



Term Dates to Remember

TERM 4 9 weeks

NOVEMBER

Saturday 22	NEGS Equestrian ODE
Sunday 23	NEGS Equestrian ODE
Thursday 27	St John's Celebration of Learning & Concert - 6pm

DECEMBER

Tuesday 2	Carol service at 5.00pm
Wednesday 3	Year 7 - 11 Speech Day

NEGS Calendar Link

<http://negs.nsw.edu.au/calendar/>

From The Principal

Mr Clive Logan

R-E-S-P-E-C-T

In the second Blues Brothers film, Aretha Franklin sings the famous song 'RESPECT':

"All I'm askin'

Is for a little respect when you get home (just a little bit)

Hey baby (just a little bit) when you get home

(just a little bit) mister (just a little bit)"

Franklin's version is a declaration from a strong, confident woman, who knows that she has everything her man wants. She never does him wrong, and demands his "respect". Franklin's version adds the "R-E-S-P-E-C-T" chorus and the backup singers' refrain of "Sock it to me, sock it to me, sock it to me..."

Respect is two-fold – we need to respect ourselves and others. Both are important, and sometimes they conflict. But it's important to take time to figure out a balance between the two. What's that rule about treating others the way you want to be treated? A lot of times we can treat other people better than we treat ourselves. But if we don't respect ourselves, how can we expect others to respect us? The respect we show to others (or lack thereof) is an immediate reflection on our self-respect.

How do we respect ourselves?

Be You

There's a lot of pressure to be a certain person or act a certain way. This pressure comes from a lot of different places: friends, family and teachers, to name a few. But remember – our lives are about who **we** want to be. Recognize what's important and live our lives honouring our values and beliefs. Just know that at the end of the day, the only person you really answer to is yourself.

Accept yourself

We need to be comfortable in our own skin and to learn to love and accept the people we are. This doesn't mean we have to think that we are perfect, but we have to learn to embrace ourselves, flaws and all. Be happy with all of the things we love about ourselves, and be okay with the parts of us that are less-than-perfect, especially the ones we can't change. Stop making excuses - start loving the person you are right here, right now.

Maintain a positive attitude

A positive attitude can make or break our success in life, as well as our thoughts about who we are. Even if things aren't going our way, be confident about the fact that something good is bound to happen eventually, and be pleased with our everyday lives and all that it can offer us. If we feel overly negative, then we're bound to never feel good about who we are or to give ourselves the respect we deserve.



Stop trying to keep up with everyone

Maintain our own standards and work on achieving the goals we want to achieve instead of doing the things that we think would impress our Facebook friends or give us momentary bragging rights. It's much more impressive to succeed at doing what **we** want to do instead of following the path that everyone else has taken.

Make your own decisions and believe in your choices

It's great to ask other people for advice, as this can actually help us gain a more balanced perspective, but we shouldn't waste time doubting ourselves and wishing we had done something else. By all means, ask for advice from trusted sources. We are surrounded by people with different ideas and experiences who are here to help us find our way. But make sure the decision we make is something we cannot only live with, but also what's best for you.

Handling criticism – don't let others get to you

Everyone has bad days, and sometimes other people can lash out at us when they have one. By the same token, sometimes we have bad days. It doesn't matter if criticism was called for or not – no one likes to be criticized. Because criticism can be rough, we have to learn how to deal with it while holding on to our self-respect. Our sense of self-worth and happiness should come from ourselves, not from the people around us. How do we deal with criticism in a healthy way?

- **Don't take it personally.** Criticism doesn't mean we are bad people.
- **Hear the criticism and take a step back.** Is what the other person saying true? If the criticism isn't true or if it's just not constructive, ignore it and move on.
- If there is some truth to what was said, try to listen and use the criticism in a positive way to improve ourselves and our life.
- No matter what, don't let it get you down!

Address the flaws you can address

Respecting ourselves does not mean thinking that we are perfect and that there is absolutely nothing that we need to work on and improve. It means being able to accept the things that we cannot change, while working to address the things that we need to work on.

Don't demean yourself

If we want to respect ourselves, then we need to stop demeaning ourselves, especially in front of others. It's one thing to laugh at yourself, which is a way of showing that you don't take yourself too seriously and that you're not obsessed with looking perfect at all times. However, if we keep putting ourselves down, we are encouraging others to do the same.

