



Avenues College

Resilience ❖ Courage
Respect ❖ Creativity



2021 Term One Week 5 B-12 Update

Robyn McLean

Principal B-12

Ela Koczwar

Head of Early Years

Jenny Conn

Head of Primary Years (R-6)

Jen Geyer

Head of Middle Years (7-9)

Daniel Lasscock

*Head of Aboriginal
Education and Senior Years*

Mari Terreri

Head of Wellbeing B-12

Teresa Maiolo

*Coordinator of Centre of
Deaf Education*

Danielle Smith

Business Manager, B-12

We have had a great start to 2021, with about 500 students settling into learning with the support of 80 staff members. The building work is continuing to disrupt some of our learning, but we are starting to see the light at the end of that tunnel! Soon we will be able to access all of our outdoor learning spaces easily, and enjoy a range of new facilities for all of our students. I am pleased to announce that we have finally filled the Grounds Person position, and Jeff Lewis will begin as a fulltime staff member on Thursday March 4!

Term 1 is always full of new experiences, and I want to draw your attention to just a couple:

Students from the APY Lands have been a part of Avenues for many years, but this year we have welcomed students from years 7-9 rather than just the senior students we have hosted in past years. This provides an amazing opportunity for all of our students to understand the importance of Aboriginal and Torres Strait Islander history within the context of wider Australian community. In welcoming them we add to the richness of all our learning.

Avenues College Sports Day will be held at the end of next week – more detail later in this newsletter. This is a change in time for us, and will enable our secondary students to qualify for district sports as well as celebrate the community that we are building. If you are able to attend, this is also an opportunity to informally meet your children's teachers.

School Zone Speed Limits and Student Drop off and Pick Up

Parents/Carers are reminded about School Speed Zones and the importance of observing these zones for the safety of all our young people. School Speed Zones are in place whenever children are present, and we request that you keep your speed below 40km/h.

For the safety of our students it is very important that parents/carers observe the rules regarding "No Standing" zones in the vicinity of the school entrances. The No Standing zones are there to facilitate the smooth flow of traffic through the crossing, and to ensure drivers' views are unobstructed by illegally parked cars. For the safety of our young people, please observe these signs.

Additionally, I would request that parents/carers not drive into the college to drop off or pick up students in either of the car parks. With well over 500 students – aged from 4 to 18 years - arriving and leaving at around the same time each morning and afternoon, it is not only impractical to have a large number of vehicles entering and leaving the college grounds at these times, it is also dangerous to mix vehicles with this number of young pedestrians, most of whom are not on the lookout for motor vehicles once they enter the college grounds. Please assist us to ensure the continued safety of our students by not driving into the college at these times.

Robyn McLean, Principal



Avenues College
Avenues College Children's Centre
Avenues College Sport

Avenues College B-12

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Government of South Australia
Department for Education

Department for Education trading as South
Australian Government Schools
CRICOS Provider No: 00018A

Avenues College acknowledges and respects the traditional custodians whose ancestral lands we meet upon. We acknowledge the deep feelings of attachment and relationships of Aboriginal peoples to country. We recognise the many language groups that continue their connection to land, waters and culture across Australia and we pay our respects to their elders, past, present and emerging.

Diary Dates

Term One 2021



Governing Council Meetings
Tuesday 16 March—AGM

Adelaide Cup Public Holiday
Monday 8th March

Whole School Sports Day
Friday 12 March

Year 8 Camp @ Victor Harbor
24—26 March

Year 11 Aquatics Camp
30 March—1 April

Good Friday Public Holiday
Friday 2 April

Easter Monday Public Holiday
Monday 5 April

Last Day of Term One
Friday 9 April

Anzac Day Public Holiday
Monday 25 April

First Day of Term Two
Tuesday 26 April

EVERY STUDENT CAN
LEARN
just not on the same day
or in the same way.

GEORGE EVANS

MONEY MATTERS

The Finance Office would like to remind families of the importance of contributing towards the 2020 Materials & Services Charges. Thank you to the families who have already made payment this year ... your ongoing support is appreciated.

We offer a number of different payment options and we encourage you to contact us to negotiate an arrangement which suits your needs.

The Materials & Services Charges ensure the delivery of high quality resources and services for all students and directly relates to higher educational outcomes.

We appreciate that some families may have recently been affected by COVID-19 ... please remember we are here to assist you. Call to speak with our Finance Office who will confidentially negotiate with you any alternative arrangements you may require.





**Avenues
College**

**Governing Council
2021 Annual General Meeting**

You are invited

to join us for our AGM to see what Governing Council is all about! There is no obligation to join—just come along to meet other parents and members and explore the kind of work our volunteer Governing Council members undertake in support of all of the students, staff and learning facilities at Avenues College.

