



NEGS
MORE THAN
A SCHOOL

NEGS Newsletter

Term Two - Week 2, 7th May, 2019

2019 CALENDAR DATES

TERM TWO

Monday 29 April	Boarders return
Tuesday 30 April	CLASSES COMMENCE
	Art/D&T/Textiles Excursion
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 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
Thursday 1 August	IGSSA Netball / Hockey Rd 1
Tuesday 6 August	Formal Assembly
Thursday 15 August	IGSSA Netball / Hockey Rd 2
Friday 16 August	CAPAD Presentation Evening
Monday 19 August	Trial HSC Examinations
Wednesday 28 August	IGSSA Athletics
Wednesday 11 September	Year 11 Yearly Examinations
Friday 13 September	Old Girls' Weekend
Saturday 14 September	NEGS Spring Ball
Thursday 19 September	IGSSA Finals
Monday 23 September	Year 11 Leadership Camp
Thursday 26 September	Valedictory Day
	LAST DAY TERM THREE

TERM FOUR

Monday 14 October	Boarders return
Tuesday 15 October	CLASSES COMMENCE
Thursday 17 October	HSC written examinations
Friday 22 November	Celebration of Sport
Saturday 23 November	Year 10 Semi-Formal
Monday 25 November	Year 10 Work Experience
	Year 9 camp departs
Thursday 5 December	Festival of Nine Lessons and Carols
Friday 6 December	Year 7 - 11 Speech Day
	LAST DAY TERM FOUR

From the Principal



MRS MARY ANNE EVANS

“ Welcome to a busy Term 2 and an especially warm welcome to all our new families. The School resumed with an impressive Scholarship Day on Monday, 29th April and what was most pleasing was the calibre of applicants and their desire to be a NEGS girl. The word is spreading about our wonderful school and the increasing number of students who are present on the day is a continuing and pleasing trend in recent times.

Each school term presents a changing landscape for all of us to successfully navigate together. There is a continuously busy schedule of school work and co-curricular commitments to negotiate this term, which is a condensed one with a public holiday combined with significant school events such as Junior School Open Day; Scholarship Day; Talented Athlete Program Trials; Athletics Carnival; Mother's Day Morning Tea; Years 3, 5, 7 and 9 NAPLAN testing; Coona Horse Expo; Wingham Beef Week - all of these things can interrupt our students from establishing their regular routines and, in some instances, their schoolwork focus can be temporarily lost. We need to be conscious that it is a term where the weeks slip by ever so quickly thus organisation and balance are key. These factors make a good start to the term important for all students.

Another factor taking away our student's abilities to manage their time is excessive use of digital media. Whilst there is no doubt that social media has a valuable place in our society, like everything else, it needs to be balanced and appropriate. I have attached for your interest the latest research by Professor Jean Twenge's linking girls' use of digital media to increases in depression and serious psychological distress.

Until next fortnight.

Girls' use of digital media linked to depression and serious psychological distress

Issue 6/2019: April 17, 2019

The release of a new study by renowned Professor of Psychology at San Diego State University, Jean Twenge, has confirmed her earlier research findings that rates of serious psychological distress and major depression have risen significantly in American teens and young adults between 2005 and 2017.

Twenge and her colleagues used data from the National Survey on Drug Use and Health, a nationally representative survey of over 600,000 American adolescents and adults. Overall, they found that adolescents and young adults experienced higher rates of serious psychological distress, depression and suicide in the late 2010s than in the 2000s. As these trends are "weak or non-existent" in adults aged 26 and over, this suggests "a generational shift in mood disorders and suicide-related outcomes rather than an overall increase across all ages".

From 2005 to 2017, average rates of a major depressive episode in the past year increased from 8.7% to 13.2% in teens aged 12-17 and from 8.1% to 13.2% in young adults aged 18-25. Rates, however, were much higher in girls than boys. In girls aged 12-17 the rate increased from 13.1% to 19.9% (one in five). Nearly all of these increases occurred after 2010.

FROM THE *Principal*

Mrs Mary Anne Evans

THE LARGEST INCREASE IN SERIOUS PSYCHOLOGICAL DISTRESS OCCURRED IN YOUNG ADULTS AGED 20-21, THOUGH THE 18-25 YEAR OLD GROUP ALSO RECORDED A SIGNIFICANT INCREASE. THE HIGHEST RATE OCCURRED IN YOUNG PEOPLE BORN IN 1999, OF WHOM 8.2% REPORTED SUFFERING SERIOUS PSYCHOLOGICAL DISTRESS IN THE PAST MONTH.

