



**NEGS**  
MORE THAN  
A SCHOOL

# NEGS Newsletter

Term Three - Week 4, 14th August, 2019

## 2019 CALENDAR DATES

### TERM THREE

<b>Monday 22 July</b>	Year 7-10 Parent/Teacher Interviews
<b>Tuesday 23 July</b>	<b>CLASSES COMMENCE</b>
Thursday 1 August	IGSSA Netball / Hockey Rd 1
Tuesday 6 August	Formal Assembly
Thursday 15 August	IGSSA Netball / Hockey Rd 2
Friday 9 August	CAPAD Presentation Evening
Monday 19 August	Trial HSC Examinations
Wednesday 28 August	IGSSA Athletics
Wednesday 11 September	Year 11 Yearly Examinations
<b>Friday 13 September</b>	Old Girls' Weekend
<b>Saturday 14 September</b>	NEGS Spring Ball
Thursday 19 September	IGSSA Finals
Monday 23 September	Year 11 Leadership Camp
<b>Thursday 26 September</b>	Valedictory Day
	<b>LAST DAY TERM THREE</b>

### TERM FOUR

Monday 14 October	Boarders return
<b>Tuesday 15 October</b>	<b>CLASSES COMMENCE</b>
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
	<b>LAST DAY TERM FOUR</b>

## 2020 CALENDAR DATES

PROPOSED DATES TBC

### TERM ONE

<b>Tuesday 28 January</b>	Orientation Day - new students P&F Welcome BBQ Boarders return from 12-8pm
<b>Wednesday 29 January</b>	<b>CLASSES COMMENCE</b>
Friday 14 February	NEGS Swimming Carnival Year 12 Parent/Teacher interviews
	<b>LAST DAY TERM ONE</b>
Wednesday 8 April	<b>GOOD FRIDAY</b>
Friday 10 April	

### TERM TWO

<b>Monday 27 April</b>	Boarders return from 1:30-8pm
<b>Tuesday 28 April</b>	<b>CLASSES COMMENCE</b>
Thursday 25 June	<b>LAST DAY TERM TWO</b>

### TERM THREE

<b>Monday 20 July</b>	Boarders return from 1:30-8pm
<b>Tuesday 21 July</b>	<b>CLASSES COMMENCE</b>
Thursday 24 September	<b>LAST DAY TERM THREE</b>

## From the Principal



MRS MARY ANNE EVANS

“As we all settle into Term 3, it was pleasing to see the celebration of our academic pursuits held last week at the NEGS Senior Formal Academic Assembly. As a School, with the myriad of pressures and extra curricular opportunities, the NEGS staff have been wholly committed to the achievement of academic excellence. This goal is different for everyone and that is what NEGS is best at - helping all students - regardless of their abilities, to achieve their best.

Our Director of Teaching & Learning, Mr Tony Jones, delivered an inspirational address at the Assembly, which I share with you now. The message is for all of us, that any achievements are built on the shoulders of those who have gone before, and therein lies our responsibilities to those that follow.

Have a good week.

### WELCOME TO THE 2019 SEMESTER 1 ACADEMIC ASSEMBLY.

Today we are pleased to acknowledge and celebrate the efforts of students from Semester 1. We are recognising both consistent effort and academic proficiency.

Firstly I would like to congratulate all the students who have earned an award today.

Consistent Effort awards have been awarded to students who have demonstrated excellent application towards their studies across all of their subjects.

Academic Proficiency awards acknowledge those students whose performances in their subjects is at the top of their cohorts. In years 7 to 10 this performance is across a range of subjects. In years 11 and 12 we are recognising students who came first in each of their courses for semester 1.

So why do we celebrate both academic achievement and consistent effort?

**ON THE 16TH JULY FIFTY YEARS AGO HUMANS WALKED ON THE MOON. LEADING TO ONE OF THE MOST FAMOUS QUOTES OF ALL TIME, UTTERED BY NEIL ARMSTRONG, "THAT'S ONE SMALL STEP FOR A MAN, ONE GIANT LEAP FOR MANKIND"**

**THAT "SMALL STEP" WAS THE CULMINATION OF MANY YEARS OF HARD WORK, PROBLEM SOLVING, RISK TAKING AND DEDICATION BY A HUGE NUMBER OF INDIVIDUALS WORKING TOGETHER FOR ONE GOAL.**

It was initiated almost ten years earlier when on September 12, 1962 the President of the United States, John F Kennedy, made a speech persuading Americans to support the Apollo space program, that would ultimately succeed in putting humans on the moon.

So why did we go?

It is a similar question to what many teachers hear regularly. "Why do we have to learn this?" or "When am I ever going to use this?".

Why go to the moon? What did it achieve?

Human advancement has come not from doing what we can already do but by trying to do those things which we can not. Solving unfamiliar problems. Education; why we are here, is based around teaching students how to do things that they can not yet do.

