I recently had the privilege of accompanying a group of students and adults who rode mountain bikes from Parliament House to Mt Kosciusko. These people ranged from a school student aged 13 years, to adults over 60 years. They all have learnt many of life’s lessons from the Outdoor Classroom. Here are my top 10:

1. To finish is more important than being first.
2. Problems will always arise so look for a solution or ask for help.
3. Perseverance is important, so never give up.
4. GRIT overpowers pain.
5. Learn from your mistakes and follow the rules.
6. Look after your body and it will look after you.
7. Be the best you can be amid all the twists and turns that life will throw at you.
8. Self achievement is one of the greatest rewards of life.
9. Ask questions and take on board good advice.
10. Help those less fortunate than yourself.

(These riders were raising money for young girls and women in Vanuatu and also for education of young children in Cambodia.)

For me, every rider was successful because they each had a goal and they had to use self-control, grit, tenacity, perseverance, resilience and conscientiousness to reach that goal. They will never forget achieving their goal in the outdoor classroom.

Benjamin Franklin (the father of time management) said, “failing to plan is planning to fail”.

Have you asked your child what goals they have for the future?

Graham Head
Primary Sport Coordinator

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**SUCCESS**

The dictionary describes success as: ‘attaining wealth, prosperity and or fame’. What is your definition of success? Are you a successful parent? Do you have goals? Have you met the goals that you have set for yourself throughout your life?

Paul Tough writes in “How Children Succeed”, “The only major personality trait that consistently leads to success is CONSCIENTIOUSNESS”. A National Institute of Mental Health study found that conscientiousness is the most important factor in finding and retaining employment. Psychologist Angela Duckworth, from the University of Pennsylvania, found that within conscientiousness there are the narrower traits of self-control and grit. The Dunedin Multidisciplinary Health Development study, which has been ongoing for 32 years and is a study of over 1000 children, has determined that self-control is the most determining factor in becoming successful.

I believe there are two main classrooms of learning. The first is the traditional classroom - full of books, white boards, computers, chairs, desks and a teacher. The second is the outdoor classroom where you find very few of the things in the first classroom. There is fresh air, flora and fauna, mountains and running brooks, an abundance of activity, social interaction, wonderful life experiences and an awareness of our Creator, God.
Interim reports for students in Years 1-6 were emailed to parents today. Kindy reports have been sent home with students.

Primary Parent Teacher Interviews
Tuesday, March 19
Primary Parent Teacher Interviews will be held in the iCentre on Tuesday, March 19 from 3.30pm until 8.00pm. These interviews are for teachers to share how your child has settled into the new school year. Teachers do not have detailed assessment data to share at this stage of the year, but are happy to discuss your child’s level of engagement, social interaction and general level of performance. Interim reports have been emailed out. Bookings can be made online at www.schoolinterviews.com.au using the School Event Code xmacy. We look forward to seeing you there!

HRIS Swimming Carnival
The HRIS Swimming Carnival was held at Lambton Pool last week with 36 students representing Avondale School. Nine schools competed in Division 2 with Medowie Christian School joining the HRIS in 2019. Another 8 schools competed the following day in Division 1. The best swimmers from the combined results will progress through to the CIS Swimming Carnival at Homebush on Wednesday, March 20. A big thank you to all the parents who supported our students throughout the day, especially to Mrs Cubis and Mrs Lewis who were timekeeping all day.
Congratulations to Dylan J, Cooper S and Levi C who won the 9 Years Boys Age Banner. Congratulations also to Seth H and Dylan J who won the 8 Years and 9 Years Boys Age Champion medallion respectively.
The overall school results are as follows:
1st Bishop Tyrrell Anglican College
2nd Central Coast Adventist School
3rd Hunter Valley Grammar School
4th Avondale School
5th St Philips Christian College (Cessnock)
6th Manning Valley Primary School
7th Medowie Christian School
8th Heritage College
9th St Philips Christian College (Gosford)

CIS Swimming
Congratulations to the following students who have progressed to CIS Swimming:
Caitlin C - 10 years 50m Breaststroke and 50m Backstroke
Jayden T - 11 years 50m Freestyle and 50m Backstroke.
The CIS Swimming Carnival will be held at Homebush Aquatic Centre on Wednesday, March 20.

Run For Bibles
(Bible League International)
Last year our students raised over $4,000 while participating in the Run Around Australia Program. This meant that over 600 Bibles were placed with families who wanted to hear the Good News of Jesus’ saving love. On Monday, March 19 students will receive a flyer explaining the program and sponsorship form. For each $7 raised one person will learn about Jesus. Students are encouraged to get sponsors throughout the two weeks of Run Around Australia and then return the money with the completed sponsorship form to the classroom teacher on Monday, April 8.

