



GLENWOOD HIGH SCHOOL

T 02 9629 9577
F 02 9629 2796

Forman Avenue,
Glenwood NSW 2768

Email: glenwood-h.school@det.nsw.edu.au

Innovation Opportunity Diversity Success



THE REDGUM

ISSUE 10, 5 DECEMBER 2018



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Issue 10, 5 December 2018

PRINCIPAL'S MESSAGE



This is the final newsletter for 2018 and what a fantastic year it has been. I cannot believe that I have already been here for a whole year. I would like to extend my thanks and gratitude to our Glenwood 'village' for making me feel very much at home. I would also like to acknowledge the Glenwood HS Executive Team, class teachers, administrative staff and our teachers' aides. We are fortunate to have a group of enthusiastic, caring teachers and support staff whose interest revolves solely around ensuring the best for all students. I would like to thank and acknowledge the wonderful contributions that all our staff makes on a daily basis.

Special points of interest:

- Year 12, 2018
Formal (front cover)
- 2018 Adobe Competition
- Support Unit visits Bungarabee Park
- Student Exchange Program
- Calendar
- Glenwood Community News
- Parenting Ideas
- Glenwood TV
- BYOD
- Parent Portal
- Join Us
- Please note Term 1
Week 1, 2019 is a "B" Week
- Year 7, 11 & 12 students return 30/1/19
- Year 8, 9 & 10 students return 31/1/19

Even though it feels like we are in the home stretch, we still have a number of important celebratory functions to take place, such as The Annual Presentation Assembly and the Year 12 'Back to School' breakfast. This will give us all an opportunity to celebrate and acknowledge the success of our hard working students in not only the academic arena but as positive and productive citizens of our Glenwood community.

Community Mentoring Program

During Week 4 we celebrated the end of the 2018 Community Mentoring Program with a beautiful breakfast and presentations from our mentees and mentors. The presentations from our mentees really articulated the importance that this program brings to our students. This program goes from strength to strength each year and it is a joy to see so many members of the wider community prepared to give their valuable time to make a difference in the lives of our students. Without their passion, dedication and support the program could not be the success it has become. Congratulations and a special thank you to the program coordinators Ms Votano and Ms Jones.

Sports Presentation Assembly

During Week 6, the Sports Department held the annual Sports Presentation Assembly. It was a wonderful morning of celebration recognising the outstanding sporting achievements of our students. Particular congratulations goes to our Junior Sportspersons of the Year, Joshua (Year 9) and Mackenzie (Year 8); and our Senior Sportspersons of the Year, Brooke (Year 11) and Brayden (Year 10). We also had a number of successful students that made CHS. They were, Jacob (Year 12) for cross-country and triathlon, Joshua (Year 10) for AFL, Blake (Year 12) for soccer, Cameron (Year 9) for trampolining and Gaurav (Year 9) for cricket. Premier Sporting Challenge Medal Winner – Lachlan (Year 12) and the winning house "Telopea".

This year in particular the success of our young sporting stars is well known throughout Sydney West. Our young sports men and women are tenacious and focused both on and off the sporting field. No matter the outcome, they always perform to the best of their ability and we are all proud of their achievements. Even though sport is considered a whole school responsibility, in many schools, it does fall upon the PDHPE faculty. That means that, as a faculty, they end up doing the heavy lifting for the whole school. It has been the work of this faculty that has meant that Glenwood has been a force to be reckoned with not only on Wednesday afternoons, but also at Zone, Regional and State competitions.

Special thanks must go to Mrs Ryan our exceptional sports organiser and the carnival coordinator. She has made sure that we have maintained a relentless focus on excellence in sport. Supporting Mrs Ryan every step of the way has been the rest of our wonderful PDHPE Faculty led by Mrs O'Connor with Mr Wood, Mrs Davies, Mr Davis, Ms Koutsonikolis, Ms Hobday and along with the fabulous grade coaches ensure that sport is in great hands at Glenwood.



Prestigious sporting award afternoon

It was my absolute pleasure, with Mrs Ryan, to attend the 2018 Sydney West Awards afternoon for the awarding of Sporting “blues” and Certificates of Recognition. During this prestigious occasion students from across the region were honoured for their outstanding performance in sports ranging from golf, hockey, swimming, athletics, and more. This was a wonderful occasion for Glenwood High School as we had three students nominated for Certificates of Recognition.

A Certificate of Recognition is awarded to students who represented the association with distinction on at least three separate occasions or made a significant contribution to association sport with dignity. Patrick, Year 12 (athletics), Brooke, Year 11 (Athletics/Triathlon) and Tayla (Triathlon/Swimming) were awarded a Certificate of Recognition.

2018 SYDNEY WEST AWARDS PRESENTATION

SYDNEY WEST CERTIFICATE OF RECOGNITION CRITERIA

Representative of the association with distinction, on at least three separate occasions, not necessarily in the same sport.

OR

Made a significant contribution to association sport in a non-playing capacity.

Award recipients will have represented the Association with dignity.

Good play by other sports people from their own or competing association will have been acknowledged willingly and openly.

Award nominees dress and behaviour both on and off the arena of competition will have been befitting a representative of the Sydney West Association.

