Not Worth the Weight...

The New England Journal of Medicine recently published some alarming findings in regard to obesity. Adult and childhood obesity is an emerging problem in the western world. The study found that 2 billion children and adults worldwide suffered from health problems that were linked to being overweight and obese. Obesity is growing faster in children than in adults. The article described the situation as “a growing and disturbing global public health crisis”.

As a physical education teacher I am very interested in why this is happening and what can be done to prevent it. Clearly, there have been changes in our lifestyle that have contributed to this crisis. On a recent trip to Queensland I took note of how many fast food outlets there were in each town. Almost all towns, even the smaller ones, contained three major fast food chains that were strategically positioned close to the highway to capture the passing traffic. The frequent consumption of energy dense foods has been identified as a major contributor to being overweight. Often these foods are also more affordable for both adults and young people.

Another factor that has also contributed to the problem is the way we spend leisure time. The Internet has become one of the most widely used forms of leisure activities for both adults and young people. A study from the UK indicates that 4 out of 10 children are now addicted to the Internet. It is very easy to sit and open a device and not notice just how much time has passed just being sedentary. Once you have scrolled through Facebook, checked emails and searched for that new something on eBay, hours have passed with little or no activity. When you combine a poor diet with inactivity, you have a recipe for an unhealthy generation.

THE SOLUTION...

I’m a great believer that healthy role modelling to children is a key factor in the solution. Here are a few tips to consider:

1. What we allow our kids to eat both at home and away, is definitely a good start. Preparing simple nutritious meals that contain vital nutrients is very important. Your children will remember the type of foods they ate at home when they are older, so make those healthy choices now.
2. Support their interests in a sport. Getting kids involved in a sport outside of school is also a great idea to keep them active.
3. Limit screen time in the home. Children need boundaries in all aspects of their lives and keeping a check on just how much time they have had on a device is crucial.
4. Keep devices outside of bedrooms, preferably having them in common areas for use. This will enable you to see what your child is doing and how much time is being spent on the device.
5. Get active with your kids. Exercising with your children can be a time not only for getting fit, but also a time for catching up and creating stronger bonds with them.

Finally, the problem of obesity will only ever become a problem if we allow it. Careful planning now is the key to prevention.
Beanies for Brain Cancer Mufti Day
A very big thank you to all students for wearing a beanie and bringing their gold coin on Thursday. We raised just under $800 which will be donated to the Mark Hughes Foundation Beanie for Brain Cancer.

Year 6 E-Day

Year 3 Food Fest
Buntings, balloons and banners transformed the netball court into a festive marketplace. Year 3 Healthy Food Fest was a busy, buzzing bazaar. Students, teachers and parents wandered from stall to stall tasting the delicious healthy food. Year 3 entrepreneurs worked on the project, from product selection and pricing right through to production, calculation of profit and business analyses. They enjoyed constructing an advertising campaign and decorating their stalls with the help of patient parents who lugged along tables, marquees and drink dispensers. The event was an outstanding success, with almost all the little stalls making a small profit. Most importantly, the students were able to complete Mathematics, English and Health activities within an engaging and practical real life experience. Year 3 students and teachers would like to thank the parents who were so supportive and the staff members who gave up their lunchtime to judge the event.

Years 2-6 Athletics Carnival Results
Last week was a big week with our students competing in the Athletics Carnivals. Every student from Years 2-6 competed in 8 different events. Congratulations go to the following students who broke records:
- Caitlin C  8 Year Girls 100m & 200m
- Kayela H  8 Year Girls 800m
- Max T   8 Year Boys 800m
- Jayden T  9 Year Boys Discus
- Antwon M  11 Year Boys Discus
- Tegan C   11 Year Girls Shot Put

Congratulations to our Age Champions:
- 8 Years   Girls: Caitlin C              Boys: Xander H
- 9 Years   Girls: Ava M             Boys: Lachlan M
- 10 Years  Girls: Samantha C   Boys: Kade R
- 11 Years  Girls: Olivia M        Boys: Antwon M
- 12 Years  Girls: Mackinley R      Boys: Matthew G

Congratulations to Samantha C who won the Avondale School Gift 100m in a photo finish. Well done to all students in Watagan House for winning the shield this year for the best performing sporting House.