We strongly believe that connections between the College and families positively contribute to the development and success of children. Governing Council is an ideal way for parents and caregivers to engage with other families, College staff and community members. Explore how the consultation and decision making processes of Governing Council, work towards building Avenues College into a world class education resource which benefits staff, students, families and the wider community immeasurably.

The AGM will be a COVID-19 Safe event requiring you to pre-register your attendance, adhere to social distancing and personal hygiene & sanitation practices.

There will be no food or drinks available at this function.



6.00pm



Tuesday 16 March 2021



Parndendi Café at Avenues College, McKay Ave, Windsor Gardens

** Venue subject to change depending on confirmed attendees



To assist us in holding a COVID-19 Safe function, please register online at

<https://www.trybooking.com/BPHGX>

**There is no cost for this event.



Avenues College



RESTORING LOCAL BIODIVERSITY



DEVELOPING AN OUTDOOR LEARNING RESOURCE



GROWING LOCAL COMMUNITY LINKS

YOU ARE INVITED TO ...

Help create a natural environment and recreational asset for the whole community

Learn new skills and knowledge to care for the environment

Ring 8261 2733 to register your interest



Government of South Australia
Department for Education

Generously supported by:
James Stevens, Member for Sturt
through the COMMUNITY ENVIRONMENT PROGRAM



Australian Government
Department of Industry,
Innovation and Science
Department of the Environment
and Energy



Yarning circles in Year 1/2 B

Yarning is about building respectful relationships.

The use of a **Yarning Circle** (or dialogue circle) is an important process within Aboriginal culture and Torres Strait Islander culture.



The Yarning circle has been used by Indigenous peoples

In year 1/2 B, we encourage responsible, respectful and honest interactions between each other.

We are working, through Yarning circles, to build trusting relationships and provide a safe place to be heard and to respond.

from around the world for centuries to learn from a collective group, build respectful relationships, and to preserve and pass on cultural knowledge.

Due to the nature of children aged 6 to 7 years old, we make the necessary adjustments to time spent sitting in a circle. As a class group, we form a complete circle and ensure that everyone is seated equally and that everyone can see all participants in the circle. In year 1/2 B, we understand that everyone is equal and all responses are valid.

All participants understand that the circle is a safe place where everyone is required to contribute and that their contributions are heard, valued and respected.



Avenues College Environmental Group

2021—What's Happening



The Environmental Groups is revved and ready for an awesome 2021, working towards, raising awareness about environmental issues and inviting the school community to participate in some simple activities which have positive results

Term 2 will see us begin a succulent garden out the front of the school. We are waiting for it to cool down a bit before beginning this.

Feedback from our survey last year (thanks to those who completed it!) will see us do a lunchtime upcycling activity once per term. In first term we are looking at making seed bombs from recycled paper. Details to come.

Breadtag (plastic) collection is Term 1, this goes to support a company that recycles them into new products and uses the funds from selling these items to organise wheelchairs for the disadvantaged in South Africa. It takes 200kg of breadtags to pay for one wheelchair! Maybe we can get a little of the way there? Collection point is by the stairs in the front office ... house points on offer!!

We'll try again for the Colgate Dental Waste competition. It has yet to start, so details to come.

We've signed up for Cleanup Australia Day, details to come for that.

Stay tuned!!



**Avenues
College**

EVERY MINUTE COUNTS....

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

Your child's best learning time is at the beginning of the day...



**Attendance
Matters**

Every student. Every day.



★ WELCOME TO COUNTRY ★ SPRINT RACES ★

★ ATHLETICS EVENTS (Javelin, Discus, Shot Put, High Jump) ★

★ TABLOID EVENTS ★ RELAYS ★

★★ ACTIVATE ★★ PARTICIPATE ★★

★★ INVIGORATE ★★ CELEBRATE ★★

SPORTS DAY



FRIDAY MARCH 12, 9.00AM—3.00PM, Spectators welcome!!



Don't forget to Pre-Order
Forms available soon!!



'Bean There Drank That'
Coffee Van Onsite
10am—2pm

CANTEEN OPEN
From 10am to 2pm
For snacks and drinks

APRIL SCHOOL HOLIDAYS

BASKETBALL SKILLS CAMP

9AM - 3PM

13TH, 14TH, 15TH APR

THE ARC

Register For Our April School Holidays Basketball Skills Camp!

These April School Holidays at the ARC, Adelaide Community Basketball Association in conjunction with the Norwood Basketball Club are running our basketball camp over 3 huge days!

- Tuesday April 13th 2021
- Wednesday April 14th 2021
- Thursday April 15th 2021

Each session is suitable for beginners through to Representative League kids aged 6 and over.

