

# NEGS

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There's no  
place  
like NEGS

## NEGS Newsletter

Term 3 Week 10 - Wednesday 16th September 2015

### From The Principal

Mr Clive Logan



**“Before you abuse, criticise and accuse,  
walk a mile in my shoes!”**

Elvis Presley sang this line in “Walk a Mile in my Shoes” – it can be seen on Youtube at

<https://www.youtube.com/watch?v=ov9fjaRZT4E>

The origin of the famous proverb “before you criticise a man, walk a mile in his shoes” is quite difficult to find. The earliest traces of the proverb date back to the Cherokee tribe of Native Americans who said, “Don’t judge a man until you have walked a mile in his shoes”. Nelle Harper Lee, an American authoress, was seemingly inspired by the saying of the American Indians in her book, *To Kill a Mockingbird*: “*You never really know a man until you understand things from his point of view, until you climb into his skin and walk around in it.*”

This brought the saying to a wider public and increased its popularity distinctly. Being able to empathise means to be capable of identifying and understanding another person’s feelings, without experiencing them for yourself at that particular moment. It is the ability to literally experience the world from another person’s perspective, ‘to walk in their shoes’, to view life from their point of view and to feel what it feels like to be that person.

Surprisingly, the ability to empathise with others is relative to a person’s capacity to identify, feel and understand our own feelings and thereby being able to project one’s feelings onto others. This means in turn that it becomes complicated at times to understand what a person is going through, if you haven’t gone through it for yourself – or at least felt similar feelings. The outcome of this can be seen in our day-to-day lives; it’s relatively easy to rant about ‘the lazy unemployed’ when you have never been unemployed in your life, or grown up with everything provided for you. But once you experience for yourself what it feels like to be teased about your body or the difficulty to find a job, your point of view might change drastically and then hopefully how you feel about those who are facing a similar situation.

Another aspect that empathy depends on is emotional intelligence. This kind of intelligence has not so much to do with mental skills (intellect) but a lot more with actually experiencing these emotions. A person that has experienced a variety of emotional states and feelings throughout their life – from the heights of victory, happiness and joy, to the depths of defeat, sadness and anxiety – will find it easier to understand another person’s problems and feelings. Furthermore, emotional intelligence enables a person to empathise with someone, without the need to have felt likewise in the past. Basically, it allows us to identify their feelings.

So, how can we develop and increase our empathy towards others?

#### **1. Walk a mile in someone’s shoes – figuratively**

If we think about the events of the last two weeks, I’m pretty sure that there was at least one person, a classmate, a teacher or even a friend that has upset us for some reason. If we reflect on what happened in this situation, frustrated emotions might stir up again, but this time, try to recall the situation – if possible – as unemotionally as possible. We can think about our standpoint, our arguments and reasoning behind **OUR** behaviour for a short while. But then, try to step into their shoes – the person that upset us so much. Try to view the whole world from that person’s perspective, just for a couple of minutes. Attempt to leave our opinion aside for a while, no matter how arrogant, illogical or full of him or herself that person appears in our opinion. By understanding the reasons behind that person’s behaviour, we have mastered an important hurdle on our path towards compassion.

## 2. Try to see things from their point of view

I think that once we understand at least the motive behind a person's action, it's far easier to empathise with them. This holds true with a person's background, personal circumstances, education and so on. In many cases, people will start an argument with someone just to let off steam, or because they are still lost in thoughts about an exasperating situation. Therefore, we should not only seek the reason behind a person's action, but also try to understand how it would **FEEL** to be them. When we understand just a slight fraction of the problems and feelings someone else is facing in their life, it will become easier for us to empathise with them.

## 3. Replace anger with compassion

Make it our intention to respond with understanding instead of anger. We can avoid leaping to conclusions and hasty reactions we might regret later. At some point, we might even automatically step into another's shoes before responding emotionally, allowing us to come to a wiser conclusion than starting a disagreement or argument.

## 4. Discover the similarities, not the differences

As we centre the whole world on ourselves, we tend to forget about others, which causes us to see by far more differences between ourselves and "them". But in reality, we are all the same. No matter our ethnical background, skin colour, religious or sexual orientation, we all are striving for purpose, peace and happiness and trying to avoid sadness and suffering at best. So, instead of being blinded by the differences that superficially separate us from another person, try to acknowledge the commonalities we share with other people.

