



**NEGS**

MORE THAN  
A SCHOOL

# JUNIOR SCHOOL

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Family and Student Handbook 2023

Whatsoever you do, do it heartily.







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WELCOME



## 2023 promises to be an exciting year for NEGS Junior School

Welcome to the NEGS Junior School and welcome to the new students and families who will be joining us for 2023.

NEGS Junior School is committed to delivering educational experiences that provide the critical foundations that are essential for students to successfully progress to more complicated concepts and tasks in future years. Junior School is a time for your daughter and son to lay the foundations of good learning habits and life skills. Our girls and boys will develop their knowledge, skills, self-discipline and talents in a supportive and stimulating learning environment, and our staff are highly-qualified, experienced professionals who understand their changing developmental and learning needs. The exposure to a range of experiences, clearly articulated, individualised learning goals, an innovative and dynamic curriculum, and the support provided by the expert teachers, lays the groundwork for academic foundations to be established for a life-long love of learning.

Our small class sizes allow us to tailor our academic programs to meet the needs of each student and our extensive Teaching and Learning Program advances their natural curiosity and thinking skills. We pride ourselves on being a family school with Christian values, where parents are encouraged to be involved in the life of the School. Our aim is to enable all students to contribute to and develop a sense of responsibility in their relationships with others.

At NEGS, our values of Excellence, Integrity and Responsibility guide us in promoting tolerance and understanding of individual differences, other cultures and the diversity of views in the world. Each student is unique. Each girl and boy has characteristics, aptitude, and attitude that is to be harnessed and enhanced by our staff. No two learners are the same so our teachers aim to create the conditions for learning that inspire and develop inquisitiveness, curiosity and courage. We understand our learners. We offer personalised programs and take the time to recognise each child's strengths, weaknesses, interests, capabilities, and unique characteristics.

Our Wellbeing Program of emotional, social and physical development is just as important as cognitive and academic progress. Students are involved in numerous co-curricular sports, pastoral, cultural, and academic programs. Staff will advise on student involvement opportunities for visual art and music events, sporting carnivals, STEAM and Code Clubs, environmental and Agricultural Science initiatives, enrichment experiences, interaction with Senior School House activities, NEGS Spirit Days and a multitude of Pre-Kindergarten to Year 12 events. The Junior School is the ideal setting for your child to develop a strong sense of belonging and purpose.

This Handbook provides you with the details about the daily functioning of the School and about your role as a parent of a NEGS' student. We encourage you to play an active part in the education of your child and to develop a collaborative and positive relationship with the School.

With our Junior School Coordinator, Mrs Heidi Dent, our Deputy Principal, Mr Jamie Moore and the exceptional Junior School staff, I look forward to working in partnership with all parents and carers to achieve the best outcomes for your daughter and/or son.

MS LIZ VAN GENDEREN  
PRINCIPAL, NEGS





## Communication

Communication is critical to the success of your child's experience at school. In response to some great feedback from parents and the school community, and given the increased information flowing to and from the School, we're continuing to update the way this communication occurs, to make it more effective, efficient and streamlined. If both parents wish to receive the Junior School News, please supply two email addresses. Please ensure that your email address is updated regularly for you to receive as much information as possible from the School.

## NEGS Parent Portal

The Parent Portal contains the NEGS Calendar, the ability to lodge permission and absence forms and communicate to and from the School. Additional features will become available throughout the year. The Parent Portal will be our preferred method of communication between parents and staff and functions in a similar manner to emails.

## NEGS Newsletter

A fortnightly Newsletter provides updates, important news whilst also showcasing achievements, detailing everyday life at NEGS.

NEGS Facebook and Instagram: Like the [NEGS Facebook](#) page and follow [Instagram](#) and stay up to date with events, celebrations and everyday life of students and staff at NEGS. There are separate Facebook pages for NEGS Equestrian and NEGS Rifle Club. To share pictures with us email [marketing@negs.nsw.edu.au](mailto:marketing@negs.nsw.edu.au) or tag us in your social media posts.

## Phone and communication

Parents and carers can readily communicate with staff by phone and email. Contact Reception on 02 6774 8700 to leave a message for a staff member, or email them directly (see [page 5](#) for staff email addresses).

## General Information

NEGS Junior School is located at the NEGS campus on Uralla Road, Armidale. The Senior School was opened in 1895 by the first Headmistress, Florence Green. The Junior School was added in 1974, and provides co-educational classes from Pre-Kindergarten (herein referred as Pre-Kindy) to Year 6.

The Junior School is a picturesque heritage property that utilises the facilities of the Senior School but has its own playground and precinct. The heritage listed John Horbury Hunt building provides a sense of history and grandeur for the site and the adjacent weatherboard cottages ensure that there remains a sense of village and community within the Junior School. The magnificent gardens of the school make the surrounds an aesthetically pleasing place to learn, grow and play.