Suicide-related outcomes (suicidal ideation, plans, attempts, and deaths by suicide) in the past year also increased in young adults aged 18-25. As Twenge and her colleagues note, however, the low base rate "suggests that these results should be interpreted with caution". For example, twice as many in the iGen cohort born in 1999 reported thinking about suicide compared with the Millennial cohort born in 1982 (7.8% vs. 3.8%), while 2.9% of the iGen cohort and 1.0% of Millennials reported having made a suicide plan.

For age groups ranging from 18-19 up to 65+, the rate of deaths by suicide increased between 2008 and 2017 with the highest increase of 56% occurring among young adults aged 18-19. Significant increases of over 30% were also seen in adults aged in their 20s and early 30s. In real terms, this translates into the suicide rate for 18- to 19-year-olds increasing from 9.33 per 100,000 (0.00009%) in 2008 to 14.53 per 100,000 (0.00015%) in 2017. While these figures may appear low, according to the Australian Bureau of Statistics, suicide was the leading cause of death in 2017 for Australians aged between 15 and 44.

Twenge and her colleagues were also interested in the effect of factors including sex, race/ethnicity and income levels on the mood order indicators of psychological distress, major depressive episodes and suicide outcomes. Their results indicate that the increase in adolescent major depressive episodes was larger for girls than boys, while the increase in serious psychological distress, major depressive episodes and suicidal thoughts, suicidal plans and suicide attempts were all larger in women than men.

It was also found that increases in mood disorder indicators were generally larger among White Americans than Black Americans, Hispanic Americans and Asian Americans, and that larger increases occurred among individuals with the highest total family income. Twenge and her colleagues write that:

This suggests the largest increases in mood disorder outcomes occurred among higher socioeconomic status White women and girls.

Overall, a rise was found in mood disorder indicators and suicide-related outcomes between those born in the 1980s and those born in the 1990s (late Millennials and early iGen). As past major depressive episodes (MDE) are a strong predictor of an increased risk of MDE recurrence, the generation born in the 1990s may be more likely to experience mood disorders throughout their lives. This is concerning given that earlier onset of mood disorders predicts increased odds of chronicity (that is, a condition becoming chronic), recurrence, psychiatric and medical hospitalisations, impaired functioning, suicide attempts, and death by suicide.

TWENGE AND HER COLLEAGUES WRITE THAT WHILE THE CAUSE OF THE REPORTED TRENDS IS UNKNOWN, THEY CAN STATE THAT IT IS NOT RELATED TO CYCLICAL ECONOMIC FACTORS. THIS IS BECAUSE THE INCREASE IN MOOD DISORDER FACTORS OCCURRED DURING A PERIOD AFTER 2011 WHEN THE US ECONOMY WAS EXPANDING AND UNEMPLOYMENT WAS FALLING. SUBSTANCE ABUSE IS ALSO NOT LIKELY TO BE A CAUSE AS STUDIES SHOW THAT DRUG AND ALCOHOL USE BY ADOLESCENTS AND YOUNG ADULTS IS STABLE OR FALLING. SO WHAT IS THE CAUSE OF THE REPORTED TRENDS? POSSIBILITIES THAT CANNOT BE RULED OUT INCLUDE:

Increased reporting of mental health issues: Younger cohorts may be more willing to admit to mental health issues. There may also be more accurate reporting of death by suicide by coroners and medical examiners; increased reporting of non-suicidal self-injury by hospital staff; and increased hospitalisation of adolescents for suicidal ideation and attempts.

Increased use of electronic communication and digital media: Previous studies show that individuals who spend more time on social media report lower wellbeing and are more likely to be depressed, while general internet use and involvement in cyberbullying (as victim or perpetrator) are linked to depression, self-harm, and suicidal thoughts and behaviours. Jean Twenge also notes in her contribution to the World Happiness Report 2019 that studies show that internet and social media users may feel that "their lives are inferior compared with the glamorous 'highlight reels' of other's social media pages", while those who limit or cease digital media use improve their wellbeing.

Sleep: Sleep duration in American adolescents and young people is declining, with one study finding an insomnia rate of 18.5% in university students compared with 7.4% in the general population. Previous studies have also found that compromised sleep is a major risk factor in the onset, recurrence, chronicity, and severity of major depressive episodes, and that sleep disturbances are linked to suicidal ideation, suicide attempts, and death by suicide. In addition, recent studies have linked time spent on electronic devices with shorter sleep duration and poorer quality of sleep, while other studies have found that problematic internet and social media use are linked to sleep disturbances and depressive symptoms.