2018 Sydney West Certificate of Recognition Recipients ⁽¹¹⁾

Athletics	Patrick Gleeson	Glenwood HS
Athletics/Cross Country	Matthew Glass	Cranebrook HS
Athletics/Triathlon	Brooke Bonnell	Glenwood HS
Gymnastics	Chloe Jackson-Brown	Blaxland HS
Gymnastics	Amy Priest	Cambridge Park HS
Swimming	Kira McInerney	Colo HS
Swimming/Triathlon	Tayla Wright	Glenwood HS
Swimming/Water Polo	Todd Cummings	Greystanes HS
Tennis	Ebony Gaal	The Hills Sports HS
Touch Football	Brinley Castelli	The Hills Sports HS
Touch Football	Taliah Simbolon	The Hills Sports HS



A night of MADDNESS

During Week 7, I had the absolute pleasure of attending the Glenwood HS annual night of MADDness. The audience was treated to a very slick professional night of Dance, Music and Drama along with a magnificent display of Visual Art works. Awesome is perhaps the word that comes closest to describing the night. Of course it is also a great source of pride when so many of our students and staff are involved.



Congratulations to Anne McDonald and her team for all the hard work put in to making this such a highlight on the Glenwood HS calendar. To all those other members of the Glenwood staff that came along to help and support the CAPA faculty behind the scenes, your support was very much appreciated and made both evenings run smoothly.



P&C

Glenwood HS P&C association provides parents with an important voice in providing input into school based decision-making. This year we say good-bye to long serving members of our P&C, Martine Balcombe and Pam Keirs. Both women have held executive positions and have been very active in making this school a better place for all our students. Thank you to all our members for giving up their time and effort to ensure that the link between our school and the community is positive.

We understand that everyone is time poor, however, we encourage parents to become involved. Even if you can only attend a couple of meeting a year, your input would be very much appreciated.

P&C Success! NSW Community Building Partnership Grant 2018

This year the P&C applied for via **Community Building Partnership Grant** to build an indoor/outdoor Gym that could be utilised by all our students. The installation of an indoor/outdoor gym will be a tremendous additional to our school facilities and will further enhance student engagement and participation in the field of physical activity.

I would like to acknowledge the hard work of our P&C president, Martine Balcombe, for all the time she put into ensuring that we had a high quality application. Due to her efforts the P&C was granted \$66,200 to go towards the build. This money will pay for the vast majority of the work, however, the rest will need to be sourced by school funds.

Riverstone Senior School Leadership Students visit NSW Parliament House

During Week 6 members of our prefect body represented Glenwood HS and the Riverstone Electorate at a Leadership Forum at NSW Parliament House. Students had the opportunity to discuss leadership matters with State MPs such as The Hon. Dominic Perrottet MP, Treasurer and Minister for Industrial Relations and The Hon. Tanya Davies, Minister for Women, Mental Health and Ageing.

The forum is an annual event initiated by Mr Conolly to inspire high school students in leadership roles to think more broadly about leadership in our community. Our school captain Courtney said that she, "...found the day very informative. I really enjoyed Question time. It has inspired me to follow a career in politics."



I hope all Glenwood High School families who belong to our 'village' have a terrific break with family and friends over the next few weeks.

It's been another wonderful year filled with so many highlights. This is such a wonderful place to learn, teach, work. Aren't we fortunate.

I wish you all well.

Mrs Sonja Anderson
Principal

FROM THE DESKS OF THE DEPUTY PRINCIPALS

Farewell Year 12

With the HSC exams now over, our Year 12 students have begun to celebrate their achievements. On Wednesday 14th November they celebrated the culmination of thirteen years of schooling at the school formal held at Oatlands House, Oatlands. What a spectacular venue and wonderful night it was! Our students not only looked amazing, but their behaviour was impeccable. Stay safe as you continue to enjoy yourselves. The wait for HSC results continues, and we look forward to you returning to school for a celebratory morning tea next Friday when these come out. Good luck in all your future endeavours, Year 12!

Year 11 move into Year 12

This term our Year 11 students began their Higher School Certificate studies. All classwork and assessments from the first day of Term 4 contribute to the successful award of the HSC. At the beginning of the term, Year 11 students attended an information presentation that outlined the requirements of the HSC and entry to University and TAFE. The expectation for Glenwood High students is that they complete a minimum of 11 school-based units and this will continue until the HSC examination. Success will come to those senior students who stay on top of their work by completing all assigned tasks, are proactive in the classroom by positively involving themselves in class discussions and who utilise the many supports available to them throughout the next two years.

Year 10 Programs

Year 10 students have had a very busy term and there is no slowing down. In Week 6, Year 10 students were involved in a Student Wellbeing Day which we have coined '*Hero Day*'. Students worked through a series of specially designed workshops that helped them identify their strengths, weaknesses and values. We discussed Australian heroes and identified the skillset and hero needs. We are all heroes in our own unique way.

Next week, students will take part in 'Australian Business Week'. This program allows students to gain experience in product development, marketing and finance, whilst working together in teams to develop a mock company. This is an extremely valuable program and we know the students will gain a wealth of knowledge and an insight into the business world from their involvement.

Year 7-9 students

Stage 4 and 5 students have now completed their final assessments for the year. Yearly reports will be available through the SENTRAL Parent Portal by the end of term, giving a final summation of the work completed by all students this year. It is important carers and students peruse these reports carefully to inform the work and effort required for next year. Please note that our reporting timeframe is very tight and reports are finalised just prior to publishing. As a result, we are unable to provide reports prior to the designated date. Parents who have issues accessing reports through the Parent Portal should contact the school office.