## 5. Don't judge too hastily

When we meet a person for the first time, we immediately tend to label them, to put them into boxes, subconsciously. First impressions can have a long lasting effect on what we think about a person – until we really get to know them better. In order to empathise with others, it's crucial we set aside our biases and generalisations, in order to see behind the façade. If we can understand what they go through day after day, if we can relate to them and what it must feel like to be in their position, then we may form a different opinion about them that is less biased.

Empathy is a learned skill that we can develop and grow through consistent practice. Therefore, if we are willing to be tolerant, to increase our understanding of others, it is never too late to learn how to respect the differences of others.

## Dear Students, Staff and Families of NEGS,

On behalf of St Christopher's Home in Fiji, Zara, Heidi, Belle, Hannah, Steph and Sophie in Year 8 and Mrs Smith we would like to say THANK YOU!

With the proceeds from the blanket raffle, lolly guessing comp, tattoos, manure drive, hot chocolate and cup cake days and mufti days the girls have raised \$1602.45. Well exceeding the \$1200 required from the team.

This money will be used to assist in the replacement of the wardrobes in the bedrooms of the children as well as buying some much needed supplies for the home.

We wish the Fiji Team (including the 6 NEGS girls, Mrs Smith, 6 PLC and 12 TAS students and staff) a safe and productive journey. A full report for the newsletter and a presentation at Chapel will occur upon their return.



The Board of Directors and Principal cordially invite you to attend the

## 2015 Year 12 Graduation & Prize Presentation

Thursday 17th September 2015

- 9.30am Valedictory Chapel Service, followed by
- 10.30am Morning Tea for Year 12 Students and their families in the Dr Jan Milburn Room
- 11.30am Year 12 Graduation & Prize Ceremony in NEGS Multi-Purpose Centre

The Occasional Address will be delivered by

**Mrs Erica Halliday**

*Current Parent, NEGS Old Girl (1984 - 1989),  
Board Member and Entrepreneur*



**NEW ENGLAND  
GIRLS' SCHOOL**

RSVP: Monday 14th September to  
NEGS Reception 02 6774 8700  
or [reception@negs.nsw.edu.au](mailto:reception@negs.nsw.edu.au)

[negs.nsw.edu.au](http://negs.nsw.edu.au)

## Term Two and Term Three Calendar Dates

### TERM 3

10 weeks

Wednesday 2 September St John's Musical - Dress Rehearsal  
 Friday 4 September St John's Grandparents' Day  
 St John's Musical - 2pm  
 Old Girls' Framed! Art Show & Sale - 6.00pm  
 Year 6, 7 & 8 Social at PLC  
 Year 9 & 10 Social at NEGS  
 Saturday 5 September Old Girls' Weekend, AGM 9am  
 NEGS & St John's Spring Fair 10am  
 Old Girls' Reunion Dinners  
 Wednesday 9 September Year 11 Preliminary Exams commence  
 Thursday 10 September GRASS Science Investigation Awards  
 Year 7, 11 & 12 School vaccinations  
 St John's Musical - Evening Performance, 6:30pm  
 Friday 11 September IGSSA Hockey & Netball finals  
 Wednesday 16 September Year 11 Preliminary Exams conclude  
 Thursday 17 September Year 12 Valedictory Day  
 Chapel 9:30am  
 Year 12 morning tea 10:30am  
 Year 12 Graduation Ceremony 11:30am – MPC  
 Last day of school for Term 3  
**Friday 18 September End Term Three**

Saturday 26 September Spring Bible Week commences  
 Saturday 3 October Spring Bible week concludes

### From the Uniform Shop

Mrs Rosemary Campbell

It is nearly time to think about your children's Summer Uniform. We have limited second hand garments, so it is first in best dressed. We are very happy to do the fitting or else you may rather be here yourself.

Last year we introduced a Trolley Bag as an alternative to our backpack, this received a very lukewarm response. Now we have been told that 2 of the larger Companies that we deal with, are no longer manufacturing Trolley Bags.

If at any stage the bags become available again we shall then reassess.

Thank you for the clothing that trickles in to be sold on consignment. Please remember clothing must be washed ironed and ties, blazers and kilts must be dry cleaned and left in the Dry Cleaners' Bag.

We are very proud of our uniform and our aim is to pass this pride on to our students.

