THE VIEW

Inner burn: the internal desire to achieve, succeed, do your best; an intrinsic motivation or drive to push oneself beyond the mediocre. Does your child have inner burn? And is it necessary?

The inner burn seems to be snuffed out for the path of least resistance. Why do we all let this happen? Or why do we have a group of students (on the whole) who struggle to find the motivation to truly be their best?

We have study tips, suggestions for setting goals, rubrics for getting the best marks, opportunities to ask questions, time for specific help (like Step Up) and direction on how to get a top result in a test … all of which can deliver each student a set of fantastic grades but don’t always seem to – because not all our children seem to have that strong inner burn.

I would love to see 2018 be a year where we (family and school) encourage all of our children to reignite their inner burn – to find their passion and pursue success in whatever endeavour. Yes, there might be setbacks or challenges, but that doesn’t stop us encouraging them forward or letting them know with a drive to achieve, they can push through and succeed.

Worth the effort?

Benton Craig
Head of Secondary

Last year’s HSC results were great. There were some excellent personal bests and some outstanding marks achieved. One of our students received an ATAR above 99. Exceptional. We discussed this as a staff. This student exemplified a hunger for success, driven to achieve, prepared to put in the hard work and determined to even sacrifice some things (like a job for money) to reach the end game.

And we realised that although we fostered, we pushed and we prepared this student (and his cohort) for the HSC, it was about this hunger, this desire, that propelled the student forward.

Each and every year I watch students pursue their passions – to varying degrees of success. And I am challenged when, despite serious pushing, prodding and promotion, I see students giving up, ditching homework or engagement at school for social media, the easiest option or the peer-accepted effort.

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GENERAL

Opal Cards
Students who travel on the School Bus are reminded that they need to present their Opal Card for every trip. All new applications for bus passes and change of address etc need to be completed online at www.transportnsw.info/school-students. Opal cards are sent directly to the address provided on the application. If you have any queries please contact Transport for NSW on 131 500.

Uniform Matters
Just a reminder that as per our Student Handbook, all students are expected to have an “appropriate, neat and tidy hairstyle. Girls’ hair should be their natural colour and long hair should be tied back. Boys’ hair should be their natural colour, neat and above collar length.”
In regards to jewellery, the Handbook states “Jewellery, including bracelets, bands, chains, and rings, is not part of school uniform and is not to be worn. Earrings - students are permitted to wear only one small, round, plain gold or silver stud in the lobe of each ear.”
Students are reminded of our “no hat, no play” policy and asked to have their school hat at school with them to wear.
If your child is temporarily out of uniform (e.g. wet shoes from constant rain) parents are required to email or write a note to the class teacher. Uniform items need to be replaced within one week.

SPORT

Dates For Calendar
Please mark the following dates in the calendar:
- 7 March – HRIS Swimming Carnival
- 22 March – CIS Swimming Carnival
- 17 August – HRIS Athletics Carnival

Y3-6 Swimming Carnival
Tuesday, February 20
The Years 3-6 Swimming Carnival will be held next Tuesday, February 20 at Morisset Pool from 9.30am. Year 2 students who returned their permission notes will also be in attendance.
A program/information sheet is available on Landscape under Primary Sport, Swimming tile. Parents are reminded to bring their own seating as the facility has very limited seating. There is a $2.50 fee for all spectators.

Primary Swimming Club
Where: Morisset Heated Pool
When: Tuesdays and Thursdays, 7.00 - 8.00am
Cost: $5.00 (covers pool entry, professional coaching, transport and breakfast). Paid to Mr Head on entry to the pool each morning.
Breakfast: Sanitarium cereals / toast
Transport: Mr Head will drive students to school after swimming for breakfast at the Sport Shed.
Who: Students who can swim 50m unassisted.
Dates: February 1 - March 6 There is no need to book or register, just turn up.

