Creativity: What We Can Do To Foster It

When designing learning experiences, teachers and parents can plan and provide tools that give children options, voice, and choice in order to enable them to be creative.

1. **Creativity is Multidisciplinary:** Not only can you practise creativity through many different mediums, its benefits are applicable to almost all professions.

2. **Creativity allows you to express yourself:** An integral part of the human condition involves learning who we are and recognising how that fits into the rest of the world. Creativity allows self-discovery, as well as the opportunity to share a hidden side of ourselves.

3. **Creativity promotes thinking and problem-solving:** From technical details of writing, drawing, or composing to the challenge of creating, problem-solving is a required component of the creative process.

4. **Creativity reduces stress and anxiety:** People usually pursue creative projects because they enjoy the process or the outcome. Just the act of creating inspires a sense of contentment.

5. **Creativity allows you to enter your happy zone and have fun:** Creativity is really another form of play, and play is universally important to each individual's sense of joy and wellbeing.

6. **Creativity gives you a sense of purpose:** Writers, artists, and musicians often identify by those words whether they make money at their craft or not. Their creative method is their way of processing the world and a way of describing who they are.

7. **Creativity can lead to feelings of accomplishment and pride:** The combination of brainstorming, the technical process, and a finished process is often the perfect recipe for personal satisfaction.

8. **Creativity can link you to others with the same passion:** Art is important because it fosters a sense of connection and understanding of what it means to be human. A creative focus can help you find your community and feel less alone in the world.

9. **Creativity improves your ability to focus:** The act of creating requires dedication and commitment, not only to each individual project but to the craft itself.

10. **Creativity promotes risk-taking and iteration:** Making things isn’t easy; making things others will appreciate is even harder. Creativity requires courage, confidence, and the willingness to fail and try again.

11. **Creativity is a prerequisite for innovation:** Every advancement known to mankind started with a new idea, and new ideas are inspired by imagination and creativity.

12. **Creativity encourages us to be lifelong learners:** Creativity requires the humbleness to know that there’s always room for improvement and a commitment to continue challenging your ideas and ability until new growth occurs.

**We Learn By Doing**

Imagination and creativity are the traits that fuel the future. Both serve to inspire students and should be integrated into every part of learning. In planning and designing learning for students, this is what we know: Teaching students how to think is more important than teaching students what to think. 

https://www.wedutopia.org/article/4-ways-develop-creativity-students

https://www.teachthought.com/learning/innovation-imagination-12-benefits-creativity/

**Rozie Kadarauna**

Secondary Creative and Performing Arts Coordinator
**SPORT**

**Term 4 Sport Uniform**
- K-2: Wear sports uniform on Mondays.
- Y3 & 4: Wear sports uniform on Wednesdays.
- Y5 & 6: Wear sports uniform on Fridays.

**Years 3-6 Swimming Program**
- Years 3 & 4 - Wednesdays
  - Year 3 depart at 11.50am, return at 1.25pm
  - Year 4 depart at 12.15pm, return at 1.50pm
- Years 5 & 6 - Fridays
  - Year 5 depart at 11.50am, return at 1.25pm
  - Year 6 depart at 12.15pm, return at 1.50pm

**K-2 Learn to Swim Program**
- November 11 – November 22
  - The times each class departs and return to school are listed below:

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DEPART SCHOOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1W Mrs Wind</td>
<td>Depart 10.45am, return 11.45am</td>
</tr>
<tr>
<td>2V Mrs Vaughan</td>
<td>Depart 10.45am, return 11.45am</td>
</tr>
<tr>
<td>KF Mrs Fraser</td>
<td>Depart 11.15am, return 12.15pm</td>
</tr>
<tr>
<td>1H Mrs Hobson</td>
<td>Depart 11.15am, return 12.15pm</td>
</tr>
<tr>
<td>KSL Mrs Lawson</td>
<td>Depart 11.45am, return 12.45pm</td>
</tr>
<tr>
<td>2H Mrs Hartigan</td>
<td>Depart 11.45am, return 12.45pm</td>
</tr>
<tr>
<td>2P Mrs Pascoe</td>
<td>Depart 12.15pm, return 1.15pm</td>
</tr>
<tr>
<td>1S Mrs Schur</td>
<td>Depart 12.15pm, return 1.15pm</td>
</tr>
<tr>
<td>KL Mrs Lawrence</td>
<td>Depart 12.45pm, return 1.45pm</td>
</tr>
</tbody>
</table>

