Primary Calendar - Term 3
School Reunion.....................................................Aug 3
HRIS Cultural Festival........................................Aug 7
P&F Meeting 3.30pm Admin Building Aug 7
School Open Day Showcase..................Aug 15
HRIS Athletics Carnival................................Aug 16
Kings Chess Interschool Comp...............Aug 19
Book Week..................................................Aug 19
HRIS Soccer / Netball Gala Day ..........Aug 20
Y5 & 6 Maths Competition.......................Aug 21
Book Character Parade 9.00am............Aug 22

Secondary Calendar - Term 3
School Reunion.....................................................Aug 3
Y12 Trial Exams............................................Aug 5 - 16
HRIS Cultural Festival........................................Aug 7
P&F Meeting 3.30pm Admin Building Aug 7
Y7 & 8 English Poetry Incursion..........Aug 9
Y11 Geography Fraser Island Trip.........Aug 11 - 14
Y10 PDM Excursion......................................Aug 13
HRIS Junior Basketball...............................Aug 14
Y8 Medieval Day............................................Aug 15
Book Week..................................................Aug 19 - 23

School Terms 2019
Term 3.........................................................Jul 22 - Sep 27
Term 4.........................................................Oct 14 - Dec 6

THE VIEW

Hope
This week Samantha Wells, Olympic Aerial Skier, visited our school to speak to the Secondary students. As she shared her experiences as an Olympic athlete, she recounted a disastrous fall while attempting a difficult jump. She was shaken, embarrassed and afraid but pushed through to try again. She said, “Sometimes our greatest achievement comes in the wake of the most spectacular fall.”

This profound truth is evident in sport, in learning, in the workplace and in all aspects of our lives. It’s easy to see a failure as final. Our default setting may be to let failure define us. The truth is we all fail and what defines us is what we do after we fail. We reveal our character through the grit, determination and courage that we show when we stand up, dust ourselves off and try again.

As parents and teachers, it can be heartbreaking to see our children fail. Our instant response is to rescue them. When we go into rescue mode, we deny our children the opportunity to learn and develop self-efficacy. Every child needs an advocate who can walk beside them, coach them through their emotions and cheer them on to try again.

The Bible talks about failures and challenging times. Romans 5:3-4 says “Not only this, but we also rejoice in sufferings, knowing that suffering produces endurance, and endurance, character, and character, hope.” The deep truth of this statement is that as we embrace failure and push through, we become stronger, smarter and more capable. And the result of this growth of character is that we are filled with hope.

The next time your child fails, I challenge you to give them the gift of space to grow, succeed and develop a sense of achievement. And by the way, do you model grit and determination when you fail?

When the world says, “Give up”, hope whispers, “Try it one more time!” Michelle Bengston

Deb Cooper
Acting Principal
CLASS

Year 5 Camp
After the disappointing possibility of Year 5 camp being cancelled this year, the students were buzzing with excitement as they arrived at school last Wednesday. The months of suspense and anticipation gave way to joyous shrills and grins from ear to ear. Point Wolstonecraft Sport and Recreation Centre was our new home and as we reached the end of the winding road we were welcomed by a small piece of paradise. The students participated in a range of activities that pushed them out of their comfort zone, taught them new skills and allowed them to learn more about themselves and others. They took aim at archery, flew through the air on the giant swing, went to dizzying heights on the high ropes, and tested their canoeing skills on the lake. Jack H said it was, “great and unique”, while Andie V said Year 5 camp was, “the best thing I’ve ever done”. As teachers, we were so proud of how well the students behaved and participated in the activities over the three days.

SPORT

Athletics Sport Day Presentation
Monday, August 5
The medal presentation will take place this coming Monday August 5, during assembly commencing at 9.00am, weather permitting.

Term 3 Sport Uniform
Kindy – wear their Sport Uniform on Mondays and Tuesdays.
Years 1 & 2 – wear their Sport Uniform on Tuesdays.
Years 3-6 – wear their Sport Uniform on Tuesdays and Fridays.
CLASS

Garden to Plate
Thanks to a Lake Macquarie City Council Environmental Sustainability Grant, Year 9 started work on their PBL Garden to Plate Project. The project will focus on supplying our Hospitality kitchen with fresh, organic herbs and vegetables. Year 9 will spend time preparing and building the garden beds in time for Spring planting.

SPORT

HRIS Athletics
A big thank you to the 83 students who came along and ran, jumped or threw their best at the HRIS Athletics Carnival last Friday. The group of Year 12 students who came and supported the school was the biggest group we’ve had in years! With several students withdrawing on the morning of the event, the team went into extra events just to try and fill in the gaps and to make sure Avondale School had a representative in as many events as possible. There were only 16 events out of 146 where the school was not fully represented. We ended up coming 4th (only 5 points behind 3rd place). Our 16 and 17 year old boys divisions both won their age group pennants, and Lisa D and Liam B were both crowned Age Champions. Congratulations to all our athletes for a great effort. The AICES team and final confirmed results will be available on Monday.

Olympics Unleashed
Year 9s and some Year 12s had the opportunity to hear from aerals olympic skier Samantha Wells as part of the Australian Olympic Team’s ‘Olympics Unleashed’ program leading up to Tokyo 2020! Samantha represented Australia in the Pyeong Chang 2018 and Sochi 2014 Winter Olympics, and has achieved 4 World Cup medals (2 Silver, 2 Bronze).
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 (Simply Music, AMEB, traditional) / 0409 939 302
Sandi Lowe / 0447 006 209
Cybèle Coutet (AMEB) / 0423 455 977
Jan Hughes / 4977 2037
Henry Higgins / 0490 0404 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 0404 308
Garry Lawler (group lessons / ukulele) / 0438 608 180

Drums
James Dennett / 0401 549 084

LEGO Masters Results
Congratulations to Jasper V, Blake M, Jett R and Jordan C from Year 3 who won the recent LEGO Masters competition for Years 3 & 4. Their creation was titled ‘Shark Attack’ and was very well designed and built.

Colouring Competition
Want to win a box set of Diary of a Wimpy Kid books? Our local QBD bookshop at Tuggerah is running a colouring competition and the winner receives a box set of the Diary of a Wimpy Kid series. Entry forms are available in the iCentre and need to be dropped into QBD before August 15. Get colouring and get involved – you just might win!

Book Week is Soon!
Our whole school Book Week celebration is from August 19-23 this year. There will be book-themed quizzes, competitions, storytellers, our parade, and Quizzical (Years 7-12). How is your costume planning coming along for our biennial K-6 Book Character Parade? As in recent parades, we will acknowledge ‘commendable’ costumes in each Year Level without ranking them. Our esteemed judges will be looking for creativity and originality in costume designs so please start thinking about your costume now to reduce stress at the last minute. Remember that you also need to bring along the book that your book character is from. When designing costumes please only choose costumes that reflect the values of our school, so avoid supernatural, violent and grotesque characters such as witches, wizards, etc. A good rule of thumb to work by is if the library has the book then you certainly can dress as a character from that book. Looking forward to seeing YOU in the MPC at 9.00am on Thursday August 22.