

NEGS

T: +61 02 6774 8700 F: +61 02 6772 7057
E: reception@negs.nsw.edu.au W: www.negs.nsw.edu.au
FB: NEGSarmidale Twitter: NEGSarmidale

There's no
place
like NEGS

NEGS Newsletter

Term 4 Week 2 - Wednesday 14th October 2015

From The Principal

Mr Clive Logan



New Beginnings

We all love to see miraculous transformations. Whether it's a sports team that goes from worst to first in a single season, a life-saving surgery for a child, a person that loses many kilos or even the amazing home make-overs on TV that takes a house in much need of TLC and literally transforms it into a beautiful home — we all love seeing the final product of miraculous transformations.

When we want to have a change, especially one that will make our lives better, it requires us to believe that it can happen. We have to make a choice to have hope. But it all begins in our minds — with a choice.

There is nothing as powerful as a changed mind. We can change our hair, our clothing, our address, our makeup, our perfume, but if we don't change our mind, the same experience will perpetuate itself over and over again because everything outwardly changes but nothing inwardly changes.

If we want something out of life, if we want to change ourselves, if we want to acquire something, if there is some goal that we want to achieve, changing our behaviours, overcoming our negative habits: it's challenging, it's hard. Most people go through life never discovering what their talents are and so never develop their talents.

I heard a few years ago the story of a man named Ira. His story is the perfect example of what happens when you never give up. By the time he was 12, both of his parents had died. He and his brothers had no choice but to take care of themselves. So they got jobs working on a ranch in Texas. Through hard work and refusing to give up, Ira eventually got married and saved enough to buy a small ranch of his own. He kept dreaming, staying focused and making good decisions.

He bought a small grocery store, which turned into a big success. He then sold the store to purchase a large 20,000 acre ranch in West Texas. Not long after this big move, the Great Depression hit with full force and Ira fell behind on his payments. The bank threatened to take away everything he'd worked so hard for through the years. At the last moment, just days before Ira lost everything, massive reservoirs of oil were discovered on his ranch!

Instead of losing everything, Ira received more than enough resources to bless his entire family and many more throughout his area. He provided jobs for people in need, built schools, children's homes, Boy Scout camps, Salvation Army centres and developed a town that still exists.

Now, I'm not saying that you're going to find oil on your property or instantly become a millionaire! But what I am saying is that no matter how dark things may look, things can turn around in a single moment.

We all just enjoyed the changing of seasons, from winter to spring. Spring symbolises new birth, a fresh start. No matter how cold and harsh the winter might have seemed, or even been, we can see a fresh start. Like the change in weather, change starts in our mind and in our attitude. Remember, if we don't give up, in due time we will see the fruit of our hard work!

When we face challenges and tough times, do we focus on the negative and begin to complain about how unfairly we have been treated? When we give in to those thoughts, we stop the transformation process. When we are filled with doubt and lack belief in ourselves, things can be put on hold — and it stays on hold until we begin to walk again, one step at a time, to be proactive and trust in what we believe.

When we stay positive and full of hope, any situation, any circumstance, regardless of the economy or what the world might say, things can turn around in a single moment for our benefit. But it's up to us and it's our choice!

So I challenge you to take a chance. Start with your thinking! Make a change. Start anew. There's a motto that I live by: "Carpe Diem!" which simply means, "Seize the Day!" I hope you will seize your day.

NEGS Exchange Student - Andrea Gauna

It's the start of my 8th and final week at NEGS and I am truly sad to be leaving. I do feel though that I am leaving this school as a better person. I have learnt a lot in my time here, both about the people and culture in Australia and about myself. It can be a fairly daunting experience being thrown into a school in another country but I feel like I have integrated into the NEGS community fairly well, though I know that that has very little to do with me. I want to thank all those teachers who guided me through my time here with special thanks to Mrs Thomas and Ms Johnston for organizing everything and making my stay in Kirkwood one that I will never forget. Though I do believe the biggest thank you needs to go to the pupils, the year 10 students played a big part in my life here and the friends I have made are truly irreplaceable. I will miss them all greatly and hope that our paths may cross again in the future.

