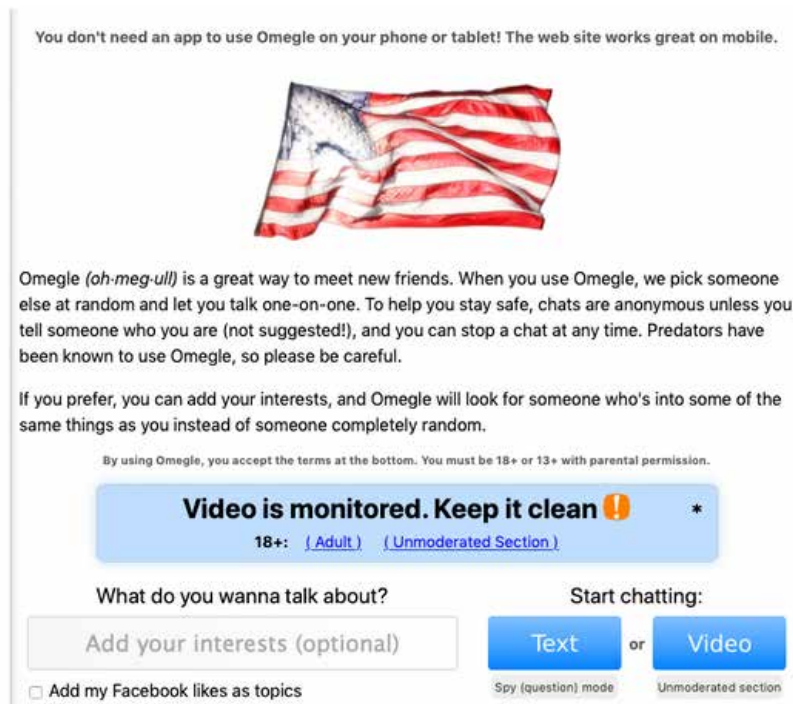
NEGS P&F MEETINGS

NEGS P&F will be holding their meetings on the second Tuesday of each school term in the NEGS Library.

We welcome all NEGS Armidale community to come along to these meetings. It's a great way to learn more about your child's school and to meet other parents socially.

Wellbeing @ NEGS

NEGS



An anonymous chat forum called Omegle has risen its head again in schools with the start of the New Year.

Around since 2009, Omegle is something of an internet cockroach; it just won't die. And this site is disturbing and a serious concern. Barely mentioned in cyber safety talks these days, Omegle can claim to be one of the more frightening social media services seen in schools for a while.

Banned from all the Apple App shop and from Google play years previously, Omegle can only be accessed through its website.

"Talk to strangers" is the head-line for the homepage, and the site expands its description to include the words *"Predators have been known to use Omegle"*.

It could be fair to think that those words should act as a warning for a user after all – children are taught regularly about 'stranger danger', but some students seem to be unable to grasp what "predator" means and have dived into a game of internet prank calling random strangers. This shows a serious level of fool-hardiness on the behalf of these kids who are putting themselves and their families at risk by taunting random strangers online.

NOTE – if you wish to check if your child is using this former app , as it is a website based anonymous forum, clearing a search history will simply remove any evidence of use by your child. This will make it difficult when checking your child's devices as search histories may not be available.

ABOUT OMEGLE

Free, the website offers online chat with random strangers via text, voice or via video link. There is no requirement to register or identify yourself to use either feature. While there is an age requirement of 13+ , and individuals under 18 are expected to have parental supervision this is easily avoided.

A user outlines a few of their interests and is then connected to a random stranger to initiate either a text chat, voice chat or a video link. There is the option to use monitored and unmonitored forums. A quick read of the terms and conditions shows how little responsibility this site's developer has to their users "...human behaviour is fundamentally uncontrollable, that people you encounter on Omegle may not behave appropriately,

and they are solely responsible for their own behaviour' stands out in particular, as does the repeated disclaiming of all liability that the site continues with. With around 25,000 people world-wide ready to chat with your child at any given time, and with some of these being predators and many purely there for sexual purposes, there is a cause for concern.

There is the option available on Omegle to link to other social media such as Facebook and Twitter. This means that a supposedly anonymous conversation can be posted to these additional sites, and a user risks revealing their identity and having their conversations or videos made public.

THE DANGERS ARE REAL

In the USA in 2014, two thirteen-year-old girls struck up an online conversation with a young man of twenty-three. The girls exchanged personal details with this man and arranged to meet him in real life. He picked them up in his car, took them to his home and sexually assaulted them both. Police were able to locate the missing girls through details on their electronic devices. They were found in his basement, hiding and crying. Casey Chinn was charged with criminal sexual conduct, kidnapping, and solicitation of a child.

SEXTORTION

Police have warned that predators are extorting minors to take explicit pictures, threatening to release the content of conversations they have had online to other social media or to family members. Investigative officers across America in 2016 have seen multiple cases of this form of sextortion, they have discovered child pornography in the video chats, images of bestiality and live sexual acts.

DATA COLLECTION AND CHAT STORAGE

A security researcher called Indrajeet Bhuvan has claimed that Omegle's servers; supposedly protecting the anonymity of its users, are in fact storing all conversations had on the website. He has proved this by writing a very simple piece of software that automatically downloads all the saved screen shots from the website. He called it Omegle-Chat-Hack. And neatly proved Omegle is hackable. Be advised that – Any data that can be gleaned from a user such as IP, cookies, and time stamps is recorded and stored. This includes conversations and video. The site states that these records are "typically stored for approximately 120 days". The use of the word typically can mean that conversations remain stored indefinitely. Any personal information revealed in any conversation is therefore saved and accessible. Limiting the amount of personal information that is shared online is vital.

