Resilience is a big talking point in education and in parenting. Psychologists recognise that in our high-risk world, parents work hard to protect their children, but are inadvertently raising a generation of ‘cotton-wool kids’. The result appears to be children and adolescents who are anxious and emotionally fragile.

Resilience is the ability to face challenges, setbacks and disappointments and move forward positively. It literally means having the capability to bounce back from trauma and adversity with a sense of optimism, seeing these things as momentary events.

While recognising that all people are individuals and will respond to different strategies, there are many things that parents and teachers can do to help build resilience in our children:

1. All children need to develop a strong and enduring relationship with at least one adult. They need to feel unconditional love and acceptance.
2. Fun family bonding that creates a sense of belonging builds resilience.
3. Children need opportunities to make age-appropriate decisions and then live with the consequences of those decisions.
4. Children need adults to help them discover and appreciate their uniqueness.
5. Volunteering and service activities develop perspective and a sense of importance.
6. Help your child differentiate between things they can’t change so need to accept, and things they can change.
8. Encourage mistakes. Failures and mistakes need to be framed as part of the journey to excellence.
9. Help your child to de-catastrophise. When their language indicates that a problem is the end of the world, help them to develop perspective.
10. Model resilience. Talk to your child about how you handle challenges and disappointments.

Student wellbeing is one of Avondale School’s strategic areas of focus for 2017. During the year we will share with you the strategies and programs that we will be implementing to support student wellbeing. We want our children to be the confident and courageous people that God created them to be. ‘For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.’ 2 Timothy 1:7

Deb Cooper
Head of Primary
**General**

**The Munchery - School Canteen**
If you have not already jumped online to Munch Monitor, our hassle-free lunch ordering system, it’s not too late! Simply go to www.munchmonitor.com - School ID: avondale, Password: munch2265 and follow the steps to sign up.
Just a reminder to those who already have a Munch Monitor account that you need to update your child’s class, otherwise orders will not be delivered to your child’s classroom. Please note that the Canteen will NOT be open on Tuesday, February 14 due to students from Years 3-12 being off campus for their Swimming Carnivals.

**Medication Forms**
Should your child require medication to be dispensed at School this year, you must complete a Medication Authority Form for 2017. These are available from the Office. All medication must be in the original container prescribed for your child and clearly labelled.

**Classroom Helpers**
Please note that all volunteer helpers need to sign in and out of campus at the Primary Office and wear a Visitor Badge. Thank you for noting this.

**Before School Supervision**
For your convenience we have a Teacher on duty from 8.00 am each day. To ensure your child’s safety, no students are permitted to be left unsupervised on campus before 8.00 am. Thank you for noting this.

**School Travel 2017 - Opal Cards**
Students who travel on the School Bus are reminded that they need to present their Opal Card for every trip. Hunter Valley Buses has advised that from 24 February 2017 any student who does not have an Opal card will not be permitted to travel on a school bus. All new applications for bus passes and change of address etc need to be completed online at transportnsw.info/school-students. Once completed the application will be endorsed online by the school with Transport NSW, who will then send the Opal Card directly to the address provided on the application. If you have any queries please contact Transport for NSW on 131 500.

**Primary Swimming Club**
The Primary Swimming Club will run each week until February 21. This is an opportunity for students to prepare for the Swimming Carnival by correcting strokes, building fitness, practising starts and developing confidence.
**Who:** Any student who can swim 50m.
**Where:** Morisset Pool
**Cost:** $5.00 (covers pool entry, professional coaching, transport and breakfast), Paid to Mr Head on entry to the pool each morning.
**When:** Tuesdays and Thursdays, 7.00 am - 8.00 am
**Breakfast:** Sanitarium cereals, toast and spreads.
**Transport:** Mr Head will drive students to school after swimming for breakfast at the Sport Shed.
**Program Operating Dates:** January 31 - February 21 2017

**Years 3-6 Swimming Carnival**
**Tuesday, February 14**
The Primary Years 3-6 Swimming Carnival will be held next Tuesday, February 14 at Morisset Pool from 9.30 am. Year 2 students who returned their permission notes will also be in attendance. A program and information sheet is available on Landscape. Parents are reminded to bring their own seating as the facility has very limited seating. There is a $2.00 fee for all spectators.

**Sport Uniform**
Kindy, Year 1 and Year 2 students wear their sport uniform on Mondays. Years 3-6 students wear their sport uniform on Fridays.

**Primary Chess Competition**
**Change Of Date To Wednesday, March 15**
Please note there has been a change to the date for our Primary Chess Competition. It will now be held on Wednesday, March 15. Thank you for noting this.
Secondary

**GENERAL**

**Year 7 Camp**
Kayaking, sailing, hiking, capture the flag and challenge activities were just a few of the things Year 7 were involved in on Wednesday and Thursday last week. The aim of the camp was to get students working and playing together outside the classroom, developing friendships and skills that will be built on throughout high school. It was a great start to the year!

**Swimming Carnival**
Tuesday, February 14 - Wyong Olympic Pool
Our Swimming Carnival is next Tuesday at the Wyong Olympic Pool (1 Ithome St, Wyong). There is some shade available and we will be providing some extra. Spectators will have an entry fee at the front gate and are urged to bring a chair as there is limited seating. A canteen will be available on the day and the longterm weather forecast is looking good at this stage. Please feel welcome to come along to cheer and support.

