

Term 4 Update



Robyn McLean
Principal

Roy Webb
Head of Secondary Years

Mari Terreri
Dean of Student Well Being
and Engagement

Allyson Goodale
Head of Early Years

Chan Welfare
Head of Primary Years

Teresa Maiolo
Coordinator of the Centre for
Hearing Impaired (CHI)

Danielle Smith
Business Manager, B-12

From the Principal...

2019 at Avenues

Our enrolments are growing across the school as more families are confident in our learning programs from Preschool to Year 12. We are still receiving high numbers of **enrolment enquiries** from families with children entering Preschool, Reception and Years 7 and 8 in 2019. If you know of families wanting to enrol, please encourage them to contact us soon to enable us to plan effectively for our classes next year. If you know that your child will not be returning to us in 2019, please let us know as soon as possible.

Next year we are adding an extra Reception class, ensuring that our children have the best possible start to formal schooling. We will also be adding an extra class in the Primary years, with a Year 7 class for the first time in many years. Our Year 8 enrolments are following the trend of 2018 and we are anticipating 5 classes at both Year 8 and Year 9 for 2019.

The McKay Ave campus will be a building site for the 2019 school year, as we prepare to welcome the early and primary years' students in 2020. While some disruption will be inevitable, staff members are planning now to ensure that your children will have appropriate classroom accommodation and that their learning will continue smoothly.

Class of 2018 – Avenues College First Graduates!

Our Year 12 students are in the final week of school, as they complete exams and the last couple of assignments for their SACE. I wish them all the very best for their results, and for 2019 as they head to university, TAFE, work and apprenticeships. After the last exam on Friday November 16, we will be celebrating 13 years of schooling at our Presentation Evening on Wednesday November 21st and the Year 12 Formal on Thursday 22nd November.

The last day of formal lessons for Year 11 students is Friday 23rd November. For the rest of our students, Preschool to Year 10, school continues until Friday December 14. All Year 11 school work needs to be submitted before students leave. Please ensure that your child attends every day, or that we are notified of the reason for their absence as soon as possible.

Mobile Phones at School

I acknowledge that mobile phones have become a part of everyday life and many of our students have a mobile phone for use while travelling to and from the College and during recess and lunchtime. On our primary site, these phones are handed in to the staff members at the reception desk at the beginning of the day, and returned at 3pm.

At McKay Ave we have reviewed our policy in this area to ensure that all staff and students have the right to teach and to learn at the College without the interruption of the inappropriate use of mobile phones. You will find our new policy on our website

Building Update

- We expect the building contract to be left during this term, with building beginning during December.
- There will be a number of staff members moving from current offices to temporary spaces; and our front entry will be moved! Signage will help you – and your children – find your way...
- The plan for our building work on McKay Avenue is currently displayed in the front foyer.



Robyn McLean, Principal

Avenues College Birth to Year 12

Diary Dates

Year 12 Presentation Night:
Wednesday 21st November

Year 12 Formal: Thursday 22nd November

End of Term 4: Friday 14th December
EARLY DISMISSAL—2pm

First Day of Term 1, 2019
Tuesday 29th January: All new McKay Avenue students &
all Year 8's
Wednesday 30th January: All McKay Avenue students

Avenues College Secondary Campus

McKay Avenue, Windsor Gardens SA 5087

T: 8261 2733 **F:** 8261 0827

E: dl.0906.info@schools.sa.edu.au

W: www.avenues.sa.edu.au

Avenues Primary Campus

Beatty Avenue, Hillcrest SA 5086

T: 8261 3339 **F:** 8266 1471

E: dl.0146.info@schools.sa.edu.au

Every Day Counts

*School is better when you're here
Attendance fact sheet for school students*

Do I have to go to school?

Yes, in South Australia school is compulsory until you turn 17.

Missing one day a fortnight is the same as missing 4 whole weeks of school a year. From Reception to Year 12 that adds up to 1.5 years of school.

Apart from this, school is better when you attend. Your friends and your teachers notice that you're away and wonder if you're OK.

Why is regular attendance at school important?