# FROM THE *Principal*

Mrs Mary Anne Evans

## ULTIMATELY IT EQUIPS INDIVIDUALS TO BE ABLE TO SOLVE PROBLEMS FOR THEMSELVES, EVEN WHEN THEY MAY NOT HAVE EXPERIENCED THEM BEFORE.

In space exploration, time and again, scientists had to solve problems that had never been solved before. New equipment was designed and developed in response to new challenges encountered. Space exploration has consequently contributed to many diverse aspects of life, from solar panels to implantable heart monitors, from cancer therapy to light-weight materials, from water-purification systems to improved computing systems and from artificial limbs to a global search-and-rescue system. In fact many advancements are evident even in our everyday lives. Camera phones, sport shoes, first aid safety blankets, cordless vacuum cleaners, ear thermometers, home insulation, jaws of life, wireless headsets, smoke detectors and even baby formula are but a few regular items whose invention or significant development can also be traced to the space program.

Space scientists and engineers who overcame past challenges could not have predicted all the ways in which their innovations are now being used on Earth.

These are examples where people used their knowledge, their education, in new and innovative ways, solving new and unique problems and challenges without knowing where their efforts would ultimately lead.

In fact the 'space race' as it was known in the 1950's and 60's did not only reap technological benefits but also social advancement.

Some of you may have seen the movie *Hidden Figures*. This movie documents, albeit in a Hollywood style where some of the details are somewhat muddled for dramatic effect, the story of three African American women working at NASA. These women were paid less and had less opportunity for advancement than their male or white female colleagues and were initially subject to segregation in the workplace, despite displaying exceptional intellectual abilities. However, for NASA to get astronauts into space and home safely, institutions that supported prejudices and biases needed to start changing. All hands and brains had to be utilised. *Hidden Figures* highlights NASA's relatively progressive attitude for the time, driven in large part by necessity. The previous time such advancement had occurred for women, in particular, was during the second world war, so certainly space exploration provided a far more positive vehicle for such change. Recognition of all individuals as being equally capable of providing valuable contributions to a common goal was a significant advancement for the far more equitable society we live in today.

**THESE WOMEN EPITOMISED NOT ONLY ACADEMIC ACHIEVEMENT BUT ALSO CONSISTENT EFFORT AS THEY MADE THE MOST OF THEIR EDUCATION AND INDEED FOUGHT FOR FURTHER OPPORTUNITIES TO ADVANCE THEIR KNOWLEDGE, BE IT IN ENGINEERING, MATHEMATICS OR COMPUTING.**

Quoting from the paper 'Benefits Stemming from Space Exploration' written by the International Space Exploration Coordination Group:

*"To a great extent, the benefits from space exploration are rooted in the generation of new knowledge, which is the first reward and which has inherent value to humankind. Technological knowledge, generated when high-performance space systems are developed to address the extreme challenges of space missions, yields many innovations that benefit the public. Scientific knowledge acquired from space expands humankind's understanding of nature and frequently unlocks creative and useful Earth-based applications for society."*

So fifty years after landing on the moon, I believe we should celebrate the great human endeavour of that feat and recognise the academic achievement of those individuals involved in the process. Also we should recognise the resilience of all of those involved in order to overcome and problem solve all the obstacles encountered.

It is my hope that it may inspire some of you today to also 'shoot for the stars', in whatever field you choose.

Once again I would like to congratulate all students who have earned their awards today.

Thank you.

MR TONY JONES - DIRECTOR OF TEACHING & LEARNING



## NEGS P&F MEETING

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.

# BOARDING News

Mrs Stephanie Thomas - Director of Boarding



## WELCOME BACK TO TERM 3 AND WE ARE ALREADY IN WEEK 4.

We have welcomed 13 new students into boarding this term and although a little homesickness has been experienced I can confidently say they have all transitioned exceptionally well into life at NEGS. Well Done to the girls and their families. A trial buddy system was implemented this term for new students and a big congratulations to the students who upheld their responsibility in a serious manner to ensure the new students felt comfortable, safe and not lost in their first couple of weeks.



## Mobile Device Use

At the end of Term 2 the boarding students were given the opportunity to have a voice in the never ending debates and discussions about mobile device use. Each year group were asked to put together a proposal of changes they would like to see in boarding, in regards to their mobile phones. There are an increasing number of students involved in early morning fitness programs, so communicating with parents is not always within the traditional working hours, and teachers are integrating the use of Apps on phones into their lessons. This was carried out with very reasonable changes which have now been in place since Week 2 of term and all students are managing their additional device time well. Below are the new guidelines.

**Sunday HWOP** - if students are at EC, they may have a phone. Hand in devices for 1 hour when they return to the boarding house.