In the *World Happiness Report 2019*, Jean Twenge concludes that the large amount of time adolescents spend on digital devices is either directly linked to unhappiness and/or that it displaces time spent on activities proven to increase happiness, including sleep, sport and exercise, face-to-face social interaction, volunteer work, going to the movies, keeping up with news and current affairs, and attending religious services. In fact, the Monitoring the Future survey for 2013-2016 found that all activities correlated with general happiness in American 8th and 10th graders are non-phone activities, while all activities carried out on phones, including listening to music, using the internet, computer games, social media, texting, video chats and phone calls were negatively correlated with happiness. With one recent study finding that girls spending five or more hours a day on social media are three times more likely to be depressed than non-users, it seems more important than ever to switch off, reconnect and rediscover genuine happiness.

REFERENCES

- Australian Bureau of Statistics. (2018, September 26). Causes of death, Australia, 2017. (Cat. no. 3303.0). Retrieved from: <http://www.abs.gov.au/ausstats/abs@.nsf/mf/3303.0>
- Twenge, J., Cooper, A., Joiner, T., Duffy, M. & Binau, S. (2019, March 14). Age, period, and cohort trends in mood disorder indicators and suicide-related outcomes in a nationally representative dataset, 2005-2017. *Journal of Abnormal Psychology*. Advance online publication. DOI: 10.1037/abn0000410
- Twenge, J. (2019). The sad state of happiness in the United States and the role of digital media. In J. F. Hellmuth, R. Layard & J. D. Sachs (Eds), *World Happiness Report 2019* (pp. 87-96). Retrieved from: <https://worldhappiness.report/ed/2019/>

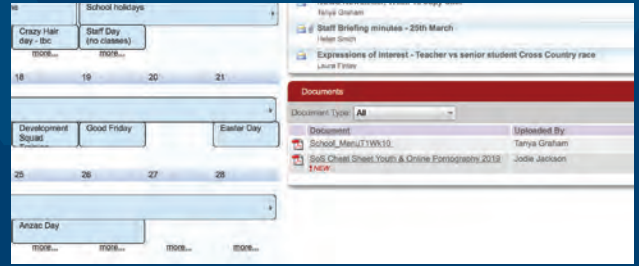
WEEKLY Menu

NEW LOCATION ACCESS

Dear Parents, Students and Staff,

Our weekly menu from P2T Catering, is now available via the Parent portal .

You will find the menu under the Documents tab.



School Drive Subsidy

The School Drive Subsidy is available to NSW residents in areas where there is no public transport, to drive an eligible student all or part of the way to school. The subsidy is only intended to partly offset the cost of using a private vehicle to drive the eligible student and is not intended to cover all costs. Transport for NSW administers the School Drive Subsidy scheme.

The subsidy is for driving school students to school or to the nearest transport pick up point, by car, motorcycle or boat.

For more information and the application process please visit

<https://apps.transport.nsw.gov.au/ssts/schoolDriveSubsidy>

At NEGS I require a travel diary to be completed at the end of each Semester, i.e. end Term 2 and end Term 4, and returned to me. These diaries are available from the NEGS Engage Parent Portal.

If you have any queries, please contact me at helen.smith@negs.nsw.edu.au or by phone (02) 6774 8700.



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Mothers' Day

MORNING TEA

Friday, 24th May 2019

10:30 am | Harris Park, Kirkwood Street Armidale

Join us at the Athletics Carnival marquee to celebrate Mothers' Day.

"We have decided to hold this event during our Athletics carnival, to make it easier for our parents to attend. Please note the change of venue and time."

RSVP: Thursday 23rd May. Please specify any Dietary requirements.

Trybooking: <https://www.trybooking.com/BCGDQ>

NEGS Reception 02 6774 8700 or reception@negs.nsw.edu.au

P&F DINNER

AT

Merilba

ESTATE

P&F Fundraiser

Join us for our major fundraiser event for 2019, launching the NEGS P&F 'Buy a Paver' Fundraiser.

Tickets are limited so 'Save the Date' Friday 24th May, 2019.

\$80 pp includes: return bus to Merilba Estate, drink on arrival, canapés and dinner.

There will be a cash bar available.

Book your tickets here:

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

NEGS P&F

Meeting



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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.

Tuesday 7th May, 6pm

NEGS Library

Video conferencing will be available for all families that cannot make it in person. If you wish to attend via video conferencing, please RSVP to it@negs.nsw.edu.au

BOARDING News

Mrs Donna Garrad



(L-R) Katie Morrow from Mirani, North Queensland. Population 1541, 36km west of Mackay, Kate Cruickshank from Yulara, NT, Population 1099, 18km from Uluru, Cilla McCamley from Rolleston, Queensland, Population 129, 335km west of Gladstone, Akasha Beresford from Eulo, Queensland, Population 48, 64km west of Cunnamulla, Kiralee Wade from Tanami Desert, NT, Brooke McKenna from Berry Springs, NT, 57km from the NT capital Darwin.