Year 7 students are currently in the middle of Swim School. This is a valuable experience where they are given the opportunity to improve their swimming and lifesaving skills. With the hotter weather expected in the months to come, it is comforting to know that our students will have developed the skills to be safe when participating in water activities.

In Week 6, Year 9 students were involved in 'The Glenwood Apprentice'. The emphasis of this program is on project-based learning in career transitions, and works through various scenarios where students will complete business-related tasks such as selling products or creating an advertising campaign, with teams awarded prizes based on objective measures and judges who monitored the teams' performance on tasks. Each scenario focused on different key areas to help students gain a better understanding of themselves and the skills required to help them achieve their current and future goals.

Recognising excellence

As the year draws to an end, it is rewarding to reflect on the events, successes and achievements of the school year just gone. Our school prides itself on aiming for excellence and recognising success, and the upcoming Presentation Day ceremony on **Tuesday 18th December** will certainly acknowledge the diligence and determination of our students to be successful across a range of academic, sporting and creative areas. Congratulations in advance to all our award recipients for your outstanding achievements and we hope you are inspired by your accomplishments to continue to excel in the year ahead!

Unfortunately, not all students can receive awards at the Presentation Day ceremony and we would like to take this opportunity to also recognise and congratulate the students who have reached new levels of personal best with their academic achievement. They have worked well in partnership with their teachers to learn new skills and knowledge. Consider the time devoted to your studies as an investment in yourself, for it to materialise into future success and cognitive development. Reflect on teacher comments made in your Yearly reports. Set yourself new personal goals for 2019 and work with the supports you have around you to realise them.

Our Annual Sports Presentation was held on November 20. It was extremely heartening to see so many students receiving awards for a diverse range of sports, in which Glenwood High School was so capably represented. Congratulations not only to the award recipients but also to the teachers who volunteered to coach and mentor the numerous teams.

2018 Wrapped Up

The school year packs in so many activities, events and opportunities for learning and potential areas of growth for students that sometimes we forget all the things we have done and accomplished. Students have had the opportunity and experience to demonstrate their talents and abilities with participation in public speaking, debating, sporting teams, dance ensembles, the school band/choir, GR8T GATsby, STEM/project-based learning initiatives, Convictions, Future Directions, The Glenwood Apprentice and work experience. The events of this year's school musical, *'High School Musical'*, Year 10 and HSC Music and Drama nights, Harmony Day and MADDness not only displayed the creative and artistic talents of our students, but also brought the community together, supporting student learning. It is fantastic to watch the way the school, staff and students interact at these events. The bond which exists between students as they support and encourage each other is obvious, as is the excitement generated from such significant events involving the P&C and community.

In addition, the school has also provided workshops and meetings for students aimed at providing skills for personal implementation. These workshops are aimed at promoting student wellbeing, self-esteem, self-worth, resilience, conflict resolution, strategies for personal organisation, time management and study skills. Leadership skills have flourished for many of our students – not only in our Prefect body, but also for our students on the SRC, House Captains, and the Duke of Edinburgh team. It has been inspiring to witness these groups of sometimes reserved students flourish into responsible, confident and assertive young adolescents.

Our Indigenous students have also been involved in the AIME program throughout 2018. AIME is a dynamic educational program that is proven to support Indigenous students through high school and into university, employment or further education at the same rate as all Australian students. AIME has provided our Indigenous students the skills, opportunities, belief and confidence to grow and succeed. Students have also demonstrated teamwork and compassion with their involvement in a range of fundraising ventures.

The close-knit partnership with our feeder primary schools continues to develop with fantastic programs such as WINGS, Taster Lessons, Buddies Day and orientation days. Future students of Glenwood are given a taste of what high school is like and we get to show off our fantastic facilities and wonderful programs that will be made available to them.

And, of course, whilst all this is happening, our students have continued to develop their knowledge and skills in the classroom and in various key learning areas, discovering the world around them and learning how to think critically under the guidance of passionate and committed teachers!

To our wonderful staff

It would be impossible to produce the calibre of students that we do without the care, support and knowledge of all our staff. Thank you to the dedicated staff of Glenwood High School. The Senior Executive very much appreciate the commitment and enthusiasm you bring to our school on a daily basis. It is through this commitment and enthusiasm that our students are able to not only strive for success in academic, sporting and creative pursuits, but also socially and emotionally as young adolescents. We have never met a more caring group of teachers and staff across the school that certainly put the students' needs at the forefront of their daily duties.

And our supportive community

We also extend a personal thank you to parents and caregivers for the support they provide their children and the school to achieve sustained student learning outcomes. Thank you to all the families who continue to support the school uniform on a daily basis. It is very important for our school to be seen in a positive light when in the community, and generally our students do exactly that. With your help, we can continue to be a school that wears our uniform correctly and with great pride. A reminder that when purchasing new shoes over the summer holidays that they should be black, hard leather and fully enclosed. Girl's skirts should also be of an appropriate length, to the middle of the knee.

Glenwood High's P&C association provides parents with an important voice in providing input into school-based decision-making. Thank you to all our members for giving up their time and effort to ensure that link between our school and the community is positive. We understand that everyone is time poor, however, we encourage parents to attend one or more of our P&C meetings next year, as this assists us in helping meet your needs as parents of high school students.

As you can see, it has been a very productive year at Glenwood, and it has been the students who have made the school such a vibrant and positive place to be each day. The Senior Executive have enjoyed working with our whole school community this year and extend to you and your families a very Merry Christmas.