LINKS TO PORNOGRAPHY

The web analytics of Omegle (user data) show a strong link to visitors logging into Omegle directly after using pornographic sites and then returning to these sites if they are not offered the kind of chat they are after. Predators are patient, and will wait for a younger user to be linked to them; disconnecting the video chats if a participant is too old or the wrong gender.

VIDEO CHAT

This feature has two sections – moderated and 18+. With no verification method installed to confirm the age of a user, it is very easy for a young person to enter the 18 + section. And let your imagination run wild as to the type of interactions that take place, you won't be far off in your worst possible guesses

Apart from the content in these sections, kids may inadvertently be revealing more about themselves than they might wish. For users of video chats - Safe on Social regularly warns against wearing school or sport club uniforms while chatting, filming in a bedroom where there maybe identifying pictures or certificates on the walls. Great care should be taken with this site that a child has not shown too much information to the 'stranger' they are communicating with.

CAPTURING IP ADDRESSES, AND VIRUSES

There are a number of users on this site with very good computer skills. There have been numerous reports and questions about an individual's IP address being "captured" and used to trace the location of a user. While this tracing can only take place as long as the individual is online and continuing the chat, it is of concern that the general area a person is in may be pinpointed. Details gleaned from conversations can mean that a child's security is compromised. Strong cyber security measures should be in place before an individual even considers going near this site. (refer to our last cheat sheet)

NO MEANS OF REPORTING

Almost all apps have a system to report and block individuals.

Omegle merely has a Feedback option. It believes its moderation is fairly aggressive on the moderated sections, yet there is a large part of the website that is unmoderated and this is where all the trouble begins.

The site claims that a chat may be stopped at any time and as you are anonymous this is sufficient in place of blocking. Unfortunately, if any personal details or other social media information has been given, simply stopping a chat may not be enough. And as has been proven, Omegle is easily hacked.

SUMMARY

Talk to kids about this site. If they are foolish enough to discount the warnings about predators, and the sketchy underground styling of the app appeals to them – they need to be reminded of the real risks that exist online. Parents and teachers may not be aware of it. It is not safe, personal data and anonymous conversations are not secure, and yes it is indeed used by predators.

JODIE JACKSON AND KATE KENNEDY
Sisters NEGS Health Centre



FROM THE DEPUTY *Principal*

Welcome new and returning families to 2019 at NEGS. I enjoyed catching up with families and students at the Welcome BBQ in Week 1. As we near the end of Week 3, a routine is beginning to emerge and so, too, the realities of study, assessments, homework and cocurricular commitments. We have an extensive network of highly knowledgeable and supportive staff who can assist your daughter to navigate all aspects of school life. The best starting point for support is your daughter's Tutor teacher. If other specialists are required, her Tutor will be able to put you in contact with the right person to assist you.

Our other workshop was Safe on Social, which took place on Monday the 11th of February. The girls are still talking about (and actioning!) what they learnt. The staff and parent session was most enlightening. Extensive resources for parents will be provided by our Wellbeing Coordinator in due course.

The first social for the year takes place at Farrer Memorial School in Tamworth on Thursday, 21st of February. A big thank you to the staff giving up their evening to provide the girls with this opportunity. Permission notes can be returned up until Monday, 18th of February at 3:30pm. I trust the evening will be social.

Year 7 are off on their camp from Monday March 11th until Wednesday March 13th. They will be sharing the bus to Lake Ainsworth with students from the Junior School. This is a wonderful opportunity for them to build friendships with each other and foster relationships with their Year Advisor and Tutor teachers. We wish them a safe trip and beautiful weather.

Our Year 12 leaders are off and racing in their roles as leaders in the school. The feedback from students about their approach to leading the house cheers for the Swimming Carnival has been overwhelmingly positive and the staff look forward to seeing the creativity and teamwork that has been put into preparing the house cheers when they are unleashed on Friday the 15th of February at the town pool. Year 12 have also begun their mentoring role with Year 7 and 8 students, helping Year 7 to feel comfortable in the Senior school and welcoming new students in general. Year 12 undertook training in Term 4, 2018 to prepare them for the mentoring project. As part of this role, Year 12 are running the activities for Bullying. No Way! Day on Friday the 15th of March.

Our Student Representative Council election process will be underway next week. Our Leadership Coordinator, Mr Tim Forgeard, is working with Year Advisors to complete the elections and form our 2019 SRC, which is headed up by our Head Prefect, Daisy Meehan, and Deputy Head Prefect, Chelsea Devenish.

I will take this opportunity to remind parents that our standards and values are reflected in our approach to personal presentation and thus, uniform. The Uniform Policy can be found in its entirety in the Engage Portal. Key reminders are in the 2019 Family Handbook and Student Diary. I spoke to all students at our first assembly about our expectations. Breaches of the Uniform Policy will result in consequences. Our standards apply when students are beyond the school gates as they are representatives of our school. We appreciate the support of families in this matter.

On Saturday the 16th of March, our students will be participating in the New England Festival (formerly the Armidale Autumn festival). All students are required to attend in full school uniform.

As show season is in full swing, it is great to see a number of our girls supporting their local shows. We enjoy seeing photographs of the girls competing. We remind parents to be mindful of the number of days students might be absent for such events and ask that absences are kept to a minimum across the school year as missed lesson time adds up quickly and has implications for your daughter's educational progression.