Mrs Donna Garrad

Saumarez House

Saumarez House would like to welcome back our residents for Term 2.

This term we are joined by Kiralee Wade all the way from the Tanami Desert in NT. A warm welcome to Kiralee and her family from Saumarez House.

Kiralee is a keen equestrian student and has been a secondary student of the Northern Territory Distance Education Network since Year 7.

Pictured above with Kiralee (2nd from right) are some other Saumarez residents who have also ventured far from home to take advantage of the opportunities of being a NEGS girl.



Ella Holmes Anika Langfield, Rosie Miller & Sahvanah Hunt-Falkiner

Kirkwood House

Kirkwood would like to Welcome Rosie Miller from Newport in Sydney as a Year 10 boarder.

Rosie is an Ambassador/sponsored rider and is keen to take advantage of the Equestrian facilities on offer at NEGS.

Rosie also has a passion for English and Drama and had today enjoyed the Ag excursion getting to see some of the regional countryside and meet some new friends at NEGS with Mr Fisher accompanying the girls.

TAYLOR NAYLOR-TAGGART - HOUSE MOTHER

BOARDING News

Mrs Donna Garrad



Photos of our Yr 8's in White House welcoming our new boarder, Megan G.

White House

A warm welcome to Megan Gerigk from Northmead NSW.

Week 2, we commence compulsory boarders activities, where Year 11 boarders mentor the Year 6 & 7 boarders for an hour each Monday and Wednesday afternoons. They develop friendships over outside activities and craft based indoor activities as a means of reducing screen time after school.

In White House we have an amazing time, sharing laughs, ups and downs together which contributes to developing a real sense of friendship and family that will last a lifetime!

SARAH BRUCE - HOUSE MOTHER

"NEGS is an amazing school, with the kind staff and amazing friends I have already made. As a whole, NEGS so far has been a great experience for me, the opportunities are endless. I know that NEGS can only offer more and the experiences can only get better."

Megan G

ATHLETICS

Carnival



NEGS Athletics Carnival, Friday 24th May - 8:30am

Join us for the 2019 NEGS Athletics carnival. Due to the our athletics track currently being under construction, we will be holding the carnival at Harris Park this year. As we will have many of our wonderful families attend the carnival, we will also be hosting a Mother's Day Morning Tea under the marquee.

For further details, please contact NEGS Reception on 02 67748700.

NEGS NEWS



NEGS student Sienna R was fortunate to get up close and personal with retiring race horse Winx after her last ever race at Randwick last month. Sienna has seen her race several times and she was thrilled to have the Winx strapper bring her over to specifically meet Sienna after the race, as there was a crowd 10 deep behind Sienna.

TOOWOOMBA ROYAL

Molly Michell-Smith competed at the TOOWOOMBA ROYAL with her pony Windason Park Shine who won his led Riding Pony class and placed second in his led Saddle Class. Molly's Hunter Hack Ballymount Lord Rubin placed 6th out of 29 in his Novice Hunter Hack class, 6th in the Open Hunter Hack class, 4th Child's Hunter Hack class and 4th in Ridden Warmbold class.

QUIRINDI ODE

Hazy has been hard at it again but has gone from Toowoomba Royal to Quirindi ODE....He's a jack of all trades!

Molly competed at the Quirindi International ODE in April. Placing 4th in the Horse 80cm class and 2nd place Junior in the 80cm class.

Anna Jarvis very kindly helped Molly out by walking the SJ course with her and warming Molly up for XC and SJ....

Anna competed in Open 95cm class placing 13th and Bridgette Dalmau also did very well winning the Rider 95cm class.



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supported by RUGBY NSW



2019
NEGS Rugby
Program

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

High Performance Coaching | Strength and Conditioning
Sports Nutrition | Sports Psychology | Physiotherapy

NEGS NEWS



NSW INTERSCHOOL STATE TEAM

NEGS Armidale continues to produce outstanding young horsewomen. A huge 'Congratulations' to Katie H and Anna J who have been selected into the NSW Interschool State team to compete at Nationals in September. Katie qualified in the Combined test 105cm and Anna qualified for Eventing 95cm. Their dedication, along with the individual training and support from our qualified Equestrian coaches have paid dividends, and the girls are to be congratulated on such an incredible achievement.

