



NEGS
MORE THAN
A SCHOOL

NEGS Newsletter

Term Two - Week 4, 21st 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

“ As the term marches on, and whilst most of us have already celebrated Mother's Day, I am reminded of a very apt saying that “GOD COULDN'T BE EVERYWHERE AT ONCE AND THAT'S WHY HE CREATED MOTHERS”.

When NEGS celebrates with our mothers this Friday morning at the Athletics Carnival, I am sure we all agree with these sentiments. It will be lovely to see as many mothers as possible on this occasion to not only acknowledge your special place in our hearts but also to watch the students giving their best on the track and field. Of course dads are just as welcome.

Recently the NEGS community has been touched by the passing of a significant member. Mr Peter Gall - a long time supporter of NEGS; Board Member; NEGS parent; fundraiser and philanthropic contributor - was a hard-working grazier and well-known figure in the Kingstown/New England community. Peter lived a long and full life and will be greatly missed by all that knew him. Please keep the Gall family in your prayers at this time.

In Weeks 3 and 4 of this term, our Years 3, 5, 7 and 9 students are participating in NAPLAN. In doing so, they will join students around the country in a series of tests that aim to assess the literacy and numeracy skills of young Australians. NAPLAN is a nationally mandated test that has existed since 2008. Notably, NAPLAN is only one aspect of how NEGS (and other schools) measure literacy and numeracy skills. It does not serve to replace ongoing assessments made by teachers about each student's performance. That said, it provides some valuable information about the progress of our students with regard to the kind of skills that provide the foundation for other learning.

Importantly, the NAPLAN tests provide schools and government authorities with information about how education programs are working and which areas need to be prioritised for improvement. The data derived from NAPLAN serves to ensure all Australian students receive an education that provides students with the skills needed for their productive and meaningful participation in the community. The NAPLAN tests, coupled with internal assessment items provide teachers at NEGS with information that serves to inform teaching and learning. It helps teachers to identify the opportunities for growth for each individual student within their classroom.

This will be the second year that NEGS has participated in online testing. Our experience last year suggests that online testing improves the engagement of our students. I wish all our students every success during this time.

WITH THE UPCOMING ATHLETICS CARNIVAL; MOTHER'S DAY MORNING TEA; P&F FUNCTION AT THE MERILBA ESTATE; TWILIGHT CONCERT IN THE NEGS CHAPEL; THE ARMIDALE EISTEDDFOD AND THE NORTHWEST EQUESTRIAN EXPO AT COONABARABRAN - THERE IS SOMETHING FOR EVERYONE AND A MYRIAD OF EVENTS TO BRING THE NEGS COMMUNITY TOGETHER. I LOOK FORWARD TO SEEING YOU ALL IN THE SUPPORT OF OUR WONDERFUL SCHOOL.

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.



NEGS
MORE THAN
A SCHOOL

Mother's Day

MORNING TEA

Friday, 24th May 2019

10:30 am | Harris Park, Kirkwood Street Armidale

Join us at the Athletics Carnival marquee to celebrate Mother's 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>



Can you assist the Jean Newall Archive Centre?

We always appreciate any items you send us, especially if it has some details attached such as the donor, the student name and date of attendance at NEGS. Equally important is information about any teachers, events or memories that are still remembered as significant even now.

Most of the items in the Archives have been donated by people who still care about the school and its demonstration of its history.

Maybe you can assist with a gap in our uniform collection?

For most of the 1920s-1930s and half the 1940s the NEGS uniform involved the standard 3-box pleated tunic with a girdle at the waist and a white blouse underneath – but we do not have any examples.

Do you have a tunic for our collection?

Can you tell me whether the tunic was black or navy?

All items sent will be appreciated and cared for and the Uniform Room is one of the most popular displays in the Centre.

DR. HEATHER FISHER

FROM THE DEPUTY *Principal*

Mrs Terri Swartz



We have welcomed some new students this term and I've had the opportunity to speak with each of them in their first weeks. I look forward to seeing how they embrace the opportunities available to them here at NEGS. Thank you to those who joined us on ANZAC Day or marched in their hometowns. Our Head Prefect, Daisy Meehan, spoke beautifully when she represented us as one of the students invited to read a prayer.