Now I want to tell you just a little bit about my school. Woodridge is a small coeducational school situated in Port Elizabeth, South Africa. It

caters for both day students and boarders and has a wonderful family like environment due to the small numbers. We also have a fair amount of international students and they contribute to our schools vast cultural variety.

Our slogan is "more than a school...an experience" and I don't think that it could be truer, Woodridge has given me countless opportunities and I am proud to call myself a Woodridgean. I have spent some of the best years of my life there enjoying everything the school has to offer and I want to encourage all the year 9's and below to come on exchange to Woodridge.

From the Health Centre Mrs Jodie Jackson

WHOOPING COUGH OUTBREAK !!!

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children. Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- **If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.**
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website <http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/Information-for-childcare-and-schools.aspx> As per the NSW Public Health Act 2010, we are required to notify our local public health unit if any new cases are diagnosed within the school.

Term Two and Term Three Calendar Dates

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 26 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

Study Survivor Day

With exams approaching for Years 7 & 8 in Week 5 and for Years 9 & 10 in Week 6, we organised an Exam Preparation Study Session for Years 7-11 on Tuesday, 13th October.

Years 9-11 were involved in a Student seminar presented by Graham Hyman, Youth Specialities Australia. He covered motivation, time management skills and taking charge of your future amongst other topics.

There is a cost for this seminar which will be charged to your school account. (\$14.00)

Please visit his website for more information on this esteemed speaker, www.ysa.com.au

Years 7-8 topics were covered by staff: Using a study planner and allocating study time to each subject for exam week; Study techniques for exams; Know your learning style and how to apply it for individual success.

We would like your daughters to approach the exams well prepared way so that it is not a time of stress, but a time to show what they have learnt and understood this year.

Boarders will of course be supervised with their study in prep. time. All teachers are preparing their classes for study in their subject areas.

Year 7 & 8 Comments:

The Study Seminar was so much fun, and it encouraged me to begin using many different techniques to prepare for exams! My favourite session was making our own study timetables to organise our time because I can now take that timetable home and use it to study for my subjects! **Charlotte S**

We thought that the study seminar was both interesting and educational.

It helped us to manage our time wisely and to work effectively.

We think that the first session helped us the most because we were able to make a study planner.

Also we found learning about Quizlet was beneficial and fascinating.

Eloise, Francisca and Isabel.

I found that the workshops today were very helpful in teaching us how to study. I can't wait to start applying this to my study in the weeks leading up to exams. **Stephanie C**

These lessons really helped me a lot. **Kylie M**

The up and coming exams on the full range of subjects that we take is a topic on everyone's minds. Studying has been the number one priority for us all. The seminar that we undertook was informative and helpful. Not only did it teach us ways to revise notes in an effective manner, but it also gave us personalised study tips, suited to our individual learning styles. This seminar has definitely helped me to improve my study habits and will continue to assist me in the future.

Matilda Rice

I found it helpful and interesting. I thought that the laminated timetables and the whiteboard markers were a great idea. Mrs Swartz's idea about Quizlet was a big help to me because it is a funny way to study.

Courtney Innes

Supporting a student during exam time

The ReachOut site has valuable resources and tips to help our Year 12 students:

Year 12 exams are not the only door to a great future

"This October and November, 220,000 Year 12 students will sit their final exams – one of the most stressful times of their lives.

Stress and study-related problems are young people's top concerns, and new research has indicated that around 42 per cent of Year 12 students have worrying levels of anxiety. Half of all students say that too much is expected of them in Year 12.

Today, we've launched There's Life After Year 12 Exams, a national campaign raising awareness of the wellbeing of students sitting their final year exams, helping them with information and tips on dealing with stress and anxiety, and sharing stories from those who've been there before.

Reach out to Year 12 students in your work and life to share our info, tips and resources and help them manage stress and study at exam time.

