"Digital devices are not a drug. If anything, they are a syringe; The difference being: the syringe is the method of delivery. The substance you put in the syringe is the difference between a junkie and a diabetic." - Jocelyn Brewer, Registered Psychologist and creator of www.digitalnutrition.com.au

Jocelyn Brewer encourages us to focus more on the ‘nutritional content’ (type of digital use) and less on the ‘Kilojoule Intake’ (time on digital device). We are no longer able to think only in terms of screen time because of the increasing reliance on technology for both school specific and other learning. While 60% of parents surveyed by the eSafety Commissioner in 2016, recognised that their child is exposed to risks of being online, 90% also identified many benefits of having access to the internet for finding information, entertainment, technology proficiency, feeling closer to friends and family, and developing problem-solving skills (2016, eSafety Commissioner).

How do we keep our children safe in this technologically progressive culture? The eSafety Commissioner has a range of resources about cybersafety and risk management techniques for parents which they can promote to their children and adolescents. Parent’s participation in consistent rule setting, support and respect is essential for promoting and maintaining a positive digital experience. We all have a role to play in ensuring our children are equipped to confidently make healthy decisions online including asking for help when they need it. In my experience as a school counsellor, some of the most valuable and preventative recommendations made by the eSafety Commissioner are:

1. Educate children about positive online behaviour and encourage adolescents to think every time before they post, text or share and consider potential long-term social and legal consequences of their actions. Encourage respectful and assertive online use and avoid posting things that might be misunderstood or may upset others.
2. Help them keep their personal information private. Ensure your child uses strong passwords on devices and explain the importance of not sharing passwords, even with friends.
3. Give strategies to deal with upsetting online content, from turning off the screen, telling a trusted adult, and showing them how to block and report people.
4. Consider having a ‘recharge station’ in the home where all devices, including adults’ ones are placed during family activities.

Ongoing education and positive role modelling of appropriate, balanced, healthy and constructive use of devices and screens empowers our young people to make the healthiest decisions when it comes to their Internet usage.

REFERENCES
www.digitalnutrition.com.au

Tiffany Hernandez
School Counsellor
**GENERAL**

**NAPLAN Online**
The National Assessment Program, Literacy and Numeracy (NAPLAN) is an annual national assessment for students in Years 3, 5, 7 and 9. Planning has begun to move NAPLAN from pen and paper assessment to an online assessment. Avondale School students in Years 3 and 5 will participate in the NAPLAN Online School Readiness Test from September 11-15. This is a practice run for our school to assess our technology and it allows our school to:
- become familiar with the NAPLAN Online Test format and processes
- provide students in Years 3 and 5 with the opportunity to experience the online test question types and format by completing a practice NAPLAN online test.
The readiness test is not an assessment of student ability. Further information can be accessed on class Landscape pages.

**Bus Travel – Opal Cards Required**
Students travelling by bus to and from school MUST have an active School Student OPAL Card which is to be “tapped” on the bus for each and every journey made. New applications, replacement passes or inactive cards can be ordered at www.transportnsw.info/school-students Opal cards will be posted to your home address.

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**Parents & Friends**
**FATHERS DAY STALL**

Friday 1 September

**Great gifts from $1 - $20**
Raising money for P&F school projects

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**CLASS**

**Year 6 Visit from Federal Member**
The local Federal Member, Joel Fitzgibbon, will be visiting Avondale School on Thursday, August 31 to talk to the Year 6 students about Federal Government prior to their excursion to Canberra later this term.

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**SPORT**

**Term 3 Sport Uniform**
Kindy - wear sports uniform Mondays and Tuesdays
Year 1 - 1W wear sports uniform on Mondays and Tuesdays
15 & 1H wear sports uniform on Tuesdays
Year 2 - wear sports uniform Tuesdays
Years 3-6 - wear sports uniform Tuesdays and Fridays for Term 3.
CLASS

HRIS Debating

Last Thursday was the HRIS Middle School Debating Gala Day which was hosted by Macquarie College this year. The Year 7 team consisted of Jacob C, Sarah M, Elijah M and Gemma L, and the Year 8 team consisted of Ben L, Olivia M, Byron R and Scarlett M. The Year 7s debated against Heritage College about extending the school day to reduce homework, and the Year 8s debated Bishop Tyrell College about the use of a sugar tax to lower Australia’s obesity levels. Both Avondale School teams won their debate and found the entire day very enjoyable. This competition gave us a chance to associate with students from other schools and to see people we were already friends with. It was also quite an informative learning experience.

