Week 5 has simply raced by! Our Kindy students have enjoyed their last rest day and are now with us five days a week. Everywhere you look, our students are busy learning. Our Swimming Team attended the HRIS Swimming Carnival and competed brilliantly.

Part of our Student Well-being initiative this year is the introduction of a resiliency program called Bounce Back! This is an award-winning program that teaches students social skills and pro-social values, coping strategies, bullying prevention, and self-esteem. Every Year Level will be involved in this program with the support of our Pastoral Care team. Pr Mel and three of our teachers are attending a training session today.

We have a special guest speaker planned for March 17 to talk to parents on the topic of Bullying and Resilience. The content of this presentation is highly practical so mark the date on your calendar.

Open Day is next Tuesday. Our classrooms are open for the MORNING so if you’re free, plan to visit your child’s classroom. We’re really proud of our school!

Our current value is Discernment. We want our students to learn to make wise choices. “Teaching kids to count is fine, but teaching them what counts is best.” Bob Talbert

THOUGHT FOR THE WEEK ... “Listen for God. Listen to God. Then do what He says.” Kenneth Copeland

THIS WEEK? ... On the whole, our Year 12 Work Placement students for VET have had a very successful, exciting week, doing themselves and the School proud. For the rest of us, having reached half way in the term, there’s a lot of serious talk (and work!) about assessments, tasks and tests. So please encourage your child(ren) to prepare, plan, study and consistently chip away at all given work. It makes a BIG difference! Our School Team for HRIS Swimming did an outstanding job, coming second in the meet and our 9 junior students in the All Schools Triathlon placed well today.

AND NEXT? ... Teachers will be finishing up Interim Reports – look out for these in Week 7 (interviews in Week 9); we have our Year 10 Commerce Business Week in the lower quad each lunchtime next week, and you’re invited to come and see us as we are in action on Tuesday for Open Day. We’re looking forward to seeing you then! Of course our Prefects are fronting a week of attention to uniform (particularly hats), recognising the importance of taking pride in our appearance. Another full week of learning coming our way too!

THAT’S ALL THEN ... Although, just quietly, did you know that If you keep your eyes open by force when you sneeze, you might pop an eyeball out?! May you enjoy the weekend break.
Primary

SPORT

Primary Chess Competition
Wednesday, March 11
The Primary Chess Competition will be held on Wednesday, March 11 from 9.00 am until 2.30 pm, in the MPC. This is a two division competition: Juniors - Kindy to Year 4 and Seniors – Years 5 and 6. Students need to register their names with Mr Head at the Sport Shed by Friday, March 6. Parents are encouraged to practise with their children in preparation for this event. From this event, four school teams will be selected to play in the Newcastle Junior Chess League. Students who are beginners are encouraged to join the Get Active Chess Group. There will be a professional Chess Coach, Mr Gary Losh, working with our students during Term 2 after school.

Swimming Presentation
The Swimming presentation will be held during assembly on Monday, March 2 at 9.00 am weather permitting.

Swimming Coach Retires
Mr Akers has for more than a decade been the Avondale School Primary Swimming Instructor and Swimming Club Coach. Over those years he has been responsible for teaching many students to swim. He is also responsible for taking Avondale School from Division 2 to Division 1 at the HRIS Swimming Carnivals. Mr Akers was recently presented with a special certificate at our school assembly. Mr Akers is looking forward to many long relaxing days travelling this amazing country in his mobile home.

CLASS

Open Day - Tuesday March 3
Our classrooms are open ALL MORNING! Why not:
• Visit your child’s classroom.
• Join in the Year 1 and 2 students vs parents handball competition at recess.
• Enjoy a lunchtime concert.
• Show the students that you have skills in the students vs parents soccer match at lunchtime.

Year 6 - The Australian War Memorial
Students in Year 6 received a letter this week requesting information about relatives who served in World War I. This information will be researched by The Australian War Memorial and may be used at the closing ceremony during their visit in November. This would make it extra special for the students involved.

What Happened This Week?
3R had fun testing their knowledge of maths facts using multiplayer games on the iPads.