**Sporting Schools After School Program**
Calling all girls who are interested in learning to play cricket. Girls are invited to join the Monday after school cricket program for the last few weeks of term. Avondale School is looking to have two girls cricket teams in the Woolworths Blast Cricket in Term 1 2020. Girls who register their names for the after-school cricket program for the last weeks of term will be able to collect an ice block from Mr Head.

Please note there will be no Cricket on Monday November 25 as it is a Pupil Free Day.

Finishing dates for after school sport are as follows:
- Tuesday Basketball – November 26
- Wednesday AFL – November 27
- Thursday Tennis – November 28
- Monday Cricket – December 2 (make up day for Pupil Free Day)

**GENERAL**

**The Munchery at Carols**
The Munchery is running a food stall at the Christmas Carols on Sunday December 1. They will have homemade beef or nutmeat pies served with sauce, Greek salads, hot chips, and a variety of drinks. There is a special meal deal available for $10 which includes your choice of a pie with sauce, hot chips and your choice of a can of drink or a bottle of water. There is a preorder option available online, just go to your www.munchmonitor.com account and follow the prompts. There will also be eftpos available on the day.

**Avondale School Christmas Food Appeal**

**NOVEMBER 29**

Please Donate non-perishable food

Avondale School is proud to host Community Christmas Carols on 1 December 2019. Being a community-driven event, much of its success relies on local support by way of sponsorship. The event helps make this event sustainable and provides an opportunity for local businesses to showcase, as well as providing the community with an event of excellence.

For sponsorship expressions of interest or more information, please email carols@avondaleschool.nsw.edu.au or phone 02 4977 0200.

Avondale School Newsletter
**Remembrance Day Service**
Our school leaders did us proud last weekend at the Dora Creek Remembrance service.

**CLASS**

**Year 11 Camp**
Just a reminder that there is a camp planned for the Year 11's on November 22 - 24. They will need to be at school by 7.15am on the morning of November 22 and will arrive home on November 24 in time for normal school buses. We have planned a relaxing, fun and informative few days away and the students will enjoy the chance to get motivated and bond together as a team as they start their HSC journey. Please make sure you return your camp forms into the Secondary Office ASAP.

**SPORT**

**HRIS Touch Football Gala Day**
A huge thank you Avondale School’s Parents and Friends for sponsoring the new touch football uniforms. The boys and girls teams played well and finished 4th and 8th respectively at the HRIS Touch Football Gala Day last Friday. Thank you to the coaches and team managers for the time you have invested in our students.

**End of Year Sign-off**

**Thursday December 5**
If for some reason your child(ren) will be finishing earlier than the scheduled Friday December 6, you will need to notify the Secondary Office ASAP please. This will allow us to provision time for all the school processes to be completed by your child(ren) before leaving. Each student must complete a sign-off sheet to ensure all books/resources have been returned, and that their locker has been cleaned out.

We are required to record official attendance to December 6. Please be reminded that if your child will be absent for more than 2 days, an official extended leave form needs to be completed (available from the Office). This is a government requirement.

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**Tap on and tap off every time**
because it tells us how many people are using the public transport service. This allows us to better plan buses and trains for you.

**STEP UP**

**3.30 - 4.30PM THURSDAYS**
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!
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 (Suzuki Piano School) / 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 Lawler (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.