I look forward to seeing you at NEGS events throughout the 2019 school year.

MRS TERRI SWARTZ
NEGS Deputy Principal



Mrs Terri Swartz

NEGS NEWS

NEGS



URALLA SHOW

Caitlin C had a great day coming home with numerous ribbons including:

Champion Led Australian Stock Horse

Champion Australian Stock Horse Rider U18

Reserve Champion Working Australian Stock Horse

Reserve Champion Senior Girl Rider

Congratulations Caitlin

GLEN INNES SHOW

Congratulations to Justine Aitken who won the Mount, Rider and Equipment 17 yrs and over riding Wenona Lawson and was presented with the lovely Eve Stanton trophy. Justine, also won the Lady Rider 25yrs and over.



NEGS RIFLE CLUB

NEGS Rifle Club has kicked off the year with three shooters trying their luck at 400 metres on Sunday. A fishtail breeze and some mirage added to the challenge of recalling skills from last year. Well done Ruby, Sophia and Amelia.

SAFE ON SOCIAL SESSIONS

With the increasingly challenging growth of Cyberbullying and Social online networking for today's teenagers, NEGS Armidale hosted 'Safe on Social' sessions for students from Years 5 - 12. NEGS Parents and Carers also had the opportunity to attend a special session. Thank you to Kirra who works in consultation with the Office of eSafety Commissioner for her very honest, and at times quite confronting discussions.



NEGS OLD GIRL

NEGS Old Girl (Class 2018), Lucy Ramsay, had her final riding lesson with the Head of NEGS Equestrian, Mr Imtiaz Anees before her big new journey to start her Bachelor of Science Degree at Charles Sturt University, Wagga. The Ramsay family has had a long association with NEGS and have been wonderful supporters throughout their time here. The last of the three Ramsay girls to graduate from NEGS, Lucy is excited about starting her course and we wish her all the very best for the future. #negsmorethanaschool #negsequestrian



SENIOR SCHOOL SCIENCE TO JUNIOR SCHOOL CLASSES

NEGS Senior School science specialist Tara Jane has been teaching science to our Junior School classes. This week the students shared their pet booklets.

JUNIOR SCHOOL TRI-ATHLONS

Our little NEGS Armidale Junior School Tri-athlon super stars are off to a great start this year with the Flynn trio having three tri-athlons already under their belts. They recently competed with the Armidale Triathlon Club. Well done girls.



MANDARIN @ NEGS

NEGS Junior School Kindergarten enjoyed meeting Ms Liu's Chinese dragon puppet today in Mandarin class. #negsmorethanaschool

NEWS FROM Teaching & Learning

Mr Tony Jones

I WOULD LIKE TO WELCOME NEW AND RETURNING STUDENTS TO THE 2019 ACADEMIC YEAR. IT HAS BEEN A POSITIVE START TO THE YEAR WITH CLASSES NOW IN FULL SWING AND EXCITING LEARNING OPPORTUNITIES BEING PROVIDED ACROSS THE SCHOOL.

To prepare our students for the academic year ahead, we had the 2019 Elevate study skills workshops on Monday the 4th of February for our Senior School students. Year 7 completed a 'Study Skills Kickstart' session, Year 8 and 9 combined for 'Junior Time Management', Year 10 participated in 'Study Sensei', Year 11 'Student Elevation' and Year 12 completed 'Ace your Exams'. This is the fourth year we've had the Elevate sessions, with each building a new set of study and organisational skills. These strategies will be reinforced in Tutor Time and classes throughout the year.

Parent communication has been enhanced by the introduction of our Parent Portal through Engage. The feedback from families and students has been positive. Delivering a project of this nature has required extensive work over the holiday period by our Engage project manager, Helen Doyle, and we thank her for the time and effort she has put in to bring us to this point. More features will be rolled out over the course of the year, including the NEGS App, which will launch once testing has been completed.

Once again welcome, or welcome back, and I hope to be able to catch-up with you this year.

MR TONY JONES

Director of Teaching and Learning

Helping the Brazier family raise funds for The Melanoma Institute

FRIDAY 8TH MARCH NEGS MPC 1:50PM



NEGS
MORE THAN
A SCHOOL



Supporting


**Melanoma
Institute Australia**

In 2016, Year 4 NEGS Armidale students, Thomas and Hugo Brazier lost their Dad to Melanoma. NEGS Armidale will be holding a 5 cent Friday fundraiser to help the Brazier family raise funds for the Melanoma Institute Australia on Friday 8 March, 2019 at the NEGS MPC. Please bring along your spare change on the day to fill our umbrella to help the family reach their \$25,000 target. See their story here: <https://www.youtube.com/watch?v=AhffZQ1UzBM>

For further information, please contact NEGS Reception on: 02 67748700.

Junior School

From the Head of Junior School

ONCE YOU GET FAMILIAR WITH THE LANGUAGE OF STRENGTHS AND A FRAMEWORK FOR SEEING THEM, YOU'LL SEE CHARACTER STRENGTHS EASILY IN YOUR CHILD. IN FACT, YOU MAY FIND YOUR CHILD CALLS ON THEIR CHARACTER STRENGTHS MORE OFTEN THAN ON TALENT TO MEET LIFE'S CHALLENGES. THREE ELEMENTS COME TOGETHER TO FORM A STRENGTH.

