THIS WEEK ... Year 6 students had a great learning opportunity with Science and Engineering challenge activities. Our Debating Teams won their debates at the HRIS Debating competition. Some of our students attended a Robotics competition and Kindy students had fun with Pyjama Day.

NEXT WEEK ... students will be rehearsing for our concert on September 1 and Years 5 and 6 students, along with a group of Year 4 students, will be participating in the Newcastle Permanent Mathematics Competition. Book Week is next week with our annual Book Fair and competitions students can get involved in.

ON RESILIENCE ... Our students are learning about the dangers of catastrophising. This is really an overreaction to a situation where you imagine the worst possible outcome. We want our children to learn to identify when they are catastrophising, and then choose to reframe with more positive thinking. When children are anxious or distressed about a future event, help them to identify the likely outcome rather than the worst-case scenario. Next, help to brainstorm ways they would be able to deal with that outcome. There are two important messages we want our children to understand. One, the future is the future, so don’t waste your time worrying. Two, you are strong enough to cope with difficult situations, so don’t waste your time worrying. It was great to see many parents and friends visit us for Open Day. We’re always proud to show off our school.

Mrs Deb Cooper
Head of Primary
dcooper@avondaleschool.nsw.edu.au

“No legacy is so rich as honesty.” William Shakespeare

Week 5 under the belt sees our Year 12s back and trying to get major works and projects completed before the end of this month. It’s never an easy task to receive results from Trial Exams, think about big tasks still looming and vision the next eight weeks before the most significant exams you’ll ever do in your secondary education! So as parents and teachers, the challenge is to motivate, encourage, push just the right amount and keep the focus of the HSC in sight. Speaking to our Year 12 parents particularly, work with your child in this next little stretch to promote consistent study, regular review and life-balance. These exams are important and small sacrifices are worth the long-term goal. We have great students who deserve the best chance of success in the coming months. We’re all in it together so let’s make it count! Enjoy the weekend!

Mr Benton Craig
Head of Secondary
bcraig@avondaleschool.nsw.edu.au
SPORT UNIFORM TERM 3

Kindy wear sport uniform on MONDAYS & TUESDAYS

Years 1 & 2 wear sport uniform on TUESDAYS

Years 3-6 wear sport uniform on TUESDAYS & FRIDAYS

GENERAL

HRIS Athletics Day
Last week our Athletics Team competed at the HRIS Athletics Day in Glendale. Having the Rio Olympics on at the same time built up a lot of excitement amongst students. Sixteen schools competed over two days. Avondale School students excelled in the throwing events, achieving more points in these events than any other school. When the results from the two days were merged Avondale School had some outstanding results:

<table>
<thead>
<tr>
<th>Age</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Javelin - 2nd</td>
</tr>
<tr>
<td></td>
<td>200m - 2nd, 100m - 2nd</td>
</tr>
<tr>
<td>8</td>
<td>Shot Put - 1st</td>
</tr>
<tr>
<td>9</td>
<td>Javelin - 1st</td>
</tr>
<tr>
<td>10</td>
<td>Discus - 1st, Javelin - 1st (Record),</td>
</tr>
<tr>
<td></td>
<td>Shot Put - 1st (Record)</td>
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<tr>
<td>11</td>
<td>High Jump - 1st</td>
</tr>
<tr>
<td>11</td>
<td>200m - 1st, 100m - 2nd</td>
</tr>
<tr>
<td>11</td>
<td>Javelin - 1st</td>
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<tr>
<td>11</td>
<td>Discus - 1st</td>
</tr>
<tr>
<td>12</td>
<td>200m - 2nd, 100m - 1st</td>
</tr>
<tr>
<td>12</td>
<td>Javelin - 3rd, 800m - 3rd, 200m - 2nd,</td>
</tr>
<tr>
<td></td>
<td>100m - 1st, Shot Put - 1st</td>
</tr>
<tr>
<td>12</td>
<td>High Jump - 3rd</td>
</tr>
<tr>
<td>12</td>
<td>Javelin - 1st</td>
</tr>
<tr>
<td>12</td>
<td>Javelin - 2nd, Discus - 2nd</td>
</tr>
<tr>
<td>12</td>
<td>Shot Put - 1st</td>
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<tr>
<td>12</td>
<td>Javelin - 1st</td>
</tr>
<tr>
<td>13</td>
<td>100m - 1st</td>
</tr>
<tr>
<td>12</td>
<td>Girls Relay - 1st</td>
</tr>
</tbody>
</table>

School Results

<table>
<thead>
<tr>
<th></th>
<th>Points</th>
<th>School</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>1628</td>
<td>St Columba Anglican School</td>
</tr>
<tr>
<td>2nd</td>
<td>1567</td>
<td>Hunter Valley Grammar School</td>
</tr>
<tr>
<td>3rd</td>
<td>1466</td>
<td>Calrossy Anglican School</td>
</tr>
<tr>
<td>4th</td>
<td>1453</td>
<td>Avondale School</td>
</tr>
<tr>
<td>5th</td>
<td>1420</td>
<td>Central Coast Adventist School</td>
</tr>
</tbody>
</table>

Congratulations to the following students who will be going to CIS Athletics Day at Homebush on September 14: Tegan C, Reilly D, Rhiannon D, Greg E, Stephanie E, Olivia G, Meshach I, Lachlan M, Georgia N, Bailey S, Vaai T. (Please note the 100m 8, 9 and 10 year events become Junior events at CIS. There is no Javelin at CIS).

