In recent years educators have voiced a concern about the diminishing levels of resilience in students at school compared with 50 years ago. What is resilience and why has it diminished?

Resilience is an individual’s capacity and ability to cope with changes and challenges, and to bounce back during difficult times.

Growing up in Sydney over 50 years ago in Infants I rode my new scooter 2km to school every day, rain, hail or shine. In Primary School, I rode my bicycle every day. After school, I spent time playing cricket (on the road), soccer, marbles, jacks, tadpoiling, stamp swapping, exploring bush areas on my bike, riding billy carts, climbing trees, throwing rocks, burning rubbish in the back yard and playing cowboys and Indians with home-made bows and arrows.

I believe it was these activities which helped develop resilience, creativity and persistence.

Too many children these days spend many hours indoors on electronic devices rather than quality time in the outdoor classroom. At present children between 6-13 years average 31.5 hours of screen time per week. Is it time for families to have a digital detox?

If we really want our children to develop resilience and persistence, which are the cornerstones of future success, we must allow them to face adversity and work their way through it. Not insurmountable adversity, but never the less, real problems and challenges that will enable them to struggle and eventually overcome and succeed.

Several years ago I gave a physical hand-eye coordination puzzle to over 30 Avondale School students and staff which tested their persistence and resilience. One boy, after many attempts of failure, refused to give up when everyone else had. His legs had never worked properly and so he had already fallen over thousands of times which had taught him persistence and resilience.

FAILURE IS THE STEPPING STONE TO SUCCESS
If you want your children to stand up to the inevitable challenges they will face in the future and keep going despite disappointment or frustration, we need to help our children develop resilience and persistence.

TEN SIMPLE EVERYDAY INTERACTIONS TO BUILD RESILLIENCE:
1. Give your child independence to try new things they initiate, such as climbing at the playground or opening a container, even if you think it is too hard for them.
2. When your child wants to find something, encourage them to look for it.
3. Give your child responsibilities such as making the bed, feeding pets, doing dishes or putting out the rubbish.
4. Teach your child to identify struggles as challenges to overcome not struggles to avoid. Teach that every challenge met makes you stronger.
5. Encourage your child to maintain a positive attitude towards chores and homework.
6. Introduce new experiences to your child which will help them step out of their comfort zone, such as playing with new friends or trying new foods.
7. Help your child to learn self-control regarding electronic mediums and entertainment by demonstrating your own restraint.
8. Do not give your child every single thing they desire (toys, food, clothes etc.) even if everyone else has it.
9. Remind your child to always do their best in schoolwork even if it takes longer.
10. Teach your child to be grateful for what they have rather than what they want.

Graham Head
Primary Sport Coordinator
Year 1 Donuts for Dad

Newcastle One-Day Chess Competition
This week 12 enthusiastic Primary students competed in the annual One-Day Chess Competition in Newcastle. This competition involved 40 of the top chess teams in the Hunter region including Kings teams which is the highest level in primary school from Government, Catholic and Independent Schools. There were eight rounds played on the day with Avondale School students consistently playing on the top tables.

Congratulations to Kylan M (Year 5) and Matthew G (Year 6) who scored 7/8.
Congratulations to Daphne J (Year 3) and Jayden T (Year 3) who scored 6.5/8.

Overall Results:
1st  Avondale School (A)    19.5pts
2nd  St Joseph's Primary School Merewether  16.5pts
3rd  St Mary's Primary School Warners Bay  16pts
4th  Avondale School (D)    15.5pts
5th  Avondale School (C)    15pts
6th  Avondale School (B)    14pts

Tennis Competition
The School Tennis Competition was held this week with the following students gaining entry to HRIS next term. Unfortunately, this year there were no girls able to meet the minimum requirement to play in the competition.

Boys Year 6
1st Matthew G
2nd Jack E

Boys Year 5 and under
1st Robert K
2nd Ryan M

NAPLAN Online
The National Assessment Program, Literacy and Numeracy (NAPLAN) is an annual national assessment for students in Years 3, 5, 7 and 9. Planning has begun to move NAPLAN from pen and paper assessment to an online assessment.

Avondale School students in Years 3 and 5 will participate in the NAPLAN Online School Readiness Test from September 11-15. This is a practice run for our school to assess our technology and it allows our school to:
• become familiar with the NAPLAN Online Test format and processes
• provide students in Years 3 and 5 with the opportunity to experience the online test question types and format by completing a practice NAPLAN online test.

The readiness test is not an assessment of student ability. Further information can be accessed on class Landscape pages.