Our superstar coaching lineup features NBL1 players CJ Turnage, Georgia Thomson and Jordan Wilson. There will be plenty of new skills being taught and fun to be had!

Time: 9:00am to 3:00pm each day

Location: The ARC – 531 Lower North East Road Campbelltown

What to bring: Ball, water and food for the day

Cost:

- \$75 / day
- \$140 for 2 days
- \$200 for 3 days

Price includes a free t-shirt for all participants!

These camp days are a great way for your child to improve their skills, while making new friends and having fun!

Register today as each session will be capped at a maximum of 80 participants and will sell out.

[REGISTER HERE](#)

A LITTLE BIT
ABOUT
me ...



Jenny Conn
Head of
Primary Years

1. Do you prefer writing, reading or drawing?

I love reading... mystery books are my favourite.



2. What is your favourite YouTube channel or Podcast?

Any kind of music channel

3. Would you rather travel the world or stay home?

Travel. I love visiting new places, meeting new people and learning about their cultures

4. What is your favourite animal and why?

Labradors... because they are adorable!



5. What is your worst habit?

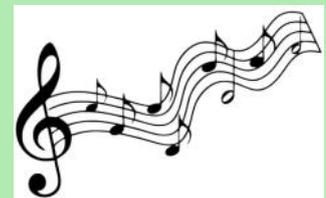
Forgetting things.

6. Who is the person you most admire (dead or alive)?

There is no one specifically. I admire anyone who stands up for others and makes the world a better place.

7. What is your favourite book or movie?

To Kill a Mockingbird



8. If you could choose, what superpower would you like?

Is music a superpower?? I would love to be able to create music to make people feel happier.

9. What is something we might not know about you?

I like to garden... especially vegetables.



10. Complete this sentence "I feel happiest when"

"... people around me are happy.:"

Entertainment

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5 Tips for a Better Night's Sleep

Sleep is vital to your health and a critical part of life. You need it to recharge your brain and body for another day. Stress, everyday demands, and even your smartphone are some of the culprits affecting your sleep.

To sleep better and wake up feeling more rested, follow this advice:



1

Eat your meals around the same time every day. Dinner should always be two to three hours before bedtime.



2

Limit naps to 30 minutes or less, and nap between 1 and 3 p.m. for the most benefit.



3

Stay active—any activity is good. Try to move for 20 to 30 minutes most days, at least five to six hours before bedtime.



4

Limit your caffeine intake and avoid it after 12 p.m. Avoid stimulants (such as decongestants and nicotine) as well.



5

Try to go to bed at the same time every night and get up at about the same time every morning—even on weekends.



TENSE AND RELEASE MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.



Just One Breath BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.





One of the many things that 2020 and all of its challenges has highlighted for us is the importance of holding the most up to date contact information for parents, caregivers and emergency contacts.

If you have recently changed your contact details (mailing address, phone numbers or email address) or would like to update your Emergency Contacts or your student's medical information, please contact our Front Office staff on 8261 2733 or dl.0906.info@schools.sa.edu.au.

Alternatively you can access a pre-printed form on our website via the following link :

[Update of Parent/Caregiver Details Form](#)

Please Note : We are only able to accept amendments from a parent or authorised caregiver.



WANT TO START THE WEEKENDS WITH SOME ACTION AND ENJOY THE OUTDOORS?

A Fun –filled, non-competitive and child focused soccer group, GRASSHOPPER SOCCER runs for 8 weeks per school term at The Avenues College, both mornings of the weekend. Our program offers a FREE TRIAL session so you can have a go with your child before you join for the full term (8 weeks). We promote group confidence and social skills too! Online enrolments can also be done at

www.grasshoppersoccer.com.au/windsor-gardens

If any further info is needed or to book trial session, call Andrew on 0408 825 280 or email andrew@grasshoppersoccer.com.au





Campbelltown City Soccer Club
currently has the following
vacancies for 2021

Girls born between 2006 and
2007 (Under 15s)

Senior Women Division 1 and 2

Register your interest by
emailing
ccsc.juniors@live.com.au



WINTER TRIALS 2021



JOIN THE ONLY PREMIER LEAGUE CLUB IN
THE NORTHERN NETBALL COMMUNITY

WE HAVE POSITIONS FOR GO, PRIMARY, SUB JUNIOR,
JUNIOR, INTERS AND SENIORS WITH PATHWAY
OPPORTUNITIES TO PREMIER LEAGUE FROM SUB
JUNIORS THROUGH TO SENIORS

TRIALS: SUNDAY 7TH AND 14TH OF FEBRUARY AT THE
KINGS BAPTIST GRAMMAR SCHOOL GYM

REGISTER YOUR INTENT TO TRIAL AT:
PLAYERREGISTRATION@TANGONETBALLCLUB.COM.AU

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