THE VIEW

5 Ways to Wellbeing

Studies from around the world show that you can improve your wellbeing and happiness by just adding in a few simple things as part of your day. They help you cope with stress and help you live a longer, happier and healthier life.

1. Social Connections Matter
Connect with people around you; with family, friends, neighbours or people you meet, at work, school or at the coffee shops. Think of these social connections as important in your life and spend time developing them. Building these relationships will support and strengthen you every day.

2. Be Active
Keep your mind and body active. Step outside your house or go for a walk or run. Play a sport, dance, ride a bike or do some gardening. Find something you enjoy and do it regularly. Exercising makes you feel good and helps to clear your mind.

3. Keep Learning
Try something new or rediscover a past interest. Learn to sew, read a new book, listen to a podcast or take on a new role at work. Learn to play a musical instrument or do a course. Learning can be fun. It can give you a sense of achievement and build your confidence.

4. Be Aware
Be aware of the world around you; notice the changing seasons and the beautiful sights, smells and sounds as you do your daily activities. Notice how you feel. Try this as you walk, eat lunch or wait for a train. Being aware of the ‘here and now’ can help you feel calm and reduce stress.

5. Help Others
Do something kind for a friend or stranger. Thank someone, smile or say hello. Give your time to a community group or help a neighbour. Helping others can give you a sense of purpose and belonging, build friendships and make our community a better place.

Why not give some of these things a go by intentional focus, making a choice, and even making a change if necessary. Even if you feel life is travelling along smoothly at the moment, step out and give someone else a hand to improve their wellbeing.

I challenge you to look at those things that aren’t working well in your life at the moment. Start with one, build it up until it becomes a habit, and then pick the next one. Can we help our own children to start developing these habits now?

God created us to be social beings, he walked and talked to Adam and Eve. Being socially connected is hardwired into us. We need to be active to be healthy. We were made with the ability to learn, and by being aware of what is going on around us, we see the needs of others. Jesus set the example for wellbeing ... let’s follow.

Ken Tosen
Secondary Wellbeing Coordinator
Avondale School Newsletter

CLASS

Year 4 Cultural Extravaganza
Last Tuesday evening, Year 4 treated their parents to a cultural extravaganza upon completing their studies of ‘Our Near Neighbours’ Geography unit. Their aim was to present a cultural experience from their chosen country. The students were overwhelmed by the love and support shown by the vast numbers in attendance. Those who came enjoyed a variety of foods, dance, story-telling and the viewing of artefacts. Thank you, parents and families, for giving our Year 4 an experience they will never forget.

Newcastle Permanent Mathematics Competition
The Newcastle Permanent Mathematics Competition has been running for 39 years. This year there were 19,280 participants from 335 schools from Years 5 and 6 along with some selected students from Year 4. Congratulations to Kalan C and Alex T who achieved High Distinction awards in the Year 6 Division. Congratulations to Caitlyn C, Tiffany D and Aymaan R who achieved High Distinction awards in the Year 5 Division. There were also 19 Distinction awards. Congratulations to Zaria A and Charli M who as Year 4 students achieved Distinction awards in the Year 5 Division.

Year 6 Drumming Workshops
Mr James Dennett, the drum teacher, has just completed three drumming workshops with our Year 6 students, which were amazing.

SPORT

HRIS Basketball
Last week the Senior (Years 5&6) HRIS Basketball was held at Broadmeadow Basketball Stadium. There were 14 teams in both the boys and girls divisions making the competition very difficult, having to win every game to make the top three playoffs. Both our teams won their morning pools, putting them into the finals. Congratulations to the boys team who came 2nd and our girls who came 3rd. Thank you to Mrs Watson and Mr Spiros who have spent time training our basketballers.