Bus Travel – Opal Cards Required
Students travelling by bus to and from school MUST have an active School Student OPAL Card which is to be ‘tapped’ on the bus for each and every journey made. New applications, replacement passes or inactive cards can be ordered at www.transportnsw.info/school-students Opal cards will be posted to your home address.
Year 6 Students Do Some High School Mathematical Modelling

On Friday, August 25, Year 6 students had the opportunity to visit the Avondale Secondary School. As part of this visit, students had the opportunity to actively model and explore the following problem:

In each pack of popcorn produced by the Pythagoras Popcorn Company, there is a free collector card, which contains the picture of a famous mathematician. If there are six different cards in the set, how many packets of popcorn would you expect to have to purchase in order to collect the complete set of six different cards?

At the end of this Mathematics lesson, one student exclaimed, “That was the best Maths lesson I have ever had!” Needless to say, most students enjoyed this mathematical modelling task and learnt a lot too.

Students were given two related additional challenges to attempt in the week following their visit to high school. The following students are congratulated for the outstanding work they did in tackling one or both of the assigned challenges: Jasmine P, Nathan S, Emily M and Bethany H. These students were awarded a special certificate and a $5 voucher to spend (on popcorn) at the school canteen in Primary Assembly on Monday. (Congratulations too to Mr Hosken who solved the aforementioned challenges in record time!)

Senior Basketball Trip

Avondale School Senior Boys and Girls Basketball teams were privileged to travel up to Brisbane over a weekend to play against our sister schools up north. Our teams played Tweed Valley Adventist College (TVAC) and managed two hard fought wins with both teams having slow starts after a very early morning and sitting many hours on the bus. All teams were then given a plentiful afternoon tea where team members from both schools were able to chat and discuss basketball. We then headed to Brisbane where we were hosted by Brisbane Adventist College (BAC). Sunday saw a day of awesome basketball between Avondale School, BAC, Northpine Christian College and Mable Park State High. Our Avondale School girls were beaten by BAC in the Grand Final and our boys were beaten by Northpine in their Grand Final. Great basketball skills were displayed along with friendships made and cemented within the teams and school. Our Avondale School team members are to be commended on their manners, positive attitude and willingness to be involved in this new adventure. We look forward to continuing this initiative in the future.

AICES Athletics Carnival

Last Wednesday 13 students travelled down to Homebush for the AICES Athletics Carnival. The Hunter region was the winning association on the day. We then had 6 athletes selected on the day to represent AICES at the CIS Athletics Carnival on September 20.

Liam B came 3rd in High Jump, Lachlan B 2nd in Triple Jump, Reilly D came 1st in High Jump and 3rd in 800m, Chad M came 2nd in the 100m and 1st in the 400m, Joshua M was 2nd for both Shotput and Discus and Kameli N came 2nd in Shotput. Well done to all these students!
K-6 Library Prizes
Hundreds of thrilling fiction books and informative non-fiction books have been read by a great many students during Term 3. It’s now time to return your library books so please remember your library bags and books next week. Congratulations to the 234 students who have borrowed library books EVERY week this term! What an excellent and enjoyable pastime! You will choose your prizes in library classes next week.

Sick Children in the Library
Just a reminder that if your child is sick and not attending school for the day, please do not bring him or her into the library. We would like to keep as many germs as possible away from our well students and library staff. Thanks for noting this.

Year 7-12 ‘Where Will Reading Take You?’ Competition
Congratulations to the following students for doing so well in our Book Week competition. Their entries were the first correct entries drawn out of the box and their prizes are as follows:
1st place: $20 iTunes voucher - Zoey-Elise W
2nd place: $10 canteen voucher - Levi H
3rd place: $10 canteen voucher - Neve E

Secondary Calendar - Term 3
Family Festival - Colour for Cambodia Fun Run................. September 10
Year 7 Vaccinations ....................................................... September 12
Year 12 Music Performances ............................................. September 13
Year 11 Final Exams .................................................. September 15 - 21
Year 10 Food Tech Excursion ......................................... September 21
Get Active Ends for Term 3 ........................................... September 21
Year 12 Final Chapel & Last Day ................................... September 22
Last Day of Term 3 .................................................. September 22
Daylight Saving Starts ................................................ October 1

We Value Generosity

Like us on social media for regular information updates!

SCHOOL TERMS 2017
Term 1 January 30/31 - Friday, April 7
Term 2 Wednesday, April 26 - Friday, June 30
Term 3 Monday, July 24 - Friday, September 22
Term 4 Monday, October 9 - Friday, December 8