Welcome to Term 1 2017!

Welcome back to a busy year! A special welcome to all of our new parents and families to the Avondale Community.

We currently have 12 students, with three Prep students just starting their school years! A special welcome to our Prep students - Louisa, Rose and BJ.

Thank you to all parents who have ensured that their student(s) have been well prepared with uniforms, books and stationary and some very healthy and yummy-looking lunches!

**SCHOOL ROUTINE**

It is important for students to be well-prepared for school each day by:

- **Having a regular (and early) bedtime on school nights;**
- **Establishing a sensible routine each morning to get ready for school;**
- **Taking healthy lunches (including a water bottle) to school each day;**
- **Being punctual to school, so that students can interact with other students and get their gear organised before learning starts.**

In the afternoon, please ensure you talk with your child/ren about their day at school. Don’t forget to check the KIT book for any communication or notes which may be there. Please supervise your child reading and/or doing the other parts of their homework (which varies according to year level) such as sight words, sounds, worksheets etc.

We do not give a lot of homework, so there is an expectation that it will be done. We understand that if there is a family event or unexpected illness etc that it may not be completed. Please let us know if this has happened so that we can deal with the situation appropriately.

Doing homework in primary school sets up good work habits for homework in secondary school. We are trying to help your child to develop good study habits, including independence and responsibility. As parents, you have an important part to play in developing these habits for the future.

**FRUIT BREAK**

This year we are continuing “Fruit Break” in the middle of our morning learning session. This kind of “brain break” has been proven to help with children’s learning and their ability to retain new skills, understanding and information. We also practise some brain gym techniques which help to get their brains into gear. Through these routines, we are trying to give each child the best possible opportunities to learn and develop. An important component of this routine is drinking water regularly. Please encourage...
your child to bring a water bottle to school. If you would like to donate any fruit at any time please send it to school.

**Behaviour Matrix**

At the back of each newsletter from now on, I will be outlining the expectations from our Responsible Behaviour Plan for the school. This describes the behaviours which are expected in various areas of our school in accordance with our school rules which are: **BE SAFE. BE RESPONSIBLE. BE RESPECTFUL.**

The first area I have chosen to share is the classroom. For each rule there are descriptions of behaviours which are expected to be seen when we are in the classroom. Please talk to your child about these expectations so that we all have a common understanding of expectations at school.

**Parenting Tips**

Parenting is a rewarding and sometimes very challenging role in life. We all want the best for our children and it is great to share ideas when we can and to know that all parents experience the same highs and lows in this role! I have found a few positive and useful tips and ideas over the years. I would like to share some of these ideas over the coming months and I hope that parents will read them and maybe gain some strategies or ideas. My tips are on page 4 of this newsletter.

**STAFFING**

We have retained mostly the same staff as last year. We have said goodbye to Mrs Allira Erlangsen, who has had a change of LOTE circuit to other schools. A warm welcome back to Susan Alexander who will be teaching our Years 3, 4, 5 students Japanese.

**ABSENCES**

If your child is absent please explain the reason in the KIT book, or with an SMS, email or phone call. We are now required by law to contact parents on the same day as a student is absent. So we will be phoning or texting on that day until we hear from you unless you contact us first. We are required to mark the school roll with accuracy regarding attendance and absences. The school roll is a legal document and, accordingly, we need correct details.

**K.I.T. BOOK**

Every family has been given a KIT (Keeping In Touch) Book which makes the journey between home and school every day. Please feel free to write notes or ask questions via this method. This is the purpose of the KIT book. We will keep you informed through the KIT book also.

**P&C News**

Thanks to those parents who attended the Annual General Meeting and the first Meeting for the year. Executive positions were filled as listed below. Thank you to those parents willing to step up and make the commitment to our school and community.

President – Leanne Bradbury
Secretary – Nikki Atkins
Treasurer – Virginia Bissett

**New school uniforms**

Our new uniform shirts and bucket hats are now available from the school and P&C. As this is a phasing-in year, students are welcome to wear either shirt until the end of the year. Shirts are $25 each and hats are $15 each.

The P&C have offered to supply each student with one school shirt. Thank you P&C Executive for being so generous to our students! These shirts will be distributed by the end of the week.

