



NEGS
MORE THAN
A SCHOOL

NEGS Newsletter

Term Three - Week 6, 27th August, 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
Friday 9 August	CAPAD Presentation Evening
Thursday 15 August	IGSSA Netball / Hockey Rd 2
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

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
	LAST DAY TERM ONE
Wednesday 8 April	GOOD FRIDAY
Friday 10 April	

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

“ As Zara Blackmore’s star continues to shine, it is with great pleasure I congratulate her on being the recipient of one-of-the-six National Council of Women of New South Wales Inc Dame Marie Bashir Peace Awards 2019. This award is in recognition of Zara’s “exceptional activities that lead others in harmonious relationships and ardently to pursue social justice”. Dame Marie Bashir will present with her award on Monday, 30th September, 2019 at Parliament House.

Zara has also been awarded Early Entry into Macquarie University’s Neuropsychology Honours Degree which normally attracts an ATAR of 94+. This is an outstanding achievement.

Another outstanding academic achievement is that of Olivia Joyce who has been accepted in the UNE SMART Region Incubator’s “Emerge” Young Entrepreneurs Program for 2019. This is an incredible opportunity for Olivia - the only school age member of this program - and she is to be congratulated on her determination in getting this far in the process. It is not everyday that a young woman has the opportunity to be mentored by Richard Branson’s start up guru - Ian Mason.

In this week’s Newsletter I have included a fantastic article on “6 Friendship Lessons for Girls” by Bec Sparrow. This is a must-read for all girls and all parents of girls, I am certain it will not disappoint.

FEBRUARY 24, 2019

“The mean behaviour has to stop ...”

On Friday I received an email from a school asking for help with their year 8 cohort of girls. There was a culture – they said – of meanness towards one another.

That’s the seventh email I’ve received just this year (and it’s still February!) from a school asking for help with a cohort of girls.

I’m not an expert but here’s some advice from me on how to move forward if you have a year level of girls (in particular) who are behaving badly towards one another.

1. Conflict in a friendship is normal.

We have to be careful not to romanticise the idea of a best friend. ALL friendships have conflict! So don’t throw away a friendship because of a fight. If you’re not sure if you should forgive your friend, ask “Is our friendship bigger than this fight?” (advice from my friend writer Deborah Disney). Step back and look at the friendship. Has it actually been a terrific friendship and this is a small glitch that is worth moving past? Be willing to apologise or reach out if you want to keep the friendship because overall it’s a great one.

2. Boundaries are EVERYTHING.

School friendships are a great time for all our kids to learn the important lesson of boundaries – this lesson will carry them through school friendships, romantic relationships and even workplace dynamics. Maya Angelou said, “You teach people how to treat you.” What are your friendship deal-breakers? When someone treats you badly — you can call them out on it. “I really like hanging out with you but I’m not prepared to be spoken to like that.” or “When you make fun of me like that – I feel humiliated. So I’m asking you to stop.” Now before you rush off to confront Cruella de Vil, I don’t recommend doing this publicly and making a scene (kiddo, this is not Real Housewives). Take the person aside and talk to them privately. **NOT OVER TEXT.** (Notice the caps — I’m waving a red flag at you.) Big conversations have no place online — do it in person. But if your best friend at school routinely puts you down and makes fun of you or excludes you — I would moonwalk outta there. That’s not friendship. Don’t be so desperate to be part of a group that you’re willing to be treated like dirt to be a member. That is too high a price to pay!

FROM THE *Principal*

Mrs Mary Anne Evans

3. If someone upsets you — don't discuss it with everyone else or punish them. That's called **CREATING A DRAMA CYCLONE**. You do not need the stress in your life of more drama at school. Right? You know I'm right. If someone upsets you — talk to the person about it. And let's be clear, if someone hurts your feelings or annoys you — you have two choices. You either get over it OR talk to them about it. The pressure on girls to be "**NICE ALL THE TIME**" means we often take our anger out in covert ways. This is called relational aggression. We are smiling assassins — freezing people out. Excluding them. Talking about them behind their back. **THIS IS CREATING A DRAMA CYCLONE**. (C'mon. You have so much going on at school. You do not need **MORE DRAMA**). Instead — let it go and move on. OR talk to the person privately. Expert Rosalind Wiseman talks about the **SEAL** method (google it) which is a strategy for addressing conflict. Can I add that being the go-between messenger (running between the two groups who are at war) is also not helping. You, my friend, are not Dr Phil. And at some point, both parties will probably turn on you for getting involved! Equally, if you hear people gossiping about one of your close friends — think twice about passing it on. Shut the gossip or mean comment down if you're there when it's said but you don't necessarily need to tell your friend. School counsellor Phyllis Fagell advises that the gossip should end with you. If you tell your friend, they may internalise the message. Something to think about.

