How is your quality of life? Quality of life is the standard of health and happiness experienced by an individual or group. It observes life satisfaction, including everything from physical health, family, education, employment, wealth, religious beliefs, finance and the environment. According to a Numbeo study in 2017, Australia is in 9th place on the world scale, well behind Austria, Germany and Denmark who take out the first three places.

How can you improve your quality of life? One of the main areas to work on is your health and wellbeing. Physical health is something we all want but it is often an area that is neglected as we get older due to a variety of reasons.

Students at Avondale School participate in up to 150 minutes of planned Sport and PE lessons each week. During these lessons students are developing their physical skills to improve their ability to perform in both individual and team sports. Research shows that students who spend 150 minutes of planned Sport and PE a week will achieve higher academic grades, higher levels of fitness and have a higher self-esteem than those who don’t.

At Avondale School, students are encouraged to set goals at the beginning of the year and then set out a series of steps to follow that will lead them to achieve those goals. It is great to see students achieve their goals throughout the year and, without realising it, they are learning valuable life-long lessons. There was once a Year 6 boy who wrote down his short and long term goals. His only short term goal was to compete at the State Swimming Championships in 1975 in Sydney, which he did, competing in several events.

His long term goals were to swim at the Olympics and become a lawyer. He would keep his written goals beside his bed and read them every day, along with doing the necessary training and study. He completed Year 12 at Avondale School and went on to study law at Newcastle University. He kept up his swimming training and qualified for the Olympics with his home country of Samoa. Raea now practises law in Morisset and competes in triathlons. Have you set goals for this year? Has your child/children set any goals this year? Many life-long lessons can be learnt through participating in sport. Some of these lessons are in the areas of sportsmanship, confidence, rules, self-discipline, conflict management, concentration, teamwork, perseverance, health, respect, time management, leadership and sacrifice.

Parents should not rely on the school alone to improve the quality of life for their child/children nor to make them fit and healthy. Some parents in this modern technological, dual income, fast pace world, have less time to be involved with their child/children in outdoor activities. Parents who spend quality time outdoors with their child/children kicking a ball, jogging, riding a bike, bush walking or going to the beach are teaching their kids positive life-long lessons. I encourage all families to become more active and improve not only the quality of life but the quality of family life.

A favourite motivational quote: ‘If you believe you can’t, you won’t but if you believe you can, you will.”

What goals and steps will you take to improve your quality of life today?

Graham Head
Primary Sport Coordinator
**Student Illness**
We have had a number of students absent from school over the past few weeks with upset stomachs and vomiting. To help prevent the spread of this illness, we ask that students not return to school until 24 hours after their last incident. Thank you for noting this and helping keep our students well.

**Mobile Phones at School**
If students have mobile phones at school, phones need to be turned off and kept in bags or lockers during the day. Students are not permitted to use phones for any purpose while on the school campus. If students require assistance or need to communicate with parents, they need to come to the School Office rather than using phones to contact parents. We ask that parents reinforce our phone usage policy with students.

**Primary Chess Competition**
*Wednesday, March 15*

The Primary Chess Competition will be held next Wednesday, March 15 in the MPC from 9.00 am - 2.30 pm. Any students who know how to play are invited to register their names with Mr Head at the Sport Shed. Students will play four games in the morning, playing against students on the same score in the same division, and then three games in the afternoon. There may be a cut in players at lunch time. The two divisions are Junior (K-Year 4) and Senior (Years 5 & 6).

Students who do well in this competition will be invited to join one of the four School Chess Teams (two Junior and two Senior) who will play in the Newcastle Junior Chess League. These students will also contest in the HRIS Chess Competition held at Avondale School later in the year.

**SPORT**

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

**Early Years Gardeners**
Early Years Gardeners went prehistoric this week! They created a succulent garden for their dinosaurs.
SPORT

Lunchtime Basketball Competition

CLASS

Year 10 Business Week

Business Week is always a busy week for Year 10 Commerce! The cross promotion between the lunchtime basketball competition and Business Week has resulted in steady foot traffic and all groups have generated a tidy profit. To tie in with mufti day on Friday, 10% of the profit from Business Week will be donated to charity. We are truly blessed to have access to a commercial sized refrigerator and freezer in the Hospitality Kitchen and are very thankful to Mrs Nevell for her patience and support.