NEGS is a family-friendly, Christian environment, where we promote an atmosphere that ensures the boys and girls are engaged, motivated and self-directed in their learning.





## STAFF



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Ms Liz van Genderen  
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**DEPUTY PRINCIPAL**  
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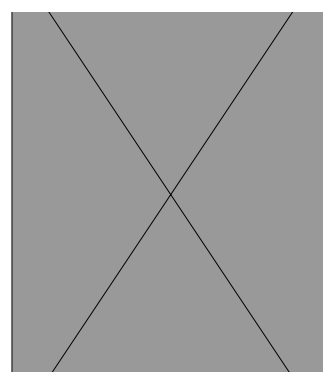
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### NEGS Values

The NEGS community is founded upon responsibility, excellence and integrity. The actions of all members of our school community should promote safety and a safe environment, and students should behave in a way that reflects well upon themselves, their family, and their school, and the consideration of others.

In the Junior School, discipline is a positive process, which encourages students to participate as productive, responsible members of the community. An important part of education is to develop effective self-discipline and self-regulation so that, at all times, students behave in a manner that is safe, legal and considerate.

### Behavioural Expectations

**The School places an emphasis on the encouragement and acknowledgment of positive behaviour.**

#### Every student:

- has the right and the duty to learn and actively engage in a safe, caring and secure environment without being disturbed by others. All students should be familiar with our approach to dealing with bullying
- shows responsibility to his/her teachers and classmates by moving promptly to class, respecting the teacher's right to teach without interruption, and bringing the correct books and equipment to class and activities
- shows courtesy to other students, teachers and visitors
- shows pride in his/her school by wearing the full and correct uniform in the appropriate situation

#### CONSEQUENCES FOR UNACCEPTABLE BEHAVIOUR

The classroom teacher is primarily responsible for the academic and pastoral needs of each student in her class. The Deputy Principal, in consultation with the child's parents and classroom teacher, will manage severe or ongoing misdemeanours.

Positive disciplinary practices seek to promote productivity and responsibility. A collaborative class approach to managing behaviour is encouraged. Suspension and expulsion will only be implemented as a last resort after all other avenues have been exhausted and when:

- the duty of care to other children and/or staff is impeded and therefore outweighs the rights of the offending student to remain within the School;
- no compromise can be reached enabling the values of the School to be upheld with the student remaining within the School.

### Dealing with Bullying

All students and staff have the right to feel safe and happy at school. NEGS seeks to provide a safe and just environment where a person's actions reflect well on themselves, their family and the School.

When advised, the School will take prompt action to address any incident of alleged bullying. Consideration will also be given to the circumstances under which it is revealed, the context, and the time within the academic calendar. All members of our community are committed to ensuring a safe and caring environment, which promotes personal growth and positive self-esteem for all. NEGS will always approach each case individually. The School's first priority is to support the victim of bullying. The School will provide support for the alleged offender. Incidents of bullying will be dealt with promptly upon receipt of information.

1. Reports of bullying will be investigated by the classroom teacher and the Deputy Principal to determine the nature and extent of the bullying. All incidences of bullying will be reported to the Deputy Principal.
2. If the bullying is a less severe first offence or repeated action, the classroom teacher will follow up the incident as appropriate. This may involve bringing the parties together to talk through the situation and encourage positive reconciliation. The bully will be counselled to enable their behaviour to be modified





rather than be disciplined. The student who has been bullied will be supported and assisted to develop strategies to manage and prevent a repeat situation arising. The parents of both parties will be informed.

3. If the bullying is a serious first offence of repeated action, the Deputy Principal and classroom teacher will interview the offender and the victim, and the parents will be informed. There will be appropriate disciplinary action and the bully will be counselled to assist them in not reoffending.
4. If the same student repeats a serious act of bullying, the Deputy Principal will interview the alleged bully in the presence of their parents. Direct consequences may include suspension or expulsion.

### Preventive Measures

We believe the key to discouraging bullying lies in the development of students who have positive wellbeing and a productive and satisfying academic mindset. To that end, our Grow Your Mind program, wellbeing initiatives and Fundamental Movement skill activities, all work towards the promotion of happy children.

The Junior School is guided by a philosophy that has a strong focus on the social and emotional development of each child. A daily fitness program, 'Crunch and Sip,' and participation in gardening activities, all promote our philosophy of individual student wellbeing.

Children are being actively encouraged to explore their environment and take calculated risks by building cubbies, using climbing equipment and riding bikes during break times in the school day. These activities promote growth in children's level of engagement in physical activities and their ability to judge successfully how to take calculated risks that increase enjoyment but maintain safe practices. These are all great lessons to learn in the safety of the schoolyard. Cross-stage participation in sporting, academic and playtime activities promotes inclusion and acceptance of individual differences, where each child is accepted and encouraged to achieve his or her potential.