Avoid getting overly emotional

It's okay to lose our cool from time to time, but we should try to avoid letting people see us lose it completely, or they'll lose respect for us, thinking that we can't cope with our own emotions. Take some time out, get some fresh air, or call someone who can help us feel grounded, instead of getting all worked up over every little thing. If we get heated too often, then we may say something we really regret and people will think of us as being a rude hothead. Part of respecting ourselves is to learn to be in control of what's going on in our heads. Though nobody is in control 100% of the time, we can work toward it.

Admit when you're wrong

If we truly want to respect ourselves, then we have to be able to know when we've made a mistake. If we have messed up, let people know in a way that shows that we are truly sorry and that

we've put enough thought into the situation to avoid doing the same thing again in the future. Don't just be in denial about what we did and hope that everyone can brush it under the carpet; it's okay to admit that we're only human. If we learn to admit that we're wrong, people will have much more respect for us and will be able to trust us more.

Spend time with the people who respect you

Find people who make us feel positive, good about ourselves and the world, and who actually take the time to listen to us and to help us sort out our feelings.

Stay humble

Some people think that bragging about how awesome they are will make people like them more, because it will show them all of the great accomplishments we've made. However, if we really want people to respect us and to think we are awesome, then we should practise modesty and humility, letting other people recognise how awesome we are instead of telling them so ourselves.

Avoiding jealousy

Jealousy is a pretty common emotion. Sometimes we look around and it seems like everyone has it better than we do. Instead of feeling upset about what other people have, redirect this energy into making the most of what we **do** have! Jealous of the girl who can shoot baskets like an Australian Netball Diamonds star? Get out there and practise. Envy that girl who aces every test? Crack a book and get to work. Don't hate. Do better. You'll be more productive and feel happier.

Forgiveness

We hear a lot about forgiving other people, but we have to forgive ourselves. Everyone makes mistakes. Forgiving ourselves helps us avoid negative feelings. Don't let past mistakes continue to bring us down.

How do you forgive yourself?

- **Admit you made a mistake.** This can be the hardest step. We may want to blame others when we've messed up, but if it was your mistake – own up to it.
- **Learn from it.** If you mess up, that's fine. Just make sure you learn from the experience and try not to do the same thing in the future.
- **Move on.** You've admitted the mistake and figured out how to avoid making the same mistake again. What would obsessing over it achieve? Nothing.

Final words:

"Respect yourself: if you don't, others won't either. Remember, the world sees what you put out there, so hold yourself to a high standard of grace and elegance."

"The way you treat yourself sets the standard for others on how you demand to be treated. Don't settle for anything other than respect."

Our Prefects have attended the Grip Leadership conference in Tamworth. They learnt how to maximise the impact of the events they run in school, how to maximise communication, how to lead in different situations and maintain momentum for an extended period of time. We now have even more enthusiastic prefects, who have already put together some great ideas for our school.



Private Vehicle Conveyancing (PVC)

Private Vehicle Conveyancing (PVC) travel diaries

A reminder that all travel diaries (for boarders' travel) should be returned to the me at NEGS by the **end of Term 4** detailing trips made in Terms 3 and 4, otherwise the minimum will be claimed i.e. 1 return trip for each term.

Please note: for families who are not registered, to be subsidised for Semester 2 (Terms 3 and 4) the cut off date for applications is the **end of November**. Once again, if your application is successful, could you please forward a copy of the original form to NEGS so we can ensure that you will be paid your subsidy? Thank you for your assistance.

Helen Smith (helen.smith@negs.nsw.edu.au)

Claiming the Date!

22ND & 23RD November, 2014

Whole School P & F Fundraiser

The NEGS P&F are catering for the next One Day Event as a major fundraising opportunity.

The P&F hopes that as many students, families and staff can be available at various times over the weekend to help with this great opportunity.

Meals required include breakfast, lunch, dinner and bar on Saturday 22nd, and breakfast and lunch on Sunday 23rd.

Students will also be required to help for each meal shift.

A roster will be emailed out via liaison parents early in November.