If you're working with a year 12 student, here are some ways that you can support them through their exam period:

- Check-in with them to see how they are coping with study
- Help them to develop a study timetable which schedules in regular breaks
- Encourage them to continue doing things they enjoy like social and sport activities
- Share relevant ReachOut.com fact sheets like "5 study habits that are good for the body" or "Beating exam stress"
- Help them find e-mental health tools (like ReachOut Breathe and ReachOut WorryTime) that can help them manage stress and anxiety
- Remind students that there is life after their year 12 exams!"

All of these resources are available at : <http://au.reachout.com/wellbeing/school-uni-and-study/exams-and-study-stress>

STEM News

On the evening of Thursday 3rd September, 9 students from Years 9 and 10 accompanied Miss Stone, Mrs Despi and Mrs Tutt to the University of New England's STEM Careers Seminar and Q & A Forum. Students had the opportunity to listen to Professor Ian Chubb AC, the Chief Scientist of Australia, and five other scientists working in a variety of fields, four of whom were women. Following their presentations, the girls then had the chance to ask some burning questions. To their great disappointment, they learned how crucial mathematics is to their everyday lives!! After the forum, gourmet pizzas and sandwiches were served and, again, the girls were able to mingle with the scientists and speak to them one on one. This was a fantastic opportunity for our students and we thank the University of New England for recognising the importance of inspiring young people into STEM careers. Our students will also be fortunate enough to hear one of the speakers from this event at our assembly on Tuesday 20th October.

On Thursday 10th September, 7 students from Years 7-10 participated in the GRASS Science Investigation Awards at UNE. The girls worked diligently to produce some outstanding projects and presented themselves with distinction on the day. There were over 300 students from 18 schools, all vying for the top awards. Whilst projects were being judged, the girls participated in activities. Our Year 10 students made a Deep Heat cream in the chemistry lab and our junior students made their own fossils. The Year 10 students also participated in a campus tour. Congratulations must go to all of the girls as they were exemplary representatives of NEGS. A special commendation to the following students who won awards on the day:

Megan G & Zara B (Year 8): Best themed display with their project 'Boom Boom Pow', which investigated the effect of music genres on blood pressure. The girls won a Dick Smith Voucher.

Josie O & Charlotte S (Year 7): 1st place in the Junior Agricultural category with their project 'Are eggs all they're cracked up to be?', which investigated the strength of eggs from different chicken breeds. The girls were awarded a total of \$200 and won \$150 for the NEGS Science department.

These award winning projects are currently on display in the Biology laboratory.

This term, students from Year 9 will participate in a STEAM week following their exams. The girls will participate in activities designed to ignite their interest and passion for Science, Technology, Engineering, the Arts and Mathematics. This will hopefully provide them with some insight into some different careers prior to selecting their subjects next year for their senior studies. Watch this space!!



This is a photo of Zara & Megan with their project which won best display at the UNE GRASS Science Investigation Awards.

Boarding News

Mrs Stephanie Thomas

Dear Boarding families,

We hope this email finds you well.

It is hard to believe we are starting to think about end of term travel already! This is just a gentle reminder that travel for the end of 2015 and the start of 2016 is organised by families. The girls are required to take all their belongings home over the Summer Holidays. As such, Chartered Coaches for Boarding students do not operate for the end of Term 4 and start of Term 1. Families are required to organise and book any public transport for their daughters safe return home and their return to NEGS in 2016. Once arrangements have been made, please inform the relevant House Mother so that they are aware.

The academic school year will conclude on Wednesday 2nd December 2015 after the annual Speech Day Presentations (approximately 1:00pm). Boarders are required to return to school no later than 8.00pm on Tuesday 26th January, 2016 with classes to resume on Wednesday 27th January, 2015.

Please feel free to contact white.house@negs.nsw.edu.au, kirkwood.house@negs.nsw.edu.au or saumarez.house@negs.nsw.edu.au if you have any further enquiries.