Our girls are the foundation of our NEGS community and I reminded them at Assembly on Tuesday to take the time to set the tone of the school by spreading warmth through acknowledgement of others. Taking the time to look up and greet the other members of the NEGS community as they go about their day at school shows the person that they are seen, valued and appreciated. I also reminded them that this is the key reason for not permitting the use of digital devices in locker rooms and during breaks in the school day; we wish to foster times where they have face to face communication and engage with the people around them.

We are now in the winter terms and I reminded students that if the weather is particularly cold and they are outside, they can wear the tracksuit jacket over their jumper and blazer. They are not allowed to wear the tracksuit jacket inside or without the jumper and blazer underneath. Each time a student accrues three uniform slips in a term, they receive two hours of detention. If the student has a legitimate reason for being out of uniform, they can see me for a uniform pass, but they only get one pass per term for forgetting or misplacing a uniform item.

I'VE HAD THE OPPORTUNITY TO SEE SOME OF WHAT OUR GIRLS ARE STUDYING IN THE CLASSROOM AND IT IS WONDERFUL TO SEE THEM BUILDING CRITICAL AND FLEXIBLE THINKING SKILLS AS THEY ENGAGE WITH CLASS ACTIVITIES AND ASSESSMENTS. THEY ARE NOT ALWAYS AWARE OF THE COGNITIVE ABILITIES THEY ARE DEVELOPING SUCH AS INFERRING, ANALYSING, JUSTIFYING AND DECODING AS THEY GO ABOUT THE TASKS OUR TEACHERS HAVE THOUGHTFULLY PLANNED FOR THEM. THESE ARE THE SKILLS AND ABILITIES THAT WILL BE REQUIRED OF THEM AS THEY NAVIGATE THE RAPIDLY EVOLVING SOCIETY IN WHICH WE LIVE.

There is plenty in the term ahead with the Athletics Carnival, Mother's Day morning tea, Armidale Eisteddfod, Tri-Schools Debating, North West Equestrian Expo, HSC Booster Day and Year 11 parent-teacher interviews already in the calendar. I look forward to seeing you during the term.

INDIGENOUS LEADERSHIP *Program*

Miss Taylor Naylor-Taggart

This year our Indigenous students are very lucky as they continue to be involved in the Australian Indigenous Mentoring Experience (AIME) program.

AIME is an educational program which encourages Indigenous high school students to finish high school and presents students with the confidence, opportunities and skills to make this happen.

We attended our first program day on Monday 13th May.



BOARDING News

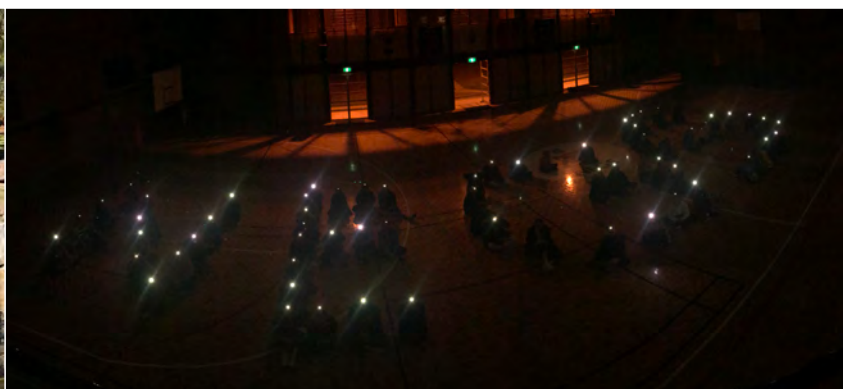
Mrs Stephanie Thomas - Director of Boarding



HAPPY NATIONAL BOARDING WEEK TO STUDENTS, STAFF AND FAMILIES IN BOARDING @ NEGS. LAST WEEK (SUNDAY 12TH MAY - SATURDAY 18TH MAY) WE CELEBRATED THE REASONS WHY BOARDING IS BENEFICIAL TO STUDENTS AND WHY BOARDING IS A GREAT OPTION FOR YOUR DAUGHTERS.

