Today Avondale School joins with thousands of Australian Schools to take a stand against violence and bullying. Our goal is to have our students understand what bullying is, the roles people play in a bullying situation and how we can work together to create a safe and supportive school environment.

Bullying has three main features:
• It involves a misuse of power in a relationship
• It is ongoing and repeated, and
• It involves behaviours that can cause harm (verbal, physical, cyber, exclusion).

Bullying is not:
• mutual arguments and disagreements where there is no power imbalance
• not liking someone or a single act of social rejection
• one-off acts of meanness or spite
• isolated incidents of aggression, intimidation or violence.

Bullying can have long-term negative impacts on everyone involved and for this reason teachers and parents need to take immediate action. At Avondale School we work closely with parents and students on cases of reported bullying to find a solution. While this involves consequences for actions, there is far more involved!

Our goals are to support children who are victims of bullying to learn important skills that will make them less likely to be targets. We also work with bullies to help them understand why they behave a certain way and to learn new ways to interact socially. A third area of focus is to develop a positive and inclusive school culture where students feel connected and have a sense of belonging. Research shows that this leads to lower incidents of bullying.

Parents can help with this by encouraging children to have positive and accepting attitudes towards students with different skills, needs, cultures and backgrounds. Acceptance and tolerance are key to building a respectful culture. Lastly we are strategic about building resilience, positive self-esteem and social skills in all of our students. The Primary Campus is implementing the Bounceback! Program from K-6 for this very purpose, while Secondary students cover these topics in PDHPE classes.

How can parents respond to reports of bullying?
• Listen calmly and don’t respond emotionally. Get the full story.
• Reassure your child and show them that you understand.
• Ask your child what they would like you to do. Helping your child to find their own solution is much more empowering than sorting it for them.
• Discuss possible strategies with your child and role-play situations with them.
• Contact the teacher if you believe the situation requires intervention.
• Check in with your child regularly.

As Christians we have an even greater responsibility to create a positive and accepting culture, knowing that God challenges us to ‘Be completely humble and gentle; be patient, bearing with one another in love.’ Ephesians 4:2

Take some time to check out the comprehensive parent resources on the link below and work with us to take a stand against bullying and violence. https://bullyingnoway.gov.au
Afternoon Pick-up
Just a reminder that we offer our parents a convenient and safe carline service for afternoon pick-up of students. We request that parents collecting their children at the end of school use this service rather than instructing children to wait outside the Office to be collected. This week we have had a number of students wandering dangerously in the unsupervised Office carpark while waiting for their parents to collect them. Students found waiting in this area from next week will be collected and taken over to carline at the back of the MPC. Thank you for noting this and ensuring the safety of all our students.

Chess Competition

SPORT

Sport Uniform
Kindy, Year 1 and Year 2 students wear their sport uniform on Mondays. Years 3-6 students wear their sport uniform on Fridays.

HRIS Swimming Presentation
The HRIS Swimming ribbon presentation will be held at assembly this coming Monday, March 20, weather permitting.

Run Around Australia
Monday, March 20 – Friday March 31
In the lead up to the Cross Country event to be held on Monday, April 3, our Primary Run Around Australia program will commence this coming Monday, March 20, and will continue for 10 days on the school Huff & Puff Track (1km). Students can run before school from 8.00 am until 8.45 am, and at lunch time each day. Individual kilometres (laps) are recorded and certificates will be awarded for each 10kms covered. It is a good idea for students to bring joggers and a spare pair of socks, as the morning dew can be quite heavy. The kilometres covered each day will be recorded on the big map of Australia outside the MakerSpace classroom. Parents are most welcome to join in the fun and run with the students before school in the mornings.

Vacation Care
Vacation Care bookings are now online for the April school holidays. For more information, visit avondaleschool.nsw.edu.au
CLASS

Year 10 Science
Year 10 students testing solar driven water purifiers in Science last week.

SPORT

Cross Country
Wednesday, March 22
The Secondary Cross Country will be held NEXT Wednesday, March 22 at 1.30 pm. The P&F will be selling slushies for $2 during the afternoon. Parents are most welcome to attend.

Year 10 Science
Year 10 students testing solar driven water purifiers in Science last week.

STEP UP

SECONDARY CROSS COUNTRY

WEDNESDAY 22 MARCH

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!
Parent Library

Have you seen our Parent Library? As well as borrowing books on parenting and other related topics, parents can borrow readers, non-fiction and picture books too. You are also most welcome to find a quiet place in the library to sit down and read with your child. If you haven’t joined the Parent Library yet and would like to, just visit the library and sign up at the circulation desk.

You can also download a signup sheet from the iCentre Landscape page. <http://landscape.avondaleschool.nsw.edu.au/homepage/1762>

It’s quick and easy, and we’d love to see you.

K-6 2017 Library ID Borrower Cards

Our new library ID borrower cards have just arrived and will be given out to Primary students who’ve brought their library bags next week during library classes. Please remove all old borrower cards and keep them if you wish.

Primary Calendar - Term 1

Run Around Australia ............................................. March 20 - 31
CIS Swimming Carnival ........................................ March 23
SWOMP (Super Week of Mega Praise) ..................... March 27 - 31
Daylight Saving Ends ........................................... April 2
Primary Cross Country ......................................... April 2
Year 2 Wetlands Excursion .................................... April 4
Year 1 Lakes Excursion .......................................... April 5
P&F Meeting 7.00pm Admin Building ....................... April 5
Year 5 Camp ..................................................... April 5 - 7

Secondary Calendar - Term 1

Duke of Edinburgh Camp ........................................ March 16 - 21
Year 10-12 Music Excursion ................................... March 20
Secondary Cross Country (new date) ....................... March 22
Year 11 Roadwhyz Excursion .................................. March 24
Year 9 Commerce Excursion .................................. March 24
Years 7-11 Parent Teacher Interviews 4.00 - 8.00pm April 27 & 28
Year 9 History Excursion ........................................ March 29
Year 12 English (Advanced) Excursion ..................... March 30
Year 8 Broken Bay Camp ...................................... April 3 - 5

Please Note

Government Data Collection

Each year the Australian Government collects the addresses of all students in schools in order to provide accurate information for school funding. At no stage is any individual family or student identified, nor is it used for any other purpose than their data collection statistics to analyze school communities and school funding outcomes. You will receive via email shortly the official notification letter from the Australian Government outlining this, but we just wanted to provide you with the courtesy of advance notice that this is coming to you. If you have moved recently please ensure the school has your most up-to-date details by the end of March. Thank you.

Year 12 Cambodia
Family Portrait Fundraiser

$20 Book Today

When: Sunday 26 May 2017
Book online www.advancedlifestudios.com.au
Email Code: UC0 97W 16D

HOT CROSS BUNS AVAILABLE
Limited Only

We Value Patience