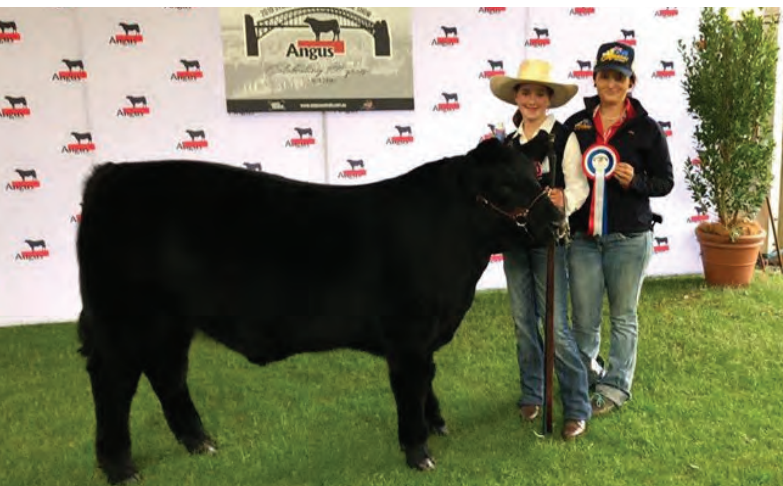
NEGS GIRLS

Together since Junior School! These fabulous Year 12 girls have loved being here at NEGS since they started in the Junior School.



SYDNEY ROYAL EASTER SHOW

It was wonderful to see so many NEGS Armidale students competing at the Sydney Royal Easter Show during the holidays. Well done to Jessica M. who had some fantastic results in the cattle showing arena, coming away with a 3rd in the Open Light Weight Steer, 3rd in the Open Middle Weight Steer and a Highly Commended in the Open Heavy Weight Steer. She also Received Champion Light Weight Angus Steer and Reserve Champion Middle Weight Angus Steer.



HOCKEY NSW STATE CHAMPIONSHIPS

Well done to NEGS Armidale students Laura S, Olivia C, and Brielle B, who were recently selected into the Hockey New England Under 15 Representative team to play at the NSW State Championships in Wagga in June.



NEGS NEWS



GYMKHANA AND ENDURO WEEKEND

Over the Easter break Akasha helped organise and run a motor bike gymkhana and Enduro. Akasha had the honour of presenting a memorial trophy for Uncle Sam to the winner of the Double Barrels.

To finish the weekend off we had 5 & a half inches of rain at our property Mooning Station Eulo South West QLD

TAMWORTH DRESSAGE

Congratulations to Junior School student Abbie K. who competed in the Tamworth Dressage competition placing in the under 13's as follows:

Preliminary 1A 1st | Preliminary 1B 2nd

Novice 1A 2nd | Novice 1B 1st



NSW PONY CLUB & CAMP DRAFT CHAMPIONSHIPS

The first weekend of the school holidays Madison S. was part of the QLD team to compete at the NSW pony club sporting and camp draft championships held at Merriwa.

Madison S. and her horse *Chicago* came away 1st overall in the 11y and under 13 age group in the sporting and 8 th overall in the camp draft.

NEGS TWILIGHT MUSIC CONCERT

Save the Date:

Our next performance will be held in week 5

TUESDAY EVENING, 28TH MAY.

This concert will be held in the NEGS Chapel so we can hear the lovely organ being played.

It will be a wonderful night showcasing our talented music students.

There will be a light supper provided and we look forward to welcoming you all.



FROM THE HEAD OF *Junior School*

Mr Andrew Travers

Welcome back to Term 2

I hope that everyone has had a well-deserved rest over the Easter break and are ready for another busy term.

As per the beginning of every term, the students will be hitting the ground running with many upcoming events and activities which include: PSSA Cross Country, Life Education visit (Healthy Harold), NAPLAN (Years 3 & 5), Armidale Eisteddfod, NEGS Athletics Carnival plus many more.

This term we will be running many co-curricular activities, including Mud Club, Livestock Team and Dance. We are very excited to also introduce the launch of both STEM Club and Coding Club which will both be held upstairs in the recently renovated John Horbury Hunt building. We will notify parents of commencement dates and more details for these activities soon.

Our Winter sport program will soon commence so please check your Engage message from the NEGS Director of Sport, Mr Josh Cohen, for training times.

For our Friday sport, NEGS Junior School Sports Co-ordinator, Mrs Liane Nixon, has organised Athletics with Jay Stone and Gymnastics. Infants and Primary will be separate for these as they will be age appropriate. Please make sure that you have completed the Google Permission form so your child can attend Gymnastics.

A gentle reminder that students are to now wear winter uniform, including their blazers on Mondays, Tuesdays and Thursdays in Terms 2 and 3. Students are to wear their PE uniform on Wednesdays and their House sports uniform on Fridays.

I am thrilled to formally welcome two new students to the NEGS Junior School Community. Jack Campbell in Year 3 and George Mackenzie in Year 4. George's mum is a NEGS Old Girl and it is wonderful to see another NEGS Old Girl family continue the family tradition of sending their children here to NEGS.