### TERM 4

9 weeks

**Monday 5 October Public Holiday**  
**P&F Meeting, 7pm – WH Lee Room**  
**Boarders Return 8:30pm**  
**Tuesday 6 October Term Four Classes Commence**  
 Prefects Induction Assembly  
 Year 11 Leadership camp departs  
 Thursday 8 October Year 11 returns  
 Monday 12 October HSC Examinations commence  
 Friday 16 October Sports Presentation Evening  
 Monday 2 November Year 7 & 8 Examination week  
 Friday 6 November HSC Examinations conclude  
 Monday 9 November Year 9 & 10 Examination week  
 Monday 16 November Year 10 Work Experience Week  
 Monday 23 November Year 10 Service Week  
 Thursday 26th November St John's Celebration of Learning  
 Tuesday 1 December Carol Service – 5pm  
**Wednesday 2 December Year 7-11 Speech Day – 9:30am - MPC**  
**End Term Four**

## 2016 Term Dates

### TERM 1

Monday 25 January Staff Day  
 Tuesday 26 January Australia Day Public Holiday  
 Wednesday 27 January Staff Morning  
 Orientation Afternoon, Years 7 – 11  
 new students only  
 (Boarding Houses open from 2.00pm)  
 Boarders return by 8.00pm  
 Thursday 28 January First day of school All students  
 Friday - Monday 25 March – 28 March Easter Public Holiday  
 Thursday 7 April Last day of Term 1  
 Friday - Monday 8 April – 25 April School Holidays

### TERM 2

Monday 25 April ANZAC Day - Public Holiday  
 Boarders return by 8.00pm  
 Tuesday 26 April First day of Term 2  
 Monday 13 June Queen's Birthday - Public Holiday  
 Thursday 23 June Last day of Term 2  
 Friday - Friday 24 June – 15 July School Holidays

### TERM 3

Monday 18 July Staff Day Boarders return by 8.00pm  
 Tuesday 19 July First day of Term 3  
 Thursday 22 September Year 12 Valedictory Day  
 Last day of Term 3  
 Last day for Year 12  
 Friday - Friday 23 September – 7 October School Holidays

### TERM 4

Monday 10 October Staff Day  
 Boarders return by 8.00pm  
 Tuesday 11th October First day of Term 4  
 Wednesday 7 December Speech Day  
 Last day for Years 7 - 11

## An Introduction to Trauma Informed Care - online learning website

The Australian Child & Adolescent Trauma, Loss & Grief Network are excited to announce the launch of our **free online learning website** - An Introduction to Trauma Informed Care. This online learning has been designed to increase information and knowledge on the impact of experiences of adversity and trauma on children and young people. **There are six modules that you can work through at your own pace, with free resources to download that accompany the modules.**

The program is designed as an easily accessed online introduction and learning program for families, carers and **other professionals with responsibilities for the care of children who may need support as a result of challenging and potentially traumatic experiences. Policy makers in the area may also find the program of value.**

The program aims to:

- ❖ Facilitate understanding of experiences of adversity in childhood, the impact and variability of these experiences on children, the reasons for them and the potential on-going impacts through the life of the child into adulthood
- ❖ Provide family carers and professionals with accurate evidence based information that assists them to recognise the impact of adversities or potentially traumatic experiences
- ❖ Provide age appropriate guidelines and information as to how to support children and adolescents facing adversities and/or, if needed, refer them for specialised support and care

Website link: <http://learn.earlytraumagrief.anu.edu.au/>

## Asking R U OK? You've got what it takes

**R U OK day was 10th September- our students started the conversation..**

**<https://ruok.org.au/how-to-ask>**

If your gut says something's not quite right with someone, chances are that they might need a bit of extra support from the people around them. They might be acting a bit differently, seem to have a lot on their plate, or simply aren't themselves. Don't ignore those signs but instead take some time to start a conversation.

One of the great things about asking "are you ok?" is you don't have to know the answers to a mate's problems. Nor do you have to be ok yourself. Or feel particularly strong. As long as you feel up to listening, not judging and just talking through stuff you have found useful in the past, you've everything it takes to have a meaningful conversation to support a mate in need.

The below isn't a script – they're tips to help you ask from the heart.

### Getting ready to start a conversation

#### Be ready

- Are you in a good headspace?
- Are you willing to genuinely listen?
- Can you give as much time as needed?

#### Be prepared

- Do you understand that a difficult conversation might happen and you won't have the answers?
- Do you understand that talking about personal struggles can be difficult and they might get embarrassed, even angry?