Year 4 learnt about the germination of flowers! And Year 6 students did an experiment with yeast in bread, auctioning off the crumbs for D.A.R.T.S. No crumbs were wasted!
SPORT

HRIS Swimming Carnival
On Monday 36 talented Avondale School students attended the HRIS Swimming Carnival at Lambton Pool. Many of our students swum in 8 or 9 events on the day and truly did our School proud. Avondale School came second and had two Age Champions - Travis L in the 17 boys age group, swimming in 8 events, and Scott S in the 18 boys age group, swimming in 9 events. We also won two Age Pennants with only two swimmers in each division - the 18 year old girls (Kerule C and Anna V who went up an age group) and 18 year old boys (Scott S and Lachlan L). Kerule C and Anna V came to swim for only a few events and ended up swimming in up to 8 races! This was a common theme of the day where our students swum their hardest and competed in extra events to make sure that Avondale School had a competitor in the pool. A large number of parents were in attendance and their support was appreciated. In the end our team was tired but satisfied as they had done their best. After all the hard work we achieved second place and some personal bests. This was an outstanding result for the our team!

CLASS

Year 11 Physics
Look what our Year 11 Physics class got up to recently. They did an analysis of sound using a violin and trumpet using an oscilloscope. Looks like a lot of fun was had!

STEP UP

Avondale School
New Zealand Music TOUR CONCERT

Saturday 28 March 7pm
Multi-Purpose Centre

$20 Family / $10 Adult / $5 Student & Pensioner

3.30 - 4.30 PM THURSDAYS
ALL THIS TERM in the iCentre

Hope to see you there!

Avondale School
PRINCIPAL’S MESSAGE

The headline “Better to Build Good Kids than Repair Broken Ones!” grabbed my attention last week. I was busy with a number of tasks but it gave me cause for reflection.

Self-discipline is the ability to give up something we want (eg. cake/chocolate) for something we want more (our health). Children raised without limits don’t get many opportunities to practise self-discipline.

Research shows that children who sleep for one hour less than they need perform at school the next day as if they are two years behind in cognitive development. The effects are temporary but if insufficient sleep continues, their learning will be impaired. Equally, if you are exhausted it’s harder for you to cope. To help with this, you could push your child’s bedtime back in 15 minute increments until they routinely wake up naturally. This will take effort and self discipline from the whole family. Sleep is important and it’s worth the hard work, even with teenagers. We all want our children to do their best. You might think it’s OK for your child to stay up late, but I would suggest reading the bold statement above again. The research came as a surprise to me! What great news we have to enjoy in the Newsletter each week.

Dr David Faull
Principal

SCHOOL TERM DATES 2015

Term 1 Tuesday, January 27 - Thursday, April 2
Term 2 Monday, April 20 - Friday, June 26
Term 3 Monday, July 20 - Friday, September 18
Term 4 Tuesday, October 6 - Wednesday, December 9

Primary Calendar - Term 1

School Open Day .................................................. March 3
Year 1 Team Building Incursion ............................. March 4
Week of Worship ............................................. March 16 - 20
P&P Parent Info on Bullying & Resilience 7.00 pm .... March 17
CIS Swimming .................................................. March 18
Interim Reports sent to Parents ............................. March 18
Year 1 Lakes Beach Excursion ......................... March 25
Parent Teacher Interviews ................................. March 26
Cross Country Run ............................................ March 30
Get Active Ends for Term 1 ............................... April 2
Last Day of Term 1 ............................................. April 2

Secondary Calendar - Term 1

Year 10 Business Week ........................................... March 2 - 6
School Open Day ............................................. March 3
Year 11 & 12 Music Excursion .............................. March 9
P&P Parent Info on Bullying & Resilience 7.00 pm .... March 17
Cross Country Run ............................................ March 18
Year 11 General Maths Excursion .................... March 19
Year 12 Mid Year Exams ..................................... March 23 - April 2
Year 10 & 11 Parent Teacher Interviews .............. March 24
Year 7-9 Parent Teacher Interviews .................... March 25
Combined Ensembles at Gateway Church ............ March 28
Band & Choir NZ Tour Concert 7.00 pm MPC ........ March 28

Music Lessons

The following is a list of private teachers offering music lessons at School. Please contact these teachers directly.

