We have literally run our way through Week 7! Mr Head has students, teachers and parents motivated and excited to run around our cross country track. All kilometres run are added together to help us collectively ‘Run Around Australia’. It’s fantastic to see a huge number of students running before school and at lunchtime. What a great boost to fitness!

Next Wednesday is our Open Day. We’re excited for you to see us in action. There is a range of great activities happening during the morning. Following a concert in the assembly area at lunchtime, classrooms will then be open all afternoon. We also look forward to showing parents of Year 5 and 6 students our excellent Secondary campus. Make sure you book a tour and let me introduce you to Head of Secondary, Mr Craig. Our Year 6 students will also be participating in a class on the Secondary campus and we would love parents to join them as they learn more about high school.

This week we’re learning about self-control. This quote sums up both self control and compassion: “To handle yourself, use your head; to handle others, use your heart.” Eleanor Roosevelt

I hope you can join us to see learning in action on Open Day!

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

Thought for the week: “Self-control is the chief element in self-respect, and self-respect is the chief element in courage.” Thucydides

Week 7 – check!
An exciting week this week with an HRIS Swimming meet (our students do us proud), a Year 8 History excursion (what a great day for this group) and a trip for a select few to the Lion King Musical (wow! what a treat)!

We had our second week of focusing on basic uniform expectations and our senior students were actively completing a load of assessments.

On the Horizon …
Of course our focus next week is Open Day and the Cross Country. We are really looking forward to having our Campus on display for our School families as well as the local community. Part of the day is welcoming our Year 5 & 6 families to come and visit with us. I hope we get to connect with many of you on Wednesday.

Of course we also have the Bell Shakespeare Company visiting with Year 9 for a little Romeo and Juliet as well. Should be a top week!

THAT’S ALL FOLKS … EXCEPT, I’VE OFTEN WONDERED …
If a jogger runs at the speed of sound, can he still hear his iPod?

Looking forward to seeing you, running or just visiting us for Open Day and the Cross Country!

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

On Wednesday, 50 of our performing arts students (bands, choirs, drama and elective music classes across our campus) travelled to Sydney to see The Lion King. It was quite the spectacle with performers moving out amongst the audience, larger-than-life puppetry and powerful voices. A feature was made of the African percussion instrumentalists and we enjoyed seeing how the performers really live in the moment with jokes added into the performance on the day.

A Roaring Good Time
**General News**

**Initial Reports and Parent Teacher Interviews**

Initial Reports were sent home with students this afternoon including an instruction sheet for booking interviews. Parent Teacher Interviews will be held on Monday, March 24, from 3.30 pm until 8.30 pm. Interview times can be booked online from 4.00 pm today at www.schoolinterviews.com.au. The school event code is 6NL52. We look forward to seeing you there.

**Class News**

**Year 4 Mini Winter Olympics**

Thursday, March 27

The Year 4 Mini Winter Olympics has been re-scheduled for Thursday, March 27. All students will be placed in teams for the morning activities and will need to bring gloves, a spare pair of old thick socks and a helmet for the day.

It would be very helpful if students could bring in a lego man with their name on him by Tuesday, March 25, as he will be doing one of the events. Start training now!

**Primary Chess Competition**

The annual Primary Chess Competition was held this week in the MPC. There were 33 junior and 36 senior players in the two division competition. After playing seven rounds against players with the same or similar score the final results could not be announced due to the closeness of the competition. The top eight players in each division will make up the school teams with the 9th place as reserve. A more extensive list of results is on display in the sports cabinet.

<table>
<thead>
<tr>
<th>Junior Division</th>
<th>Senior Division</th>
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<td>Matthew L</td>
<td>Flynn K</td>
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<td>Ryan B</td>
<td>Max W</td>
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<td>Matthew G</td>
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<td>Samuel N</td>
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<td>Elijah M</td>
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<td>Sean O</td>
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<td>Rose J</td>
<td>Brayden H</td>
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<td>Max W</td>
<td>Jed Z</td>
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**Sport News**

**CIS Swimming Carnival**

Change of date – new date is March 26!

**Cross Country Training Run Around Australia**

We had a great start to the 2014 Run Around Australia program this week with students covering 6,500kms in the first week of training. Students have the opportunity to run the 1km course before school at lunchtime and in PE lessons. The program will run for two weeks climaxing with our Kindy to Year 6 Cross Country events in Week 9. On Monday our students covered a record breaking 1,441kms. All students receive a certificate for each 10km completed. Due to the morning dew and expected wet conditions, students are encouraged to bring their joggers when training, along with a spare pair of dry socks. Parents are welcome to train with students in the mornings from 8.00 am.

**HRIS Soccer and Netball Trials**

We wish the following students all the very best as they have been selected to try out for the HRIS Soccer and HRIS Netball teams over the next week.