### Year 6

- Hand in phone and laptop after school on Year 11 afternoon activities days, unless they have EC or other sporting commitments. Year 11 afternoon activities are compulsory.
- Students may have their phone for EC or going for a run in the morning. This must be no earlier or later than 6.30am. Upon returning to the boarding house they may keep their phone whilst carrying out morning responsibilities such as making their bed, tidying room, etc.
- 7.30am is the next collection time for devices from boarding staff.
- Phones handed into Prep staff member at the beginning of Prep and returned as leaving Prep.
- Overnight hand in times during the week and weekend as per normal.

### Year 7

- Hand in phone and laptop after school on Year 11 afternoon activities days, unless they have EC or other sporting commitments. Year 11 afternoon activities are compulsory.
- Students may have their phone for EC or going for a run in the morning. This must be no earlier or later than 6.30am. Upon returning to the boarding house they may keep their phone whilst carrying out morning responsibilities such as making their bed, tidying room, etc.
- 7.30am is the next collection time for devices from boarding staff.
- Phones handed into Prep staff member at the beginning of Prep and returned as leaving Prep.
- Overnight hand in times during the week and weekend as per normal.

NEGS EQUESTRIAN CENTRE BRINGS TO YOU

## Codie Law

### LADIES CHALLENGE AND CLINIC

NEGS CLINIC  
Friday 20th & Saturday 21st September

Clinic is open for girls U18 / Ladies Over 18 including:

- Bisen
- Horsemanship
- Technical Skills
- Dry work
- Mechanical Cow

NEGS CHALLENGE  
Sunday 22nd September

Comprising of:

- Working Horse Pattern
- Time Trial
- Utility Pattern

Challenge Age Groups:

- Under 12
- 12 & U15
- 15 to 18 age groups
- Over 18

CODIE LAW & NEGS RESIDENT COACHES

\$299 Two Day Clinic & Challenge

\$325 NEGS Two Day Clinic

\$55 NEGS Challenge

BOOK NOW VIA CAMPDRAFT CENTRAL



## CODIE LAW LADIES CHALLENGE & CLINIC

\$299 Two Day Clinic & Challenge  
\$325 NEGS Two Day Clinic  
\$55 NEGS Challenge

BOOK NOW VIA  
CAMPDRAFT CENTRAL

# BOARDING News

Mrs Stephanie Thomas - Director of Boarding

## Year 8

- Students may have their phone for EC or going for a run in the morning. This must be no earlier or later than 6.30am. Upon returning to the boarding house they may keep their phone whilst carrying out morning responsibilities such as making their bed, tidying room, etc.
- 7.30am is the next collection time for devices from boarding staff.
- Phones handed into Prep staff member at the beginning of Prep and returned as leaving Prep.
- Overnight hand in times during the week and weekend as per normal.

## Year 9

- Students may have their phone for EC or going for a run in the morning. This must be no earlier or later than 6.30am. Upon returning to the boarding house they may keep their phone whilst carrying out morning responsibilities such as making their bed, tidying room, etc.
- 7.30am is the next collection time for devices from boarding staff.
- Phones handed into Prep staff member at the beginning of Prep and returned as leaving Prep. If phone is needed for Prep permission asked from supervising staff member.
- Overnight hand in times during the week and weekend as per normal.

## Year 10

- Students may have their phone for EC or going for a run in the morning. This must be no earlier or later than 6.30am. Upon returning to the boarding house they may keep their phone whilst carrying out morning responsibilities such as making their bed, tidying room, etc.
- 7.30am is the next collection time for devices from boarding staff.
- Phones handed into Prep staff member at the beginning of Prep and returned as leaving Prep. If phone is needed for Prep permission asked from supervising staff member.
- Overnight hand in times during the week and weekend as per normal.
- Assessment Tasks - Year 10 are permitted to keep their laptop overnight twice per term when needed for an assessment task.

**WEEKEND ACTIVITIES** have started and already the girls have been involved in a Saturday night movie night, Armidale PCYC Markets in the Mall, weekly Friday Downtown trips, roller skating, ten pin bowling and a trip to see UNE Earle Page College's production of 'Legally Blonde!' You will see the outline for this term in the newsletter for proposed activities that will be advertised weekly to remind the girls of what they can get involved in. Day girls are more than welcome to join their friends in boarding for the activities on the weekends.



### Boarding staff in the spotlight!

Mrs Sheree Noakes started in boarding at NEGS at the beginning of the year and has been a great addition to the staff in boarding. Here is a little bit about Mrs Noakes and a photo to put a name to the voice. 'My husband Eric and I live on the eastern side of Walcha - we run sheep and cattle. I was originally from Canberra, but now enjoy the rural life. I retain an interest in my passion for horses through one of our daughters who still rides. I have worked at NEGS for nearly a year now and love the interaction with the girls. The maturity and friendship that the girls show to myself and each other makes my job a pleasure. In my spare time I enjoy my garden which is challenging at the moment.'

