Primary Calendar - Term 1
K-6 Parent Teacher Night ...................... Mar 13
Run Around Australia .................. Mar 19 - Apr 6
CIS Swimming Carnival .................. Mar 22
Book Fair Week ...................... Mar 26 - 28
School Open Day 2.00 - 6.00pm .... Mar 27
P&F Meeting 7pm Admin Building .... Mar 28
Good Friday Holiday .................. Mar 30
Easter Sunday .......................... Apr 1
Easter Monday Holiday ................ Apr 2
Get Active Concludes for Term 1 .... Apr 5

Secondary Calendar - Term 1
HRIS Swimming Carnival ......... Mar 15
Y7-11 Parent Teacher Nights .... Mar 19 & 20
Starlight Foundation Mufti Day .... Mar 23
School Open Day 2.00 - 6.00pm ... Mar 27
Cross Country Run .................. Mar 28
P&F Meeting 7pm Admin Building . Mar 28
Good Friday Holiday ................ Mar 30
Easter Sunday .......................... Apr 1
Easter Monday Holiday .............. Apr 2

School Terms 2018
Term 1 ...................................... Jan 29 - Apr 13
Term 2 ...................................... Apr 30 - Jul 6
Term 3 ...................................... Jul 30 - Sept 28
Term 4 ....................................... Oct 15 - Dec 7

THE VIEW

Last week I had the privilege of being one of the 19 support team who went on the Ride4Rescue Charity Ride. This ride took the 36 riders from the steps of Parliament House to the summit of Mount Kosciuszko. They rode over 400km of mountainous dirt trails in some of the most amazing pristine high country of NSW. There were 21 adults, male and female, 14 Secondary students and 1 Primary student.

Why would someone want to ride for 5 days over tough, dusty, terrain in the remote mountains of south NSW?

These were some of the comments of riders:
- “This ride has made me a more confident person. I feel that I can achieve much more having done this ride.”
- “It has pushed my body to its limit and made me a stronger person.”
- “I just love mountain biking in nature.”
- “I love the challenges of the whole ride.”
- “I thoroughly enjoyed it last year.”
- “I know that my willpower and resilience has increased.”
- “It is making me stronger for when I meet other challenges in life.”
- “I am the youngest rider (11 years old) and I am so excited about completing this ride.”

What are some of the challenges you had to face head on the ride?

“Exhaustion, heat, thirst, cramps, pain, remoteness, falling off, mechanical failure, punctures, long ascents, steep descents, no internet, no phone service.”

I witnessed a small community of people who worked together when times were tough. There was blood, sweat and tears on many occasions but there was always someone helping, caring, supporting and encouraging throughout the whole ride. All the support crew had specific roles to play and they collectively helped everyone have a successful, memorable growth experience.

I spoke to some of the 14 Secondary students who each felt that they had become mentally and physically stronger as a result of this ride. All the adults met the challenges of the ride and are now better equipped to meet the challenges of life. I know that each of these riders will draw on this experience for strength and endurance for many years to come.

The one Primary student made this comment, “This event has challenged me physically and mentally, and has made me a stronger person. As an 11 year old, I would recommend this activity to all other fit primary school students.”

Not only has each rider changed because they completed the ride, but through their individual fundraising efforts the lives of other young girls and women will also be changed forever.

As a parent I believe we should give our children positive, physical challenges that will develop their resilience, endurance, determination, teamwork and character.

Graham Head
Primary Sport Coordinator
**Parent Teacher Night**
Tuesday, March 13
Primary Parent Teacher Night will be held in the iCentre next Tuesday, March 13 from 3.30pm until 8.00pm. These interviews are for teachers to share how your child has settled into the new school year. Teachers do not have detailed assessment data to share at this stage of the year, but are happy to discuss your child’s level of engagement, social interaction and general level of performance. Bookings can be made online at www.schoolinterviews.com.au by using the School Event Code nm556
We look forward to seeing you there!

**K-6 Interim Reports**
Interim Reports for students in Years 1 to 6 will be emailed out today. Kindy reports will be sent home with students.

**Sport Uniform**
Kindy, Year 1 and Year 2 wear their sport uniform on Mondays.
Years 3 to 6 wear their sport uniform on Fridays.

**NO PARKING – Please Use Official School Carline Service**
For the safety of our students there is no parking or collection of students from in the front of the Primary Office in the afternoon. If you need to collect your children from school please use our carline service. This service is located at the back of the MPC and can be accessed by parents turning left just before the main gate entry to the school. Thank you for keeping our students safe.

