THE VIEW

“Do you have a spare moment to chat? I’m free tomorrow.” “Nope, can’t do it. I can do Thursday next week.” “OK, Thursday afternoon it is.” Have you ever found yourself struggling to find the time to do anything for yourself? To make time to improve your own wellbeing? Ken and I were at this same point recently where we just wanted a few moments to chat about how things were going. How ironic! The incoming Wellbeing Coordinators challenged to find the time to talk about their own wellbeing.

So, what is ‘wellbeing’? It’s where the physical, spiritual, social, emotional and intellectual needs of an individual are met, including finding a healthier balance between family, community, leisure and work. Wellbeing is measured according to our ability to cope with and adjust to change, our self-confidence, self-esteem and peer acceptance. Put simply, wellbeing is about ‘how we are doing’ as individuals, as a school and as communities, and how sustainable this is for the future.

Jesus himself put it this way, “I have come that they may have life, and have it to the full.” (John 10:10b) Our Maker’s intention for us wasn’t just to get by each day and make some sort of living for ourselves on this earth, but seek to thrive and feel fulfilment.

It may come as a surprise to some, but at Avondale School we already have a number of wellbeing programs operating across the campuses. ‘Buddies’ in the Early Learning Centre and Primary School, and the peer support program in the Secondary School both function to enhance wellbeing amongst our students. The ‘Bounce Back’ program that helps build resilience and relationships has been successfully used by the teachers in the Primary School over the past few years. The new Year 9 ‘Challenge’ program has also had a significant positive impact on many of these students this year. All of our outdoor education initiatives and camps all have direct links to wellbeing and developing a positive mindset.

As the wellbeing team, we are looking to support and strengthen these current programs and continue to build on them next year. We also have exciting plans to involve staff and the whole school community in improving their own wellbeing with the help of Dr Darren Morton’s ‘Lift Project’ framework. So as a team, we aim to ask you the question next year. Are you a well being?

John Venegas & Ken Tosen
Wellbeing Coordinators 2019
Term 4 Sport Uniform
Kindy - Year 2 – Sport Uniform on Mondays.
Years 3 & 4 – Sport Uniform on Wednesdays.
Years 5 & 6 – Sport Uniform on Fridays.

Years 3-6 Swimming Program
Years 3 & 4 - Wednesdays
Year 3 depart at 1.15pm, return at 2.25pm
Year 4 depart at 1.50pm, return at 3.00pm

Years 5 & 6 - Fridays
Year 5 depart at 1.15pm, return at 2.25pm
Year 6 depart at 1.50pm, return at 3.00pm

Newcastle Permanent Maths Competition
Congratulations to Caitlyn (Y4) and Kalan (Y5) who received awards for top achievement for Year 5 for the Lake Macquarie District in the Newcastle Permanent Mathematics competition. They received their awards at Hunter Stadium on Wednesday. Almost 20,000 students across NSW competed in this years competition, so we are extremely proud of our students for their outstanding achievement!

SPORT
Kindy-Year 2 Learn to Swim Program
November 12 – November 23
The swimming program for infants commences this Monday, November 12 and will run every day for 2 weeks. All students in Kindy, Years 1 and 2 will participate in a Learn to Swim Program at Morisset Heated Pool. Students are required to bring their clearly named swimmers and towel (goggles are optional) each day for the two-week program. The times each class departs and return to school are listed below:

Deport at 10.45am, return at 11.45am:
2P Mrs Pascoe
2V Mrs Vaughan

Deport at 11.15am, return at 12.15pm:
KF Mrs Fraser
1H Mrs Hobson

Deport at 11.45am, return at 12.45pm:
KSL Mrs Lawson
2H Mrs Hartigan

Deport at 12.15pm, return at 1.15pm:
1W Mrs Wind
1S Mrs Schur

Deport at 12.45pm, return at 1.45pm:
KL Mrs Lawrence

HRIS Touch Football
Congratulations to our students who competed at the HRIS Touch Football Gala Day on Wednesday at Port Stephens. The boys team placing 2nd out of the 15 schools representing their division, and the girls team placing 4th out of 11 schools.