The theme of the week was 'Boarding Culture' and if you are active on social media you would have seen many photos that reflect our boarding culture at NEGS.

*They say 'a picture is worth a thousand words'
so I will let you enjoy the pictures to tell the story of our week in boarding.*



BOARDING News

Mrs Stephanie Thomas - Director of Boarding



JUNE LONG WEEKEND TRAVEL

Bookings are now closed for SSTS travel. If you have not submitted your travel form with information about your daughter's travel arrangements please do so as soon as possible. This can be sent to Miss Naylor in Kirkwood House (kirkwood.house@negs.nsw.edu.au).

The boarding houses will be closed by 8.30am on Friday 7th June and will re-open on Monday 10th June at 3pm. This is a public holiday and therefore there will be no staff on campus until this time.

LEVEL 4 WATER RESTRICTIONS IN ARMIDALE

As of Monday 20th May, Armidale will be on Level 4 water restrictions. I have talked to the boarding students about this and encouraged them to put in place strategies that would assist in reducing our water usage and therefore upholding the Level 4 restrictions. Some of these strategies include: limited time in shower (no more than 3 minutes), turn taps off whilst brushing teeth and if washing their hair, turn off the tap in between waiting for conditioner to do its thing...I hope we will see a reduction in our water usage over the next month.

Good luck girls.

ATHLETICS

Carnival



NEGS
MORE THAN
A SCHOOL



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



It was a great weekend of competition at the recent Tamworth International Eventing Championships. 9 of our younger team of NEGS riders competed in 60cm - 1 star, with many of the girls progressing up a division and competing for the first time in those competition levels. There were some fantastic results and the girls showed each other great support throughout the event.
Photo by Ozshots

U18 STATE CHAMPIONSHIPS

Chelsea and Hayley recently completed (10th, 11th & 12th May) together at the U18 State Championships for Tamworth in Taree.

From this tournament they selected 45 talented girls from all across NSW for the 2019-20 GIRLS AAP SQUAD in which Chelsea was named.

The Athlete Acceleration Program is aimed at talented players aged 16-18 and establishes a means for athletes from any area of the state to advance their skills to the elite level.

This will also be the preparation program for the Hockey NSW Under 18 Teams in 2019.

The Under 18's Hockey New England team are as follows:

Maible Chalmers, Charlie Chapman, Evey White, Penny Haynes, Olivia Clarke and Maggie Halliday.



NEGS
MORE THAN
A SCHOOL



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



ARMIDALE EISTEDDFOD

The audience received a delightful performance by NEGS Armidale student Laura S at the Armidale Eisteddfod last week. Laura received 1st place in the 13-15 Years String Championship. We look forward to many more wonderful performances by our NEGS students.

NEGS students are continuing to impress the judges at the Armidale Eisteddfod. Congratulations to Annabelle S who won both Brass Solo (18 years and under) and Brass Solo, any piece from AMEB Lists C or D (AMEB Grade 6 and above standard).

WINGHAM BEEF WEEK

With over 500 competitors, NEGS Armidale continues to impress judges at the Wingham Beef Week again this year. The girls are having a great time and have experienced a lot of beef industry learning, including assessing live cattle, bodies of beef, primals and retail cuts. Congratulations to Jessica M who won her heat and went on to be the 17's reserve champion parader. Tayla C also did very well winning her heat out of 25 competitors. Our Champion medium heavyweight steer was sashed the Reserve Champion unled steer of the show out of 68 steers. The Limousin steer was bred by long time NEGS supporters - The Cole Family 'Lachlan Dale Limousins' Forbes.



TAP - NSW COUNTRY JUNIOR RUGBY UNION

Congratulations to NEGS Rugby superstars and Talented Athlete Program student Mia T and Ashanti P, who have been selected into the NSW Country Junior Rugby Union U/15s squad after playing at the Country Championships in Crescent Head. The girls will be playing games in QLD and Newcastle in the next few months.

Pictured: Mia after been presented certificate, and Ashanti making a speech as their Central Norths team were runner up at the championships.

TARGET RIFLE CLUB

The Club has returned to life in Term 2 despite the ammunition drought. Four members, Amelia C, Ella H, Ruby L and Club Captain Sophie S traveled to Grafton on Sunday to join Armidale and TAS shooters in the return shoot versus Grafton for the annual Wollo Stump trophy.

