



NEGS
MORE THAN
A SCHOOL

NEGS Newsletter

Term Three - Week 2, 30th July, 2019

2019 CALENDAR DATES

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

Thursday 5 December

Year 9 camp departs

Friday 6 December

Festival of Nine Lessons and Carols

LAST DAY TERM FOUR

2020 CALENDAR DATES

PROPOSED DATES TBC

TERM ONE

Tuesday 28 January

Orientation Day - new students

P&F Welcome BBQ

Boarders return from 12-8pm

Wednesday 29 January

CLASSES COMMENCE

Friday 14 February

NEGS Swimming Carnival

Year 12 Parent/Teacher

interviews

Wednesday 8 April

LAST DAY TERM ONE

Friday 10 April

GOOD FRIDAY

TERM TWO

Monday 27 April

Boarders return from 1:30-8pm

Tuesday 28 April

CLASSES COMMENCE

Thursday 25 June

LAST DAY TERM TWO

TERM THREE

Monday 20 July

Boarders return from 1:30-8pm

Tuesday 21 July

CLASSES COMMENCE

Thursday 24 September

LAST DAY TERM THREE

From the Principal



MRS MARY ANNE EVANS

“Welcome to Term 3. It gives me great pleasure to announce that Zara Blackmore, Year 12, is one of 25 students selected to receive a 2019 John Lincoln Youth Community Service Award. This Award is presented to NSW senior High School students who have been acknowledged for their exemplary service (which takes many forms) to their communities, whether they be local, national, or even international. The Award is conducted annually by the NSW Branch of the Order of Australia Association. Zara will need to travel to Sydney for the presentation which will be made by the Governor of NSW, Her Excellency The Honourable Margaret Beazley AO QC, at NSW Government House on Friday, 20 September 2019.

At this ceremony, Zara will receive a Certificate of Commendation and an engraved trophy in recognition of her Award from Her Excellency the Governor. This Award could not have gone to a more worthy recipient and we are all so proud of Zara - a true NEGS girl!

The return to school was marked by Monday's parent, teacher and student interviews for Years 7-10. These conversations are important opportunities to ensure that students are focused on the main purpose of being at School - that is the academic challenge that lies ahead this term. This time spent talking and reflecting on the success and failure of the past semester is critical to the final outcome of the school year in November when Semester 2 reports are compiled. It was pleasing to witness the amount of time that was wisely spent on working together in planning and preparing for the remainder of the year where so much can be achieved. I acknowledge and thank the teaching staff for their commitment and time dedicated to this important day.

Here are some 'fun-facts' which are also very scary - many of you will be familiar with the concept of the 'half-life of knowledge' and its close companion, the 'information explosion'. An article posted on Modern Workplace Learning 2019 refers to R. Buckminster Fuller's estimation that up until 1900 human knowledge doubled approximately every century, but by 1945 was doubling every 25 years, and by 1982 was doubling every 12 to 13 months. The article reports that IBM now estimates that by next year human knowledge will be doubling every 12 hours.

This expansion in knowledge inevitably brings decay. As Shane Parrish notes, 'A century ago, it would take 35 years for half of what an engineer learned when earning their degree to be disproved or replaced. By the 1960s, that time span shrank to a mere decade...Modern estimates place the half-life of an engineering degree at between 2.5 and 5 years.'

Finally, I attach for your interest an article on "WHEN PERFECTIONISM TURNS INTO ANXIETY: WHAT ARE THE SIGNS?" by Karen Burge. July 2019. It is certainly worth a close read.

FROM THE *Principal*

Mrs Mary Anne Evans

Helen* used to describe herself as being 'goal-oriented and ambitious' at work, but she now knows her drive to succeed was bordering on obsessive. She often worked long hours, re-checked her work constantly and became chronically stressed about failing. She looks back on this time and recalls the constant worry. Worry about making a mistake, missing a crucial detail, getting tongue-tied during a presentation or even being sick and losing time on projects. When Helen did get a workplace win, such as praise for a job well done, she found it hard to enjoy the moment and thrive in the workplace.

