THIS WEEK ... We began our Run Around Australia this week and we have students running our 1km track before school, at recess, lunchtime and during PE classes. Our preparation for the Cross Country Run is well under way.

Resiliency and Bullying: Dr Kevin Petrie spent Monday afternoon with our staff looking at the current research on Bullying in Schools. Our teachers are learning and implementing strategies to help develop a more positive and inclusive class environment. Many parents also attended the meeting on Tuesday night that helped them understand bullying and learn how to support their children.

NEXT WEEK ... We look forward to meeting with you for Parent Teacher Interviews on Thursday night. Students are more successful learners when parents and teachers work together to support learning, positive attitudes and social development. Our teachers are looking forward to sharing with you how your child has settled into the class this year and the progress they are making.

THOUGHT FOR THE WEEK ... “Any fool can criticise, condemn and complain but it takes character and self-control to be understanding and forgiving.” Dale Carnegie

SECONDARY CROSS COUNTRY RUN

HEADS UP!

THIS WEEK ... We began our Run Around Australia this week and we have students running our 1km track before school, at recess, lunchtime and during PE classes. Our preparation for the Cross Country Run is well under way.

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DID YOU KNOW ... To overcome adversity and build resilience, children ideally require: unconditional love and acceptance, some autonomy over their lives, trusting relationships with significant adults, feelings of independence, a safe and stable environment, self-confidence and faith in themselves and their world.

THOUGHT FOR THE WEEK ... “Any fool can criticise, condemn and complain but it takes character and self-control to be understanding and forgiving.” Dale Carnegie

THIS WEEK? ... What an awesome week! Apart from some great things happening in our classrooms, we had the Cross Country Run (hottest day of the week – what the?!), Year 12 made final preparations for their Mid Year Exams and we squeezed in a ‘Skater Mufti Day’ for the local group CRANKT, raising money to help teens in trouble! We teamed up with the Primary Campus who hosted a night on Bullying (as mentioned in Mrs Cooper’s column) and staff continued to work on preparations for our Year 10 Camp and the new Urban Challenge for Year 11.

AND NEXT? ... Year 12 Exams are from Tuesday, while the rest of the school bunkers down for the last run on tasks, assessments and assignments. It is the last official week at school for Year 10 and Year 11 with their camps the following week and, of course, we’re really looking forward to seeing as many of you as are able to come meet with us on Tuesday and Wednesday nights (4.00 – 8.00 pm) to talk shop about your child(ren)! Don’t forget we have our annual Music Team Concert on March 28 too.

THAT’S ALL THEN ... But for this tidbit: A person can live without food for about a month, but only about a week without water. Care to test the first statement with me?!

Two weeks until Easter. And chocolate. Just saying.

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

Mr Benton Craig
Head of Secondary
b craig@avondaleschool.nsw.edu.au
Year 5 & 6 Parent Secondary Campus Tour
Did you get to come on our Open Day Year 5 & 6 Parent Secondary Campus Tour? No? No need to worry! We are going to run more tours in the LAST WEEK of Term 1 because we want you to be excited about what life on the Secondary Campus is all about.
On **Monday, March 30 at 6.00 pm**, we will be providing a tour of the Secondary School Campus for all Year 5 and 6 parents. Tours will be starting from the Administration Building. The tour will take about 45 minutes and will include opportunity for you to ask questions about our Secondary Campus.
To book a tour, phone the Administration Office on 4977 0200. We look forward to seeing you there.

Cross Country Run
**Monday, March 30**
The Cross Country will be held on the Primary School oval on Monday, March 30, weather permitting.
Students will run in events according to their age (which is the age your child will be at December 31, 2015). Listed below are approximate times for each of the aged events. (Please note that these are approximate times only and are subject to change).

<table>
<thead>
<tr>
<th>NAME</th>
<th>AGE STUDENT TURNING BY 31/12/15</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.20 am – 9.55 am</td>
<td>9 Years</td>
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<tr>
<td>10.00 am – 10.30 am</td>
<td>10 Years</td>
</tr>
<tr>
<td>10.30 am – 10.50 am</td>
<td>RECESS</td>
</tr>
<tr>
<td>10.50 am – 11.40 am</td>
<td>11 Years</td>
</tr>
<tr>
<td>11.40 am – 12.20 pm</td>
<td>12 Years</td>
</tr>
<tr>
<td>12.20 pm – 1.10 pm</td>
<td>LUNCH</td>
</tr>
<tr>
<td>1.10 pm – 1.45 pm</td>
<td>5 and 6 Years</td>
</tr>
<tr>
<td>1.45 pm – 2.30 pm</td>
<td>7 Years</td>
</tr>
<tr>
<td>2.30 pm – 3.10 pm</td>
<td>8 Years</td>
</tr>
</tbody>
</table>

HRIS Soccer
Congratulations to Freddie H who this week was selected as the HRIS Soccer goalie. Freddie will go to Sydney to play in the CIS Soccer Competition on April 24.

