THE VIEW

R U OK?

I have a friend who asks me from time to time, often mid conversation, “When was the last time you went for a surf?” She’s not being rude, she’s not an avid surfer [she actually hates the beach], she just knows and understands me so well that she can tell when I’m overdue for some time in the ocean. What a friend!

Sometimes we get so busy and so stressed that we start heading down an unsustainable ‘autopilot’ path and forget to prioritise our own wellbeing. A lot of us find it really difficult to reflect and acknowledge what we really need and find it even more difficult to put it into words.

Put simply, “It’s ok not to be ok.” My favourite children’s mental health awareness picture book of 2017, Stand Up, Stand Out, reminds us of this. Not being ok looks different for everyone and this book illustrates that even when someone’s life seems great, underneath they may be struggling.

Change is inevitable and no one is immune to seasons of mental health challenges. What do you need to be OK today?Tuey the Toucan teaches, “Staying healthy is not just about exercise and good food. It’s equally important to look after your mind and your mood.” (Pilgrim, J & Revs, M 2017).

What could you do today to invest in your mind or mood? Is it as simple as clocking more time in the outdoors? Creative expression through art or music? Maintaining healthy boundaries? Increasing assertive communication (including saying no sometimes)? What about an appointment with your GP or relevant service? Or is there something else that you could really benefit from?

If you’re more than ok, have a think about asking someone else, “R U OK?” Just a quick question with a potentially big answer. It’s a risk to ask, and an even bigger risk to really mean it. Life throws all sorts of things at us that we feel inadequate to cope with, but you, with all your strengths and weaknesses, have got what it takes in four simple steps:

1. Ask
2. Listen
3. Encourage
4. Check in

September 13 is R U OK DAY. Let’s practise asking it from today and help others to find their ‘ocean’.

Tiffany Hernandez
School Counsellor

SPORT

Term 3 Sport Uniform
Years K-2 – wear their sport uniform on Mondays and Wednesdays.
Years 3-6 – wear their sport uniform on Tuesdays and Fridays.

HRIS Soccer / Netball Gala Day
The HRIS Soccer and Netball Gala Day was held last week with 15 schools competing at different venues around the Hunter Region, with almost 80 students representing our School in 6 teams. This was the first year boys were permitted to play on the Netball teams, and this made some games very interesting.
A big thank you to Mrs Hill and Mrs Watson for training our three Netball Teams and achieving the following places: Senior A Team - 7th, Senior B Team - 5th, Junior Team - 6th.

The Soccer Teams had some close matches with penalty shoot-outs deciding draws. A big thank you to Mr Head and Mr Venegas for training our three teams and achieving the following places: Senior Team A - 7th, Senior Team B - 6th, Junior Team - 5th.

Newcastle One Day Chess Competition
The Newcastle One Day Chess Competition was held this week with 53 teams competing. Our Avondale School team achieved the amazing following results:
1st  Avondale School (A) - Kylan M, Rose J, Ryan M (17.5pts)
2nd  New Lambton South Public School (A) (16pts)
3rd  Avondale School (D) - Jayden T, Daphne J, Liam N (15pts)
4th  Avondale School (B) - Ethan G, Hayden I, Harry K (14.5pts)
5th  Tighes Hill Public School (A) (14pts)
6th  Avondale School (C) - Benzen B, Samantha L, Xander H (13.5pts)

Special congratulations go to Kylan M and Jett P for scoring 7/7 games.

The Avondale School A team will compete at the State Championships in Sydney on November 25.

Tennis Competition
The Primary Tennis Competition will be held next week starting on Tuesday. This will be run as two divisions with a Year 6 students only and a Year 5 and under. Those students wishing to participate are asked to bring their racquets ready to play on Tuesday. The top two students in each division boys and girls will represent at HRIS on Friday, October 19.

Junior Basketball Tryouts
The Junior Boys and Girls Basketball teams will be selected over the next few weeks. Students need to register their names with Mr Head to try out. The first session will be next Wednesday at lunchtime, 11.05am, in the MPC. Mrs Watson and Mr Spiros will be training the teams in preparation for the HRIS on October 25.

Southlakes Athletics
Registrations are now happening for the local Southlakes Athletics Club. Please see Mr Head or Mrs Ginn for information.