"I'd hear positive comments but they didn't sink in. All I could think about was how hard I'd have to work to meet this standard in future." It was stress and anxiety that led her to seek out a psychologist. Those sessions gave Helen her lightbulb moment: she was a perfectionist and it was making her unhappy.

WHAT IS PERFECTIONISM?

As the name suggests, perfectionism is the need to do everything perfectly. In healthy amounts it can motivate you to aim high. We want to do well in our pursuits, so that extra push to cross the Ts and dot the Is can be a good thing.

But too much attention to perfection (known as maladaptive perfectionism) can have negative health effects, explains Jean Hailes for Women's Health. Perfectionists may become extremely self-critical and develop a paralysing fear of failure.

Clinical psychologist Jennifer Kemp says perfectionism is unhelpful when it becomes rule-bound and rigid. For example, when trying to do well becomes "I must do well at all times" and working hard becomes "I must never make a mistake".

"It's also unhelpful when we start beating ourselves up with self-criticism if we make a mistake, and when we continually raise our standards so they are just out of reach," explains Kemp, who has personally experienced perfectionism.

SOCIAL PRESSURES

Social media may contribute to people's quest for perfectionism.

"It seems that we're living in a world where we're surrounded by implied pressure to be perfect," says Kemp. "Our own friends on [Instagram and] Facebook share an ideal, not the reality."

Journalist, author and mental health ambassador Jessica Rowe became tired of seeing photos of perfectly packed school lunches, posts about gourmet family dinners and tales of neat, tidy and obedient children. So she created her own movement and now has a strong social media following for her *Crap Housewife* blog and social media channels reflecting real family life – burnt dinners, family chaos and the lighter side of imperfection.

Her recent book, *Diary of a Crap Housewife*, is all about making expectations realistic. "We put way too much pressure on ourselves to be perfect in all parts of our lives. That's impossible – and no fun."

Kemp agrees. "Often perfectionism is getting in the way of being a fun parent, a loving partner, or able to look after your health in the way you need," she says. "It can also get in the way of achieving your work or study goals."

PERFECTIONISM TRENDS

Every generation of young adults since 1989 has been more prone to perfectionism than the generation before, according to UK research published in *Psychological Bulletin*. The study looks at decades of research and notes an upward trend in perfectionism and suggests it's linked to rising levels of mental health issues.

Jean Hailes psychologist Gillian Needleman says finding tools to help combat perfectionism is important, "if left untreated, it can lead to stress, depression and anxiety".

Kemp adds perfectionism is also highly related to eating disorders, obsessive compulsive disorder, hoarding, marriage problems, chronic fatigue and body image problems. So, what can you do about developing a high level of perfectionism?

TURNING THINGS AROUND

First, go easy on yourself. No one is perfect and we all need to expect imperfection. Recent research led by Australian Catholic University suggests self-compassion is an important tool in helping combat unhealthy perfectionism and may reduce the risk of it leading to depression.

"Teaching self-compassion is an effective method of stopping maladaptive perfectionism because it helps people to change their relationship with difficult thoughts," says Needleman.

Self-compassion is about accepting – without judgment – that mistakes are part of life, as well as expressing a caring and kind attitude towards yourself.

Kemp explains that we can say encouraging things to ourselves in times of need in the same way we would speak to a friend or a child; with warmth and encouragement.

"With practice this can make a big difference to how we feel if we make a mistake," she says.

"A psychologist who uses an approach called Acceptance & Commitment Therapy and/or Compassion-Focused Therapy has particular skills in helping people with this."

WHEN TO SEEK PROFESSIONAL HELP

If you're struggling with perfectionism and anxiety, constant self-criticism, avoiding tasks due to negative self-talk or you're feeling really down about yourself, then it might be a good time to see a psychologist, recommends Kemp.

