



NEGS
MORE THAN
A SCHOOL

NEGS Newsletter

Term One - Week 6, 6th March, 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

Welcome to Week 6. The School is a hive of activity least of which is the new sporting fields. The estimated date of use of the synthetic hockey turf will be the beginning of Term 3, all going well. We would encourage parents to do a quick "drive through" to see the progress, which is impressive.



Mrs Mary Anne Evans

Following on with the sporting theme, I was drawn to an article published on the KQED site, whereby the effectiveness of sports coaches in teaching adolescents is explored. Many former students remember more lessons from the sports field than the classroom, and much of this disparity has to do with the adolescent brain. The powerful, physical interactions of young athletes lead to strong emotional responses, which aids learning. The article highlights why certain sporting situations - such as forging personal relationships and working towards a shared goal - differ from classroom-based learning. Whilst academic rigour is attached in all that we do, there is no doubt that a well-balanced student achieves best and is more resilient when times are difficult. I commend this article to you.

HOW EFFECTIVE SPORTS COACHES HELP STUDENTS FEEL UNDERSTOOD AT SCHOOL

Linda Flanagan

Jan 28 2019

Aly Carter graduated from high school 13 years ago, and what she remembers most distinctly about those years were her experiences on the playing fields. She ran cross-country and track, played soccer and threw herself into lacrosse, helping her school team make it to the state final in 2005. She barely remembers her high school teachers, as her classes and teachers rotated, preventing her from passing much time with any particular one. But she spent four years with several coaches and remains connected to some of them.

"I always became close with my coaches," she said. "I learned my greatest life lessons in team and individual sports."

Nearly 8 million teenagers played for their high school teams during the 2017-18 academic year, many of them occupying hours after school under the guidance of various head and assistant coaches. For many of these kids, their coaches reached them in ways their teachers couldn't, and what they learned on the soccer field or basketball court has stuck in a way that a lecture on the French Revolution did not.

Much of this disparity has to do with the adolescent brain. "These young athletes are pulled into powerful situations where they're directly engaging physically with other people," said Mary Helen Immordino-Yang, professor of education, psychology and neuroscience at the University of Southern California. Unlike in the high school classroom, where learning is often abstract, students playing sports are carrying out physical activity in physical space, often in the company of others. The learning is direct and clear. And the interactions with teammates often elicit powerful emotional responses at a time when the adolescent brain is highly susceptible to social cues and hierarchies.

FROM THE *Principal*

Mrs Mary Anne Evans

"Where there are powerful emotions, there are tools for learning," Immordino-Yang said.

Of course, not all coaches are effective, and some kids will take home destructive lessons and sour memories from their sports experiences. Even worse, the intimacy of the coach-athlete relationship can morph into abuse. But sports remain the most popular extracurricular activity for children ages 6-17, ahead of religious education, music, dance and art. For better or worse, coaches affect child development.

The shorter path to learning and emotional jolt that sports provide give coaches an opportunity to reach their student athletes in several ways:

Forging personal relationships. "My coaches took the time to know me personally," Carter said about her high school coaches, a sentiment shared by many former athletes. An in-depth study on the developmental benefits and drawbacks of sports conducted by researchers at Queens and York universities confirmed these perceptions. The majority of swimmers who participated in the study reported that their coaches had made "special connections with athletes."

And the relationships often go both ways: Students know their coaches more personally, too, and see them as fully fledged adults rather than educators at a podium. Will Sangree, now 28, remembers the time commitment his high school lacrosse, cross-country and hockey coaches devoted to their teams. Practice and game time, team dinners, bus rides — "they invested so much time in us, I definitely knew them better than my teachers," he said.

Sangree remembers observing his coaches with their children, and noting that how they interacted with their own families had a powerful impact. It felt natural seeing a coach in different settings and taking on various roles, whereas running into a teacher out of school "was a weird, out-of-body experience," he said.

Working together toward a shared goal. Shane Murphy, a professor at Western Connecticut State University and former president of Exercise and Sports Psychology at the American Psychological Association, often starts his sports psychology course by asking students if the class is a team. The students always say no. "That's because we don't have shared goals," Murphy explained. Everyone is graded individually, and classmates' performances have no bearing on the other students. On sports teams, players are often interdependent, and effective coaches underscore the need for unity and work toward a common goal. "Coaches are involved in helping individuals feel a part of something bigger than themselves," Murphy added.

Even teams made up of individual competitions, like track or tennis, can be unified by coaches who emphasize everyone's contribution to the team's performance, and who build a sense of camaraderie. Teenagers might feel a sense of purpose in sports that's lacking in the classroom. Maggie Lynch, now a junior in college, recalled how her high school field hockey and lacrosse coaches compelled her to work toward a common goal. "I felt as though my coaches actually trusted me in important and consequential situations," she said, "whereas my teachers encouraged me to do well solely for my own benefit, not for the benefit of the group."

Tailoring motivation to the individual. To be sure, dedicated and experienced teachers work to teach children in a way that they will best understand. But teachers working with dozens of kids in multiple classes aren't afforded the time to know what sparks every student. Good coaches, on the other hand, who often spend countless hours with their players, will motivate each one depending on her personality and nature — knowing that a quiet word of encouragement to one child won't work with another, who might respond better to blunt feedback. Because coaches often have a deeper understanding of the kids on their team, they are better able to tailor their motivation to the child in front of them.

Providing adult friendship. Research on child development shows that teenagers who have healthy relationships with adults other than their parents are less apt to bully or experience depression and are more inclined to engage in school and their community. For some students, coaches play this role. Aly Carter remembers her high school coaches interacting with her more casually than her teachers. "My coaches came down more to my level, while my teachers were more like authorities," she said. That informality removed barriers to a relationship and allowed her to build lasting bonds with caring adults. Lynch had a similar memory about her high school sports experiences: "I got to form real friendships with adults and was given responsibility from people other than my parents," she said.