Have a safe and enjoyable summer holiday and see you back to do it all again in 2019!

Steve Fenech Deputy Principal – Year 7 and Year 10
Karen O'Connor Rel. Deputy Principal – Year 8 and Year 11
Donna Healy Deputy Principal – Year 9 and Year 12



CBMS students win 2018 Adobe Competition

Year 9 Communication, Broadcast and Media Studies have been making a short movie about bullying and other teenage related issues. The entire class was involved in writing the script, acting, filming and putting it all together and made a story about teenage girl called Christine who was going through these issues.

The movie was sent into Adobe for their competition called 'have a voice' and the staff were incredibly impressed by the production skills of Glenwood Highs students and won the overall category. This means that Adobe will share our movie with movie production companies and these students will be given the opportunity to work in real movie sets.



Year 9/11 Excursion to UNSW to attend the L'Oréal Girls in Science Forum



On Tuesday the 13th of November, 10 girls from Glenwood High School from Years 9 and 11 accompanied by Mrs Yeliseev, attended the L'Oréal Girls in Science Forum at the University of New South Wales. We began our day by hearing from four successful women in Science who told us about their experiences working in their respective fields and the steps that took to get where they are today. These women worked in vastly different areas of STEM, ranging from engineering to clinical research and virology to astrophysics. We were amazed at the wide range of careers available in the field of Science.

We were provided with the opportunity to ask them questions regarding their careers, experiences and achievements, and a question that featured prominently was, "What is it like working in a male-dominated sphere?" Their answers, and the take home message was clear - despite the fact that we may be pursuing a career in a male dominated industry, females can and will succeed in the Science field, as long as we have a passion for something and work hard for it. Women can be just as successful as men.



After the morning Q&A session, we continued our day by participating in various Science related activities and tours around the Science facilities at UNSW to get an understanding on what studying science would be like post-High School. The first activity was related to Engineering and Materials Science, and it showed us that Science is involved in everything, it's not just research and lab work. We learnt the science behind everyday objects we take for granted and how they could be made from recycled materials, which helps to eliminate waste

in Australia.

Our second activity was by far the most fun and interesting. We investigated Marine Science in the school of Biological, Earth and Environmental Sciences. This activity was hands on, and we got to investigate different species of seaweed and observe the microorganisms that lived on them under a microscope. Two UNSW students, who are currently studying for their PhDs, explained to us the research that they are currently undergoing to help rehabilitate seaweed and sea grasses off the coast of Australia, and the way we can get involved with helping them out.





I think it's fair to say that the ten of us who attended this forum had a lot of fun and each of us found something throughout the day, whether it be from the Q&A at the start or the activities later, that interested us and appealed to our favoured science. Most importantly, however, we learnt that just because we are women, that does not mean we don't have what it takes to excel in a science career. I'm sure we speak on behalf of all the girls when we say that the day was definitely a rewarding experience and has removed any doubts we previously had about diving into a career in Science.

- Maddy and Alexandra - Year 11

BUNGARRIBEE PARK

On Tuesday, 22 November the Support Unit went out to Bungarrabee Park for a program run by Greening Australia, "Bringing Back the Bush School Planting". We had a great start to the day by going on a bush walk, playing cricket and Frisbee, and exploring the Western Sydney Grasslands area. We then met our co-ordinator Payden, who explained what we would be doing and what we were trying to achieve.

We planted over 700 seedlings (holes were pre-dug for us, thankfully). The area that the students are helping to regenerate is a lovely big open grassland that is home to a resident Nankeen Kestrel, a bird of prey, that lives there. The grasses will encourage more local fauna to the area.

The students and staff had a great time and everyone worked very hard. Payden was very impressed with the knowledge that the students had regarding our environment and looks forward to building a strong relationship with Glenwood High School.



STUDENT EXCHANGE PROGRAM

Request a free brochure!
Text 'EXCHANGE' to
0428 246 633

Are you in years 8, 9 or 10?
Explore your student exchange options!

**BESTIE DISCOUNT
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Imagine seeing the world in 2019!
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"My semester exchange to Italy was one of the most incredible things I've ever done! I would 100% recommend for anyone to follow in my footsteps and those of others and experience a once in a lifetime student exchange!" - Georgia

WEP is currently offering an [Early Bird Special](#) for students wishing to undertake an August 2019 semester or year student exchange program.

More information is available [here](#).

ATTN: Glenwood High School School Principal and Careers Advisor

Please find attached information for inclusion in your student notices.

World Education Program (WEP) Australia is a **not-for-profit** student exchange organisation. We send Australian high schoolers overseas to live and study in over 26 countries. Student exchange programs produce innovators, leaders and influencers across all sectors.

As the year draws to a close, **please share the attached flyer** in your school notices to encourage your students to explore their 2019 exchange opportunities.

WEP Australia is registered with the education departments/regulatory authorities in Queensland, New South Wales and Victoria. If you would like a pack of information for your school, please let me know by return email.

What has been happening in the Library during November



READERS OF THE YEAR

We had a lovely celebration for those who successfully completed their 'Reading Challenges' this year and took the opportunity to congratulate our readers for their avid and well-informed reading habits. All students involved have been outstanding ambassadors for reading and we are very proud of their success.

We had 87 students complete either the Glenwood Reading Challenge and the Premier's Reading Challenge or both with Bowie topping the list by reading 107 books this year – an average of one book every 3 days. Go Bowie!

