The Benefits of Boredom

“I’m bored!” It’s the phrase that causes guilt and frustration for parents and teachers alike. Boredom has a bad rap. We live in a world where we are bombarded with distractions and entertainment and we’ve come to expect to be constantly mentally stimulated, but is that a good thing?

We strive to entertain and educate our children in a myriad of ways every day. They have access to amazing technology and a never-ending list of extracurricular activities. Life for children in the twenty-first century is packed very full. Music lessons, sporting activities, school, tutoring, technology. All valuable. But where is the down time?

The resting brain (aka the bored brain) has been shown to be far more creative and capable of solving complex problems. In scientific studies where subjects were given repetitive tasks to complete, they showed increased abilities to think creatively and were able to come up with astounding left-field ideas for real life problems.

The resting brain seeks stimulation by wandering. This process allows children (and adults) to be self-reflective. We are able to process emotions in a way that improves self-awareness and wellbeing. Quiet moments allow for mindfulness.

Author F Scott Fitzgerald writes, “Boredom is not an end-product ... rather an early stage in life and art. You’ve got to go by or past or through boredom, as through a filter, before the clear product emerges.” Good in theory, right? But when you have a whining child on day one of the holidays, what do you do? I encourage you to unplug and persevere! Children need to be encouraged to see boredom as an opportunity to take control and find something to engage in. You may need to suggest some ideas and provide some materials to encourage creative play and curiosity to flourish. The benefits of child-directed activity and play are overwhelmingly positive: curiosity, perseverance, playfulness, confidence, inventiveness and concentration.

Boredom can be a stepping-off point for wild adventure and discovery. ‘Children need to sit in their own boredom for the world to become quiet enough that they can hear themselves.’ Dr Vanessa Lapointe
Primary Speech Night
Thursday, December 7, 5.00 pm
Speech Night will be held in the MPC from 5.00 pm until 6.15 pm on Thursday, December 7. All students in Years 1-6 are asked to wear their full summer uniform, with polished school shoes.

Salvation Army Food Drive
We invite you to help us collect non-perishable food for the Salvation Army. Food can be brought to school all next week and kept in the classroom. On Friday, students will take the food to our final Chapel where it will be presented to the Salvation Army. Help us bless families in our community this Christmas. (No glass jars please.)

Year 6 Final Chapel – Friday, December 1
The final Chapel for Year 6 will be held in the MPC from 9.00 am next Friday, December 1. All students from Kindy to Year 6 must wear their full summer uniform (not sports uniform). Parents are most welcome to attend.

2018 Student Leaders (Captains, Prefects, House Captains and House Vice Captains)
Our student leaders for 2018 including Captains, Prefects, House Captains and House Vice Captains, will be announced at our final Chapel next Friday, December 1. Parents are most welcome to attend.

Whooping Cough
We have had a reported case of Whooping Cough at School this week. Should your child develop a persistent cough, please seek medical attention as soon as possible. Students diagnosed with whooping cough are to be excluded from school. More information about the illness is available on the NSW Department of Health website.

Out of Uniform Procedure
If your child is out of uniform, parents need to send a note or email to the teacher to explain the uniform situation. We ask that you have your child back in the correct uniform as quickly as possible.

School Travel 2018 – Opal Cards
Students will need to keep their current Opal Cards for travel in 2018. These cards will be automatically deactivated for school holidays and then reactivated for school travel in Term 1 so do not throw them away. Please note, you will need to reapply at www.transporthnsw.info/school-students only if your child is progressing from Year 2 to Year 3 or from Year 6 to Year 7 to ensure your child is able to travel in 2018.

Opera House Performance
On Sunday, November 19, students from Avondale School performed at the 39th Annual Suzuki Graduation Concert in the Opera House. Congratulations to the following students on their achievement levels:
- Cello
  - Level 4: Jason L
  - Level 6: Kaiden A
- Violin
  - Level 2: Natalie S, Ava M
  - Level 3: Kalan C, Laela N
  - Level 5: Aidan C, Gemma L
- Viola
  - Level 5: Rhianna L

Tri-School Cricket
The Primary School Cricket Team met at Martinsville Oval last week for the annual matches with Central Coast Adventist School and Macquarie College. In the first match Avondale School (61 runs) beat Macquarie College (53 runs). Our opening batsmen, Nathan R and Matthew G, ticked over the run rate nicely until the 12th over when they pushed the run rate up to 3 per over. The second match between Macquarie College and Central Coast Adventist School was won by Macquarie College. The third match was won by Central Coast Adventist School (51 runs) over Avondale School (43 runs). This meant both innings needed to be added together to break the tie. The result was Avondale School and Macquarie College who tied for first place and will share the shield.

Table Tennis
The annual Table Tennis Competition was held this week with 74 students competing. Congratulations to the following students for achieving a top 3 place:
- Girls
  - 1st: Abbey C
  - 2nd: Amy M
  - 3rd: Nikysha B
- Boys
  - 1st: Matthew G
  - 2nd: Robert K
  - 3rd: Jake B

Years 3-6 Hand Ball Competition - November 29
The Handball Competition will be held next week for students in Years 3-6 for registered students. There will be two divisions, Junior (Years 3-4) and Senior (Years 5-6).
Year 10 Food Technology Birthday Cake Creations
This week Year 10 Food Technology students put all their cake decorating skills to the test to create some amazing birthday cakes.

