Are we sending our children the message we think we’re sending? It seems as though our actions scream louder than our words! A recent Harvard study has revealed that most parents consider it more important to raise an empathetic, compassionate child than a successful child. So why don’t our kids get that message?

The study asked children to respond to this statement: ‘My parents are prouder if I get good grades in my classes than if I’m a caring community member in class and school.’ Eighty percent of students agreed with this statement. So where is the message getting confused?

What we praise is reinforced. Families consistently praise and reward good grades, winning sporting behaviour and outstanding achievement. Do we praise and reward kindness and inclusive behaviour in the same way?

What we model is copied. We all understand that actions speak louder than words. When parents argue with teachers about grades, campaign for their child to be included in sporting teams and strive to see their child outperform other children, they are sending an unmistakable message.

Our words speak to character. An innovative study tested the impact of words of praise on the development of empathy. When character was praised rather than actions, children were far more likely to internalise and replicate compassionate behaviour; ‘You are such a kind person’ rather than ‘That was a kind thing to do’. As our children struggle to discover who they are, our words about their character have a profound impact on who they become.

We need to experience compassion in order to show compassion. This is children raising 101! When parents and teachers show genuine compassion and empathy to children, they are far more likely to show compassion to others. As adults we sometimes act as though we have a right to show our frustration in a way that is far from compassionate. No matter how much a child or teenager annoys or frustrates us, we have an opportunity to be empathetic and gracious in the way we resolve problems.

The great news is that children have a huge capacity to learn to be compassionate and kind! The challenge is how can we send the clear message that compassion is important to us?

Deb Cooper
Head of Primary
ICAS Science Competition Medals
The ICAS Science Competition medals will be presented this coming Monday, August 14, weather permitting.

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.

School Captain, Prefect & Sport House Captain/ Vice Captain Photos
Order forms for the above-mentioned group photos are available from the Primary Office. Photo orders can be made for the next week.

Term 3 Sport Uniform
Kindy - wear sports uniform Mondays and Tuesdays
Year 1 - 1W wear sports uniform on Mondays and Tuesdays
1S & 1H wear sports uniform on Tuesdays
Year 2 - wear sports uniform Tuesdays
Years 3-6 - wear sports uniform Tuesdays and Fridays for Term 3.

Lakes Grammar Inter-school Equestrian Event
This week the Inter-school Equestrian event was held at Morisset Show Ground with a large number of schools being represented. Avondale School’s team consisted of four 11-year-old girls from the Primary School; Kahlia H, Ally R, Emily G and Matilda E. Makayla G, Jocelyn G, and Reilly D represented the Secondary School. We are very proud of our girls who looked very smart in their school uniforms mounted on their horses with Avondale School saddle cloths. This was the first ever inter-school competition for these girls. Congratulations to Ally R who came 3rd in the Barrels and Keyhole events. Congratulations to Kahlia H (on Tobby) who scored a 4th place in the Best Presented Rider and Horse category. Kahlia also received the Encouragement Award on the day.

Stop the Traffick 5k Gateway
Gateway Church, Avondale School
Saturday, September 2, 2pm
Cost: AUD$8 (plus a donation)

Why be involved?
In excess of 1.5 million – 20,000 Nepalese women and children annually fall victim to human trafficking. This year, a partnership between organisations in Nepal and Australia will push for the prosecution of a few local politicians involved in the trafficking industry with on site visit to Nepal.

For more information, visit www.stopthetraffick5k.com

Register today at www.stopthetraffick5k.com

Games Night!!
Join us for a fun night of games and activities for all kids aged pre-kindergarten to year six!

Where: Avondale School MPC
When: August 12
Time: 6:00-7:30
HRIS Junior Soccer
Two Year 8 and twelve Year 7 girls made up the Junior Girls soccer team which took part in the HRIS Soccer Gala Day last week. Although they were a freshly formed team, the girls were competitive and committed as they played seven games against teams made up of mostly Year 9 students. Despite a significant size and age difference, the girls managed a victory over Scone Grammar School and close games against Central Coast Adventist School and Macquarie College. It was very encouraging to see the girls' perseverance and positivity despite the tough competition, and the girls remained motivated to keep the team together to aim for even better results next year.

Similarly, 16 of our Junior Boys represented our school gallantly in the HRIS Soccer Gala Day at Adamstown Oval. We had a record number of parents in attendance to support and encourage the team. Even though the boys lost two and won four games, they went on to win the plate, which is the top of the second tier of seven schools. Like the girls, we had mostly Year 7 and 8 students. Nevertheless, the boys showed great skill and sportsmanship.