**Soccer:** Joshua V, Curtis K, Riley O, Liam B and Jerry R.

**Netball:** Mariah S and Laura A.

**Year 4 Mini Winter Olympics**

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**GENERAL NEWS**

**Year 12 Mid Year Exams - 2014**

Avondale is seeking volunteers to assist with our off campus Year 12 Mid Year Exams starting March 31 until April 11. We are looking for exam supervisors to assist in this process. If you are interested in assisting or have any questions, please contact Jo Chermside: 4977 0200 or jchermside@avondaleschool.nsw.edu.au

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**March Music Notes**

We have a very busy couple of musical weeks ahead of us. The Concert Band will be worshipping with Hillview Church this weekend. The Intermediate Band, Stage Band, Primary Choir and Handbell Choirs will be performing at the Open Day lunchtime concert in the Primary Quadrangle next Wednesday.

Our Year 12 Music class will be presenting their first performance assessments at 7.00 pm on Wednesday, March 19 at Avondale College Church. Students will be marked by an external HSC music teacher to give them subjective criticism and preparation for the HSC. All friends, family and supporters are welcome to attend this evening concert.

The Secondary extra-curricular groups will also need to be prepared for an early start on Monday, March 24 when we will be taking the Secondary School Chapel program. This is a busy day, as Year 11 and 12 Music will be heading off to the Opera House to hear the best of last year's HSC performances and composition in Encore.

And finally, prepare for an amazing morning involving many of our Primary and Secondary groups as they join together to take the worship service at Gateway Church on March 29.

All of this is happening while students are steadily working on the musical, The Story, for next term!

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**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!

Hope to see you there!

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**First P&F Meeting for 2014**

Our first Parents and Friends meeting for 2014 began with a BBQ, hosted by Avondale College Education students this week. Following that the Heads of School, Mrs Cooper and Mr Craig, and School Principal, Dr Faull, shared the direction of our school for 2014 and fielded questions from parents. Pr Mel led out in a worship and shared the services and ministry available to students, staff and school families through the Pastoral Care and Gateway Church teams. Dr Matthes, our P&F chairman, hosted the meal and meeting. It was a great night! There is only one P&F each term this year, so make sure you don’t miss out on the next one. We would love to see many more of our school families involved with us in making our school a better place.

Our next P&F Meetings will be:
Wednesday, May 7
Wednesday, August 6
Wednesday, October 29

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**Reading Rulz!**

SIGN UP TODAY AND START READING

Collect a check sheet from your English teacher.
Get your books signed off as you read them.
Hand your check sheet to your English teacher by November 3.
Collect house points by reading. Fantastic!

1 house point for every book you read before November 3.

BONUS 2 points if you read 8 books.

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**Years 7-10**
Principal’s Message

The sign-boards are out. The advertising is on the radio and we are looking forward to having lots of visitors come and check out our school on Open Day next week. Even the school website has been busy with lots of ‘hits’ on the ‘About Us’ page. Have you checked out the Open Day video on our website?

Participation with your child in the education journey is extremely important. The conversations about school at the end of the day, especially asking about learning tasks and progress, show and support your interest in their activities. Coming to school to discuss School Reports and joining your child’s class on Open Day shows that school is important for them and for you. We want every student to feel supported, affirmed and encouraged to do their best with learning.

We congratulate our 2013 Year 12 students with 72% of the class enrolled for courses at university studying radiology, pharmacy, business, education and nursing, to name just a few. We wish them every success.

The family value we are promoting at the moment is self-control.

Self-control is the ability to control one’s emotions, behavior and desires in order to achieve a goal. Sometimes we need to put off immediate pleasure to achieve a longer-term goal. This week our Primary students have started to train for the Cross Country run. They put off sitting and relaxing to clock up the kms in training to be fit (goal) to run well in two weeks time.

Enjoy all the news for this week.

Dr David Faul
Principal

Premier’s Reading Challenge K-9

So far 104 students from K-9 have signed up for the Premier’s Reading Challenge. If you are not one of them, now is the time to sign up at the iCentre and start reading. All students who complete the challenge will receive a certificate from the Premier of NSW and have their name included on the publicly available Honour Roll.

More detailed information about the Premier’s Reading Challenge is available on their website: https://products.schools.nsw.edu.au/prc/home.html. There is a wide selection of PRC list books available to borrow from the library and you can also include books from home and other libraries.

• Don’t forget to put Open Day, Wednesday, March 19 in your diaries today.

• Reminder to Year 5 & 6 parents that you are invited to come and tour the Secondary Campus. Book a spot now at www.avondaleschool.com.au or phone 4977 0200. Tour starts at 8.45 am in the Music Building.

• Open Day canteen lunch orders are due Monday, March 17. Order via our website. Munch Monitor will be closed on Open Day.

• All Secondary classrooms are open from 9.00 am - 12.45 pm.

• All Primary classrooms are open from 1.15 pm - 3.15 pm

• A full program is available on our website - www.avondaleschool.com.au

Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. But anyone who does not love does not know God, for God is love. 1 John 4:19 (NLT)
2014 NEW SOUTH WALES PREMIER'S READING CHALLENGE

www.premiersonreadingchallenge.nsw.edu.au