Teaching "life lessons" that transcend the sports arena. In the classroom, these traits would be characterized as social emotional learning: growth in self-discipline, social and self-awareness, relationship skills, decision-making. In this, coaches received the most universal praise. Sangree learned "about hard work and all that," he said, but he also came to appreciate that his behavior had an impact beyond himself. "Getting drunk outside in the park on the weekend affects not just you, but your teammates and family," he said his coaches taught him. Lynch put it more bluntly: "My high school sports experiences shaped me into a functioning human," she said. "The lessons I learned through sports" — about teamwork, communication, and trust in others — "are so much more applicable to real-life situations than those I learned in the classroom."

MRS MARY ANNE EVANS

NEGS Principal

Leadership REPORT

Mr Tim Forgeard



ELEANOR ROOSEVELT IS REPORTED TO HAVE REMARKED ON THE SUBJECT OF LEADERSHIP, "TO HANDLE YOURSELF, USE YOUR HEAD; TO HANDLE OTHERS, USE YOUR HEART."

As 2019 has begun, the Prefects of NEGS and the wider year 12 year group have already begun to display this approach to their role as the senior students of the school. Daisy Meehan as Head Prefect, and Chelsea Devenish as Deputy Head Prefect, meet together regularly with their senior peers to discuss concrete, collaborative and constructive ways that they can provide a positive and motivational atmosphere for the wider student body.



Of particular note so far this term was the recent Swimming Carnival which displayed a striking rate of participation by the senior students, but more remarkably, an unprecedented level of inter-house solidarity and cooperation. Throughout the day the House leaders brought the entirety of the student community together in spontaneous displays of singing, chanting and friendship.

Throughout the day I had conversations with parents, students and other staff members and continually heard how this mood of 'togetherness' was unlike anything in recent years. In the midst of the myriad pressures that school life contains, for the students to come together in such a fashion, literally linking arms from years seven to twelve, and creating such wholesale enjoyment, is an achievement to rival any of the more formal victories and results that are sure to follow as 2019 unfolds.

At the time of writing the nomination and election process for the Student Representative Council is being finalised. The confirmed SRC will be announced in a future newsletter, but it is worth noting that I have been impressed by the courage and

calibre of the students putting convenience aside to serve their fellows in what is a significant commitment for the year. The goals and hopes for the SRC this year that have been expressed by the candidates give rise to feelings of optimism and excitement as we approach the coming terms.



Helping the Brazier family raise funds for The Melanoma Institute
FRIDAY 8TH MARCH NEGS MPC 1:50PM

Supporting


Melanoma Institute Australia



NEGS
MORE THAN A SCHOOL

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=AhhfZQ1UzBM>

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


Why gaming classifications should be respected

The Restricted categories for films and computer games

The following classification categories are restricted categories. This means there are legal restrictions on viewing or playing these films and computer games.

<p>Mature Accompanied (MA 15+)</p>  <p>Not suitable for people under 15. Under 15 must be accompanied by a parent or adult guardian.</p>	<p>The content is strong in impact.</p> <p>MA 15+ classified material contains strong content and is legally restricted to persons 15 years and over. It may contain classifiable elements such as sex scenes and drug use that are strong in impact. A person may be asked to show proof of their age before hiring or purchasing an MA 15+ film or computer game. Cinema staff may also request that the person show proof of their age before allowing them to watch an MA 15+ film. Children under the age of 15 may not legally watch, buy or hire MA 15+ classified material unless they are in the company of a parent or adult guardian. Children under 15 who go to the cinema to see an MA 15+ film must be accompanied by a parent or adult guardian for the duration of the film. The parent or adult guardian must also purchase the movie ticket for the child.</p> <p>The guardian must be an adult exercising parental control over the person under 15 years of age. The guardian needs to be 18 years or older.</p>
<p>Restricted (R 18+)</p>  <p>Restricted to 18 and over.</p>	<p>The content is high in impact.</p> <p>R 18+ classified material is restricted to adults. Such material may contain classifiable elements such as sex scenes and drug use that are high in impact. Some material classified R18+ may be offensive to sections of the adult community. A person may be asked for proof of their age before purchasing, hiring or viewing R18+ films and computer games at a retail store or cinema.</p>

The Restricted categories for adult films

<p>Restricted (X 18+)</p>  <p>Restricted to 18 and over.</p>	<p>X 18+ films are restricted to adults. This classification is a special and legally restricted category which contains only sexually explicit content. That is, material which shows actual sexual intercourse and other sexual activity between consenting adults. X18+ films are only available for sale or hire in the ACT and the NT.</p>
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Gamers in our sessions in Primary schools often try to point out that violent video games are often more challenging, faster paced, and more competitive than nonviolent video games, and this is why they like to play them.

Kids are continually shocked when we tell them that the majority of gamers are over the age of 36yrs. When they are playing against a stranger online, they don't know how old they are. No matter what the other gamer says their age is, kids need to be vigilant about not giving away personal information and knowing how to block and report.

We are continuing to see an extraordinary amount of Primary School age children using Grand Theft Auto, the violent best selling video game with an R+ rating. There are also some Primary School age children using Grand Theft Auto V which is an M-rated version also brimming with gang violence, nudity, extremely coarse language, and drug and alcohol abuse. None of the main characters in the game makes for a decent role model. Also known as "GTA" it glorifies crime and violence. GTA lets a child watch such things as prostitutes performing sex acts; this prostitute can then be gruesomely murdered to take back any money they spent on engaging her services. The sound effects should be enough to make any parent cringe. Some reviews say that all the sexual content is avoidable. That is NOT TRUE. Some of the material is avoidable, like the strip clubs which offers topless dancers or the fact that you can pick up prostitutes on the street and have intercourse with them in your car (it does show the scene with an option to skip). However, the game story does have sex scenes that bare all. We see this more and more often being used by kids under the age of 12yrs.

Many parents trust their child to stay away from the optional sexual content the game provides. However, we've all been kids and did you ever do something that your parents told you not to do? Please be cautious.

The violence towards women, in this game, is unacceptable and unavoidable. Search Grand Theft Auto on YouTube you can see for yourself. It won't be hard to find. We are not linking YouTube videos here for obvious reasons. When kids spend hour upon hour using a game console to kill people, hire prostitutes, be violent towards women it starts to impact on what is ok and not ok in real life. There have been numerous studies that prove first-person violent video games do affect us, even if we don't realise it at the time.

