Stop me…before I volunteer again!

Do you ever feel like you couldn’t possibly give another piece of yourself or your time? You are not alone. In 2015, Volunteering Australia listed that the most common reasons for not volunteering were:

- Did not have time - 67%
- Unable to make long term commitment - 62%
- Preferred to give money instead of time - 52%

As parents we find ourselves pulled in many directions: giving our time to our jobs, our families and our communities. Perhaps you are coaching your kids’ sports team, running Sabbath School and church programs, or mowing your neighbour’s lawn. Some days just managing to sit down with the family for a meal together can make you feel like parent-of-the-year!

So why do we volunteer? Why should we keep on doing it? Here are some of the personal benefits listed by Volunteering Australia:

1. Volunteers are happier, healthier and sleep better than those who don’t volunteer.
2. Just a few hours of volunteer work makes a difference in happiness and mood.
3. A strong correlation exists between the wellbeing, happiness, health, and longevity of people who are emotionally kind, and compassionate in their charitable helping activities.
4. Sustained volunteering is associated with better mental health.

(More information and sources can be found on their website www.volunteeringaustralia.org)

If you’re still not convinced by the benefits of improved sleep and increased wellbeing, Dr Lisel O’Dwyer, from the University of Adelaide, estimated the dollar value of the contributions made by volunteers to be worth 25.4 billion to the Australian economy each year. (Can we put that on our resume?)

We have found one of the benefits of volunteering at Avondale School has been the opportunity to connect with others. For example, when you are a reading parent in an infant classroom, you not only connect with your child, but you also get to know their teacher, your child’s friends, their parents, and sometimes even their grandparents. Many of us have experienced lasting friendships and connections made in that precious learning environment. The same thing happens when you help out on a school excursion, at a sports day, sew costumes for the school concert, tell a story at chapel, or help with a Parents and Friends barbecue. This volunteering provides an opportunity to engage and connect with other parents and friends who are also supporting and enriching the education of their children.

Having read the previous three reasons for people not volunteering above, it might surprise you to learn that the fourth most common reason people give for not volunteering is this:

“No one asked.” Seriously, “No one asked”!

That is, until now … drum roll please … consider this your invitation. If you are looking to connect, improve your sense of wellbeing and happiness, we invite you to volunteer. Maybe it will be in your family or non-school community, but just know, Avondale School P&F welcomes you! Keep an eye out for our upcoming events in the School Newsletter and on the School Facebook page. Spending a little time volunteering with Avondale School Parents and Friends may be your best-spent hour yet!

Nadine Dunne, Karen Toepfer & Georgina O’Reilly
P&F Team
Cross Country Specials - Monday, April 3
- $2 Slushies – The P&F will be selling $2 slushies during recess and lunch from the sports shed.
- $5 Hot Drink & Muffin Deal – The Canteen will have an all-day special of a Hot Drink and a Muffin for only $5.

Year 12 Cambodia Family Portrait Fundraiser

$20 Book Today
all proceeds go to year 12 Cambodia Mission trip

Where: MPC Booking Code: LGO 9TK 999

Primary Cross Country
Monday, April 3
The Primary Cross Country will be held at school this coming Monday, April 3, weather permitting. Please note students will run in the event based on their age as at December 31, 2017. All students from Kindy to Year 6 are required to wear their sport uniform on Monday.

<table>
<thead>
<tr>
<th>Time</th>
<th>Age Group</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.20 - 9.55 am</td>
<td>9 year-olds</td>
<td>2km</td>
</tr>
<tr>
<td>10.00 - 10.30 am</td>
<td>10 year-olds</td>
<td>2km</td>
</tr>
<tr>
<td>10.30 - 10.50 am</td>
<td>RECESS</td>
<td></td>
</tr>
<tr>
<td>10.50 - 11.40 am</td>
<td>11 year-olds</td>
<td>3km</td>
</tr>
<tr>
<td>11.40 am - 12.20 pm</td>
<td>12 year-olds</td>
<td>3km</td>
</tr>
<tr>
<td>12.20 - 1.10 pm</td>
<td>LUNCH</td>
<td></td>
</tr>
<tr>
<td>1.10 - 1.45 pm</td>
<td>5 &amp; 6 year-olds</td>
<td>1km</td>
</tr>
<tr>
<td>1.45 - 2.30 pm</td>
<td>7 year-olds</td>
<td>1km</td>
</tr>
<tr>
<td>2.30 - 3.10 pm</td>
<td>8 year-olds</td>
<td>2km</td>
</tr>
</tbody>
</table>
CLASS

School Camps Next Week
All camps are full steam ahead for next week. All notes and what to bring have been given to the students and are also available on the appropriate Landscape page.
Please be prepared for the wet weather that is forecast.
• Year 8 are departing Monday morning. The bus will be leaving at 8.00 am.
• Year 10 are departing Tuesday morning. Students are to be at school by regular school start time.
• Year 11 are departing Wednesday morning. Some groups are leaving very early, with 6.00 am being the departure time for the first group.