Finally, some other exciting news I would like to announce is our Year 5 teacher, Ms Emma Pracy is expecting her first child later this year.

Best regards



ANDREW TRAVERS - Head of Junior School



TERM TWO:

WEDNESDAY 8TH MAY

Life Education
PE Uniform
5/6 Netball Training,
U9/U11 Hockey Training
U7 Soccer training (Lunch)
Dance

THURSDAY 9TH MAY

Life Education
Cattle Club
Junior School Open Day

FRIDAY 10TH MAY

Life Education
Sport Uniform
U7 Soccer training (Lunch)

MONDAY 13TH MAY

Cattle Club
Mud Club
U13 Hockey Training

TUESDAY 14 MAY

Dance
NAPLAN (Years 3/5) -
Writing TBC

WEDNESDAY 15TH MAY

Dance
5/6 Netball Training,
U9/U11 Hockey Training
U7 Soccer training (Lunch)

THURSDAY 16TH MAY

Cattle Club
NAPLAN (Years 3/5) - Reading TBC

FRIDAY 17TH MAY

Sport Uniform
U7 Soccer training (Lunch)

THURSDAY 11 APRIL LAST DAY OF TERM ONE



JUNIOR SCHOOL *Open Day*

Thursday 9th May 2019

NEGS Junior School is now taking enrolments for 2020.

Ever wondered what it is like at NEGS Junior School?

Come and join our teachers and students for our 2019 Junior School Open Day!

9:30am - 11:00am Transition & Kindergarten | 8:45am - 3:20pm Years 1 - 6



Junior School

Year 1 / 2

Year 1 / 2 Classroom News

Year 1/2 have been doing some very exciting things in the classroom. Students were asked to research an animal of their choice then design and make a 3D display of their environment. They had a wonderful time completing their creations.

VICTORIA PACKER
Year 1 / 2 Teacher



Mrs Victoria Packer





YEAR 1 / 2 - 3D CREATIONS



JUNIOR Sport @ NEGS

Mrs Liane Nixon

Junior School Sport Report

Students have settled back quickly after the holidays into many sporting events. They have begun their participation in gymnastics and athletics sessions on Friday afternoons and are all very keen to begin their winter sports this coming weekend. We are very fortunate to have 3 hockey teams, a netball and a soccer team representing the Junior School in the community this year. Please ensure you have the correct uniform and equipment for your sport ready for Saturday. Good luck to all teams this season.

On Friday 3 May, the following group of students represented our school at the annual PSSA Cross Country Carnival.

Prudence Chapman	Thomas Brazier	Connor Sweeney
Luke Stepney	Lara McAlary	Felicity Chapman
Bella Fittler	Claire McAlary	Louisa Duarte
Charlotte Williams	Emily Towne	William Knox

This carnival involves all schools from our local area and was held at the University of New England. The course can be rather challenging in places and these students performed their best, especially after a long break, and came home with wonderful results. Congratulations to all students on your efforts and exemplary behaviour throughout the day.

ATHLETICS CARNIVAL

A reminder to complete the nomination form sent out by Mr Cohen via the ENGAGE portal for your child's athletics carnival entries. This form is for students who are turning/turned 8 this year and older. K-2 (under 8yrs old) will be joining the school for part of the day and information regarding their organisation will be sent out to parents shortly.



UPCOMING SPORTING EVENTS:

Term 2

Friday 24 May - School Athletics Carnival

Term 3

Friday 2 August - PSSA Athletics

Monday 26 August - IPSHA Athletics



2019 Senior Art, Design, Music Excursion to Sydney

The annual Art and Design Excursion to Sydney was another huge success in Week 1, Term 2. Year 11 students from Visual Arts, Design & Technology, Textiles & Design and Music as well as the Year 12 Visual Arts visited and experienced a variety of galleries, studios and performances.

The excursion is always such a valuable learning tool for the students as it exposes them to such an extensive plethora of practitioners and their work, that can then be discussed when they return to the classroom.

I would like to thank the girls for their engagement and exemplary behaviour. As a teacher it was a delight to share this experience with them.

A huge thank you goes to Mrs Thomas and Mr Finco for overseeing the design and music portions of the excursion and facilitating a wonderful excursion for the students.



NEGS Music

Mrs Sally Spillane



WE HAVE HAD A BUSY FIRST WEEK IN THE MUSIC BLOCK ORGANISING WHEN ALL OUR MUSIC PERFORMANCES WILL BE HAPPENING THIS TERM.