Year 9 NAPLAN Results - What You Need To Know?
Click on the link to find out more on Year 9 NAPLAN results. http://educationstandards.nsw.edu.au/wps/wcm/connect/33244fd3-0a6b-4792-856c-bb5f91f4db58/school_newsletter_info_July2017.pdf?MOD=AJPERES&CVID=

ICAS Mathematics Competition 2017
On Tuesday, August 15, the following groups of Secondary Mathematics students will sit the ICAS Mathematics Competition: all Year 7 & 8 students; Year 9 & 10 Mathematics 5.1 Extension, 5.2 & 5.3 students; and Year 11 & 12 2 Unit Mathematics students. Students should bring a lead pencil, an eraser, a ruler and a calculator. (That said, Year 7 students are not allowed to use a calculator in the competition.) All students are encouraged to do their best and enjoy this challenge!
Family Festival is coming soon! Sunday, September 10, from 10.00 am - 2.00 pm. Just an update to let you know that we won't be selling bands for rides this year, and all the rides and entertainment will just be a 'pay as you go', which will allow more flexibility for those attending. We recognise this is a change from what has been done previously but we have had to make some adjustments to the day to make it more viable to continue. An exciting addition to the day this year is the inclusion of Colour for Cambodia, our School Colour Fun Run. This will take place before lunch and we encourage participants to register online by August 21 so we can plan accordingly (we need to order enough supplies for the number of participants). All Primary students enrolled at Avondale School do not need to register as participation is included as part of their fundraising efforts, however their participation is optional. Please remember to sign the permission section when returning the fundraising forms by September 1. All the proceeds from this event will go toward the RestoreOne project that the Year 12s will be visiting at the end of the year. Also, if you have fresh produce, arts and crafts or a local business you would like to promote, there are a few stall holder spots left. Just $50 per site. Book by August 27. Thank you for your support and we end of the year. Also, if you have fresh produce, arts and crafts or a local business you would like to promote, there are a few stall holder spots left. Just $50 per site. Book by August 27. Thank you for your support and we seek forward to seeing you on September 10. Gates will open at 10.00 am.

**Primary Calendar - Term 3**

- **ICAS Maths Competition** .......................................................... August 15
- **School Open Day 2.00 - 6.00 pm** ........................................... August 16
- **HRIS Debating** ..................................................................... August 17
- **P&F Meeting 3.15 pm Admin Building - All Welcome!** ............ August 17
- **ICAS Maths Competition** ................................................... August 18
- **Book Week** ......................................................................... August 21 - 25
- **Years 5 & 6 Newcastle Permanent Maths Competition** ........... August 21
- **Year 7 2018 Orientation Day** ............................................. August 24
- **HRIS Soccer & Netball Gala Day** ....................................... August 29

**Secondary Calendar - Term 3**

- **Year 8 Subject Choices for Year 9 2018 Due** ..................... August 14
- **Year 12 Music Trial Exam** .................................................. August 14
- **School Open Day 2.00 - 6.00 pm** ...................................... August 15
- **HRIS Basketball** ................................................................. August 16
- **P&F Meeting 3.15 pm Admin Building - All Welcome!** ........ August 17
- **Senior Basketball Trip** ......................................................... August 17 - 21
- **Year 12 SOR2 Excursion** ................................................... August 18
- **Year 12 Modern History Excursion** ................................. August 18

**Book Week – August 21-25**

Book Week is only one week away! There will be so many fun activities to look forward to and lots and lots of book prizes too!

**Harrison Craig Author Visit – K-9**

Singer, inspirational speaker and author, Harrison Craig, will be visiting Avondale School on Monday, August 21 to speak about his new picture book Harrison’s Song. Did you know that when Harrison was a child he used to stutter and was even bullied because of it? Harrison turned to singing to help change his life! You’ll be inspired by his story!

K-12 ‘Where Will Reading Take You?’ Competition

This competition starts on Monday, August 14 and runs through Book Week. There will be 20 book locations on signposts along with the books that these locations are from. It will be your job to decide which books belong with each of the various locations and to fill in the competition entry form. There will be a book prize for the most correct entry in each Year Level!

K-6 Book Character Parade

Our fabulous Book Character Parade will in held in the MPC on Thursday, August 24 at 9.00 am. Do you have your parade costume and book ready? Please remember to choose costumes that reflect the values of the school and especially avoid supernatural and violent book characters, and for obvious reasons, don’t bring along LIVE animals as part of your costume! Please let the library know ASAP if you would like the library staff to find a particular book to go with your costume. We can’t help you find a book on the morning of the parade! This year our esteemed judges will be choosing ten students with creative costumes from each Year Level, without ranking them, to receive awards and book prizes. It will be great fun so parents and grandparents, you won’t want to miss it!

**Years 7-12 Quizzical Competition**

**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

**Library**

**BOOK TRIVIA COMPETITION**

**Who can enter**

Students in Years 4-7. (Years 3 may enter if parents/guardians decide to enter)

**Where**

In the Media Room

**What to bring**

Cash prizes for the winning table in each Year Level, as well as spot prizes on the day.

**Prize**

Cash prizes for the winning table in each Year Level, as well as spot prizes on the day.

**Register your table of four at the library by August 24!**