Comments from fans of violent video games typically argue, "I've played hundreds of hours of violent video games and haven't hurt anyone!" However, this does not mean playing violent video games does not affect. Anyone who has ever felt excited, tense, or frustrated while playing a video game has been "affected" by them.

Reading the different review articles and individual studies about violent video games can seem a bit like watching a game of tennis between sets of findings and counter-findings.

HERE ARE OUR RECOMMENDATIONS FOR PARENTS AND CARERS OF GAMERS:

Respect age restrictions – R Rating is 18+ for a reason. Read more on classifications here <http://www.classification.gov.au>

We highly recommend that you take 30mins out of your busy day and sit with your child and play any game they want to use and decide whether or not it is appropriate. There are many age-specific games available, starting from as young as 9yrs when in restricted mode and with parental supervision.

Wellbeing @ NEGS

Mrs Jodie Jackson

Set healthy boundaries on time spent gaming.

Find out at a minimum how to help your child block and report. Remind your child not to give out any personal information online and never to meet up with anyone they meet online.....offline.

What are the alternatives? There are lots of games that are more age appropriate, but ones with precisely the elements of GTA that are kid-friendly both vary based on platform and are also hard to find.

You've got games with strictly driving mechanics (Need for Speed, Forza, Test Drive, etc.), you've got straight sandbox (Minecraft, Terraria, Roblox) Stealing cars, prostitutes, killing people and blowing stuff up is kind of hard to work into a kid-friendly game.

THE FOLLOWING IS A LIST OF THE MORE POPULAR GAMES WE SEE IN PRIMARY SCHOOLS AND THEIR RATING:

Fortnite – Rated PG - 13yrs+

This survival-action game is what you'd get if you combined a game like Minecraft with an action shooter like Call of Duty. On the one hand, it's getting significant points with kids and parents for building teamwork and thoughtful collaboration. On the other side, it's a combat-based game with tons of guns and violence.

Apex Legends – Rated MA – 15yrs +

Touted as the new Fortnite, teams of up to three compete in matches with up to 60 players to be the last team standing. Violence is persistent and more realistic and less cartoonish than what kids have experienced in Fortnite.

Grand Theft Auto V – Rated R+ - 18yrs+

Sex, violence, and drugs: This role-playing game includes over a dozen titles and is one of the most controversial series on the market. Its stories revolve around a criminal underworld (and players are cast in the role of gang members who must commit brutal crimes to rise through the ranks.

Overwatch – Rated PG – 13yrs+

Overwatch is an online multiplayer team-based first-person shooter. Two teams of six players fight against each other in many game types; while kids can play with people they know, it's also possible for them to play with strangers -- that, plus the unmoderated chat which means all bets are off in terms of what kids can hear.

League of legends – Rated MA 15yrs+

League of Legends is an online fantasy war game in which kids team up with strangers to challenge other teams in arena-based combat. The goal of the game is to kill opponents -- both the player characters as well as the computer-driven "minions" -- so there's a lot of blood and violence.

PubG – Rated R+ 18yrs+

Player Unknown's Battleground Up to 100 players compete in a last-man-standing, kill-or-be-killed fight for survival. Violence is core to the game; players are pitted against each other, armed with a variety of realistic weapons such as rifles, machine guns, and crowbars (which are all scattered around the map). While the controls are relatively easy to pick up, the game's difficulty lies in trying to survive while scavenging items from the map to use in battle. Although there isn't any swearing in the scripted dialogue, the in-game chat is frequently filled with obscenities and offensive conversations from other players (you can turn this off in the settings).

Call of Duty Black Ops II – Rated RMA 15yrs+

Call of Duty: Black Ops II is an extremely violent military first-person shooter set mostly in the near future. Players engage in realistic combat that involves constant killing using realistic weapons, with blood and gore pouring across the screen during more intense scenes. Sequences can be even more dramatic and graphic, with both soldiers and civilians dying in horrible ways. This game has frequent profanity and some sexual themes and drug use. Parents should also be aware that this game facilitates open voice communication.

Minecraft – PG – 8yrs+

Minecraft is a multiplatform sandbox adventure game. Players explore the world and use the building blocks of the game to customise that world to create nearly anything they can imagine. That also means other players can build whatever they can imagine as well, which could potentially lead to younger players coming across potentially offensive content while exploring random worlds online.

Roblox = PG - 8yrs+

Roblox is a game-creation website where users design and upload their games, as well as play other games in a multiplayer environment. Some of the gameplay is advanced, and many games include weapons. The site offers a safe-chat mode for those under 13, as well as a parent login that lets you oversee your child's use of the site. Moderation of content also seems to be hit or miss; while the company claims that it tries to prevent inappropriate comments, there are plenty of users that claim they've been exposed to inappropriate comments and requests from other users. Videos can also be found on YouTube of players assaulting other players' characters by hopping on top of them and making sexual comments.

Wellbeing @ NEGS

Mrs Jodie Jackson

There are in-game currency items called Robux that you can use to unlock additional items, but you can either earn these slowly or pay for additional cash with real money. Users can also sign up for a membership for extra content and can insert in-game ads into their created games, potentially making money from their ideas.

Read the developers Privacy Policy for details on how your (or your kids') information is collected, used, and shared and any choices you may have in the matter, and note that privacy policies and terms of service frequently change.

www.safeonsocial.com

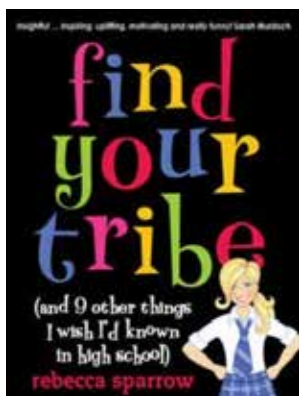
Mrs Jodie Jackson
Wellbeing Coordinator



FROM THE DEPUTY *Principal*

Mrs Terri Swartz

As we reach the halfway mark of the term, a routine has begun to emerge for staff and students. It is now that a number of the co-curricular activities on offer require students to develop the skills that allow them to manage their time and make choices about how they will approach the combination of compulsory and optional commitments in their schedule. In recent weeks these activities have included sporting trials and trips, music workshops, Agricultural shows, not to mention the first round of assessments that tend to fall due around the midpoint of the term. Prioritising, making choices and maintaining balance are learned skills that will set our girls up for life. If your daughter needs help developing these skills, our staff are available to help her. The first point of contact is her Tutor teacher and other sources of assistance are boarding staff, her Year Advisor, Careers Advisor and classroom teachers.