**Mrs Stephanie Thomas**  
DIRECTOR OF BOARDING

# BOARDING *Activities*



## TERM 3 2019 BOARDING ACTIVITIES

End of Week	Date	Activity	Time	Location	Cost
1	Fri 26/7 - Sun 28/7	Sat: Yr 6 - 10 Movie night in the library Sun: Markets in the Mall	10AM	Armidale Mall	Nil
2	Fri 2/8 - Sun 4/8	Th - Sat: IGSSA Trip #1 Sat: Earle Page College performance - Legally Blonde	TBC 7PM	Sydney UNE	Sport \$10
3	Fri 9/8 - Sun 11/8	Fri: Yr 12 HSC Major presentation night (Yr12) Sat: NEGS Dressage Event Sun: morning movie at Belgrave Cinema	6PM 8AM - 4.30PM 9.20AM start	NEGS Hall EC Belgrave Cinema	Nil Nil
4	Fri 16/8 - Sun 18/8	Th - Sat: IGSSA Trip #2 Sun: Cooking	Depart 11am 1pm - 3pm	Sydney CAPAD kitchen	Sport \$5
5	Fri 23/8 - Sun 25/8	Sun AM: Markets in the Mall Sun PM: Golf	10AM 1.30PM - 3.30PM	Armidale Mall Armidale Golf Course	Nil
6	Fri 30/8 - Sun 1/9	SUN: Altitude Farm (Felted soap making)	TBC	Wallinga Rd, Invergowrie	\$20
7	Fri 6/9 - Sun 8/9	Sun - picnic at Ebor Falls	10AM - 3PM	Ebor Falls	Bus
8	Fri 13/9 - Sun 15/9	Fri - Sun: Old Girls Weekend, Grandparents Day, Spring Ball	TBC	NEGS	Nil
9	Fri 20/9 - Sun 22/9	Fri: Jnr School Musical	TBC	NEGS Hall	TBC

### BOARDERS SPENT TIME DOING ACTIVITIES AND MAKING ART WITH THE YEAR 11 GIRLS.



# NEGS News



## DUKE OF EDINBURGH AWARD

A very special "Congratulations" to Year 12 NEGS Armidale student Laura F who recently received her bronze award from The Duke of Edinburgh's International Award - Australia. Participants are required to complete four sections at each level: Voluntary Service, Skill, Physical Recreation and Adventurous Journey.

## EKKA SHOW

NEGS have taken the EKKA by storm again this year with some fantastic results on Day 1. Caitlin C won the intermediate age group Paraders competition and overall Reserve Champion, only being beaten by the senior first place getter. Jessica M placed 7th and Emma S placed 8th, both winning ribbons in the senior comp. With 256 competitors in total, the NEGS Livestock girls are being noticed by the judges. Everyone's having a ball and working exceptionally well together!



*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*



Spring  
Ball

# NEGS NEWS



## TAFE NETBALL NSW SCHOOLS CUP

Our NEGS Primary Netball team also competed in the finals of the TAFE NSW Primary Cup Carnival held in Inverell on Wednesday 7 August. The team travelled with Mrs Cohen and Miss Cambridge and competed against other finalist teams from the region. They played their best but unfortunately were not successful on the day. We are all very proud of their efforts.

Team: Harriet Watkins, Emily Towne, Paige Patterson, Kearna Smith, Lily Lorimer, Indiana Gent, Amanda Knight, Felicity Chapman and Scarlet Martin.

Holly was recently notified that she has been selected to represent NSW at the Pony Club National Championships in October.

Holly will be competing in the Formal Gymkhana an event that NEGS are sponsoring.



## CITY2SURF

Congratulations to the girls and staff who competed in the City2Surf this year.

## COOLAH CAMPDRAFT EVENT

10th and 11th of August, Grace B participated in the Coolah NSW Campdraft event. Grace achieved good scores on both horses Lexie and Rey. For her first encouragement, Grace B was placed 2nd with a score of 88. In her first Open run, Grace B just missed out on the final with a score of 82. Congratulations Grace B.



*Both Senior and Junior IGSSA hockey teams came away with some great results from their round 1 games in Sydney. The Senior IGSSA team won all 3 matches and the Junior IGSSA team won 3 and drew 1.*

NEGS IGSSA Girls trained at the NSW Rugby League Centre of Excellence. Our Strength and Conditioning Coach Mr Fraser Ashman led the girls through an activation session in the morning and then a recovery session after the games using the hydrotherapy pools.



It's non-stop rugby action for NEGS Armidale students Ashanti P and Mia T, and their passion for the sport has often led them on many road trips to compete or support the game. During the holidays the girls played in the NSW City vs NSW Country Under 15s game in Newcastle. They also attended the NSW Country vs Brisbane game at the Gold Coast.



