THIS WEEK … we’ve fully embraced Book Week. Our senior students were challenged with the Hunter Valley Mathematics Competition and Year 6 students had an awesome day on the Secondary Campus.

NEXT WEEK … we’re looking forward to presenting our concert on Thursday evening. Our Soccer and Netball teams are off to the HRIS Gala Day, Kindy students are heading to Oakvale Farm with their dads, and Year 1 students are sharing donuts with their dads.

ON RESILIENCE … Learning to make mistakes is an important part of resilience. Our expectations often set children up to have perfectionist attitudes. Many students see mistakes as a devastating embarrassment, however we want them to use a growth mindset and see that mistakes are an integral part of the learning process. Schoolwork, sporting activities and social skills all improve as a result of errors. As parents and teachers we want our children to hear these important messages from us - we don’t expect you to be perfect, we love you even when you make a mistake, adults make mistakes too, mistakes are an opportunity to learn and improve. So next time you feel compelled to rescue your child, step back and take the time to help them build their resilience.

“Life doesn’t get easier or more forgiving, we get stronger and more resilient.” Steve Maraboli

This week had me reflecting on the amazing success of our seniors being involved in our service period. We take our Year 11 students (now for the second year) every second Friday morning across to the ELC and the Primary Campus as well as to Bayside Care, Adventist Senior Living Retirement Village and Kindy Patch Bonnells Bay. In that time, they participate in activities, complete tasks asked of them and interact with the kids or aged residents. And our students do themselves and us proud. This year’s Year 11 are the first cohort to be coming through who did the Design Challenge in Year 8 with the aged residents at the Adventist Senior Living Retirement Village. Their understanding of what it means to listen, respond and engage with this service time is simply phenomenal. And to top it off, we had the chance from last year’s group to facilitate the development of an app for dementia patients, created from scratch from four of our students (read more in this edition of our Newsletter)! So excited for and proud of our students and their ‘others-focus’.

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

Mr Benton Craig
Head of Secondary
bcraig@avondaleschool.nsw.edu.au
Primary Variety Concert
Thursday, September 1
Our students are very excited to present their Variety Concert next Thursday evening, September 1 in the MPC. An email was sent home to all parents this week with important information in regards to arrival times, uniforms and costumes. We look forward to seeing you all there.

P&F Father’s Day Stall
Thursday September 1
Our P&F will run a Father’s Day Stall in Room 11 located in the Primary School next Thursday, September 1. All students from K-12 are welcome to purchase from the stall with gifts ranging in price from $2.00 - $30.00. Primary students will visit the stalls during class time. All money raised will go towards STEM project.

‘Rabbit Proof Fence’
Our grounds team do a great job around the school, don’t they? You might have noticed a fence has been put up around the rose bushes. Unfortunately, the rabbits and wallabies have had ambitions to attack our rose bushes. Every time they are planted the furry critters come up at night and eat every little shoot and the plants die. So having tried numerous methods to reduce the risks we have erected a fence around the rose bushes. Let’s hope we can keep the roses happy and we can all enjoy the blossoms soon!

HRIS Soccer & Netball Gala Day
Tuesday, August 30
There will be over 70 students representing Avondale School next Tuesday in both soccer and netball at different Hunter venues. The six teams of students have developed their skills over many lunch time training sessions. The Netball Gala Day will be held at the Newcastle Netball Courts, Union Street, Newcastle. The A and B Senior Soccer teams will play at Maitland Park, Park Street, Maitland. The C Junior Soccer team will be at Adamstown Oval, Popran Road, Adamstown. NOTE: Students will be given their uniform the day before and are to wear it on the day. Students must also bring their sports uniform to wear home, as all uniforms MUST be handed in before going home.

Kings Chess Team
Last week the Kings Chess Team travelled to St Philip’s Christian College Waratah to complete the final five rounds of the Newcastle Junior Chess Competition. The strength of the teams from Avondale School and New Lambton South Public School was very obvious on the day, with these two teams defeating the other teams 4/0. Students from Avondale School showed great sportsmanship in teaching some moves and strategies to other students after they had won their matches. Unfortunately the team from New Lambton South Public School was the stronger team on the day and will now go to Sydney for the NSW finals. Congratulations to Ryan B (Board 1), Matthew G (Board 2), Elijah M (Board 3), and Samuel N (Board 4) for achieving the 2nd best ranked team in the Newcastle Hunter Region. There are over a hundred primary teams in this region.

SPORT UNIFORM TERM 3
Kindy wear sport uniform on MONDAYS & TUESDAYS
Years 1 & 2 wear sport uniform on TUESDAYS
Years 3-6 wear sport uniform on TUESDAYS & FRIDAYS
Secondary

Class

Year 10 Food Tech Restaurant
Year 10 Food Technology were very busy running a restaurant this week for some very lucky teachers as part of their studies. Each group designed, planned, produced and served delicious food items for their guests. They are to be congratulated on a wonderful dining experience for all.