For purposes of strength-based parenting, we need to keep our eye on all three:

1. Performance (being good at something). Watch for when your child shows above-age levels of achievement, rapid learning, and a repeated pattern of success.
2. Energy (feeling good doing it). Strengths are self-reinforcing. The more we use them, the more we get from them. They fill us with vigour. You'll notice your child has abundant energy when using a strength.
3. High use (choosing to do it). Finally, look for what your child chooses to do in their spare time, how often they engage in a particular activity, and how they speak about that activity.

For true strengths, these three elements form a beautiful feedback loop: great performance provides the child with a shot of high energy, so the child naturally chooses to do more. In turn, high use – also known as effort or practice – improves performance levels. So, for example, if you notice that your child is energised when they play the piano, and you provide enjoyable opportunities for them to play, if they're mining a true strength they will likely practise more, which improves their performance, which then energises them ... and so the loop continues.

Keeping this triad in mind will help you avoid pushing your child into an area that seems like a strength just because your child is good at it. It will also help you differentiate between whether your child is binging on an activity in an escapist way or expressing a true strength.

For example, when a parent asks me, 'My son is great at computer games and wants to play all the time. Is that a sign of a strength?' I reply, 'Observe his energy levels at the end. Is he drained and cranky? Or energised and full of life? Are you seeing the full triad?' Computer games can tap into a child's strategic and problem-solving skills or stimulate creativity (in some games, you invent whole new worlds). Or they might just be about filling time.

So look for all three signs. When you see your child do something well, with energy, and repeatedly, you'll know you've unearthed a strength. Professor Lea Waters (PhD) best-selling author of *The Strength Switch*.

I hope you enjoyed this article. I certainly found it good reading and good advice. We aim to give our students as many chances to try new things as we can at School and in the hopes we broaden their minds to new ideas and ways of doing, thinking and being the best they can. As parents and educators it is our aim to 'grow' happy and confident children who learn to be confident in their own choices and beliefs.

ANDREW TRAVERS
Head of Junior School



Mr Andrew Travers

TERM ONE:

Monday 11 March
Year 3-6 School Camp

Wednesday 20 March
Junior School Cross Country

Friday 22 March
IGSSA Swimming

Thursday 11 April
LAST DAY OF TERM ONE

NEGS Library Term 1

Bring a bag to borrow books- renew after two weeks- return all books at the end of each term.

LIBRARY DAYS & BOOKS

| | |
|---------------|---------------------|
| Transition- | Wednesdays, 2 books |
| Kindergarten- | Mondays, 2 books |
| Year 1 & 2- | Tuesdays, 2 books |
| Year 3- | Mondays, 4 books |
| Year 4- | Thursdays, 4 books |
| Year 5- | Wednesdays, 4 books |
| Year 6- | Thursdays, 4 books |

WELCOME ABOARD NEGS AIRLINES!

JUNIOR Sport @ NEGS

Mrs Liane Nixon



JUNIOR SCHOOL TOUCH FOOTBALL REPORTS

On Thursday we played our first game of touch for the season. We played St Mary's. Unfortunately we were a few players short. The people on my team were Lara, Tom, Clancy, Rose and myself. It was Clancy and Rose's first game. Everyone played great. Tom and Lara scored tries and Rose and Clancy had good passes and defence. We narrowly lost to St Mary's.

We are all looking forward to next week's game.

Alexander Scanlon- Dawson



Mrs Liane Nixon

PSSA/IPSHA CARNIVALS

Thursday 21 February, the following students will be representing the Junior School at the PSSA Swimming Carnival held at the Armidale Monckton Aquatic Centre.

| | |
|--------------------------|------------------|
| Amy Beard | William Knox |
| Louisa Duarte | Bella Fittler |
| Sarah Duarte | Hunter McDonald |
| Katie Flynn | Prudence Chapman |
| Alexander Scanlon-Dawson | Tilly Patterson |
| Clancy Munsie | Polly Skipper |
| Tom Lorimer | Georgia Smitham |
| Lily Lorimer | Kearna Smith |

They have also been given the opportunity to compete at the upcoming IPSHA swimming carnival held at SOPAC in Sydney on Tuesday 5 March.

Further information will be sent out shortly to parents regarding travel and accommodation arrangements.

Please ensure you have indicated your child's interest in this carnival with Mrs Nixon by Friday 22 February.

We wish all these students the very best of luck in their events.

FRIDAY SPORT - SWIMMING

Beginning this Friday afternoon, 22 February, and for the rest of the term (7 weeks in total), all Junior School students K-6 will be participating in swimming lessons with instructors from Harwood Swim School and staff. Students will travel to and from the pool on a school bus. Years 3-6 will swim from 1-2pm and K-2 students will swim from 2-3pm in half hour lesson groups. Adjustments to the students lunch time has been made to accommodate these sessions.

The swimming activities will range from learn to swim lessons to life saving skill sessions, depending on your child's ability. As students are grouped, variations may occur to their swimming time within the time period of 1-3pm.

All students will require swimmers, rashie, sunscreen, towel and goggles (optional) all clearly labelled with their name.

UPCOMING SPORTING EVENTS:

| | |
|-------------|------------------------------|
| 21 February | PSSA Swimming Carnival |
| 5 March | IPSHA Swimming Carnival |
| 20 March | JS Cross Country Carnival |
| | CIS Swimming Carnival |
| 6 April | IPSHA Cross Country Carnival |

TOUCHFOOTBALL STATE CUP

Congratulations to Felicity C, who played with the Armidale Bushrangers Under 12 Girls team at the Northern NSW Junior State Touch Football Cup which was held in Port Macquarie on 15th - 17th February.

