Primary Calendar - Term 3
Y7 2020 Orientation Day ......................... Sep 10
Y2 Museum Express Incursion .................. Sep 12
Central Coast Chess Competition ............. Sep 12
CIS Athletics ............................................. Sep 12
ICAS English Competition ..................... Sep 17
Y5 & 6 Esther Musical 6.30pm MPC .......... Sep 18
ICAS Maths Competition ....................... Sep 19
K-Y1 Sports Day .................................... Sep 20
Y6 Canberra Trip .................................. Sep 23 - 26
Last Day of Term 3 ................................. Sep 26
Pupil Free Day ........................................ Sep 27

Secondary Calendar - Term 3
AICES Athletics Carnival ....................... Sep 9
MAD Night (Music/Art/Drama) 6pm Sep 12
Y10 Food Tech Excursion ...................... Sep 17
Y7 Technology Incursion ....................... Sep 18
Y7 STEM Showcase Evening .................. Sep 18
Y11 Final Exams .................................. Sep 20 - 26
Y12 Final Farewell Chapel .................... Sep 26
Last Day of Term 3 ................................. Sep 26
Pupil Free Day ........................................ Sep 27
Daylight Savings Starts ....................... Oct 6

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

THE VIEW

Natural Mood Lifter
Life is sometimes like the weather we experienced at Avondale School last week. Beautiful one day and terrible the next. Last week I made it through 5.5 PE lessons before the rain forced me into the Sport Shed to play silent ball. It rained all Friday and there were many sad faces including mine as I cancelled sport and looked out over the water pooling on the oval.

There are many sad faces in USA with 13% of the total population over 12 years of age taking anti-depressants last month according to the National Centre for Health Statistics. Australia has the second highest use of anti-depressants in the world.

We all know that staying active is one of the best ways to keep ourselves happy and healthy. But did you know it can also improve your overall wellbeing and quality of life?

I have been an active person all my life and I regularly get that ‘feel good sensation’ after doing something physical. Unfortunately, many adults become less active as they progress through the stages of life. Regular physical activity can relieve stress, anxiety, depression and anger. Think of it as a happy pill with no side effects except maybe sore muscles. Most people feel better over time as physical activity becomes a regular part of their lives. Without regular activity your body slowly loses strength, stamina and ability to function properly.

“You don’t stop moving from growing old, you grow old from stopping moving.”

Too much sitting and other sedentary activities can increase your risk of heart disease and stroke. We have several staff members who now work at stand-up work stations and are reaping the benefits. One study showed that adults who watch more than 4 hours of television a day had an 80% higher risk of death from cardiovascular disease.

It’s true, 50 is the new 40 ... but only if you’re healthy. People who are physically active and at a healthy weight live about 7 years longer than those who are not active and are obese. These 7 years are usually healthier years as well. Active adults maintain their quality of life and independence longer as they age.

The Australian Heart Foundation recommends a daily 30-minute period of moderate intensity aerobic activity. It is just so easy! Just move more, move with more intensity and sit less.

When was the last time you had that ‘feel good sensation’? For those of you who have an active lifestyle and are enjoying the rewards, well done. For those who need to increase some activity into their life I encourage you to start TODAY.

Graham Head
Primary Sport Coordinator
Y5 & 6 Esther Musical
Wednesday September 18
Our Years 5 & 6 students are very excited to present Esther the musical in the MPC on Wednesday September 18 commencing at 6.30pm. All are welcome. We look forward to seeing you there.

ICAS English Competition
Tuesday September 17
The ICAS English Competition will be held at school on Tuesday September 17. Selected students have been advised this week. If your child was not selected and they would like to participate in the competition, please send an envelope clearly marked with the student’s name, class and the fee of $15.95 enclosed by the end of school this coming Monday September 9.

ICAS Maths Competition
Thursday September 19
The ICAS Mathematics Competition will be held at school on Thursday September 19. Selected students have been advised this week. If your child was not selected and they would like to participate in the competition, please send an envelope clearly marked with the student’s name, class and the fee of $15.95 enclosed by the end of school this coming Monday September 9.