## NEGS UNIFORMS



### NEGS Uniforms

PRE-KINDY (All year) Monday to Friday

NEGS PE shirt, shorts (or tracksuit during cool weather) and sneakers.

**PLEASE NOTE THAT THE OLD STYLE STRIPED POLO CAN NO LONGER BE WORN.**

Students can also wear their school jersey. A yard hat is required and a drink bottle should be brought to school every day ('no hat: no play'). During winter, students may wear a navy skivvy under their polo shirt. Jewellery is not to be worn at school. Single stud earrings may be worn.

### Summer

#### K – 6 Term 1 and Term 4

A yard hat and sunscreen (labelled with student's name) are required and a drink bottle should be brought to school every day. ('no hat, no play')

Students are required to have their blazer at school each day but are not required to wear it during warm weather. Jumpers may be worn outside in the playground but must be worn with a blazer when attending Assembly, Chapel or leaving the school grounds.

### Girls

- NEGS Blazer
- Summer dress that is hemmed (below the knee).
- White ankle socks and black shoes
- Summer straw hat
- Hair that is long enough to touch the collar must be tied back with white ribbons and hair accessories must be plain
- Makeup, nail polish and jewellery are not to be worn
- Single silver/gold stud earrings may be worn

### Boys

- NEGS Blazer
- Navy dress shorts and white shirt with tartan tie
- The school cap is worn to school and a yard hat to be left at school
- Long navy socks (with garters) and black shoes





## NEGS UNIFORMS



### PE Day and Friday Sport

Students wear their sports gear to school on these days. NEGS PE shirt (polo on PE Day and House shirt on Friday, Day 5), shorts (or plain navy tracksuit during cool weather) and sneakers. Students can also wear their school jersey. Yard hats are required and a drink bottle and sunscreen (labelled with student's name) should be brought to school every day. Students wear white socks (Year 6 girls may wear NEGS socks) and sneakers. Please note that 'skins' and short anklet socks are not a part of the sports uniform. Exceptions need to be approved by the Deputy Principal or Sports Coordinator. Girls are not required to wear a School cap as they wear a School hat, but boys should wear their regular cap to school.

**PLEASE NOTE THAT THE OLD STYLE STRIPED POLO CAN NO LONGER BE WORN.**

### Winter

#### K – 6 Term 2 and Term 3

A yard hat is required and a drink bottle and sunscreen (labelled with student's name) should be brought to school every day ('no hat: no play'). Other than for PE Day and Friday Sport, students are required to have their blazer at school each day but are not required to wear it during warm weather. Jumpers may be worn outside in the playground but must be worn with a blazer when attending Chapel, Assembly or leaving the school grounds.

#### Girls

- Winter tunic (below the knee)
- Navy stockings and black lace up shoes
- Winter hat
- Hair that is long enough to touch the collar must be tied back with navy ribbons and hair accessories must be plain
- Makeup, nail polish and jewellery are not to be worn
- Single silver/gold stud earrings may be worn

#### Boys

- Navy dress trousers and white shirt with tartan tie
- The school cap is worn to school and a yard hat to be left at school
- Long navy socks may be worn for extra warmth



### Daily Procedures

|         |   |
|---------|---|
| 8:20am  | Supervision in the playground   |
| 8:45am  | Daily Fitness   |
| 9:00am  | Classroom activities  |
| 10:45am | Morning Tea   |
| 11:05am | Classroom Activities  |
| 12:30pm | Lunch in the Dining Hall  |
| 1:00pm  | Playground  |
| 1:30pm  | Classroom activities  |
| 3:20pm  | End of school day   |
| 3:30pm  | If not collected, students will be provided with supervision at the Homework Centre. Charges apply. |

### Bus Travel

Students are supervised by staff at the bus shelter located near the Junior School car park.

#### Bus Company contact – Edwards Coaches

(02) 6772 3116 or [www.edwardscoaches.com.au](http://www.edwardscoaches.com.au)

### Specialist Lessons

- Pre-Kindy is provided with Music, Library and Christian Studies lessons and joins NEGS Junior School for Sport days.
- Primary classes participate in specialist Music lessons and Primary Choirs. Year 5/6 are members of the Stage 3 Band. Students study a language, PE, Christian Studies and visit the Library for specialist lessons. All students will attend Chapel each week with the School Chaplain.
- Students wishing to further their studies through peripatetic music, tennis, language, drama, sport teams, livestock and equestrian should contact the relevant departments.