4. You don't own your friends. Being possessive is a HUGE TURN OFF and makes you look needy.

Your friends are allowed to be friends with other people!! Try to be chilled out about it. It's not a rejection of you. There are different levels of friendship — you can be friends/friendly with people in your class or after school activities because you have that class/activity in common. Often the friendship doesn't go further. You're friendly when you're in that class or activity together — that's normal! Let your friends explore other friendships without feeling scared they are "replacing" you. You can do the same! Allow other friendships into your life knowing they don't all have to be your BFF. And here's a tip I picked up from the book *Middle School Matters* by Phyllis Fagell. When it comes to making friends at school focus on connecting NOT impressing. Connecting is about asking questions and being curious/interested in the other person. Don't spend all your time talking about things that only interest you. Fagell says 'look for hooks' to find ways to connect with other people.

5. "Friends with some, kind to all" — Glennon Doyle

You don't have to be friends with everyone at school. But you need to be kind. Why? Because school is so much easier and more enjoyable when you make the decision to have a cohort that sticks together. Have each other's backs. Look out for one another. I call this having a **#TeamGirls** attitude. Girls supporting girls. Because at some point at school (just like in life) — YOU are going to be the person who suffers a humiliating moment and you will want those kids around you to treat you with compassion and kindness not use your moment of vulnerability against you.

6. Choose Wisely Who You Share Your Stories With

This is a brilliant bit of wisdom from social worker and researcher Dr Brene Brown. How do we know who to trust at school? Before you trust someone, ask yourself, "Has this person earned the right to hear my story?" Sometimes we share really personal information about ourselves with people we really don't know well. We do it as a way to try and bond with them but this can be a big mistake. We tell them that we have anxiety or who we have a crush on or that our parents are getting divorced. But if this person isn't from our tribe (or doesn't have our back) — this information then gets spread as gossip. Before you get vulnerable with someone ask "Has this person proven themselves to be trustworthy to me?" Don't open up and share personal stories with people who don't have your best interests at heart.

Learning how to navigate friendships is a tricky road and often a lifelong process. I'm 46 and still screw up. We all make bad judgement calls at times. We make decisions based on fear rather than kindness. I get it. But tomorrow is a new day.

Kind but strong. You've got this.



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:

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

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



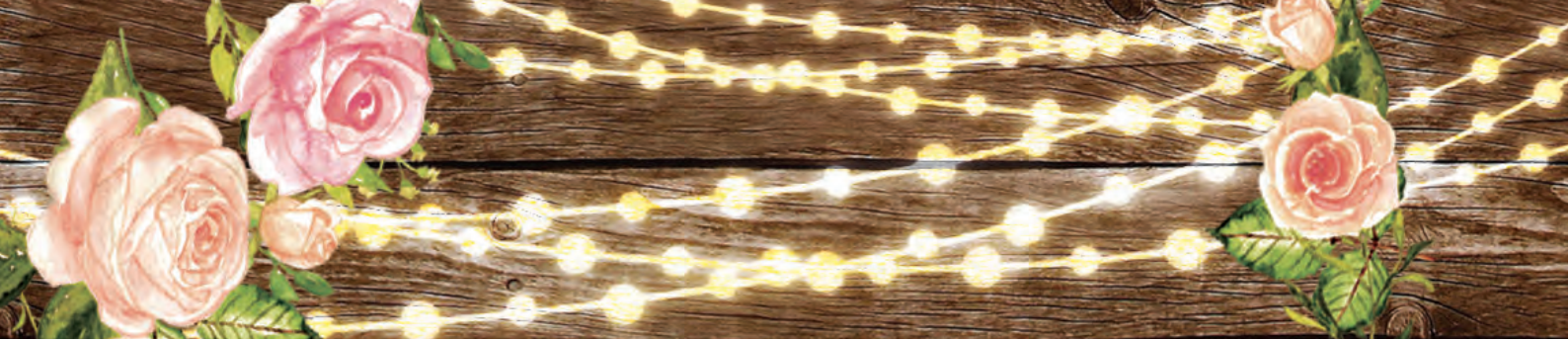
CODIE LAW LADIES
CHALLENGE & CLINIC

\$299 Two Day Clinic
& Challenge

\$325 NEGS Two
Day Clinic

\$55 NEGS Challenge

BOOK NOW VIA
CAMPDRAFT CENTRAL



NEGS Spring Ball

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

14 September, 2019

NEGS Sporting Complex - 6:30 pm

NEGS Armidale | Uralla Road

Live Entertainment | \$100 pp | Black Tie

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

BOOK YOUR TABLE NOW <https://www.trybooking.com/BCUUZ>

Proceeds support the 2020 Scholarship Foundation

great prizes to be won

\$20 TICKETS TICKETS SOLD AND DRAWN ON THE NIGHT

- Signed Wallabies Jersey
- \$100.00 Face to Face Voucher
- 6 X \$100.00 Altitude Fitness Vouchers (Ali Flynn)
- \$50.00 Floresta Voucher
- 2 x Admission Tickets to Taronga Zoo or Taronga Western Plains Zoo
- \$100.00 Sports Power Voucher
- \$250.00 Kimberley Country Department Store Voucher (Sally Towne)
- 1 x woollen dooner from Fox and Lillie Rural
- 1 night's accommodation at 'The Bakers Cottage', fully self contained
- Dinner for 2 at Tattersall's Hotel
- 1 nights accommodation at Tattersall's Hotel



NEGS
MORE THAN
A SCHOOL

NEGS OLD GIRLS' WEEKEND 13th - 15th September 2019

Program

FRIDAY 13TH SEPTEMBER

9:00 am - 12:00 pm
6:00 pm - till late pm

Grandparents' Day
Cohort casual events
(organised by Reunion Coordinators)



SATURDAY 14TH SEPTEMBER

9:30 am

Old Girls' Union AGM - WH Lee Room, Akaroa

10:15 am - 11:15 am

**Morning Tea in the Milburn room
with Primary Marimba musicians**

Jean Newall Archives open all day

11:20 pm - 12:15 pm

Riding School Display accompanied by the
School Band

12:30 pm - 2:30 pm

**OGU CHAMPAGNE
LUNCHEON IN THE DINING HALL
with the OGU Online Auction final**

2:45 pm - 4:00 pm

Talented Athlete Program Presentation in
the Assembly Hall
Old Girls v Students Sport (Netball & Tennis)
Jean Newall Archives open

6:30 pm

NEGS Spring Ball in the MPC
Senior student music and vocal performances
*Some Year Reunions are attending the Spring Ball,
whilst some cohorts have organised their own dinners.*



SUNDAY 15TH SEPTEMBER

9:00 am

Holy Communion Chapel Service for
Old Girls with Year 12 Students

10:15 am

Brunch for Old Girls in the Dining Hall
with Year 12

11:30 am

Jean Newall Archives Centre open
Tours of the school





NSW SCHOOL VACCINATION PROGRAM 2019

School vaccination clinics continue into terms 3 & 4
31st October 2019

WHAT IF MY CHILD HAS MISSED A VACCINE

If your child has missed any vaccinations they will be offered any missed doses at the next clinic at their school.

WHAT IF MY CHILD HAS NOT RECEIVED BOTH HPV VACCINES BEFORE THE END OF 2019?

Any year 7 student with missed doses of HPV vaccine can be caught up in 2020.

ADDITIONALLY:

- **Any 2019 year 8 student** who commenced HPV vaccination while in year 7 and are yet to finish the course of HPV (and who has not received any from their local doctor) can still receive this at the next clinic at their school (as long as 6 mths have elapsed).
- **Any year 10 student** who returned a signed consent card for Meningococcal ACWY vaccine and has not receive this in 2019 (and who has not received it from their local doctor) can still receive this at the next clinic at their school.

Please note:

- **As of July 2017 any student** who has missed school program vaccines or any childhood vaccines can now receive these vaccines from their local doctor.

Don't forget a Record of Vaccination is given to each student for each vaccination. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Friday, 30 August 2019
7:45 am - 8:45 am

BBQ breakfast with fun activities on the Junior School lawns.

RSVP online at:
<https://www.trybooking.com/BEUPN>
by Wednesday, 28 August 2019

Fathers' Day

BBQ Breakfast



Save the Date

GRANDPARENTS' DAY
Friday 13th September

OLD GIRLS' WEEKEND
13th - 15th September 2019

NEGS Spring Ball
Saturday 14th September



NEGS
MORE THAN
A SCHOOL

You're invited to

join us

 at the

NEGS OLD GIRLS' CHAMPAGNE LUNCHEON

Saturday 14th September 2019

\$35.00 pp | 12:30 pm - 2:30 pm
NEGS Dining Hall

- 10:15 am - 11:15 am Morning Tea in the Milburn Room with Primary Marimba musicians
- 11:20 am - 12:30 pm Riding School display accompanied by the School Band
- 2:45 pm - 4:00 pm Old Girls' Sport v Students sport, Talented Athlete Program presentation, Jean Newall Archives open

RSVP: Wednesday 4th September, to Ms Natalie Scanlon
E: nscanlon@countrywidelegal.com.au
Reservations: <https://negsogu.tidyhq.com/>

SEEKING HOST FAMILIES

Dear Families,

We are seeking host families to take one of our Japanese exchange students, Shiori for the next school holidays.

