Why do some children melt into a pile of tears at the first sign of difficulties while others appear to thrive despite facing trauma? Why do some children persist in the face of failure while others give up easily? Why do some children rise to the challenge of learning something new while others avoid learning? What makes the difference?

Resilience. It’s the capacity to recover quickly from difficulties. It’s grit. It’s toughness. It’s the ability to bounce back.

Research conducted in Australia in 2014 by psychologist Andrew Fuller, examined the differences between children with high and low levels of resilience. Children with high levels of resilience (around 60%) almost all agreed strongly with these two statements:

- I have a parent who cares about me.
- I have a parent who listens to me.

How would your child respond to those statements? Why not ask? Take a deep breath, put aside your parent guilt and have an honest conversation with your child. Ask them what they do/could do to make them feel cared for. Ask them how they would rate your effort/skill with listening. Each child is different and what they need from you in order to feel valued and heard will vary.

Our relationships with our children are critical to their sense of identity, belonging and self-esteem. The great news is that it is never too late to make positive changes to these relationships.

Here are some simple ideas for making lasting connections:

- **Put down the technology and talk.** Give your child your full and undivided attention. Make eye contact and really listen.
- **Have one-on-one time with each of your children.** This may mean sharing afternoon tea, kicking a ball or reading a book together. Make it a weekly date.
- **Put children up the to-do list.** Make your children your top priority. Be there when they need you. The dishes and housework can wait. Children need to know that if they need you, you are there for them.
- **Write notes.** Reading affirmations and positive messages has a powerful impact. The great thing about notes is that they can be stored and read repeatedly!

Every child who believes in themselves had a parent who believed in them first. Take the challenge to connect, care and listen in order to help build resilience.

_The View_

Deb Cooper
Head of Primary
Mobile Phones and Smart Watches
We encourage parents to ensure they communicate travel arrangements at the beginning of the day. If Primary students need to communicate urgently with parents during the school day, all communication can be handled through the School Office.
If students have mobile phones at school they need to be turned off and kept in school bags. Phones are not to be used on school grounds. If messages need to be checked, students need to check messages at the end of the school day with the permission of their class teacher.
Smart watches that allow communication via SMS, email or phone call cannot be worn at school but may be kept turned off in their school bag with the same rules applying as with a mobile phone.

After School Parking
Due to the limited parking on campus, parents are asked to park in the carpark outside the school gates after school. The ELC carpark needs to be kept clear for ELC parents. The Drop-off Zone outside the Primary Office also needs to be kept clear after school. The carline service is a great option for an easy pick-up.

SPORT
Cross Country Events
Monday, April 9
This coming Monday, April 9, all students from Kindy to Year 6 will participate in the Cross Country Event to be held on the Primary School Oval (weather permitting). Parents are most welcome to attend. Each student will receive a Cross Country certificate with their placing as they cross the finish line. Please note the ‘ages’ listed below refer to how old the child will be at December 31, 2018.

<table>
<thead>
<tr>
<th>Time</th>
<th>Age Group</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.15 - 9.55am</td>
<td>11 year olds</td>
<td>3km</td>
</tr>
<tr>
<td>9.55 - 10.30am</td>
<td>9 year olds</td>
<td>2km</td>
</tr>
<tr>
<td>10.30 - 11.00am</td>
<td>10 year olds</td>
<td>2km</td>
</tr>
<tr>
<td>11.00 - 11.45am</td>
<td>LUNCH</td>
<td></td>
</tr>
<tr>
<td>11.45am - 12.30pm</td>
<td>12 year olds</td>
<td>3km</td>
</tr>
<tr>
<td>12.30 - 1.15pm</td>
<td>NO RUNNING</td>
<td></td>
</tr>
<tr>
<td>1.15 - 1.40pm</td>
<td>RECESS</td>
<td></td>
</tr>
<tr>
<td>1.45 - 2.10pm</td>
<td>5 &amp; 6 year olds</td>
<td>1km</td>
</tr>
<tr>
<td>2.10 - 2.30pm</td>
<td>7 year olds</td>
<td>1km</td>
</tr>
<tr>
<td>2.30 - 3.05pm</td>
<td>8 year olds</td>
<td>2km</td>
</tr>
</tbody>
</table>

The Munchery Canteen will be offering special deals on race day: Coffee & Cake - $7.00; Korma or Nutmeat Pie, Chips, Quench & Fruit - $7.00; Cheese & Vegemite Sandwich, JJ’s, fruit & popper - $6.00. The P&F will be selling Slushies in the four different House colours for $2.00 each from the Sports Shed. The Year 12 Cambodia Fundraiser students will be selling donuts for 50c each.

Run4Bibles
The Run4Bibles program finishes this week with a number of students needing extra sponsor sheets. All sponsorship money and forms are to be returned to the class teacher in a sealed envelope this Monday, April 9. We are hoping to raise enough money to purchase 500 Bibles. A BIG THANK YOU to all those who have generously supported this fantastic program.

Coles Sports For Schools Program
The Coles Sports for Schools Program has now finished. Please return all vouchers to school by 3.10pm this coming Monday, April 9. A BIG THANK YOU to all who have supported this program. The students will benefit from the new equipment which will be delivered in Term 3. At the time of printing we have collected over 85,000 vouchers.