*NSW City vs  
NSW Country  
Under 15s*

## JUNIOR SPORT NEWS

On Friday 2 August, the NEGS Junior School PSSA team enjoyed the sunshine as they competed across a range of athletics events held on the day. The carnival was held at Harris Park against all other schools from the local area. The following students represented the school and many had success in their events. Congratulations to all students for their efforts throughout this carnival and representing our school with pride.

- Alexander Scanlon-Dawson
- Scarlet Martin - 3rd Snr Girls Relay
- Felicity Chapman - 3rd Snr Girls Relay
- William Knox - 3rd Snr Boys 800m
- Andrew Knight
- Harriet Watkins
- Rose McBride
- Kearna Smith
- Emily Towne - 2nd 11yr Girls Discus, 3rd Snr Girls Relay, 3rd 11yr Girls 100m

Welcome back to Term 3 sport!

We have begun the term running with so many sporting opportunities happening.

- Prudence Chapman
- Maysoon Alkhatami
- Tilly Patterson
- Jelysa Smith-Holton
- Jack Campbell
- Tom Lorimer - 3rd 9yr Boys 100m
- Clancy Munsie
- Georgia Smitham
- Sarah Duarte
- Thomas Brazier - 3rd Jnr Boys 800m
- Hugo Brazier - 1st Jnr Boys Discus
- Lily Lorimer - 2nd 11yr Girls Shotput, 3rd Discus, 3rd Snr Girls Relay

Enjoy the final term of winter sport and don't forget to send through the sport reports over the weekend of your game to the managing teachers.

**Yours in Sport, Liane Nixon**

Friday afternoon sport has been a hit across all activities. The students are enjoying developing their skills in Rugby, Hockey and Netball.





Trial 1 Saturday 31<sup>st</sup> August @ The DEN  
Trial 2 7<sup>th</sup> September @ The DEN

**6pm**  
**U18's BOYS & GIRLS**  
**&**  
**OPEN MEN & WOMEN'S**

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**EOI – Players, coaches & umpires need to be emailed to  
HNE Indoor Representative Convenor  
Paul Schmude – [armidale@sportspower.com.au](mailto:armidale@sportspower.com.au)  
0417653754  
By the COB 14<sup>th</sup> August.**

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**2019 HNE Representative Policy**

<https://www.revolutionise.com.au/hockeyne/rep-hockey/>

Please ensure that parents / athletes read the HNE Board approved 2019 Policy, as there are a **number of changes**.

Further information will be forthcoming regarding U15's selections & individual selections.

## Weekend Sport Reports

### Hockey - U9's

#### Week 2

On August 3rd Under 9's hockey, we played against PLC Panthers. I scored 1 goal and Immy scored 1 too, we won. But the other team played well too. We all had fun, I hope we are all looking forward to the next game.

**By Bella Gent**

#### Week 3

Cancelled due to poor weather

### Soccer - U6's

#### Week 2

A return to Saturday soccer saw our under 6 years DK NEGS team, match North Red Sox's on Rologas No 7 pitch.

After a slow start, both teams worked hard to score first goals. A pint sized Norths rocket showed that size doesn't matter and quickly had himself a brace of goals before half time.

After orange break, more goals were scored by both teams. By times end, a very close match, with Norths and soccer the victor on the day.

**Destiny Battese**

# FROM THE HEAD OF *Junior School*

Mr Andrew Travers

DEAR JUNIOR SCHOOL FAMILIES,

**AS THE TERM TICKS BY SO DOES THE MEDIA AND WHAT THEY REPORTED ABOUT THIS WEEK.**

At the end of the holidays we heard about the age old debate on Bullying.

Bullying is a critical issue for schools, as it can lead to negative impacts for the person being bullied, bystanders, the person doing the bullying and the school. Providing opportunities for students to understand what constitutes bullying, and to learn to recognise it within their school community, is a key part of an effective bullying prevention program.

## Definitions of bullying

Perhaps the meaning of the word bullying has expanded in our community. Taking psychological or medical words which have specific definitions and incorporating them into our everyday speech is widespread. Nobody is sad anymore, we are depressed; if someone is neat and tidy they have OCD; nobody gets a cold anymore, it's the flu.

Perhaps bullying is now so broadly defined and even carelessly used that it has lost the specific meaning it had. So what is bullying?

From <https://kidshelpline.com.au/teens/issues/bullying>

**It's more than just a fight or disliking someone.**

It's being mean to someone over and over again.

Bullying is when someone or a group of people who have more power than you, **repeatedly** use words or actions to hurt you.

Bullying can happen anywhere – at home, with friends, in a group, on the bus or at school.

## Why do people bully others?

There are lots of reasons why someone might bully others. Whatever the reason, bullying is never okay.