Despite a lack of practice all the girls shot very well, with Sophie and Ruby impressing with 70+ scores in the 15 shot 500 yard stage.

Thanks to Hugh S, Andrew C, Armidale RC and TAS for helping with transport dramas for the return trip.



FROM THE HEAD OF *Junior School*

Mr Andrew Travers



Welcome to Week 4 and what a busy week it is.

Years 3 and 5 will be completing their NAPLAN testing, our Infants and Primary choirs participated at the Armidale Eisteddfod and our combined Junior and Senior School Athletics carnival is on Friday.

As we near the middle of Term 2, teachers are collating marks and work samples for half yearly reports. With this in mind it is important that all children are celebrated and made to feel good. This can be done in many different ways and for different reasons and efforts.

Helping children feel good by doing good:

We all want our children to feel good. Favorite foods, special activities and play dates with friends.

Both doing and accepting good deeds, is the key to living a more meaningful and happier existence. The ancient Greek philosophers Plato and Aristotle knew it was true, and modern research bears out the fact altruistic behaviors are associated with better wellbeing, health and longevity. In short, we feel good when we do good.

Kind Children: Every parent wants happy children. The easiest way to help children

attain happiness is to encourage them to be kind. Many studies show that our children want to be kind. They know it makes them happy! A recent landmark study showed even very young children find helpful and kind acts to be intrinsically rewarding. Two year olds showed greater happiness when they gave treats to others, compared to when they received treats themselves.

Teaching Our Children to Do Good:

If children want to help because it helps them feel great, it's our job to help fulfill this natural inclination by guiding them to age-appropriate opportunities to do so.

Here are 5 ways to do just that:

- **Role model helpfulness and kindness.** Children and teenagers learn to be helpful and kind by copying the significant adults in their lives.
- **Encourage them to perform small acts of kindness.** Being kind, giving a compliment, helping to tidy up - these small acts are just as powerful and effective as larger tasks such as mowing the lawn for a neighbour.
- **Make helping a family project.** Get your children involved when you take a meal to a family who have just had a new baby, or visit a sick friend in the hospital.
- **Be a good neighbour.** Help your children learn to keep an eye on others, whether it is a neighbour, or a boy or girl on their sports team. Teaching your children to notice what's going on in the lives of people in their community promotes awareness and empathy.
- **Be grateful.** Expressing gratitude is one of the best ways to do good. In fact, nothing can improve your life (and the life of others) like gratitude. Doing good deeds is what makes us human. It lifts burdens from others, and lifts us by activating the joyful part of our brains. Teaching your children to do good is the best way to help them have lasting 'feel good' feelings. Of course, they should eat cake too. Even better, share it with a friend for a lasting feel-good effect.

ANDREW TRAVERS - Head of Junior School

TERM TWO:

WEDNESDAY 22

Eisteddfod Choir
School Uniform
Dance
5/6 Netball Training,
U9/U11 Hockey Training
(3:30-4:30)
U7 Soccer training (Lunch)

THURSDAY 23

Cattle Club (3:30-4:30)
NAPLAN (Years 3/5) - Numeracy
TBC

FRIDAY 24

Sport Uniform
K-12 Athletics Carnival

MONDAY 27

Cattle Club (3:30-4:30)
Mud Club (3:30-4:30)
U13 Hockey Training (3:30-4:30)

TUESDAY 28

Dance

WEDNESDAY 29

PE Uniform
Dance
5/6 Netball Training, U9/U11
Hockey Training (3:30-4:30)
U7 Soccer training (Lunch)

THURSDAY 30

Cattle Club (3:30-4:30)

FRIDAY 31

Sport Uniform
U7 Soccer training (Lunch)

THURSDAY 11 APRIL
LAST DAY OF TERM ONE

UPCOMING SPORTING EVENTS:

Term 2

Friday 24 May - School Athletics Carnival

Term 3

Friday 2 August - PSSA Athletics

Monday 26 August - IPSHA Athletics

JUNIOR Sport @ NEGS

Mrs Liane Nixon

Junior School Sport Report

HOCKEY

U9s

Week 2 - Bye

Week 3

On Saturday 18th May, the Under 9's Hockey team played United White. We had a great game. The other team scored 2 goals and we scored zero goals but we played really well. Bella, Imogen, Prue and Georgina blocked some great goals. Abbie did some really good tackling. The weather was really nice. We are looking forward to next week's game.

