What are you looking forward to? Gretchen Rubin, influential writer/researcher on habits and happiness, believes that one key to happiness is having something to look forward to. Rubin suggests that everyone needs to be able to look at their calendar and see at least a few fun things scheduled in the coming weeks. Anticipation of these events brings happiness into our life well before the event actually takes place. “If your life is a parade of obligations, dreaded tasks, horrible encounters, and mandatory appearances” she says, “take a minute to figure out something that YOU would find fun, and make time for it.”

If your calendar looks a bit like ‘a parade of obligations’, maybe it’s time to add in a few things that you know will put a smile in your heart and on your face. They don’t have to be big or expensive – it’s the little things, added up, that count the most.

I love Harley Davidson Motorcycles – specifically the 2003, 100th Anniversary Black and Silver editions. Between my brother and I we own a few, and we love to ride them. In my busy life as a single dad of four great kids (all adult now), a chaplain, teacher, mentor and friend, I make sure I fit in at least one weekly ride, usually a Sunday morning breakfast ride with people I love the most - good friends and family. I know, at the end of a crazy week, that my ride is coming. It changes things. Once a year my brother and I fly to the USA and do a ride over there. Over the years we have ridden Route 66, the 101 down the West Coast from Seattle to San Diego, Sturgis, the Black Hills of Dakota, the Milwaukee 110th, the Great Lakes, Niagara Falls, the Appalachian Mountains … it’s a long list. This year we are riding the Rocky Mountains from Boise Idaho up into Canada for three weeks in the North American summer. I can’t wait! We have already started the countdown, the anticipation is great, and I know the ride will be even better. Having these weekly and annual events to look forward to definitely adds joy and perspective/balance to my life. But here is the really big one - the ultimate in adding joy and happiness into my life that many of today’s pop-psychologists miss - Faith. It is the value we are focusing on for the next two weeks at school. The thing I look forward to the most is what is in store at the end. A life of faith adds quality to our life now (Jesus said: “I have come that you might have life to the full.” John 10:10), but also offers the gift of eternal life with Him (Jesus: “Whoever believes in me will not perish, but have eternal life.” John 3:16). This is not a fairytale – it is real, with tons of evidence to back up Jesus’ claims. Jesus said to his disciples on His ascension, “I am going to prepare a place for you, and when I am done I’ll come back to get you.” (John 14:1-3) Revelation 21 and 22 talk about what Heaven will be like. Now that is really something I can’t wait for! Proverbs 30:5 says that “God keeps every promise he makes”. Hebrews 11:1 says that faith is “having confidence in what we hope for, and assurance about what we do not see”. It is our faith that gives us the “peace that passes all understanding” (Philippians 4:7) even in the middle of the chaos and losses of life. My faith definitely adds great value to my sense of purpose, happiness and wellbeing. If you are interested in exploring a life of faith, you can ask any of our staff, or come along to Gateway Church, our campus church, any Saturday morning. There you will meet a bunch of new friends happy to share their time and their story with you. It’s a great community of people to belong to.

So what are you looking forward to? Both now, and into the future? It’s worth thinking about, and investing in.

Mel Lemke
Primary Chaplain
Year 10 Anna Bay
At the end of last term, Year 10 packed their bags and headed off to the unknown. When they arrived at camp, we had cabins and even a pool. From Tuesday to Friday our days were filled with fantastical adventures such as bike riding around Shoal Bay where the people on tandem bikes got an ice cream for making it up the hill. We walked up Mount Tomaree where there were beautiful views, kayaked with dolphins and penguins, and had surfing lessons at One Mile Beach. The Geography assignment had us venturing out on to the sand dunes and then afterwards we got to sand board down them! Some of the night activities included putt putt golf and the golfing range, Capture the Flag on the dunes and a night out for dinner. After dinner on Thursday night we got to show off our skills with a fun talent show.