Someone who bullies another person might:

- Feel jealous
- Want others to like them
- Want to feel better about themselves
- Want to fit in with their friends
- Feel angry inside
- Like to be in control or have power over others
- Have been bullied themselves
- Not know what they're doing is wrong

## Why meaning matters

Because student bullying is usually carried out without adults being present it is difficult for teachers and parents to know about it. Even when adults are present the behaviour can be very subtle and difficult to recognise. If we add this to the fact that we often differ in what we think bullying is, it makes the situation very difficult both to prevent and manage.

So it is important if we use the word bully that everybody agrees on the meaning. We need to distinguish between aggression, bullying and nastiness. I think it is useful to think of aggressive behaviour as the umbrella term, with bullying as one type of aggression distinguished by intention, repetition and an imbalance of power.

Nastiness is people being mean to each other but without necessarily repetition or the imbalance of power.

Why we need to agree is this determines how we manage the harmful incident. If two children are fighting, there is a repercussion for both of them and we try to teach them to solve their differences more constructively. If one child is bullying another child, it is unfair to punish both of them. The victim did not do anything wrong, and often punishment doesn't change the bully's behaviour. **Some may say, it is natural to assume "once a bully, always a bully."** But tagging a person who bullies with a label of "bully" for the rest of his life does not help prevent bullying. The key is to catch the bullying early, intervene and educate. This early intervention involves not only disciplining the bully for his/her poor choices but also equipping him/her with the skills he/she needs to interact with others in positive ways...



# FROM THE HEAD OF *Junior School*

Mr Andrew Travers

Conflict in our lives can be functional or dysfunctional. Bullying is always dysfunctional for the victim, the bully and the witnesses. We can't avoid conflict and disagreement, but we don't have to abuse our power to hurt others. <https://kidshelpline.com.au/teens/issues/bullying>

Understanding that students can have different opinions is a key message and that an argument over a topic is natural, however the balance of power needs to stay equal. As soon as other students may enter in on an argument / disagreement and side with another student all of a sudden the balance of power changes. At this stage it is alright for a student to step back and evaluate the situation. 'Does this need to continue? Have I got my opinion across to whom it is intended for? Who is the real winner?

On a playground this is a common event around Australia. The next step for some students is if this is a common occurrence with a good friend then it moves down the line into a toxic friendship.

John Marsden was in the papers recently with his opinion on bullying which the media has criticised him for. While reading some articles for this newsletter I came across an interesting blog from a

parent/teacher which was asking schools to help educate parents on calling everything bullying. She went on to say throughout her life as a teacher and mother she heard on-going stories of brother/brother, sister/sister and sister/brother fighting on a regular basis with usually one of the siblings being the more dominant one. Looking at the facts of this

- Is there an imbalance of power = YES
- Is it ongoing = YES
- Is it intentional to cause discomfort = YES
- If this is the case, then is this bullying?



**ANDREW TRAVERS**  
Head of Junior School

## JUNIOR SCHOOL *News*

Mrs Deanna Ford



### JUNIOR SCHOOL OOSHIES IN THE PLAYGROUND

It is inevitable that with Woolworths marketing of ooshies, students will bring them to school for the purpose of trading.

Trading of ooshies provides opportunities for students to develop and strengthen skills of negotiation, fairness, communication and most importantly, integrity.

Teachers have had conversations with our students regarding fairness in trading and being respectful to the opinions of others as to whether they consider a fair trade, or indeed, whether they would like to trade at all.

As is often the case in such negotiations, we as teachers have had a number of scenarios already, where students feel unhappy with the results. It would be the easiest solution to simply ban ooshies at school and rid the playground of the source of these social confrontations. However, with further thought and professional discussion, we have asked ourselves whether the banning of ooshies is actually beneficial when teaching our children life skills?

It is a common topic in psychology and parenting articles that "wrapping kids in cotton wool" does not allow them to develop the essential skills of risk-taking, learning from mistakes, problem-solving and facing challenges and failures. Such trial and error can be fundamental to negotiating life's challenges and overcoming them, skills we want our children to easily access as they grow.

So, moving forward, for the time being, we have decided to let the ooshies stay. We would ask that you also initiate conversations with your children:

- How can your child show fairness, respect and integrity when trading?
- Be honest about the "value" of the ooshie
- Do not pressure others into trading
- How can we manage fair trading?
- Only taking a small number, such as 5 ooshies to school
- Leave your "favourite" ooshies at home!
- Be sure about your decision, it is difficult to "undo" a completed transaction

It is not our intention to encourage trading as a main source of play, indeed there are far better options on the playground; rather allow for students to have ownership of their choices. Therefore, you and your child may like to consider whether to even participate in trading at school! However, allowing our children/students to participate in the decision-making leads to meaningful learning opportunities and in turn, developing the skills we hope to see in our future leaders.

# YEAR 5 CLASSROOM News

Mrs Emma Pracy

As always, Year 5 have been busy bees! In Mathematics, students had a lot of fun creating a fantastic BeeBot city! This involved creating an accurate grid reference for the BeeBots, applying their knowledge of town planning and 3D shapes and using their grid to correctly code and navigate the robots safely.

