How’s your wellbeing?
This was the question all staff were asked on the first day back this term at a professional development session. Answers varied for some staff who had come back tired, some fighting the flu, and others recovering from injuries. On the other hand we had big smiles, hugs and excitement. Your wellbeing is made up of many different dimensions - emotional, economical, cultural, physical, social and spiritual. It’s vital to understand that wellbeing is separate from happiness, which can come and go. Wellbeing is a consistent state of wellness, satisfaction and contentment. Many of us work and strive to improve our wellbeing and quality of life, and that of our families. We learnt that our wellbeing is dynamic, ever changing, going up and down a continuum. If any one of the dimensions is negatively affected, our wellbeing declines. A positive experience will then move us back up to neutral or into the positive side of the scale. It can sometimes be a difficult thing to try and move back up the scale. We were provided with a number of tools on the day to help us be aware of our wellbeing and how we can have a conscious impact on it. A few of them are outlined below.

1. Be aware of your emotions. Name the feelings you have and maybe then you are able to better understand why it may hurt and what you want to do about the situation.
2. Live in the present (mindfulness). Don’t get caught up in thinking too much about the past or what could go wrong in the future.
3. Be reflective. Step back and consider where your thoughts, feelings and behaviours are coming from. Are they positive and helpful? Is there another option?
4. Laugh, enjoy yourself and make others happy. Kids laugh over 200 times a day, whereas some adults are lucky to laugh 20 times a day. Proverbs 17:22 “A cheerful disposition is good for your health; gloom and doom leave you bone-tired.” (The Message Bible)
5. Discover and live your personal values. This will give you purpose and goals to strive for. Knowing and living your values can lead to a sense of balance, confidence and fulfilment.
6. Identify and use your individual strengths, doing what you do best to give yourself a sense of empowerment.
7. Keep tabs on your thoughts. Don’t get caught in a whirlpool of negative thoughts. Make a choice to step away and be positive.
8. Practise gratitude. This can really change your perspective. Write a list of things you are thankful for.
9. Discover or rediscover a passion. We get so caught up in being busy we sometime lose the passions we once had.
10. Work / life balance. A good work/life balance means you have harmony between all the different aspects of your life, where benefits gained from different areas can help and strengthen others.

All good advice, but it needs to be implemented in our lives to be useful. So the question to you is, how is your wellbeing? It’s important! To everyone you come in contact with - classmates, work colleagues, your children, your partner, your parents, your teachers, and yourself. Ask yourself this question - are you a well being?
Year 6 CARES Bike Day
We all had fun at bike day
But we wanted to stay and play.
Lots fell over
But we turned over
And kept having fun anyway.
By Bethany H

We went to C.A.R.E.S
And rode our bikes
We played with friends
That's what everybody likes.

Cops taught us some rules
And fines we got.
Some of us were fools
Because we didn't stop.

Now that's our bike day
All done and dusted.
We had fun on the way
Learning how not to get busted.
By T Johnson

Year 2 Sunnyside Home Visit
On Tuesday, Year 2 visited Ellen G. White's Home ‘Sunnyside’. Students were privileged to have Dr John Hammond tell wonderful historical stories and guide them through the home of the pioneer of the Seventh-day Adventist church. It was fascinating to learn about her life and discover that she is the most published female author of all time.

CIS Cross Country
The CIS Cross Country will be held at Eastern Creek Raceway on Thursday, June 15. All students listed below will need to continue training over the next four weeks in order to be well prepared for this NSW Championship. Congratulations to the following students who have made it through to CIS:

Chess
The Knights and Rookies Chess Teams will be playing their first rounds of chess against six schools on Thursday, May 18 in the CLC building. The Kings Chess Team will be playing their first rounds of Chess on Friday, May 19 in the CLC building.
Each team will play five rounds of the competition. Parents are encouraged to give extra practice leading up to this competition.
**SPORT**

**HRIS Cross Country**
Last Thursday, May 4, Avondale School was lucky enough once again to host the HRIS Cross Country at Avondale College on their Sandy Creek tracks. The Primary School came 1st out of the 16 schools and the Secondary School came a close 2nd. With over 1,500 competitors for the day and a few hundred parents, it was bigger and better than last year. Thank you to the P&F support crew, and parents and staff who worked so hard. A big thank you to Avondale College for the use of their facilities and the excellent support of the College Marketing and PE Departments helped in making the day a success. Avondale School was assisted on the day by fourth year PDHPE students from Avondale College who now have the experience of how to deal with a carnival of this size. The 12 year old girls won the age pennant and the 18 year old girls came 2nd in the Secondary competition and we came 3rd in 14 year old boys and 2nd in the 15 year old boys. Reilly D came 3rd in the 12 year old girls race, Oliver C and Elijah M came 4th and 5th in the 13 year old boys, Ethan M came 3rd in the 14 year old boys, Ty D came 5th in the 15 year old boys and Tyler H won the 18 year old boys, running 6km in just under 22 minutes. What an awesome effort! Congratulations and thank you to all our team. There were many positive comments from parents and teachers about the event. A big thank you to the staff of Avondale School who helped on the day and the support from parents without whom the event would not have run so well. The AICES Cross Country Championships will be held on Monday, June 5 at Sydney International Equestrian Centre, followed by the NSW CIS Championships on Thursday, June 15 at the Eastern Creek International Raceway.