**For Sport, Drama, Music, Livestock and Equestrian information, see Co-curricular section.**

### Library

The Library is located in the Senior Campus. It is a valuable shared resource for all students of NEGS. Students visit the Library during their weekly lesson with our Teacher Librarian.





## Homework Centre

NEGS Junior School Homework Centre is supervised and will operate from 3:30 - 5:00pm, four days per week, Monday to Thursday in the Pre-Kindy room (at the bottom of Saumarez House). Homework can be completed during this time followed by supervised play outside. Students require sunscreen, a drink bottle, afternoon tea and a hat.

The cost will be \$14 per day and charged to your account monthly. Please be prompt for pick up as a penalty fee will apply if parents are consistently late. Students not collected from school by 3:30pm on more than several occasions will be charged for Homework Centre at a cost of \$50.

## Homework

Media reports often discuss the positives and negatives of homework. At NEGS Junior School, we believe that this activity develops organisation and provides consolidation of basic skills. Parents may elect to abstain from the Homework program but should ensure that discussions have occurred with staff to discuss the benefits for their child.

Homework is given for Monday, Tuesday, Wednesday and Thursday nights with the exception of students in Pre-Kindy and Kindergarten who are expected to read at home with parents.

**Students participating in the class homework program are provided with a set amount to cover all four nights:**

|                          |                          |
|--------------------------|--------------------------|
| <b>Year 1</b> 10 minutes | <b>Year 4</b> 30 minutes |
| <b>Year 2</b> 20 minutes | <b>Year 5</b> 45 minutes |
| <b>Year 3</b> 30 minutes | <b>Year 6</b> 45 minutes |

Homework is set to develop strong study habits and to reinforce learning that has occurred during the day. While parent encouragement and support is welcomed, at no time should parents do their child's work. Should your child experience problems, it is essential the teacher is aware of these difficulties via a note in the diary. Similarly, if your child is having difficulty completing the set tasks within the above timeframe, please notify his/her teacher.

Homework is a consolidation activity that should be developing fluency and fundamental skills. In some cases, extension or project work may be a mutually agreed task between student, parent and teacher. This may be due to heightened interest or to further develop a certain skill area. Project work should be designed to be facilitated within classrooms. At times, teachers may ask students to provide materials or research that will prepare them for classroom incursion activities.

All work that is handed in will be corrected and feedback provided to students. Incomplete homework will not be finished at school during break times. Parents will be notified that homework was not handed in and are advised to discuss the issue with their child at home. Students attending the Homework Centre are expected to be completing classwork/reading during set study periods.



### Requests for Extended Leave During Term

Students are required by law to attend school from the first day to the last day of term. Students have generous holiday periods throughout the year and it is expected that trips be taken within term breaks.

**Requests for special leave should be addressed to the Deputy Principal and must be submitted in writing at least four weeks prior.** Leave is granted at the discretion of the School. Students are responsible for ensuring they obtain work for their absence. Any work due during the time of absence must be submitted prior to departure.

### Absence Procedure

On the day of absence, parents are required to phone or email the Attendance Office by 9am, reporting their child's absence and giving the reason. As a legal requirement, a note/email explaining the cause and dates of absence, must be provided to the school. Students absent for three days due to ill health should supply a doctor's certificate upon return.

### Who to Call or Email

#### **Illness: ATTENDANCE OFFICE before 9 am**

02 6774 8700 or [attendance@negs.nsw.edu.au](mailto:attendance@negs.nsw.edu.au)

or access the Student and Absence Notification through the Engage Parent Portal.

#### **Lateness: ATTENDANCE OFFICE before 9 am**

02 6774 8700 or [attendance@negs.nsw.edu.au](mailto:attendance@negs.nsw.edu.au)

#### **Requests for extended leave:**

Deputy Principal - [deputy.principal@negs.nsw.edu.au](mailto:deputy.principal@negs.nsw.edu.au)

Late arrival to school is strongly discouraged as this places the student in a compromised situation where they have missed the opportunity to touch base with friends and hear the important first instructions of the day. It is expected that routine medical, sporting and dental appointments will be made outside school hours wherever possible, to minimise disruption to the student's learning and school routine. When leave is unavoidable and a student departs during school hours, it is imperative that a parent or guardian communicates with the classroom teacher at the classroom or at Reception.