By Bella Gent.

U11s

Week 2

On Saturday the 11th of May, NEGS under 11's hockey team were beaten by the Ex Servies Club. The score was 4-1. Although it was 4.4 degrees, it felt like -2.6 degrees, but the freezing temperatures didn't stop Connor from scoring the first goal of the season - well done Connor! A big thank you to Arabella for wearing the massive goalie kit - you were amazing!!! Well done everyone.

Week 3

On Saturday we played Under 11 Hockey against Harlies Smarties team. We lost 5 to 1. Connor scored our goal. Well done Connor. The weather was so nice compared to last week and we played so well, especially in the second half when they were only able to score 1 goal. We are getting better and better already by learning to play as a team. Thanks to Chelsea for coming to coach us on the day.

U13s

Week 2

On the extremely cold weekend that just went by U13's played hockey. We were very excited to get back on the field and hopefully win. We played very well and won 4 - 0. Thanks to Airlie, Lily, Louisa and Andrew for scoring the goals, the people who helped get the ball down the field and made it possible to get a goal. At half time we stood in the dug-out frozen trying to get warm while listening to Ms Jane giving us strategies to get past their goalie. With that we ran back out there in the freezing cold; all of our legs were stiff, frozen and stinging. It was a great start to the season. Lily Lorimer

Week 3

On Saturday, U13's Hockey versed Ex Servies. We managed a win 3 - 0, having all played a great game in both attacking and defending positions especially Ellie Woods as goalie and Paige Patterson as striker. Under the coaching talents of Ms Jane, we are all working on our positions and set plays for short corners.

By Felicity Chapman.

SOCCER

U6s

Week 2 - Demon Knights(NEGS) Vs Uralla Jaguars - Saturday 11th May 2019

Our first game of the season was held under sub zero conditions at Uralla on Field 1. After a quick pep-talk both teams fielded a full pitch and began playing with gusto.

Early in the game, Imogen Waters showed her skills scoring two(2) goals. Kenzie Watson, Sophia Craig, Destiny Battese, Sophie Colyvas and Aiden Mounter were valued players throughout. Joshua Gent was also a strong player, assisted by his teammates to score three(3) of our five(5) goals .

A few small injuries and tears but all in all a great start to the season by both teams. Uralla scored two(2) runaway goals and by games end we had won five(5) goals to two (2).

Next week 18th May our team has a 'Bye' and no game will be played.

By Destiny Battese

Week 3

On Saturday we played the North Red Socks and Harris Park. Imogen played really well, she showed great footwork and ball control. Sophia was busy on the field and had lots of attempts at goal.

Kenzie, Destiny and Aiden all played well, getting involved and sending some big kids down the field. Josh was the star with 2 goals.

Unfortunately, we didn't come away with a win, Norths beating us 12 goals to 2 but we all had fun.

By Sophia Colyvas





2019 Senior Art, Design, Music Excursion to Sydney

The week that was....

Year 11 & Year 12 Visual Arts

The Visual Arts students were privileged to have a diverse collection of Contemporary Australian art in The National exhibition which was displayed across three significant galleries namely: The Art Gallery of New South Wales, the Museum of Contemporary Art and Carriageworks. Issues of gender, race and histories past and present were explored as collective themes by the artists in a show that highlights the collective consciousness of Australians in 2019.

The AGNSW and the MCA also offered exhibits on Marcel Duchamp and Janet Laurence respectively providing the girls with the comparison of a Modern European master who uses found objects and a contemporary Australian that examines the impact humankind has on nature.

Last, but not least, was a visit to the White Rabbit Gallery. Their show titled HOT BLOOD showcased a variety of contemporary Chinese artists and looked at the taboo themes of life and human existence.

Year 11 Design & Technology and Textiles

Design and Technology and Textiles students were blown away with the number of 'creatives' they met and their talent. The week included visits to the Powerhouse Museum to view the 2018 HSC Major Projects, innovation exhibitions and the Akira Isogawa exhibition.