Donations of cakes and slices etc for morning and afternoon tea will also be much appreciated.

Funds raised from this catering opportunity will be allocated to the school P&F scholarship and the school Department Head's "wish lists" for next year.

Please claim the date on your calendars now to help whilst enjoying the atmosphere of a fantastic horsemanship event and our wonderful Equestrian Centre!

inquiries to <pandf.committee@negs.nsw.edu.au>



NEGS

New England Girls' School & St John's Junior School

would like to thank their Volunteers for their generosity and support during 2014 and invite them to a social gathering on

When: Wednesday 26th November 2014

Where: WH Lee Room

Time: 4pm - 6pm

RSVP: Friday 21st November on 6774 8700

Successful Guest Speaker- Matthew Johnstone from the BlackDog Institute.

On Tuesday 28th October, Matthew Johnstone spoke to the girls on his role at the Black Dog Institute. He generously gave the school library two of his books.

Years 7 - 9 were shown a graphic presentation of his book, **“Alphabet of the Human Heart”**.

This is a handbook for the happy, and a guide for the broken-hearted, The Alphabet of the Human Heart is an enchanting and enriching journey through the upside and the downside of what it means to be human – our hopes and our fears, our strengths and our weaknesses, our highs and our lows.

MATTHEW SPOKE IN A WARM AND FRIENDLY TONE AND ENCOURAGED THE GIRLS TO BE AWARE OF WHO THEY ARE AND GAVE ANECDOTAL TIPS ON HOW TO ENSURE OUR STUDENTS KNOW HOW TO FLOURISH.

“THE ALPHABET OF THE HUMAN HEART:

The A to Zen of Life.

When we come to accept and understand that life is both good and bad, exciting and boring and undeniably challenging and interesting; the sooner we will be able to deal with what life inevitably throws our way.

This is no twee expos on how to become ‘happy’ it’s more about acceptance and how we can learn to live life authentically. Be true to ourselves. Discover our greater purpose.

It’s a creative, inspiring seminar on work, life, passion, purpose and balance. It raises important questions and offers some solid answers through simple wisdom. This talk addresses topics such as:- Anger - Negativity - Ego - Balance - Daring- Imagination - Optimism - Vision and everything in between. “

Years 10-11 were lucky enough to view Matthew’s premier presentation of his brand new book, **“The Big Book of Resilience”**.

By sharing his vast experience, research and unique stories, Matthew kick starts and facilitates ‘useful conversations’, he demonstrates simple strategies so people can manage their mindset, lifestyle and wellbeing for today’s world.

Matthew’s presentation was an inspiring odyssey of hope and resilience that show people what can be learnt from coming through adversity and how they can dramatically improve their quality of life through simple wellbeing practices.

The students were very positive about his presentation as demonstrated with a sample of their comments below:

“ I FOUND TODAY’S SESSION REALLY HELPFUL ON HOW TO COPE WITH WHATEVER LIFE THROWS AT YOU. PEOPLE ARE ALWAYS GOING TO BE THERE TO SUPPORT YOU AND YOUR’E NOT ALONE IN THE HARD TIMES. BE A RUBBER BAND AND BOUNCE BACK AFTER A HARD TIME.” Caitlin Bonnici Year 10

“TODAY’S TALK WAS VERY BENEFICIAL. IT HELPED ME SEE THAT WITH RESILIENCE I CAN OVERCOME LIFE’S ADVERSITIES- ANYTHING FROM END OF YEAR EXAMS TO NATIONWIDE DROUGHTS.” Madeline Murphy Year 10

“OUR TALK WITH MATTHEW JOHNSTONE WAS VERY INSPIRATIONAL - TO EVERY LETTER OF THE ALPHABET HE PUT A POSITIVE WORD TO IT, FOR EXAMPLE J IS FOR JOY OR F IS FOR FRIENDSHIP. I REALLY ENJOYED THIS TALK AS IT TAUGHT US TO LOOK ON THE BRIGHT SIDE OF LIFE, AND THAT EVERY CLOUD HAS A SILVER LINING.” Emily Knox Year 8