HSC Performance Night

Our HSC Music students will be presenting their first assessed performances for the HSC 7.00 pm Thursday, March 16 in the Music Building. Please come and support all the work these students are putting into developing their technique and musicality in this short concert evening.

STEP UP

Year 12 Cambodia Family Portrait Fundraiser

$20 Book Today

all proceeds go to year 12 Cambodia Mission Trip

When: Sunday 26 May 2017
Where: MPC
Book online www.advancedlifestudios.com.au
Booking Code: LSO 97K 999

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!
SCHOOL TERMS 2017

<table>
<thead>
<tr>
<th>Term</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1</td>
<td>January 30/31 - Friday, April 7</td>
</tr>
<tr>
<td>Term 2</td>
<td>Wednesday, April 26 - Friday, June 30</td>
</tr>
<tr>
<td>Term 3</td>
<td>Monday, July 24 - Friday, September 22</td>
</tr>
<tr>
<td>Term 4</td>
<td>Monday, October 9 - Monday, December 11</td>
</tr>
</tbody>
</table>

LIBRARY

Have You Read Our Chess Books?
Chess is a very popular game at the moment in the library. Students come to the iCentre to play chess before school and during lunchtimes. The library has many chess books so that you can improve your game. Read up on your chess and you’ll be ready for the school chess competition on Wednesday, March 15. Checkmate!

Book Care
This week during library classes Years 3 and 4 have been learning about ways we can care for our books. We’ve looked at damaged books to see ways we shouldn’t treat books. Ask your child to tell you about the ‘really scary’ book! Your child should be able to answer the following questions:
- Why shouldn’t we eat or drink while reading a book?
- Why do we need clean hands while reading?
- Why should we use a bookmark to mark our place?
- Why should we always use our library bags?
- Why shouldn’t we try to repair library books ourselves?
Let’s work together to keep our library books well cared for so that we can all enjoy them for longer!

Primary Calendar - Term 1

School Open Day 1.30 - 6.00pm ...................................................... March 14
Chess Competition (new date) ..................................................... March 15
Year 1 Team Building ................................................................. March 16
Run Around Australia ................................................................. March 20 - 31
Kindy 2018 Readiness Evening ................................................... March 22
CIS Swimming Carnival .............................................................. March 23
SWOMP (Super Week of Mega Praise) .......................................... March 27 - 31
Daylight Saving Ends ................................................................. April 2
Primary Cross Country ............................................................... April 3

Secondary Calendar - Term 1

School Open Day 1.30 - 6.00 pm ..................................................... March 14
HRIS Swimming Carnival ............................................................. March 15
HSC Performance Night 7.00 pm Music Building ......................... March 16
Duke of Edinburgh Camp ......................................................... March 16 - 21
Year 10-12 Music Excursion ....................................................... March 20
Year 11 Roadwhyz Excursion ....................................................... March 24
Year 9 Commerce Excursion ....................................................... March 24
Year 9 History Excursion ............................................................ March 29

We Value Responsibility

Like us on Facebook for regular information updates. Search for Avondale School (Preschool to Year 12).

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.

- Kylie Stacey piano (Simply Music, AMEB, traditional) 0409 939 302
- Angela Miller piano (Simply Music) 0421 464 797
- Jan Hughes piano 4977 2037
- Marilyn Aveling-Rowe piano 0422 714 747
- Cybèle Coutet voice (AMEB) / piano (AMEB) 0423 455 977
- Alison Hodge voice 0450 528 866
- Gabriel Ontanu violin / viola 0447 282 280
- Renee Lis violin 0413 777 477
- Esther Albert cello / violin / double bass 0439 420 661
- Emma Jones flute 0432 925 199
- Fred Cracknell saxophone / clarinet / brass 0404 082 151
- Oliver Doyle trumpet 0418 975 033
- Jake Bisognin guitar 0400 389 612
- Zayne Mariassouce guitar 0421 730 045
- Mitchell Wallace bass guitar / guitar 0435 578 723
- Garry Lawler group guitar lessons / ukulele 0438 608 180
- James Dennett drums 0401 549 084

We're on Instagram! Search for Avondale School.