This is also the point in the term when friendship niggles can emerge that are typical when teenagers from a variety of backgrounds spend significant periods of time together in close quarters. According to Science, on average, it takes 50 hours of interaction to go from an acquaintance to a friend and 200 hours to become close friends. Real friendships don't happen in a few days; they build over time through sharing moments of joy and moments of disappointment or struggle. If you are looking for a quick read that will help you and your daughter talk about and navigate friendships, I recommend Rebecca Sparrow's, 'Find your tribe (and 9 other things I wish I'd known in high school).' I have a copy on my bookshelf if anyone would like to borrow it. Finding the combination of friendships that make the school days more enjoyable and meaningful takes time, and will involve learning how to be a good friend and how to recognise a good friend.

<https://rebeccasparrow.com/category/find-your-tribe/>

If your daughter will be absent from school for any part or whole days, please advise our Attendance Officer, Mrs Helen Smith, via the Engage portal or email attendance@negs.nsw.edu.au or phone Reception. She will ensure the correct process is followed and will pass on requests for leave of two or more academic days to me.

MRS TERRI SWARTZ
NEGS Deputy Principal

Alumni NEWS

Mrs Kristen Cohen



Save the Date

OLD GIRLS' WEEKEND

13th - 15th September 2019

We warmly invite you to join us for

NEGS Spring Ball

SATURDAY 14TH SEPTEMBER

It was wonderful to welcome Old Girls' Connie Twyford (McNeil 2010) and Maddie Hunt (2011) to NEGS to talk to the girls about their success using social media to market their businesses.

Visit <https://www.facebook.com/f45armidale/> and www.madebymaddie.com.au/ to find out more about their inspiring businesses.

NEGS COHORT Reunions 2019

60 Year Reunion ('59) TBC

Penny Turner,
E: turnerbp2@bigpond.com
M: 0428 845 195

50 Year Reunion ('69)
Ruth McMullin (Boydell)
61/1 Exhibition Street,
Melbourne, VIC, 3000

P: 03 9663 7514
or for more information contact;

40 Year Reunion ('79)
Jane Chamberlain (Sedgwick)
29 Napier Street, Tamworth, NSW, 2340
P: 02 6766 1145
E: fairways@hunterlink.com.au

30 Year Reunion ('89)
Sarah Breusch
52 Alexander Street,
Hamilton South, NSW, 2303
E: sarah.breusch@bigpond.com

20 Year Reunion ('99)
Edwina Waters, M: 0431 649 160
E: pearsonneck@hotmail.com

10 Year Reunion ('09)
Courtney Waugh
'Mangara Station' via Cobar, NSW, 2835
P: 02 6837 3989

5 Year Reunion ('14)
Emily Rogers
'Aberaldie', Walcha, NSW, 2354
M: 0418 776 571



NEGS OLD GIRL

After 70+ years on, NEGS Old Girl, Mrs Beryl Forbes (nee Wiseman 1943-1946) feels like it was yesterday when she and her twin sister Barabra Fenwicke were students at NEGS.

At 90 years young, Mrs Forbes remembers her wedding day in the NEGS Chapel in 1954, with her sister as bridesmaid.



Whilst she was in Armidale she wanted to show her 4 children where she had gone to school and was married.

Mrs Forbes has many fond memories of her time here, including working at the school as a nurse when they were short staffed and returning for her 70 year school re-union in 2016.

It was lovely to welcome her back.

NEGS NEWS



EQUESTRIAN NEWS

It was a big weekend for NEGS Armidale equestrian students as they headed in all directions to compete.

Well done to Katie H who won the Medium Level Dressage at Tamworth Dressage.

Holly J also had a great evening receiving second and fourth at the preliminary Level Open Class. Her sister Charlotte competed at the Sydney International Eventing winning EVA 60 with fellow NEGS riders Bridget D finishing 3rd in EVA 80 and Anna J finishing 4th EVA 95.

The Guyra show was another great day for NEGS with Brie A winning Supreme Rider of the Show in a tough line-up and took out the honours. She also rode Wenona Lawson into Champion Showhunter Hack and Wenona Annalise into Reserve Champion Showhunter Hack.

There were many wonderful NEGS riders throughout the day and we congratulate everyone who had competed at all events throughout the weekend.

Photo Credit: @oz_shotz

EQUESTRIAN NEWS

NEGS Junior School student and up and coming Equestrian rider Abbie K has been hitting the Dressage circuit this year with some fantastic results.

Abbie and her horse, Sir Leopold attended the Armidale Riding Club Dressage Day placing 4th in the three tests Junior Preliminary 1A, 1B and Novice 2B.

She then went on to compete at the Tamworth Dressage Club Twilight competition placing 1st in both the Child Preliminary 1A and Novice 2A and 2nd in the Preliminary 1C.

We look forward to watching Abbie's progress with her equestrian riding.



MORE EQUESTRIAN NEWS

NEGS Armidale girls love to compete and we had a great NEGS representation at the Glen Innes Draft recently.

The Cadzow girls who hail from the Northern Territory, along with their cousin Jessica McGrath and the Townes sisters who hail from Western Australia had an awesome weekend all coming home with plenty of ribbons between them in all their events.

The girls competed in everything from the show classes, stockhorse events, showjumping and campdrafting.

Well done girls.

NEGS NEWS

PRESTIGIOUS IGGY AWARD

What a week NEGS Junior School student Rosie W has had!

She received the prestigious NEGS Iggy award from Principal, Mrs Evans at the NEGS assembly for her determination at the swimming carnival.

Rosie has also began riding lessons with Roy at the NEGS Equestrian Centre.

Well done Rosie.



SCIENCE LAB CLASS

Volcanoes and elephant toothpaste were being created in the NEGS science labs this week. Students donned their lab coats and safety glasses with some heading outside into the sunshine for their experiments.