Brittany W

Year 11 Urban Challenge
It was an early start to the morning for all of Year 11 last term as we embarked on our journey to Sydney to experience the wonders of urban lifestyle. Once we hit Central Station we went off in our class groups to begin the fun. Visual Arts went to the NSW Art Gallery to see Art Express where they walked around and were inspired by the art of former HSC students. The PDHPE excursion was a hands-on experience with Sydney sport's teams. Food Tech students walked around the Wentworth family home and explored many of the resources they had such as the kitchen, garden and wine cellar. The Ancient History class took a trip back to ancient Egyptian times where they explored thousand-year-old mummies. In the afternoon CAFS (Community & Family Studies) students went to Wayside Chapel and had a confronting tour through Kings Cross. Business Studies students experienced the inner working of Paddie’s Market learning about the differences of quality and change in prices. Geography students went to Barangaroo. It was cool to learn about the growth and development of the city’s economics. Chemistry students witnessed the making of Nitrogen Ice-cream and enjoyed eating it afterwards too! At night all Year 11 walked the Sydney Harbour Bridge, enjoying each other’s company and the beautiful city lights. It was another early start the next morning as we ate breakfast, had worship and headed off on more excursions. Hospitality students experienced the making of gelato and then went to the Shangri-La Hotel where they participated in a fine dining experience. The Studies of Religion class listened to three lectures covering the three main topics of Islam, and afterwards were given a tour of a Mosque. It was a very cultural experience. Design and Technology students looked at past HSC students’ work - it was great to see the expectations of the HSC requirements. Later that day Music students had a wonderful experience busking at the Queen Victoria Building. The students even earned a decent profit! The Modern History class studied at Macquarie University to experience what university life is like. Biology students went to the Sydney Aquarium where they got to view the marine life in an up-close and-personal manner. Overall the Urban Challenge was an intense amount of fun, full of proving teamwork skills, friendships and experiencing Sydney on our own. It was an inspirational, challenging and an enjoyable experience, which made all of us come closer together. Hannah C
Welcome to Term 2
So many students have been borrowing books this week and parents have been in reading to their children. It's great to see you all visiting the library! Enjoy your books.

Our Book Fair is Coming!
It's not long to wait now for our annual Book Fair! You'll find book bargains galore in the library from Monday, May 22 to Wednesday, May 24. You won't want to miss the excellent fiction, non-fiction and picture books from Scholastic and Central Books, and Bibles from Better Books and Food. Parents and grandparents, you'll want to add this much-anticipated event to your calendars! Watch this space for more information.

Primary Calendar - Term 2
Term 2 School Fees Due ................................................................. April 28
Get Active Starts ................................................................. May 1
Year 6h CARES Bike Day Excursion .............................................. May 1
Year 6h & 6m CARES Bike Day Excursion ...................................... May 2
HRIS Cross Country ................................................................. May 4
Years 3 & 5 NAPLAN Tests .......................................................... May 9 - 11
Mother's Day ............................................................................. May 14
School Photo Day ................................................................. May 16
Book Fair .............................................................................. May 22 - 24

Secondary Calendar - Term 2
Term 2 School Fees Due ................................................................. April 28
School Musical Rehearsals Camp .................................................. April 30 - May 1
HRIS Soccer ............................................................................. May 1
Get Active Starts ...................................................................... May 1
Year 7 & 8 English Incursion .......................................................... May 2
Year 12 Construction Incursion ..................................................... May 2
HRIS Cross Country .................................................................. May 4
Year 10 Work Experience ............................................................ May 8 - 12
Years 7 & 9 NAPLAN Tests ............................................................ May 9 - 11

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.

Kylie Stacey piano (Simply Music, AMEB, traditional) 0409 939 302
Angela Miller piano (Simply Music) 0421 464 797
Jan Hughes piano 4977 2037
Marilyn Aveling-Rowe piano 0422 714 747
Cybèle Coutet voice (AMEB) / piano (AMEB) 0423 455 977
Alison Hodge voice 0420 528 868
Gabriel Ontanu violin / viola 0447 262 260
Renee Lis violin 0413 777 477
Esther Albert cello / violin / double bass 0439 420 661
Emma Jones flute 0432 925 199
Fred Cracknell saxophone / clarinet / brass 0404 082 151
Oliver Doyle trumpet 0418 975 033
Jake Bisognin guitar 0400 389 612
Zayne Mariassouce guitar 0455 114 448
Mitchell Wallace bass guitar / guitar 0435 578 723
Garry Lawler group guitar lessons / ukulele 0438 608 180
James Dennett drums 0401 549 084

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SCHOOL TERMS 2017
Term 1 January 30/31 - Friday, April 7
Term 2 Wednesday, April 26 - Friday, June 30
Term 3 Monday, July 24 - Friday, September 22
Term 4 Monday, October 9 - Friday, December 8

We Value Faith