**Dates For Calendar**
Please mark the following dates in the calendar:
7 March – HRIS Swimming Carnival
22 March – CIS Swimming Carnival
17 August – HRIS Athletics Carnival

**HRIS Swimming Carnival**
The Primary HRIS Swimming Carnival was held at Maitland Pool this week with a team of 30 eager students representing Avondale School. Many of our students were able to produce personal best swims as a result of the excellent conditions on the day. Our 9 year old girls (Caitlin C, Jasmine H, Daphne J, Abby G) took out the Age Banner award. Our 12 year old boys (Eli R, Talen B, Jason L) also won the Age banner. Special congratulations go to the following students who were individual Age Champions; 8 Year Boys - Dylan J, 9 Year Girls - Caitlin C, 10 Year Boys - Jayden T and 12 Year Boys - Eli R.
All day there was close competition between the top three schools, Avondale School, Macquarie College and Bishop Tyrrell Anglican College, and at times were separated by only a handful of points. The final results were;
1st Macquarie College
2nd Bishop Tyrrell Anglican College
3rd Avondale School
4th St Philips Christian College (Cessnock)
5th Hunter Valley Grammar School
6th Manning Valley Anglican College
7th St Philips Christian College (Gosford)
8th Heritage College
PLEASE NOTE: All swimming caps need to be returned to Mr Head by Monday.

**HRIS Soccer Trials**
Congratulations to Ethan G who has progressed to the next stage of the HRIS Soccer selection.
PLEASE NOTE: All soccer uniforms need to be returned to Mr Head by Monday.

**Cross Country Events**
The Primary Cross Country events will be held on Monday, April 9 on the school 1km course. We understand that this may be a problem for families who are planning to go to the Commonwealth Games. Students who are planning to be away on this date are requested to run on Tuesday, April 3. Please contact Mr Head if you would like your child to run on April 3.

**Ride4Rescue**
SPORT

Sports For Schools 2018
In 2011 and 2012 Coles ran a Sports for Schools program in which Avondale School participated. Our School received 1000's of dollars of sports equipment, thanks to the great efforts of both Primary and Secondary families. Coles has decided to run the program again in 2018. As a registered school we would encourage all parents and friends to participate in this great program by collecting and returning your Coles docket vouchers.

Secondary Swim Squad
Where: Morisset Swimming Pool
When: Every Tuesday and Thursday, 6.45 - 7.45am. Training has commenced and will continue until Tuesday, March 13.
Cost: $5.00 each day (includes pool entry, coaching and breakfast).
Transport: Parents need to drop students to the pool. The School Bus will then take all students back to School for breakfast.
Ability: Students need to be able to confidently swim 400m.
Please note this is not a learn-to-swim session. It will focus on some stroke correction and aerobic conditioning as well as developing overall swimming fitness.
If you have any further questions, please feel free to contact Mr Ward in the PDHPE department via reception on 4977 0200 or by emailing bward@avondaleschool.nsw.edu.au

CLASS

Year 10 Commerce Business Week
Business Week has been a huge success. Our budding entrepreneurs have been busy selling pizza, Krispy Kreme donuts, slushies and photos. This year saw the introduction of a ‘Shark Tank’ style presentation where each group had to pitch their business concept and answer questions from our ‘Sharks’. While some of the business ideas have proven to be quite lucrative, each group will be donating 10% of their profit to charity. A huge thank you to all the parents and caregivers who have been involved in transporting extra stock and to our expert panel of ‘Sharks’ for giving up their time.

STEP UP

3.30 - 4.30 PM THURSDAYS in the iCentre

A chance to:
» 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!

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.

Parent Teacher Nights
Monday & Tuesday, March 19 & 20
Secondary Parent Teacher Nights will be held in the CLC over two nights - Monday, March 19 and Tuesday, March 20 from 4.00pm until 8.00pm. (Parents, you can make bookings on whichever night suits your family best.) Bookings can be made online at www.schoolinterviews.com.au by using the School Event Code rwyu5c
As spaces are limited, if your children have the same teacher or multiple subjects with the same teacher, please only make the ONE booking with that teacher.
Interviews are strictly 10 minutes and spaces are limited. If you require more time, please contact your child(ren)’s teacher directly to make alternative arrangements.
We look forward to seeing you there!

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.
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 0404 308

Voice
Cybèle Coutet (AMEB) / 0423 455 977

Strings
Henry Higgins (cello) / 0490 0404 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 0404 308
Garry Lawler (group lessons / ukulele) / 0438 608 180

Drums
James Dennett / 0401 549 084

We value ...
Responsibility