If you are able to accommodate Shiori for some of the holiday period (from 26 September - 14 October).

Please contact me as soon as possible on 02 67748700 or via email: selina.croft@negs.nsw.edu.au.



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

NEGS News



INTERNATIONAL EVENTING - TAMWORTH

Our girls keep winning! The weekend saw 10 NEGS Armidale students competing at the International Eventing in Tamworth with some outstanding results. We were thrilled to see new NEGS student Patricia K from Sydney competing in the Junior one star for her very first time win the event! Armidale local Katie H continued her winning streak by winning the Junior 95 event also. This year our team included many of our younger riders competing in the one star for the very first time. Congratulations to all of the girls on some fantastic riding!

DAME MARIE BASHIR PEACE AWARD

Year 12 student Zara B is an inspiring and extraordinary young lady. She was one of six students in NSW to be successful in receiving the 2019 NCW NSW's Dame Marie Bashir Peace Award. Students who receive these awards are exceptional in their activities to lead others in harmonious relationships and ardently to pursue social justice. Zara will travel to Sydney to be presented the award in late September at Parliament House. Congratulations Zara.



NSW ALL SCHOOLS U16

If you have ever watched Year 11 NEGS Armidale student Chelsea T in action as a goalie, you know that she is a force to be reckoned with. Her ongoing success on the hockey field has seen Chelsea being selected in the NSW All Schools U16 years State team and attended the School Sport Australia Hockey Championships in Newcastle earlier this month. In a strong team display in the final the NSW girls defeated Queensland 2-1 coming home with a Gold medal.

NEGS News



WINTER WONDERLAND @ NEGS

NEGS student and cattle enthusiast, Jessica M had a great few days at the EKKA showing for a private stud. She received 1st in both the Angus breeders group, and the sires progeny group, 3rd in the Open Paraders and came in the top 5 in the interbreeds champions group. The stud that Jessica was working for received Grand Champion Red Angus Bull, Grand Champion Cow & Calf, Champion Junior Heifer, Champion Junior Bull, and Reserve Champion.

CAPAD HSC PRESENTATION NIGHT

NEGS Creative Arts & Design HSC Presentation Night has always been one of the highlights on the NEGS calendar. There was an extremely high calibre of works on show by the Year 12 girls and were enjoyed by the many families who attended. Congratulations girls!



NEGS OLD GIRL

We always love seeing NEGS Old Girls and if you are ever at the NEGS Equestrian Centre, you may see a familiar face over there teaching. NEGS Old Girl (Class of 2016), and equestrian instructor, Sarah Hamparsum loves being back at her old school teaching students of all ages and abilities to ride. Growing up on a cropping farm near the small town of Breeza, Sarah is a country girl through and through and has had a huge passion for horses her whole life, especially jumping. When Sarah completed boarding school at NEGS she traveled on a gap year to Europe for 9 months, working at an eventing stable and au paired with a riding family in Germany for 5 months. Currently studying Primary Teaching at UNE, Sarah enjoys the strong and friendly environment of the team at the NEGS Equestrian Centre and working with everyone as well as working with her students each day. It is wonderful to continue this connection with our past students and have Sarah a part of the NEGS staff.

HUNTER VALLEY VISIT

To celebrate the horses birthday NEGS Armidale students spent a wonderful day in the Hunter Valley visiting the Godolphin Kelvinside Stud, Arrowfield Stud, Scone Equine Hospital, Racing Australia Equine Genetics Research Centre and Hunter Valley Equine Research Centre.



NEGS News



BOOK WEEK "SUPER HEROES"

Visitors to NEGS during Bookweek may have been surprised to see "Super Heroes" everywhere! To conclude the Book Week celebrations, our fabulous super heroes donned on their costumes and were treated to special super hero food and enjoyed many super hero activities.

HORSEWYSE MAGAZINE

Living the dream! More girls from the city and the coastal areas are coming to NEGS Armidale to pursue their passion for horses. In a recent article in the latest Horse Wyse Magazine, Year 7 students and horse enthusiasts, Sienna from Sydney and Darcie from Ballina talk about coming to boarding school at NEGS with their beloved horses. The girls love the ease of riding their horses everyday on campus, having world class equestrian facilities, training programs and elite coaches all here at their fingertips at NEGS. Life couldn't be sweeter for these young girls. We are thrilled that the editor of the Horse Wyse Magazine is also a NEGS Old Girl (Class of 2006), Leila McDougall.



