**THIS WEEK …** Our Kindy students celebrated 100 days at school. They have grown up so much, made loads of new friends and learned a myriad of new things during their first 100 days at big school. Kindy students also visited the King-sized Kitchen at Avondale College.

**NEXT WEEK …** Year 2 students will be heading to Hunter Wetlands and students begin to learn their songs and parts for our upcoming school concert. We wish our athletics team all the best for the HRIS Athletics Day next Friday and we continue learning new skills in the Bounceback program.

**ON RESILIENCE …** All children face challenges and difficulties. They may be adapting to a changing family situation, have difficulty learning in the classroom, finding friendships tricky or they may face disappointments such as not being chosen on the sports team. Resilience is the ability to cope with challenges and bounce back. The key messages we want our children to understand are:

- Life is mainly good but now and then everyone has a difficult or unhappy time. It is important to stay hopeful and expect things to get better.
- You will feel better and have more ideas about what to do if you talk to someone you trust about what’s worrying or upsetting you.
- Unhelpful thinking isn’t necessarily true and makes you feel worse. Helpful thinking makes you feel better because it is more accurate and helps you work out what to do.

Watch for more information about our resiliency program. We are having such positive responses from students.

**Newsletters**

**HRIS CULTURAL FESTIVAL**

**HEADS UP**

“*It always seems impossible until it’s done.*”

**Nelson Mandela**

Week 3 is completed and considering all that’s occurred, the impossible has been done! Our juniors at HRIS Soccer played hard and gave a good fight. We are proud of their efforts. A number of excursions for Visual Arts, Photographic and Digital Media, and Geography saw much practical learning take place, while a Science & Engineering Challenge had some of Year 9 and 10 students shining in tough group challenges. Our Subject Expos for 2017 Years 9 and 11 were well attended and the Year 12s made a good fist of all their first week of Trial Exams. We have well and truly bedded down in the intensity of Semester Two!

**Thanks for a great week!**

**Mr Benton Craig**

*Head of Secondary*

bcraig@avondaleschool.nsw.edu.au
**ICAS Science Competition Presentation**

**Monday, August 8**
The ICAS Science Competition medals will be given out this coming Monday, August 8 at assembly, weather permitting.

**School Photos**
School photos were sent home last week with students. If you would like to view and order School Captain, House Captain or Prefect photos, please see the Primary Office.

**HRIS Athletics Day**
**Friday, August 12**
Avondale School has a team of 80 students who will be competing at the HRIS Athletics Day at Glendale next Friday, August 12. Any extra training parents can give before this event will only make our team stronger. There is a small admission charge for parents and friends who would like to attend this special event. Students have been given a program of the day’s schedule and need to bring it on the day.

**Kings Chess**
**Friday, August 19**
Our Kings Chess Team will be competing against the top level chess teams in the Newcastle Region at St Philip’s Waratah School on Friday, August 19. While there is no after school chess coaching this term, students are encouraged to practise at home.

**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 from 2.40 pm until 3.10 pm in the iCentre.

**SPORT UNIFORM TERM 3**

- **Kindy** wear sport uniform on MONDAYS & TUESDAYS
- **Years 1 & 2** wear sport uniform on TUESDAYS
- **Years 3-6** wear sport uniform on TUESDAYS & FRIDAYS

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**ICAS Mathematics Competition**

**Tuesday, August 16**
On 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.

**2016 Avondale School’s Got Talent Winners**
Last term we had the Avondale School’s Got Talent Competition. There were many great performances! Here are the results:

**Years 3 and 4**
1st Isabella N
2nd Caleb M, Ebony D
HC Rhys M, Sai R, Mali T

**Years 5 and 6**
1st Sienna O
2nd Georgia N, Matthew G
3rd Erin B, Stephanie E, Georgia C
HC Taleisha J, Libby G, Amber M

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**Kindy 100 Days Celebration**

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**Secondary**

**GENERAL**

**Year 7 School Vaccination Program 2016**

The final vaccination day for 2016 will be September 13.

**WHAT IF MY CHILD HAS MISSED A VACCINE?** If your child has missed any vaccinations they will be offered any missed doses on this day.

**WHAT IF MY CHILD HAS NOT RECEIVED ALL HPV VACCINES BEFORE THE END OF 2016?** Any Year 7 student with missed doses of the HPV vaccine can be caught up in 2017.

Any questions, visit the NSW Ministry of Health website at www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx

**CLASS**

**Celebrating Academic Success Of Semester One!**

In Chapel on Monday this week we affirmed the hard work and academic achievements of Semester One. So many students excelled and received outstanding reports. We chose to acknowledge the top two performers in each year group and commend these students as Dux of Year and Runner Up.

Year 7 – Olivia M (Dx) and Liam B (R/U)
Year 8 – Ty D (Dx) and Lohert T (R/U)
Year 9 – Olivia R (Dx) and Gloria R (R/U)
Year 10 – Shrey S (Dx) and Cody B (R/U)
Year 11 – Joel C (Dx) and Cara T (R/U)
Year 12 – Maddison L (Dx) and Emma D (R/U)

**Amazing!**

On Wednesday Dr David Faull looked after one of the Year 7 Technology classes. The students constructed robots to perform tasks and used iPads to control the operations. They also recorded the competencies they had achieved. Dr Faull was impressed and it was a unique experience with STEM.

**STEP UP**

**3.30 – 4.30 PM THURSDAYS**

**ALL THIS TERM IN THE ICENTRE**

- 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!

Hope to see you there!
On the recent Music Tour to Tamworth one of our seniors took worship and asked, “If you had a friend and did not talk to them for 10 years, would they still be a friend”. He went on to make a point about communication and contact, drawing a parallel to our relationship with God. Do we only talk to ‘our friend God’ when we are in a tough space or is it something we do as habit? I was challenged by these insightful questions.

Each morning as a staff we table individual students for special prayer. We also pray for a staff member. It is part of our Christian tradition at Avondale School that at the beginning of each day we commit the day to God in prayer.

God’s work is usually done behind the scenes in the ordinary things of life. When we put our head on the pillow at night, we should pause to thank God for the amazing things He has done for us in the midst of our ordinary lives. So instead of waiting for Him to do something spectacular for you, talk to Him as your friend.

Enjoy the news for this week!

Dr David Faull
Principal