A big thank you to staff and parents who assisted at the HRIS Athletics Day.

NAPLAN
NAPLAN results were sent home with students in Years 3 and 5 this week. Please check your child’s bag.

Years 5 & 6 Newcastle Permanent Mathematics Competition

Wednesday, August 24
Students in Years 5 and 6 will participate in the Newcastle Permanent Mathematics Competition next Wednesday, August 24. This is a well recognised competition that has over 15,000 entries each year.

Primary Variety Concert

Thursday, September 1
The Primary Variety Concert will be held on Thursday, September 1 in the MPC, commencing at 7.00 pm. Years 1-6 students will participate in various items along with the Performing Arts Groups. We look forward to seeing you there!

After School Parking
Please note that the drive through zone in the Primary carpark is NOT a parking area in the afternoon. This zone MUST be kept clear for after school care buses. Thank you for noting this.

CLASS

Year 6 Science and Engineering Discovery Day
On Wednesday, selected Year 6 students participated in a Science and Engineering Discovery Day presented by the University of Newcastle in cooperation with Lake Macquarie City Council. Students from various schools were involved in a day-long competition designed to provide a positive experience of science and engineering.

Kindy Pyjama Day

CLASS

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Kindy Pyjama Day
Secondary

CLASS

Year 10 Nambus Visit
Last Thursday our Year 10 students had the honour of receiving a visit from the Gosford Vietnam Veterans Association with their mobile museum, the Nambus. Three veterans visited this year - Lindsay, Chris and Kieran. The students were able to look at photographs and artefacts from the Vietnam War. They were also able to dress in army uniform and experience what it would have been like to carry all of the heavy equipment through the jungle. The students were extremely privileged to be able to have direct access to the veterans who had served in Vietnam. Each veteran spoke of how the Nambus has helped them in dealing with their experiences in Vietnam. Year 10 is commended for their participation on the day, with the veterans specifically commenting that they always enjoy coming to Avondale School, as the students are so inquisitive and respectful. The Nambus is an event that the History Department is proud to support and will continue to support in the future. We cannot wait until their visit next year!

Makerspace STEM Program
The latest innovation in learning spaces was launched this week in the form of a Makerspace for our Secondary students. Situated in the iCentre and stocked with a myriad of resources, ranging from craft items to robotic and electronic kits, this vibrant space helped launch Science Week. Students engaged in challenges that resulted in paper towers in excess of 2m, Lego robotic prototypes and marble tracks that evolved into scoring games. The Makerspace will continue to offer students a place to apply their creative and inquiring minds to hands-on activities.

STEP UP

Year 12 Music students showcase their HSC programs
Year 12 Music students will be showcasing their HSC music programs at Lizzotte's Restaurant. The event will be held on Monday, August 29 from 6:30 pm to 9:30 pm.

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!

SPORT

Sporting Achievement
Taj B in Year 7 recently won in his division at the NSW State Taekwondo Championships that were held at Olympic Park Sydney Sports Centre on August 7. He competed in two events where he won a bronze medal and a gold medal! Taj has been practising the art of Taekwondo for the last seven years and has won a number of events throughout Australia. Well done on this recent great achievement!
BOOK WEEK – AUGUST 22 - 26

Are you ready for exciting competitions, books and more books, and great prizes at Book Week next week? Note: There is no Primary Book Character Parade this year.

BOOK FAIR

There will be bargains galore at this year’s Book Fair in the iCentre. Parents and friends can visit anytime during the hours listed:
- Monday: 9.30 am - 4.00 pm
- Tuesday – Thursday: 8.00 am – 4.00 pm

There will be books to suit all budgets. Payment options are cash, cheque and credit card (EFTPOS is unavailable). Our three booksellers are Scholastic, Central Book Suppliers and Living Well Resources, so there’ll be books to suit a variety of tastes. The Book Fair is a great opportunity to stock up on quality books for Christmas and your Book Fair purchases benefit our school library.

K-6 BOOK FAIR VIEWING TIMES

Each Primary class will visit the Book Fair for half an hour on Monday or Tuesday instead of their usual library class times. There will be no borrowing next week, so please leave your library bags at home.