“WHEN MATTHEW JOHNSTONE CAME TO TALK TO US ABOUT HIS BOOK “ALPHABET OF THE HUMAN HEART”. I FOUND IT AN INTERESTING WAY TO GET THE MESSAGE ACROSS ABOUT MENTAL HEALTH. MR JOHNSTONE EXPLAINED TO US THE HAPPY WAYS OF LIVING LIFE WITH THE ALPHABET AND I FELT IT WAS VERY ENGAGING.” Claudia Meehan Year 8

YEAR 7 FAR OUT SCIENCE

On Thursday 6th November, Year 7 were fortunate enough to participate in Far Out Science, a program of free science activities run by the University of New England. Hundreds of students from areas including Armidale, Macksville, Coffs Harbour, Inverell, Tamworth, Bingara and Walcha converged on Lazenby Hall for a morning tea sponsored by the Poultry CRC. Then it was time to collect a free water bottle and head off to the first of 4 activities.

Both of our NEGS groups worked in a Forensics lab, identifying unknown substances and using a variety of fingerprinting techniques. The next activity was Pharmacy, where the girls made their own anti-bacterial hand cream to take home. After lunch, the two groups went their separate ways.

Group A participated in Dam Busters - a civil engineering exercise to investigate the properties of water in relation to dams and town water supplies. The girls had a fantastic time getting wet!

Group B went to the electronics lab to construct electric circuits that shut off when it's too cold. They even got to bring their circuits home. The final activity for the day was the Chemistry Show, where the girls were treated to some spectacular chemical reactions involving chemiluminescence, liquid nitrogen and dry ice. Their favourite, however, were the fireballs that resulted from igniting ethanol on the table and hydrogen balloons.

At the conclusion of the day, the girls completed a quiz and feedback form in the hopes of winning some great prizes like an Ipad mini and Big W vouchers. Zara Blackmore was fortunate enough to win one of these prizes, much to the girls' excitement. It was a great opportunity for them to experience 'real hands-on' Science and thanks to UNE and the sponsors for making this event possible. The girls were engaged, enthusiastic and inspired - it was fantastic to see them all so excited about Science!



Seeded Christmas Cards

Disa Smart in year 7 has Christmas cards for sale until Friday 21st November as a fundraiser to help bring violin and cello tutors to Armidale for music masterclasses in 2015. Included in each card is a special Christmas tree made from seed-embedded paper. The paper can be planted to grow purple and yellow Australian Swan River daisies. It is \$6 for a pack of four different Christmas cards. These may be purchased from Amy at reception in the NEGS office in Akaroa. Thank you for your support.

Photo caption: Australian Swan River Daisies Brachycome iberidifolia



NEGS

*The Principal, Mr Clive Logan,
warmly invites you to attend the*

119th NEGS Speech Day

on

Wednesday 3rd December 2014

9.30am in the NEGS Multi Purpose Centre

with Special Guest Speaker

Prof Alexandra Bune

AM FRACP DSc (Hon) (NEGS Old Girl '60)

followed by Morning Tea at 11.45am in the Assembly Hall

You are also welcome to join us on

Tuesday 2nd December 2014

5pm at the Chapel of Michael And All Angels

for the **Festival of Carols and Readings**

RSVP: Monday 24th November 2014

P: 02 6774 8700 or

E: reception@negs.nsw.edu.au

From the Bursar

Mr Graeme Hollis

Dear Parents/Guardians,

NEGS is pleased to offer Parents/Guardians the opportunity to pay future years school fees in advance as a lump sum.

We are offering the opportunity to pay for the 2015 tuition and boarding fees based on the 2014 fee schedule with a 4% discount applied.

Please note, this discount applies to boarding and tuition fees only.

The arrangements must be in place and funds paid to the school by Friday, 14 November 2014.

Please contact NEGS Finance Office via 02 6774 8700 to arrange a quote to take advantage of this opportunity.



Enrich your home with a WEP exchange student arriving in January 2015!

World Education Program (WEP) is looking for caring families who wish to experience another culture in their own home by becoming a volunteer host family. Browse through student profiles, and select a student who you think will fit best into your family and lifestyle!