Watagan   1877 pts
Pacific      1769 pts
Macquarie  1739 pts
Hunter      1603 pts

All students going to HRIS have received their permission notes and event notes. Students are encouraged to put in some serious training over the holiday period in preparation for HRIS on Friday, August 11. Please see Mr Head if you need to borrow any throwing equipment over the holidays. (Please note the date listed in the School Calendar was incorrect and the correct date is Friday, August 11).

Athletics Presentation – Monday, July 24
The Athletics presentation is planned for the first Monday of Term 3 after assembly on July 24.

Basketball Competition
If your child/children would like to join a local basketball competition for 7-12 year olds at the Morisset PCYC, please see Mr Head or call the centre on 4973 4766.

Lakes Grammar Interschool Equestrian Events
All entry forms for this event on Monday, August 7, need to be given to Mr Head by July 25. If you would like an entry form please see Mr Head.

Kings Chess Team – Friday July 28
The Kings Chess team will be playing their final 5 rounds at Newcastle Grammar School on Friday, July 28 so some serious practice is needed over the holidays.
Duke of Edinburgh Award
A number of our students recently completed either their Bronze or Silver Certification for the Duke of Edinburgh Award. Those who completed Silver are going on to complete their Gold Award. If any students are interested in starting the award, and are 14 years or over, they can contact Mr Ward in the PDHPE Department.

HRIS Athletics Carnival
The 2017 HRIS Athletics Carnival will be held on Tuesday, July 25 at Hunter Sports Centre in Glendale. Please note that this is the first Tuesday back at school next term. Further details of the program are as follows:
- 7:00 am  Bus will leave Avondale School carpark
- 8:30 am  Team must be at the venue
- 8:50 am  First event will start (program of events are on the HRIS website)
- 3:20 pm  Presentations
- 4:15 pm  Arrive back at School
Ribbons from the Carnival will be given out at Roll Call the following Monday morning.

Mountain Bike Competition
Congratulations to the teams who competed in the Jet Black Mountain Bike race in Sydney a few weekends ago. It was great for them to be able to race and get a idea of what's coming up in late August for the ACT All Schools Mountain Bike Championships. We will be accepting team nominations next term.
Second-hand Book Sale
Monday was a very busy day with lots of Primary students, and a few Secondary students, buying up piles of ex-library books for only 20 cents a book! Thanks to all the parents who attended, bought books and helped us make space on our shelves for new books in Term 3! Just in case you were wondering, we sold just over $200 worth of 20c books!

Book Week is Coming!
Our annual Book Week activities will be held from Monday, August 21 through to Friday, August 25. There will be quizzes, competitions, storytellers and an author visit to help us focus on books during this special week. Singer, inspirational speaker and author Harrison Craig will be visiting Avondale School on the Monday to speak about his new picture book Harrison’s Song. His book inspires children to search for and use their own talents to overcome challenges they may face.

Our biennial K-6 Book Character Parade will be held from 9.00 am in the MPC on Thursday, August 24. All parents and friends of the school are welcome to attend. How is your costume planning coming along? Please remember your costume planning comes from a suitable book and you will need to bring the book along on the parade day.

Student Accident Insurance
Please note that all students enrolled at Avondale School and ELC are covered with a 24 hour accident insurance. The forms for a claim for both school and private accidents are on our website – here’s the link: http://www.avondaleschool.nsw.edu.au/about-avondale-school

School Fees
Can you believe it is the end of Term 2 already? Thank you so much for your payments as they come through to the School. Your regular payments are much appreciated by us. Your commitment gives the school a saving in administration costs – thank you. For those wishing to pay Term 3 fees, your prompt payment discount date is Friday, July 28.

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
Merilyn 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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