They played 7 hard games against some very talented and well drilled teams.

She had a great weekend - made some new friends and even scored a try.





Sport @ NEGS

Mr Josh Cohen



ROWING

This week NEGS are sending crews to compete in the IGSSA rowing competition for the first time in over 20 years. The Girls will then compete in the School Girl Head of the River Regatta in March.

TERM 2 AND 3 HOCKEY, NETBALL & RUGBY 7S.

Trials will take place on the following dates:

RUGBY 7S

Wednesday of Week 4 from 3:45pm - 5:15pm

NETBALL

Monday of Week 5 from 3:45pm - 5:45pm

Wednesday of Week 5 from 3:45pm - 5:45pm

HOCKEY

Thursday of week 6 - 4:00pm - 6:00pm

NEGS Combined Swimming Carnival

1st Green

2nd Dumolo

3rd Murray

4th Lyon

Overall House Cup points including NEGS Junior School

CHEERING CUP WINNER

Green

AGE CHAMPIONS

| | |
|------------------|--------------------------|
| 8-10 years | Jessica Flynn |
| | Tom Lorimer |
| 11 years | Lily Lorimer |
| 11 years Reserve | Alexander Scanlon-Dawson |
| 12 years | Louisa Duarte |
| | Polly Skipper |
| | Rebecca Reid |
| 13 years | Cottee Harwood |
| 14 years | Grace Boughton |
| 15 years | Paige Anderson |
| 16 years | Amity Coxon |
| 17 years | Grace Cassidy |
| 18 years | Daisy Meehan |



SWIMMING CARNIVAL WINNERS

Trivett Cup

Most outstanding swimmer of the carnival

Cottee Harwood & Amity Coxon



NEGS COMBINED *Swimming Carnival*



NEGS Library News

Miss Laura Cambridge

NEGS

WEEK 2

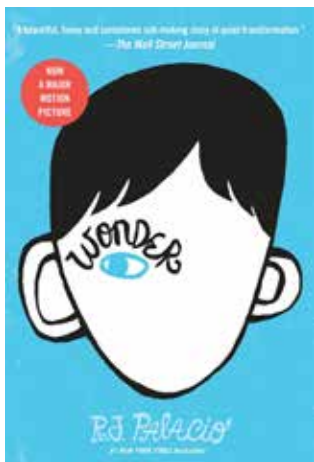
Welcome back to Term 1, 2019. I hope that you have had the opportunity and chance to read something that you loved over the Christmas period, whether it was a gifted book, a magazine, the newspaper or you finally tackled the pile beside your bed, I hope you found both the experience relaxing and very absorbing. I know that my books got me through some serious long-haul flights this summer!

This term the Junior Library has been kitted out and you are welcome to 'fly' with NEGS Airlines. Students throughout the Junior School will be utilising their passports to travel to different parts of the world through the books that they choose. Year 5/6 have a special challenge this term- they have been tasked with attempting to gain visa stamps for the reading of 10 books. But there is a twist! The books have to fit each of the topics below:

1. A book to teach you how
2. A book from a series
3. A book chosen by the front cover
4. A book with more than five chapters
5. A book with a blue front cover
6. A book with a lion, witch or wardrobe
7. A book that is funny
8. A book about poems
9. A book about animals
10. A picture book about a favourite topic.



Miss Laura Cambridge



I too have taken up the challenge. The first book I have chosen is 'Wonder' by R.J. Palacio. This fits the 'book with a blue front cover'. It came highly recommended by my Year 11 group, and as we are watching this film together in our Year Well Being Classes, I thought I better read the book too. I always find it interesting to see whether the book is better than the movie. I'm only half way but am thoroughly enjoying it, I recommend it to anyone looking for a quick read, and with a catch phrase of 'when given the choice between being right or being kind, choose kind' how could it go wrong!

For those of you finding the task of being motivated to read, or not quite knowing where to start, I challenge you to give the Year5/6 Reading Passport a go.

Just a reminder that the Library is open from 8am-5pm Monday- Thursday for Senior School students, and that the Homework Centre for Junior students has been relocated to the Junior end of the library. If you happen to pick your child up after 5pm from the Homework Centre, there is an external door at the far end to gain access to the room. All Senior students must be picked up by 5pm.

Happy reading!

WEEK 4

This term Year 3 and 4 are competing in the 'Amazing Race- Library Edition'. Each week students are travelling the world taking on challenges with their pair that are directly related to the continent visited. Each challenge has a book theme as well as a hands-on activity that needs to be completed in order to progress to the following challenge. Although there is no \$1million dollar prize at the end like the hit US TV show, students are still enthusiastic about the process and love racing to the next detour.

Students have already visited Europe, Asia and Australia and are off to visit Antarctica next week. During these visits they have recreated art masterpieces, constructed complicated origami and designed their own boomerang whilst also searching and finding books on topics from the shelves of the library.

These fabulous artworks were created by Jess Flynn and Arabella Blanchard of Year 4 whilst visiting Europe. Jess' artwork is a variation of 'The Vanities of Human Life' by Steenwyck and Arabella's is a recreation of the intricate sleeve work depicted in 'Battista Sforza' by Francesca.



Boarding News

Mrs Stephanie Thomas

NEGS

The quiet lull over the campus quickly filled with the noise of returning and new boarders last Tuesday afternoon. When you board at NEGS, you don't just join a school, you become part of an extended family. It is my hope in 2019 that our boarders feel they are in an environment that is safe, where they enjoy boarding life and hopefully can be themselves and be happy.

