THIS WEEK ... Year 2 students had a great time in the bush areas of our campus building wet and dry environments. On Wednesday, 58 students were involved in our Primary Chess Competition. Year 4 students visited the Early Learning Centre for their weekly Buddy Time. I love all the different opportunities that exist for students to learn a whole range of new skills and attitudes.

NEXT WEEK ... We’re looking forward to an AWESOME Super Week Of Mega Praise! All students will be involved in special chapel programs every morning as we worship together and learn more about God. We begin ‘running around Australia’ as part of our training for the Cross Country. Don’t forget our parent information session on Bullying and Resilience on Tuesday Night. The Parent and Friends group are providing a free BBQ dinner at 6.00 pm and the session will begin at 7.00 pm in the Music Building.

THOUGHT FOR THE WEEK ... “Self-control is a key factor in achieving success. We can’t control everything in life, but we can definitely control ourselves.” Jan Mckingley Hilado

THIS WEEK? ... You should be receiving a copy of your child’s Interim Report today – looking forward to seeing you in a couple of weeks’ time! Tuesday was AWESOME – with our Year 11s engaged in connecting with preschoolers at Kindy Patch and our ELC as well as with senior community members at Adventist Senior Living and Bayside Care. A few students helped out at the Asian Aid Shop as well. There was a real buzz to the bus trips on the way back! A number of assessments have been the focus of student activity this week too and our SRC have really been getting stuck into ways of creating anti-bullying strategies on our campus.

AND NEXT? ... Is anyone else going, “Week 8 already?” We are a week away from Year 12 Mid Year Exams, Year 7-11 Parent Teacher Nights and two weeks out from Year 10 and 11 Camps. The Cross Country Run hits next Wednesday, Year 12 have their assessment free week and Years 7-11 have a fairly serious set of tasks steadily due. Slow and steady will win the race!

THAT’S ALL THEN ... Except for this tidbit: tea is said to have been discovered in 2737 BC by a Chinese emperor when some tea leaves accidentally blew into a pot of boiling water. Challenge: discipline yourselves to physically stop this weekend for a little while and enjoy God’s beauty!

Mrs Deb Cooper
Head of Primary
dcooper@avondaleschool.nsw.edu.au

Mr Benton Craig
Head of Secondary
bcraig@avondaleschool.nsw.edu.au

March 17, 7.00 pm Parents & Friends present a Parent Information Session on Bullying and Resilience by Dr Kevin Petrie
**GENERAL**

**SWOMP is here!**

One of the most anticipated weeks of the year for our Primary School students, Super Week Of Mega Praise, is here. Next week each morning our Primary Schools (Cooranbong and Toronto campuses) will get together to start the day celebrating and exploring some of the amazing stories in the Bible. Our theme, ‘Wilderness Escape’, tracks the story of the Exodus from Egypt to the Promised Land. Parents and friends are welcome, but if you can’t make it Monday to Friday don’t despair. Our final SWOMP program is on Saturday morning, March 21, at School from 11.00 am until 12.00 pm. Plan to come along and experience a little of what your children have throughout the week. Each morning next week, Years 3-6 students will meet at 9.00 am in the Music Building, and Kindy to Year 2 students at 10.00 am.

**CLASS**

**Self-Control**

Currently our value is self-control. Year 3 students are practising their self-control with marshmallows!

**SPORT**

**Primary Chess Competition**

The Primary Chess Competition was held this week with 64 students competing in the Junior and Senior divisions. It was great to have four students from Year 1 who were playing in their first ever chess competition. Students played five rounds before there was a cut, leaving the top players to play the final two rounds in each division. Students enjoyed building wooden domino runs after each round in the CLC building. The first eight students in each division will make up the School teams, which will compete in the Newcastle Junior Chess League starting Term 2. The results are on display in the sports cabinet. Congratulations to the following students:

<table>
<thead>
<tr>
<th>Junior</th>
<th>Senior</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Matthew G</td>
</tr>
<tr>
<td>6.5/7</td>
<td></td>
</tr>
<tr>
<td>2nd</td>
<td>Rose J</td>
</tr>
<tr>
<td>6/7</td>
<td></td>
</tr>
<tr>
<td>3rd</td>
<td>Kylan M</td>
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<td>5/7</td>
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<tr>
<td>4th</td>
<td>Ryan M</td>
</tr>
<tr>
<td>5/7</td>
<td></td>
</tr>
<tr>
<td>5th</td>
<td>Rhiannon D</td>
</tr>
<tr>
<td>5/7</td>
<td></td>
</tr>
<tr>
<td>6th</td>
<td>Darcey S</td>
</tr>
<tr>
<td>4.5/7</td>
<td></td>
</tr>
<tr>
<td>7th</td>
<td>Eli R</td>
</tr>
<tr>
<td>4/7</td>
<td></td>
</tr>
<tr>
<td>8th</td>
<td>Jayden B</td>
</tr>
<tr>
<td>4/7</td>
<td></td>
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**Run Around Australia**

**Commencing Monday, March 16**

The Run Around Australia program commences on Monday, March 16 until Friday, March 27, with students running around the school 1km course, training for the upcoming Cross Country event. Students will have each lap individually recorded with certificates being handed out at 10km increments. Students are advised to bring joggers and socks for running, as the grass can be quite wet. Parents are welcome to come to the 8.00 - 8.45 am training sessions each day. All age groups will run their Cross Country events on Monday, March 30.

**Cross Country Run**

**Monday, March 30**

The Cross Country Run will be held on the Primary School oval on Monday, March 30, weather permitting. Students will run in events according to their age (which is the age your child will be as at December 31, 2015). Listed below are approximate times for each of the aged events. (Please note that these are approximate times only and are subject to change).

<table>
<thead>
<tr>
<th>NAME</th>
<th>AGE STUDENT TURNING BY 31/12/15</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.20 am – 9.55 am</td>
<td>9 Years</td>
</tr>
<tr>
<td>10.00 am – 10.30 am</td>
<td>10 Years</td>
</tr>
<tr>
<td>10.30 am – 10.50 am</td>
<td>RECESS</td>
</tr>
<tr>
<td>10.50 am – 11.40 am</td>
<td>11 Years</td>
</tr>
<tr>
<td>11.40 am – 12.20 pm</td>
<td>12 Years</td>
</tr>
<tr>
<td>12.20 pm – 1.10 pm</td>
<td>LUNCH</td>
</tr>
<tr>
<td>1.10 pm – 1.45 pm</td>
<td>5 and 6 Years</td>
</tr>
<tr>
<td>1.45 pm – 2.30 pm</td>
<td>7 Years</td>
</tr>
<tr>
<td>2.30 pm – 3.10 pm</td>
<td>8 Years</td>
</tr>
</tbody>
</table>
**Sporting Achievements**

Year 10 Avondale School student, Griffin L’s spectacular 2014 sporting achievements were recently recognised at the NSW Combined Independence School Awards for 2014, at Olympic Park in late February. Griffin was awarded the Outstanding Achievement Award for Hockey and the Outstanding Achievement Award for Cricket. He was then acknowledged further by taking out the major sporting award of the evening for Outstanding Secondary Contribution Award for 2014.

CIS Awards Ceremony guest speaker, Melinda Gainsford-Taylor, congratulated and presented Griffin with his award and told the talented young all rounder that she had previously presented the same award to a young Ian Thorpe many years ago and that she expected to be telling similar stories in the future about presenting this award to a young Griffin L.

Griffin has had a busy year with representative duties for both hockey and cricket. “I am overwhelmed with being acknowledged for these awards. It makes all the hard work and dedication worthwhile”, said Griffin.

**Secondary Chess Competition**

The Secondary Chess Competition was held this week in the MPC with 18 registered players. Special congratulations to Jonathon G (Year 12) who has now won the Secondary Chess tournament for the last six years. Jonathon has for many years had a passion for chess and has played at State and National levels. Jonathon has been a real asset to the school in coaching individual students and also leading out in the Get Active Chess after school program. He is currently ranked 1st under 18 years in Country NSW.