HRIS Chess
The HRIS Primary Chess Competition was held last week in the MPC. There were 63 teams and 252 students from 14 schools. The 5 students competing from Year 1 were pleasantly surprised to receive a packet of Smarties for representing their school at such a young age. Noah J from 1W was one of these students. Congratulations to Hayden I (6Hi), Daphne J (5R), Jeremiah S (6Ho) and Benzen B (5M), who were the champions in the Open Division. Congratulations also go to Xander H (4B), Liam N (3M), Jett P(3M) and Lachlan Nevell (4C), who were Runner Up Champions in the Junior Division. The overall results were:

- **Open Division** – 1st Avondale School, 2nd St Columba School, 3rd Heritage College
- **Junior Division** – 1st St Columba School, 2nd Avondale School, 3rd Bishop Tyrrell Anglican

K-2 Learn to Swim Program
November 11 – November 22
All students in K-2 will participate in a Learn to Swim Program at Morisset Heated Pool from Monday November 11 until Friday November 22. Students are required to bring their clearly named swimmers and towel (goggles are optional) each day for the two-week program.

W.W.J.D.

KIDS CHURCH

When: 11am Saturday, 16th November

Where: Plus One-MPC
504/506 Freemans Drive
Cooranbong NSW 2265

Bring your friends and find out what it’s all about!

Lunch provided
CLASS
Year 9 Bungonia Camp

STEP UP
3.30 - 4.30PM THURSDAYS in the iCentre

A chance to:
» do independent study
» complete your homework
» get some help with writing (just sorting that essay out!)
» get some help with maths (even that tricky homework question!)
» get some guidance on that assessment task you need to start!
LIBRARY

K-6 Library Year-End Activities
The end of the school year is fast approaching and lots of exciting activities will be happening in the library.

Week 4 (ending Nov 8) - Return K-2 student library books. (Due to daily swimming being held in Weeks 5 & 6.)

Week 5 (ending Nov 15) - Return Year 3-6 student library books; Term 4 prizes and library party invitations awarded.

Week 6 (ending Nov 22) - Library parties for perfect borrowers.

Week 7 (ending Nov 29) - Library parties for perfect borrowers; Return all Parent library books.

There are prizes for the first class in each Stage to return all their library books!

Noah’s Ark Model
Last Friday the library was privileged to have a wooden scale model and a cross-section model of Noah’s Ark on display in the library entry level. Mr Noel Deed, pictured, spent many months building these amazing models that help bring the well-loved Bible story to life. We would like to thank Mr Deed for sharing his Noah’s Ark models and Bible knowledge with us at Avondale School.

Parent Library
If you are feeling drained in the lead up to the end of the year, borrow ‘Live More Happy’ by Dr Darren Morton, one of our parents, and see what you can do to turn things around. And if you have a spare evening amongst the end of year chaos, spoil yourself with one of our family-friendly DVDs.

Book Returns
Our student borrowing time is coming to an end and we would love to get all our books back and avoid families being hit with replacement costs. So please hunt high and low for all those overdue library books and send them back into the iCentre!

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.

Piano
Kylie Stacey / 0409 939 302
Sandi Lowe / 0447 006 209
Cybèle Coutet (AMEB) / 0423 455 977
Jan Hughes (Suzuki Piano School) / 4977 2037
Henry Higgins / 0490 040 308
Sophie-Lee Johnson / 0490 451 781

Voice
Cybèle Coutet (AMEB) / 0423 455 977

Strings
Henry Higgins (cello) / 0490 040 308
Esther Albert (cello / violin / double bass) / 0439 420 661

Woodwinds
Meldi Arkinstall (flute) / 0413 548 985
Fred Cracknell (saxophone / clarinet) / 0404 082 151

Brass
Fred Cracknell / 0404 082 151

Guitar
Jake Bisognin / 0400 389 612
Toby Zeuschner / 0405 405 131
Henry Higgins / 0490 040 308
Garry Lawler (group lessons / ukulele) / 0438 608 180

Drums
James Dennett / 0401 549 084

A new $100 Creative Kids Rebate can be put towards the cost of registration, participation or tuition fees for creative and cultural activities such as music lessons with registered teachers. You can apply for an active kids voucher at Service NSW online or in person.

We value ... INTEGRITY