NEGS LIVESTOCK TEAM

The NEGS Livestock Team is in full swing again this year preparing for the upcoming shows. It is great to see the older students assisting and guiding the younger and Junior School students.



UNE GRASS PROGRAM @ UNE

With the University of New England, AU situated in our city, NEGS students have a wonderful connection and access to the University. Year 12 NEGS Armidale students, Laura F and Katrina C were part of the UNE GRASS scholarship program. The girls presented their reports on their Industry placement experiences and then were presented with their certificates from the UNE Vice Chancellor and Deputy Vice Chancellor. It was a great day to be part of this event as it was the International Day of Women in Science.



NEGS NEWS

GUYRA SHOW RESULTS

Congratulations to Brie, who had a wonderful weekend. She rode off for Supreme Rider of the Show in a tough line-up and took out the honours. She also rode Wenona Lawson into Champion Showhunter Hack and Wenona Annalise into Reserve champion Showhunter Hack.

It was a lovely showground with beautiful shade trees ringing the arena, just picturesque.



TAMWORTH TWILIGHT OFFICIAL COMP.

Katie H and Leo Degas competing at the Tamworth Twilight Official Comp. They placed 1st in the Medium 4B Open Official and 3rd in the Medium 4A Open Official.

It was a very different experience for them both competing under lights at nearly 10pm!

BUSINESS STUDIES

The Year 12 Business Studies class are studying Operations at the moment. Part of their studies involves creating study cards that will be used to test themselves and classmates.



LEGAL STUDIES

On Monday, the 4th of March, year 11 and 12 Legal Studies classes, accompanied by Mr Flynn and Mrs Watson, had the opportunity to attend the Armidale Courthouse and sit in on a number of cases conducted by the Magistrate's Court.

We were extremely fortunate to be in the presence of one of Australia's most well known solicitors, Mr Greg Walsh who resides in Sydney at the Supreme Court of New South Wales. He has been awarded the Medal of the Order of Australia, and spoke to us about some of his previous cases, including Turia Pitt, who was injured in a fire whilst competing in an ultra-marathon in the Kimberley.

Although the accusations of Mr Flynn being on trial were false, it was a very educational and fascinating day.

NEGS NEWS

5 CENT FUNDRAISER - FRIDAY 8TH MARCH

Helping the Brazier family raise funds for The Melanoma Institute

Friday 8th March | 1:50 pm | NEGS MPC

Bring along your spare change on the day to fill our umbrella to help the Brazier family reach their \$25,000 target.



NEGS
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PHOTOGRAPHY CLASS

Year 10 NEGS girls loved experimenting with the different aperture and shutter speed options on the camera to capture different effects in photography class.

GEMMA SISIA VISIT

We are very excited to welcome back former NEGS teacher, and Founder of the School of St Jude in Africa, Gemma Sisia on Thursday, 21 March at 1.45pm. Come along and hear her inspirational story of her life and the passion she holds for The School of St Jude.

Tickets are available through Trybooking:

<https://www.trybooking.com/478282>



ROWING CLUB

NEGS Armidale 1st VIII girls were out on the water this weekend competing at the Sydney International Regatta Centre.

FROM THE HEAD OF *Junior School*

Mr Andrew Travers

Dear Junior School Families,

We are well into our busy Term having conducted many activities including Parent information night, School Swimming Carnival, IPSHA Swimming Carnival, Yr1/2 excursion to Saumarez Homestead, Yr 5 Hill Grove excursion just to name a few.

I am delighted with how well the students have settled into their learning and class routines. The children have been exemplary in their attitude, effort and willingness to bring their best to all that they do.

It is now 'systems go' as we head into the rest of the term with all its opportunity and promise. With this in mind, we are focusing on setting up many firm foundations for goal setting, good work habits, uniform standards and high expectations in all that we do.

Next week Years 3 to 6 will be heading on school camp to Lake Ainsworth. This is a great opportunity for students to further their friendships and try fun and exciting activities.

At NEGS Junior school our staff firmly believe that educating children is a privilege. As educators we are extremely fortunate to have the opportunity to inspire the futures of the children we teach. Our staff are skilled, dedicated, caring and motivated.

NEGS provides differentiated programs that are appropriately challenging for all students, and our class sizes mean that our staff will know and care for your child as an individual. We have the time and resources to support the development of the whole child. The Wellbeing Program is strongly embedded in all classwork, specialist lessons and extra curricular activities. Our teachers provide a caring and enriching environment for all students to succeed.

Our undertaking is to **Collaborate • Innovate • Improve • Commend**. Teaching and learning is a priority. Through collaborative processes and innovative practices we progress student achievement and celebrate success across the curriculum. We recognise the importance positive relationships have on ensuring educational success and are committed to the development of the whole child, inclusive of their cognitive, creative, physical, and social emotional development. We value the importance of positive relationships.



ANDREW TRAVERS

Head of Junior School



TERM ONE:

Monday 11 March
Year 3-6 School Camp

Saturday 16 March
New England Festival (Autumn Festival) Students involved in town march

Wednesday 20 March
Junior School Cross Country:
9 - 10:45am
Equestrian Ribbon Day: 4pm

Friday 22 March
IGSSA Swimming

Saturday 6 April
IPSHA Cross Country (Sydney)

Thursday 11 April
LAST DAY OF TERM ONE



NEGS ARMIDALE YEARS 5-6 STUDENTS PARTICIPATED IN THE HIGHLANDS SCIENCE & ENGINEERING CHALLENGE AT UNIVERSITY OF NEW ENGLAND, AU.

The day was designed, through fun and practical hands-on activities, to engage and inspire students in the areas of science, technology and engineering. Students participated in a range of problem solving activities including design and building projects to other tasks requiring logical solutions.

FROM THE HEAD OF *Junior School*

Mr Andrew Travers



NEGS Armidale
Years 5-6 students
participated in the
Highlands Science &
Engineering Challenge
at University of New
England, AU.

Junior School

Year One Classroom News



Year 1/2 have recently been on a fantastic excursion to Saumarez Homestead. In class we have been learning about how the past has shaped our lives today.

