Primary Calendar - Term 3
ICAS English Competition .............. Sep 17
Y5 & 6 Esther Musical 6.30pm MPC .. Sep 18
ICAS Maths Competition .............. Sep 19
Woolworths Cricket Blast Cup ........ Sep 19
K-Y1 Sports Day ...................... Sep 20
Y6 Canberra Trip .................... Sep 23 - 26
Last Day of Term 3 .................... Sep 26
Pupil Free Day ....................... Sep 27
Daylight Savings Starts .............. Oct 6
Labour Day Holiday ................. Oct 7

Secondary Calendar - Term 3
Y10 Food Tech Excursion ............. Sep 17
Y7 Technology Incursion .............. Sep 18
Y7 STEM Showcase Evening ........ Sep 18
Y11 Final Exams ..................... Sep 20 - 26
Y12 Final Farewell Chapel .......... Sep 26
Last Day of Term 3 .................... Sep 26
Pupil Free Day ....................... Sep 27
Daylight Savings Starts .............. Oct 6
Labour Day Holiday ................. Oct 7
Uniform Shop Open 8.30-4.30pm .... Oct 9

School Terms 2019
Term 3 .................................. Jul 22 - Sep 27
Term 4 .................................. Oct 14 - Dec 6

THE VIEW
The Power of Presence
My sons are now men, so life has become a little easier. As a working mum, I have become the queen of survival. I am time poor, and hence am a skilled multi-tasker. I find myself caring for housework and dinner preparation while listening to my family, planning the next day and answering texts and emails. My life is paced by the alerts on my phone. I hold it together most of the time, but I have to admit that sometimes I have no idea what my family are talking about because my attention is somewhere else.

Researchers refer to this parenting phenomena as ‘continual partial attention’. We may be physically present with our children, but we are not emotionally present. In this scenario parental attention is unpredictable and reactive. Recent research shows that this kind of parenting results in children who are more negative, less resilient and who feel unimportant. The opposite to this style of parenting is that we give our children our undivided attention all the time. This approach is also undesirable, contributing to an entitled attitude with a distorted sense of self.

In her article, The Single Most Important Parenting Action We Can Do Today, Rachel Macy Stafford says, “Having a parent that listens creates a child who believes he or she has a voice that matters in this world.” This powerful concept does not require huge chunks of time, but it does require your full attention to allow your child to feel truly heard.

At school we also want to increase the opportunities for student voice to be heard, both individually and collectively. We want to empower our students to share what they are thinking, feeling and needing in order to learn and thrive. We want to know each student as an individual and find ways to connect.

My challenge is for us to be intentional about creating time to be present, engaged, unplugged and focused. Our kids deserve nothing less.

Deb Cooper
Acting Principal
CLASS
Y5 & 6 Esther Musical
Wednesday September 18
Our Years 5 & 6 students are very excited to present Esther the musical in the MPC on Wednesday September 18 commencing at 6.30pm. All are welcome. We look forward to seeing you there.

Year 4 Cultural Day
We were thankful for the beautiful weather as Year 4 experienced their Cultural Day. Students learnt a variety of activities including: the Haka, Poi Moves, the Epapa Warrior Dance, Clapping Sticks, Rugby Union skills, the Feather Game, and they also enjoyed making a fruit kebab. A very big thank you to all of our wonderful parent helpers for spending time with us and helping students learn about the Maori culture. Without them this event would not have been such a success.

SPORT
Term 3 Sport Uniform
Kindy – Sport Uniform on Mondays and Tuesdays.
Years 1 & 2 – Sport Uniform on Tuesdays.
Years 3-6 – Sport Uniform on Tuesdays and Fridays.

Kings Chess Team
The Kings Chess Team is now the 2nd highest ranked Chess team in the Hunter Region after losing to Newcastle Grammar School in the finals this week. Congratulations to Hayden I, Daphne J, Jeremiah Spiros and Benzen B.

Tennis Competition
The Primary Tennis Competition will be held next week. All students competing need to bring their racquets on Monday. This is a two-division competition - Year 6 only and Year 5 and Under Divisions. The top two players in each division will represent at HRIS on Friday October 18.

Kindy & Year 1 Sports Day
Friday September 20
The Kindy and Year 1 Sports Day will be held on our oval next Friday September 20. A program is available on the class Landscape page. Any parents who would be willing to help run a small activity station please contact Mr Head.