HRIS Soccer Trials
Congratulations to Joshua V and Luke A who have been invited to attend the second trial for the HRIS Soccer Team at St Philip’s Cessnock.
**GENERAL**

**Y7-11 Parent Teacher Interviews**

*Monday and Tuesday, March 18 & 19*

Years 7-11 Parent Teacher Interviews will be held in the CLC building on Monday and Tuesday, March 18 & 19 from 4.00pm until 8.00pm. These interviews are for teachers to share how your child has settled into the new school year. Interim reports have been emailed out. Bookings can be made online at www.schoolinterviews.com.au using the School Event Code x8jtc. We look forward to seeing you there!

**CLASS**

**‘Picture This!’**

Year 8 English students are becoming more and more familiar with hearing this phrase! The students have just embarked on an exciting new Project Based Learning unit called ‘Picture This!’ in which they have the challenge of engaging and educating a young audience through a picture book that they have composed.

Launching the project on Tuesday last week, Avondale School had a visit from local illustrator Jenni Goodman, who offered students a wonderful insight into the world of children’s picture books. In addition to sharing from her knowledge and experience, Jenni led the Year 8 students through a workshop on creating a picture book character. The students shared much laughter as they tried their best to draw their first picture book character!

As the project progresses, students will visit the Kindy classrooms to meet with some members of their target audience and gain a clearer understanding of how their picture books can fulfil an important purpose.

We can’t wait to see what they create!

**VET Work Placement**

Last week students in VET (Vocational Education and Training) courses headed out to a week in the workforce, putting into practice the skills they have been learning in their VET courses: Automotive, Construction and Hospitality. Many employers where very impressed with the students and the skills they have developed. Avondale School would like to thank the businesses who hosted our students. Your support is highly valued within our VET program.

**FabLab**

FabLab is Avondale School’s new lunchtime event for students who enjoy tinkering/designing/creating with a STEM (Science, Technology, Engineering and Maths) flavour. This last week a number of students chose to create hot air balloons which were launched successfully on Tuesday. Other students chose to engage in a coding session. Stay tuned for more Fab activities.
Pupil Free Date Change
Our 2019 Calendar had Friday, June 7 as a Pupil Free Day, however we need to change this to the final Friday of Term 3, September 27. We apologise if that affects any plans you might have had, but it is due to circumstances beyond our control.

LIBRARY
K-9 Premier’s Reading Challenge
Last week we had well over 100 students sign up for the PRC and this week we have a total of 160 so far in just the second week of our signup month! All through March, you’ll be able to come to the library and sign up for the challenge. We have plenty of PRC titles and an abundance of books to use as free choice titles. This is a great way to develop literacy and experience a broad range of adventures! Are you up to the challenge? Check out the iCentre Landscape page for all the PRC information you need. http://landscape.avondaleschool.nsw.edu.au/homepage/1762

Years 5-9 KidsLitQuiz
Congratulations to the following students that have made it on to the KidsLitQuiz teams. They are Finley D, Milly R, Phoebe T, Natalie S, Matilda M, Matilda H, Troy M, Jess W, Simrin S, Isabelle T, Caleb M and Hayden I. Caitlyn C, Isabella N and David M are the reserves. Our school hosts the Newcastle Region Heat on March 27 and the winning team goes to the National Final in Sydney. The winning Australian team then goes on to compete in the International Final in Singapore later in the year. It is a wonderful opportunity for our readers to get involved and compete against some other great students!
Dear Parents and Caregivers

At Avondale School we aim to create a safe and supportive school community for everyone.

You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

We are sending you a pocket card from Bullying. No Way! with tips on what to do if your child talks to you about bullying. Parents know their children best and know the best way to tailor communication to their needs. Adapt these tips to what works for you and your child.

If your child talks to you about bullying:

1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they’ve told you their story, ask questions to get more details if you need: who, what, where, when. Although you may feel some strong emotions about your child’s experience, try to keep calm to avoid more distress to your child.

2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, ‘That sounds really hard to deal with. No one should have to put up with that.’ or ‘I’m so glad you told me. You should be able to feel safe at school; that’s not fair at all’.

3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

4. **Visit** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child’s teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child’s safety.

6. **Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please feel free to contact the school if you would like to discuss any aspect of our approach to preventing bullying.

Thanks for your support to make Avondale School a great school for everyone.

www.bullyingnoway.gov.au