"Look for a psychologist who specialises in Acceptance & Commitment Therapy and/or Compassion-Focused Therapy. They won't try to challenge or replace your unhelpful thoughts; we've found time and time again that these thoughts will just keep popping up anyway. Instead the psychologist will work with your current thoughts and emotions so they're not controlling your life.

"They will help you work out what you want to be doing with your life (your values) and teach you skills to help you live a life that is satisfying, rich and meaningful to you."

To find a psychologist visit the Australian Psychological Society or speak to your GP for a referral.

If you need to speak to someone now, call Lifeline on 13 11 14.

* Not her real name.

Wellbeing News

Mrs Jodie Jackson



Parent Education Webinars

PARENTING AT THE SPEED OF LIGHT

We have been asked by numerous schools and parents so we are kicking off "Parenting at the speed of light" the first of our online parent training programs kicking off on the 30th July.

We work at the intersection of wellbeing and technology promoting positive skills, attitudes, and behaviours for online interactions. We are a certified training provider for the Australian Office of the eSafety Commissioner.



Filled with real-life examples, anecdotes and detailed recommendations, we motivate people to protect themselves online with skills that are up to date and relevant and cover cyber safety, security and privacy without the fear mongering.

Some content in this 60min online webinar is 18+

Webinars will be conducted using Zoom all links will be sent prior to the event.

To select a date and buy tickets (\$27.50) - <https://www.safeonsocial.com/events>

If you have any questions please get in touch: wecanhelp@safeonsocial.com



The Office of the eSafety Commissioner in conjunction with Centacare NENW will be delivering a free 2-hour presentation for parents and carers about online safety in Armidale. This presentation will be on Tuesday the 10th of September from 10.30am to 12.30pm. The presentation will provide an overview of how young people use technology and the risks they may be exposed to. Participants will be given practical information to support conversations and safety measures for today's young people. To attend, please contact Centacare NENW on 6762 9200.

Website: www.centacarenenw.com.au

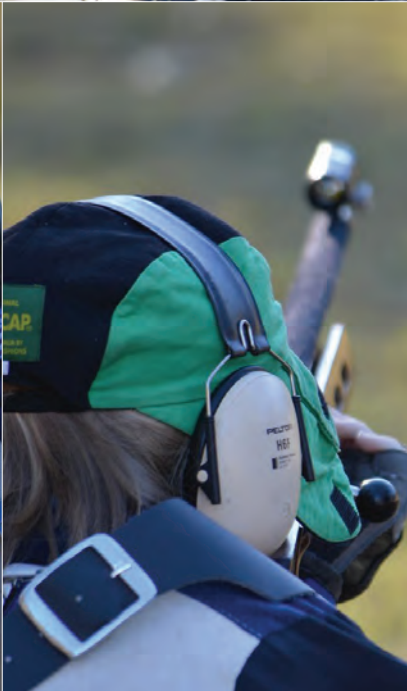
TARGET RIFLE CLUB News

Mr David Rose



NEGS Targe Rifle Club

The NEGS Target Rifle Club girls have had an amazing couple of weeks with training and competitions. They have traveled from Wingham for training onto Sydney enjoying both the experience and the fantastic support from Mr David Rose and other helpers. They have shot in the Fiona Reynolds All Schools Match, had a day's practice at ANZAC Range and then moved to Hornsby Range and the AAGPS Rifle Shooting Premierships. The matches (Rawson Cup, NRA Shield and Buchanan Shield) decide the winners, while the 2nds shoot for their own trophy. NEGS shoots alongside in all matches. It was wonderful to see NEGS Old Girl and past Captain, Isabelle C meet up with the team. She is fresh back from touring to NZ in the Australian Under 25 team, she confirmed her credentials by shooting a "probable" at the first range. Dad Andrew continues to help the club with expert coaching. — at Hornsby Rifle Range.