Woolworths Cricket Blast
Thursday September 19
Avondale School has both a Junior and Senior Cricket Team competing in this new program being sponsored and organised by the NSW Cricket Association. The competition will be held at Toronto on Thursday September 19. Permission notes are now due and need to be returned to Mr Head.
SPORT
ACT Schools Mountain Bike Championships
The 29 members of Avondale School’s intrepid mountain bike team headed to Canberra a few weeks ago to compete in the ACT Schools Mountain Bike Championships. Four Primary students and 25 Secondary students pedalled fiercely over rocky terrain, up and down steep slopes and through icy winds in a gruelling but exhilarating test of endurance and resilience. The aim was to complete as many laps as possible of the 4km or 6km course in four hours. Grazed knees and punctured tyres did not hinder Avondale’s enthusiasm. Well deserved congratulations go to the senior girls ‘Wheelie Awesome’ - Lara H, Abi U and Amy M who won their division. All students achieved personal bests and represented the school with pride and great team spirit. Thanks to Mr Toson, Mrs Nevell, Mrs Murphy and the parents who assisted with transport, catering and bike repairs. Thanks also to Breakaway Cycles in Morisset for sponsorship of jerseys and to Canberra Christian School for allowing us to stay overnight in their lovely school.

CLASS
Year 10 Restaurant Rules
Last week the Year 10 Food Tech class ran a restaurant for some very lucky staff members as part of their assessment work. They designed the menu, prepared and cooked the delicious dishes and served their guests.

A Most ‘Eggsellent’ Year 7 Excursion
Last week the Year 7 Agriculture and Food Technology class visited ‘The Local Yolk’ to learn about free-range egg production. They had a ‘cracking’ good time as you can clearly see.

ICAS Mathematics Competition
On Tuesday September 17, the following groups of Secondary Mathematics students will sit the ICAS Mathematics Competition: Year 9 and 10 Mathematics 5.3 students; Year 11 and 12 Mathematics Advanced/Extension students. Students should bring their fully charged laptops and their scientific calculator to the online competition, which will be held in the CLC. Participating students are encouraged to do their best and enjoy this challenge!!

STEP UP
3.30 - 4.30PM THURSDAYS in the iCentre

Please note that it will not be running September 26 (last day of Term 3).
ALL SCHOOL

Pupil Free Day
Please note that Thursday September 26 will be the last day of Term 3 and that Friday September 27 is a Pupil Free Day.

Uniform Shop Holiday Hours
Full summer uniform is required from the first day of Term 4. Please note there is no crossover period. For all your summer uniform needs, the Uniform Shop will be open the second Wednesday of the holidays, October 9 from 8.30am to 4.30pm.

LIBRARY

Kindy LEGO Masters
The Kindy Lego Masters Competition was held on Monday and Wednesday this week in the library. The students could choose to build a creature, car or truck, building or animal and their many amazing designs made it very difficult for the judges! The winners in each category will be announced at Monday’s assembly.

Year 7-12 Instagram
What’s new in the high school collection? Follow our Instagram account to find out! Follow @Avondalehslibraryinsta to see new titles as we add them to our books and ebook collections.

Year 1 LEGO Masters
The Year 1 Lego Masters Competition was held on Wednesday and Thursday last week in the library. The students could choose to build a creature, car or truck, building or animal and there were many awesome designs! Congratulations to the winners:

Building: Max M and Logan S tied!
Creature: Noah J
Vehicle: Samuel R
Animal: Amira W

Parent Library
We love having parents visit the iCentre during opening hours to browse and to borrow up to ten library resources. The Parent Library includes books and DVDs with an emphasis on parenting and family life. We are also building up a selection of Christian movies that will enhance the Parent Library. You may also like to borrow extra books for your child/ren to read or some of our great fiction and non-fiction titles for yourself. It only takes five minutes of your time to join as a parent borrower and it’s free! Please remember to sign in at one of the offices OR at the library before doing your borrowing.

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.

Piano
Kylie Stacey / 0409 939 302
Sandi Lowe / 0447 006 209
Cybèle Coutet (AMEB) / 0423 455 977
Jan Hughes / 4977 2037
Henry Higgins / 0490 040 308
Sophie-Lee Johnson / 0490 451 781

Voice
Cybèle Coutet (AMEB) / 0423 455 977

Strings
Henry Higgins (cello) / 0490 040 308
Esther Albert (cello / violin / double bass) / 0439 420 661

Woodwinds
Meldi Arkinstall (flute) / 0413 548 985
Fred Cracknell (saxophone / clarinet) / 0404 082 151

Brass
Fred Cracknell / 0404 082 151

Guitar
Jake Bisognin / 0400 389 612
Toby Zeuschner / 0405 405 131
Henry Higgins / 0490 040 308
Garry Lowler (group lessons / ukulele) / 0438 608 180

Drums
James Dennett / 0401 549 084

A new $100 Creative Kids Rebate can be put towards the cost of registration, participation or tuition fees for creative and cultural activities such as music lessons with registered teachers. You can apply for an active kids voucher at Service NSW online or in person.

We value...

GENEROSITY

Avondale School Newsletter