## Health Promotion at School

In order to ensure your child's best interests are being met, we adhere to the following policies:

|                   |  |
|-------------------|--|
| <b>Yard hats:</b> | No hat: no play.   |
| <b>Sunscreen:</b> | Due to allergic skin conditions, it is the primary responsibility of parents to supply sunscreen. However, it is available at school if required. If your child has sensitive skin, please include a tube in their school bag for reapplication. |
| <b>Illness:</b>   | Any student who visits the Health Centre has their name and treatment recorded. We do not expect children to arrive at school unwell. Parents will be telephoned and asked to collect their child immediately if this is the case.               |

## Medication

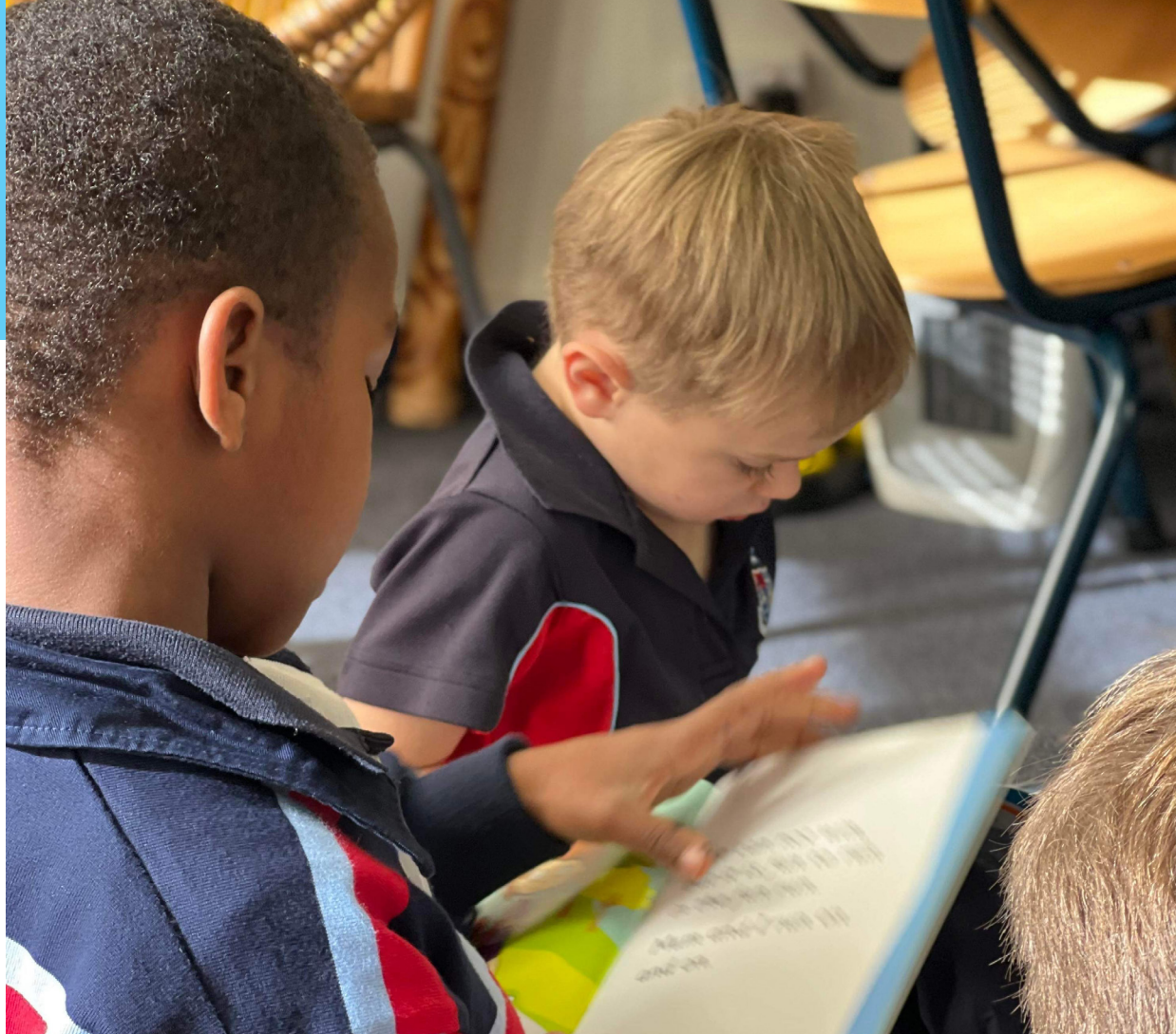
**These guidelines must be followed if your child is receiving any medication.**

- Any medication must be accompanied by detailed instructions, from the student's medical practitioner.
- All prescribed medications should be given directly to the Health Centre.
- Ongoing medication should be sent in weekly doses only. Ensure that directions and your child's name and class are clearly written on the medication.
- Students requiring puffer sprays may keep these with them provided that it will not cause harm if accidentally taken by other students. The need for these sprays must be recorded on the medical form. An Asthma Management Plan must be supplied to the Health Centre.
- Students with anaphylaxis will have a current Anaphylaxis Management Plan. This, together with relevant medication, needs to be provided to the Health Centre.

The Health Centre can be contacted by email at [healthcentre@negs.nsw.edu.au](mailto:healthcentre@negs.nsw.edu.au) or by phone on 02 6774 8716.