Right now, being at school is your most important job and you're building habits that you'll take into adulthood. While it might not seem obvious, when you come to school you are learning about more than just Maths and English. You're learning all sorts of skills like working in teams and meeting deadlines that will help when you're an adult. If you can't show up to school every day, how will you learn to show up for work? Being at school every day also means you are involved in your own learning, interacting with other students and teachers and are a part of environment that is motivating and stimulating. You can get help from your teachers and friends and won't have to rely on trying to learn things in your own time.

There's also a lot of evidence that shows that young people who attend school more frequently have better outcomes after school too. This means they earn more money, have better job prospects, are less likely to misuse drugs and alcohol and are generally healthier.

Do I need to let the school know if I'm going to be away?

Yes. Your parents need to notify the school within **three days** of your absence. The school then decides if the absence is approved or not according to their attendance policy.

If you're away from school too much and don't have a reasonable excuse like a serious illness, your parents can also get in trouble.

Many schools have their own attendance requirements as well. This means you might pass a subject academically but fail it if you've missed too many classes. This is especially the case with SACE. You need to find out what your school's attendance policy is so you aren't unintentionally getting into trouble.

Are there any good reasons to be away from school?

Basically, no. Unless you are so sick you can't get out of bed or there is an event like a funeral, you should be at school. Every day you are away is a day of classes and social connection you miss out on.

Even medical and health appointments should be made either before or after school or during the school holidays. This includes family holidays. Your parents are encouraged not to plan holidays during the Term but to organise these during the school holidays.

If you do have to be away for some reason, your parents need to contact the school and let them know what's going on. Depending on the situation, the school might provide schoolwork for you to complete.

What do I miss out on if I'm not at school?

You miss out on all the big stuff – class discussions and all the interaction that happens in a classroom, the chance to get help from teachers and the opportunity to practice skills and gain knowledge. Being away means you miss out on the content altogether or that you need to catch up in your time.

If all of that isn't enough to convince you to be at school every day, being away also means you also miss out hanging out with your friends. Being away from school a lot can be lonely. It has a big impact on relationships and social connections. Believe it or not, everyone wants you at school and it really is better when you attend.

What if I'm having problems getting to school?

Sometimes getting to school can be about having a good routine. If you find yourself running late or missing school because you're disorganised, try:

- Having a set time to go to bed
- Being really disciplined with technology – turn it off or better yet, leave it out of your room altogether. You can catch up on all the chat and the latest episode of whatever you're watching later on
- Packing your bag the night before
- Having a set time for breakfast
- Planning to meet up with a friend so you can travel to school together.

Sometimes though it can be hard to get to school. You might feel overwhelmed by the work or things might be tough with your friends. Maybe you really dislike a teacher or things at home aren't great. Perhaps you're feeling down or anxious and don't even really know why.

Whatever the situation is, staying away from school isn't the answer. There are lots of people who want to help. Try talking to:

- Your parents or another adult family member
- A trusted teacher
- Wellbeing Coordinator or the school counsellor
- Another trusted adult like your coach

Useful Websites/ Contacts:

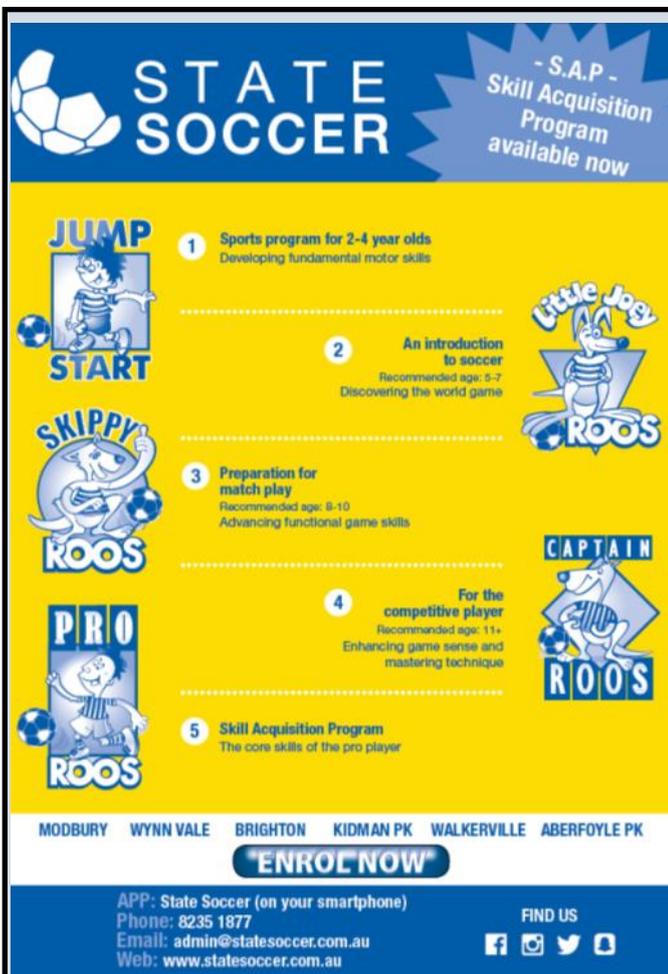
Kids Matter - www.kidsmatter.edu.au

Youth Beyond Blue - www.youthbeyondblue.com.au

Headspace - www.headspace.org.au or e-headspace www.eheadspace.org.au/ for online counselling & support

Reach Out – www.reachout.com

Kids helpline - 1800 55 1800 24 hours a day, 7 days a week or [web counselling](#)



STATE SOCCER - S.A.P. - Skill Acquisition Program available now

JUMP START
1 Sports program for 2-4 year olds
Developing fundamental motor skills

SKIPPY ROOS
2 An introduction to soccer
Recommended age: 5-7
Discovering the world game

PRO ROOS
3 Preparation for match play
Recommended age: 8-10
Advancing functional game skills

CAPTAIN ROOS
4 For the competitive player
Recommended age: 11+
Enhancing game sense and mastering technique

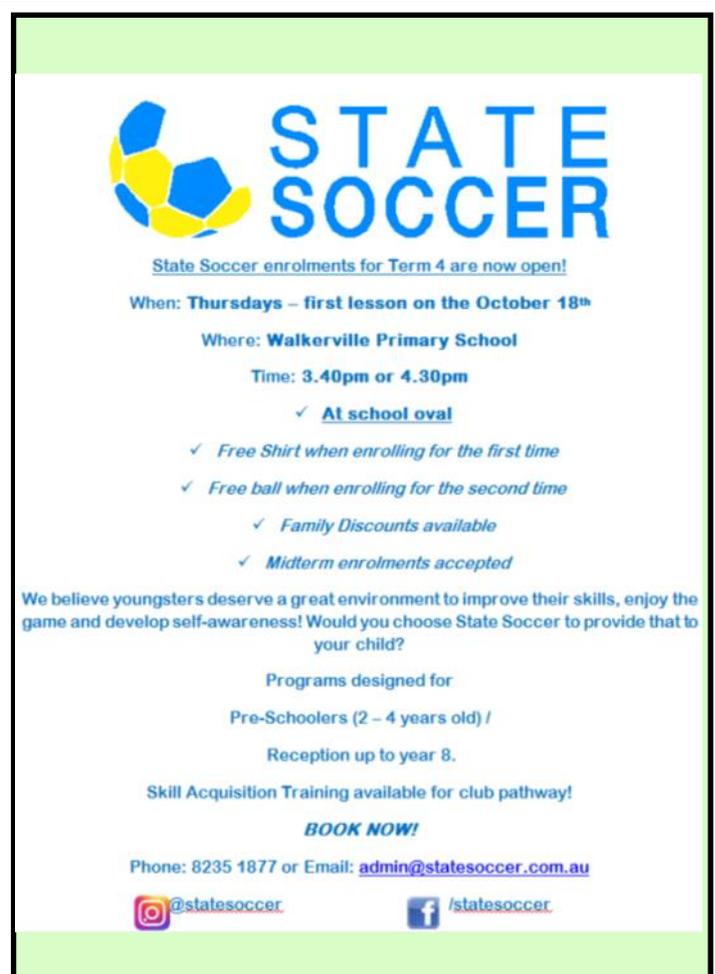
ROOS
5 Skill Acquisition Program
The core skills of the pro player

MODBURY WYNN VALE BRIGHTON KIDMAN PK WALKERVILLE ABERFOYLE PK

ENROL NOW

APP: State Soccer (on your smartphone)
Phone: 8235 1877
Email: admin@statesoccer.com.au
Web: www.statesoccer.com.au

FIND US
   



STATE SOCCER

State Soccer enrolments for Term 4 are now open!

