Get Your Gratitude On

All good things must come to an end… actually, we think it’s just the beginning! You may have heard that Karen and I will be stepping down from Parents & Friends leadership at the end of 2017. It has been an extremely rewarding and challenging season that we have absolutely loved experiencing together. We can’t wait to support our new leaders as they step up and find their own unique way of encouraging and loving our school, staff, students and community.

We have received so much wonderful support from many parents, friends, students, teachers and staff. This support has been the highlight of our experience in these roles and we feel so grateful.

Did you know that the practise of gratitude can have significant impact on a person’s life? Not only can it lower your blood pressure, improve immune function and facilitate more efficient sleep, but studies also claim those who practise gratitude experience less fatigue and are less depressed! So, heading into this hectic time of year filled with exams, parties, deadlines, reporting, family gatherings and Christmas shopping for our mother-in-law, let’s get our gratitude on and feel better for it!

Here are three simple ways we can practise gratitude together:

1. Start a gratitude journal or jar by writing down 3 things each day you are thankful for.
2. Send a thank you note, and I literally mean put pen-to-paper. An email is good, but if you can set aside the time, a thank you card feels quite special.
3. Be more intentional about saying “thank you” and let people know what you are thankful for, i.e. thanks for holding the door open.

We are grateful for our Parents & Friends experience and know that whoever steps into the role next year will also be blessed by our generous parent and friend community.

Nadine Dunne
Parents & Friends
**Primary Speech Night**

**Thursday, December 7, 5.00 pm**

Speech Night will be held in the MPC from 5.00 pm until 6.15 pm on Thursday, December 7.

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**HRIS Touch Football**

The Primary HRIS Touch Football Gala Day was held at Port Stephens this week with Avondale School sending a boys and girls team. Our teams played 5 games in the morning - round robin matches with both teams making the semi-finals. The rain cleared by early afternoon which made the playing conditions perfect. The top four teams in both divisions were very close in ability, strength and determination. Both teams were tied after the fulltime hooter in the semi-final match. This meant that they had to drop off a player down to only 5 but the scores were still drawn. Then they played extra time again and dropped down to only 3 players. The boys team placed 4th and the girls won their semi-final and went on to play the final against Bishop Tyrrell College. This match was also tied after fulltime and players were again dropped. We send our best wishes to Charlotte B, who did an amazing dive-scoring try but broke her collar bone in the process, which stopped her playing in any further games. Our girls team ended up Runners Up Champions and were happy with their medallions.

A big THANK YOU to Mrs Hill and Mr Hosken for the excellent work they put into training our students for this event.

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**SPORT**

**Term 4 Sport Uniform**

- Kindy, Year 1 & Year 2: Wear sports uniform on Monday.
- Years 3 & 4: Wear sports uniform on Wednesday.
- Years 5 & 6: Wear sports uniform on Friday.

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**Years 3-6 Swimming Program**

**Wednesdays**

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DEPART SCHOOL</th>
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<tbody>
<tr>
<td>4B Mrs Bishop</td>
<td>12.50 pm</td>
</tr>
<tr>
<td>4C Mr Clark</td>
<td>12.50 pm</td>
</tr>
<tr>
<td>3M Miss Moncrieff</td>
<td>1.25 pm</td>
</tr>
<tr>
<td>4R Mrs Roberts</td>
<td>1.25 pm</td>
</tr>
<tr>
<td>3D Mrs Dumbrell</td>
<td>2.00 pm</td>
</tr>
<tr>
<td>3W Mrs Watson</td>
<td>2.00 pm</td>
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</tbody>
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**Fridays**

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DEPART SCHOOL</th>
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</thead>
<tbody>
<tr>
<td>5S Mr Skinner</td>
<td>12.50 pm</td>
</tr>
<tr>
<td>5V Mr Venegas</td>
<td>12.50 pm</td>
</tr>
<tr>
<td>5M Mrs Morton</td>
<td>1.25 pm</td>
</tr>
<tr>
<td>6Hi Mrs Hill</td>
<td>1.25 pm</td>
</tr>
<tr>
<td>6M Mrs Morton</td>
<td>2.00 pm</td>
</tr>
<tr>
<td>6Ho Mr Hosken</td>
<td>2.00 pm</td>
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**Kindy-Year 2 Learn to Swim Program**

**November 6 – November 17**

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DEPART SCHOOL</th>
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</thead>
<tbody>
<tr>
<td>2P Mrs Pascoe</td>
<td>10.45 am</td>
</tr>
<tr>
<td>2V Mrs Vaughan</td>
<td>10.45 am</td>
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<tr>
<td>KF Mrs Fraser</td>
<td>11.15 am</td>
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<tr>
<td>1H Mrs Hobson</td>
<td>11.15 am</td>
</tr>
<tr>
<td>KSL Mrs Lawson</td>
<td>11.45 am</td>
</tr>
<tr>
<td>2H Mrs Hartigan</td>
<td>11.45 am</td>
</tr>
<tr>
<td>1W Mrs Wind</td>
<td>12.15 pm</td>
</tr>
<tr>
<td>1S Mrs Schur</td>
<td>12.15 pm</td>
</tr>
<tr>
<td>KL Mrs Lawrence</td>
<td>12.45 pm</td>
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**GENERAL**

**JUNGLE CHRISTMAS PARTY**

You are invited to the Avondale School Early Years Jungle party on Thursday 30 November from 10am - 12 noon.