Who are the students? Read over their profiles below:

Andrea (17) from Italy is looking forward to making his dream come true when he comes to Australia. He enjoys trekking in nature as well as swimming for pleasure and is equally happy reading a book or spending time with his friends and family. His parents say he is helpful at home and as they both work he sometimes helps with the cooking. Andrea also likes to take photographs and can't wait to experience Aussie culture, nature and the beautiful landscapes.

Marika (17) from Italy enjoys dance, art, theatre and music. She tells us that her real passion is cooking and that she loves to prepare sweets, cakes and cookies & cream puffs! It is Marika's dream to come to Australia to live as a high school student, and she can't wait to meet her host family, who is making this dream possible.

Alessandro B (17) from Italy says he likes many sports such as tennis, volleyball and skiing, however his favourite sport is soccer that he plays twice a week. He also enjoys watching adventure and action movies and eating pizza with his friends. He watches 'Masterchef' with his family and enjoys cooking with his sister. Their favourite recipe is crepes with Nutella! He can't wait to meet you and share this amazing exchange experience with your family.

For further information, please contact Sylvia Kelly (WEP Inbound Manager) on 1300 884 733, by email on info@wep.org.au or by visiting our website www.wep.org.au.



Camp Sew & So Retreat

New England Girls School Campus, Armidale - January 11 - 16, 2015

Do you love all things sewing?

Then join Rita Showell, local teacher, dressmaker and fabric retailer, and a team of experts for the week long sewing experience of a lifetime. Join other sewing enthusiasts for this week where tutors share their wealth of knowledge and skills with you. It is an action packed week: classes are from 9am to 4pm with the centre open from 8am to 10pm giving you plenty of independent sewing time or the opportunity to participate in further learning in the various night courses on offer.

If you can't make the whole week, then there are a number of short courses on offer.

Classes will be limited to 10,12 or 14 participants per tutor to ensure plenty of personal attention from these gifted and generous teachers.



Expertise Fun Camp Sew & So Learning
CREATIVITY
Passion Flair
Inspiration

Camp Sew & So

Courses:
Junior
Teen
Master Classes
Short Courses
Evening Courses

Dates:
January 11th - 16th 2015

Venue:
New England Girls' School
(NEGS). Uralla Road,
Armidale

Hours: Sunday 11th: 2pm - 5pm
Monday 12th - Friday 16th
9am - 4pm

Sponsored by **BERNINA**[®]
NEGS Centre of Excellence
and Fabric Fair



You are cordially invited to attend a
**Cocktail Function Showcasing the talented
Australian artist, Lucy Cufflin "Eye of the Beholder" Exhibition**
- her vibrant career with impressions from everyday life.



Date: **Thursday 20th November 2014**

Time: **6.00-8.30pm**

Venue: **Moeman Art Gallery, corner Art Gallery way and Myahgah Rd, Moeman.**

Cost: **\$30 per head pre-paid or \$35 on the night - ring Sue for ordering purposes)**

Includes: **Champagne/drinks with finger-food supper**

Raffle prizes help raise funds for **NEGS SYDNEY OGU SCHOLARSHIP**



RSVP: With payment by 15th November 2014, enquiries Sue Noor 0422454463

Cheques made payable to: **NEGS OLD GIRLS UNION SYDNEY BRANCH**

Cheque address on envelope to: **21 Milham Cres, Forestville 2087**

Direct Debit: Account name : **NEGS OGU** BSB: 112-879
Account no : 115092419 Reference: Your Name

9/10 PASS Self Defence

On Friday the 31st of October, year 9/10 PASS participated in PCYC's self-defence course. During the double period which we spent with our mentors Erin and Paul, we learnt about the many signs of danger as well as strategies to avoid them. We then had an intense warm up followed by a practice of some of the defensive moves such as kicking and punching. We learnt how to fall correctly if we are thrown or pushed to the ground, these are called 'break-falls'. In pairs we practised these as well as some ways to get the attacker down in order to make an escape. The lesson was very useful and really informative. I'm sure we'll be able to use these skills if we are ever faced with this kind of danger.