We walked around the Saumarez farm and learnt all about how farming was different in the past. We also saw various artifacts around the house.

Something we learnt was that the White girls who lived at Saumarez Homestead went to school at NEGS almost 100 years ago.



Mrs Tori Packer



JUNIOR Sport @ NEGS

Mrs Liane Nixon

PSSA SWIMMING CARNIVAL

NEGS Junior School was proud to have the following 16 students represent us at the PSSA Swimming Carnival held at Monckton Aquatic Centre on Thursday 21 February.

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

All swimmers participated with great enthusiasm and were very supportive of each other during events. Most swimmers improved their times from our school carnival and can be very proud of their effort.

Some notable results include:

Lily Lorimer - 1st 100m Freestyle, 1st 50m Freestyle, 1st 50m Butterfly	Alexander Scanlon-Dawson - 8th 50m Freestyle, 5th 50m Butterfly
William Knox - 6th 100m Freestyle, 4th 50m Freestyle, 3rd 50m Backstroke	Clancy Munsie - 8th 50m Breaststroke
Katie Flynn - 8th 50m Freestyle	Amy Beard - 9th 50m Breaststroke, 8th 50m Backstroke
Tilly Patterson - 2nd 50m Freestyle, 4th 50m Breaststroke	Louisa Duarte - 5th 50m Breaststroke
Tom Lorimer - 2nd 50m Freestyle, 1st 50m Breaststroke, 6th 50m Backstroke	Junior Girls Relay Team - 7th
	Senior Girls Relay Team - 5th

From this team, the following 12 students will now represent our school at the IPSHA Swimming Carnival held at SOPAC on Tuesday 5 March. We wish them every success in their events and an enjoyable time looking like future olympians in the pool.

Amy Beard	Katie Flynn	Tom Lorimer	Georgia Smitham
Louisa Duarte	Alexander Scanlon-Dawson	Lily Lorimer	Kearna Smith
Sarah Duarte	Clancy Munsie	Tilly Patterson	

TOUCH FOOTBALL REPORTS

NEGS RED

On Thursday the 21st February we played Ben Venue Blue Blueberries. We won 10 tries to 2. It was a great game. The following people scored tries - Felicity, Arlie, Lara, Claire and I.

It was a great team effort!

Paige Patterson

Last Thursday, 28 February, NEGS Red Played Minimbah in Round 5. The score was 0-3 against us. Airlie gave her best efforts by almost scoring multiple tries. Also Tilly Patterson was a showing great improvement in Playing the ball and great at getting the team talking together. Great sportsmanship was shown by Scarlet martin throughout the whole game.

Felicity Chapman

NEGS BLUE

Last Thursday we had touch football at the Rologas fields. We played St Mary's and our team went really well. Unfortunately we lost 7 - 3 but everyone tried their best.

Tom Lorimer played an excellent game, scoring all three trys. Rose and Harriet also played very well.

I am happy to hear that Louisa's finger is better after hurting it in the game.

Well done team you all played well.

Polly Skipper



Cross Country

WEDNESDAY 20 MARCH

9:00am for a 9:15am start

Running of events:

- 8-10yrs 2km
- 11-12yrs 3km
- 8/9/10yrs
- 6/7yrs
- 11/12yrs
- Transition

Please stay and join us for morning tea and presentation.

UPCOMING SPORTING EVENTS:

- 5 March IPSHA Swimming Carnival
- 20 March JS Cross Country Carnival
CIS Swimming Carnival
- 6 April IPSHA Cross Country Carnival

JUNIOR SCHOOL PSSA *Swimming*



NEGS Music

Mrs Sally Spillane



HOW LOVELY IT WAS TO WELCOME ALL THE STUDENTS BACK TO THEIR MUSIC CLASSES AND MEET ALL OUR NEW STUDENTS.

Mrs Lisa Nolan has been kept very busy fitting in all the individual music lessons for students throughout Junior and Senior school. We love working in the Music block where we often have the sound of beautiful singing voices in the background or talented instrumentalists, no wonder we are happy.

All of our music groups are up and running with fabulous students. Please look at the following information to see what music groups there are for students to join and encourage your child to join one of these wonderful music groups that are in our school.

NEGS SENIOR ENSEMBLES 2019

DAY	TIME	ENSEMBLE	YEARS	TEACHER
Monday	3.20-5.00pm	Boarders' Practice	Years 5-12	Mrs Spillane
Tuesday	1:05-1:50pm	NEGS Vocal Group	Years 7-9	Mrs Spillane
Wednesday	1.30-2.20pm	NEGS Performance Band	Years 7-12	Mr Finco
	1.50-2.20pm	Year 7/8 Choir	Years 7-8	Mrs Spillane
	3.20-5.00pm	Boarders Practice	Years 5-12	Lauryn
Thursday	1.05-1.50pm	Senior Vocal Ensemble	Years 10-12	Mr Oxley
	1.05-1.50pm	Clarinet Group	Years 7-12	Lauryn
	1.00-1.30pm	Piano Trio	Years 7-12	Ms Curotta
	3.30-5.00pm	Jam Session	Years 7-12	Mr Finco
	3.20-5.00pm	Boarders' Practice	Years 5-12	

JUNIOR NEGS ENSEMBLES 2019

DAY	TIME	ENSEMBLE	YEARS	TEACHER
Monday	1.05-1.35pm	(Backup) Marimba Magic	Years 4-6	Mrs Spillane
	1.05-1.35pm	Junior Handbell Players	Years 3-6	Mr Oxley
	3.20-5.00pm	Boarders Practice	Years 5-12	Mrs Spillane
Tuesday	8.00-8.30am	Saumarez Strings	Years 2-6	Miss Curotta
Wednesday	7:55-8:40am	NEGS Songbirds	Years 2-6	Mrs Spillane
	3.20-5.00pm	Boarders' Practice	Years 5-12	Lauryn
Thursday	7:55-8:40am	Marimba Magic	Years 4-6	Mrs Spillane
	3.20-5.00pm	Boarders' Practice	Years 5-12	

NEGS Music

Mrs Sally Spillane

The students from Years 5,6,7 and 8 have made a great start in the band program. Working with the very best visiting musicians and the music team at NEGS, the students will really make great progress. Of course they need to practise what they have learnt which is why

we have boarders' practise after school on a Monday, Wednesday and Thursday afternoon or before school in the Music block.