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<tr>
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<tbody>
<tr>
<td>1st</td>
<td>Jonathon G</td>
<td>6/6</td>
</tr>
<tr>
<td>2nd</td>
<td>Nathaniel G</td>
<td>4.5/6</td>
</tr>
<tr>
<td>3rd</td>
<td>Ty D</td>
<td>4/6</td>
</tr>
<tr>
<td>4th</td>
<td>Luke A</td>
<td>4/6</td>
</tr>
</tbody>
</table>
We Value self-control

PRINCIPAL’S MESSAGE
Self-control is the ability to control one’s emotions, behavior and desires in the face of external demands to achieve self regulation. 

Have you done the cookie jar test? There are chocolate chip cookies right there in a jar. How long can you hold out before you ‘need’ one? 

A good example of hidden self-control training is the use of manners. Waiting for everyone to get their food before beginning the meal (with kids getting food first so they have to wait longer), giving thanks before a meal, letting others go first through a door and most other forms of polite behavior all build self-control. We need to demonstrate, talk about and then have an expectation that children understand at home and school what self-control looks like. Self-control can even save you a lot of time, energy and errors.

One final tip - When you have confiscated some possession as punishment, leave it in plain sight so the person will have to exert self-control to leave it be. (Putting it away is an ‘out of sight, out of mind’ situation.)

Enjoy practising self-control this week.

Dr David Faull
Principal

HELPERS NEEDED FOR HRIS CROSS COUNTRY

We are searching for helpers for our annual HRIS Cross Country Food Stall on May 1. We are in particular need of someone who has experience with a commercial deep fryer. This is a great event for our school raising approximately $3,000 each year.

If you are interested please contact either Joan or Georgina in the Uniform Shop on 4977 0231.

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LIBRARY

March is Reading Challenge

Sign-up Month

This month there are two great opportunities on offer for students to sign-up to receive awards for reading regularly throughout the year.

Premier’s Reading Challenge – Kindy to Year 9

Students have been eagerly signing up for the PRC. So far 34 K-2 students and 94 Year 3-9 students have taken up the challenge. One student, Isabelle T from 2D, has already completed her reading and has added her name to the window of fame. Well done!

Sign up sheets are available at the library throughout March with all reading to be completed by August 21. More information is available at https://online.det.nsw.edu.au/prc/home.html. Books from this list may be sourced from the library, from home or from other libraries. Secondary School students can include books from the Premier’s Reading Challenge on their Reading Rulz sheets as well – what an opportunity!

Reading Rulz – Year 7-12

Sign up with your English teacher to earn House points by reading – no sweat! Each book will earn five points. You will be awarded five bonus points for completing a series or reading one book from each genre on the list. Reading logs need to be completed and handed to your English teacher by October 30.

Start reading today!

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SCHOOL TERM DATES 2015

Term 1 Tuesday, January 27 - Thursday, April 2
Term 2 Monday, April 20 - Friday, June 26
Term 3 Monday, July 20 - Friday, September 18
Term 4 Tuesday, October 6 - Wednesday, December 9

Primary Calendar - Term 1

SWOMP Week of Worship.................................March 16 - 20
P&F Parent Info on Bullying & Resilience 7.00 pm........March 17
CIS Swimming.....................................................March 18
Interim Reports sent to Parents............................March 18
Year 1 Lakes Beach Excursion............................March 25
Parent Teacher Interviews..................................March 26
Cross Country Run..........................................March 30
Year 2 Wetlands Excursion...............................March 31
Kindy Jolly Phonics Day...................................April 2
Get Active Ends for Term 1.................................April 2
Last Day of Term 1.............................................April 2

Secondary Calendar - Term 1

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Cross Country Run..........................................March 18
Year 11 General Maths Excursion.........................March 19
Year 12 Mid Year Exams....................................March 23 - 27
Year 7-11 Parent Teacher Interviews.....................March 24 & 25
Combined Ensembles at Gateway Church..............March 28
Band & Choir NZ Tour Concert 7.00 pm MPC.........March 28
Year 11 Urban Challenge...................................March 30 - April 2
Year 10 Anna Bay Camp.....................................March 30 - April 2
Get Active Ends for Term 1.................................April 2
Last Day of Term 1.............................................April 2

Avondale School

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w. www.avondaleschool.com.au

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