By Vicky Bennet, Zoe Nivison and Sophie Close



Roberts and Morrow Fun Run at Harris Park

NEGS took a small team on Sunday the 2nd of November to participate in the Roberts and Morrow Fun Run at Harris Park. Two St John's students also took part in this wonderful event. We came away with some wonderful results with all girls, and Mr O'Neill finishing the races without stopping. Sarah Wyatt was the third female to cross the line in the 5km event coming 3rd in the women's division, while Emily Knox placed 3rd in the Under 16's. Eva Knox won the 2km event with Isabella Gooch coming in a very close 2nd. Well done to all involved.

10km (98 runners)

41st Geoff O'Neill 51.29
58th Charlotte Raleigh 57.06
59th Eliza White 57.06

5km (230 runners)

22nd Sarah Wyatt 22.16 (3rd female to cross the line, 3rd in Women's Open)
81st Emily Knox 27.23 (3rd Under 16 females)
89th Sophie Cockbain 27.55
98th April Larsen 28.34
99th Alys Marshall 28.34
105th Terri Swartz 29.20
123rd Amber Strelitz 30.45
124th Lucy Moffatt 30.45
125th Laura Cambridge 30.46
Nichola Clarkson 32 minutes

2km (77 runners)

1st Eva Knox 7.23 (1st female)
2nd Isabella Gooch (2nd female)



The annual NEGS Sports Dinner was held last Friday night. The sporting achievements of students at NEGS were recognised with pockets, half colours and full colours. Some students were also recognised in the special presentations at the end of the evening.

Tennis

Pockets: Allison Korn, Madeline Lane, Lucinda Parry, Phoebe Parry, Kayla Wicks

Athletics

Pockets: Clare Askey, Sarah Askey, Kate Bailey, Victoria Bennet, Imogen Dagg, Olivia Eichorn, Caitlyn Everingham, Alice Frend, Penny Haynes, Miah Lupica, Ellis Mackay, Tahlia Paull, Charlotte Raleigh, Lucy Ramsay, Emily Rogers, Claudia Smith, Isabella Watson, Eliza White, Evey White, Sarah Wyatt

Half Colours: Ellis Mackay, Charlotte Raleigh, Sarah Wyatt

Swimming

Pockets: Clare Askey, Alicia Ball, Lucy Fenwicke, Olivia Fenwicke, Abbey Jackson, Claudia Meehan, Lucy Moffat, Tahlia Paull, Charlotte Raleigh, Emily Rogers, Amber Strelitz, Kayla Wicks, Sarah Wyatt

Half Colours: Lucy Fenwicke

Equestrian

Pockets: Amy Byrnes, Lily Clonan, Emma Costello, Amelia Edmonds, Alice Frend, Sarah Hamparsum, Annabelle Heagney, Brigitte Low, Madeline Murphy, Savannah Peterson, Lucy Ramsay, Jane Thompson, Norah Wells, Hannah Weston

Half Colours: Clare Askey, Sarah Askey, Hilary Blackman, Shaina Berry, Kate Cruickshank, Raquel Frogley, Jaimie McElroy, Meagan Nolan, Brooke O'Halloran, Hannah Parker, Skye Ramsay, Isabella Ritter

Full Colours: Elizabeth Hancock, Laura Strelitz

Livestock

Pockets: Caitlin Bonnici, Katrina Campbell, Olivia Carter, Amber Strelitz, Sophie Sutherland

Half Colours: Kate Cannington, Amelia Edmonds, Isobel Robertson, Sophie Watson, Olivia Fenwicke

Full Colours: Emma Costello

Shooting

Pockets: Isabelle Cameron, Anna Campbell, Sophie Maret, Alex Patten, Georgia White, Sarah Wyatt

Half Colours: Natasha Fulton-Kennedy

Cross Country

Pockets: Victoria Bennet, Lucy Fenwicke, Alice Frend, Penny Haynes, Daisy Meehan, Lucinda Parry, Charlotte Raleigh, Eloise Redhead, Serena Traynor, Eliza White, Evey White, Sarah Wyatt

Half Colours: Sarah Wyatt

Hawkesbury Canoe Classic

Pockets: Mary Carter

Netball

Pockets: Victoria Bennet, Laura Claridge, Thelma Dauvunau, Molly Evans, Olivia Fenwicke, Charlotte Raleigh, Emily Sole, Bridget Sutton, Amy Byrnes, Alice Frend, April Larsen, Brigitte Michel, Phoebe Parry, Eliza Pitt, Isabella Ritter, Kayla Wicks

