THE VIEW

I am honoured to hear the stories of many students at school, and am in awe of their resilience despite the complexity of challenges they face daily. The question that I am often confronted with when hearing these stories is: What empowers our young people to feel completely free to live their best life, to feel good enough?

A student reminded me of the answer to this question when she illustrated a powerful metaphor. She drew a wave to express the overwhelming emotion of anxiety she had experienced, and how all-consuming and uncontrollable it seemed. It felt isolating, limiting, defining of her identity and never-ending. She expressed that she was floundering under the wave, struggling to rise above it.

At the end of the session, she drew a person surfing the wave. An image that represented her as having new hope in conquering this anxiety! What made the difference?

The space between!

The space between was where the shift took place, where courage was ignited, and a new perspective was gained.

The space between is where we feel worthy of being loved, where we know we are good enough.

It’s important to create more space between our busy schedules, our oversaturated media-focused repertoires and stress driven lives for connection with each other. Julie Lowe shares that when we make time for relationship, when we create the space between, we will be the loudest voice in our young people’s lives. We can only withdraw from a bank in which we have deposited or invested. Young people will trust us with their stories when we create space for them to tell them. Let’s model this space between to them so that they are able to make sense of and live out their lives to the full, overcome all consuming emotions and challenges, and have a deep settling in their heart and soul that they are worthy of being loved!

Jesus expertly navigated the space between. He demonstrated how to relate to us with unconditional sacrificial love by giving everything, even his last breath on the cross when hearing these stories is: What empowers our young people to feel completely free to live their best life, to feel good enough?


Liz Harlow
School Counselor
SPORT

Sport Uniforms For Sale
The current sports uniform (new garments and a selection of second hand) will be on sale in the main Admin Building foyer on Friday August 30 from 8.00am.

HRIS Athletics
Last week the Primary Athletics Team, consisting of 81 students from Years 2-6, travelled to Glendale Sports Centre for the 17 school HRIS Carnival. Our students performed extremely well with many achieving ‘PBs’. Special congratulations to Millie G (8 year old) and Tom B (9 year old) who took out the individual Age Champion medallions. Congratulations to our 8 year old boys and 9 year old girls who took out the Age Banner awards. Congratulations to the following students who broke HRIS records: Ben E (8 year old) - 100m and Long Jump, Harry K (12 year old) - Javelin, and Hayden I (12 year old) - Javelin. School Results: 1st Hunter Valley Grammar School, 2nd Avondale School, 3rd Central Coast Adventist School, 4th St Columba Primary School, 5th Macquarie College

HRIS Soccer / Netball Gala Day
On Tuesday, three Soccer teams and three Netball teams totalling 80 students participated in the HRIS Gala Day at different venues around Newcastle. Our students all had a fantastic day demonstrating their skills which have been developed over many lunch times of practice. A big thank you to our team managers and coaches; Soccer - Mr Venegas, Mr Head and Mr Edwards and Netball - Miss Herman, Mrs Hill and Mrs Lupi. Results were as follows; Netball teams - Senior A 11th, Senior B 6th and Junior C 12th. In Soccer Senior A 9th, Senior B 5th and Junior C 5th.

CIS Athletics
Thursday September 12
The following students have been selected to compete at the CIS Athletics Carnival on Thursday September 12 at Homebush: Ben E - 8 year (100m and Long Jump), Maple P - 9 year (100m), Caitlin C - 10 year (100m and 200m), Isaac C - 11 year (Discus), Jayden T - 11 year (Shot Put), Hayden I - 12 year (High Jump and Shot Put), Harry K - 12 year (Discus), Sadie S - 12 year (Discus), Ally R - 13 year (100m), Will B - 13 year (100m), Jhett H - 13 year (100m).

Kings Chess Team
Congratulations to our Kings Chess Team who this week completed the second half of the competition taking out 1st place, with Newcastle Grammar School coming 2nd. The team will now go into the final in Newcastle in Term 4. Team: Board 1 - Hayden I, Board 2 - Daphne J, Board 3 - Jeremiah S, Board 4 - Benzen B.

Sports Equipment and Uniforms
Students who borrowed athletic equipment over the holidays are requested to return it to Mr Head as soon as possible. All soccer and netball uniforms also need to be returned next week.

HRIS Golf
Monday October 21
The HRIS is commencing a primary Golf Tournament on Monday October 21. Please see Mr Head for more information.