#### Pick your moment

- Have you chosen somewhere relatively private and comfy?
- What time will be good for them to chat?
- If they can't talk when you approach them, ask them for a better time to come back

## How to ask

# Ask Listen Encourage Follow up



### Step One: Ask R U OK?

- Be relaxed.
- Help them open up by asking questions like "How you going?" or "What's been happening?" or "How you travelling?"
- Mention specific things that have made you concerned for them, like "I've noticed that you seem really tired recently" or "You seem less chatty than usual. How are you going?"

### Did you know?

The World Health Organization wants you to be a part of the health system. That's because they know you can pick up on friend's struggles before they become a big issue.

### Dealing with denial

- If they deny the problem, don't criticise them. Acknowledge they're not ready to talk.
- Avoid a confrontation.
- Examples of how you could respond to their denial include "It's ok that you don't want to talk about it but please call me when you're ready to chat" or "Is there someone else you'd rather talk to?"
- Tell them you're still concerned about changes in their behaviour and you care about them.
- Ask if you can enquire again next week if there's no improvement.

### Does someone need expert help?

- If someone says they're thinking about suicide, it's important you take it seriously.
- Tell them that you care about them and you want to help. Don't become agitated, angry or upset.
- Explain that thoughts of suicide are common and don't have to be acted upon.
- Ask if they've begun to take steps to end their life. If they have, it's very important that you don't leave them alone and do not use guilt or threats.
- Even if someone says they haven't made a plan to take their own life, you still need to take it seriously.
- For confidential advice and support call a crisis support line – such as Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467. Other places to find help are here.
- If you think that someone's life is in immediate danger call 000 (Australia only) and stay with them until help arrives.



# NEGS Old Girls' Weekend Mrs Lindy Cannington

## NEGS Old Girls' Reunion Weekend and Framed Art Exhibition Report 2015

On the evening of Friday 4th of September, our 8th Annual Framed Art Exhibition cocktail function was held in the MPC at NEGS. In conjunction with the art exhibition, a junior art competition was held. The Framed Primary and Infants Visual Arts Competition were generously sponsored by Armidale SerVies and New England Mutual. We had 120 entries in both categories, which was fantastic.

The 2015 Framed Art Exhibition had 129 exhibits, including paintings and prints, photographs, etchings, ceramics, stoneware and digitally printed fabric with hand woven braid, from 24 different artists. Guests, including NEGS Old Girls, attended the opening cocktail function. A number of exhibits were sold on Friday night and some more were purchased on Saturday at the Spring Fair. Old Girl artists represented were Marg McClelland who won the People's Choice with her photograph: Hay Sale – The Next Generation. There were four Old Girl Artists who exhibited; they are Anna Sutherland, Lucy McCann, Belinda Perkins and Marg McClelland. Five other exhibitors also have a connection to the school – they were ex-parents, grandparents or teachers. Thank you Jack Vivers, a current Yr12 father and a fantastic musician, who entertained us.

Our thanks goes to local artist James White, who generously donated a painting 'First Cut' that was raffled to raise funds for scholarships for NEGS students. This was a very popular painting, admired by many. The winner of the raffle was Justine Aitken, who is a new NEGS mother, with a daughter in Yr10. Congratulations Justine.

NEGS Old Girls had their reunion weekend as well, with about 100 ladies coming back to NEGS to catch up and rekindle old friendships. We were visited by the 5, 10, 20, 30, 35, 40, 50 and 60 year reunion groups and a small number of 5 year parents as well. On Saturday the cohorts each celebrated their reunion by having lunch or dinner. The school hosted both the 50 and 60 year Old Girls' functions with private dinners in Akaroa, catered for by our School Chefs and kitchen staff. Current students were waitresses for these groups who dined in Akaroa.

On Sunday morning a large number of Old Girls, friends and family attended chapel. After chapel, a service of memorial was held for NEGS Old Girl Susie Tooth, and a sculpture was dedicated to Susie in the school grounds. Susie was senior prefect in 1980 and sadly passed away earlier this year.

Tennis and touch football matches were played on Saturday, between the Old Girls and current students. The Old Girls won the tennis trophy and current yr 12 students won the very informal game of touch football. Fun was had by all.