Cricket Team
The School Cricket Team will be announced next week. Please note those students selected will be asked to attend extra training sessions before school at 8.00am to prepare for the upcoming Interschool Cricket Competition to be held on Wednesday, November 21.

Table Tennis Competition
November 20 - 23
Students wishing to enter the Table Tennis Competition to be held during lunchtime need to register their names with Mrs Ginn in the Sport Office by Friday, November 16.

Handball Competition
November 27 -30
Students wishing to enter the Handball Competition to be held during lunchtime need to register their names with Mrs Ginn in the Sport Office by Friday, November 23.

Kings Chess
Congratulations to our Kings Chess Team, Kylan M, Ryan M, Jeremiah S and Hayden I, for coming 2nd in the Kings NSW Junior Chess League finals on Tuesday held at Newcastle Grammar School.

GENERAL
BAPTISM
SHINGLE SPLITTERS
NOVEMBER 10 - 3:00 pm
Elina, Danika, Lily, Sky, Thomas and Jayden
CLASS

Hospitality Students Experience ‘Paddock to Plate’ at School
Year 11 Hospitality students gathered their silverbeet from the school garden this week to prepare, cook and present it in a ravioli dish. Students had the opportunity to select from the garden with Mr Christian guiding the students for best selection. They then brought it into the kitchen and made their filling with their teacher Mrs Nevell. Students then hand prepared their fresh pasta, worked it through the pasta machine and made it into ravioli. The result was amazing! Fresh tasting produce from the school garden!

This is a unique experience where fresh food is just a short walk from the kitchen to then be brought in and prepared. Fresh herbs are also available in the kitchen herb garden where students can select their fresh herbs each week. A wonderful opportunity for students.

Year 9 IST and iSTEM Review 300+ Years Of Maritime Technology
Tuesday morning saw 21 of our Year 9 innovators heading to Sydney for a visit to the Australian National Maritime Museum with Mrs Merriman and Mr Oliver. The students enjoyed the chance to explore the HMAS Onslow, an Oberon class submarine; a working replica of the HMB Endeavour, as sailed by Captain James Cook; and explore a special temporary exhibition about James Cameron and his passion for exploring the ocean’s depths. The undisputed highlight of the day was watching the 3D documentary of Cameron’s solo journey to the bottom of the Mariana Trench, an incredible 11 994 m below the surface. The journey to design, build, test and perfect the special submersible to make this all possible was a great example of the process that each of our IST and iSTEM innovators are involved with in class every day.

If you want to know more just ask one of our Year 9 experts!
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
Cybéle Coutet (AMEB) / 0423 455 977
Jan Hughes / 4977 2037
Henry Higgins / 0490 0404 308

Voice
Cybéle 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 0404 308
Garry Lawler (group lessons / ukulele) / 0438 608 180

Drums
James Dennett / 0401 549 084

Parent Library
Just a reminder to parents who have joined the Parent Library, you are very welcome to borrow books for your K-6 children to read over the last few weeks of term. Please remember that all library books borrowed by parents are due back to the library by Friday, November 30.

K-6 Library Year-End Activities
The end of the school year is fast approaching and lots of exciting activities will be happening in the library.

Week 4 (ending November 9)
Return K-2 student library books (due to daily swimming being held in Weeks 5 & 6).

Week 5 (ending November 16)
Return Year 3-6 student library books. Term 4 prizes and library party invitations awarded.

Week 6 (ending November 23)
Library parties for perfect borrowers.

Week 7 (ending November 30)
Library parties for perfect borrowers.
Return all student Year 4 class library books.
Return all Parent library books.
There are prizes for the first class in each Stage to return all their library books!

ALL SCHOOL

We value ...
Integrity