**Athletics Carnival - Monday, May 22**

1. **Times**
   - 8.40 Roll Marking
   - 9.00 Buses leave for Mingara
   - 9.45 Event 1 commences
   - 2.15 Departure by bus returning to school
2. **Events**
   - A program of events will be available on the day. Track and field events may occur simultaneously. When a competitor is required at both a track and field event, the track event shall take precedence.
   - Students are to compete in their own age category only.
   - As many students as possible may enter the events. There will be qualifying guidelines on some events.
   - One relay team may be entered from each House, in each age group.
   - Ages are calculated as at December 31, 2017.
   - Age categories are 12 - 14 (Junior), 15 - 16 (Intermediate), 17 - 18 (Senior).
   - Results will be used to assist in the selection of the HRIS team.
3. **General**
   - A canteen will be operating on the day.
   - Students will be free to go to the various competition sites to watch a particular event.
4. **Uniform**
   - Students are to be in full school sport uniform or House colours - green, blue, red, yellow only. Every student must have a hat.
5. **Other Events**
   - The 1500m event will be completed during a lunch time, a week after the carnival. Javelin will be completed in PE class time at school.

**GENERAL**

**Years 10 - 12 Career Options**
Career Options is offering your child the opportunity to complete a comprehensive careers assessment. Giving your child the chance to make a better, more informed and confident decision about their future, will save you time and money. The careers assessment is online and can be completed at home (allow 1.5 hours). Students can save and return throughout the assessment so the whole assessment does not need to be completed in one sitting.

Register by Thursday May 18 at www.careeroptions.net.au/sf

The Career Options team has a collective 30 years in Careers Counselling, Human Resources and the COPSystem Careers Assessment.

**P&F Fundraiser**

**Take the career test that could change your life**

Our test will help you choose senior subjects and the best training and education for your career path. Includes a comprehensive careers assessment, results, workbook and debrief.

Register at: www.careeroptions.net.au/sf

Call Rachel at Career Options 0405 383 210

**STEP UP**

**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!
**LIBRARY**

Our Book Fair is Coming SOON!

Our annual library fundraiser Book Fair will be held in the iCentre from Monday, May 22 through to Wednesday, May 24. We will be selling exciting new books from Scholastic, Central Book Suppliers and children’s Bibles from Better Books and Food.

**BOOK FAIR OPENING HOURS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>9.15 am – 4.00 pm</td>
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Library classes and borrowing will run as normal and students will be able to come to browse and buy books at the Book Fair before school, recess and lunchtime and after school with a parent.

All parents and friends of the school are welcome to attend.

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**PLEASE NOTE**

We Value Discernment

**LIBRARY**

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**SCHOOL PHOTO DAY**

School Photos will be held at school on Tuesday, May 16. Photo order envelopes were sent home last Friday with students. Inside the envelope there are instructions on how to make your purchase.

No envelope, no worries! Order online at www.advancedlife.com.au by using the code 7LJ 86X 7GD.

Please note: School photos purchased online DO NOT require envelopes to be returned to school. Family photo order forms are available from both Primary and Secondary Offices.

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**CALENDAR**

**Primary Calendar - Term 2**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Mother’s Day</td>
<td>May 14</td>
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<tr>
<td>School Photo Day</td>
<td>May 16</td>
</tr>
<tr>
<td>Book Fair</td>
<td>May 22 - 24</td>
</tr>
<tr>
<td>School Reunion</td>
<td>May 27</td>
</tr>
<tr>
<td>ICAS Science Competition</td>
<td>May 30</td>
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<tr>
<td>HRIS Basketball</td>
<td>May 30</td>
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<tr>
<td>Pupil Free Day</td>
<td>June 6</td>
</tr>
<tr>
<td>Queen’s Birthday Holiday</td>
<td>June 9</td>
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<tr>
<td>CIS Cross Country</td>
<td>June 12</td>
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</tbody>
</table>

**Secondary Calendar - Term 2**

<table>
<thead>
<tr>
<th>Event</th>
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<tbody>
<tr>
<td>Mother’s Day</td>
<td>May 14</td>
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<tr>
<td>Year 12 Food Tech Excursion</td>
<td>May 15</td>
</tr>
<tr>
<td>School Photo Day</td>
<td>May 16</td>
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<tr>
<td>Year 12 Parent Teacher Interviews</td>
<td>May 16</td>
</tr>
<tr>
<td>Athletics Carnival</td>
<td>May 22</td>
</tr>
<tr>
<td>Book Fair</td>
<td>May 22 - 24</td>
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<tr>
<td>Year 7, 11 &amp; 12 Vaccinations</td>
<td>May 23</td>
</tr>
<tr>
<td>Year 8 Technology Excursion</td>
<td>May 24</td>
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<tr>
<td>Year 9 &amp; 10 Music Performance Night</td>
<td>May 25</td>
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**SCHOOL TERMS 2017**

<table>
<thead>
<tr>
<th>Term 1</th>
<th>January 30/31 - Friday, April 7</th>
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<tbody>
<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>
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<tr>
<td>Term 4</td>
<td>Monday, October 9 - Friday, December 8</td>
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**MOTHER’S DAY BREAKFAST and Church Service**

Saturday, May 13th

8:30-8:50am Special Mum’s Breakfast
9am Breakfast for All
10am Mother’s Day Service
Gateway Church,
119 Avondale Rd
Cooranbong

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**Avondale School**

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w. www.avondaleschool.nsw.edu.au