HRIS Equestrian Event
Friday November 1
The 2019 HRIS Equestrian Event will be held on Friday November 1 at Morisset Show Ground. Please see Mr Head for more information.
CLASS

Year 8 Mathematics Project Based Learning
On Wednesday this week, a Mathematics (STEM) project-based learning task was launched with Year 8 students. Students in Year 8 Mathematics classes will be exploring the impact that the current drought is having on communities such as the Cobar Community - a community that our students and staff have previously connected with as part of the STORMCo program that our school has run for quite a number of years now. As part of the launch of the Cobar Drought Project with our Year 8 students, one of our staff members and three of our senior students shared first hand experiences that they had had as part of this year’s STORMCo trip to Cobar. This certainly highlighted some of the tough issues that the Cobar community are facing right now. As students learn about data collection, representation and analysis in Mathematics classes over the next few weeks, they will be exploring data that is relevant to the tough situation in Cobar. They will use spreadsheet technology to assist them in creatively completing the project given them. We are looking forward to seeing what each of our Year 8 students produce. (The project is due on Monday, September 9.)

Year 12 Geography Excursion
On Monday, Year 12 Geography students had a fascinating day observing, taking field notes and listening all about the development taking place at Barangaroo and Miller’s Point.

GENERAL

STORMCo Chapel
At Chapel on Monday morning we honoured students and staff who took time out of their July school holidays to serve as part of this year’s STORMCo Trip to Cobar. This is the 21st straight year a team from Avondale School has gone to Cobar to invest in the community there.

Where: Avondale School - MPC
When: Starts - August 10
Time: 9:45am
For more info contact James Greensill
jgreensill@avonaleschool.nsw.edu.au
0428 999996

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STEP UP

3.30 - 4.30PM THURSDAYS in the iCentre
Please note that it will not be running September 26 (last day of Term 3).

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!
Fathers Day GIFT STALL
FRIDAY, 30 AUGUST
PRIMARY CAMPUS MAKERSPACE
GIFTS FROM $1

K-6 Storytellers
Our Primary students have really enjoyed the amazing stories that have been presented this week at lunchtimes in the Story Centre. A BIG thanks to George the puppet, Mrs Deb Cooper, Dr Adelle Faul and Mr Stuart Clark for taking the time to enthral the students with their adventurous and humorous tales.

K-12 ‘Reading is my Secret Power’ Competition
During Book Week many students had lots of fun looking at photos of the School staff dressed in their disguises while reading. It was the students’ job to work out who the teachers were through their various disguises with students from Kindy through to Year 12 entering the competitions. K-6 competition winners will be announced in next Monday’s assembly.

K-6 Book Character Parade
What a colourful array of book characters paraded around with their books in a very full MPC yesterday morning! The judges had a VERY difficult time selecting five creative and original costumes from each Year Level. These students received special awards and book gift vouchers on the day, and their names will be listed in next week’s newsletter. Thank you so much to all the parents and friends who attended our biennial parade, and for all the amazing costumes that you and your children produced!

K-9 Premier’s Reading Challenge (PRC)
Thanks to so many students who have already handed in their completed PRC reading record sheets. You have only one week left to finish your reading as the finish date is next Friday August 30. Well done to all the students that persevered with their reading challenge for 2019!

Private Music Tutors
Are you interested in having music lessons? We have many great tutors and instruments available to learn on. Please contact tutors directly to arrange lesson times.

Piano
Kylie Stacey / 0409 939 302
Sandi Lowe / 0447 006 209
Cybèle Coutet (AMEB) / 0423 455 977
Jan Hughes / 4977 2037
Henry Higgins / 0490 040 308
Sophie-Lee Johnson / 0490 451 781

Voice
Cybèle Coutet (AMEB) / 0423 455 977

Strings
Henry Higgins (cello) / 0490 040 308
Esther Albert (cello / violin / double bass) / 0439 420 661

Woodwinds
Meldi Arkinstall (flute) / 0413 548 985
Fred Cracknell (Saxophone / clarinet) / 0404 082 151

Brass
Fred Cracknell / 0404 082 151

Guitar
Jake Bisognin / 0400 389 612
Toby Zeuschner / 0405 405 131
Henry Higgins / 0490 040 308
Gary Lowler (group lessons / ukulele) / 0438 608 180

Drums
James Dennett / 0401 549 084

Avondale School Newsletter
A new $100 Creative Kids Rebate can be put towards the cost of registration, participation or tuition fees for creative and cultural activities such as music lessons with registered teachers. You can apply for an active kids voucher at Service NSW online or in person.

We value... FORGIVENESS