## MEALS



### Meals

Pre-Kindy students are required to bring a fruit snack, morning tea and lunch. It is expected that students are provided with healthy meals and that foods with a high fat and sugar content are kept to a minimum. Good nutrition ensures that children are prepared to learn and be productive throughout the school day.

K-6 students are provided with meals at morning tea and lunch by NEGS catering, however, if you choose to pack morning tea and lunches for your child, parents can select to opt out of NEGS catering by giving two weeks notice prior to the end of term.

Primary (K-6) students are also encouraged to bring a fruit snack for a mid-morning classroom break. The students are supervised at meals by Junior School staff. Parents must ensure that staff are aware of dietary needs and are responsible for the accuracy of the school database through regular updates of medical records if required.





### Use of Technology and Communication

All staff, parents and students are expected to use technology in a safe and considerate manner. Technology must be used for educational purposes and in respectful way towards peers, staff and students. Students will be educated about cyber-safety and the appropriate use of social media, passwords and copyright.

Mobile phones should not be used within the school day. Junior School students need to approach a teacher if there is an issue to be resolved. Students found to be using a phone during the school day will have the phone confiscated by the classroom teacher, who will inform the Deputy Principal and then contact the student's parents.

Students in Years 5 and 6 are required to provide their own laptop device (BYOD) in keeping with the NEGS technology requirements. Students in Pre-Kindy to Year 4 are provided with desktops, chromebooks and ipads when required as a part of their educational program. All students are required to be cyber-safe users of technology. Years 5 and 6 students are required to agree to a Junior School Technology Usage contract to ensure that guidelines and expectations are clear. Students accessing social media sites such as Facebook and Instagram will have their accounts closed and parents contacted. Emails are regularly checked by staff and students found to be using their laptop inappropriately will have their machine confiscated by the Junior School Coordinator. Laptops will be returned after a consultation with the student's parents.

### Email Communication with the School

Email is an easy means of communication that is used extensively within the School's staff, student and parent community. However, please remember that email is not a reliable form of communication for information that must be relayed quickly or is of an urgent nature. When a response is required within a day, a phone call to Reception is essential.

We will endeavour to answer emails within a 24-48 hour period during Monday to Friday. Parents are encouraged to make appointments to discuss pertinent issues rather than highlight concerns via emails.

### Who to call or email

**Messages: Reception** – 6774 8700 or  
[reception@negs.nsw.edu.au](mailto:reception@negs.nsw.edu.au)

**Classroom matters:** Classroom teacher or the  
Junior School Coordinator, Heidi Dent [heidi.dent@negs.nsw.edu.au](mailto:heidi.dent@negs.nsw.edu.au)

**Personal matters and major incidents:** Deputy Principal  
[deputy.principal@negs.nsw.edu.au](mailto:deputy.principal@negs.nsw.edu.au)

**Junior School Parent Liaison Contacts**  
[liaison.jscontacts@negs.nsw.edu.au](mailto:liaison.jscontacts@negs.nsw.edu.au)  
Contact list for all Junior School parents



### Speech Day Junior School

All students are required to attend NEGS Junior School Speech Day at the end of the school year. Students are presented with a personalised award and one student from each class is nominated for a Progress Award.

### Special Awards

#### Music Prize for Achievement and Service (Instrumental)

#### Music Prize for Achievement and Service (Choral)

#### Armistead Dumaresq Council Citizenship Award

Awarded to the K - 2 student who has consistently demonstrated thoughtfulness, hard work and is a responsible member of NEGS.

#### NEGS Junior School Citizenship Award

Awarded to a Year 3 to 6 Primary student who encapsulates NEGS values in terms of work ethic, manners and generosity of spirit.

#### Junior School Coordinator Award

An encouragement award to a student who has made gains in academic achievement, application or behaviour.

#### 'Whatsoever you do, do it heartily' Award

Awarded to the Year 6 student who best encompasses the ethos of NEGS Junior School.

#### NEGS Junior School Dux

#### Dooner Family Perpetual Trophy

Awarded to the K - 2 student who has demonstrated a high level of achievement and effort in Creative and Practical Arts.

#### Joshua Pearson Trophy (Improved Application to Sport)

Awarded to the student who has shown improvement in skills, and contributes to sport wholeheartedly.

#### Bishop Award

Awarded to the top student in Year 5.

#### Participation and Service to Sport

Awarded to the student who demonstrates commitment and good sportsmanship to the NEGS Junior School sports program.

#### NEGS Junior School Sports Achiever

Awarded to the NEGS student who has most demonstrated achievement at a representative level, sportsmanship and has contributed to the Junior School sport program.