Students have now commenced their next investigation into gathering, recording and representing data when learning about Asia. Year 5 also enjoyed beginning to learn about electrical circuits. Last week, there was a lot of excitement in the air as they experimented with constructing a circuit in order to light a lightbulb.

We also kicked off Term 3 with another visit to our pen pals at Ken Thompson Lodge. Students have continued to enjoy writing letters to their friends and spent this visit helping them create pom poms for their Christmas competition.

Stay tuned to see Year 5's wonderful abstract stained glass creations for our upcoming Grandparents' Day and their interpretation of Bhangra dance.



# NEGS Library News

Miss Laura Cambridge



## WEEK 4 SHORTLISTED BOOKS

The CBCA Shortlisted Books for 2019 have hit the shelves in the NEGS library. Throughout the term the students in the Junior School shall be reading them and completing activities in relation to them. They will also have the opportunity to give them a rating. There are just so many good books to choose from? Which ones will be the eventual winners? I personally am a big fan of any great illustrations so am hoping the Australian Birds information text gets a look in to be a winner. We have already read 'Chalk Boy' and 'Rainbow Bear' and our illustrations are decorating our library. Please come in and take a look.







**CBCA**  
**THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA**  
**BOOK OF THE YEAR AWARDS**  
**2019 CBCA Book of the Year Short List**  
**Early Childhood Category**

Entries in this category may be fiction, drama or poetry and should be appropriate in style and content for children who are at pre-reading or early stages of reading. Ages 0-6 years.

		
<a href="#">Benbow Books</a>	<a href="#">Hardie Grant Publishing</a>	<a href="#">Scholastic Australia</a>
		
<a href="#">Allen &amp; Unwin</a>	<a href="#">Affirm Press</a>	<a href="#">Allen &amp; Unwin</a>





**CBCA**  
**THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA**  
**BOOK OF THE YEAR AWARDS**  
**2019 CBCA Book of the Year Short List**  
**Eve Pownall Award**

Entries in this category should be books with the prime intention of documenting factual material with consideration given to imaginative presentation, interpretation and variation of style. Ages 0-18 years.

		
<a href="#">CSIRO Publishing</a>	<a href="#">Walker Books Australia</a>	<a href="#">Walker Books Australia</a>
		
<a href="#">National Gallery of Victoria</a>	<a href="#">Magabala Books</a>	<a href="#">National Library of Australia</a>

**CBCA**  
**THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA**  
**BOOK OF THE YEAR AWARDS**  
**2019 CBCA Book of the Year Short List**  
**CBCA Award for New Illustrator**

Entries in this category are for books where the illustrator is emerging or new to the field of children's book illustration. The entry must be the illustrator's first illustrated book published by a trade publisher where illustrations form a significant part of the narrative or information content. Ages 0-18 years.

		
<a href="#">Hardie Grant Egmont</a>	<a href="#">Scribe Publications</a>	<a href="#">Walker Books</a>
		
<a href="#">Affirm Press</a>	<a href="#">Little Stepp Publishing</a>	<a href="#">Affirm Press</a>

**CBCA**  
**THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA**  
**BOOK OF THE YEAR AWARDS**  
**2019 CBCA Book of the Year Short List**  
**Picture Book Category**

Entries in this category should be outstanding books of the Picture Book genre in which the author and illustrator achieve artistic and literary unity or, in wordless picture books, where the story, theme or concept is unified through illustrations. Ages 0-18 years. (NB. Some of these books may be for mature readers).

		
<a href="#">Hardie Grant Publishing</a>	<a href="#">Allen &amp; Unwin</a>	<a href="#">Penguin Random House Australia</a>
		
<a href="#">Allen &amp; Unwin</a>	<a href="#">Penguin Random House Australia</a>	<a href="#">Hachette Australia</a>

**CBCA**  
**THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA**  
**BOOK OF THE YEAR AWARDS**  
**2019 CBCA Book of the Year Short List**  
**Younger Readers Category**

Entries in this category may be fiction, drama or poetry and should be appropriate in style and content for readers from the middle to upper years of schooling. Ages 7-12 years.

		
<a href="#">Allen &amp; Unwin</a>	<a href="#">University of Queensland Press</a>	<a href="#">Magabala Books</a>
		
<a href="#">Allen &amp; Unwin</a>	<a href="#">Text Publishing</a>	<a href="#">HarperCollins Publishing</a>

# EQUESTRIAN News

Mr Imtiaz Anees

## NEGS WINTER DRESSAGE GALA

The 2019 NEGS Winter Dressage Gala lived up to its name this year! Despite the snow that got progressively heavier during the day we had a fantastic turn up with a full day of competition. A wonderful family day out with multiple generations of the same families coming along to compete and support. Anna Jarvis was not only riding in the upper level elementary tests, but also supporting her mum NEGS old girl Tara and her sister Petrina who all had a wonderful and busy day! This competition was also a fantastic warm up for the NSW State dressage championships happening in just a few weeks time. NEGSpresso was open and supplying all our caffeine and hot chocolate needs for the day, and Rob Aitken and Roy on the BBQ cooking up a storm!