FOR DAY STUDENTS, PARENTS WILL BE ABLE TO HEAR THE LOVELY NOTES THE STUDENTS NEED TO PRACTISE. I HAVE IT ON GOOD AUTHORITY THAT EVEN THE CATTLE LOVE LISTENING TO THE BAND INSTRUMENTS, ESPECIALLY THE SAXOPHONE.



Please note if your daughter attends any of the NECOM Ensembles after school the NEGS school bus will transport them to and from NECOM.

Please email music.
admin@negs.nsw.edu
to arrange this.

The music team at NEGS is looking forward to another fabulous year of music.

Please contact us if you would like to know more information about getting your child playing an instrument or been part of one of our music groups. We welcome you all.

Yours In Music
SALLY SPILLANE



NEGS Music

Mr Alastair Finco

BRAVISSIMO EXCURSION – MUSIC

Last week, the year 9 and 10 Music students were treated to a musical showcase of the previous years top HSC music students from the region. 'Bravissimo', held in Port Macquarie was a remarkable concert with exceptional performers.

The program was varied and diverse, taking the audience from calming Spanish themes, through to intense and precise heavy metal riffs, with lots of magic in between.

The quality of each of the performances was outstanding, and the expression of these upcoming musical superstars kept the audience captivated. Credit must go to the performers on stage. To reach that level highlights the level of dedication and practice these musicians have applied to their craft.

Whilst we were divided on our thoughts as to what was the best performance, we all walked away from this concert invigorated by the excitement and passion these performers shared with us. A truly inspirational concert.

As the girls discovered, If you aspire to be a musician and perform to full concert halls, believe in yourself. Stay focused on the goal of improving. Keep practicing even when it's challenging and go see as many live concerts as possible. Experience first hand the amazing nature of live concerts. The rewards outway the (many) little steps it takes to get there.



Dear Families

Every year we have students from the Kichijo School in Japan come to NEGS to study for one year, whilst also learning more about our culture and lifestyle. This year we are delighted to welcome Shiori and Ei.

suitable and safe accommodation for these holiday periods. Once again we appeal to our wonderful NEGS community to consider hosting the girls. We are extremely grateful for the families who have kindly hosted the overseas students in the past, welcoming them into their homes and enabling the girls to experience life in Australia. The girls' families are most grateful for the hospitality that our NEGS community extend and feel at ease knowing that their daughters are safe and being cared for whilst being in a foreign country.

We understand that hosting a student for any period of time can be expensive, so if you are able to host one or more of our international students please contact me (selina.croft@negs.nsw.edu.au) as soon as possible for further information, including details relating to the remuneration offered.

Holiday time is almost upon us and we are looking for NEGS families to host Ei and Shiori during this time. Like many overseas students, they find it difficult to return home for holidays when our boarding houses close. With the students' wellbeing always foremost, we endeavour to help them find

**Please note that the holidays are:
11 April - 29 April.**



Gemma Sisía AT NEGS

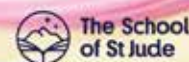
NEGS is pleased to welcome back former NEGS teacher and New England local Gemma Sisía to NEGS in March.

Please join Gemma at NEGS to hear about the School of St Jude, followed by afternoon tea in the NEGS gardens.

**THURSDAY 21 MARCH 2019 AT 1:45PM
NEGS ARMIDALE School Chapel**

Book your tickets now at
<https://www.trybooking.com/BBFNM>

All profits raised will go directly to the School of St Jude.



NEGS Library News

Miss Laura Cambridge



WEEK 6

Transition, Kindergarten and Year 1 and 2 have not missed out on the travel theme in the library this term. They too have been travelling and gaining visas for their passports throughout the weeks as they visit different countries through a variety of books.

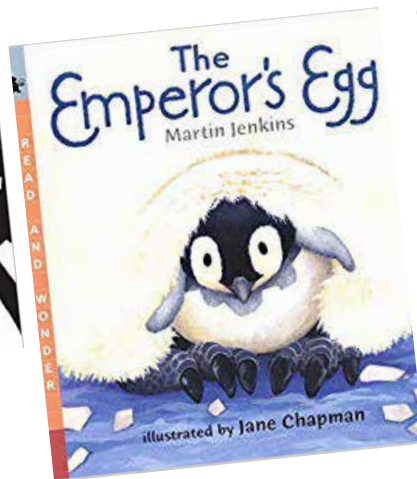
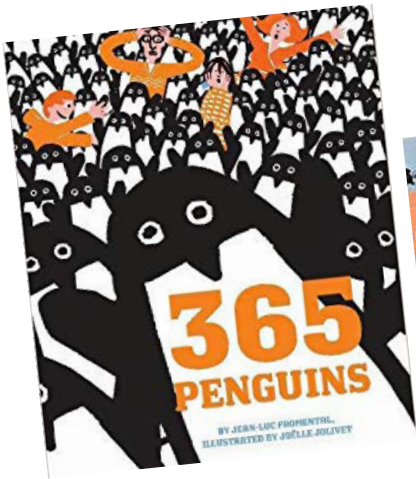
This week the infants of NEGS Junior School are off to Antarctica. Who doesn't love a good story about penguins?

There are stacks of options in our library including 'The Emperor's Egg' and '365 Penguins' (a personal favourite due to the Mathematics theme). Students will have the opportunity to make their own factbook about penguins to share with you.



Did you know that the Emperor Penguin is the tallest penguin and can reach as tall as 120cm in height? That's taller than some of the students reading about them this week!

Happy reading!



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!

Engage

INFORMATION SESSION



ENGAGE

NEW FAMILY PORTAL

INFORMATION SESSION

Dear Families

NEGS will be holding an Engage Portal information session on

THURSDAY, 7 MARCH AT THE NEGS ASSEMBLY HALL AT 5.30PM-6.30PM

There will be a Youtube video available for those families or staff who cannot attend.

To RSVP for this event please click on the link below or for further information, please contact the NEGS Reception on 02 67748700.