#### Equestrian Achiever

Awarded to the NEGS Junior School student who has most demonstrated a high level of achievement and effort in representative equestrian events.





### Sport NEGS Junior School

This sport information outlines the sport policy, procedures and relevant information for the sport and wellbeing program and opportunities available from Kindergarten to Year 6 students at NEGS Junior School.

NEGS encourages all students to participate in co-curricular sports. The School's program aims to encourage every student to participate in sport for fun and enjoyment at any level of which they are capable.

### The Sport Program aims to:

- promote good sportsmanship, school spirit and respect
- encourage fun, excitement and development of skills
- promote fitness and wellbeing for all students
- encourage commitment to each sport and cooperation with team mates, coaches and other teams
- encourage students to enjoy healthy competition and support students to develop their skills to their full potential

**We aim for all students to develop their skills and enjoyment in their chosen areas of co-curricular sport at NEGS.**

If you have any queries regarding NEGS Junior School sport, please email the Sport Coordinator at [juniorschool.sport@negs.nsw.edu.au](mailto:juniorschool.sport@negs.nsw.edu.au)

## NEGS Junior School Sport Sport Program 2023

| Sport          | Age/Year Group          | Uniform  |
|----------------|-------------------------|--|
| Touch Football | Year 3-6                | PE Uniform   |
| Basketball     | Years 3-6               | School shorts and basketball singlet   |
| Netball        | Years 3-6               | PE Shirt and NEGS skirt  |
| Hockey Outdoor | Years 2-6               | PE shirt, NEGS skirt/shorts and hockey socks.<br>Shin guards, mouth guard and hockey stick |
| Hockey Indoor  | Years K-6               |  |
| Soccer         | Kindergarten and Year 1 | PE Shirt and shorts, socks, soccer boots,<br>mouth guard and shin guards                   |
| Swimming       | Pre-Kindy               |  |
| Swimming       | K-2                     |  |
| Swimming       | Years 3 - 6             |  |
| Gymnastics     | Pre-K-6                 |  |
| Equestrian     | K-6                     |  |

\*All students are required to wear the full sport uniform to training and games.

Please note that 'skins' are not a part of the NEGS sports uniform.

### Wet Weather Procedures

In the case of wet weather, training sessions will be cancelled and parents will be notified through Engage. If your child cannot be collected as normal, they will go to the Homework Centre for collection. In the case of Wet Weather for Saturday sport, please follow the instructions of the relevant sporting organisation.

### Expectations/Requirements For Training

Once a student has been nominated for a chosen sport, they must attend all training sessions and games unless the Team Manager or Sport Coordinator has been notified prior to the absence. Students are expected to be worthy ambassadors for the School. This means being punctual (on time), wearing the correct uniform and always demonstrating fair play. Students are expected to work at maximum effort and to listen and observe all instructions given by the coach or teacher.

### Expectations/Requirements at Saturday Sport

There may be times when there will be a late change to a sporting venue or match time. We will endeavour to inform you of these changes as soon as we can.

If students are too ill to play in a Saturday match, the Team Manager must be notified as soon as possible in case a replacement is required.

Please Note: It is imperative that a parent/guardian is present for the full duration of the game/games. Under NO circumstances are parents/guardians to drop off their child and leave. This is a compulsory requirement for any K- 6 student who wishes to participate in competition sport at NEGS Junior School.





## Sporting Events 2023

### NEGS Carnivals

Each year, there are three main carnivals at NEGS in which students may participate for Swimming, Athletics and Cross Country. On these days, students wear their sport uniform to school with their house coloured shirt. At all of these carnivals, parents are very welcome to attend and help if needed.

**NEGS WHOLE SCHOOL SWIMMING CARNIVAL** will be held at the Armidale Aquatic Centre. Students 8 years and over will participate in competitive events and Students K-2 will participate in novelty events.

**NEGS WHOLE SCHOOL ATHLETICS CARNIVAL** will be held on the NEGS Athletics Field. Students 8 years and over will participate in competitive events at the carnival. Students in Pre-Kindy to Year 2 will be involved in the opening of the carnival, mini races and novelty events.

**NEGS JUNIOR SCHOOL CROSS COUNTRY CARNIVAL** is held on the NEGS school grounds. Students Pre-K - 6 participate.



## Sport Code of Conduct

### Players' code of conduct

- Play by the rules.
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials, sledging other players and deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, teammates and opponents. Without them, there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

### Parents' code of conduct

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate; do not force them.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

### Spectators' code of conduct

- Remember that young people participate in sport for their enjoyment and benefit, not yours.
- Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their results.
- Respect the decisions of officials and teach young people to do the same.
- Never ridicule or scold a young player for making a mistake. Positive comments are motivational.
- Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.
- Do not use foul language, sledge or harass players, coaches or officials.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.