On behalf of the NEGS Old Girls' Union, I would like to thank a number of people who helped make this busy weekend such a success. Thanks go to Mr Clive Logan - Principal and Graeme Hollis - General Manager. Thank you to the staff of Akaroa - in particular Sally Olsen, Selina Croft and Amy Layton. A great big thank you goes to Tanya Graham, who is amazing in helping out in so many different ways. Thank you to Mrs Jean Newall and Rebecca Eastment. To the grounds and maintenance staff, thank you for all your tireless work in preparing for the weekend and helping to set up the display boards in the MPC. To the kitchen staff, in particular Craig, Nick and Lorraine, thank you for your part of the weekend. To the Framed Committee and in particular Nan Robertson, your management of the whole art show is amazing, thank you. Finally and not least, thank you to the Years 8, 10 and Year 11 students who helped prepare food, waitress and wash up. We cannot thank you all enough for your commitment to our wonderful school.

## Thailand Fundraiser

Dear NEGS Community,

Thank you all for buying raffle tickets, lollies, cookies, necklaces, potted plants....to raise money for the Agape Aids Orphanage and McKean Leprosy Clinic.

We made a total of \$1400.00 for Thailand Fundraising!!!

The Lamb raffle was drawn at the fete and the winner had a phone call from Mr Hiscox to organise delivery of the Lamb.

Thank you all again,

We will take some photos to show you how the money will be distributed.

With Kind regards,  
Emily Sole, Bronte Hiscox, Katrina Tomlinson-Gils and Mrs Sole



**Hockey NSW** is pleased to announce the return of its highly successful Centre of Development for Under 13s and 15s Program in late 2015.

Following positive feedback from 2014, the COD will once again offer 21 hours of high-level coaching in your home region and is still suitable for the development of all players, regardless of skill level.

This year, players will also benefit from a renewed focus on preparing athletes for all levels of hockey - from Club teams through to State teams - as well as registration into the Basil Sellers Country v City Regional Challenge and new Individual Player Plans to aid in athlete development.

The cost in 2015 will remain \$350 (plus administration fees, turf fees may attract an additional cost).

U13's DOB:  
2003 & 2004

U15's DOB:  
2001 & 2002

For more details of session times and to register for COD, click onto the Hockey NSW website link below. There is a "Centre of development U13' & U15's Registrations Now Open" tile towards the bottom of the home page.

<http://hockeynsw.com.au/>

An additional feature for the COD program this year will be more exposure to other Hockey NSW coaching staff at the weekend sessions. This will add further variety, enjoyment and engagement for all participants.

If you have any questions, please do not hesitate to contact me.

Regards

BLAIR CHALMERS  
REGIONAL COACHING COORDINATOR  
NORTHERN INLAND REGION  
Hockey NSW

**CENTRE OF DEVELOPMENT**  
**FOR**  
**U13s & U15s**  
**REGISTRATION OPEN NOW**  
**GREAT COACHING**  
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**BLAIR CHALMERS**

RCC Northern Inland Region

**0447 186 477** - [blair.c@hockeynsw.com.au](mailto:blair.c@hockeynsw.com.au)

## Sports Presentation Evening

Families are reminded of the changes this year for the presentation of the major Sport Awards.

The date of this event is Friday, 16th October (Term 4, Week 2) commencing at 5.30pm. The Presentation will be held at NEGS, where costs can be kept to a minimum.

The girls to be invited to the evening include, among others, applicants for the Major Awards, current and new House/Vice Captains, along with current and new sport captains.

The plan is that invitations with further details will be emailed to the girls and families at the end of Term 3.

Expertise Fun Camp Sew & So Learning  
CREATIVITY  
Passion & Flair  
Inspiration

Fabric Fair

presents...

Camp Sew & So

An annual sewing retreat for those who love to sew. A week where you can increase your knowledge, technical expertise and broaden creativity while meeting new/longstanding sewing friends.