When: **Thursdays** – first lesson on the **October 18th**

Where: **Walkerville Primary School**

Time: **3.40pm or 4.30pm**

✓ **At school oval!**

✓ *Free Shirt when enrolling for the first time*

✓ *Free ball when enrolling for the second time*

✓ *Family Discounts available*

✓ *Midterm enrolments accepted*

We believe youngsters deserve a great environment to improve their skills, enjoy the game and develop self-awareness! Would you choose State Soccer to provide that to your child?

Programs designed for
Pre-Schoolers (2 – 4 years old) /
Reception up to year 8.
Skill Acquisition Training available for club pathway!

BOOK NOW!

Phone: 8235 1877 or Email: admin@statesoccer.com.au

 [@statesoccer](#)  [/statesoccer](#)

Last Day for our Year 12 Students

Friday the 2nd of November was a significant day for the Graduating Class of 2018. This day was designated the 'official last day' for Year 12s and to honour the occasion parents, carers, friends and the whole McKay Avenue site gathered in the gym in for an assembly designed to acknowledge every students contribution both in and out classroom during their secondary years. Students were welcomed into the gym by the student body where they were seated in a prominent position. They listened to their achievements and watched a visual trip down memory lane, the last caused much amusement as students saw photographs of themselves from Year 8 through to the present.

Tahlia, Amelia and Shanay provided musical items chosen for the occasion and they were very much enjoyed by all present. All too soon it was over and time for the students to exit the gym for one last time and head to the Resource Centre for lunch. As they left the entire assembly stood and applauded one more time to say thank you and good luck for the future.



PCW Update— Bron Jory

In Term 3, we had some volunteers from our NESCI team run a lunch time activity called “Minute to Win it”. We had games from Mummy Wrap, Cookie face, Suck it Up, Tissue Issue and Junk in the Trunk. Student's won small food prizes and earned points for their houses. It was all a bit of a laugh. Well done to all who gave it a go.

Look out in Term 4, Week 5's there will be a Survivor twist and new games.



Available on
Monday &
Wednesday

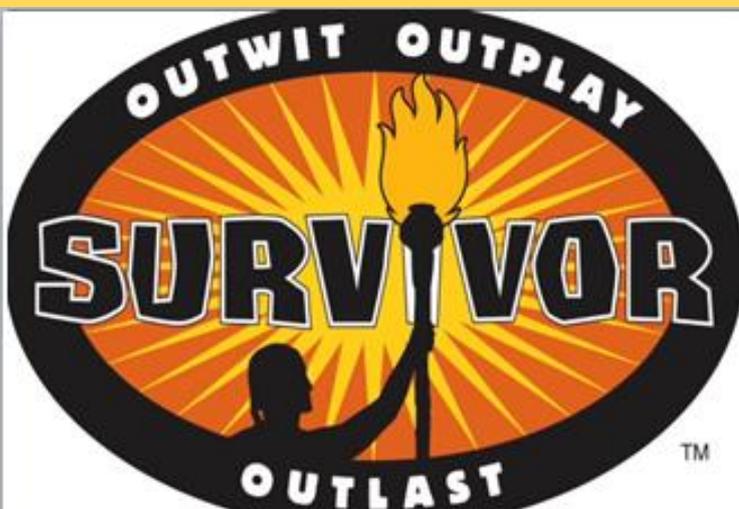
This Term I had the pleasure of teaming up with Lewis in Year 12 to help organise his quiz called “I ask, you answer”. We ran it as a lunchtime activity with some movie tickets provided from Alissa as first prize. Congratulations to Tommy in Year 8 who had won this.



The Power to End Violence Against Women

The Power to End Violence Against Women program run by Port Community Ltd, The Port Adelaide Football Club developed with Centrecare Catholic Family Services and the Department for Education raises awareness around the issue of violence against women and promotes respectful relationships to young men in Year 10 across schools in South Australia. The program provided the information and skills necessary for young men to make informed choices to prevent violent behaviours in society.

