Primary Calendar - Term 3
Kings Chess .............................Sep 10
P&F Meeting 7pm .......................Sep 12
CIS Athletics ..........................Sep 13
Wyong Chess Competition ..........Sep 13
Watoto Choir Chapel 9.15am ....Sep 13
Kindy & Year 1 Athletics Day ....Sep 14
Knights & Rookies Chess .............Sep 19
Y6 Canberra Trip .......................Sep 24 - 27
Get Active Ends for Term 3 .......Sep 27
Last Day of Term 3 .....................Sep 28

Secondary Calendar - Term 3
Y12 Music Prac Exams ...............Sep 10 - 14
P&F Meeting 7pm .......................Sep 12
M.A.D. Night (Music, Art, Drama)  Sep 13
Watoto Choir Chapel 9.15am ....Sep 13
Duke of Ed Silver Trip ...............Sep 14 - 16
Y11 Final Exams .......................Sep 21 - 26
Y10 Food Tech Excursion ..........Sep 25
Y12 Final Chapel .......................Sep 27
Y12 Formal .............................Sep 27
Last Day of Term 3 .....................Sep 28

School Terms 2018
Term 3 ...................................Jul 30 - Sept 28
Term 4 ...................................Oct 15 - Dec 7
Term 1 2019 .............................Jan 29 - Apr 12
Term 2 2019 .............................May 6 - Jul 5

THE VIEW
The Power of the Mind
I believe our mind is the most powerful tool we have. What you think - you will become! As Earl Nightingale put it, “Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.”

How often do you hear someone say, “I can’t do it! It’s too hard, I’m going to fail”. And of course, they are correct. This well studied phenomenon is called a self-fulfilling prophecy, where our beliefs (be they positive or negative) influence our actions (in a positive or negative way).

God has gifted each of us with a mind and has directed us to protect and guard our mind, to fill it with good and pure things so we can live out a decent and worthy life. We can choose to think positively and change the direction of our thoughts or we can choose to dwell on the negative and spiral into the depths of failure. As someone thinks within himself, so he is. Proverbs 23:7

Someone once penned an allegory about an Indian brave walking down a beautiful trail, who discovered an eagle egg that had fallen out of its nest. He looked up and saw that the nest was too high for him to return the egg, so he placed the egg in a nearby prairie chicken nest. Soon the egg hatched. The young eagle grew up with all the other chickens. Whatever the chickens did, the eagle also did. He thought he was a chicken just like them. Since the chickens could only fly a short distance, the eagle also learnt to fly a short distance. He thought that was what he was supposed to do, so that was all that he thought he could do.

One day the eagle saw a bird flying high above him. He was very impressed. “Who is that?” he asked the hens around him. “That’s the eagle, the king of the birds”, the hens told him. “He belongs to the sky, we belong to the earth – we are chickens.” So the eagle lived and died a chicken, for that’s what he thought he was.

What thoughts are you going to choose to think? Don’t be a chicken – soar like an eagle. I know you can. “...let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” Romans 12:2

Louise Ginn
Primary Sport Teacher
CLASS

Kindy Fire Truck Visit
A big thank you to Luke Masters and Martinsville Fire brigade for visiting Kindy this week.

SPORT

Term 3 Sport Uniform
Years K-2 – wear their sport uniform on Mondays and Wednesdays.
Years 3-6 – wear their sport uniform on Tuesdays and Fridays.

Chess
The Kings Chess finals will be held this coming Monday, September 10 in the MPC from 9.00am. The Annual Wyong Chess Competition will be held on Thursday, September 13. A reminder for the students involved to return their permission slips to Mrs Ginn.

CIS Athletics
Thursday, September 13
The CIS Athletics Carnival will be held next Thursday, September 13 at Sydney Olympic Park with the following students representing from HRIS: Cooper S, Caitlin C, Mali T, Sadie S, Harry K, Hayden L, Tegan C, Olivia M, Jess W and Bailie S-M. We wish them all the best.

Kindy & Year 1 Sports Day
Friday, September 14
Next Friday, Kindy and Year 1 students will participate in a Sports Day on the oval commencing at 9.00am. Please see Landscape for a program. Students need to wear their sports uniform. Parents are welcome to attend.

MUSIC

Suzuki String Workshop
On Sunday, August 19, 62 students participated in a Suzuki String Workshop for violin, viola, cello and double bass. Guest tutors included Andrew Moon (Principal Double Bassist in the Melbourne Symphony Orchestra), Therese O’Brien (Cellist from Adelaide), Amanda Gibson (Suzuki Violin Teacher Trainer) and Edwina Tolhurst (specialist in Irish Music and Looping). Activities included Play-In’s, Looping, Irish Fiddling, Music Mind Games, Improvisation, Tutorials and Music Enrichment. The food was catered by Zoey-Elise W who raised money for her Year 12 Cambodia Trip. Highlights of the events were Aidan C, Alima S, Rhianna L and Gemma L, teaching a group lesson for the first time. The event concluded with a concert of all the string instruments playing together.
**GENERAL**

