From the Principals Desk

Welcome to Week 7, Term 2 2015!

SPORTS DAY

Avondale State School will be hosting a combined sports day with Yandaran State School on Tuesday 23rd June. Please come along and support the schools. The P&C will be running tuckshop on that day. We will also need helpers to run some of the events. Please let Kerry Deighton know through the KIT book if you are able to help on this day.

BREAKFAST CLUB

I would like to thank Linda Halcrow for her ongoing volunteer work with our breakfast club on Tuesday and Wednesday mornings. Due to the high demand for the yummy breakfasts that are provided, we are searching for some parents or community members who would be able to help for about an hour or so on these mornings. It is a huge job for just one person and, as I am sure you are all aware, breakfast is a very important meal for everyone, particularly children. We want our students to have a great start to the day – it would be wonderful if you could help them achieve one!

TUCKSHOP

This Wednesday (tomorrow) the P&C are providing tuckshop for the students to choose and purchase from. A menu is being sent home today.

TERM 3 SPORTS ACTIVITIES

Students have now commenced tennis coaching and have learnt some new games and skills. This Thursday we will be travelling into Bundaberg for the students to receive coaching and participate in lawn bowls. I hope students appreciate these opportunities they may not have otherwise been able to have. Please encourage your child to make the most of and enjoy these experiences.

PRINCIPALS MEETING

Last week I attended a Regional Principal’s Meeting with Principals from around the North Coast Region, of which our school is a part. Avondale is showing a very high level of attendance rates. This is a wonderful fact to be proud of. This shows that our community and families value education and school attendance. Thank you everyone and keep up the great work!
I also attended a very interesting training day about resilience. The staff and I have been speaking a lot to the students about resilience and what it means. It is important for everyone to build resilience so that they are better able to deal with events and situations that happen in daily life. Being resilient requires a person to have: courage to deal with challenge and change; creativity to develop their talents and use opportunities; connections in respecting and caring for others and nature; and “bounce” which shows through toughness and recovery skills when adversity is encountered.

On a day to day basis, we are trying to teach students to deal with “put-downs” (negative comments, name-calling etc.) and to not let the “little things” get them down or upset them. We are also trying to teach the students to deal with each other and the adults in respectful and appropriate ways through acceptable behaviour, reactions and language. We would appreciate all parents’ support which can be given through talking with students about what we are doing at school, sharing personal experience regarding when you have shown resilience and by giving your child boundaries and routines and upholding these at home.

Other important features of resilience (which have been identified through much research) include a proper and balanced diet and adequate sleep and exercise. Also, it has been found that anyone who uses electronic devices for long periods of time and/or before bedtime affects the quality of sleep and how their brain functions.

Please consider where you and your family stand with the items mentioned above. This is a great time to reflect and improve. Self-reflection and self-awareness are great life skills which you can teach to your children. It is really important to set your children up with solid, positive life habits while they are still young and developing.

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**CONTACT DETAILS**

If you ever have any questions or issues, please contact the school to make an appointment. Alternatively, my email address is kdeig1@eq.edu.au.

Yours in Education

Kerry Deighton

Principal