A visit to a variety of fabric stores allowed them to research and purchase a wide variety of fabrics. Rosie Williams, Design Consultant to Judith Nielson (owner of the White Rabbit Gallery), took us on a walk through Chippendale and some of the terrace house projects she has worked on as an interior designer discussing with the girls how function and aesthetics work together to create a beautiful space.

The design industry and NEGS Old Girls present us with opportunities to learn from them in their environment. Annabel Spillane (2013) is a Landscape Architect with NBR Architecture at Milson's Point. Their presentation included interior, architecture and landscape architecture design processes throughout a number of projects they have been working on, including the Armidale Secondary College.

The week ended with our annual visit to Signature Prints - textile and paper screen printers extraordinaires and learning about innovation in wool at the Australian Wool Innovation head office in The Rocks.

Although exhausted at the end of the trip it has provided the girls with real life insight and knowledge into the design industry which relates to their curriculum.



Year 11 Music

The Music events began with all the girls seeing the musical, 'Saturday Night Fever', a show that captured the power and excitement of the live musical experience. With music written by the Bee-Gees, exhilarating dancing and a singing cast led by Marcia Hines, the girls were entertained throughout the show, barely containing their need to dance on the way back to the accommodation after the show.

After seeing the energy, excitement and professionalism of a live Musical production, the girls then had the chance to hone their own craft and skills with two performance workshops. The first workshop was run by the talented Sydney musician, Hayley Milano. This workshop focused on singing techniques and exploring diaphragm control to develop powerful vocal production. Combined with 'Diva power stances' (poses to emphasise the performers' presence on stage), the girls had a taste of what it takes to own a stage like a professional singer.

The second workshop was held at the Australian Institute of Music. Focusing on Musical theatre, the girls heard performances by tertiary levelled music students, showing the level of excellence required to follow their dreams of performing on stage. They also had a chance to showcase their own abilities to the head of the Music theatre department, receiving feedback and compliments for their excellent presentations.

These performances were followed by a visit to the workshops of Opera Australia, where the sets and costumes of Australia's most prestigious Music company are designed and built. Whilst learning the extent of efforts required to produce an Opera, the girls revelled in the chance to try on a variety of costumes used in major Australian productions.

NEGS Music

Mrs Sally Spillane



THE ARMIDALE EISTEDDFOD HAS BEGUN WHICH IS VERY EXCITING FOR OUR PERFORMERS. OUR FIRST GROUP FROM SCHOOL, SAUMAREZ STRINGS PERFORMED WELL GAINING A HIGHLY COMMENDED FOR THEIR LOVELY PERFORMANCE. THE STUDENTS REALLY ENJOYED THEIR PERFORMANCE WHICH WAS WONDERFUL.

From Senior school Ella Crowley from Year 9 gained third place in her viola solo and 1st place in the baroque viola section. We have many students throughout the school who will be performing at the Armidale Eisteddfod so we will keep you informed as the results come in.

Please read the following information so you can come to the eisteddfod if you can and support the students from NEGS. They love seeing you in the audience.

NEGS JUNIOR School Eisteddfod Times

TIME	GROUP	VENUE
Tuesday 21st May from 9.30am	NEGS Junior School K-2 CH01	Lazenby Hall, UNE
Wednesday 22nd May from 9.30am	NEGS Songbirds CH05 NEGS 3-6 Choir CH04	NECOM Auditorium
Wednesday 5th June from 9.30am	NEGS Year 1-2 EN03 NEGS Year 4 EN04 NEGS Year 5 EN05	NECOM Auditorium
Wednesday 5th June from 12.30am	NEGS Kindergarten EN09 NEGS Year 3 EN10 NEGS Year 6 EN10 NEGS Marimba Magic EN17	NECOM Auditorium

We are holding our second
TWILIGHT CONCERT, TUESDAY EVENING 28TH MAY IN THE NEGS CHAPEL, BEGINNING AT 6PM.

This will be a lovely concert to attend with special performances on the organ, wonderful individual performers as well as the lovely handbell players, the NEGS advanced band, The Piano Trio and Saumarez strings performing.