**Tuckshop and Breakfast Club**

Breakfast Club will commence in Week 4 (Feb 14 & 15) of this term. Breakfast will be provided to our students if they wish on Tuesday and Wednesday mornings from 8am. Breakfast Club will happen every week.

Tuckshop will also start on the same day - Tuesday 14th February. Please keep an eye out for the tuckshop forms the week before that. Tuckshop will be offered to students on a fortnightly basis.

If you are able to contribute breakfast items for Breakfast Club, please feel free to send them in - cereal, bread, milk, butter etc would be greatly appreciated!

Alternatively, if you are able to volunteer to help with either Breakfast Club or Tuckshop, please let Kerry know at the school when you are available. Leanne Bradbury has kindly offered to organise tuckshop and I am sure she would appreciate assistance of any kind.
Important Dates and Reminders

Please check the list of dates in the newsletter each week to ensure you are aware of school events.

School Administration

Diane Strathdee, our wonderful office administrator, will now be in the office on Monday and Tuesday each week. I will be taking Tuesday as Principal administration day, with Jenny Neubecker teaching our students on that day.

CONTACT DETAILS

Please notify the school if any of your own or your emergency contact details have changed since last year.

I, and my staff, are looking forward to working with you and your child(ren) this year. I encourage you to be an active participant in your child’s education. Please come and help with school events, get involved with the P&C Association and please make an appointment if you have any queries or issues.

School contact details are:
School Phone: 41561202 School Mobile: 0407043494
Principal email: kdeig1@eq.edu.au

Yours in Education,
Kerry Deighton, Principal - Avondale State School

Chaplain Chat

Hope Smiles from the threshold of the year to come, whispering it will be Happier........

HAPPY NEW YEAR TO ALL IN 2017!
A very special welcome to all our new Avondale families.

WELLBEING TIPS FOR THE NEW YEAR!

Enjoy everyday by setting something to achieve.
Don't be too serious, laugh at yourself and enjoy life.
Drink water before, during and after exercise.
Eat plenty of green leafy vegetables.
Always be Sunsmart; wear a broad brimmed hat, sunscreen and protective clothing.
Participate in and contribute to community events.
When travelling, stretch your arm and leg muscles every ten minutes.
Wash the family car for exercise, polish it if you want a real workout.
Aim to read about a happy and successful person each month.
Aim to make someone's day every day by saying something encouraging to them.

Playgroup

Playgroup will commence Wednesday February 1 from 9am till 11am, at the Avondale Library which is next week.
The next dates will be Wednesday February 8 and Wednesday February 15. As from week 5 we will be changing our playgroup morning to a Tuesday morning starting February 22 9am till 11am at the school library.
I am looking forward to meeting all our families and also welcome any new participants who would like to join us.
Please let any families you know of and invite them to our morning playgroup, birth to 4years.
Warmest regards, Chappy D.

Community Notices

Gin Gin Little Athletics 2017 season starts on 22nd April
Our emphasis is on Family, Fun & Fitness. Children can join with any level of skill or fitness, as our main aim is for our athletes to achieve personal bests (PB's). We cater for Tiny Tots - U17’s and run on Saturday mornings from April to September in Gin Gin.
Round 9 Get Started Vouchers open for eligible families on 25th January, so get in early as we are a registered Get Started Club and this round covers our upcoming season.
For more information on Little Athletics please go to www.ginginathletics.org.au or phone 0422 303 223

Netball Sign On
Want to join our Brothers Netball Family this year? We are now accepting registrations for the 2017 season. We are extending invitations to anyone 8 years and over who would love to have fun and make friends playing netball. Head over to our website at www.brothersbundaberg.qld.netball.com.au
Here you will find the online registration form. We will be holding a “sign on / uniform try on day” on Sunday 5th February in the Shamrock room at the Brothers Sports Club from 10am until 2pm. On this day you will be able to try on a uniform to ensure you get the correct sizing and also order your uniform. If you have any questions please email us at brothersnetballclub@gmail.com

**Alloway Football Club Inc.** is looking for boys or girls aged 5 - 12 years wanting to play football (soccer) in 2017. Beginners or experienced players are welcome. Trainings are on a Thursday afternoon from 4pm at St Luke’s Anglican School starting on the 16th February, 2017 and games are on a Saturday at Football Bundaberg. Junior sign on for members is at the Melbourne Hotel on Sunday 12th February from 9am - 12pm or register online at www.myfootballclub.com.au. Any problems please contact our registrar, Dee Peever, on 0428030583.