You are Invited to our last day of SWOMP tomorrow, Saturday, March 21!
SWOMP (Super Week Of Mega Praise) has been so much fun this week! I’m sure you have caught some of the excitement as your children have shared what has been happening in the Music Building each day. From Levi the Levite’s stories and the worship songs of the Israelites, to Black Light Puppets and the Manna Mania Mega Quiz, we have escaped from whips and slavery in Egypt, crossed the Red Sea, wandered through the wilderness for 40 years, and have seen the power of God at Mt Sinai where he gave us the Ten Commandments for living.
If you have missed out because you were unable to attend, come along tomorrow for our last program – Saturday, March 21. Join us for morning tea at 10.30 am right here on campus, followed by the final SWOMP program in the Music Building at 11.00 am. The program will start right on time, so make sure you are here beforehand to get a seat. The program runs for an hour and will finish at 12.00 noon. Looking forward to seeing you tomorrow. Bring your friends and show them our great school!
Secondary

Avondale School

New Zealand Music TOUR CONCERT

Saturday 28 March 7pm
Multi-Purpose Centre

$20 Family / $10 Adult / $5 Student & Pensioner

STEP UP

We Learn ∙ We Value ∙ We Serve

Saturday 28 March 7pm

Multi-Purpose Centre

$20 Family / $10 Adult / $5 Student & Pensioner

3.30 - 4.30 PM THURSDAYS
ALL THIS TERM in the iCentre

Hope to see you there!

Avondale School

We Learn ∙ We Value ∙ We Serve

Reading Rulz

2015

Get reading and earn points for your House!

Avondale School New Zealand Music Tour / MOVIE FUNDRAISER

Sunday 29 March at 2pm
Event Cinemas Glendale

$12 per ticket (cash on the day)
RSVP Essential www.avondaleschool.com.au

New Zealand Music
TOUR CONCERT

Avondale School New Zealand Music Tour / MOVIE FUNDRAISER

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Reading Rulz

2015

Get reading and earn points for your House!
We Value Classes. Congratulations to all our keen readers, including KF, who will choose their prizes the following week during library opening hours. Kindy to Year 2 students who have borrowed books every week this term are invited to sign up with their English teacher, collect their checklist, and start reading. Yes, you read correctly – 50 points just for reading books! It’s time to sign up and take advantage of our 4% prompt payment discount and pay your term’s fees by the due date.

**Thank You From the Business Office**

Thank you for your fee payments and commitment to this important aspect of our school program. It is greatly appreciated. Term 2 fees are due on April 24 (first Friday after the holidays). Take advantage of our 4% prompt payment discount and pay your term’s fees by the due date.

**Helpers Needed for HRIS Cross Country**

We are searching for helpers for our annual HRIS Cross Country Food Stall on May 1. This is a great event for our school raising approximately $3,000 each year. If anyone would like to donate a decent amount of onions and/or eggs, please let us know. If you can help in any way, please contact either Joan or Georgina in the Uniform Shop on 4977 0231.

**Reading Rulz 2015**

Students in Years 7-12 have the opportunity to earn 50 House points! Yes, you read correctly – 50 points, just for reading books! It’s time to sign up with your English teacher, collect your checklist, and start reading.

**K-9 Premier’s Reading Challenge**

Sign up for this year’s PRC close on Friday, March 27. Come into the library, collect your reading log, and face this enjoyable challenge.

**K-6 Term 1 Library Borrowing Prizes**

Kindy to Year 2 students who have borrowed books every week this term will choose their library prizes on Friday, March 27. All other classes, including KF, will choose their prizes the following week during library opening hours. Congratulations to all our keen readers!

**Principal’s Message**

The other day I raced into Woolworths to pick up two things and hurried to the checkout. In front of me were two teens wanting to buy cans of soft drink and they were pushing and shoving to get to the checkout first. The checkout lady just stood there with her mouth open, waiting as the shoving and calling out continued. If the teens had demonstrated self-control and let the other go first, they and I would have been out of there in half the time. Our children do not learn self-control automatically. It needs to be talked about and practised. Just the simple things like making them wait and taking turns, require them to share. Having them defer to their elders and expecting them to be gracious, are all building blocks to a well-mannered, self-controlled person. It takes repetition and patience, but what a great place this world would be if there was no more road rage or queue jumping! Remember that you cannot always control circumstances or situations, but you can learn to control your reactions and attitude. It was outstanding to have visitors to Avondale School compliment our leaders on their courtesy and patience in welcoming and directing them on campus.

Enjoy the news for this week.