NEGS News



CHAROLAIS NATIONAL YOUTH STAMPEDE

Year 10 NEGS cattle enthusiast, Emma S attended the Charolais National Youth Stampede and Showcase recently coming away with some outstanding results. She received 2nd in her paraders and herdsman, as well as receiving champion intermediate junior judge. The stud she worked for also received supreme exhibit and a few other ribbons in the showcase. Emma helped lead and look after them along with her brothers and the two fitters.

HSC PRESENTATION NIGHT - FRIDAY 9TH AUGUST 5:30 PM | ASSEMBLY HALL

The Principal, together with the Creative Arts and Design Department, invite you to the official opening of the 2019 NEGS HSC Presentation Night. The event will showcase the projects of those students that have completed a major work in Visual Arts, Design and Technology, and Textiles and Design.

RSVP to the Creative Arts Department on 0267748700 or email: capad.admin@negs.nsw.edu.au.



Creative Arts & Design

HSC Presentation Night

Friday, 9 August 2019

5.30pm

NEGS Assembly Hall



NEGS P&F MEETING

**TUESDAY 13TH
AUGUST**

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.

NEGS P&F

Meeting



SPORT *News*



Junior IGSSA team

IGSSA TEAMS

With IGSSA Round 1 quickly approaching, our hockey girls are excited and ready to go. Our Senior IGSSA team, coached by Blair Chalmers, has implemented a new playing structure, which, with many whiteboard sessions and 'practice' games in the local Division 1 competition, is looking dominant. The new playing structure has created much more space on the field allowing the girls to play a strong passing game. In training, the focus has been on weighted passes, ball carrying position and receiving the ball at speed. The Senior IGSSA team have really made a mark on the local competition with hopes for making the semi-finals in their first year of Division 1, demonstrating that they are a force to be reckoned with.

The Junior IGSSA team have been preparing well under the guidance of newly appointed coach, Greg Doolan. Greg brings a wealth of experience to this role, particularly through his regional coaching employment with Hockey NSW. The determined Junior team have been focusing on goal shooting, set plays and structure, and is looking forward to putting this hard work into practise in Sydney. The recently introduced NEGS Talented Athlete Program has given the girls the opportunity to develop their skills, tactics, strength, conditioning and knowledge, and they can't wait to showcase these at IGSSA.

If you are in Sydney this weekend we would love you to watch us play:

Sydney Olympic Park Hockey Centre

Friday 2 August - Juniors 4pm and 6pm, Seniors 5pm

Saturday 3 August - Seniors 8am and 10am, Juniors 9am and 11am

FROM THE HEAD OF *Junior School*

Mr Andrew Travers

DEAR JUNIOR SCHOOL FAMILIES,

WISHING YOU ALL A FANTASTIC START TO THE NEW TERM! I HOPE EVERYONE HAD A WONDERFUL BREAK OVER THE SCHOOL HOLIDAYS, WITH ENJOYABLE FAMILY TIME SPENT WITH YOUR CHILDREN.

BEFORE GOING INTO TERM 3 EVENTS, I WOULD LIKE TO THANK ALL THE PARENTS WHO CAME TO SUPPORT THE NIGHT OF MUSIC. IT WAS A FANTASTIC NIGHT WATCHING SO MANY STUDENTS TAKING THE STAGE. CONGRATULATIONS TO THE MUSIC STAFF FOR PUTTING ON SUCH A LOVELY NIGHT.

We read a lot about the different parenting styles these days and how they impact strongly upon our children; the helicopter parent, the lawn mower parenting style and laissez-faire style, to name but a few. I'm not sure if there is a totally right way to parenting but I am certain there are a significant number of things we can do as parents to support and encourage our children, to set them up for success and not failure, to build resilience and independence. Equally there exists much data to articulate the many down falls and hidden learning agendas associated with certain styles of parenting. I take this quote from an article I read recently:



"We have to be willing to let our children struggle and fail and make mistakes without always rushing in to protect them or fix the problem. We also have to be careful not to give the contradictory message that mistakes are OK, except when they count."