NEGS Equestrian Centre

Mr Imtiaz Anees



COMING UP
20TH MARCH - 5TH APRIL

NEGS Equestrian
Annual USA Tour



Polocrosse Clinic

WITH ELLA ELKS,
ALLAN & RYLE
WAUGH

NEGS Equestrian | 16th March 2019

To register:

E: equestrian.centre@negs.nsw.edu.au

P: 6774 8717

PLACES ARE LIMITED



NEGS Equestrian will be holding a Stockman's Challenge on 20 March at the NEGS Equestrian Centre. Dry pattern work will be judged on the day.

The entry fee for NEGS students is \$44.00 and for outside competitors it will be \$66.00.

For further details or to register, please contact NEGS Equestrian on: 02 67748717.

Entries close: Monday, 18 March 2019.

If you require to use a NEGS horse please contact the Equestrian Centre.

Please note that this will incur an additional cost.

NEGS Armidale will be holding a Ribbon Day on 20 March at the NEGS Equestrian Centre. There will be hacking and rider classes for under 12's and over 12's categories.

The event will be judged by NEGS High Performance Show Riding coach, Mrs Justine Aitken. The entry fee for NEGS students is \$44.00 and for outside competitors it is \$66.00.

For further details or to register, please contact NEGS Equestrian on: 02 67748717. Entries close, Monday 18 March. If you require to use a NEGS horse please contact the Equestrian Centre. Please note that this will incur an additional cost. We look forward to seeing you there.



CROSS COUNTRY

With the construction of the NEGS Regional Sporting Complex adjustments will be made to the NEGS Cross Country course. The course will be finalised in the coming weeks and will be distributed to students and parents.

NETBALL

Girls who are playing netball for NEGS in 2019 will need to register before the start of the season using the following link. <https://netball.resultsvault.com/common/pages/reg/welcome.aspx?type=1&id=22727&entityid=51251>

FOR NEGS JUNIOR SCHOOL STUDENTS BETWEEN THE AGES 5 - 10

NETSETGO IS A JUNIOR ENTRY NETBALL PROGRAM. REGISTRATIONS FOR THIS PROGRAM CAN BE COMPLETED USING THE FOLLOWING LINK

<https://netball.resultsvault.com/common/pages/reg/welcome.aspx?id=46347&type=6&save=0&entityid=39132>

For families who will be using the Active Kids voucher, during the registration process it will prompt you for your number. Please note this year students playing netball will need to pay upfront. There will not be an option for this to be charged to your accounts.

COMMUNITY SPORT

The 2019 Campus to City Canter is coming up on March 16th, from 8am at Sport UNE, and online entries are open here: <https://2019c2cc.eventdesq.com>

NEGS will be providing transport for students who are interested in participating.

Grant assistance for representative athletes

Talented athletes from the Armidale region can receive financial assistance to contest high-profile events.

Competitors set to represent NSW or Australia between 1 July 2019 and 30 June 2020 are invited to apply for this year's round of Armidale Regional Sports small grants.

Athletes representing Australia are eligible for a small grant of \$500, while \$250 grants are available for selected athletes competing for NSW.

The money can be spent on anything related to the competition, including travel, accommodation and registration fees.

Athletes must be aged between 10 and 35 and reside in the Armidale Regional Council area. Successful applicants can only receive one small grant per financial year.

For more information and application requests, contact Sports Coordinator Amy Biggs at sportscouncil@armidale.nsw.gov.au or on 6770 3869.

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.



The Brave Program.



Four FREE online self-help sessions



UNIVERSITY OF SOUTHERN QUEENSLAND



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

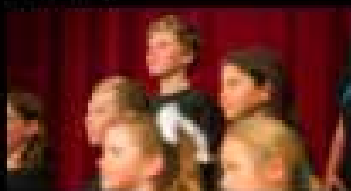
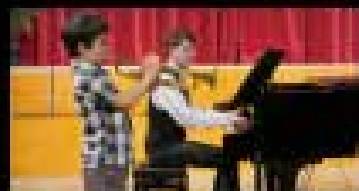
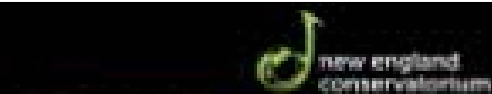
June 16

July 21

August 18

September 15

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



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

COMMUNITY News

LOCAL BUS TRANSPORT NEWS

We have been experiencing large delays due to increase traffic at ASC and PLC. This has caused all red buses that transfer at Martins Gully to run over 10 minutes late daily.

From Monday the 4th of March the Martins Gully red bus transfers will be moved to Drummond Memorial School. This will improve time by up to 10 minutes.

The location is in fact safer, with a better line of sight between buses, it's not on a hill and three of the seven buses doing the transfer do not have to negotiate Kentucky and Miller St's intersections any more. The bus that attends your school is unchanged and you will not notice any difference.

The transfer has been moved from:

Martins Gully to Drummond Memorial.

The transfer will occur at approximately 3.45pm.

All buses should then be on time.

Bullying No Way!

National Day of Action
March 15 - Friday Week 7

Theme - Everything Blue

Bring some Gold Coins for Mufti Dress
and Cupcake Stall at lunch

All proceeds will go to  Dolly's Dream



Come and try AFL Auskick!

Saturday 30th of March, 12.30pm
Consett Davis Fields, Sport UNE

Suitable for 5-12 year old boys and girls.
Explore the world of AFL, building football skills
and playing in a safe and super fun setting!



FOR MORE INFO OR TO REGISTER ONLINE VISIT:
www.aflauskick.com.au

ARMIDALE COORDINATOR: Sarah
armidaleauskick@gmail.com | 0402 052 987



Proudly supporting Dolly's Dream

National Day of Action - Bullying No Way - Take Action Everyday.

FRIDAY 15TH MARCH

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.



MELANOMA MARCH

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

Neither will we.



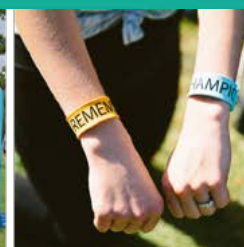
Join our family friendly events across Australia and take steps to end melanoma.



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