HRIS Middle-School Debating Gala Day
On Thursday, August 18 a number of Year 7 and 8 students represented Avondale School at the HRIS Debating Gala Day at Macquarie College. It was a really fun experience and we all enjoyed it. We got to meet new people and had the chance to talk to some good debaters from other schools. We debated a lot of interesting, controversial topics and definitely learnt heaps about presenting and writing great speeches. We are all looking forward to debating again.
Written by Olivia M and Ben L - Year 7

P&F Father’s Day Stall
Thursday September 1
Our P&F will run a Father's Day Stall in Room 11 located in the Primary School next Thursday, September 1. All students from K-12 are welcome to purchase from the stall with gifts ranging in price from $2.00 - $30.00. Secondary students are invited to visit during their recess and lunch breaks. All money raised will go towards STEM project.

APP-solutely Outstanding!
As part of Avondale School's Service to the Community program, four senior students took it upon themselves to design and create an app to help dementia patients. After being approached by Allity Bayside Aged Care asking if they would be interested in helping develop a program that would assist their elderly dementia patients, Braydon H, Joshua M, Andrew T and Filip R in Year 12 were up for the challenge. Using their own time and with the support of staff and school resources, the students set about using their love of coding and IT software design to create their very exciting and professional app. Bayside Care have endorsed the app and it will now be used as part of the ongoing programs with their dementia patients. Bayside Care were so impressed by the boys’ creation that they intend on helping the students launch it onto the Apple App Store in the future.
From the Principal

Book Week
Book Fair
We've had a wonderful time at our Book Fair this year with so many students, parents and grandparents purchasing hundreds of books. Our annual Book Fair is a fundraiser for our library and we appreciate the support given by everyone who bought books this year. Your support will enable us to purchase more books and equipment that will benefit our students and complement their learning.

On the North East coast of Australia there is a place called Cape Tribulation. It was given that name by Captain Cook in 1770 because his boat hit the reef there, not once but twice, causing all sorts of troubles. But despite the tribulation (trouble) he and his crew limped on with temporary repairs to the ship, until they found a spot where they were able to fix the damage to the ship.

Many of us have experienced troubles and trials. Even though a crisis may seem to be our ‘Cape Tribulation’, it is what we do with it and how we respond that counts. We are more likely to feel positive if we can see that difficult times are a part of life, that they’ll pass, and that things will get better.

Resilience is the ability to find the inner strength to bounce back from a set-back or challenge - it's the bounce that counts! Picking ourselves up after life’s hurdles and learning from the experience is a great opportunity to develop resilience that will serve us well in the future!

Enjoy the news for this week.

Dr David Faull
Principal

Calendar

Primary Calendar - Term 3

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>HRIS Soccer &amp; Netball Gala Day</td>
<td>August 30</td>
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<tr>
<td>Kindy Oakvale Farm Excursion</td>
<td>August 31</td>
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<tr>
<td>P&amp;F Father’s Day Stalls</td>
<td>September 1</td>
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<tr>
<td>Primary Variety Concert</td>
<td>September 4</td>
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<tr>
<td>Father’s Day</td>
<td>September 5</td>
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<tr>
<td>One Day Chess Competition</td>
<td>September 7</td>
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<tr>
<td>Rookies &amp; Knights Finals Chess</td>
<td>September 9</td>
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<tr>
<td>Kindy &amp; Year 1 Sports Day</td>
<td>September 10</td>
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<tr>
<td>Art Show 6.30 pm @ the CLC</td>
<td>September 11</td>
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<tr>
<td>Family Festival</td>
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</tbody>
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Secondary Calendar - Term 3

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Choir at Dora Creek SDA Church</td>
<td>August 27</td>
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<tr>
<td>Year 10 Electives Due for 2017/18</td>
<td>August 29</td>
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<tr>
<td>Year 12 Visual Arts Major Work Due</td>
<td>August 29</td>
</tr>
<tr>
<td>Year 12 Music Perform at Lizottes 6.30 pm</td>
<td>August 29</td>
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<tr>
<td>Year 12 Parent Teacher Interviews 4.00 - 7.00 pm CLC</td>
<td>August 30</td>
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<tr>
<td>Battle of the Books Interschool Competition</td>
<td>August 31</td>
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<tr>
<td>P&amp;F Father’s Day Stalls</td>
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<tr>
<td>Father’s Day</td>
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<tr>
<td>Year 12 Music Works Due</td>
<td>September 5</td>
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<tr>
<td>Years 9-12 Music &amp; Drama Excursion</td>
<td>September 7</td>
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Like us on Facebook for regular information updates.

Search for Avondale School (Preschool to Year 12).

school terms 2016

| Term 2                  | Tuesday, April 26 - Friday, July 1 |
| Term 3                  | Monday, July 25 - Friday, September 23 |
| Term 4                  | Monday, October 10 - Monday, December 12 |

Enjoy the news for this week.

Dr David Faull
Principal
Avondale School

Family Festival

Sunday 11 September • 9am - 2pm

Attractions on the day...

Carnival Rides
Market & Produce Stalls
Live Entertainment
Laser Tag
1km & 3km FUN RUN
Animal Farm & Pony Rides
Competitions & prizes

Great Family Fun!!

Pre-purchase unlimited Carnival Ride Armbands $20ea

VISIT OUR WEBSITE TO MAKE BOOKINGS OR PURCHASE CARNIVAL RIDE ARMBANDS TODAY!

avondaleschool.com.au
119 Avondale Rd, Cooranbong

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