In last week’s editorial Mr Tosen asked, “Are you a well being?” Unsure of the answer, I spent some time considering whether I was using the tools he listed to impact my wellbeing in a positive manner.

Tool number ten was ‘work/life balance’ or having harmony between all the aspects of our life. Gasp! Is this even possible? Harmony between all aspects of our life! Is this a fairytale, a fantasy, or a possible reality? Achieving this balance is certainly the gold-standard most parents would like to think they are working towards achieving. So what are some strategies we can use to level out the see-saw of work/life balance?

I believe the key to maintaining a balance between work/school and family life is organisation. I love the idea of being organised. In fact I love it so much I while away the hours on Pinterest finding the best way to display my kids’ books, organise my pantry and alphabetise the condiments. However, back in the real world, I’m actually surrounded by fabulous friends who are already nailing this work/life balance and I think we could all benefit from sharing ideas for improving organisation.

1. **Meal Planning:** Don’t over think it. Make a list of 10-15 meals your family enjoys on a regular basis and rotate them through a weekly menu. This will help the family budget, minimise waste, and can also remove the stress of thinking about what to feed the family … every … single … night!

2. **Create a Family Calendar/Planner:** In our house it is an oversized whiteboard calendar which also displays the regular weekly activities for the kids, i.e. library day, sports day, music lessons and after-school activities. These are all listed so the kids can get into the habit of looking at the board and preparing for themselves what they will need.

3. **Age-appropriate Chores (deep breath):** Apparently, I’m not doing my kids any favours when I do the chores myself because I like things done a certain way; I may even be robbing them of the opportunity to practise responsibility! They may actually be able to do more than I realise. Getting your kids to empty the garbage, fold their clothes and sweep the floor, etc. may save you time, and create an atmosphere of teamwork within the home.

4. **Avoid the Morning Rush:** It is a great idea to have uniforms and other items required for the next day laid out the night before. Making school lunches the night before (preferably by the kids themselves) will also help minimise the screaming, ahem … I mean ‘gentle guidance’, required to get the family to exit the house on time in the morning.

If you are already doing these things (and possibly more) yet still find the balance is out, you may need to learn to say ‘no’ more often. Try to prioritise your social, volunteer and extra-curricular obligations, and only keep those that add the most value to you and your family.

How about you? What tips do you have for staying organised?

Nadine Dunne, Karen Toepfer & Georgina O’Reilly
P&F Team
Year 10 Work Experience
In Term 1, as part of PDHPE class, Year 10 studied Careers helping them consider what the future may hold for them. Students researched jobs and careers that interested them, undertook personality profiling tests to see what fields that their talents matched and last week they spent time out in the community doing Work Experience.

Students worked as far away as Dubbo and Sydney. Nurses, teachers, optometrist, make-up technician, veterinarian, butcher, mechanic, criminologist and working with the elderly and less fortunate were all fields that Avondale School students participated in.

Most students enjoyed the opportunity, with the experience helping them decide on the direction their life may or may not head in the future. Avondale School thanks all the businesses that allowed our students the opportunity to experience a week of real work and a taste of life as a grown-up.

Year 12 Assists Meals on Wheels
On Wednesday, May 10 a group of Year 12 students joined the Meals on Wheels team for a special Mother's Day meal delivery. Every two students accompanied a driver and travelled to a range of areas such as Wyee, Wangi Wangi, the Peninsula and Morisset. Here they brought smiles to mothers by brightening up their day with a conversation and gifting chocolate love hearts. The students had a great time meeting new people and giving back to the community.

Athletics Carnival - THIS Monday, May 22
1. Times
8.40 Roll Marking
9.00 Buses leave for Mingara
9.45 Event 1 commences
2.15 Departure by bus returning to school

2. Events
• A program of events will be available on the day. Track and field events may occur simultaneously. When a competitor is required at both a track and field event, the track event shall take precedence.
• Students are to compete in their own age category only.
• As many students as possible may enter the events. There will be qualifying guidelines on some events.
• One relay team may be entered from each House, in each age group.
• Age categories are 12 - 14 (Junior), 15 - 16 (Intermediate), 17 - 18 (Senior).
• Results will be used to assist in the selection of the HRIS team.

3. General
• A canteen will be operating on the day.
• Students will be free to go to the various competition sites to watch a particular event.

3. Uniform
Students are to be in full school sport uniform or House colours - green, blue, red, yellow only. Every student must have a hat.

4. Other Events
The 1500m event will be completed during a lunch time, a week after the carnival. Javelin will be completed in PE class time at school.

Year 9 & 10 Music
Thursday, May 25 - 6.30 pm
Music Building

Come and support our students developing their performance skills in this FREE concert.

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!
Our Book Fair is NEXT WEEK!
You won’t want to miss our annual Book Fair next week! From Monday, May 22 through to Wednesday, May 24 we will be selling fabulous new books from Scholastic, Central Book Suppliers and children’s Bibles from Better Books and Food. There will be great books, posters and novelty items for all budgets, with many books being a bargain at $5.00 or less!

BOOK FAIR OPENING HOURS
Monday 9.15 am – 4.00 pm
Tuesday 8.00 am – 4.00 pm
Wednesday 8.00 am – 4.00 pm

Library classes and borrowing will run as normal and students will be able to come and buy books at the Book Fair before school, recess, lunchtime and after school with a parent. Just remember that you don’t need a costume for next week! You may want to start thinking about your book character costume though as our biennial Book Character Parade this year will be held on August 24. All parents and friends of the school are welcome to attend.

Library Staff Changes
Recently we farewelled Mrs Kylie Smith who resigned to teach at a school that is much closer to where she lives on the Central Coast. We want to thank her for her time and efforts here in both the library and taking one of our Year 11 Biblical Studies classes. We are delighted to announce that our new Secondary Teacher-Librarian will be Mrs Helen Lindsay. She is a very experienced English teacher and has been the Teacher-Librarian at Macquarie College for the last five years. Prior to that she taught at Avondale School and also taught in both Education Department and Adventist schools in Albury. She will be joining us at the beginning of Term 3. In the meantime Mrs Cheryl Smith is doing a great job of filling in for us.

Primary Calendar - Term 2
Book Fair ................................................................. May 22 - 24
School Reunion ................................................ May 27
ICAS Science Competition .............................. May 30
Poetic Justice Spoken Word Night 7.00pm .... June 3
HRIS Basketball ..................................................... June 6
Pupil Free Day ..................................................... June 9
Queen’s Birthday Holiday ............................... June 12
HRIS Public Speaking ........................................ June 14
CIS Cross Country .............................................. June 15

Secondary Calendar - Term 2
Athletics Carnival ................................................ May 22
Book Fair .............................................................. May 22 - 24
Year 7, 11 & 12 Vaccinations .......................... May 23
Year 8 Technology Excursion ........................ May 24
Year 9 & 10 Music Performance Night ......... May 25
School Reunion .................................................. May 27
Poetic Justice Spoken Word Night 7.00pm .... June 3
Year 10-12 Paul Dillon Visit .............................. June 5
HRIS Netball ....................................................... June 8

SCHOOL TERMS 2017
Term 1 January 30/31 - Friday, April 7
Term 2 Wednesday, April 26 - Friday, June 30
Term 3 Monday, July 24 - Friday, September 22
Term 4 Monday, October 9 - Friday, December 8

PLEASE NOTE
We Value Discernment

Library

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