‘A Factor’ Concert
Wednesday, September 5 - 7.00pm
All parents, family and friends are invited to attend the ‘A Factor’ variety concert to be held this coming Wednesday, September 5 in the MPC at 7.00pm. Students performing need to arrive at 6.30pm for final checks. Refreshments will be available for purchase at intermission. We look forward to seeing you there!
CLASS

Y12 Music Perform At Lizotte’s
On Tuesday evening the Year 12 Music class put on a fantastic showcase of their HSC pieces at the funkiest venue in town - Lizotte’s. It was a packed audience and the students performed with great pizzazz! Highlights from the evening include Jeremy B's humorous compere and the whole class performing RESPECT as a tribute to Aretha Franklin. A fabulously fun night was had by all!

STEP UP

3.30 - 4.30 PM THURSDAYS in the iCentre

A chance to:
» do independent study
» complete your homework
» get some help with writing (just sorting that essay out!)
» get some help with maths (even that tricky homework question!)
» get some guidance on that assessment task you need to start!

MAD Night
Senior Music Art Drama (MAD) Night will take place at 6pm, 13 September in the Collaborative Learning Centre (CLC). Enjoy an evening of entertainment while checking out some of the artistic work of our senior students. Hospitality students will be providing catering. Free Admission.
ALL SCHOOL

Position Available
We would like to invite applications for the position of Hospitality/Food Technology Kitchen Assistant. The position will be for 13.5 hours per week and will be a temporary position for the remainder of the school year. Desirable knowledge will be food handling and/or a Food Supervisor’s Certificate or experience in a similar role. Job descriptions are available from the Business Manager at fsaville@avondaleschool.nsw.edu.au. Applications close September 3 at 3.00pm.

LIBRARY

2018 Book Week Competition Winners
What an amazing Book Week we had last week! Thanks so much to everyone that participated in our competitions. The judges had a tough time deciding but eventually awarded the prizes as follows:

K-6 Find Your Treasure Competition

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindy</td>
<td>Romey R</td>
</tr>
<tr>
<td>Year 1</td>
<td>Nathan L</td>
</tr>
<tr>
<td>Year 2</td>
<td>Ben E</td>
</tr>
<tr>
<td>Year 3</td>
<td>Caitlin C</td>
</tr>
<tr>
<td>Year 4</td>
<td>Ameeka C</td>
</tr>
<tr>
<td>Year 5</td>
<td>Mahalia P &amp; Phoebe T</td>
</tr>
<tr>
<td>Year 6</td>
<td>Daniel MC</td>
</tr>
</tbody>
</table>

K-6 Words of Treasure Colouring Competition

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindy</td>
<td>Jasmine T</td>
</tr>
<tr>
<td>Year 1</td>
<td>Koby P</td>
</tr>
<tr>
<td>Year 2</td>
<td>Makayla G</td>
</tr>
<tr>
<td>Year 3</td>
<td>Evie R</td>
</tr>
<tr>
<td>Year 4</td>
<td>Lucca S</td>
</tr>
<tr>
<td>Year 5</td>
<td>Emma P</td>
</tr>
<tr>
<td>Year 6</td>
<td>Lexi A</td>
</tr>
</tbody>
</table>

Year 5-12 Book Face Competition

Book Week finished on a high note with many entries in our BookFace Competition.

Primary students – Katelyn D and Makayla G
Secondary School Seniors - Fay W

Books for Cambodia

Our ‘treasure chest’ in the library, where students can put donated books for Cambodia, continues to fill up! How many times will we be able to fill the treasure chest with books for the Cambodian children to treasure? Thanks so much to the families that have already contributed to this worthy cause.

Battle of the Books

The Quizzical winners from Years 9 and 11 will go on to compete against our sister schools, Macquarie College and Central Coast Adventist School, next Monday in the annual Battle of the Books Competition here at Avondale School. We wish them all the best!

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.

Piano

Kylie Stacey (Simply Music, AMEB, traditional) / 0409 939 302
Angela Miller (Simply Music) / 0421 464 797
Cybèle Coutet (AMEB) / 0423 455 977
Jan Hughes / 4977 2037
Henry Higgins / 0490 0404 308

Voice

Cybèle Coutet (AMEB) / 0423 455 977

Strings

Henry Higgins (cello) / 0490 040 308
Esther Albert (cello / violin / double bass) / 0439 420 661

Woodwinds

Emma Jones (flute) / 0432 925 199
Fred Cracknell (saxophone / clarinet) / 0404 082 151

Brass

Fred Cracknell / 0404 082 151
Anna Howard (trumpet) / 0430 106 953

Guitar

Jake Bisognin / 0400 389 612
Toby Zeuschner / 0405 405 131
Henry Higgins / 0490 0404 308
Garry Lawler (group lessons / ukulele) / 0438 608 180

Drums

James Dennett / 0401 549 084

FORGIVENESS