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<tr>
<th>Teacher Name</th>
<th>Instrument</th>
<th>Contact Details</th>
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<td>0493 3234</td>
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<td>Nyaane Korch</td>
<td>Simply Music (piano)</td>
<td>0493 6086</td>
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<tr>
<td>Välma Hill</td>
<td>piano / music theory</td>
<td>0414 298 931</td>
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<tr>
<td>Jen Hughes</td>
<td>piano / voice</td>
<td>0407 2374</td>
</tr>
<tr>
<td>Kylie Smith</td>
<td>piano / voice (Suzuki / AMEB)</td>
<td>0418 292 644</td>
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<td>Cybèle Coulet</td>
<td>voice (AMEB) / piano (AMEB)</td>
<td>0424 655 977</td>
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<td>voice</td>
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<tr>
<td>Fred Cracknell</td>
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<td>0404 082 151</td>
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<tr>
<td>Trish O’Hearn</td>
<td>trumpet</td>
<td>0402 003 214</td>
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<tr>
<td>Jake Bisognin</td>
<td>guitar</td>
<td>0400 089 413</td>
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<td>Peter Dixon</td>
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<td>Mitchell Wallace</td>
<td>guitar / bass guitar</td>
<td>0435 579 221</td>
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<tr>
<td>Garry Lawler</td>
<td>group guitar lessons / ukulele</td>
<td>0438 668 180</td>
</tr>
<tr>
<td>Claudio Carrasco</td>
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LIBRARY

Premier’s Reading Challenge

March is sign-up month for the Premier’s Reading Challenge. All students from K-9 are invited to take part in this reading challenge that runs throughout NSW. Everyone who completes the Challenge receives a certificate from the Premier of NSW.

The list of books that can be read is available online at https://online.det.nsw.edu.au/prc/home.html. Books can be sourced from home, the public library and of course the school library. All books that are part of the Years 3-9 challenge are marked with stickers and stored in separate shelving. What do I need to do?

Step 1
Call into the library, sign up and collect your reading record sheet.
Step 2
Kindy-Year 2 Read 25 books from the PRC list and 5 of your own choice. Years 3-9 Read 15 books from the PRC list and 5 of your own choice. Please note that only two books from the same series can be included in the count, unless you would like to add them as ‘free choice’ books. Parents, please sign off on the reading record sheet to indicate that the books have been read.
Step 3
Finish all your reading by August 21 and return your completed reading record sheet to the library. All students entering the Premier’s Reading Challenge will receive a certificate and appear in the PRC Honour Roll. Only the student’s name will appear in the Honour Roll with no other identifying factors.

Higher Level Awards
Students who complete the Challenge for four years receive a Gold Certificate. Students who complete the Challenge for seven years receive a Platinum Certificate. Students who complete the Challenge each year from Year 3 to Year 9 inclusive receive a PRC medal. Are you ready to take the Reading Challenge?

We Value discernment

Open Day is coming up on Tuesday, March 3. We have a special menu available that day (see next page). Please note that online ordering will be closed on this day, however students will still be able to purchase across the counter if they have snack money available.

If you have not registered for online ordering, it is as easy as going to www.munchmonitor.com - the username is ‘avondale’ and the password is ‘munch2265’.

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CANT ENN

Avondale School

p. (02) 4977 0200
e. admin@avondaleschool.nsw.edu.au
w. www.avondaleschool.com.au
Order your SPECIAL lunch order online at www.avondaleschool.com.au or by filling out this form by FRIDAY 27 February.
Drop form and money to Primary School Office. Collect lunch order from your nominated child’s classroom after 12 noon on Open Day. Further information please phone (02) 4977 0200.

Parent name

Student name

Student class or teacher

Mobile number

$7.50 meal
- Gourmet Wrap (Roast Sweet Potato/Broccoli/Feta/Rocket/ Cucumber/Tail Miso/Honey Mustard)
- Homemade Muffin
- Bottle of Juice

$6.50 meal
- Spinach & Fetta Pasty & Sauce
- Homemade Cookie
- Popper

$5.50 meal
- Cheese Sandwich
- Cup Cake
- Popper

$4.50 meal
- Mini Spinach Ricotta Roll & Sauce
- Cup Cake
- Popper

Please note munch monitor www.munchmonitor.com will be CLOSED on Open Day!

Hot tea, cappuccino and hot chocolates available at the canteen all day... Small $3.50 Large $4.00