Secondary Speech Night
Thursday, December 7, 7.30 pm
Speech Night will be held in the MPC from 7.30 pm until 9.00 pm on Thursday, December 7.

End of Year Sign-off
If for some reason your child(ren) will be finishing earlier than the scheduled Friday, December 8, you will need to have a request in writing to Mr Craig ASAP please. This will allow us to provision time for all the school processes to be completed by your child(ren) before leaving. If your child is not returning in 2018, the deregistration process will need to take place. We are required to record official attendance to December 8. If your child(ren) leave early, a note of explanation will be required for BOSTES purposes.

Baptism

When: Saturday November 25 @ 4:30pm
Where: Shingle Splitters Park, Balcolyn

(OR if wet weather: Avondale College Church, Cooranbong - Check the Avondale School Facebook page to confirm location if weather is not looking good on the morning of November 25.)

Invitation: We would love for you to come and support these young people as they each make their commitment to God: Tyson Hibbard, Byron Richards, Jeremy Howe, Liah Bennett, Nikysha Bennett & Chloe Hibbard.

In addition, you are also welcome to come and join these young people for lunch at 1:30pm at Shingle Splitters (weather permitting) - bring along a BYO picnic.)
LIBRARY

K-6 Library Parties
Our library parties are over for another year. What a great time we had together enjoying party food and each others' company. We look forward to doing it all again next year so make sure you aim to borrow great books EVERY week during 2018. Library party photos can be viewed on the iCentre Landscape page. https://landscape.avondaleschool.nsw.edu.au/homepage/1762

Years 7-11 Library Book Return
All books need to be returned by Thursday, December 1 to avoid charges being made at sign off. Students returning to complete their HSC in 2017 are welcome to borrow books for use over the holiday period. However, all books currently on loan should be returned by December 1 and when borrowing records are clear, they can borrow other items for use during the break.

K-6 Library Book Return
Thanks to most students who have already returned their library books for the year. Congratulations to the following classes that were first to return all their library books! Stage 1 - KSL, Stage 2 - 3D, Stage 3 - 6H

2017 Library ID Cards
Please don’t throw out your 2017 library ID borrowing cards as they can be used next year until the new cards are ready.

PLEASE NOTE

P&F Leaders Needed for 2018
Put your hands up! Avondale School P&F are looking for new leaders and a new team to lend a helping hand in 2018 and beyond. If you are a parent and have a keen interest in being a part of what goes on at school, we would love to have you on board. Contact us at admin@avondaleschool.nsw.edu.au

ADRA Gift Christmas Tree
You can help create a brighter future for people in poverty by purchasing a meaningful gift from the Avondale School ADRA Christmas Tree. Just $45 can provide 12 egg laying ducks to a family so that they can start a business and build a brighter and more secure future. Many other gift options are available from $2 - $1000+. See the ADRA Christmas Tree in our Admin Office to purchase a life-changing gift today and help brighten someone's future.

School Fee Payments
Thank you to all who have finalised their fee accounts for this year. Term 4 has certainly gone very quickly and we now only have 3 weeks left to the end of school so we would request any money still owing on fees be paid by this time. If you have any queries concerning your account, please contact Faye or Sheree in the Business Office.

Primary Calendar - Term 4
NSW Chess Championship Kings Team…………………………………… November 26
Pupil Free Day ............................................................... November 27
Handball Competition ............................................................ November 29
Kindy Concert ................................................................. November 29
P&F Meeting 3.15 - 4.00pm Admin Building (LAST ONE 2017) November 30
Community Christmas Carols .................................................... December 3
Primary Speech Night 5.00pm .................................................. December 7
Last Day of Term 4 ............................................................. December 8
Last Day for Staff ................................................................. December 11

Secondary Calendar - Term 4
Year 12 Cambodia Service Trip .................................................. November 12 - 26
Pupil Free Day ............................................................... November 27
Year 7 Geography Excursion .................................................... November 28
P&F Meeting 3.15 - 4.00pm Admin Building (LAST ONE 2017) November 30
Community Christmas Carols .................................................... December 3
Secondary Sign-Off Day ........................................................... December 7
Secondary Speech Night 7.30 pm ................................................ December 7
Last Day of Term 4 ............................................................. December 8
Last Day for Staff ................................................................. December 11

Like us on social media for regular information updates!

SCHOOL TERMS 2018
Term 1 Monday, January 29 - Friday, April 13
Term 2 Monday, April 30 - Friday, July 6
Term 3 Monday, July 30 - Friday, September 28
Term 4 Monday, October 15 - Friday, December 7

Avondale School
p. (02) 4977 0200
e. admin@avondaleschool.nsw.edu.au
w. www.avondaleschool.nsw.edu.au