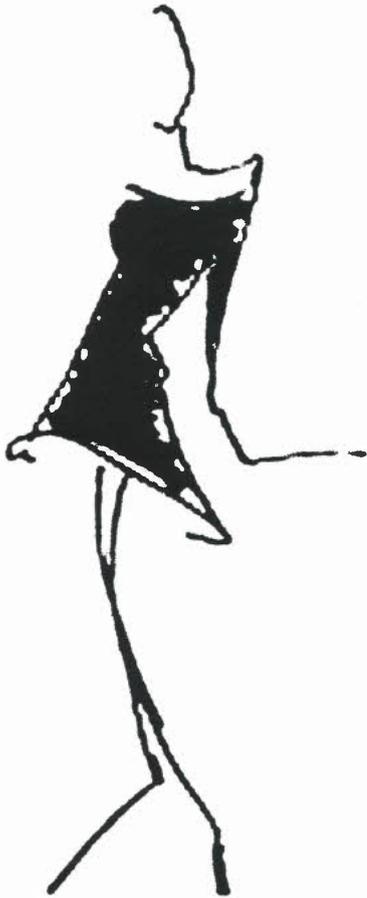
We welcome you on Sunday with an inspirational parade of couture garments and Year 12 major works followed by a sausage sizzle.

**Dates:**  
January 10th - 15th 2016

**Venue:**  
New England Girls' School (NEGS), Uralla Road, Armidale  
Multi-purpose Centre

**Hours:** Sunday 10th: 2pm - 5pm  
Monday 11th - Friday 15th  
9am - 4pm

Sponsored by: **BERNINA**  
NEGS Centre of Excellence



ACCOMODATION

On campus accomodation will be offered - single rooms with shared facilities including continental breakfast. Lunch & Dinner will be available if required.

For more details on course content, tutors and what to bring, contact Fabric Fair. Facebook will be continually updated.



FABRIC FAIR

Armidale ~ the home of fine sewing

118 Jessie Street  
Armidale NSW 2350

Phone: 02 6772 7745

Email: [fabricfair@bigpond.com](mailto:fabricfair@bigpond.com)

Facebook 

COURSES OFFERED:-

Junior, Teen, Master Class, Year 12 Major Works and Evening courses.

**JUNIOR - Sew Up A Storm  
- Cook Up A Storm**

Sewing on Monday, Tuesday, Wednesday includes fun projects with printing and dying. Cooking Thursday & Friday including a bake off competition. All materials included in tuition fee.

**TEEN**

Learning to sew creatively using commercial patterns with tuition in fabric making and surface embellishments.

**WHAT CAN I DO IN A MASTER CLASS?**

You can make any garment of your choice with professional help in both fitting and construction. Each day there are scheduled seminars on particular technical topics. Choose a garment that offers what you want to learn - fit, evening wear, boning, lace work, sewing specialised fabrics and tailoring.

**MAJOR WORKS YEAR 12**

What a wonderful opportunity to get a head start on a project with the help of professional pattern makers and couture teachers. Time to experiment and explore and take the pressure off that August deadline.

**EVENING COURSES**

- KNOW YOUR OVERLOCKER  
Monday 11th and Tuesday 12th  
6:30pm to 9:30pm

Tutor: Lorraine Jenkins

- PATTERN MAKING  
Wednesday 13th and Thursday 14th  
6:30pm to 9:30pm

Tutor: Rhonda Di Luzio

**A NIGHT WITH BERNINA**

Wednesday 13th - 6:30pm

Bree the Bernina Trainer & Educator will present a free seminar to inspire and dazzle us with her knowledge and expertise in the world of Bernina.

**ALL SMALL CLASS GROUPS**

**TUTORS**

All tutors are highly qualified, hands-on, talented, creative teachers. They are leaders in their fields with a wealth of up-to-date knowledge and experience in teaching adults and young people.

**VENUE**

Teaching space will be fully equipped with irons, ironing boards, cutting tables, mannequins, sewing library and inspirational material.

**MACHINES**

If it is not possible to bring your own machine (in working order) we can supply a limited number of Bernina machines.

**HOW TO BOOK**

Contact Fabric Fair and request a registration form.

Phone: 6772 7745

Email: [fabricfair@bigpond.com](mailto:fabricfair@bigpond.com) or Fabric Fair on Facebook

**COST**

Master Classes: \$420.00

Junior: \$360.00 (includes all supplies for sewing and cooking)

Teens: \$320.00 (plus own materials)

Pattern Making: \$90.00 (plus materials charge)

Know Your Overlocker: \$90.00 (materials list supplied)

**BOOKING POLICY**

For week long courses, a deposit of \$150.00 is payable on booking.

Evening courses \$50.00 deposit.

Please note that your booking will not be valid until this deposit has been paid.

Balance for the course is payable before December 1st.

**Cancellation Policy**

A 50% refund will be given if cancellation is before November 30th 2015. No refunds will be made after December 1st, unless your position can be filled.