First up we have the Armidale Eisteddfod where many of our groups from school will be performing. Please read the following information to see when your daughter or son will be performing. Please come along and enjoy their wonderful performances. They love seeing you in the audience if you can make it.

Our next performance evening will be our

Twilight Concert to be held in WEEK 5, TUESDAY EVENING, 28TH MAY.

This concert will be held in the NEGS chapel so we can hear the lovely organ being played.

We will hold our wonderful

'Night Of Music' on WEDNESDAY EVENING, 26TH JUNE.

Put these dates on your calendar as they are fabulous evenings of entertainment showcasing the many musical talents of our students at NEGS.

NEGS JUNIOR School Eisteddfod Times

TIME	GROUP	VENUE
Wednesday 15th May from 1.30pm	Saumarez Strings	NECOM Auditorium
Tuesday 21st May from 9.30am	NEGS Junior School K-2	Lazenby Hall, UNE
Wednesday 22nd May from 9.30am	NEGS Songbirds NEGS 3-6 Choir	NECOM Auditorium
Wednesday 5th June from 9.30am	NEGS Year 1-2 NEGS Year 4 NEGS Year 5	NECOM Auditorium
Wednesday 5th June from 12.30pm	NEGS Kindergarten NEGS Year 3 NEGS Year 6 NEGS Marimba Magic	NECOM Auditorium

NEGS SENIOR School Eisteddfod Times

TIME	GROUP	VENUE
Tuesday 21st May from 12.45pm	NEGS Year 7-8 Choir CH06	Lazenby Hall, UNE
Tuesday 21st May from 6.00pm	NEGS Senior Vocal Ensemble CH08 NEGS Staff Choir CH10	Lazenby Hall, UNE
Tuesday 4th June from 9.00am	NEGS Year 9-10 Class EN07	NECOM Auditorium

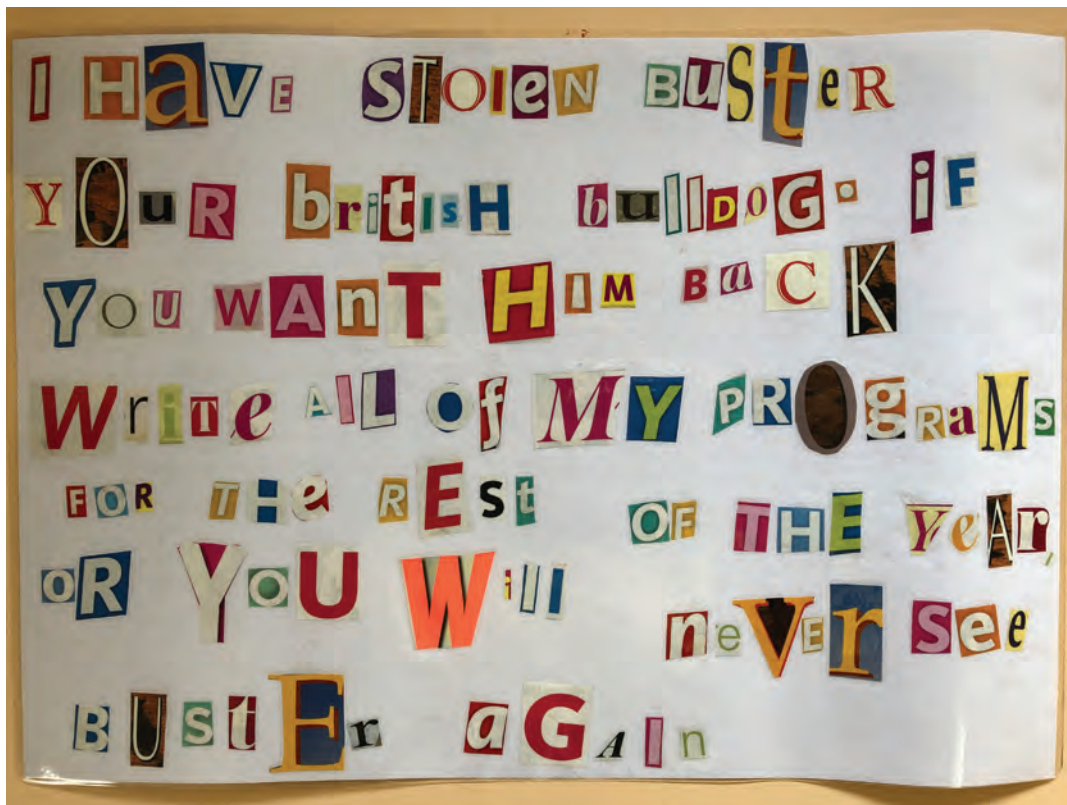
NEGS Library News

Miss Laura Cambridge

Something is afoot in the library...

