“You’ve climbed the Efflux how many times?!”
That was the exclamation from a Year 9 student as we limped down the gentle slope to the bus. We had just finished the Red Walk at Bungonia. “Why would you torture yourself like that?”
“That’s a really important question.” I replied, “There are some questions that need to be asked in life and that is one of them.”

We start off at 9.00 am, with a packed lunch and some snacks, three litres of drink and some have a towel and swimmers. A nice level stroll out to the look down and then out to Mt Ayre. We then have a steep descent to navigate to the junction of the Shoalhaven River and Bungonia Creek. A welcome dip in the river and lunchtime to put the feet up for a welcome rest. We then head down the Bungonia Gorge – officially the deepest in Australia, on up through the Slot Canyon and reaching the boulders. The fastest are already through and come back over the 800m of rocks (some bigger than houses) over, under and around.

“How can I carry your pack? Do you need a hand?” Students offering to help each other – a WOW moment. That’s amazing! Then we hit the Efflux (the very steep shale covered accent out of the canyon). Some want to race and they can go for it. Some just want to get out of there. “Where is the chair lift? The helicopter? Do I really have to walk up that? Isn’t there another way out?”


The National Parks rate the Red Walk as hard – my own rating is extreme. It’s extremely steep, extremely tiring, beautiful, awe inspiring, cool in a WOW kind of way but it’s also extremely challenging. Do I need a challenge? I’ve done it already. Do some of my students need a challenge? Yes they do. Hands on learning, experiencing new situations, pushing comfort zones. Experiential learning (which is an important part of the Bungonia trip) is going a step further than just doing, it’s encouraging reflection on what they have done and how they have done it.
Declarations of “I am never going to abseil” followed by making the choice to give it a go and then proudly saying, “I’ve done it”. Being brave enough to choose to enter Grill Cave and admitting afterwards “I didn’t like it, but I am glad I have done it”.

So back to the question. Why would you do that to yourself 18 times? I am now part of the experience each of those students have had in overcoming a challenging experience, a very difficult experience for some, a growing experience for all. By sharing it with the students and other staff who gladly come along, we now have a reference point together.

We have done something amazing and we have done it together. We have pushed ourselves hard and then further. As individuals we have succeeded, as a team we have conquered. We all did it. No one was left behind. The prayed for outcome is another question: How can I apply this to other situations life will throw at me?

Learning by experience – it’s an essential part of life.

Ken Tosen
Secondary PDHPE Coordinator
Primary Speech Night
Thursday, December 7, 5.00 pm
Speech Night will be held in the MPC from 5.00 pm until 6.15 pm on Thursday, December 7.

2018 Kindy Orientation
Thanks to all the parents who attended out Orientation Evening on Monday. It was great to meet our new parents and help them as they begin their school journey. On Wednesday, our new Kindy students visited us for the morning. We had a great morning with very few tears. We’re looking forward to seeing our new Kindy students again on Friday, November 17.

Newcastle Permanent Mathematics Competition
Congratulations to Jacob D who was awarded the Year 5 Lake Macquarie District Award at a ceremony at Hunter Stadium on Wednesday. Jacob was amongst a group of outstanding young mathematicians who not only excel at problem solving but have a passion for all things mathematical.

JUNGLE CHRISTMAS PARTY
You are invited to the Avondale School Early Years JUNGLE party Thursday 30 November from 10am - 12noon
Cost $15 (includes child’s lunch)
Come dressed in something green/orangish costume & bring swimmer & a towel for the dip & slide.
Make sure you make a friend to come and join in the jungle fun!
Register and pay online by 26 November 2017 avondaleschools weld.edu.au or 4953 346 329

P&F Leaders
Put your hands up! Avondale School P&F are looking for new leaders and a new team to lend a helping hand in 2018 and beyond. If you are a parent and have a keen interest in being a part of what goes on at school, we would love to have you on board. Contact us at admin@avondaleschool.nsw.edu.au

SPORT
Term 4 Sport Uniform
Kindy, Year 1 & Year 2: Wear sports uniform on Monday.
Years 3 & 4: Wear sports uniform on Wednesday.
Years 5 & 6: Wear sports uniform on Friday.

Years 3-6 Swimming Program
Students in Years 3 and 4 will swim on Wednesdays and Years 5 and 6 on Fridays. Students will be under the instruction of qualified swim instructors at the Morisset Heated Pool. All students are to wear their sports uniform on their swimming day ONLY. Please note that swimming replaces Friday sport for the rest of Term 4.
Students are required to bring clearly named swimmers (girls are required to wear a one-piece or a rash shirt over swimmers), towel, and goggles are optional. A signed note from home is required if students are unable to participate due to illness. Students are assessed in swimming classes and certificates are awarded.

Wednesdays
CLASS  DEPART SCHOOL
4B Mrs Bishop  12.50 pm
4C Mr Clark  12.50 pm
3M Miss Moncrieff  1.25 pm
4R Mrs Roberts  1.25 pm
3D Mrs Dumbrell  2.00 pm
3W Mrs Watson  2.00 pm

Fridays
CLASS  DEPART SCHOOL
5S Mr Skinner  12.50 pm
5V Mr Venegas  12.50 pm
5M Mrs Morton  1.25 pm
6Hi Mrs Hill  1.25 pm
6M Mrs Morton  2.00 pm
6Ho Mr Hosken  2.00 pm

Kindy-Year 2 Learn to Swim Program
November 6 – November 17
Students in Kindy, Years 1 and 2 commence their two-week swimming program this Monday, November 6 at Morisset Heated Pool. Students will participate in a Learn to Swim Program at Morisset Heated Pool each day until Friday, November 17. Students are required to bring their clearly named swimmers and towel each (goggles are optional). The times each class departs school are listed below:

CLASS  DEPART SCHOOL
KL Mrs Lawrence  10.45 am
2V Mrs Vaughan  10.45 am
KF Mrs Fraser  11.15 am
2P Mrs Pascoe  11.15 am
KSL Mrs Lawson  11.45 am
2H Mrs Hartigan  11.45 am
1W Mrs Wind  12.15 pm
1S Mrs Schur  12.15 pm
1H Mrs Hobson  12.45 pm
Parent Library
Just a reminder to parents who have joined the Parent Library, you are very welcome to borrow books for your K-6 children to read over the last few weeks of term. Please remember that all library books borrowed by parents are due back to the library by Friday, December 1.

K-6 Library Year-End Activities
Week 5 (ending Nov 10) Return Year 3-6 student library books
Term 4 prizes and library party invitations awarded
Week 6 (ending Nov 17) Library parties for perfect borrowers
Week 7 (ending Nov 24) Library parties for perfect borrowers
Week 8 (ending Dec 1) Return all student Year 4 & 5 class library books
Return all Parent library books
There are prizes for the first class in each Stage to return all their library books!

Holiday Reading Options
Coming Soon: E-books and E-Audiobooks
The end of Term 4 is approaching fast. Year 12 students are finishing their HSC and Year 11 are embarking on their HSC path. There are only a few weeks remaining to borrow books but we aim to have our new E-book and E-Audiobook collections up and running in time for students to use them over the holidays. The E-books and E-Audiobooks will work on any device and are great for travelling, holiday reading and listening. Watch this space for further details.

Secondary School Book Returns
The last day for borrowing for Secondary School students will be Thursday, November 30 and all books need to be returned prior to sign-off day on December 7 to avoid being billed for the replacement cost of the books. Students who will be in Year 12 in 2018 are able to borrow books over the year end but need to return any that they will not be using over the break.