51 students completed the Premier's Reading Challenge this year and the top honours went to our Reading Heroes whose name appear below:

Deepinderjit – Year 7 - Gold Award
Banuja – Year 7 - Gold Award
Simar – Year 7 - Gold Award
Harsheen – Year 7 - Gold Award
Aminder – Year 7 - Gold Award
Jeeya - Year 7 - Platinum Award
Talia - Year 9 – Medal of Excellence
James Odenthal Year 9 – Medal of Excellence
Naveen Thayyil Year 9 – Medal of Excellence
Zoe Waterhouse-Bushnell Year 9 – Medal of Excellence

Keep reading everyone. Remember that the books you read after the challenge has closed can count towards next year's challenge.



AUDIOBOOKS AND EBOOKS

A reminder that every month is a month to celebrate reading and that you do not have to wait to get to the Library to borrow. You can download your ebook reading choice from our collection and begin reading now. Don't forget to pick up your book mark from the Library with the instructions on how to access ebooks.

1. Download the eBook reading app now. Go to the app store and download the ePlatform app to your phone.
2. Find our Glenwood High School Library and log in using your DET Username and Password
3. Start reading!



THANK YOU

A very big and special THANK YOU goes to **MR WARREN MILLARD**.



Warren donates his time to volunteer every Tuesday to Glenwood High School Library. Warren comes at Lunchtime every Tuesday to run and oversee the students who want to play Chess. Warren teaches them as well as organizes competitions for the students.

Warren then comes in at 3pm for Homework Centre. Warren helps organize afternoon tea, signs the students into Homework Centre, then sits down to help with them till 4pm.

Warren has been a great asset to the school since retiring from teaching a few years ago and we appreciate his help very much. Thank you Warren.

Year 10 Heroes day

Heroes Day on November 19th was put together to reframe the way challenges are perceived and faced, to build social and emotional skills and increase self-awareness.

The day consisted of 5 high impact workshops that also helped students develop meaningful connections with each other and motivation for making positive life choices.

Students in Year 10 were encouraged to explore their world, challenge their perceptions and find meaning and purpose in their lives.

Being young is not without its struggles. Today's world is complex and young people can experience a bunch of challenges that adults might not be able to relate to. One of the biggest hurdles is just having the confidence and support to be who they want to be.

The sessions were a mix of thoughtful and fun tasks that allowed for deeper connections to be made between the young adolescents and their world, a sense of belonging, and the dispelling of judgements through the use of metaphor of a hero's journey.

It was a powerful day. To infinity and beyond.



TERM 4 , 2018**Week 9A**

Monday	10—14 December	Year 10 Australian Business Week
Thursday	13 December	Year 12 HSC Results Morning Tea

Week 10B

Monday	18 December	Presentation Assembly
Wednesday	19 December	Last Day of Term for Students
Friday	21 December	Last Day of Term for Staff

TERM 1, 2019**Week 1B**

Tuesday	29 January	School Development Day- Staff Return
Wednesday	30 January	Year 7, 11 & 12 Students Return
Thursday	31 January	Year 8, 9 & 10 Students Return

Week 2A

Monday	4—8 February	Spirit Week
Wednesday	6 February	P & C Meeting—7.00pm All Welcome

Week 3B

Monday	11 –15 February	OnStage Exhibition Year 11/12 Drama students
	11 February	Year 7 InTouch
Thursday	14 February	High Achievers Assembly

Week 4A

Tuesday	19 February	School Photographs—Yrs 10,11 12 & staff
Thursday	21 Thursday	School photographs—Yrs 7, 8 & 9 +siblings
Friday	22 February	School Swimming Carnival

Week 5B

Monday	25 February	Year 7, 2020 Information Evening
Tuesday	26 February	School photographs -catch up day
Thursday	28 February	All Schools Triathlon
Friday	1 March	Year 7 Vaccinations 1st dose HPV and single dose dTpa
		All School Triathlon

Week 6A

Monday	4 March	Year 7, 2020 Gifted and Talented Information Evening
Tuesday	5 March	Macquarie Zone Swimming Carnival
Wednesday	6 March	P & C Meeting—7pm—All Welcome
Thursday	7 March	Macquarie Cup—Netball

Refer to either our website/facebook or school app for further information
Please note dates are correct at time of publishing



GLENWOOD COMMUNITY NEWS

Summer School Holiday Activities

for primary school students



Check out our
school holiday
activities for
primary school
students!

Get an interactive presentation on the new \$50 banknote and discover banknote security features.

Explore the Museum with a treasure map and learn about the history of Australia.

Summer Session Times

Wednesday, 9 January, 11.00 am – 12.45 pm
Friday, 11 January, 11.00 am – 12.45 pm
Wednesday, 16 January, 11.00 am – 12.45 pm
Friday, 18 January, 11.00 am – 12.45 pm
Wednesday, 23 January, 11.00 am – 12.45 pm
Friday, 25 January, 11.00 am – 12.45 pm



Cost: FREE (bookings essential)
Email: museum@rba.gov.au
Phone: (02) 9551 9743

Reserve Bank of Australia Museum
Ground Floor, 65 Martin Place
Sydney NSW 2000

To find out more, visit:
www.museum.rba.gov.au/events

GLENWOOD COMMUNITY NEWS

parenting * ideas

insights

Technology holiday guide for parents

by Martine Oglethorpe



TECHNOLOGY AND PARENTING



As holidays approach, the role that screens and devices will play becomes an increasing concern for parents. Days when kids are usually tied up with school and activities make way for many an idle hour and, as such, parents fear those hours will be spent largely engaged with a screen or gaming console. While there is certainly no harm in some well-balanced screen time and developmentally appropriate online activities, we must remember that, as parents, we have an important role in helping our kids manage and balance that screen time. Here are a few things we can do:

Understand the battle

It is important parents know the beast they are dealing with. It is easy to shout from another room to get off a screen or whinge to our friends that 'kids of today' are all addicted to their phones, but we need to recognise the pull that many of these devices have. The social networks are designed to keep us liking, commenting and sharing. The games cajole us into having 'just one more' turn at being the last man standing. These technologies tempt us to reach just one more level, or to scroll for just a few minutes more. Our brains experience a dopamine release and a sense of insufficiency when we use a device. There is always something else to do or something else to scroll through, or one more YouTube video to watch. So our kids are up against it when trying to control their time on a device. We need to help them with that.

Get outside

We can complain that kids never go outside and play anymore, but sometimes we have to physically get out there with them or offer opportunities in which being outside and active play are appealing. We have to work a little harder at this today because we are competing with a device that answers many of our kids' perceived needs. We need them to know that their needs are greater and more varied than what their screens can offer.

Have some rules

Despite their apparent dislike of rules around technology, kids will (one day) appreciate having boundaries to help them manage their screen time. Rules can be established regarding time limits, devices in bedrooms, device-free meal times, etc. Whatever you decide is important, be sure that you have those discussions with your kids. And any discussion around rules or consequences should happen away from the screens so they are clear on the expectations. (Talking about their screen-time habits while they are just about to be the last man standing on Fortnite is probably not going to make for engaging conversation.)

One console on one television outside the bedroom

Having only one television that is connected to a gaming console or to Netflix is a good way of ensuring that the

GLENWOOD COMMUNITY NEWS

parenting*ideas

device gets shared and one child doesn't monopolise the screen. And leave consoles out of bedrooms where the appeal of just one more quick game can very quickly rob them of important sleep time.

Role model

Make sure you are showing your kids how you want them to be. Have times when the devices are put away and you give full attention to the people around you. Don't answer calls or emails at the dinner table. Don't fall asleep with a device landing on your forehead. Take time to get outside and do things active and in nature. Don't ever use a phone while driving. Use the Screen Time feature on iOS products to monitor just how you are using your technology and whether you could be making some changes. Kids learn more from what we do than what we say.

We know the technology isn't going anywhere, and we know there are many wonderful benefits that screens provide. But ensure that holidays and downtime hours can be filled with many different experiences and in ways that leave your kids in control, even if you have to work a little harder to give them that.



Martine Oglethorpe

Martine Oglethorpe is an accredited speaker with the Office of the eSafety Commissioner and has presented to numerous parent groups, schools and teachers. She is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent

GLENWOOD COMMUNITY NEWS

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insights

Making a smooth transition to secondary school

by Michael Grose



Going to secondary school is both exciting and scary for many kids. There's excitement about new friends, teachers and ventures, but this can be overshadowed by anxiety and stress.

The sheer size of a high school building can be overwhelming to the uninitiated. The potential loss of status when moving from big fish in a small pond to tiny minnow in a large ocean can be hard to swallow for some. Add the increased number of teachers and the hormonal changes that accompany puberty and drive emotional and cognitive development and it is little wonder the first year of secondary school often sees a plateauing in learning. Most kids are flat out making new friends and getting used to how secondary school works, so learning takes a back seat for a time.

While it's easier for those who have a brother or sister already there who can pass on some tips about how to survive secondary school, many don't have that luxury. Fortunately, there are number of strategies parents can use to make the transition to secondary school easier.

1. Know the school space

Familiarity helps reduce anxiety. Most secondary schools have familiarisation programs for incoming students but it helps to reinforce with your young person where the key spaces are – such as administration, toilets, the tuck shop and drinking taps. A trip to the school during the holidays, if possible, can help reassure a nervous secondary school starter.

2. Make the leap with friends

Negotiating new friendships can be stressful so it helps to identify some friends from primary school or outside school that your child can travel with or meet up before school, at lunch breaks and during times when classes aren't scheduled. This will give them the opportunity to share and compare experiences, which is therapeutic for kids who are experiencing change.

3. Help with planning and organisation

Some students can be overwhelmed by the organisational demands of secondary school. If your child fits this category, be prepared to be on hand to coach your young person in the finer arts of being on time to class, organising work in folders, planning homework time, handing in multiple assignments and filling out forms.

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4. Set up a designated study space in the home

Now that your young person has hit the big time it's important that they have a study space to call their own. Keep this outside the bedroom if possible – the bedroom is a space for sleeping and relaxing. Use any area that is reasonably quiet and well lit. Set up a desk with a computer, if possible, along with stationery items.

5. Establish a work schedule

If your child's primary school homework was given inconsistently then be prepared for a change. Most secondary schools try to coordinate homework between different teachers but there will be more times than not when your child will come home with multiple homework assignments to complete. Build the homework habit early and choose a regular time that allows for breaks. Encourage them to work quickly so that work does not drag on and become demotivating.

6. Stay patient and positive

The social and academic demands of going to secondary school can be mentally draining for young people. Some will miss old friends and the relative comfort of primary school. It's important for parents to be patient with their young person, to expect a few behaviour blowouts and to be prepared to listen and help them process their new experiences. If your young person has negative experiences, point them in the direction of the good things that may happen during the day.