Knights And Rookies Chess
Avondale Knights and Rookies Chess teams played the second half of their competitions this week, as part of the 16 team local division. Congratulations to our Knights (B) team who placed 2nd. Congratulations to our Rookies C and D teams who placed 1st and 2nd. These 3 teams will now play at the Newcastle Knights & Rookies Chess Finals in Term 4.

Kings Chess Team Finals
Monday September 9
Our Kings team will play their finals this coming Monday September 9 in Newcastle.

CIS Athletics
We have 11 students travelling to Homebush on Thursday September 12, for the CIS Athletics Championships. Students who are representing in the throwing events are invited to train before school at 8.00am next Tuesday and Wednesday on the oval with Mr Head.

Central Coast One Day Chess Competition
The 25th Central Coast One Day Chess Competition is being held next Thursday September 12, with 10 of our students participating at the event. Permission notes are now due and need to be returned to Mr Head.

Woolworths Cricket Blast
Thursday September 19
Avondale School has both a Junior and Senior Cricket Team competing in this new program being sponsored and organised by the NSW Cricket Association. The competition will be held at Toronto on Thursday September 19. Permission notes are now due and need to be returned to Mr Head.
Year 7 Think Globally Act Locally

Sustainability Design Integrated STEM PBL Project

On Monday this week our STEM teachers launched the Think Globally Act Locally – Sustainability Design integrated STEM PBL project with our Year 7 students. Amongst other things students had the opportunity to ‘meet’ Greta Thunberg, a 16-year-old climate change activist who has been in the news quite a lot over the past three weeks. We encourage you to take the time to have a look at this TED Talk given by Greta on December 13 last year - it is extremely powerful: https://www.youtube.com/watch?v=EAmmUIEsN9A. Over the next few weeks students will be working together in groups or on their own to research and define an effective strategy to promote sustainability that could be implemented in our local community. The results of students’ investigations and research are to be presented in the form of:

- An infographic (to be printed)
- A solution in the form of, for example: a model or prototype, a multimedia product, eg Keynote, promotional movie, advertisement for radio, television or YouTube - that explains their strategy and identifies its advantages.

More details of this project can be obtained from the students’ Mathematics Landscape Class Page.

On Friday this week, all Year 7 students will be involved in a full day STEM incursion at school where they will make a productive start to their STEM project.

On Wednesday evening September 25 (5.30 - 6.30pm), we would like all Year 7 students to present their project to parents and teachers at our Inaugural Avondale School STEM Sustainability Expo, which will be held in the iCentre. We invite all parents/caregivers of all Year 7 students to attend our Expo. In addition, we ask that all Year 7 students attend and participate in our Sustainability Expo evening.
ALL SCHOOL

Pupil Free Day
Please note that Thursday September 26 will be the last day of Term 3 and that Friday September 27 is a Pupil Free Day.

New Staff
We would like to welcome Dean Morton to our Avondale School team as our new Business Manager. He brings a wealth of experience that will strengthen our leadership team. Dean is a school parent, with daughters in the Primary School. Welcome to the team Dean.

LIBRARY

K-9 Premier’s Reading Challenge
Thanks to 54 students who successfully completed the PRC this year. Make sure you’ve written your name on our PRC window and also check out your name on the iCentre Landscape page. You will receive your certificates at the year end. Congratulations!

Years 7-12 Double Victory in Battle of the Books
Our winning Quizzical Junior and Senior teams headed off to Macquarie College for the Battle of the Books Interschool Competition on Tuesday September 3. The Junior team led their division from early in the day. The Senior team was half a point behind their main competitors for most of the competition but took the lead by half a point in a nail-biting final round. Both teams competed well and were gracious in victory. We are blessed to have such positive and well-informed young people.

Year 1 LEGO Masters
The Year 1 Lego Masters Competition was held on Wednesday and Thursday this week in the library. Students could choose to build a creature, car or truck, building or animal and their many amazing designs made it very difficult for the judges! The winners in each category will be announced at Monday’s assembly.

Kindy LEGO Masters
The Kindy Lego Masters Competition will be held in the library at lunchtime this coming Monday. All budding builders are invited to come along.

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 / 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

A new $100 Creative Kids Rebate can be put towards the cost of registration, participation or tuition fees for creative and cultural activities such as music lessons with registered teachers. You can apply for an active kids voucher at Service NSW online or in person.

We value ...

GENEROSITY