From the Music Department Ms Kirrili Williams

Isabella Watson from Year 12 HSC Music has been thrilled to learn of her inclusion in the Bravissimo concert in Port Macquarie. Bravissimo is a showcase of student HSC work that encompasses the northern New South Wales region and is held at The Glasshouse in Port Macquarie. Having achieved highly across all areas in the Music program, Isabella is pleased to be able to take her program to a wider audience. This year's concert will be held on February 10, 2016.

The Music Department has also had the addition of a number of new instruments. These instruments will be used in our band programmes for years 5-8. Special thanks goes to the Old Girls' Union for their assistance, in particular Althea Crowley.

Twilight concert is coming up on October 21, at 6.15pm. This is the last twilight concert for the year with a great variety of performances.

Carols evening will be held on December 1 at 5pm. It will be a great evening of carols and a wonderful end to the school year.



Year 10 Geography Mrs Kay Hiscox



Year 10 Geography excursion to Coffs Harbour in September to study coastal management.

left to right Brittany Aitken Kira O'Connor, Francesca Lavarone, Alex Patten, Rachel Foster, Imogen Gifford, Rebecca Gilson.

The start of Term 4 sees students begin their Summer sport options. Many students will be participating in inter-house touch football, yoga, boxing, cross fit, indoor hockey, swimming, shooting, livestock team and equestrian events. The majority of these sports start in Week 2, with Indoor hockey beginning in Week 3.

We would like to wish Grace Cassidy and Sarah Wyatt good luck at NSW All Schools Athletics where they will be competing in the 400m and 800m races for their ages. They will be running on Thursday 8th, Friday 9th and Saturday 10th October.

Our annual Sports Presentation Evening will be held on Friday October 16th. Students and parents of award recipients were emailed individually and RSVPs were due on Friday 9th October. We look forward to seeing you there.

Swimming will begin in Week 3 of Term 4. Girls are encouraged to locate their swimmers, dust them off and try them on in advance of their first lesson. NEGS swimmers can be purchased from the school clothing shop.

NEGS girls have been fighting valiantly at the NSW All Schools Athletics State Championships in Sydney over the past 4 days, all coming away with some fantastic results.

Grace Cassidy: 9th in the 13 years 400m final, bronze medal in the 13 years 800m final (nationals qualifier)

Sarah Wyatt: 8th in the 15 years 800m final, 8th in the 15 years 400m final

Kate Bailey: 7th in the 17 years 200m final, 8th in the 17 years 400m final

Tahlia Paull: 4th in the 17 years high jump



Tahlia Paull & Kate Bailey



Sarah Wyatt



Grace Cassidy

Risk Warning

(Under Section 5M of Civil Liability Act 2002)

On Behalf of **New England Girls' School**, AHIGS and IPSHA:

Non Sporting Activities 2016

New England Girls' School organises many activities such as debating, mock trial, orchestra, choir during the course of a year. Students participating in these activities take part in practice and in competitions.

The Association of Heads of Independent Girls' Schools NSW (AHIGS) administers and convenes inter-school activities (such as Archdale Debating and Festival of Speech) in which many students, including students of this school, participate.

While **New England Girls' School** and AHIGS take measures to make the activities as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these activities, whether at practice or in actual events.

Such injury can occur while the student is engaging in or watching a non-sporting activity, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure (e.g. a collapsed stage during a debating competition).

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

Risk Warning

(Under Section 5M of Civil Liability Act 2002)

On Behalf of **New England Girls' School**, AHIGS and IPSHA:

Sporting Activities 2016

New England Girls' School organises many individual and team sporting activities during the course of a year. Some of these are organised in conjunction with the Association of Heads of Independent Girls' Schools NSW (AHIGS) and some with the Independent Primary School Heads' Association of Australia NSW (IPSHA). Students participating in these sporting activities take part in practice and in competitions.

New England Girls' School, AHIGS and IPSHA expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

While **New England Girls' School**, AHIGS and IPSHA take measures to make the sporting activities as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events.

Such injury can occur while the student is engaging in or watching a sporting activity, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

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.