"Why Wrong Is Not Always Bad" BY ALINA TUGEND IN EDUCATION WEEK, MAY 18, 2011.

Way too often I see parents overcompensating for a child's mistakes, making excuses, or trying to right every wrong a child makes. These efforts are often done with good and caring intentions, however they can be very unproductive for the child. We must allow our children to make mistakes, to seek to self-correct, to know that making a mistake is not the end of the known world.

That we learn from our mistakes and can use them as springboards to greater learning. Children need to be given opportunities to correct their own problems from time to time, to learn how to self-correct and to learn that it's ok to make mistakes.

Give our children a safe environment, a place where mistakes are accepted as part of progress and learning. The same applies to problem solving, children must develop and learn appropriate problem solving skills. Not allowing our children the opportunity to attempt to solve their own problems before we step in and solve them is very damaging to the appropriate development of successful problem solving strategies that are essential in adult life.

At our recent professional development day one of our topics was learning experiences we can offer for our parents. One of the options included the need to develop and enhance parental understanding of school reports, including comments and grading. One of the key items included developing the understanding that receiving a "C" grade and maintaining that grade throughout the year is in fact expected progress. If a child receives a C grade in first semester and then a C grade in second semester then they have maintained expected progress. It is still a C grade, however work and expectation have continued to be met and these standards have increased accordingly.

These outcomes have changed since the first semester and the student has grown and meet the expectations. This is the expected growth. Maintaining the C grade therefore is a very good outcome and shows growth from first semester to second semester. If students have achieved this we should be very satisfied that they have maintained, grown, enhanced and developed at the expected rates and achievement levels.



Armidale Basketball Association

Term 3 Aussie Hoops and Mini-basketball

Want to learn great ball skills?

Turn up to the Aussie Hoops session for Primary schools at the following times:

Aussie Hoops sessions for years K-2 from Sunday 28th July from 10-11 am

Aussie Hoops sessions for years 3-6 from Monday 29th July from 4-5 pm

Both in 'The Den' at Armidale High School.

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'. This takes you to the registration page. The cost for new players is \$80 for an 8-week term (includes basketball, reversible training singlet and drink bottle), and \$50 for returning players.

Aussie Hoops is Basketball Australia's official junior game development program for children in primary school. They 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 actual games.

Miniball Games for Yrs 3 to 6

commence at 5 pm, on Monday 29 July in The Den at AHS.

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
21 July, 2019

Judy Monaghan
0417622859

ANDREW TRAVERS
Head of Junior School

NEGS Library News

Miss Laura Cambridge



Book Week 2019

Book Week will be with us shortly! Get your Superhero outfits ready for the theme of 2019- 'Reading is my Secret Power'.

SUIT UP AND CELEBRATE NEGS BOOK WEEK 2019

WHEN	WHERE	WHAT	WHO
FRIDAY WEEK 5 AUG 23RD 2019	• NEGS LIBRARY LAWNS • DRESS UP AS YOUR FAVOURITE SUPERHERO.	• SUPERHERO CHALLENGE • SUPERHERO STRUT • SCHOLASTIC BOOK FAIR • COLOURING-IN COMPETITION • "MY SECRET POWER" WRITING COMPETITION	• TRANSITION - YEAR 6 • PARENTS AND FRIENDS ARE WELCOME 9:15AM - 11:00AM

SCHOOL FOOD EATERS WILL BE TREATED TO A SUPERHERO SELECTION.

The New England Writers' Centre presents...

Manga Illustration

with Jenny Wang
Sunday, August 18
2-4pm

\$35 for NEWC Members
\$50 For non-members

Big discounts if you book Simon Higgins' workshop too!



Learn how to draw Manga and Anime style characters using an ingenious method that instantly engenders confidence! The techniques learnt can be applied to a wide variety of character designs, and you will be guided to develop your own unique creations.