We have welcomed many new boarders from all over Australia, including Western Australia and the Northern Territory as well as from overseas, including our exchange students from UK, Japan and USA. Our boarding community is looking strong and the students have returned enthusiastic after a long Summer break. I look forward to working with them in 2019.

Boarding, by nature is about building and growing relationships and this was evident over the Annual Closed Weekend at the end of Week 1. You will find some snapshots of this wonderful weekend which included 'The NEGS Got Talent' - talent quest, aerobics, yoga and town pool. This is just the beginning of weekend activities which provide the opportunity for the girls to interact with each other in a more relaxed, social setting and maybe try something new.

A reminder to all parents and families that the boarding staff are your first point of call if you have any concerns or questions. I am always available as well. The contact details for Boarding Staff are below:



Mrs Stephanie Thomas

Kirkwood House

Miss Taylor Naylor-Taggart (Mon - Friday AM)

Ms Faithful Omede and Mrs Stephanie Thomas (weekends)

Years 9 & 10

P: 6774 8784

kirkwood.house@negs.nsw.edu.au

White House

Mrs Sarah Bruce (Mon - Friday AM)

Miss Becky Gibson and Mrs Jenny Fulloon (weekends)

Years 6 - 8, 11

P: 6774 8777

white.house@negs.nsw.edu.au

Saumarez House

Mrs Donna Garrad - Head of Boarding (Mon - Friday AM)

Mrs Kerry Middleton and Mrs Barb East (weekends)

Years 11 & 12

P: 6774 8774

saumarez.house@negs.nsw.edu.au

REMINDER ABOUT FIRE CALL OUT COSTS:

The school has been notified that the call out cost for fire alarms being activated is now \$1600. Students and parents are reminded that the use of aerosols are not permitted in the boarding house.

I look forward to working with you in 2019 and I hope we will be able to connect during the many events planned for 2019.

Mrs Stephanie Thomas
Director of Boarding
Round Square Rep

Boarding News

Mrs Stephane Thomas

NEWS



Boarding News

Mrs Stephane Thomas

WEGGS



NEGS Equestrian Centre

Mr Imitiaz Anees



NEGS Equestrian Annual USA Tour

COMING UP
MONDAY 1ST -
FRIDAY 5TH APRIL



GARY LUNG DRESSAGE CLINIC

HIGH ACHIEVING DRESSAGE RIDER AND QUALIFIED COACH, GARY LUNG WILL BE HOLDING A DRESSAGE CLINIC AT NEGS 24-25 FEBRUARY.

FOR MORE DETAILS PLEASE CONTACT NEGS EQUESTRIAN ON 02 67748717.



The NEGS Twilight Showjumping competition was a great success with many NEGS students competing. A big "Thank You" to all of the helpers for this event, with special mentions to Marlene Rhunke (Year 5) who picked up poles all evening, Hayley Constable, Kate Cruickshank, and Sarah Walker for Judging, Carla Gerigk and Eliza Watts for being ring stewards, Maeve Loosemore and Charlotte Jacobson ground and Bridgette Cadzow and Chloe Towne for entertainment. Your assistance was greatly appreciated.

The results are:

| | |
|---|------------------|
| 60 cm | 95cm |
| Ellen Archer (NEGS Old Girl -Class of 2018) | Anna Jarvis |
| Madison Shaw | Oliver Ledingham |
| Laura Finlay | Priscilla Clonan |
| Tara Moxham (NEGS Old Girl FOGS) | Ellen Archer |
| 80 cm | 105 cm |
| Nicole Kennedy | Katie Hancock |
| Bridgette Dalmau | Priscilla Clonan |
| Paris Phillis | Oliver Ledingham |
| Matilda Hall | Anna Jarvis |

Well done and congratulations to everyone who was involved.



We are extremely excited to announce that our NEGS Polocrosse Coach Ella Elks, together with her father, Allan Waugh and sister Ryle will be running a

POLOCROSSE CLINIC AT NEGS ON 16 MARCH 2019

Ella has represented Queensland on numerous occasions at a National level and is keen to develop the skills of all young players. Allan and Ryle have represented Australia and both Ryle and Ella are currently in the Australian Women's' Squad for 2019.

To register or for further information, please contact NEGS Equestrian Centre by email: equestrian.centre@negs.nsw.edu.au or call on 02 67748717.



NEGS Equestrian Centre



Dressage

**AUTUMN
GALA DAY**

**PRELIMINARY | NOVICE
ELEMENTARY | MEDIUM**

2 MARCH 2019 | From 8AM
NEGS Equestrian | PH: 67748717

Entries close 14 February 2019
Please enter on nominate



Community News



NECOM's range of programs are designed to inspire and develop music skills for life in every child!

Enrol now for 2019!



Senior Choral Program

The acclaimed New England Singers provides talented and committed young singers in years 7-12 the opportunity to develop their musical skills in a challenging and inspiring environment focused on achieving excellence in performance.



Instrumental Lessons

NECOM's Instrumental Program offers instrumental lessons by our dedicated teacher-musicians or Music Educator Members. For children through to adults, string, piano, brass and woodwind lessons at NECOM or in schools are available, along with an option to hire instruments.