Dr David Faull
Principal

**School Term Dates 2015**

<table>
<thead>
<tr>
<th>Term</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>Term 1</td>
<td>Tuesday, January 27 - Thursday, April 2</td>
</tr>
<tr>
<td>Term 2</td>
<td>Monday, April 20 - Friday, June 26</td>
</tr>
<tr>
<td>Term 3</td>
<td>Monday, July 20 - Friday, September 18</td>
</tr>
<tr>
<td>Term 4</td>
<td>Tuesday, October 6 - Wednesday, December 9</td>
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**Primary Calendar - Term 1**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Year 1 Lakes Beach Excursion</td>
<td>March 25</td>
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<tr>
<td>Year 3M Castaway Camp</td>
<td>March 25 - 26</td>
</tr>
<tr>
<td>Parent Teacher Interviews</td>
<td>March 26</td>
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<tr>
<td>Cross Country Run</td>
<td>March 30</td>
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<tr>
<td>Year 5 &amp; 6 Parents Secondary Campus Tour 6.00 pm</td>
<td>March 30 - 31</td>
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<tr>
<td>Year 2 Wetlands Excursion</td>
<td>March 31</td>
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<tr>
<td>Year 6 China Day</td>
<td>April 1</td>
</tr>
<tr>
<td>Kindy Jolly Phonics Day</td>
<td>April 2</td>
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<tr>
<td>Year 2 Bilby Easter Concert</td>
<td>April 2</td>
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<tr>
<td>Get Active Ends for Term 1</td>
<td>April 3</td>
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<tr>
<td>Last Day of Term 1</td>
<td>April 4</td>
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**Secondary Calendar - Term 1**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Year 12 Mid Year Exams</td>
<td>March 23 - 27</td>
</tr>
<tr>
<td>Year 7-11 Parent Teacher Interviews</td>
<td>March 24 &amp; 25</td>
</tr>
<tr>
<td>Combined Ensembles at Gateway Church</td>
<td>March 28</td>
</tr>
<tr>
<td>Band &amp; Choir NZ Tour Concert 7.00 pm MPC</td>
<td>March 28</td>
</tr>
<tr>
<td>Year 11 Urban Challenge</td>
<td>March 30 - 31</td>
</tr>
<tr>
<td>Year 10 Anna Bay Camp</td>
<td>March 30 - 31</td>
</tr>
<tr>
<td>Get Active Ends for Term 1</td>
<td>April 2</td>
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<tr>
<td>Last Day of Term 1</td>
<td>April 2</td>
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<tr>
<td>Good Friday Holiday</td>
<td>April 3</td>
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<tr>
<td>Daylight Saving Ends</td>
<td>April 5</td>
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<tr>
<td>Easter Monday Holiday</td>
<td>April 6</td>
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**Calendar - Term 1**

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<td>Easter Monday Holiday</td>
<td>April 6</td>
</tr>
</tbody>
</table>

**PRINCIPAL’S MESSAGE**
Tuesday 7 April to Friday 17 April 2015

Book NOW as places are limited! 28 places available per day

Term Two 2015
VACATION CARE
COORANBONG CAMPUS

Program Week 1

Tuesday 7 April
Event Cinemas Glendale
HOME (RATED PG)
BUS LEAVING: 9.30am *NO SPENDING MONEY

Wednesday 8 April
Hunter Valley Gardens
INFLATABLES
BUS LEAVING: 9.30am

Thursday 9 April 20 PLACES ONLY!
Taronga Zoo
MOSMAN SYDNEY
BUS LEAVING: 8.30am *$20 MAX SPENDING MONEY

Friday 10 April
Newcastle Entertainment Centre
WALKING WITH DINOSAURS
BUS LEAVING: 9.00am

Program Week 2

Monday 13 April 20 PLACES ONLY!
IMAX Theatre Sydney
ISLAND OF LEMURS
BUS LEAVING: 8.30am

Tuesday 14 April
Hunter Sports Centre
GYMNASTICS
BUS LEAVING: 9.45am

Wednesday 15 April
Event Cinemas Glendale
SHAUN THE SHEEP (RATED G)
BUS LEAVING: 9.30am *NO SPENDING MONEY

Thursday 16 April
Hunter Valley
ZOO NULKABA
BUS LEAVING: 9.30am

Friday 17 April
Super Strike Bowling
WARNERS BAY
BUS LEAVING: 10.00am *NO SPENDING MONEY

Cost & CCB
$55.00 per student 8.00am - 4.00pm
$75.00 per student 8.00am - 6.00pm

This includes all activities, transport costs and entry fees to excursions. Child Care Benefits are available.

LATE PICK UP:
Incurs the full day fee of $75.00

Important Info

Each day:
* Wear Sports Uniform or Vacation Care T-Shirt
* Bring a hat
* Bring a packed lunch and water bottle

To book your spot NOW go to
www.avondaleschool.com.au

All bookings need to be made through our website. A confirmation email will be sent to you confirming your child's booking.

Invoices will be sent out and must be paid prior to commencement.

Please note
If your child does not already attend Avondale School After School Care you will need to fill out an application form. Forms are available from Avondale School Early Learning Centre.