Year 10 male students were given the unique opportunity to participate in this program. The Power to End Violence Against Women program ran at Avenues College over 2 sessions. Students engaged positively in the program and enjoyed interacting with the facilitators and players.



Wednesday 14th of November

@ Lunch in front of the Library teams of 4-5 will do battle against each other!

Register your team @ student services ASAP to go into the challenge. Prizes & house points awarded to winners.



Year 11 Psychology Trip To Adelaide University & MOD

At the end of Term 3, Year 11 Psychology students travelled into the city to experience a guided tour of Adelaide University, as well as a Q&A session with a PHD student. After some lunch, we headed to MOD – an interactive gallery full of displays bringing together the latest research and technology in science and art. There was even a chair that tested each person's interpretation and tolerance of pain!



Lunchtime Tunes

We have been enjoying the talent of students every Wednesday lunchtime's. Students have had the opportunity to perform during lunches to promote confidence and perform the songs they are practicing in their music lessons. Well done everyone!



AVENUES COLLEGE UNIFORM FIT DAY



DEVON CLOTHING ARE COMING TO YOU!

Wednesday 28th NOVEMBER

8:00AM - 5:00PM

AVENUES COLLEGE

McKay Ave, Windsor Gdns

Ph: 82612733

DO NOT MISS THIS OPPORTUNITY

**TO PURCHASE ON THE DAY AND BE READY FOR
2019**

OR PLACE A CUSTOMER ORDER FOR PICK UP OR DELIVERY LATER.

Register for Zip Pay before you come & Buy Now, Pay Later.

<https://zippay.com.au/>

Cash, EFTPOS and Credit Card Transactions also available on the day.

Sorry, no Amex or American Express available.



Come and Play NETBALL

Cheerio Netball Club is welcoming
new players of all ages for the
current winter season and upcoming summer season.

Register now!

Ph: 0419 810 656

Email: secretary@cheerionetball.com

Website: www.cheerionetball.com

See you on the court

THINKING ABOUT FOOTBALL?



FAST TRACK YOUR FOOTBALL SKILLS IN 4 WEEKS!

Join the GAZA Womens Football development workshops
for players aged 16+

Workshops held Tuesday nights starting from
13th November 2018 - 6:30pm to 7:30pm
Gaza Sports & Community Club - 232 North East Road, Klemzig



LIMITED SPACES AVAILABLE - Be Quick!
\$40 Registration Fee

For Information & Registraion Form please contact
Email: gaza eagles@outlook.com
Facebook: Gaza Womens Senior Football

TEE DESIGN & PRINT



- Work with artist and screen printer Haris Koutlakis to make your own apparel and get it ready for sale
- Learn about t-shirt design and screen printing onto t-shirts from start to finish
- Introduction to starting your own brand by Bronson Lavers of Flawless Clothing and artist Dave Court
- Suitable for absolute beginners to experienced designers

T-shirts and screens supplied

Marion Cultural Centre
287 Diagonal Rd, Oaklands Park

Wednesdays 4.30-6.30pm
24 October - 5 December 2018

*Please note no workshop will be held on Wednesday 31 October 2018

Ages: 12-25 years

\$48 for six weeks
transaction fee applies

events.marion.sa.gov.au for bookings and info
or phone 8375 6855

Funded by
City of Marion Youth Development Grant Program



CITY OF MARION
CULTURAL CENTRE

Music– Beatty Avenue

AVENUES COLLEGE PRESENTS

MUSICAL THEATRE SHOWCASE²⁰¹⁸

SONGS FROM:
 THE GREATEST SHOWMAN
 SHREK: THE MUSICAL
 MARY POPPINS
 THE LITTLE MERMAID
 AND MORE

NOVEMBER 30
 1:30PM - 3:00PM



BEATTY AVENUE GYMNASIUM

SPEAK TO JOSH FOR MORE INFORMATION

Throughout the year, our Year 6/7 class was rehearsing for the Northern Regions Festival of music. These students performed at the STARplex Theatre in Gawler on October 24. They all performed fantastically, demonstrating enthusiasm and commitment throughout the event. Our class also had two students hosting the event along with one student performing a solo. We would like to thank all the students and parents for their dedication to the event and would like to congratulate all the Year 7 students on their final performance in the Festival of Music.