Your young person's coping mechanisms are being tested during this time. They can change on a daily basis. If stress becomes overwhelming or persistent to the point that they don't want to go to school after the initial settling-in period, consider organising some extra assistance. A year-level coordinator, school counsellor or the local doctor can be good starting points should extra assistance be needed.

Starting secondary school is one of many transitions your young person will face in life. With planning and support, your child can make a positive start to secondary school and enjoy an amazing time at their new school.

You can attend our upcoming webinar, [Preparing for High School](#), at no cost!

About the webinar

In this webinar popular parenting educator, author and secondary teacher Sharon Witt will share a bag full of practical strategies guaranteed to remove the stress and ensure a smooth transition to secondary school.

When

Tuesday, November 27, 2018 7:30 PM – 8:30 PM AEDT

Price

This webinar is free of charge to families at schools that have a Parenting Ideas membership. Use the voucher code below to register for the webinar valued at \$37 per person.

How parents can use the voucher

1. Click this link <https://www.parentingideas.com.au/product/webinar-preparing-for-high-school/>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code TRANSITION and click 'Apply'. Your discount of \$37 will be applied to the order. This voucher is valid until 27 December 2018.
5. Click 'Proceed to checkout'

WELCOME TO GLENWOOD HIGH SCHOOL LIBRARY

- HOURS** The Library is open from 8.10am to 3.00pm Monday till Friday. It is open both recess and lunch each day, except for Friday recess when it is closed.
- ID CARD** ID cards are issued to all students at the end of term 1. You are expected to carry it with you every day for school business. If you misplace your ID card, you will need to pay the front office \$10.50 so a replacement card can be ordered.
- BORROWING** Years 7, 8, 9 and 10 may borrow 3 fiction and 3 non-fiction books, Years 11 and 12 may borrow 5 fiction and 5 non-fiction books. All our resources are loaned out for a 2 week period.
- NEW BOOKS** We are happy to purchase any suggestions of book and magazine titles for the Library. There is a suggestion box near the security gates, which is checked weekly.
- PRC** GHS Library participates each year in the Premier's Reading Challenge. If you are interested in being involved, please see the Library staff.
- COMPUTERS** The Library computers are only to be used for schoolwork. If you are having difficulty with your computer or internet passwords, the IT Technician or the TSO in the Library will be able to help you.
- PRINTING** Once logged onto the Library computers you can print either in colour, or black and white. Printing costs are 10c per page for black and white, 50c per page for colour. New students are given a \$2 print balance on enrolment. This amount should be topped up regularly at the front office, as you cannot print if there are insufficient funds on your account.
- PHOTOCOPYING** Photocopying costs 20c per page, and must be paid and organised with a staff member in the Library. The cost of photocopying cannot be taken off your printing balance, it is paid separately.
- RULES**
You must come into the Library with some work to do. Please do not disturb anyone else trying to work.
If you are coming with a group to do a group work task, please use the Connected Classroom whenever it is available to minimise noise in the Library.
We encourage wide reading, and would be happy to help you with research and assignment work.
- HOMEWORK CENTRE** The Homework Centre operates for Juniors and Seniors on Tuesday afternoon, from 3.00 - 4.00pm to help students with assignments, homework and missed work. There will be teachers available in the Homework centre to help on this day.
- STUDY PERIODS** (Year 11 and 12) All students with study periods timetabled into the Library must sign in and out, on the sheets provided at the Circulation Desk. You are expected to be engaged in study whilst on a study period. Senior students, who are on study periods at the start of a school day and come to the Library, must sign on at the front office prior to coming to the Library.
- CHESS CLUB** Chess Club operates on a Tuesday at Lunchtime in the Library.
- LIBRARY STAFF** Mrs Achar, Mrs Jackson, Mrs Brackley, Mrs North and Mrs Anderson will be happy to help you at any time.

