This week ... Year 1 students had a great history excursion to Tocal Homestead and planted vegetables and flowers. Swimming lessons began for Years 3-6 and Avondale School hosted the HRIS Chess Competition.

Next week ... our HRIS Girls’ Soccer Teams compete, Kindy students have a Bike Day and we welcome 2017 Kindy Parents with an Information Evening.

On Responsibility ... we had a large group of parents and students join us on Tuesday evening for Screenagers. This presentation focused on positive use of technology. When and how often our children use technology is an ongoing challenge for parents and educators. Our children face increasing pressure to engage in an online world and our goal is have our students do this responsibly. Parents and teachers need to be vigilant and wise in monitoring the use of technology, ensuring that we take the time to discuss our reasons for these boundaries so that our children learn to be discerning and self-disciplined. We also play a crucial role in modeling responsible use of technology. My challenge for you this weekend is to disconnect from your technology so that you can connect with your children.

“'You are responsible for your own happiness. If you expect others to make you happy, chances are you’ll always end up disappointed.'

www.livelifehappy.com

Our Year 9 students engaged in the Bungonia Camp this week and had an awesome time. I had the privilege of working with students across our campuses in rehearsing for our Combined Choir program coming up on November 5. Both events remind me that whether we are in our element or stepping outside our comfort zone, we have the opportunity to embrace the experience, enjoy it and make memories or look at all the obstacles. Sometimes our students do not realise how much they have in front of them to do their best, reach beyond the ordinary and achieve great things. As we head into exam time over the next few weeks, we will be working (as staff) to push and promote successful study, consistent application and completion of all tasks to the best of your ability! I look forward to you working on your end to facilitate the same!

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

Mr Benton Craig
Head of Secondary
bcraig@avondaleschool.nsw.edu.au
No 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.

2017 Classes
Teachers will be working on class lists for next year in the next few weeks. While we are unable to take requests for class lists based on preferences, we are happy to give consideration to special needs or circumstances relating to your child. Please email Deb Cooper, Head of Primary, at dcooper@avondaleschool.nsw.edu.au with special considerations now.

Year 3S & 3R Excursion to the Hyde Park Barracks

K-2 Learn to Swim Program
November 7 – November 18
All students in Kindy, Years 1 and 2 will participate in a Learn to Swim Program at Morisset Heated Pool from Monday, November 7 until Friday, November 18. Students are required to bring their clearly named swimmers and towel (goggles are optional) each day for the two-week program.

HRIS Girls Soccer
Tuesday, October 25
Avondale School will be sending two Girls’ Soccer Teams (Years 5 & 6 and Years 7 & 8) to Lakes Anglican School on Tuesday, October 25. This is a great opportunity for our girls to demonstrate their soccer skills in a real match. This was such a successful program, which commenced last year, that both schools have decided to continue the event in 2016.

Basketball (Years 3-6)
If you would like your child to learn all the benefits of learning the team sport of Basketball, please see Mr Head for an information and permission note. The development program is open to any student in Years 3-6 and is held in the MPC on Tuesdays from 3.20 pm - 4.30 pm. It is free to Avondale School students.

Years 3-6 Swimming Program
The swimming program for all students in Years 3-6 commenced this week. Students in Years 3 and 4 swim on Wednesdays and Years 5 and 6 on Fridays. All students are to wear their sports uniform on their swimming day ONLY. Please note that swimming replaces Friday sport for the rest of Term 4.

Students are required to bring clearly named swimmers (girls are required to wear a one-piece or a rash shirt over swimmers), towel and goggles. A signed note from home is required if students are unable to participate due to illness. Students are assessed in swimming classes and certificates are awarded.

Class DEP School
3R Mr Robinson 12.50 pm
4B Mrs Bishop 12.50 pm
3M Miss Moncrieff 1.25 pm
4R Mrs Roberts 1.25 pm
3S Mr Skinner 2.00 pm
4PR Mrs Pascoe 2.00 pm
5D Mrs de Martin 12.50 pm
6SM Mr Swafford 12.50 pm
5V Mr Venegas 1.25 pm
5M Mrs Morton 1.25 pm
6HO Mr Hosken 2.00 pm
6HI Mrs Hill 2.00 pm

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**General**

**Screenagers**

Are you watching kids scrolling their life away, with their rapid-fire thumbs and a six-second attention span? Did you know that the average child spends 6.5 hours a day looking at screens? What is the impact of all this time on devices and does it create more friction in homes and schools around the negotiation of screen time? Screenagers, viewed by parents this week in the MPC, looked at this journey and explored the increasing struggles felt by families over social media, video games, academics and internet addiction. Through personal stories, along with surprising insights from authors, psychologists, and brain scientists, Screenagers revealed how tech time impacts kids’ development and offered possible solutions that adults can employ to empower kids in navigating the digital world and finding a balance. Parents who attended found the evening challenging and the suggestions powerful.

**Year 10 Pre-emptive Education**

What? Well that’s exactly why Paul Dillon visits with our senior students every year. From D.A.R.T.A (Drugs and Alcohol Research and Training Australia), Paul shares in a comical, meaningful and very direct way issues around teenage choices to drink and engage in unsafe behaviour with drugs. He really makes an impact, encouraging students to know how to be a good friend at parties, understand the seriousness of poor judgements and be ‘pre-emptive’ in behaviours and choices. Just speaking this year to Year 10, Paul shared the statistics about this age group being known for their risk-taking behaviour in a range of areas, but he is always keen to reinforce that if you do not engage in fringe behaviour, drugs and alcohol, you are in the majority! The students really enjoyed his presentation – ask them for more!