School Swimwear
Our new School K-12 swimwear is now available for purchase from the Uniform Shop (girl’s one-piece $39 and boy’s jammers $37). The Eyeline brand swimwear are chlorine resistant. Students representing the School at the HRIS Swimming Carnival are encouraged to wear the School swimwear.
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Info Nights

As many of you are aware, we host a string of year group information nights over the month of February. Every meeting is in the Music Building and will go for no longer than 45 minutes (that’s our plan)! In these meetings, we address some of the important bits and pieces about each year group for the year. Your attendance is appreciated. Below is a list of these meetings:

- Year 8: 19 February, 6.45 – 7.25 pm
- Year 9: 20 February, 7 – 7.45 pm
- Year 10: 19 February, 7.30 – 8.15 pm

Swimming Carnival

Our new House Captains got off to a quick start. A week after being elected they were thrown in the deep end - to motivate their House, sink or swim. They ALL swam which was great to see. The Captains were instrumental in getting the students in the water. From the 12 year olds to the 18 year olds the Captains encouraged, bribed or literally pushed competitors into the pool to get House points. It was great to see up to three heats of some races. The Carnival worked well, the staff did a great job and a big thank you to the cheer squad who had the pool side seating across from the stands.

Rhiannon D was our record breaker of the day, taking 2 seconds off the old 100m Freestyle record.

Congratulations to Pacific who won the day. The team lists to compete at HRIS will be up in the window of the PE office in the MPC on Monday. Students are encouraged to attend squad training at Morisset pool on Tuesday and Thursday mornings at 6.45am. The cost is $5 which covers pool entry, coaching, bus ride back to showers at school and breakfast. We need our whole team to attend HRIS which is on March 15.

Secondary Swim Squad

Where: Morisset Swimming Pool
When: Every Tuesday and Thursday, 6.45 - 7.45am. Training has commenced and will continue until Tuesday, March 13.
Cost: $5.00 each day (includes pool entry, coaching and breakfast).
Transport: Parents need to drop students to the pool. The School Bus will then take all students back to School for breakfast.
Ability: Students need to be able to confidently swim 400m.

Please note this is not a learn-to-swim session. It will focus on some stroke correction and aerobic conditioning as well as developing overall swimming fitness.
If you have any further questions, please feel free to contact Mr Ward in the PDHPE department via reception on 4977 0200 or by emailing bward@avondaleschool.nsw.edu.au

Sporting Achievement

Big congratulations to Liam B (Year 9) who participated in the NSW Junior Athletics Championships at Homebush, competing in the under 16s high jump. He achieved a personal best with a jump of 183cm and came in 2nd place. This qualified him to attend the Nationals. We look forward to our Athletics Carnival later this year to see him in action.

Sports For Schools 2018

In 2011 and 2012 Coles ran a Sport for Schools program in which Avondale School participated. Our School received 1000’s of dollars of sports equipment, thanks to the great efforts of both Primary and Secondary families. Coles has decided to run the program again in 2018. As a registered school we would encourage all parents and friends to participate in this great program by collecting and returning your Coles docket vouchers.

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Swimming Carnival

Due to Week of Worship next week, our trophie presentation will be postponed until the following Monday, February 26.
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 (Simply Music, AMEB, traditional) / 0409 939 302
Angela Miller (Simply Music) / 0421 464 797
Cybèle Coutet (AMEB) / 0423 455 977
Jan Hughes / 4977 2037
Henry Higgins / 0490 0404 308

Voice
Cybèle Coutet (AMEB) / 0423 455 977

Strings
Henry Higgins (cello) / 0490 0404 308
Esther Albert (cello / violin / double bass) / 0439 420 661

Woodwinds
Emma Jones (flute) / 0432 925 199
Fred Cracknell (saxophone / clarinet) / 0404 082 151

Brass
Fred Cracknell / 0404 082 151
Anna Howard (trumpet) / 0418 975 033

Guitar
Jake Bisognin / 0400 389 612
Toby Zeuschner / 0405 405 131
Henry Higgins / 0490 0404 308
Gary Lawler (group lessons / ukulele) / 0438 608 180

Drums
James Dennett / 0401 549 084

Lunchtimes in the Library
Books, games, soft toys, cushions, computers – what more do you need to enjoy a lunchtime in the library? After eating your lunch you will always be welcome to relax quietly in the iCentre. See you soon.

Respect