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
</tr>
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<tbody>
<tr>
<td>9.30 - 10.00 am</td>
<td>1S &amp; 1W</td>
<td>1S &amp; 1W</td>
</tr>
<tr>
<td>10.00 - 10.30 am</td>
<td>Early Years Library</td>
<td>Early Years Library</td>
</tr>
<tr>
<td>10.50 - 11.20 am</td>
<td>KF &amp; 1H</td>
<td>5D</td>
</tr>
<tr>
<td>11.20 - 11.50 am</td>
<td>KL &amp; KSL</td>
<td>5M</td>
</tr>
<tr>
<td>11.50 am - 12.20 pm</td>
<td>2D &amp; 2W</td>
<td>6Ho</td>
</tr>
<tr>
<td>1.10 - 1.40 pm</td>
<td>6SM &amp; 4R</td>
<td>6Hi</td>
</tr>
<tr>
<td>1.40 - 2.10 pm</td>
<td>4PR</td>
<td>3M &amp; 3S</td>
</tr>
<tr>
<td>2.10 - 2.40 pm</td>
<td>3V &amp; 4B</td>
<td>3R</td>
</tr>
<tr>
<td>2.40 - 3.10 pm</td>
<td>2V &amp; 4B</td>
<td>3R</td>
</tr>
</tbody>
</table>

K-6 ‘WE READ TOO, CAN YOU GUESS WHO?’ COMPETITION

Teachers and staff have all had their photos taken with books they love to read. All their photos are now on display in the library and it’s your job to pick up an entry form and work out which teachers are reading which books! There will be book prizes for the student in each Year Level who has the most correct answers. Book prizes will be awarded in Primary Assembly on Monday, August 29, weather permitting.

YEARS 7-12 FRAMED COMPETITION

Years 7-12 also have an opportunity to guess who’s behind the book in the ‘Framed’ Photo Competition in the library.

YEARS 7-12 QUIZZICAL

The annual Quizzical Trivia Competition will be held each lunchtime in the iCentre next week. Students need to sign up on the iCentre page on Landscape or at the iCentre by Monday, August 22.

| Years 7-9 | Tuesday, August 23 |
| Years 10-12 | Thursday, August 25 |

There are great cash prizes to be won and the opportunity for selected students to compete in Battle of the Books, a tri-school competition at Macquarie College on Wednesday, August 31. Students selected to compete in this competition will bring home permission notes by the end of the week and need to be returned by Tuesday, August 30.

FROM THE PRINCIPAL

I once read a story about a headstone in an old cemetery epitaph on an old gravestone. It read, ‘J. Holgate: An honest man’. I know nothing of Holgate’s life and there is no mention of a date or his family. But whatever he accomplished in his lifetime, he’s remembered for just one thing – he was an honest man.

Diogenes, the Greek philosopher, spent a lifetime in search of honesty and finally concluded that an honest man could not be found. Honest people are hard to find in any age, but the trait is one that greatly matters. Honesty is not the best policy, it’s the only policy, and one that is the mark of a man or woman who lives in God’s presence.

These questions could be asked of ourselves - Am I trustworthy and honorable in all my affairs? Do I always speak the truth? Do I speak the truth kindly or do I blunt the facts now and then, or exaggerate for emphasis? Honesty is a key ingredient for solid friendships and is given great value in the home and work place! ‘Live in such a way that when people think of honesty and integrity, they will think of you.’ Enjoy the news for this week!

Dr David Faull
Principal

CALENDAR

PRIMARY CALENDAR - TERM 3

- Book Week: August 22 - 26
- Years 5 & 6 Newcastle Permanent Maths Competition: August 24
- HRIS Soccer & Netball Gala Day: August 30
- Kindy Oakvale Farm Excursion: August 31
- P&F Father’s Day Stalls: September 1
- Primary Variety Concert: September 1
- Father’s Day: September 4
- Kindy & Year 1 Sports Day: September 9
- Art Show 6.30 pm @ the CLC: September 10
- Family Festival: September 11

SECONDARY CALENDAR - TERM 3

- Duke of Ed Camp: August 19 - 21
- Book Week: August 22 - 26
- Year 11 General Maths Excursion: August 25
- Year 12 D&T Major Work Due: August 25
- ACT Mountain Bike Championships: August 25 - 26
- Year 10 One-on-one Subject Interviews: August 25
- Year 10 Food Tech Excursion: August 30
- Choir at Wyee Church: August 30
- Year 10 Electives Due for 2017/18: August 29
- Year 12 Visual Arts Major Work Due: August 29

Like us on Facebook for regular information updates.
Search for Avondale School (Preschool to Year 12).

SCHOOL TERMS 2016

| Term 2 | Tuesday, April 26 - Friday, July 1 |
| Term 3 | Monday, July 25 - Friday, September 23 |
| Term 4 | Monday, October 10 - Monday, December 12 |

This week we value ... honesty
Avondale School

Family Festival

Great Family Fun!!

Sunday 11 September • 9am - 2pm
Sunday 11 September • 9am - 2pm

Attractions on the day...

Carnival Rides
Market & Produce Stalls
Live Entertainment
Laser Tag
1km & 3km FUN RUN
Animal Farm & Pony Rides
Competitions & Prizes

All Day Carnival Ride Wristbands
Early Bird Special – Purchase online for $20
$25 on the day

VISIT OUR WEBSITE TO MAKE BOOKINGS OR PURCHASE CARNIVAL RIDE ARMBANDS TODAY!
119 Avondale Rd, Cooranbong