Week of Worship

Last week we embarked on a journey toward forgiveness with our Week of Worship, themed 70x7. This theme was taken from Matthew 18:21-22 where one of Jesus’ disciples, Peter, said to Jesus, “How many times should I forgive someone who sins against me … up to seven times?” Jesus replied, “No not seven times, but seventy times seven!” What Jesus was really saying is that there is no end to how many times we should forgive. Throughout the week Pr Norman Hurlow from our Gateway Campus Church talked about what forgiveness looks like. Firstly, God has forgiven us … we are forgiven! It’s through the forgiveness of God that we can accept forgiveness from others, forgive ourselves and finally forgive ourselves. Pr Norman talked about how unforgiveness traps us and leaves us locked up in chains. He spoke about running our anger and hurt around like a backpack and how this weighs us down in life. Forgiveness is the key to unlock and helps us to be free. Our worship was led by the amazing WOW Band with Olivia M, Shrey S, Kaelan D, Maegen C, Elijah M, Liam C, Ben L, Nic H, Rachel C, Sarah M and school alumnus Jake Bisgonin. Our week was hosted by Freddie H and Jack F who brought joy and fun to the program. They did a great job! We were blessed by powerful messages, awesome worship, amazing items and great hosts. The forgiveness journey isn’t always the easiest to take, but our hope here at Avondale School is that hearts and minds have been set free as a result of this amazing Week of Worship. Special thanks to our speaker Pr Norman Hurlow and all those who helped support this event!

**CLASS**

Year 6 Students Solve Problems in a High School Maths Class

On Thursday, August 23, Year 6 students had the opportunity to visit the Secondary School. As part of this visit, students had the opportunity to meet some of history’s most amazing Mathematicians and to play with some of the world’s most challenging Mathematics problems, some of which are yet to be solved. Students celebrated the recent achievement of Professor Akshay Venkatesh, an amazing AUSTRALIAN Mathematician who won the Fields Medal on August 2 THIS YEAR! (The Fields Medal is known as the ‘Nobel Prize for Mathematics’ and is awarded once every four years to between two and four people under the age of 40.) Students also learned about Andrew Wiles and gained some appreciation for him solving the amazing proof of Fermat’s Last Theorem in 1997. Our Year 6 students then started to play with and explore the Goldbach Conjecture. (There is still a $1,000,000 prize which has not been claimed by anyone who has proved the Goldbach Conjecture!) What is the Goldbach Conjecture? On June 7, 1742, the German mathematician, Christian Goldbach, wrote a letter to Leonard Euler in which he proposed the following conjecture: All EVEN numbers greater than four can be written as the sum of two PRIMES. Students were also given an additional challenging problem related to the Goldbach Conjecture to take home and explore: “One of the even numbers between 4 and 200 can be written as the result of nine different sums of two prime numbers. What is this special number?” The following students are congratulated for the outstanding work they did in tackling this additional challenge: Sophie L, Matilda J and Taleah H (see pic right). These students were awarded special certificates and $5 vouchers to spend at the school canteen. (Congratulations too to Mr Hosken who also solved the aforementioned challenge!)

**MAD Night**

Senior Music Art Drama (MAD) Night will take place at 6pm, 13 September in the Collaborative Learning Centre (CLC). Enjoy an evening of entertainment while checking out some of the artistic work of our senior students. Hospitality students will be providing catering. Free Admission.
**Library**

**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
- Angela Miller (Simply Music) / 0421 464 797
- Cybèle Coutet (AMEB) / 0423 455 977
- Jan Hughes / 4977 2037
- Henry Higgins / 0490 040 308

**Voice**
- Cybèle Coutet (AMEB) / 0423 455 977

**Strings**
- Henry Higgins (cello) / 0490 040 308
- Esther Albert (cello / violin / double bass) / 0439 420 661

**Woodwinds**
- Emma Jones (flute) / 0432 925 199
- Fred Cracknell (saxophone / clarinet) / 0404 082 151

**Brass**
- Fred Cracknell / 0404 082 151
- Anna Howard (trumpet) / 0430 106 953

**Guitar**
- Jake Bisognin / 0400 389 612
- Toby Zeuschner / 0405 405 131
- Henry Higgins / 0490 040 308
- Garry Lawler (group lessons / ukulele) / 0438 008 180

**Drums**
- James Dennett / 0401 549 084

---

**ALL SCHOOL**

**Watoto Children’s Choir**
Avondale School is proud to host the Watoto Children’s Choir next Thursday as part of their Signs & Wonders Tour. 9.15am, Thursday, September 13 in the MPC. This is a combined chapel for Primary and Secondary Campuses. Join us for a vibrant worship experience, experience the sound of a transformed generation by a family of orphans from Uganda. Special thanks to Sanitarium Health & Wellbeing for their support.

---

**Battle of the Books**

Battle of the Books is an annual interschool event celebrating the value of reading. Students from Macquarie College and Central Coast Adventist School bring their best Junior and Senior teams to compete against our Avondale School teams. This year it was our turn to host the competition and it was held in the iCentre. The students were very focused and competition was strong but in the end Avondale School won both Junior and Senior Divisions. Congratulations to our teams! The Junior team: Grace B, Lara H, Olivia M, Ben L and Byron R.
The Senior team: Megan S, Zali W, Tanya V, Vanessa C and Ella M.
We are very happy to be holding both trophies and look forward to defending them next year.

---

**Avondale School Newsletter**

---

**We value ...**

**Forgiveness**