Josh Haynes & Tracey Fullerton

Term 3 saw the introduction of a musical theatre troupe at the Beatty Avenue campus. We have students from grades 4 – 7 preparing for a performance showcasing musical numbers from various musicals. The final performance will be conducted at 1:30pm on Friday November 30th at the Beatty Avenue Gymnasium. We would like to extend an invitation to all family and friends who wish to attend. The event will be a fantastic display of student dedication and ability from our primary years. If you would like more Information on this event, please speak to Josh on the Beatty Avenue site.

Josh Haynes

Hope Valley Junior Football Club presents:

HVJFC SEASON 2019

We are currently seeking:

JUNIOR PLAYERS U7 - U16.5

IF YOU ARE INTERESTED IN BECOMING A DEMON OR REQUIRE MORE INFORMATION, PLEASE CONTACT TARYN - HVJFCSECRETARY@GMAIL.COM

YOU CAN REGISTER ONLINE FROM NOV 1ST, DETAILS TO FOLLOW



HVJFC GIRLS FOOTBALL

U16 PREMIERS 2018
 U18 PREMIERS 2018

ALL AGES WELCOME IN 2019

For more info email Taryn hvjfcsecretary@gmail.com
 Online registration from Nov 1st, Details to follow



IN 2018, HV FIELDED GIRLS TEAMS IN U10, U14, U16 & U18



The 13th of November is **World Kindness Day**, was a special day to celebrate and promote kindness to help make the world a better place. To celebrate World Kindness Day children and young people participated in a variety of learning activities focusing on being kind to each other and ourselves and how being kind to others increases our own happiness and wellbeing. Children at Beatty Avenue created kindness murals and a Kindness Tree.

This was a great opportunity to spend quality time together as a family doing something kind for others. Some suggestions include:

- Telling someone why they are special to you.
- Donating clothes/toys to a local charity organisation.
- Making a handmade gift for someone.
- Making and sending thank you cards to important people in your lives.
- Cleaning up at your local park.
- Inviting another family over for dinner.
- Making a phone call to a friend or family member who lives far away.
- Finding a local volunteer project to participate in as a family.
- Planting something together.
- Baking cookies for a neighbour.
- Joining a kindness challenge such as the Great Kindness Challenge at: www.thegreatkindnesschallenge.org



Sleep



Sleep is a really important part of our life. It helps us to feel well, focused and happy. Most people experience a bad night's sleep now and again, but if you regularly don't get enough sleep it can really affect how you feel and what you can get done during the day.



How much sleep do I need?

Everyone is different, and the amount of sleep you need might be different to what your friends need. In general though:

People aged 14-17 need between



People aged 18-25 need between



Why is sleep important for good mental health?

Good sleep habits have been shown to improve mood, concentration and performance at school or work. They may also help control overeating and help prevent obesity.

Lack of sleep is linked to symptoms of depression such as feeling down, hopeless, irritable, having thoughts of suicide, and using alcohol or other drugs.

Research suggests that for every hour of sleep you miss at night, there is a:



increase in risk of unpleasant emotions or feelings that affect day to day function



increase in the chance of feeling sad and hopeless



increase in the chance of having thoughts of suicide



increase in the chance of suicidal behaviour



increase in the chance of using tobacco, alcohol or marijuana.

People who regularly go to sleep very late each night and don't wake up until the afternoon may have Delayed Sleep Phase Syndrome, and are at an increased risk of developing insomnia and depression.

Very short sleepers (less than five hours each night) are more likely to experience long-term mental health issues than people who get enough sleep.

On the other hand, if you sleep more than the recommended amount each night, find it hard to wake up in the morning or still feel tired during the day, something else might be going on.

If you're worried about any aspect of your sleep, or are experiencing any of the negative consequences of bad sleep, get in touch with your GP.

What gets in the way of a good night's sleep?