### Live Life Well @ School

This program aims to develop teachers' knowledge, skills and confidence in teaching nutrition and physical education including fundamental movement skills as part of the K-6 Personal Development, Health and Physical Education (PDHPE) syllabus.

Primary teachers participate in professional learning workshops that promote a 'whole of school' approach to physical activity and healthy eating.

Every day, students are asked to bring '[Crunch and Sip](#)'. This is a midmorning snack of fruit or vegetables and a drink of water to help them through the morning until recess time.

### Wellbeing Program OVERVIEW

The Wellbeing Program at NEGS aims to create the conditions for a flourishing life for all students. We provide students with opportunities to find out about the ways and processes in achieving wellbeing, including learning from setbacks and adversity, to becoming more resilient, and having time to reflect on how we might bring about our own wellbeing and the wellbeing of those around us.

### WHAT IS WELLBEING?

'Wellbeing is a dynamic state, in which the individual is able to develop their potential, work productively and creatively, build strong and positive relationships with others and contribute to their community' (Foresight Report published by the Government Office for Science in 2008 UK).

Our wellbeing program builds on strong research by internationally esteemed psychologist, Martin Seligman. He states that wellbeing should be taught in school because it would be an antidote to the runaway incidence of depression, a way to increase life satisfaction, and an aid to better learning and more creative thinking.

Martin Seligman's research in education reveals that a positive mood produces broader attention, more creative thinking, and more holistic thinking. This is in contrast to negative mood, which produces narrow attention, more self-critical thoughts and over-analysing of issues and situations.



## Music

Music is a highly-valued part of school life at NEGS Junior School and this is reflected in the curriculum from Pre-Kindy - Year 6. All students experience regular class music lessons with specialist teachers for ninety minutes each week and have the opportunity to learn instruments with private tutors at school. There are a variety of instrumental and choral ensembles in which students may participate.

The Music Program is designed so children develop knowledge and understanding, skills, values and attitudes by performing, organising sound, composing and listening, experiencing musical concepts (duration, pitch, expressive elements, tone, colour and structure) within a wide range of repertoire through a sequential and planned process of teaching and learning.

Musical learning evolves from a variety of experiences including singing games and dances; folk songs and art songs; singing songs in unison, rounds, canons and in parts; singing themes from great instrumental music; and listening and moving to music. All these form the wealth of experiences from which musical concepts are drawn and through which musical skills are practised. Just as one learns to speak first and then read and write later, so the music is taught first before the symbols are read and written.

NEGS offers a varied high-quality co-curricular program. Choral and instrumental ensembles cater for all ability levels. Co-curricular programs are run by highly qualified music staff with the support of specialist visiting teachers.

Most students choose to specialise on an instrument or voice, undertaking private lessons, group classes or sectional tutorials.

### Lessons are available in:

|                    |                    |                      |
|--------------------|--------------------|----------------------|
| <i>Piano</i>       | <i>Viola</i>       | <i>Saxophone</i>     |
| <i>Flute</i>       | <i>Clarinet</i>    | <i>Electric Bass</i> |
| <i>Trumpet</i>     | <i>Trombone</i>    | <i>Percussion</i>    |
| <i>Violin</i>      | <i>Cello</i>       | <i>Recorder</i>      |
| <i>Organ</i>       | <i>Bassoon</i>     | <i>Singing</i>       |
| <i>Oboe</i>        | <i>Double Bass</i> | <i>Guitar</i>        |
| <i>French Horn</i> | <i>Drum Kit</i>    |                      |

Students perform regularly in assemblies, Showcase Concerts, and Twilight Concerts as well as yearly events such as Celebration of Learning, Carol Service and musical productions. Performance opportunities and making music for others are treated as integral aspects of student development and individual students are catered for at a level that is appropriate to their abilities and experience.





## Equestrian

NEGS Equestrian provides group and individual lessons in our Equestrian Centre arenas. These can be provided during lunchtimes, with coaches collecting students from the Dining Hall if required.

**Please contact the Equestrian Centre on 6774 8717 or 0417 806 395 or email [equestrian.centre@negs.nsw.edu.au](mailto:equestrian.centre@negs.nsw.edu.au) for more information.**

### The uniform and safety requirements for riders are as follows.

- A suitable pony and safe tack (students who do not have their own pony will be assigned compatible school pony and tack).
- ASNZ3838 approved helmet (helmets are provided for those who do not have one, however, we encourage students to consider purchasing their own).
- All riders must wear smooth sole elastic-sided riding boots (no Cuban heels or heavy grip soles such as those found on work boots). Please ask your instructor if you are unsure.
- Riding jodhpurs or jeans may be worn with the NEGS Junior School sports polo or jumper.
- Riding crop/short whip and riding gloves (optional).