

SECURITIES AND EXCHANGE COMMISSION

FORM 6-K

Current report of foreign issuer pursuant to Rules 13a-16 and 15d-16 Amendments

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FILER

Avalon Rare Metals Inc.

CIK: **1362898** | IRS No.: **000000000** | State of Incorporation: **A1** | Fiscal Year End: **0831**
Type: **6-K** | Act: **34** | File No.: **001-35001** | Film No.: **13520511**
SIC: **1000** Metal mining

Mailing Address

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FORM 6-K

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

Report of Foreign Issuer

**Pursuant to Rule 13a-16 or 15d-16 of
the Securities Exchange Act of 1934**

For the month of **January 2013**

Commission File Number **001-35001**

AVALON RARE METALS INC.
(Translation of registrant's name into English)

130 Adelaide Street West
Suite #1901
Toronto, Ontario M5H 3P5
(Address of principal executive offices)

Indicate by check mark whether the registrant files or will file annual reports under cover Form 20-F or Form 40-F

Form 20-F Form 40-F

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1):

Note: Regulation S-T Rule 101(b)(1) only permits the submission in paper of a Form 6-K if submitted solely to provide an attached annual report to security holders.

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7):

Note: Regulation S-T Rule 101(b)(7) only permits the submission in paper of a Form 6-K if submitted to furnish a report or other document that the registrant foreign private issuer must furnish and make public under the laws of the jurisdiction in which the registrant is incorporated, domiciled or legally organized (the registrant's "home country"), or under the rules of the home country exchange on which the registrant's securities are traded, as long as the report or other document is not a press release, is not required to be and has not been distributed to the registrant's security holders, and, if discussing a material event, has already been the subject of a Form 6-K submission or other Commission filing on EDGAR.

DOCUMENTS FILED

See the Exhibit Index hereto.

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

AVALON RARE METALS INC.

Date: January 9, 2013

/s/ Richard Pratt
Richard Pratt
General Counsel

EXHIBIT INDEX

Exhibit Number	Description
99.1	Press Release dated January 9, 2013



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NEWS RELEASE

January 9, 2013

No. 13-01

Avalon Rare Metals Inc. Annual General Meeting Scheduled for January 29, 2013

Toronto, ON -- **Avalon Rare Metals Inc.** (TSX and NYSE MKT: AVL) ("Avalon" or the "Company") is pleased to provide particulars for the Company's upcoming shareholders meeting.

ANNUAL GENERAL MEETING

The Company will hold its Annual General Meeting of Shareholders ("AGM") at 4:30 pm EST on Tuesday, January 29, 2013, at the Toronto Board of Trade, Room A/B/C/D, located at 1 First Canadian Place, Toronto, Ontario. At the meeting management will provide shareholders with an update on business activities and shareholders will be asked to approve the appointment of directors and auditors. There is no special business on the agenda.

ANNUAL MEETING MATERIALS

In connection with the AGM, the Company has mailed out to shareholders of record, as on December 28, 2012, a copy of the Notice of Meeting, President's Letter, Information Circular, Audited Consolidated Financial Statements for the fiscal year ended August 31, 2012, Management Discussion and Analysis, and a Proxy. The audit was performed by McCarney Greenwood LLP which is a registered firm with the Canadian Public Accountability Board, a requirement for public accounting firms that provide external audit services for reporting issuers in Canada, and the Public Company Accounting Oversight Board in the United States, a required registration for auditors of NYSE MKT listed companies. A copy of these documents, along with the Annual Information Form may be viewed on the Company's website at www.avalonraremetals.com/investors/financials.

INVESTOR UPDATES

The Company's Quarterly video update from the CEO, providing a commentary on recent activities, was posted on the Company's website before Christmas at www.avalonraremetals.com. Also, investors attending the annual Vancouver Resource Investment Conference on January 20-21, 2013, will be able to meet with management at the Company's booth, #706, over the two day period.

About **Avalon Rare Metals Inc.**

Avalon Rare Metals Inc. is a mineral development company focused on rare metals deposits in Canada. Its flagship project, the 100%-owned Nechalacho Deposit, Thor Lake, NWT, is emerging as one of the largest undeveloped rare earth elements resources in the world. Its exceptional enrichment in the more valuable 'heavy' rare earth elements, which are key to enabling advances

in green energy technology and other growing high-tech applications, is one of the few potential sources of these critical elements outside of China, currently the source of 95% of world supply. Avalon is well funded, has no debt and its work programs are progressing steadily. Social responsibility and environmental stewardship are corporate cornerstones.

Shares Outstanding: 103,621,986. Cash resources: approximately \$20 million. To find out more about Avalon Rare Metals Inc., please visit our website at www.avalonraremetals.com. For questions and feedback, please contact the Company by email at ir@avalonraremetals.com or contact Don Bubar, President at 416-364-4938.