Ben L, Year 8 Debating Student

GENERAL

NAPLAN Online Tests


GLOBAL WALK AGAINST HUMAN TRAFFICKING

Gateway Church

SEE A NEED, FILL A NEED

STOP THE TRAFFICK

5KM WALK

SEPTEMBER 2ND, 1PM

AVONDALE SCHOOL MPC

COST: $8 REGO FOR PERSON/FAMILY
+ MIN $7 DONATION FOR INDIVIDUAL
+ MIN $15 DONATION FOR FAMILY

Register ONLINE at
www.captivating.org/events

SUNDAY
27 AUGUST

CLOTHING EXCHANGE

For Our Sisters in PNG

Women in PNG are subjected daily to abuse of all kinds. Many receive injuries from their own husbands. We are selling our clothes to raise money towards building a women’s refuge.

Come and support our cause by bringing your clothes, selling your clothes and buying pre-loved, excellent condition clothes.

$20 per table to sell off + 10% to fundraiser.
Must have own float.
Come sell your clothes for a fantastic cause.

Don’t want to sell – donate your clothes for us to sell
DONATIONS greatly accepted.

VENUE:
MPC Foyer
0451 122 440 to book a table or drop clothes off to Fiona Watson @ Avondale School
Sunday 27 August
10 am – 12 noon

NAPLAN Online Tests


YEAR 12 HSC MUSIC STUDENTS LIVE

AT LIZOTTE’S!

Thursday
31 August at 7pm*

Cost $15 per person
Purchase own dinner & drinks on the night

Book online to support our students
www.lizottes.com.au
Bookings for the Colour for Cambodia School Colour Fun Run close this Friday, 25 August. Support the Cambodia project of RestoreOne where our Year 12s will go on their end of year mission trip.

The Fun Run is just $15 per person. A reminder that students from our Primary Campus do not need to register as their participation is included as part of their fundraising efforts. Please remember to complete your permission slips on the forms when you return them. All forms are due back on 1 September to the Primary Office. If your child does not wish to do the run but still wishes to fundraise, they are more than welcome to and will still be eligible for the relevant prizes. Participation in the run at Family Festival is optional.

If parents wish to run and participate with your child, please complete the registration form online. However, if you just wish to supervise your child during the run but not participate, you do not need to register. Only those that register will receive the powder, wristband and sunglasses. A reminder too that we will not be selling bands for rides at Family Festival this year. All the rides and entertainment will just be a ‘pay as you go’, which will allow more flexibility for those attending. We recognise this is a change from what has been done previously but we have had to make some adjustments to the day to make it more viable to continue. There are also a few stall holder spots left. Just $50 per site. Book by August 27.

Primary Calendar - Term 3

HRIS Soccer & Netball Gala Day ........................................... August 29
Kindy Bike Day ................................................................. August 30
Year 1 Donuts for Dads Afternoon Tea............................... August 31
Father’s Day ....................................................................... September 3
One Day Chess Competition ............................................ September 4
Kindy Oakvale Farm Excursion ........................................... September 7
Kindy & Year 1 Athletics Carnival ........................................ September 8
Family Festival - Colour for Cambodia Fun Run................. September 10
Year 5 Colonial Day .......................................................... September 11

Secondary Calendar - Term 3

ACT Mountain Biking Competition .................................... August 24 - 26
Year 9 & 10 Boys Oztag ..................................................... August 28
Year 10 One on One Subject Interviews.......................... August 28
Year 12 Parent Teacher Interviews 4.00 - 7.00 pm CLC .......... August 29
Year 12 Music Performs at Lizotte’s ................................. August 31
Year 10 Subject Choices for Year 11 2018 Due ................. September 1
Father’s Day ....................................................................... September 3
Week of Worship .............................................................. September 4 - 8

K-9 Harrison Craig Author Visit
Harrison Craig, singer, inspirational speaker and author, was amazing! He helped us realise that it’s never OK to tease or bully anyone because they are different. He has overcome his stutter through hard work and perseverance and thought that writing a children’s picture book would be the best way to get his message out. Harrison also sang for us and signed many books and autographed papers. The library still has a few signed copies of Harrison’s Song books available for sale at $25.00 for hard cover and $17.00 for soft cover books.

K-12 ‘Where Will Reading Take You?’ Competition
Entries have now closed for K-6 and winners will be announced in Primary Assembly on Monday, August 28. Our Secondary School Book Week Competition ends early next week and winners will be emailed to come to the library to collect their prizes. Watch next week’s Newsletter for the names of the prize winners.

Yrs 7-12 Quizzical
The High School Book Week Event ‘Quizzical’ ran today in the iCentre. Junior and Senior teams enjoyed snacks and had fun whilst competing for spot prizes and prize money. The winning Junior and Senior teams will then go on to compete against our sister schools at Battle of the Books next week at Central Coast Adventist School in Erina.

We Value Forgiveness