For young people, not getting enough sleep might be caused by:

Biological factors: such as puberty or changes in your body clock

Environmental factors: such as social pressures, school or university workload, use of electronic devices, or using alcohol or other drugs



Sleep



Some tips for a good night's sleep

If you're having trouble falling asleep or staying asleep, here are a few things you can try:

- **Aim to get to bed and wake up around the same time each day**, including on the weekend. This helps your body to get into a routine. Try not to take naps in the day as this affects your body's routine.
- **Turn off your screens (such as your phone, TV and laptop) at least 30 minutes before bed time.** The light from screens can stop your brain producing the sleep chemical melatonin, which is important in helping you get to sleep.
- **Try not to worry about having a bad sleep.** A lot of people underestimate how much sleep they get – so you might find it useful to use a sleep app to see how much sleep you're getting.

However, if you find that this makes you focus on how much sleep you're not getting, you may be better off without it.

- **Natural sleep cycles are based on your body clock, which is mainly set by when you're exposed to light.** Light is needed in the morning, so aim to be outside for 30 minutes, sit by a bright window, or use a specially designed artificial light sources. In the evening, your body needs less stimulation, so try dimming the lights.
- **Exercising during the day is a good way to make you tired at night.** This might mean going to the gym, walking around the block at lunchtime or playing sport. Try to avoid exercising last thing at night though, as this can keep you awake.

• **It's best to try and keep your bed for sleep and sex.** Working, watching TV or being online in bed can cause your brain to associate bed with being alert and awake.

• **Your bedroom should be dark, cool (around 16-18°C) and quiet.**

• **Try to limit how much caffeine you have, including coffee, energy drinks and soft drinks.** Also, try to avoid caffeine entirely after lunchtime.

• **Avoid drinking alcohol before bed.** It might make you sleepy, but you're less likely to get good, restful sleep with alcohol in your system.

• **Avoid smoking before bed.** Discuss ways to quit smoking as well as any other problems with drugs or alcohol with your GP.

• **Sleep medications are not usually required to help with sleep problems.** While they can help in the short term, they also have a number of side effects and may not give good quality sleep. Your body can also get used to these medications quickly so the effect wears off.



For more information about sleep, go to

www.sleephealthfoundation.org.au

www.reachout.com

Getting help

If you find it hard to fall or stay asleep, or you feel tired a lot of the time, a healthcare professional may be able to help. In a first instance try contacting **headspace** or get in touch with your GP.



headspace

National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au

References

- Clarke, G., & Harvey, A. G. (2012). The complex role of sleep in adolescent depression. *Child And Adolescent Psychiatry Clinics Of North America*, 21(2), 385-400. doi: 10.1016/j.chc.2012.01.005
- Dewald-Kaufmann, J. F., Oort, F. J., & Major, A. M. (2014). The effects of sleep extension and sleep hygiene advice on sleep and depressive symptoms in adolescents: a randomized controlled trial. *Journal of Child Psychology & Psychiatry*, 55(3), 273-283. doi: 10.1111/jcpp.12157
- Giozler, N., Martiniuk, A., Patton, G., Ivers, R., Li, Q., Hickie, L., . . . Stevenson, M. (2010). Short sleep duration in prevalent and persistent psychological distress in young adults: the DRIVE study. *Sleep*, 33(9), 1139-1146.
- Hillman, D.R. & Lack, L.C. (2013). Public health implications of sleep loss: the community burden. *MJA*, 199(5) Supplement: *Sleep Disorders: a practical guide for Australian health care practitioners*
- Hirschowitz, M., Whitton, K., Albert, S. M., Alasz, C., Bruni, O., DonCarlos, L., . . . Adams Hillard, P. J. (2015). National Sleep Foundation's sleep time duration recommendations: methodology and results summary. *Sleep Health*, 1, 40-43. doi: 10.1016/j.sleh.2014.12.010
- Irish, L. A., Kline, C. E., Gunn, H. E., Buysse, D. J., & Hall, M. H. (2015). The role of sleep hygiene in promoting public health: A review of empirical evidence. *Sleep Medicine Reviews*, 22, 23-36. doi: 10.1016/j.smrv.2014.10.001
- Winsor, A., Deutsch, A., Vorona, R. D., Payne, P. A., & Skillo-Coxe, M. (2015). Sleepless in Fairfax: The Difference One More Hour of Sleep Can Make for Teen Hopelessness, Suicidal Ideation, and Substance Use. *Journal of Youth and Adolescence*(2), 352. doi: 10.1007/s10964-014-0170-3

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, **headspace** makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.