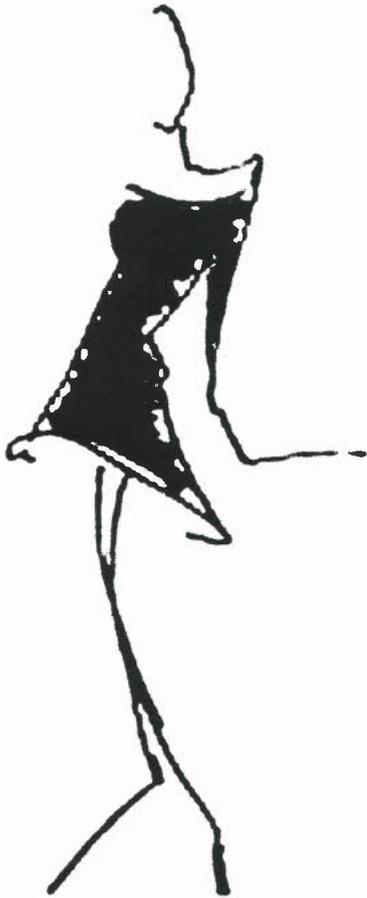
We welcome you on Sunday with an inspirational parade of couture garments and Year 12 major works followed by a sausage sizzle.

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

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 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.



We are very excited to be coming to your area for the first time to run one of our special weekend cartooning workshops for the local children during the month of November.

- No previous drawings skills are required
- For children aged 4 to 15 years
- The teacher is a professional cartoonist
- Working with children & police checks
- First-aid training
- Friendly teaching techniques
- Established for more than 33 years running programs with children in 8 countries
- All art materials are provided

**Armidale - November Sat 21st - Sun 22nd
O'Connor Catholic College
37 Kirkwood Street, Armidale**

To make a booking – please register on-line:
www.illustrating-man.com.au and click on Cartoon Camps.

Cartoon Kingdom
The Illustrating Man Designs Pty Ltd
Suite 13, 5-11 Hollywood Avenue
Bondi Junction Sydney NSW 2022
www.illustrating-man.com.au
danny@cartoonkingdom.com.au
Tel: 02 9343 0833 (From Australia)



Trevenna Garden OPEN DAY

10:00am-3:00pm Saturday 31 October, 2015

Built in 1884-5 Trevenna has been the residence of a succession of Vice-Chancellors of the University of New England since 1962 when Sir Robert Madgwick first occupied it. The history of the house is well documented but less is known about the garden.

Reminiscent of a formal English garden it comprises beautiful flowerbeds, extensive lawns, mature trees and a charming sundial.

On Saturday 31 October, between 10:00 am and 3:00 pm, Professor Annabelle Duncan will host Trevenna Garden Open Day, a day when families can come and meander through this splendid garden while enjoying a cup of tea on the lawns.

Staff, students and the wider community are invited to come and share the garden's beauty and tranquility.

Directions

From the New England Highway, take the University exit, travel along Queen Elizabeth Drive, turn right into Elm Avenue. At the junction, turn left onto the Ring Road, continue up the hill past the Chapel, and take next left at the Trevenna sign.



HOOPS O'FUN AND CRAFT

Want to learn how to hoop dance, by combining a wide range of on-body and off-body tricks and techniques?

How about relaxing in the afternoons with a craft-a-noon?

Sign up to the Camp Creative Workshop at Bellingen High School, in the Christmas holidays from 11-15th January, 2016.

Places are limited, so book yours today. Sign up with some friends, for a memorable experience.

Hoop dance is the latest fun fitness craze throughout the UK and US. Learn from a local experienced teacher, who has been to many international and national hoop workshops (with Emma Kenna, Deanne Love, Michelle Hoops, Shakti Sunfire, Tiana Zoumer, Ina Hoopina, Hoop Ninjas, Steve Bags and Babz, to name a few – check them on YouTube!)



www.campcreative.com.au

Jesse from Hulistic Hoops 0417 586 876

Sports Presentation Evening

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.