Grandparents' Day



We look forward to welcoming all of our wonderful NEGS Grandparents to a morning of entertainment, activities, tours and a delicious morning tea on Friday, 13 September 2019.

- 8:45 am Junior School activities at Junior School
- 9:25 am Welcome at Chapel with music performances by students
- 10:00 am Performances at the NEGS Equestrian Centre
- 10:20 am Tour with NEGS Principal, Mrs Mary Anne Evans, of the new Sporting Complex site and NEGS Agricultural Precinct
- 11:00 am Morning Tea
- 12:00 pm Conclusion of Grandparents' Day

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

NEGS News



There's a very bright future ahead for Year 11 NEGS Armidale student Olivia J. Olivia has been accepted into the UNE SMART Region Incubator "Emerge" Young Entrepreneurs Program for 2019! The Emerge Program is a four-week intensive startup program that will provide the topics and allow participants to take a deep dive and implement the startup frameworks and models for their own business and goals. Featuring the groundbreaking Ian Mason, who was instrumental in the creation and growth of Virgin StartUp, Sir Richard Branson's not-for-profit company for entrepreneurs, and also the SRI's own Expert in Residence, Gary Morgan, participants will be well-equipped to take off on their very own very successful journey. "Congratulations Olivia!

The never ending celebrations of 18th birthdays in Saumarez!



Allie P. competed at the Junior Stockman Challenge In Murrurundi recently. She was first in her Pack Saddle competition and second in the stock handling. A photo of Allie leading the pack horse through the obstacle course, which she had to pack first.

Commit to your child's online safety

Free event

Children are exposed to online content in their preschool years. Behaviours like cyberbullying begin at primary school. Peer pressure can cause poor online decisions for many teenagers.

- Hear from the Office of the eSafety Commissioner on empowering young people, parents and carers to manage online issues.
- Commit to your child's online safety by attending this presentation from one of Australia's leading online safety experts.

eSafety is important for every child from ages 1 to 18

Learn how to:

- Reduce accidental exposure to inappropriate content
- Initiate conversations about online stranger danger
- Identify age appropriate apps and websites

1-7

- Deal with online stranger contact
- Have a conversation about online issues including cyberbullying
- Manage apps and privacy settings
- Support your child using online safety resources

8-12

- Report serious cyberbullying and image based abuse
- Manage screen time and excessive use
- Have a conversation with your child about their online brand

13-18



Date: Tues 10th Sept Time: 10.30am - 12.30pm Venue: Call 6762 9200 to register your attendance

FROM THE HEAD OF *Junior School*

Mr Andrew Travers

Dear Junior School Families,

As we hit half way through the term our July holidays feel like a distant memory. With so many events coming up it is a very busy time in the Junior School.

I wish to thank Miss Cambridge for all her hard work with Book Week and activities.

Other events coming up in the Junior School:

- 27/8 Twilight Music concert | 6pm Milburn Room
- 30/8 Father's Day Breakfast | 7:45am - 8:45am Junior School Lawns
- 13/9 Grandparents' Day | 8:45am Junior School Grandparents join school classes
- 14/9 NEGS Spring Ball | 6:30pm NEGS Sporting Complex
- 18-20/9 Junior School Musical - Peter Pan, Tickets on sale Now!



BALANCING EXTRA-CURRICULAR ACTIVITIES FOR FLOURISHING CHILDREN

Busyness seems to have become a way of life for modern families. It's unlikely you'll ever hear a parent talk of having plenty of free time on their hands. Unfortunately, that's a statement unlikely to be heard from a lot of modern-day children either.

The afternoons on family calendars are increasingly filling up with organised after-school activities, and in families with multiple children the logistics of keeping up with all this can be complicated. The strain of ferrying children back and forth, often in different directions, saps **families** of energy, resources and time.

We all have great intentions when giving our children extra-curricular activities but Recent research from the United Kingdom found that the desire for children to succeed is a strong driver for many parents, sometimes causing them to load their children up with extra-curricular activities. while **the intentions are good, the method of keeping children so busy is probably questionable.**

Other reasons for encouraging extra-curricular activities include: giving children the best start in life, making friends, keeping fit and healthy, developing interests and preventing boredom. Anecdotal evidence suggests the findings are similar in Australia.

THE COST OF BUSYNESS

We live at a time where rates of mental illness, particularly anxiety, are climbing. One in seven Australian children have a diagnosed mental illness. That's three in an average classroom. Many more go undiagnosed.