For more information and to book

Big thanks to our major sponsors!

www.newc.org.au



Create NSW
Arts, Screen & Culture

Spring
Ball

NEGS
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



ISHE Inter School Results

Dear Families,

We would like to share some of the great results are students had at the Inter School Championships in June at Tamworth.

ANNA JARVIS was rewarded for her busy lead up to ISHE and schedule at ISHE– with 3 cross country rounds in 42 mins! A 1st in the 2 *, 4th in the 105cm and a 7th in the 95cm ODE. She also finished 1st in the straight dressage Elementary 3C as well as competing in the 110cm showjumping on her other horses the same day.

KATIE HANCOCK'S hard work and dedication paid off, with her winning the 95cm ODE class. She went on to complete the 110cm straight showjumping.

In a nail-biting showjumping competition **NICOLE KENNEDY** finished 3rd in the 110cm Acc and 2nd in the 100cm Am7 on her horse Astro; Nicole also competed her young horse in the CT.

MOLLY MICHELL-SMITH finished a credible 3rd in her 80cm ODE division on Ballymount Lord Rubin. She was also the sporting Reserve Champion for 15yr age group, 4th in the working hunter, 5th in the prelim dressage, 10th in the Novice dressage and 3rd overall in the 80cm show jumping.

ANNABELLE SIMPSON had a great competition with her horses, finishing 4th in the 60cm CT on Leo and 6th in the 95cm ODE on Tangles as well as a 3rd overall showjumping placing on Tangles.

ALLIE PALMER was 6th overall in the Stock horse challenge, 12th in the CT and 3rd in her barrel race.

CHELSEA BILSBOROUGH completed her first ODE to finish 10th, and also had some great results in the dressage.

HOLLY JACOBSON had a great show, winning the CT 60cm and placing 2nd and 3rd in the dressage.

SIENNA ROBINSON had a fantastic first show on her horse Hughie, competing in the jumping and dressage.

CAITLIN CROFT finished Reserve Champion Elementary champion, after finishing 2nd and 3rd in her elementary dressage tests, having a very successful day. She also placed in her CT class.

MATILDA HALL had a super day on Whisper, placing in the elementary dressage, the highest level offered at ISHE.

BRIE AITKEN finished some lovely showjumping rounds throughout the day at ISHE, she also placed in the dressage aboard her lovely horse.

JESSICA MARTIN had a successful day with a 2nd and equal 7th finish in her dressage aboard Doogona Austin Powers. Jess also came 5th overall in the show horse, 3rd in the hack class and 4th in the time trial and 7th overall in working horse challenge.

GRACE BROWN was in true form coming 1st in the 17 and under 21 camp draft with a score of 90, 10th in the Working horse Challenge, 2nd tastes time for the barrel race for the whole competition and placed in all sporting events.

Our Junior students were also represented, with **GEORGIANA** and **ARABELLA BLANCHARD** competing and achieving some top ten results in their dressage tests.

There were two separate sections a show riding section and a gymkhana section

Show Riding

MOLLY MICHELL-SMITH

4th overall Working Hunter

10th overall Show Horse

BRIE AITKEN

2nd overall Showhunter

3rd overall Working Hunter

HOLLY JACOBSON

6th overall Show Hunter

Gymkhana

CAITLIN CROFT

1st hack

1st rider

5th bareback

5th pleasure hack

EQUESTRIAN News

Mr Imitiaz Anees

KOOBAB DRAFT

• Annabelle Towne received an equal 4th at the Koobah draft in the junior draft and then also got into the maiden final on Golddust with a score of 84 out of more than 220 competitors. She was very pleased with herself and Goldy especially getting into the maiden final!

• ISHE CAMPDRAFT & CUTTING

Campdrafting is a very popular equestrian sport at NEGS and the girls always rise to the challenge at events throughout Australia. It was an exciting and successful day of competition at the recent ISHE Campdraft and Cutting. Grace B (riding Fortyniner Rey) had an incredible ride winning the 17 & under 21's draft with a score of 90. Britnee B came away with an equal 4th with a cutout score of 22. Charlotte C just missed out on a place with a score of 78 on her bay Gelding Digby. Savanah B and Jessica M were also competitors in the campdraft. Charlotte C had a great ride in the Cutting and came away with second place! Well done girls.



