THIS WEEK ... students have enjoyed the excitement of the Olympics with some fun PE activities on the oval. Mr Allan joined us from the Secondary Campus to present the ICAS Science Awards and Year 2 students had a great day at the Wetlands Centre. We’re proud of our large Athletics Team who are competing today at the HRIS Athletics Day.

NEXT WEEK ... students in our top Maths classes from Years 3-6 will participate in the ICAS Mathematics Competition. A team of Year 6 students will compete in the Discovery Day Science and Engineering Competition and our Year 6 Debating Teams head to the HRIS Debate. On Thursday our classrooms are open to visitors from 2.00 pm for Open Day.

RESILIENCE ... ‘Helpful thinking’ is a concept that we are teaching students as part of our ‘Bounceback!’ Program. This term refers to framing things positively or with a growth mindset. Positive framing allows children to focus on moving forward with confidence. “I made a load of mistakes. I’m dumb”, could be framed as “Everyone makes mistakes. If I try, I’ll improve”. When you hear some unhelpful thinking from your child, take the time to help them reframe with helpful thinking.

Mrs Deb Cooper
Head of Primary
dcooper@avondaleschool.nsw.edu.au

HONESTY ... “No legacy is so rich as honesty.” William Shakespeare

THIS WEEK ... flew by quicker than last week. Phew! Year 12’s completed their Trial Exams and will return to normal classes next week. Year 8 students handed in their elective choices for Year 9 2017. Year 11 Design & Technology students went on an excursion to the Shape 2015 Exhibition to view a showcase of exemplary major projects from 2015 HSC Design & Technology, Industrial Technology and Textiles & Design students. On Thursday Year 10 History students had a visit from the Nambus with the war veterans giving the students some insight into Australia’s involvement in the Vietnam War.

NEXT WEEK ... is a big one! On Monday our HSC Music students will be performing for their HSC Trial Exam. Tuesday is the ICAS Maths Competition for all students. Thursday is our School Open Day - come see us in action! Select Year 7 & 8 students will be participating in the HRIS Debate also on Thursday. And our Duke of Ed students leave for a weekend camp on Friday.

Have a relaxing weekend! Get out and enjoy the sunshine!

Mr Benton Craig
Head of Secondary
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Year 11 Geography Field Trip to Fraser Island
SPORT

Mini Olympics
This week many classes had the experience of competing in a Mini Olympics within each Year Level. Students competed in individual and team events such as weight lifting (strength), gymnastics (balance), javelin (throwing), long jump (jumping), soccer (team sport) and 4 x 100m relay. Students were divided into four countries - Australia, France, Great Britain and Canada.

Kings Chess
Friday, August 19
The Kings Chess team (Ryan B, Matthew G, Elijah M and Samuel N) will be playing their final matches of the competition at St Philip's Waratah School on Friday, August 19. These students are encouraged to put in some serious practice over the next week.

Kings and Knights Chess on Open Day
Thursday, August 18
The Kings and the Knights Chess teams will be demonstrating their skills on Open Day next Thursday from 2.40 pm until 3.10 pm in the iCentre.

HRIS Netball Teams
Congratulations to the following students who have been selected in the HRIS Netball Teams to play on August 30:

Senior A Team
Olivia G
Libby G
Rachel C
Georgia N
Gemma L
Ella T
Myleesha H
Koa H
Shanae K
Abi U

Senior B Team
Abby R
Abigail C
Erin Bentley
Bethany H
Claire D
Charlotte B
Amy M
Holly H
Neve E
Calista F

Junior Team
Sammy C
Ally R
Caleigh K
Sophie LG
Bronte S
Vienna C
Tegan C
Taleah H
Iris H

ICAS Science Competition
We were delighted to see the number of students who achieved outstanding results in the ICAS Science Competition. Congratulations to all participants! From Years 3-6 we received 22 Credits, 10 Distinctions and 1 High Distinction.

ICAS Mathematics Competition
Tuesday, August 16
Next Tuesday, August 16 the top Maths class from each Year Level from 4-6, along with the top 15 Year 3 students, will participate in the ICAS Mathematics Competition. If your child has not been selected but would like to sit the paper, please contact the Primary Office on 4977 0215.

Year 2 Wetlands Excursion

Primary Variety Concert
Thursday, September 1
The Primary Variety Concert will be held on Thursday, September 1 in the MPC, commencing at 7.00 pm. Years 1-6 students will participate in various items along with the Performing Arts Groups. We look forward to seeing you there!