Rushing to activities, late nights and stressed parents aren't the conditions for family members to enjoy flourishing mental health. **Too many organised activities detract from time to hang out with friends, to comfortably complete homework tasks, to spend time with family, to get bored and, importantly, to simply play.**

Free play is serious business

Author and research professor of psychology Dr Peter Gray attributes the rise in anxiety, depression, suicide and narcissism among children to the decline of play. Unstructured play is vital for the healthy development of

children and teenagers. Through play children learn to interact with others, develop physical skills necessary for school success and gain confidence they need to interact with peers.

How busy is too busy?

Some children can cope with busy schedules, while others flounder. As a rule of thumb, **if your child or young person is struggling in any of these three areas: i) mental health, ii) schoolwork and studies, iii) their participation in family-life then it may be time to reduce their extra-curricular load.**

Choosing the activities to omit from a schedule can be tricky, as your child or young person may have a different motivation for each. In short, each activity can be 'the one they love.' Here's a good question to ask your child or young person that can make decision-making easier:

'If all of your after-school activities were cancelled, which one(s) would you plead with me to re-enrol you in?'

Their answers will reveal a great deal about their commitment to each activity. Ideally, children should be choosing extra-curricular activities that nourish them rather than cause anxiety and stress. Aim for two activity-free nights each week so that your child or young person can meet their study and family commitments.

The same principle for balance holds true for weekends. **Make sure your children enjoy some time free from structured activity, so they can refresh and recharge, ready for the week of school that lays ahead.**

by Dr Jodi Richardson (taken from Parenting Ideas)

A handwritten signature in black ink, appearing to read 'Andrew Travers'.

ANDREW TRAVERS - Head of Junior School

JUNIOR SPORT NEWS

Soccer 17-8-19

We played Uralla and NEGS won but I think the other team was really good even though we won. They scored two and we scored seven. It was a really fun game. Our team was too small so they had to swap their players onto our team. Immy scored one goal and Sophie score five. I scored one too. The other team had younger players but they were still very good. My favourite time was at half time, even though we forgot to bring the oranges. Josh was away this week and that is why our team was so small. It was so much fun that I didn't want to stop playing.

Sophia Craig

JUNIOR SCHOOL News

Miss Archibald

YEAR 3 HAVE BEEN EXTREMELY BUSY SINCE THE BEGINNING OF TERM 3!

We have been learning how to structure and write informative pieces, and the students have been composing some very interesting information reports about some of the world's most endangered animals. We have been practising our inquiry skills, researching facts about our animals' habitats, diet and physical appearance. The students are excited to learn more about their chosen endangered species and are passionate about helping them.

We have also continued to go wild with our animal theme in Creative Arts, creating close-up collage portraits of our favourite creatures. The students have worked extremely hard, using multiple art techniques to achieve their masterpieces, including collage, shading and blending colours with oil pastels and painting with acrylic paints. This project has been a lot of fun and all students should be very proud of their work!



NEGS Library News

Miss Laura Cambridge



WEEK 6 BOOK WEEK

Friday the 23rd of August saw NEGS celebrate the Superhero Book Day throughout the school from Transition to Year 12.

Students in Transition to Year 6 were treated to a Superhero Challenge and Superhero Strut, whilst students in the senior school were given superhero challenge activities to be completed in their Year Meetings.

Special thanks to Paddock Table who outdid themselves dressing up, decorating the dining hall and putting out some fabulous Superhero inspired food. We appreciate the extra effort you make for us!

Congratulations to our winners in our Superhero day activities listed below:

MY SECRET POWER

Students wrote about their secret power. These books were then purchased for the library.

Winners:

- Year 6- Harriet Watkins
- Year 5- Paige Patterson
- Year 4- Sarah Duarte
- Year 3- Hunter McDonald
- Year 2- Coco Loughrey
- Year 1- Sophia Craig
- Kindergarten- Alexander DuBois
- Transition- Aiden Mounter

SUPERHERO COLOURING IN COMPETITION

Each student had the opportunity to colour in a superhero colouring in page and a winner was selected from each year group and was awarded a superhero book as a prize.

Winners:

- Year 6: Louisa Duarte
- Year 5: Claire McAlary
- Year 4: Isabel Onapa
- Year 3: Tilly Patterson
- Year 1/2: Olivia Colyvas
- Kindergarten: Casey Tighe
- Transition: Mackenzie Cooper
- Senior School Years 7-9: Charlotte Claridge
- Senior School Years 10-12: Eva Knox

Special thanks to all those families and staff who contributed to the Library Scholastic Book Fair. As a community we raised \$3010! This is our new record. Thank you for your kindness, we will now be able to use the commission of these sales to update some new resources across the Senior and Junior School library.