Interested in playing hockey— Raiders Hockey Club are looking for more Junior & Senior Players to play fixtures in Bundaberg each weekend from March to September.  **All players welcome – old & new!**

- Subsidised fees  
- Competitive Teams  
- Accredited Coaches- Regular Training  
- New junior players receive a free stick, ball & socks & uniforms are supplied

**RAIDERS AIM** is to provide fun, social but competitive hockey at a reasonable cost.

**Bundaberg Hockey Sign on 11th Feb**

**Raiders Pool Party – 18th Feb**

Find us on Facebook or contact Latoya 0437576178 or Tarina 0438576283

**Bundaberg Netball Association**

**Looking for players**

Players Born 2010-2012 – email bundynetball@hotmail.com

For more information

Players Born 2009 and above contact one of our clubs

- Alloway Netball – Lyn 41528298
- ATW Netball – Sandy 0401533222
- Blazers Netball – Debbie 0428910691
- Brothers Netball – Jodie 0432121791
- Fusion Netball – Helen 0400692374
- Natives Netball – Karen 0438159595
- Western Suburbs Netball – Alex 0419737310

More details about our clubs can be found on our website [www.bundaberg.netball.asn.au](http://www.bundaberg.netball.asn.au)

Find our clubs on Facebook.

**BUNDABERG & DISTRICT TABLE TENNIS ASSOC. INC.**

2017 JUNIOR TABLE TENNIS COME & TRY NIGHTS

Friday 27th January & 3rd February 7.00 - 9.00 p.m.

It's free, win prizes. Free drink and ice block for every player.

Meet current Australian Junior champion and Australian Junior representative, Jake Duffy, Friday 3rd February

Bundaberg Table Tennis Centre, Kendalls Rd, West Bundaberg (opposite Airport)

Term 1 Junior Season Starts—Friday 10th February 4.30 - 6.30 p.m. nominations close Thursday 9th February

Junior Coaching Every Friday 7.00 - 9.00 p.m. from February 10th

Contact Dave Delpratt (4155 2388) or bundytt@bigpond.com
to nominate or for more information.

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<th><strong>CLASSROOM</strong></th>
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<td>♦ Walk</td>
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<td>♦ Sit Still</td>
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<td>♦ Enter and exit room in an orderly manner</td>
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<td>♦ Wait quietly and sensibly for your teacher</td>
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<th><strong>BE SAFE</strong></th>
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<td>♦ Use your manners</td>
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<td>♦ Sit still</td>
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<td>♦ Enter and exit room in an orderly manner</td>
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<td>♦ Use equipment appropriately</td>
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<td>♦ Do not disrupt others learning</td>
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<th><strong>BE RESPECTFUL</strong></th>
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<td>♦ Be prepared and punctual</td>
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<td>♦ Complete set tasks</td>
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<td>♦ Keep work space tidy</td>
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<td>♦ Be honest</td>
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<td>♦ Do your best</td>
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<td>♦ Have a go</td>
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### Some Parenting Tips and Ideas…..

**(from PPP – Positive Parenting Program)**

**Children should be encouraged to develop the skills of:**

#### How to communicate and get on with others –
- ♦ Express their views, ideas and needs appropriately
- ♦ Request assistance or help when they need it
- ♦ Cooperate with adult requests
- ♦ Play cooperatively with other children
- ♦ Be aware of the feelings of others
- ♦ Be aware of how their actions affect others

#### How to manage their feelings –
- ♦ Express feelings in ways that do not harm others
- ♦ Control hurtful actions and thinking before acting
- ♦ Develop positive feelings about themselves and others
- ♦ Accept rules and limits

#### How to be independent –
- ♦ Do things for themselves
- ♦ Keep busy without constant adult attention
- ♦ Be responsible for their own actions

#### How to solve problems –
- ♦ Show an interest and curiosity in everyday things
- ♦ Ask questions and develop ideas
- ♦ Consider alternative solutions
- ♦ Negotiate and compromise
- ♦ Make decisions and solve problems for themselves appropriately

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Avondale State School  
371 Avondale Road Avondale 4670