SPORT

Cross Country Age Champions
Last Wednesday the Secondary Cross Country was held on the school grounds. Congratulations to all the runners! On Monday the Age Champions were awarded their medals in Chapel. Hunter House was the overall winner on the day with 384 points. Here is a list of the top five runners for each age group. These students will be competing at the HRIS Cross Country in Term 2 at Avondale College on Thursday, May 4.
12 Boys Rhett D, Lawson G, Harrison S
12 Girls Reilly D, Lilijana G, Airlia K, Adah C, Tharaniya V
13 Boys Elijah M, Oliver C, Dominic M, Jayden M, Ryan B
13 Girls Abi U, Koia H, Rachel C, Georgina N, Kaitlyn Q
14 Boys Ethan M, Tyson H, Gregory E, Sebastian M, Liam B
14 Girls Olivia M, Scarlett M, Shakaya S, Samara B, Olivia G
15 Boys Ty D, Dylan P, Liam B, Brodie R, Henry H
15 Girls Isabelle F, Zoe D, Tori W, Tanisha J, Isabelle R
16 Boys Jemuel C, Jeremy B, Ethan M, Lucas P, Brock F
17 Boys Zac H, Jack Y, Toby Z, Samuel S, Cody B
17 Girls Sophie-Lee J, Casey H, Maddison J, Tahlija K, Ava S
18 Boys Tyler H, Chad M, Lachlan B, Lewis S, Lucas J
18 Girls Bryelle C, Sarah A, Amity B, Zoe K, Jocelyn F

Keep up with your training in the school holidays!

Year 9 History Excursion - The ANZAC Experience
On Wednesday, March 29, the Year 9 class had the opportunity to go to the Spirit of Anzac Centenary Experience at Newcastle Entertainment Centre. It was an amazing display of World War I. It gave the students a chance to discover Australia's history of courage, service and sacrifice from the First World War. It began with Australia as a nation in the making, showing students what Australia was like before the outbreak of war. This then led into the declaration of the war and the enthusiasm of Australians as they thought that the war would be over swiftly. Because of the excitement of war, many young men enlisted and set sail for training in Egypt. Students were able to find out about the men in training and learn some of their experiences that eventually led to Gallipoli. There was actual footage shown on the confronting terrain of the Gallipoli ridges and artefacts that explored the stories of the soldiers through the gullies and valleys of their lives at Gallipoli. Students were able to immerse themselves in what life was like in the trenches on the Western Front for those that lived and died on the fields of Belgium and France. The Western Front exhibition was heartbreaking as students learned what it was really like to be on the battlefield and what the soldiers persevered through. This led to Sinai and Palestine and then the eventual aftermath of the war on Australian lives. The ‘Lest We Forget’ room was so moving with soldiers’ faces who had fought bravely. It really brought what we have been learning in class to life. There were a couple of students that made it on the NBN News as they were there filming about the experience. A big thank you to Mrs Fahey, Mr Craig, Mr Kunz, Mr Gorry and Mrs Richards for attending the day with the students. It was an opportunity that will not be forgotten.
**LIBRARY**

**Return K-6 Library Books**
Can you believe Term 1 is nearly finished and it’s time to return your library books? Please make it a priority to look under your bed or wherever else you hide your library books and have your books back to the library by the end of this term. If you have lost your library book, please visit the library to check on the cost of replacing the book.

**K-6 Term 1 Library Prizes**
Congratulations to the 292 students from Kindy to Year 6 that have borrowed and read library books EVERY week this term. What an excellent effort! Students excitedly chose their prizes during library classes this week.

**Parent Library**
Parents, you are very welcome to borrow books for your K-6 children to read over the holidays. If you’d like to join the Parent Library just visit the library this week to sign up.

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**PLEASE NOTE**

**Winter Uniform**
Students are required to wear their full winter uniform from Day 1, Term 2.

**ANZAC Day March - April 25**
We invite students to attend the ANZAC Day March in Morisset on April 25. Students are to wear their full winter school uniform and meet in the top railway commuter car park from 9.30 am, ready to begin the march at 10.00 am.

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**CALENDAR**

**Primary Calendar - Term 1**

- Daylight Saving Ends ...................................................... April 2
- Primary Cross Country .................................................... April 3
- Year 2 Wetlands Excursion ............................................. April 4
- Year 1 Lakes Excursion .................................................. April 5
- Year 3 Castaways Camp .................................................. April 6
- P&F Meeting 7.00pm Admin Building ............................ April 5
- Year 5 Camp ................................................................. April 5 - 7
- Get Active Ends for Term 1 ............................................ April 6
- Kindy Jolly Phonics Day .................................................. April 7

**Secondary Calendar - Term 1**

- Daylight Saving Ends ...................................................... April 2
- Year 12 Mid Year Exams .................................................. April 3 - 7
- Year 8 Broken Bay Camp ............................................... April 3 - 5
- Year 10 Anna Bay Camp .................................................. April 4 - 7
- Year 11 Urban Challenge ................................................ April 5 - 7
- P&F Meeting 7.00pm Admin Building ............................ April 5
- Get Active Ends for Term 1 ............................................ April 6
- Last Day of Term 1 .......................................................... April 7
- Good Friday Holiday ..................................................... April 14

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**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 Marrissouuse 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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**ANZAC DAY MARCH**

**APRIL 25**

Avondale School Musical

The Lego Batman Movie

Sunday, 9 April 2.00pm
Event Cinemas, Glendale

$12 per ticket

Bookings are now open at www.avondaleschool.nsw.edu.au
Families are encouraged to book now!