After School Parking
Please note that the drive through zone in the Primary carpark is NOT a parking area in the afternoon. This zone MUST be kept clear for after school care buses. Thank you for noting this.

Scarlett Fever
We have had a reported case of Scarlett Fever in the Primary School. Symptoms include a sudden onset of sore throat, high fever and vomiting, followed by a rash in 12 to 36 hours. As per the NSW Department of Health website, students diagnosed with Scarlett Fever should not return to school until at least 24 hours after treatment and the child is feeling better. If your child/children presents with these symptoms, a medical practitioner should be seen.

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Year 2 Wetlands Excursion
**Secondary Class**

**Year 11 Geography Fraser Island Field Trip**

Last week the Year 11 Geography class flew to Fraser Island to undertake fieldwork on the diverse ecosystems that inhabit the island. The group stayed at Kingfisher Bay Resort where students undertook various walks, learning about bush tucker and Wallum Scrub ecosystems. The students enjoyed a variety of different activities such as canoeing, nature walks and a 4WD tour around the island, where they learnt about the Maheno Shipwreck and the sand dunes on the island. They swam at various locations, Lake McKenzie and Eli Creek, despite the chilly water temperatures!

On one of the nights there was roasted marshmallows by a campfire and on other nights there were lectures or documentaries to watch. Year 11 enjoyed being able to put their schoolwork into practise, enabling them to undertake various fieldwork on the interactions between each ecosystem and the effects of these interactions. All in all, a great time was had! Thanks to Mr and Mrs McKim for making it such an enjoyable trip!

Sarah A (Year 11)

**ICAS Mathematics Competition**

On Tuesday, August 16, the following groups of Secondary Mathematics students will sit the ICAS Mathematics Competition: all Year 7 & 8 Secondary students; Year 9 & 10 Mathematics 5.1 Extension, 5.2 & 5.3 students; and Year 11 & 12 2 Unit Mathematics students. Students should bring a lead pencil, an eraser, a ruler and a calculator. (That said, Year 7 students are not allowed to use a calculator in the competition.) All students are encouraged to do their best and enjoy this challenge!

**General**

**Orchestra at Hillview Church**

The Avondale School Orchestra played really well on the weekend at Hillview SDA Church. The students who spoke were great ambassadors for the School. It was a great way to promote quality music and the importance of Christian education. Miss Knopper and the team deserve congratulations for another quality performance on so many levels. Well done team!
FROM THE PRINCIPAL

I respect Nelson Mandela who was imprisoned for 30 years for opposing the South African apartheid. He knew the power of words. He is often quoted today, “It is never my custom to use words lightly. The silence of solitude made me understand how precious words are.”

King Solomon, author of most of the Old Testament book of Proverbs, wrote often about the power of words. He said, “Death and life are in the power of the tongue” (Proverbs 18:21). Words have the potential to produce positive or negative consequences (v20). They have the power to give life through encouragement and honesty or to crush and kill through lies and gossip. How can we be assured of producing good words that have a positive outcome?

If we focus on the positive and use words wisely like Nelson Mandela, our words can truly be their best - honest, calm, appropriate and suitable for the situation. The words of Benjamin Franklin, “Honesty is the best policy”, are an excellent guide for life!

Enjoy the news for this week!

Dr David Faull
Principal

LIBRARY

Book Week is Coming!

Book Week 2016 is just one week away. From August 22-26 we will be celebrating Children’s Book Week in the iCentre.

K-6 ‘We Read Too’ Competition

All your teachers and other school staff are involved in our Book Week Competition. They are having their photos taken reading books that they love but you won’t see their faces. Photos will be displayed in the library during Book Week and it’s your job to pick up an entry form and work out which teachers are reading which books. Who’s up for the challenge? There will be book prizes for the student in each Year Level that has the most correct answers.

Years 7-12 Quizzical

Sign up now for the annual book trivia competition with the opportunity for some great cash prizes. Sign-ups can be done online on the Landscape page or at the library desk. If you don’t have a full team of four people, just send the names you have and we’ll help you make up a team. Competitions start at the beginning of lunchtime in the Media Room (bring your lunch with you).

Years 7-9 Tuesday, August 23
Years 10-12 Thursday, August 25

Selected students will have the opportunity to represent Avondale School at the tri-school Battle of the Books at Macquarie College on Wednesday, August 31.

PRC Closes August 19

To qualify for this year’s PRC Certificate please hand your Premier’s Reading Challenge sheets in at the library by August 19. Close to finishing the challenge? Keep reading this week.