• QUIRINDI INTERNATIONAL THREE DAY EVENT

Katie H and Leo Degas had a fantastic time at Quirindi International Three Day Event over the weekend. They were fortunate enough to place 2nd Open and 1st Junior in the CCN95 class. They are forging a wonderful partnership together. *Photo credits Geosnapshot and Shot by Gav*



NSW STATE PONY CLUB ODE

The love of riding is ingrained in many of our students and throughout the school holidays, our NEGS families hit the long dusty roads to continue competing in many events. Congratulations to Molly M-S who was awarded Champion D grade ODE 14-17yrs at NSW State Pony Club ODE Championships. She also placed 10th overall in C grade show jumping at NSW Pony Club State Show Jumping Championships at Denman on the weekend.



• FITZROY CROSSING

Our Western Australian NEGS sisters have had a great time at the Fitzroy Crossing and Costello Campdrafts during the holidays. It was quite a family affair with the whole family competing in the drafts together. Chloe T received 2nd place in the Juvenile Draft, equal 2nd place in the Encouragement Stockmans Challenge, at Fitzroy Crossing, and 4th place in the Juvenile Draft at the Costello Campdraft. Sister Annabelle also had a great weekend receiving 1st in the Encouragement Stockmans Challenge, 3rd in the Juvenile Campdraft and made it into the ladies final (3rd going into final) at the Fitzroy Crossing Draft. She also came equal 1st and equal 2nd in the Juvenile Draft, had to run off for Top Cut Out Juvenile in the Costello Campdraft. Youngest sister Emily won the Bareback Cutout at the Fitzroy Crossing Draft.



• ISHE DRESSAGE / CROSS COUNTRY / SHOWJUMPING

Katie Hancock and her wonderful equestrian partner 'Leo Degas' won the EvA95 class at ISHE. They led from the start with a lovely Dressage test, scoring 76.58% and faultless cross country and Showjump rounds to take the win. Rachelle Hirst was a fantastic support keeping us all calm and Katie focused to the end, Imti giving invaluable tips from overseas!

NEGS NEWS



POLOCROSSE

NEGS student and Polocrosse sensation Gemma Stuart continues to compete internationally with incredible success on the Polocrosse field. Gemma was selected to play in South Africa in a Barbarians U19 Women's team, winning all 3 games and awards best No. 3 Lady Player. Over the weekend Gemma was selected to play in an Australian Intermediate mixed team, playing at Sydney Polocrosse Carnival held at Camden. The 2 Australian teams played 3 very close games, winning one and losing two. The gold team came second best. Gemma will be participating at the Polocrosse Zones this coming weekend at Dunedoo, along with many of the NEGS polocrosse girls.

TRICK RIDER

Is there nothing this girl won't try? Year 7 NEGS student Allie P is not only a sensational trick rider, she tries her hand at campdrafting, stock horse challenges, barrel racing and much more. She has had a busy time during the holidays competing and performing at different events. Allie attended the St Joseph's Merriwa Campdraft and Sporting Day where she won Champion Junior Stock Rider, placed in every sporting event and she also won the 12 and under 13 Junior draft on Dynamic and was fifth on Cherish. She performed twice at the Mudgee Small Field Days, performing a new trick called a "full fender" (shown in the photo) for the first time. She also competed at ISHE in her first combined training, receiving 12th over all. She then competed in the sporting events for the first time on her young horse Palmer Dynamic placing 3rd in the 12 year Barrel Race. The Stock Horse Challenge saw her place 3rd in the Working section and 6th over all from a group of over 50 competitors, she also participated in the campdraft. A great effect considering it was also Dynamic's first competition.