Students do not have to pre-register for events; they marshal on the day for the events they wish to enter. Ages for all events are as at December 31, 2017; it is how old you turn this year. A competitor may compete in their age division only. no swimming in higher age groups except for the relays. Age divisions for relays are Junior (12, 13, 14) Intermediate (15, 16) and Senior (17 & 18). Age Champion Trophies, Runner-up Age Champion Trophies and Third Place Trophies will be awarded in each age division for both boys and girls. All events will contribute to Age Championships except relays and open events. Sport Uniform is expected to be worn by students and they can then change into House colors at the venue. Modest and appropriate swimwear is expected. As this is a normal school event school policies apply to behavior.

**PROCEDURE FOR THE DAY**

**DEPARTURE**
Students will board buses at 8.50 am for a 9.00 am departure after Roll Call.

**AT THE POOL**
1. Students are to assemble in the correct House bay area.
2. Students who go direct to the pool from home must get their name marked off at the recording table on arrival and departure.

**EVENTS**
1. Event 1 will begin at 9.45 am.
2. House Marshalls and Captains will gather students together ready three events BEFORE their scheduled event.
3. The Chief Marshall will then collect competitors and direct them to the starting area.

**DEPARTURE**
1. Buses will leave the pool at approx 2.00 pm and arrive at school in time for normal buses home.
2. Students leaving with parents prior to this time must sign out at the recording table.

**SPORT**

**Outstanding Success for Avondale School Mathematics Students**
Three Year 11 students have received outstanding success in a mathematics competition, run in November 2016 by the University of Newcastle Mathematics Association for the Colin Doyle Memorial Prize. On Monday this week, Dr McClintock (Principal) and Mr Hibbard (Mathematics Coordinator) recognised the outstanding achievements of Michael P, Joel C and Tyler H, by presenting them each with a Colin Doyle Memorial Prize competition certificate.

Michael P is to be especially congratulated for receiving an Honourable Mention, placing him within the top six students to have participated in this competition.

Likewise we congratulate Joel C, who achieved an A grade with his efforts. This competition was conducted for Year 11 Mathematics Extension 1 students who have previously demonstrated an aptitude for high-level mathematics.

There were 86 students from the Hunter and the Central Coast who chose to participate. It comprised a 2-hour competition where students were asked to solve 13 challenging questions, such as: What is the sum of the digits of (1010101)? (If you are interested, the sum is 1020304030201.) Calculators were not allowed.

Students’ solutions were judged on correctness of the solution, but also on completeness and clarity of presentation. Each year students find interesting and innovative ways to solve the problems, and this time was no exception.

**CLASS**

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SCHOOL TERMS 2017

Term 1  January 30/31 - Friday, April 7
Term 2  Wednesday, April 26 - Friday, June 30
Term 3  Monday, July 24 - Friday, September 22
Term 4  Monday, October 9 - Monday, December 11

CALCER

Like us on Facebook for regular information updates.
Search for Avondale School (Preschool to Year 12).

LIBRARY

Lunchtimes in the Library
The library is a very busy place during lunchtimes. Students enjoy searching for books using the library computer catalogue, using iPads, playing quiet games, chilling out, and of course, reading! What a great place to be! More photos of library activities can be viewed on the iCentre Landscape page.

PLEASE NOTE

PRIVATE MUSIC TUTORS
Are you interested in having music lessons?
We have many great tutors and instruments available to learn on. Please contact tutors directly to arrange lesson times.

Kylie Stacey  piano (Simply Music, AMEB, traditional)  0409 939 302
Ngareta Rorich  piano (Simply Music)  4973 6086
Angela Miller  piano (Simply Music)  0421 464 797
Valmai Hill  piano / music theory  0414 288 931
Jan Hughes  piano  4977 2037
Cybèle Coutet  voice (AMEB) / piano (AMEB)  0423 455 977
Alison Hodge  voice  0420 528 688
Gabriel Ontanu  violin / viola  0447 262 260
Esther Albert  cello / violin / double bass  0439 420 661
Emma Jones  flute  0432 925 199
Fred Cracknell  saxophone / clarinet / brass  0404 092 151
Trish O’Hearn  brass  0402 003 214
Jake Bisognin  guitar  0400 389 612
Zayne Mariassouce  guitar  0421 730 045
Mitchell Wallace  bass guitar / guitar  0435 578 723
Garry Lawler  group guitar lessons / ukulele  0438 608 180
James Dennett  drums  0401 549 084

PRIMARY CALENDAR - Term 1

School Fees Due .................................................................February 10
Get Active Commences ..................................................February 13
Years 3-6 Swimming Carnival ..........................................February 14
Canteen Closed .................................................................February 14
Photo ID Day .................................................................February 16
Kindy Rest Day .................................................................February 17
HRIS Swimming Carnival ................................................February 23
Primary Parent Teacher Night ..........................................March 9
School Open Day .............................................................March 14
Run Around Australia .....................................................March 20 - 31

SECONDARY CALENDAR - Term 1

School Fees Due .................................................................February 10
Get Active Commences ..................................................February 13
Year 11 & 12 Info Night (11 - 6.45pm, 12 - 7.30pm) Music Build. February 13
Secondary Swimming Carnival ........................................February 14
Year 9 Visual Arts Excursion .............................................February 15
Photo ID Day .................................................................February 16
Year 7 & 9 Info Night (7 - 6.45pm, 9 - 7.30pm) Music Build........February 16
Year 10-12 Visual Arts Excursion .....................................February 17
Duke of Edinburgh Camp ................................................February 17 - 19
Secondary Week of Worship ............................................February 20 - 24
Year 8 & 10 Info Night (8 - 6.45pm, 10 - 7.30pm) Music Build.....February 20