Ensembles

NECOM provides a range of ensembles for beginners to intermediate and advanced students in the Chamber Ensemble Program, Armidale Youth String Orchestra and Armidale Youth Orchestra. These ensembles provide an excellent opportunity for young musicians to develop advanced aural, co-ordination, music reading, technical and communication skills.

Music is for everyone so come and learn in a fun and friendly environment. Instrumental Hire and Bursaries are available.

Phone: 6788 2135 www.necom.org.au Email: admin@necom.org.au

New England Conservatorium of Music CB Newling Building, Corner Mossman & Faulkner Streets, Armidale



music speaks volumes



Is your young child experiencing worry, anxiety or fear?

Then register for...

The Brave Program

for parents and caregivers of young children

A FREE online program that provides parents and caregivers of young children aged **3 to 7** with information and skills to help their child overcome fears and anxiety.

<https://brave4you.psy.uq.edu.au>

fb.me/braveparents

To keep this program free for all Australian families, anonymous data is collected at registration and during the program use, to help us track the success of the program. Some of this data may be used for research purposes.



ORIENTEERING in ARMIDALE 2019



- It's part fun run, part treasure hunt, part amazing race... and you'll explore parts of the Armidale area you never knew existed!
- Bring the family, bring a buddy, or go solo. Go at your own pace.
- Beginners are always welcome and receive basic coaching as part of the entry fee.



Dates for your diary

Wednesday town events 4pm - 6pm

February 6 Netball courts

February 13 Moran Oval

February 20 Bruce Browning Oval

February 27 Sport UNE

Sunday bush events 10am - 12pm

March 17

April 14

May 26

June 16

July 21

August 18

September 15

New England Conservatorium's music programs are designed to inspire and develop music skills in everyone!

- Pre-school Music
- Choral Program K-12
- Instrumental Lessons and Ensembles for all ages
- Music Therapy
- Instrumental Hire

6788 2137

www.necom.org.au

For up to date information about our events please see our web site at <https://ntoc.asn.au/>

NEGS Sport

Couple goals: **THE HUSBAND AND WIFE DUO** transforming NEGS sport.

Current NEGS teacher and Netball coach Kristen Cohen is a former New South Wales Institute of Sport athlete and Australian Indoor Netball representative with a PhD in Education. Husband Josh earned his stripes as an Australian Schoolboys basketball representative, Captain of the Sydney All-Schools' Team and the development officer of the Pirates, the Newcastle based NBL team, while completing his Masters in Teaching. In mid-2016, the couple, along with newborn baby Grace, moved to Armidale, where Josh commenced his new role as Director of Sport at NEGS. Kristen took up her role as teacher and Netball Coordinator in Term 3 of 2018.

Josh and Kristen Cohen chat to FOCUS about living and working together and their involvement in one of the most exciting chapters of sporting activity that NEGS has experienced in its 125-year history.

Kristen, first things first; how did you meet?

We actually met playing netball. We started on opposing teams and then ended up playing on the same team, and the rest, as they say, is history.

Josh, what brought you both to Armidale?

The challenge of the job and the opportunity to make a change in the lives of regional students. I am incredibly passionate about changing attitudes to sport. Having previously worked with girls, I have seen first-hand how quickly they can lose interest in PE as they get into their senior years. I am a massive advocate for ensuring that kids outside of metropolitan centres have access to the same opportunities regardless of their location and gender, and it really has been the dream job so far.

Josh, in the short period that you have been at NEGS, you have implemented three Talented Athlete Programs with the backing of state sporting bodies and will oversee the building of the School's state-of-the-art synthetic hockey field, to be ready in time for the 2019 hockey season. What does this mean for the school?

Having a focus on Talented Athlete Programs will strengthen our performance as a school and allow those players to develop within the NEGS environment. Additionally, elite players will have access to the best coaching in the state delivered by



specialists.

Kristen, as a former New South Wales Institute of Sport athlete and Australian Indoor Netball representative, you have been charged with coordinating the new Netball program. What benefits do you think this will have for NEGS? This is a unique program to our school and to our understanding, the only program supported by Netball New South Wales in a regional area. With so many students with great potential in local areas, I believe this is a fantastic opportunity for me to be able to support those students to a level where they could attend NSW trials and be competitive. Whilst the students who take part in this program will undergo high-level specialist coaching and training and attend a high-performance training camp, I think it is especially important to point out this will filter down to a grassroots level. It's not just the talented athletes who will have access to the specialist coaches, and every student who plays netball at NEGS will

benefit from the program.

Josh, what about the other sports at the school; where do they now fit in? The Talented Athlete Programs will have a flow-through effect for everyone at the school. For example, all our students will be included in the strength and conditioning sessions as part of the sporting syllabus. We want all of our girls to understand the importance of work-life balance, and we have built in a nutrition and sports psychology component of the program that will see experts brought in each term to speak to the girls. One of the most important jobs as a coach is to develop and foster a team culture. This culture, or identity, is the foundation of all effective teams, regardless of whether they are high-performance or not. We are lucky to have an amazing existing culture at NEGS, and this will remain at the heart of everything that we strive for across all sports.



NEGS
MORE THAN
A SCHOOL

LAUNCHING OUR NEW TALENTED

Athlete Programs

IN 2019

For more information visit - www.negs.nsw.edu.au

School Banking is here!

NEGS is proud to partner with Regional Australia Bank to bring our students a School Banking Program. The program rewards children with a small prize for making regular deposits, regardless of their value. It's a great way to encourage good savings habits early in life.