Charlotte Jacobson had some fantastic results over the weekend, her first attempt at Elementary, her hard work and dedication all week riding in some trying conditions (gale force winds!) paid off with some impressive scores! Charlotte has made an amazing recovery from an injury earlier in the year. Sister Holly also braved the conditions with her horse Stoney, looking very fancy in her Novice and preliminary dressage tests. It was wonderful to see the comradeship between the girls as many had their first go at dressage, which was all the more exciting in the snow!

Annabelle Simpson had a great show, winning a big preliminary class with a great score. Ella Crowley had a wonderful day on Clancy, also placing in the top 5 and Kitty Kelly had a great day with her best friend Pablo.

Rosetta Miller and Tommy were out early to finish in the top ten in the preliminary levels. Annabelle Towne had a successful start to her dressage career finishing 3rd in her preliminary class, as did Allie Palmer, finishing in the top 5. Elizabeth Leon-Searle and Sienna Robinson had great fun with some personal bests in their class, and Shoshone Dingley had a wonderful first competition on her new horse.

Special mention must go to all of our wonderful army of volunteers without whom our events would not be possible. Ranging from girls from the junior school to our senior Year 12's who took time out from their busy studying schedule with trials just around the corner to help pencil and score. We are so lucky to have such wonderful girls who are so keen to get in and help out and give it all a go! Thank you also to NEGS Old Girl, Bec Cameron from Horseland Armidale who was our major sponsors.



# MUSIC NEWS

Mrs Sally Spillane



**Junior School students** have started the term and are very busy learning songs for the 'Peter Pan' Musical which they are presenting in Week 9 of this term. Students are learning how to be pirates, lost children, Indians and mermaids in this wonderful story about Peter Pan. Mr Oxley and I have been very impressed with the students' ability to learn so many songs quickly. Students with main parts need to learn their lines as soon as possible, so lots of practise at home. They can then concentrate on their dramatic skills on the stage in rehearsals.

If you would like to help out by sewing costumes or making headbands for the musical please contact me via email. All help will be gratefully received.

The Handbell Players, NEGS Songbirds and the Marimba Magic Ensemble are all working on learning new songs for their upcoming performances this term. Mr Oxley and I are very happy with their commitment to their musical groups. Saumarez Strings welcomed new students into their group this term and Miss Curotta is very happy with their progress. They will be performing at the next Twilight Concert coming up in Week 6. Mr Finco has his band groups working on exciting repertoire getting ready for Grandparents' Day performances and other performances throughout this term.

**IF YOU WOULD LIKE YOUR CHILD TO BE INVOLVED IN ONE OF THE MUSIC GROUPS AT SCHOOL PLEASE ENCOURAGE THEM TO JOIN IN. WE LOVE NEW MEMBERS IN OUR MUSIC GROUPS.**

**Senior School students** are busy this term organising their acts for 'NEGS Has Got Talent'.

Students will create their own acts and in Round 1 they will all be judges, a very important skill to learn. Acts will take place in Year Group Meetings. Three to four acts will then go through to the Finals where they will be judged by a panel consisting of teachers and outside judges. We are very excited to see what acts the students come up with. There is so much talent within the school and this will provide a wonderful opportunity for students to showcase their talent. We will be charging a gold coin donation to see the Final of 'NEGS Has Got Talent' and all monies raised will go to a local charity in Armidale that the Year Groups decide to support.

We will let you know when the Final is going to be run later on in the term.

**If you would like your daughter or son to take up a musical instrument or do voice lessons please contact the Music department. We have wonderful visiting music specialists come to NEGS to teach the students their instrument of choice. The benefits of learning how to play an instrument are many and it is a skill for life.**

Yours in Music

SALLY





## Support for Fathers - Australian Roadshow

Free community information sessions and workplace training

Support for Fathers is a national project which aims to support fathers as parents and partners.

Through the project, we've developed:

- 1 Resources for dads and families across Australia.
- 2 A Professionals' Toolkit for support services working with dads and families.

### Get involved

From late 2019 we'll be providing free community information sessions and workplace training opportunities around Australia. Contact us to arrange a session in your community.

Our new website including resources for dads, families and professionals will launch soon! Join our mailing list to keep updated with the latest news.



To join our mailing list, arrange a community session or for more information, contact Dom Alford, Project Coordinator, via [supportforfathers@rav.org.au](mailto:supportforfathers@rav.org.au) or on 0437 305 881.