LIBRARY Writing Winners

Name: Aiden Hunter Year: T

My favourite superhero is Batman



My super power is... To transform into anything!
I can also shoot fire lasers.

Name: Alexander Year: K

My Secret Power

Draw and write a sentence about your secret power. Tell me what your favourite superhero book is.

My secret power is invisibility and fire



Name: Hunter Year: 3

My Secret Power-Book Week 2019 Writing Competition

My secret power is when I call a spirit out "Maxon" a big white rainbow tiger comes running to me no matter where I am.

One day ice man was freezing every-thing in spring city. I called out "Maxon! Maxon! where are you?" Maxon came running in. I said "ice man is freezing every-thing. we will need more help can you get more animal friends?" Maxon ran off. A couple minutes later some running birds and with her she brought all of her family with her. Her mummy dad and her little

Name: Hunter Year: 3

My Secret Power-Book Week 2019 Writing Competition

brother roven. Now roven you promise that you will stay safe and do what we say, never disobey roven. Ok then, every tiger you see your running fast, you can't catch up to sneeze up on ice man and find out what he's upto! I say "ok Hunter" says mummy tiger. "Daddy you see your powerful seasonal you to crush the ice, and one mother. the father says me and roven will try and stop ice man from freezing spring city into winter city. Now that just leave there what is roven's power? we haven't figured it out yet but roven is pretty strong ice man

Name: Hunter Year: 3

My Secret Power-Book Week 2019 Writing Competition

find out soon. (Daddy) says daddy tiger. "Well then when we come across roven we should be you you two can get every one to safety from the cold and back to sea big heated pool and get them all safe." says mummy tiger. "Daddy you see roven mummy tiger runs off and I stay away from the people and mummy tiger he was connected into all the ice and now we daddy tiger its your turn off he can smacking all the ice and freezing the ice man people. Every one that gets you the people are mummy tiger and daddy tiger. all the ice man and the ice man

Name: Hunter Year: 3

My Secret Power-Book Week 2019 Writing Competition

Soon after mummy tiger came back and said "he wants to freeze the whole world into a big ice block so that he can rule the world." "Oh no daddy tiger!" said daddy tiger. "Mummy tiger says the mummy tiger is going to freeze the whole world and "Oh no this can't be good!" said daddy tiger. "ROAAAAA!" said daddy tiger. "Roar Roar Roar!" Well mummy tiger said daddy tiger "you can't freeze the whole world!" said daddy tiger. "You can't freeze the whole world!" said daddy tiger. "You can't freeze the whole world!" said daddy tiger. "You can't freeze the whole world!" said daddy tiger.

Name: Sarah Year: 4

My Secret Power-Book Week 2019 Writing Competition

My secret power is inventing I love inventing things such as bridges, cars, to help rooms that can sense your mood and watches with glasses I have actually made these things, but when I am older I want to make these things. I can use these powers to help the police catch the badest can also invent a ladder that shakes into my pocket, so I can rescue kittens that are stuck in a tree. This helps me to help spy agencies to make sure bad spys don't get away. That way my super power is so helpful.

Name: Lily Loughrey Year: 2

My Secret Power-Book Week 2019 Writing Competition

My name is Sunshine Girl. I have a super power. It is to make the stormy clouds go away the sunshine come. I also make people happy eyes from being in there dark times. I also make people hot warm and loved. And I give them a big hug after we hurt it out.

Name: Sophia Year: 1

My Secret Power-Book Week 2019 Writing Competition

MY name is Sweet Susan. I have a secret power. I can make it snow and turn things into ice. I am a good archer.

Name: Sophia Year: 1

My Secret Power-Book Week 2019 Writing Competition

Telepathy

Sigh... Monday morning. I hate Mondays. And to make it worse, after coming back to school from a wonderful fun weekend we had to do a long, long... LONG... Maths test!

I sat in my seat next to Emily chewing on the end of my pencil with my head in front of me while all the other students had their heads down scribbling all over their math questions.

Question (45 Marks): I counted my head to look at Felicity. Suddenly the answer for question A popped into my head. "408". Thinking to myself I can actually do this I looked at my seat looking the answer to B came to my head "123". I looked at the time went off, "Okay time up please put your pencils down leave them on my desk and I will mark them over please," Mr Smith said.