Junior IGSSA Netball Best and Fairest - Charlotte Raleigh

Junior IGSSA Netball Most Improved - Victoria Bennet

Senior IGSSA Netball Best and Fairest - Isabella Ritter

Senior IGSSA Netball Most Improved - April Larsen

Hockey

Pockets: Clare Askey, Kate Bailey, Mary Carter, Olivia Eichorn, Caitlyn Everingham, Sarah Hamparsum, Hannah Laurie, Astrid Lethbridge, Tahlia Paull, Anthea Powell, Emily Rogers, Sophie Uren, Isabella Watson, Sophie Watson

Half Colours: Sarah Askey, Alicia Ball, Mikaela Ball, Kate Cruickshank, Amelia Edmonds, Lucy Fenwicke, Imogen Gifford, Elizabeth Hancock, Lucy Haynes, Penny Haynes, Abbey Jackson, Kathleen McPhie, Hannah Weston, Eliza White, Sarah Wyatt

Full Colours: Clare Askey (Field), Sarah Askey (Field and Indoor)

Junior IGSSA Hockey Best and Fairest - Sarah Askey

Junior IGSSA Hockey Most Improved - Eliza White

Senior IGSSA Hockey Best and Fairest - Clare Askey

Senior IGSSA Hockey Most Improved - Kate Bailey

Sporting House Captains and Vice Captains

Dumolo - Captain Raquel Frogley, Vice Captain Monica Connolly

Green - Captain Olivia Eichorn, Vice Captain Lily Hook

Lyon - Captain Claudia Nash

Murray - Captain Mary Carter, Vice Captain Ellie Rowlings

Sports Captains

Sport Prefect and Athletics/Cross Country Captain - Alice Frend

Swimming and Hockey Captain - Anthea Powell

Tennis and Netball Captain - Madeline Lane

Livestock Captain - Kate Cannington

Shooting Captain - Isabelle Cameron

Special Awards

Mozely Tennis Trophy -

for the most outstanding tennis player Kayla Wicks

Walter Perpetual Trophy -

for horse management Monica Connolly

Clonan Family Award - Kate Cannington, Emma Costello

Robertson Family Award - Caitlin Bonnici

Anna Fitzgerald Trophy -

for the sporting house with the highest cumulative point score at all carnivals Lyon

Connor Shield -

Consistent commitment to sport Shaina Berry (HC- Natasha Fulton-Kennedy, Emily Rogers, Kayla Wicks)

Young Sports Achiever -

Year 7 student who has achieved an exceptional level in a sport or sports Penny Haynes (HC- Kate Cruickshank, Alicia Ball)

Junior Sports Achiever -

Year 8-9 student who has achieved an exceptional level in a sport or sports Sarah Wyatt (HC- Sarah Askey, Lucy Fenwicke, Elizabeth Hancock, Jaimie McElroy)

Student Coach of the Year -

Student or students for a high level of coaching a NEGS or St John's team Sarah and Clare Askey (HC- Norah Wells)

NORTEC Sportswomanship Award -

Student who maintains a sporting manner and displays fair play in their approach to competition Emily Rogers (HC- Allison Korn, Madeline Lane, Skye Ramsay)

Most Outstanding Individual Achievement -

Student who has achieved the highest level of representation in a particular sport Laura Strelitz (HC- Clare Askey, Sarah Askey, Elizabeth Hancock, Ellis Mackay, Charlotte Raleigh)

Spirit of Sport at UNE Award -

Student who is nominated and voted on by the staff who upholds the ideals of sport at NEGS Emily Rogers

Services to Sport -

Student who has given their time to assist with sport and provide opportunities and support for other students at NEGS Clare Askey (HC- Alicia Ball, Charlotte Raleigh)

Team of the Year -

Team who has achieved the greatest success in 2014 Junior IGSSA Hockey Team (HC- Coonbarabran Dressage Trophy Team, Rifle Shooting Team)

Sportswoman of the Year -

Student in the year that has achieved an exceptional level in a sport or sports Charlotte Raleigh (HC- Ellis Mackay)