Something is afoot in the library this term. Miss Cambridge has returned from her holidays only to find that her beloved Buster, the British Bulldog has been taken hostage!

Who could have done such a thing! The ransom is steep - it would appear that the kidnapper wants Miss Cambridge to write all their teaching programs for the rest of the year, otherwise Buster will not be returned.



Which sneaky Junior School teacher could it be?

Sandra McCode? Warren Riddler? Dianna Hidenseek? Darwin Puzzleton? Or Andrew Mazeman?



YEAR 5 AND 6 ARE ON THE CASE.

Hopefully they have the skills to solve the problems left by the suspects and bring Buster back safely to the library.

COMMUNITY News



Armidale Basketball Association

2019 Term 2 Aussie Hoops and Minibasketball

Aussie Hoops skills for Kinder – Yr 2 recommences on Sunday 5th May from 10 – 11am in 'The Den' at Armidale High School:

Aussie Hoops skills for players in yrs 3-6 recommences on Monday 6th May at 4-5pm. Miniball games for yrs 3-6 will commence after training at 5pm. We encourage all players in yrs 3-6 to turn up to participate in the skills training prior to their game. Registration covers both activities.

Both new and returning players should register online at www.aussiehoops.com.au. At the home page, click on 'Register now'; enter 2350 in the postcode Search box, then click on the location 'Armidale High School'. You will be taken to the registration page. The cost for returning players is \$50 for the 9-week term. The cost for new players is \$80 (includes a basketball, reversible training singlet and carry bag). There is a discount for second and subsequent children.

Aussie Hoops is Basketball Australia's official junior game development program for children aged 5 to 11 years. Children of all abilities learn basketball in a structured, inclusive and fun environment, developing fitness, skills and an understanding of the sport. The Aussie Hoops program aims to give children the basic skills they need to progress to and enjoy playing proper games.

Players in years 3-6 who register for Aussie Hoops will also be eligible to play Miniball.

Richard Stayner
rstayner1@bigpond.com
 Armidale Basketball Association
 Aussie Hoops Co-ordinator
 27 April, 2019



Waste > art & design competition

Celebrating the reuse and recycling of waste in our region through art & design.
 3-8 June 2019
 Entries close 30 May 2019

Armidale Regional Council is proudly supporting the local waste > art & design competition 2019.

The waste > art & design competition provides an opportunity for all residents in the Armidale Regional Council area to communicate the waste reduction message and to showcase their artistic and creative talents.

Entries will be accepted on Wednesday 29 May and Thursday 30 May 2019, venue to be confirmed.

Armidale Regional Council will provide vouchers for the winners in each of the competition categories.

An exhibition of the works will be held in an empty shop in the central mall area from 3 – 8 June 2019.

Entry is FREE so think creatively and start planning your art work now!



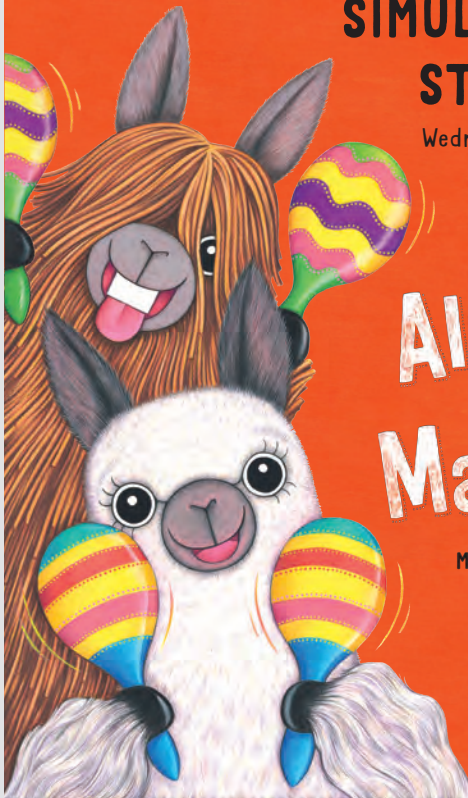
ARMIDALE Regional Council

Visit www.armidaleregional.nsw.gov.au for competition guidelines and entry form or see customer service at Armidale Regional Council, Armidale & Guyra Libraries.

#NSS2019
 #1millionkidsreading

NATIONAL SIMULTANEOUS STORYTIME

Wednesday 22 May 2019
alia.org.au/nss



Alpacas with Maracas

MATT COSGROVE



Play AFL Auskick in 2019!

Saturday's 12:30–1:45pm Bellevue Oval, UNE
 Starts 11 May

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

[facebook.com/auskickarmidale/](https://www.facebook.com/auskickarmidale/)

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