Come dressed in something green/animal costume & bring swimmers & a towel for the slip n slide.

Make sure you invite a friend to come and join in the jungle fun.

Register and pay online by 26 November 2017: school@avondaleschool.edu.au or 0403 346 329

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**Avondale School**
SPORT

HRIS Touch Football

GENERAL

3.30 - 4.30 PM THURSDAYS
ALL THIS TERM 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!

STEP UP

WE LEARN ∙ WE VALUE ∙ WE SERVE

ZAIDA YOUTH AND GATEWAY CHURCH PRESENTS

Youth Fundraiser Banquet

Dress Code: Mocktail Party
Ticket: $15
Movie Night for Kids: $5
Sat, Nov 11
6:30PM
Gateway Church

RESERVE YOUR TICKET BY TEXTING JADE DURSON 0435122500
3 Course Meal, Entertainment, Slave Auction and Valet Parking
A night not to miss!

3.30 – 4.30 PM THURSDAYS
ALL THIS TERM IN THE ICCENTRE

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!
**LIBRARY**

**Holiday Reading Options**

There are only a few weeks remaining to borrow books but we aim to have our new E-book and E-Audiobook collections up and running in time for students to use them over the holidays. The E-books and E-Audiobooks will work on any device and are great for travelling, holiday reading and listening. Watch this space for more details.

**K-6 Library Year-End Activities**

- **Week 6** (ending Nov 17) Library parties for perfect borrowers
- **Week 7** (ending Nov 24) Library parties for perfect borrowers
- **Week 8** (ending Dec 1) Return all student Year 4 & 5 class library books
  - Return all Parent library books

There are prizes for the first class in each Stage to return all their library books. Prizes will be awarded in Monday Assembly on November 20.

**Secondary School Book Returns**

The last day for borrowing for Secondary School students will be Thursday, November 30 and all books need to be returned prior to sign-off day on December 7 to avoid being billed for the replacement cost of the books. Students who will be in Year 12 in 2018 are able to borrow books over the year end but need to return any that they will not be using over the break. Year 11 are embarking on their HSC path and now is the time to look for supplementary texts so feel free to drop into the library and ask for help.

**CALENDAR**

**Primary Calendar - Term 4**

- K-2 Swimming ............................................................. November 6 - 17
- Knights & Rookies Chess Finals ...................................... November 13
- Girls’ Soccer ............................................................... November 14
- Interschool Cricket ....................................................... November 15
- Table Tennis Competition ............................................. November 20 - 22
- NSW Chess Championship Kings Team ....................... November 26
- Pupil Free Day ........................................................... November 27
- Handball Competition ................................................... November 29
- Kindy Concert ............................................................ November 29

**Secondary Calendar - Term 4**

- Year 12 Cambodia Service Trip ..................................... November 12 - 26
- Year 11 Camp ............................................................... November 15 - 17
- Year 10 Exams ............................................................. November 15 - 17
- Year 11 Geography / Chemistry / Physics Excursion ........ November 20
- Years 7 - 9 Exams ........................................................ November 20 - 24
- Pupil Free Day ............................................................. November 27
- Year 7 Geography Excursion ....................................... November 28
- P&F Meeting 3.15 - 4.00pm Admin Building (LAST ONE 2017) November 30
- Community Christmas Carols ..................................... December 3

**SCHOOL TERMS 2018**

- **Term 1** Monday, January 29 - Friday, April 13
- **Term 2** Monday, April 30 - Friday, July 6
- **Term 3** Monday, July 30 - Friday, September 28
- **Term 4** Monday, October 15 - Friday, December 7

Like us on social media for regular information updates!

**P&F Leaders**

Put your hands up! Avondale School P&F are looking for new leaders and a new team to lend a helping hand in 2018 and beyond. If you are a parent and have a keen interest in being a part of what goes on at school, we would love to have you on board. Contact us at admin@avondaleschool.nsw.edu.au

**P&F LEADERS FOR 2018**

Avondale School

**SCHOOL CROSSING – PLEASE SLOW DOWN AND GIVE WAY**

We have had a number of students nearly hit by cars entering the school grounds at high speed in the last few weeks. Just as you enter the school gates there is a crossing which links the two sides of the campus. Please reduce your speed as you enter the grounds to walking speed and give way to students using the crossing.

**P&F Meeting 3.15 - 4.00pm**

Admin Building (LAST ONE 2017)

Community Christmas Carols

3 December 2017 from 4.30pm

Join us for a Christmas celebration evening featuring renowned Christmas artist Colin Buchanan, as well as 2017 the winner Australia winner. Hannah Cox. There will be food, fun, Santa, and a raft of factory singing!

**COLIN BUCHANAN**

5' COMING TO

COMMUNITY CHRISTMAS CAROLS

At Avondale School, Coombabah

3 DECEMBER 2017 FROM 4.30PM

We Value Humility