GENERAL
Extended Leave – Vacation/Travel Form
As per the Primary Handbook, page 19, “Parents are required to apply for extended leave from school for their child/ren for the following: family holiday during school time that is in excess of 2 days, participation in an elite sporting event (not a school event), or participating in the entertainment industry. Extended Leave Forms are available from the School Office. A certificate granting permission from the Principal will then be issued to the parent.” This is a government requirement. Thank you for noting this.
Cross Country Race Results

It was a great morning for a cross country race. After a slight panic because a large truck was firmly in the middle of the track, we came up with the alternative route which only added an extra 250m onto the total distances, and we were off. We had some excellent times recorded and some of the students really pushed hard to get a great time. A big thank you to the parents who were there to cheer and encourage. Medallions for the first three places will be given out on Monday morning in Chapel. The team for the HRIS event (May 4) has been posted and permission notes will be given out on Monday. Students are encouraged to put in some serious training runs over the next few weeks and into the holidays as we race on the first Friday back next term. The HRIS Cross Country Carnival will be held once again on Avondale College grounds, down by the swing bridge and the track along the creek. Team members are encouraged to have a run there and become familiar with the path.

Cross Country Results:

- Pacific: 330
- Hunter: 292
- Macquarie: 288
- Watagan: 232

Congratulations to the Pacific House for winning the 2018 Avondale School Cross Country!

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HSC Minimum Standard Update for Year 9 Parents

The NSW government is committed to requiring students to demonstrate a minimum standard of literacy and numeracy to receive the HSC from 2020 because these skills are needed for success in life after school. There will be multiple opportunities for your child to show they meet the HSC minimum standard by passing online tests of basic reading, writing and numeracy skills. These tests can be taken when your child is ready in Years 10, 11 and 12 and after the HSC. From this year, Year 9 NAPLAN tests will no longer be an early way for students to demonstrate the standard. This change has been made to ensure NAPLAN remains focused on its original diagnostic purpose and reduce unnecessary stress on young people. For more information and flyers visit the NESA website: www.educationstandards.nsw.edu.au/HSCminimumstandard

Opal Cards

Students who travel on the School Bus are reminded that they need to present their Opal Card for every trip. All new applications for bus passes and change of address etc need to be completed online at www.transportnsw.info/school-students. Opal cards are sent directly to the address provided on the application. If you have any queries please contact Transport for NSW on 131 500.
ALL SCHOOL

Munchery Canteen
Due to the number of students and staff away on camps and other activities next week, the canteen will be running an alternate menu including a variety of toasted sandwiches, sandwiches, all pastries, potato gems and wedges, fresh fruit including curly apples. Hot chips and hot dogs will still be available on Friday. For the full menu please log onto Munch Monitor after 12:00pm today!

Save The Date - May 4
HRIS Cross Country!
The P&F team need your help! Each year our school runs the food stall at the HRIS Cross Country at Avondale College. It’s one of our major fundraising events for the School. On Friday, May 4 we need volunteers to help run the stall. Contact George O’Reilly on 0409 826 905 if you can help in any way.

Entertainment Books are Coming!
We are raising funds and you can help. Order the NEW 2018 | 2019 Entertainment Book or Entertainment Digital Membership and you will receive hundreds of valuable offers and you will also be supporting our P&F Fundraising. PLUS, order now to receive over $200 of bonus Early Bird Offers (hurry, these sell out quickly). www.entertainmentbook.com.au/orderbooks/3403w9

LIBRARY

Holiday Borrowing
This year, for the first time, we are trialling allowing Primary students to borrow library books over the holiday period. If your children would like to do this, they will need to return their Term 1 library books first and then do their holiday borrowing in the last week of term. The usual Year Level borrowing limits will still apply. Parents and Year 7-12 students, you are also very welcome to borrow library books for the holiday period.

Parent Library Book Promo
The Hurried Child - Growing Up Too Fast Too Soon
Taking a detailed, up-to-the-minute look at the world of today’s children and teens in terms of the Internet, classroom culture, school violence, movies, television, and a growing societal incivility, Dr. Elkind shows a whole new generation of parents where hurrying occurs and why and what we can do about it. If you’d like to borrow this engaging book, or others like it, just visit the library. Not signed up as a parent borrower yet? It only takes five minutes of your time to do so. Looking forward to seeing you soon.

Premier’s Reading Challenge
It’s been excellent to have 182 students from Kindy to Year 9 sign up for the PRC during the month of March. Student names have been uploaded to the PRC website and we will inform you next week of the username and password that will be assigned to you. You will then need to log on to the PRC website and enter the PRC ID numbers for books read. Enjoy your reading! Watch this space for more information.

Photo Day Change
Please note on your calendars that our main School Photo Day will now take place on Thursday, May 31.

Winter Uniform - Term 2
Students are required to wear full winter uniform from Day 1 of Term 2. There is no change-over period. The Uniform Shop will be open during the School Holidays on April 23 & 24, 9:00am - 5:00pm for all your winter uniform needs.

Exam Supervisors Needed
We are looking for any parents, grandparents, caregivers or friends who could be volunteer supervisors for our Year 11 and Year 12 exams. You do not need to have any teaching experience, and it is okay if your child/grandchild/relative attends here. Supervisors need to be alert for cheating, attend to exam-related needs of the students and also to help with collecting exam papers at the end. Exam dates for the year are:
Year 12 Mid Year Exams Apr 6 - 13
Year 12 Trial Exams Jul 30 - Aug 3
Year 11 Final Exams Sept 24 - 27
Exams are a MAXIMUM of 3 hours in length for Year 12, and a MAXIMUM of 2 hours for Year 11. All exams are held in our CLC building. Morning exams start at 9.00am and afternoon exams start at 1:00pm. There will usually be two supervisors on for each exam. If you have any experience with being a reader or writer for exams, we would also love to hear from you. If you have any questions please contact Louise Cooper, Student Services, on 4977 0222. We will require a volunteer’s Working With Children Check number from you.

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