Everyone is welcome to attend and refreshments will be provided.

Yours in music, Sally Spillane

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



Simultaneous Storytime...

National Simultaneous Storytime is being held in the

JUNIOR SCHOOL LIBRARY ON WEDNESDAY 22ND OF MAY AT 11AM.

It is a campaign run by the Australian Library and Information Association to encourage more young Australians to read and enjoy books. The chosen picture book is read simultaneously in libraries, schools, pre-schools and child care centres across Australia.

This year we are celebrating with Matt Cosgrove's book 'Alpacas with Maracas' because what better way to spend time than with a book about Alpacas who have rhythm!

Last year there were over 1,062,230 participants in over 8,255 locations. Let's hope we beat that this year.

Australian Library and Information Association

SCHOLASTIC LIANZA

NATIONAL SIMULTANEOUS STORYTIME

Wednesday 22 May 2019

#NSS2019 #1millionkidsreading
www.alia.org.au/nss

Proudly sponsored by James Bennett

Spring Ball



NEGS Families, NEGS Old Girls and friends are all invited to join us for the NEGS Spring Ball

14th September, 2019

NEGS Sporting Complex

NEGS Armidale | Uralla Road

6:30pm | Live Entertainment

\$100 pp | Black Tie

Organise your table for an evening full entertainment, fine dining, and great prizes.

BOOK YOUR TABLE NOW

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

Proceeds support the 2020 Scholarship Foundation

COMMUNITY News

MAD ALLIANCE OF GIRLS SCHOOLS AUSTRALASIA presents

MAKING A DIFFERENCE
Aspiring Student Leadership Summit

Designed for students who dream of stepping into student leadership roles, this two-day programme will give girls the skills and confidence needed to pursue their aspirations and lead their classmates and school community.

ARMIDALE: 18-19 JULY
8.30-4.00pm each day

Focusing on leadership and life skills that aren't taught in schools, the Summit will prepare girls to apply for and take on leadership roles with confidence and purpose.

Through in-depth workshops and powerful speakers the **Making a Difference: Aspiring Student Leadership Summit** will give girls the opportunity to find their inner leader.

WHO SHOULD ATTEND
Years 9, 10 & 11 girls from Alliance member schools and non-member schools who have an interest in furthering their leadership opportunities.

BOOK YOUR TICKETS NOW!

MEMBERS: AUD per student: \$329*
NON-MEMBERS: AUD per student: \$399*

VENUE: Presbyterian Ladies College, Armidale
Corner of Crest Rd & Duval St
Armidale NSW

RESIDENTIAL OPTION: \$170* For two nights and meals at PLC Armidale. Cost is in addition to the registration price.

NEED INFO? (T) +61 416 812 417
(E) agsa@agsa.org.au

* Including GST
REGISTRATION CLOSES: 1 July 2019

SUMMIT SESSIONS

AUTHENTIC LEADERSHIP: Determining your leadership values & strengths and understanding leadership styles.

INFLUENCING OTHERS: Understanding others and how to gain their support

THE POWER OF NETWORKING: Building connections with leaders and mentors

SPEAKING UP & SPEAKING OUT: Getting your ideas and opinions heard

THINK TANK: Using your leadership skills to help you succeed

WWW.AGSA.ORG.AU/EVENTS
Student booking code: MAD2019



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

Australian Library and Information Association
SCHOLASTIC
LIANZA

Proudly sponsored by James Bennett

Good for Kids good for life
24-HOUR MOVEMENT GUIDELINES

Australian Government
Department of Health

Have you moved enough today?

SLEEP + PHYSICAL ACTIVITY = HAPPY SMILE

SLEEP
• 5-13 year olds need 9-11 hours per night
• 14-17 year olds need 8-10 hours per night

PHYSICAL ACTIVITY
Aim for 60 minutes or more per day - the more you huff & puff the better!

INACTIVITY
Move more & sit less in your spare time.

Find out more at www.health.gov.au

Children and young people (aged 5-17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years)
An Integration of Physical Activity, Sedentary Behaviour, and Sleep

Source: Australian 24 hour Movement Guidelines

Health Hunter New England Local Health District
HNEHLD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>