**Girls and Robotics**

In Year 7 all students spend one term learning about controlled technologies. Students use Lego Mindstorms EV3 robotics Lego to build robots. They then use their iPads to program the robots they have created. One of our particular emphases is seeking to engage our female students in an area that they may not have previously had an opportunity to investigate. This has seen a significant interest in design and coding from a number of our female students. Lara H in Year 7 spent time researching designs and then built a robotic dog. She programmed it to move around, sit and stand. Lara shared her design with a group of Year 2 students and explained the challenges she faced, particularly with the choice of the wheels that she needed to attach to the front paws of the dog. Lara needed the dog to move forward without the weight of the head causing it to fall forward. The amount of friction in the front wheels needed to be perfect. As a result of Lara’s visit, eight girls from the Year 2 class have been coming to the Primary MakerSpace each Monday to create their own robots. It’s wonderful to see our girls engaging in coding and robotics, and our older girls inspiring our younger girls.
Please note

Student Safety First

SLOW DOWN
Please make sure you adhere to the speed limit when approaching the school (40kph) and within the school grounds (10kph). Our students and families are very precious and we want to keep them safe.

PICK-UP
Please do not drive onto the school grounds after 3.00 pm and use the Kiss and Drop area. We have BIG buses negotiating the school zone and we need your cooperation to use carline or the carpark outside to keep the roads clear while the buses are arriving and departing. This also applies to outside the Primary Office and the ELC carpark.

Canteen News - Amendments
Oops! Please note two small changes to the 2016/17 Summer Menu.
1. On Wednesdays, Cheese Pizzas are the same price as the Hawaiian and Italian - $5. Small Pizzas are still available for $2 each.
2. Credit and Debit cards are now accepted at The Munchery, but not EFTPOS-only cards!
Also just a reminder that if you owe money to The Munchery, please make the payment ASAP.

Uniform Presentation
Parents we would appreciate your support with having the boys’ shirts tucked in so that they look neat and tidy. Teachers are reminding students every day and it would be great to have your help too in reminding the boys that presenting well is expected. This also applies to girls who ‘forget’ to remove their earrings or studs before coming to school. Our students look great and having the uniform presented well is important.

Library

Did You Know?
The iCentre is open before and after school at the following times:
Monday – Wednesday 8.00 am – 4.00 pm
Thursday 8.00 am – 4.30 pm (when Step Up is on)
Friday 8.00 am – 3.30 pm
(Primary students should be accompanied by a parent after school.)
We welcome students and parents who would like to call in before and after school for study, reading and borrowing.

K-6 Lost Library Books
Thanks to the many students who have returned their Term 3 library books on time. If you haven’t already returned your books it’s time to do so now! Can’t find your books? Kindy to Year 6 overdue notices were sent home this week so please send the nominated fee to the library so that these books can be replaced.

FROM THE PRINCIPAL

It is interesting that when an incident occurs or something goes wrong the first reaction is often to blame something or someone else. I was supervising some boys when a ball flew through the air and hit a window. It was obviously the ball’s fault!
The message for everyone is ‘Your attention please - no one is coming to save you, this life of yours is 100% your responsibility!’
It is great when there is a job to be done and people step up and help. One of the joys of working with students in the school is to see them stepping up. We can make suggestions but when it comes down to it they make their own decisions.
I like Stephen Covey’s quote, “The key is taking responsibility and initiative, deciding what your life is about and prioritising your life around the most important things.” I see this happening over in the Early Learning Centre as students begin the education journey and then I see students in Stage 5 and 6 making decisions about careers and setting goals that will make their dreams possible.
Enjoy the news for this week!

Dr David Faull
Principal

Calendar

Primary Calendar - Term 4
HRIS Girls’ Soccer……………………………………………… October 25
Kindy Bike Day ................................................................. October 26
Kindy 2017 Parent Info Meeting ……………………………..October 26
Kindy 2017 Visit #1…………………………………………….November 2
Combined Choirs Rehearsal #2……………………………November 4
Combined Choirs at Avondale College Church …………November 5
K-2 Swimming ……………………………………………………..November 7 - 18
Rookies and Knights Chess Finals ………………………………November 9
Kindy 2017 Visit #2 ………………………………………………November 24
Get Active Ends for Term 4 ………………………………………November 24

Secondary Calendar - Term 4
Year 11 Parent Teacher Interviews 4 - 7 pm iCentre……October 25
HRIS Junior Touch Football ............................................... October 27
Band at Toronto SDA Church ............................................. October 29
HRIS Senior Touch Football .............................................. November 3
Combined Choirs Rehearsal #2……………………………November 4
Combined Choirs at Avondale College Church …………November 5
HRIS Senior Touch Football ..............................................November 8
Year 12 Formal…………………………………………………… November 10
Year 12 Cambodia Schoolies Service Trip …………………November 13 - 28
Year 11 Retreat …………………………………………………………… November 16 - 18

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Search for Avondale School (Preschool to Year 12).

SCHOOL TERMS 2017

Term 1 Monday / Tuesday, 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 - Monday, December 11

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