School Banking deposits are collected from NEGS Junior School Reception every first and third Wednesday of the month. It's easy to sign up in just a few easy steps:

- Complete a Membership Application Form, available at NEGS Junior School Reception.
- Take the completed Membership Application Form, your driver's licence and your child's birth certificate to a Regional Australia Bank branch (certified copies of these documents are fine if you don't have the originals).
- Once the membership is opened, your child may commence in the Student Banking Program!

If you choose to open an eligible Community Partnership Program account for your child, you will also be able to nominate the NEGS P&F account as your recipient organisation. This means that each year, NEGS will receive a donation to the value of 1% of the average annual balance of your child's (and other supporters') account. This donation does not cost you a cent, Regional Australia Bank make it on your behalf.

If you are interested in signing up, please contact Jenny McFadyen at Regional Australia Bank by calling 02 6776 0480 or emailing jmcfadyen@regionalaustaliabank.com.au.





Round Square International Conference: The Emerald Heights International School Expressions of Interest: 16 - 18 year olds in 2019

The Senior International conference will be hosted by The Emerald Heights International School in India. There will be an IDEALS post conference trip, organised in coordination with Mr Imtiaz Anees and his mum, before which the students and staff will participate after the main conference. The trip departs from Sydney on the morning of the 1st October, returning to Sydney on approximately Sunday 13th October. Our schools delegation will comprise of 5 students and 2 staff.

The theme of the conference is Sarvodaya-The world we wish to see. Sarvodaya is a Sanskrit word meaning progress for all. The word is a combination of two terms: 'Sarva' meaning one and all and 'Uday' meaning welfare or uplift combined the word signifies 'Universal Uplift'. Very appropriately the conference is scheduled in the week when the world celebrates the Mahatma's 150th Birth Anniversary and the week that follows is dedicated to non-violence and peace. This is in keeping with our school's philosophy.

Key Dates

| Day and Date | Itinerary |
|-------------------------------------|---|
| Tuesday 1st Oct | Depart Sydney |
| Tuesday 1st Oct | Arrive Delhi and stay overnight |
| Wednesday 2nd Oct | Fly to Emerald Heights International School, India |
| Wednesday 2nd Oct - Tuesday 8th Oct | RSIC2019 - main conference. Program can be found on the website. |
| Tuesday 8th Oct | Depart for Delhi. Overnight in Delhi (hotel accommodation) |
| Wednesday 9th Oct | Day in Delhi sightseeing. Overnight in Delhi (hotel accommodation) |
| Thursday 10th Oct | Delhi to Agra by road or Gatiman Express train. Overnight in Agra (hotel accommodation) |
| Friday 11th Oct | Morning - visit to Taj Mahal, Fatepur Sikiri and other sights Afternoon - Drive to Jaipur Overnight in Jaipur (hotel accommodation) |
| Saturday 12th Oct | Jaipur Sightseeing. Overnight in Jaipur |

Round Square Regional Conference: Woodleigh School
Expressions of Interest: 13 - 15 year olds in 2019

The 2019 Australasian and South East Asian Round Square Regional conference will be hosted by Woodleigh School, 1 Langwarrin South on the Mornington Peninsula, Victoria. Delegates will join together to shift their thinking, inspire others and bring about change in their world. Our theme, 'Gen Z: Mind Shifters', will challenge delegates to make a difference in their community.

Over the course of the conference, participants will work with inspiring people who have brought about real change in the world – change they started at a very young age. Delegates will engage with the beautiful environment of the Mornington Peninsula, learn from our local Community Partners, get out of their comfort zones and be challenged to make a difference.

Key Dates

| | |
|-----------------|----------------------|
| Arrival | Sunday 7th April |
| Environment Day | Monday 8th April |
| Adventure Day | Tuesday 9th April |
| Service Day | Wednesday 10th April |
| Final Day | Thursday 11th April |

As a sample, on the day we focus on the spirit of Adventure, delegates will hear from a person who has spent their youth and young adult life embodying

this spirit. Delegates will then experience one or more of the following activities:

- Sailing Boat Charter Snorkel with Sea Dragons
- Sea Kayaking to the Dolphin Sanctuary
- Bike Riding at Pt Nepean National Park
- Stand Up Paddle Boarding Experience
- Rock Pool Ramble
- Beginner surf experience

Approximate Costs

Woodleigh School Conference Fee = \$950 per student, includes

Flights Armidale/Melbourne return = \$735 per student

Additional costs:

* Money for snacks in airports or souvenirs when in Victoria - at parents discretion.

If you are interested in attending the conference please complete the following by

- Submit an Expression of Interest letter stating why you would like to attend the conference and why you believe you would be an ideal delegate to represent NEGS.
- Ask your parents to email me acknowledging their support of your application.

Mrs Stephanie Thomas (stephanie.thomas@negs.nsw.edu.au)

Round Square Representative Coordinator.

MELANOMA MARCH

Time won't stand still for families affected by melanoma.

Neither will we.



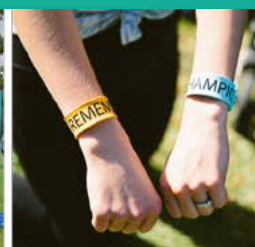
Join our family friendly events across Australia and take steps to end melanoma.



Find your nearest Melanoma March and help raise awareness and vital funds for research to find a cure.

Where: **Guyra Showground to Deano's Trout Farm**

When: **Saturday, 9th March, 2019.**
Registration open at 7.30am



An initiative of



Principal Partner



Silver Partner



Supporters



To register or donate, go to melanomamarch.org.au

