Earlier this year the Herald Sun published an article titled ‘Parents Face Entitled Kid Epidemic’. The author describes what we have all observed - children who have so much but feel they deserve or need more. While this is a complex problem requiring more than a simplistic answer, the author suggests that gratitude is an important element in helping children to have a more balanced life perspective.

Gratitude is a thankful appreciation for what we have or receive. It is a conscious decision to count your blessings. Gratitude for things in our past helps us to have positive memories of past blessing. Gratitude in the present helps us not to take things for granted and looking forward with gratitude fills us with hope.

Research by Martin Seligman tested the impact of many positive psychology interventions on the happiness of participants. When participants wrote a letter of gratitude to a person of significance, and then read the letter to that person, their happiness increased significantly. This boost in happiness had benefits that lasted for a month. Recent research has also shown gratitude to have a positive impact on our relationships, physical health, levels of empathy, sleep patterns, optimism and resilience.

So how do we help our children to practise gratitude? Here are some fun ideas to include in your family routines:

1. Make a time each day when your family shares 3 things they are grateful for. This could be at a mealtime, while driving in the car or a bedtime ritual. This is a great way to reinforce the positives and develop a ‘glass half full’ mentality.

2. Model gratitude. Share with your child why you’re grateful for them! This is such a great way to affirm positive attributes and behaviour, and boost self-esteem.

3. Limit the stuff you give your kids. We are far more grateful for things we have worked for or waited for.

4. Look for ways to serve and help. When children are encouraged to help others who are in need, they become far more aware of their own blessings. The sense of helping others also builds happiness and resilience.

5. Give gratitude a context. We believe that ‘Every good and perfect gift is from God.’ (James 1:17) Gratitude to God helps us develop a positive view of ourselves as His precious children.

“The miracle of gratitude is that it shifts your perception to such an extent that it changes the world you see.”(Dr Robert Holden)

Why not change the world you see?

Deb Cooper
Head of Primary
YEAR 5 EGG DROP
Secondary

CLASS

Year 9 & 10 Music Performance
Last Thursday night students from the Year 9 and 10 Elective Music classes performed in an outstanding concert that showcased their growing talents! Students were assessed on their chosen piece for the evening as they performed before a huge audience of friends and family. Just another excellent opportunity to showcase our student’s fantastic achievements!

SPORT

Secondary Athletics Carnival
After having huge IT recording issues at the Athletics Carnival we will now be able to complete our data entry and have our presentations at Chapel on Monday. A full athletics report will follow in next week’s Newsletter. The 1500m event will be run on Wednesday, June 7 at lunchtime.

All Schools Cross Country Mountain Bike Championship
The JetBlack NSW All Schools Cross Country MTB Championship will be held on Sunday, June 18 – please check the link for information. As a school we can enter students for the race on Sunday, but we don’t attend the training on Saturday. Please email Mr Tosen if you are interested in participating as he will be sending in the nomination forms next Thursday. Race documents can be downloaded from: http://www.wsmtb.com/jetblack-nsw-all-schools-xc-mtb-championship/

SPOKEN WORD NIGHT

POETIC JUSTICE

FEATURING:
ANISA NANDAULA
ROJE
SUZY MONZER

DATE: 3 JUNE 2017
TIME: 7:00
LOCATION: AVONDALE SCHOOL
112 AVONDALE RD,
COORABABING 2264

HOSTED BY:
AsianAID
Avondale School
GOLD COIN DONATION FOR ENTRANCE

STEP UP

3.30 – 4.30 PM THURSDAYS
ALL THIS TERM 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!
K-9 Premier's Reading Challenge
How is your reading progressing for the PRC? Remember that you have just under 3 months to complete your reading. You will then have the privilege of putting your name on our PRC window once you have finished your reading!

HRIS Primary Art on the Move Display
There is some wonderful student art on display in the library for the next couple of weeks. Schools from the Hunter Region Independent Schools, including our school, have provided pieces of art that move around these schools during 2017. It's Avondale School's turn to display these works of art and you'll be very welcome to come and have a look and appreciate the talent on display.

Primary Calendar - Term 2
Poetic Justice Spoken Word Night 7.00pm Music Building.........................June 3
HRIS Basketball......................................................................................June 6
Year 5 Taronga Zoo Excursion...............................................................June 8
Pupil Free Day ......................................................................................June 9
Queen's Birthday Holiday .....................................................................June 12
HRIS Public Speaking ..........................................................................June 14
CIS Cross Country................................................................................June 15
Years 3 & 4 Athletics Carnival ..............................................................June 20
Years 5 & 6 Athletics Carnival ..............................................................June 21
Seussical the Musical ...................................................................June 21 - 24

Secondary Calendar - Term 2
Poetic Justice Spoken Word Night 7.00pm Music Building.........................June 3
Year 10-12 Paul Dillon Visit ....................................................................June 5
Year 4 Awabakal Education & Environment Centre Excursion ..................June 7
HRIS Netball ...........................................................................................June 8
Pupil Free Day ......................................................................................June 9
Queen’s Birthday Holiday .....................................................................June 12
Year 12 Maths Extension 1 Excursion .................................................June 13
HRIS Basketball....................................................................................June 20
Year 11 & 12 Hospitality Community Function....................................June 20
Year 9 English Excursion ......................................................................June 21

PLEASE NOTE
Pupil Free Day – Friday, June 9
Just a reminder that next Friday, June 9 is a Pupil Free Day. Our teachers will be busy working on student mid year reports.

Entertainment Books
Please return all unwanted Entertainment Books to the class teacher/office as soon as possible. Thank you for noting this.

Library
Like us on social media for regular information updates!

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 - Friday, December 8