After school we went back in and sat in our seats waiting for our next instructions. Mr Smith walked through the door. "Felicity, could you please come over to my desk for a second." I will over there really nervous and scared of what Mr Smith is going to say to me. He puts his hand out for a high five. "You have done an exceptionally good job today with your math test. I'm very proud of you," he said. I skip back to my seat with the biggest smile on my face and quietly sit next to Emily, whispering, "I passed the math test." "How good job!" said Emily. "Thanks," I whispered back to her.

Sitting in my chair I start to think about it. How did I pass my Maths test? The answers just kept popping into my head. But how? I look over at Felicity and could tell that she was thinking what was for dinner tonight. While I was scanning through the whole class I wondered to myself how did I get this type of superpower?

Name: Ray Year: 5

My Secret Power-Book Week 2019 Writing Competition

Have you ever wondered what it would be like to be able to teleport? I bet you could land where ever you wanted to without a wing. What an amazing life!! That's why if I could have any super power in the world it would be teleport.

Being able to teleport would mean I can have... for free! I could wake up one morning and teleport to Paris and look at all the beautiful sites. I could explore the whole world such as the Eiffel tower in Paris. I could teleport to land on top of the Eiffel tower wouldn't that be the best thing couldn't you just imagine me sitting and sitting and relaxing looking at all the views?

Teleporting would also let me help the people

Name: Paige Year: 5

My Secret Power-Book Week 2019 Writing Competition

in need. If someone in my family was sick I could get there in a flash to help the people in need. It would be easier for me to get the medications quickly so they can get better.

Not to mention with teleporting you don't have to rush for example if I had to get to a netball game (BNW) I am there in a second! It saves so much time!! I wonder what I could do with all the time I save?

I could go shopping and do all of that type of stuff. Guess what I will miss all the rain and thunder storms because I can just teleport away then I don't get wet.

Name: Paige Year: 5

My Secret Power-Book Week 2019 Writing Competition

Overall, if I could choose any super power in the world it would be to teleport. This would allow me to travel the magnificent world and help people in need to make the world a better place. Wouldn't that be wonderful?

Name: Paige Year: 5

My Secret Power-Book Week 2019 Writing Competition

Overall, if I could choose any super power in the world it would be to teleport. This would allow me to travel the magnificent world and help people in need to make the world a better place. Wouldn't that be wonderful?

BOOK WEEK *Superhero*



MUSIC NEWS

Mrs Sally Spillane



THE STUDENTS ARE VERY BUSY PREPARING FOR ALL THEIR PERFORMANCES THIS TERM.

Mr Oxley and I continue to be impressed with the hard work the students are putting in learning all their lines and the many songs that are in the Peter Pan Musical. We also appreciate their patience as they wait for their part in the play to be practised on the stage.



It is truly a very big learning experience for everyone involved, trying to remember when they're on the stage, when they move off, when it's their turn to speak, which curtain is closing and which props are needed for each scene and the list goes on. The team work by all students is so important and a great skill to practise.

Mr Oxley and I are so grateful to the lovely Year 8 girls who have volunteered to be the stage crew as well as Lachie T who has been invaluable with his help and great ideas.

We have a wide range of students performing at the third Twilight Concert for the year to be held on Tuesday evening the 27th August. The concert begins at 6pm and will conclude shortly after 7pm. We have beginning musicians to highly accomplished musicians performing from both Junior and Senior School at the Twilight Concert. The concerts are always delightful so come along to the Jan Milburn room and be entertained by the students. Everyone is welcome. You will have a lovely evening. A light supper will be provided for everyone at the concert.

Mr Finco took his Year 9 and 10 music students to Autumn Lodge yesterday. The students entertained the residents with some lovely performances on the piano, singing and playing guitars. The residents really enjoyed their performances and tapped their feet to the music. Well done to the students and Mr Finco for organising it.

SENIOR STUDENTS ARE BUSY ORGANISING THEIR PERFORMANCES FOR THE 'NEGS HAS GOT TALENT' SHOW.

Year Groups are still judging Acts from Round 1. The final of 'NEGS Has Got Talent' will be held on Monday 9th Sept. The show will begin straight after lunch. We are really looking forward to seeing which Acts made it to the Final. Students will be asked to bring a gold coin donation and all monies raised will go to support the Women's Refuge in Armidale.

NEGS
has got
T★ALENT

- ★ **All acts to be performed in Year Group Meetings from Week 4 to Week 6**
- ★ **Equestrian and other outside acts will be held on a designated afternoon session, where all Year Groups will be involved in judging the acts from their Year Group**
- ★ **3 to 4 acts will be put through from each Year Group into the FINALS, which will be held early in Week 7**
- ★ **Be organised, have your costumes and props sorted for your amazing act**