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GLENWOOD TV

is here



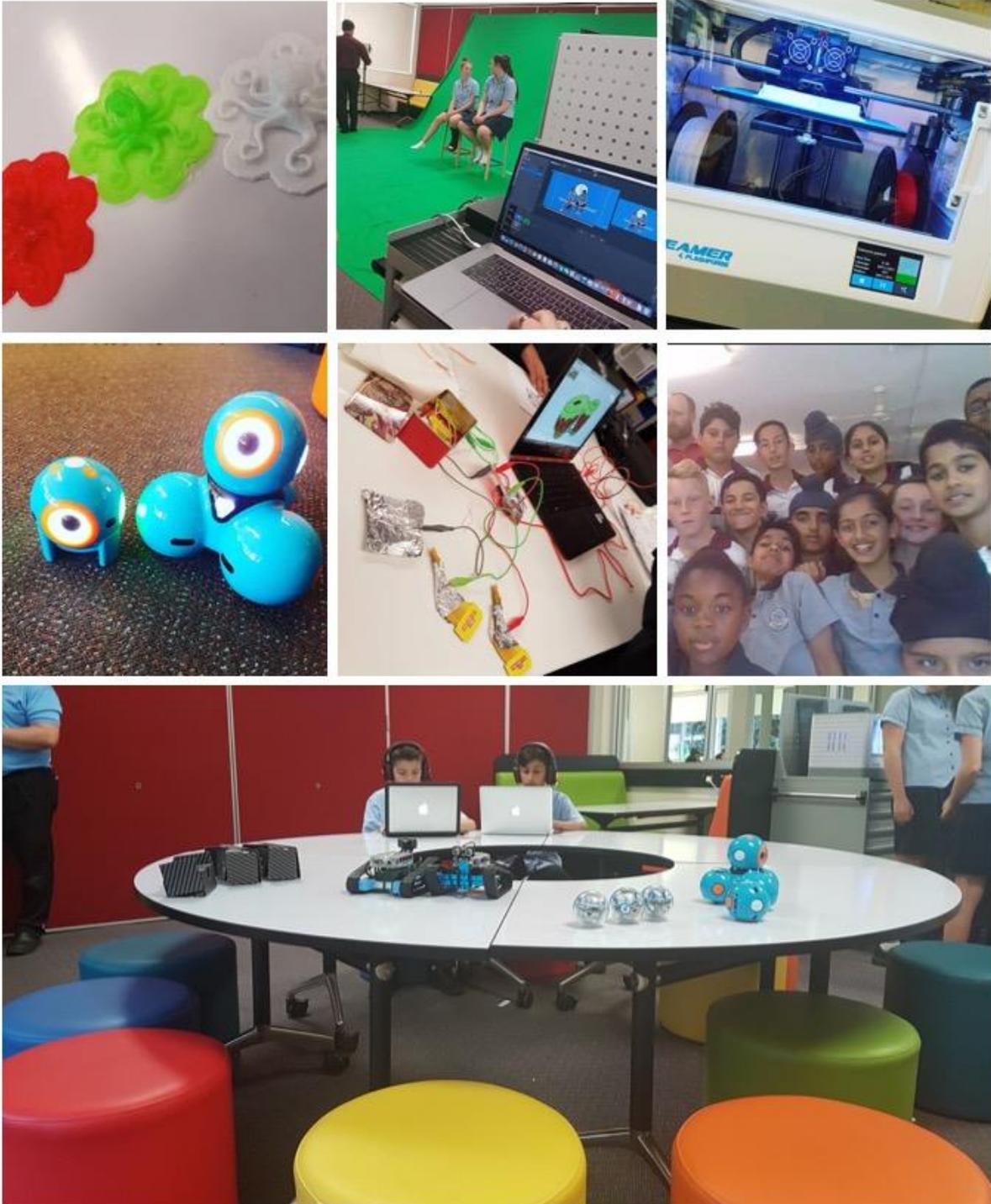
Daily Messages are recorded everyday
and can be viewed on
Facebook and our YouTube Channel



www.facebook.com/glenwoodhighschoolnsw/



www.youtube.com/c/GlenwoodHighSchoolNSW



iCentre

[where innovation happens]
open every recess and lunch



TO SCHOOL EVERYDAY

Students are to bring their BYOD to school everyday. If your child's laptop is not working or is unable to bring their device to school everyday, they are to see Ms Callaghan in Staffroom East or in the iCentre.

If you are experiencing financial hardship, please collect an Equity Application Form from the Front Office and return it to the your child's Deputy Principal.

More information can be found at:

<http://www.glenwood-h.schools.nsw.edu.au/technology>



Dear Parents/Carers

School Payments – Fees, Contributions, Excursions, Sundries

Our **preferred** payment method is Parent Online Payment (POP).

Please refer our website: www.glenwood-h.schools.nsw.edu.au and click on “make a payment” and then follow the prompts.

This a secure payment page hosted by Westpac and linked to the school’s website to make it easier for you to pay for school related payments. Please refer to instructions on our website, facebook and Glenwood High School App.

Please Note: This does **NOT** include payments for the uniform shop. Please refer to the Uniform Shop Flyer for details on purchasing uniforms or refer to Alinta Australia website: www.alintaapparel.com.au

Parents or students who wish to pay:

Cash in person at our front office, **CORRECT MONEY** must be placed in an envelope clearly detailed for processing. Receipts **will not be issued** immediately as processing of all cash payments will be done throughout the day. Receipts can be collected by your child, during recess or lunchtime.

EFTPOS at the front office, you will receive your EFTPOS receipt at time of payment. The itemised receipt can be collected by your child during recess or lunchtime.

Due to the financial cost of the use of the EFTPOS facility, the policy of a \$10.00 minimum charge will remain.

Unfortunately, we are unable to take payments over the phone.

PLEASE NOTE: If paying in person, we cannot accept any payments after 2pm daily.

How to access the Parent Portal

Upon your child's enrolment, you will receive an email from Glenwood High School that contains your Sentral Portal's username and password. Please contact the school if you have not received it.

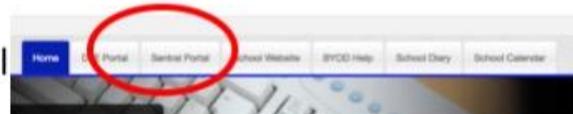
step
1

Go to www.ghsintranet.com



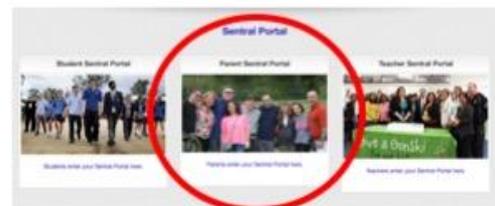
step
2

Click on Sentral Portal



step
3

Click on
Parent Sentral Portal



step
4

Sign in using the details that you received from the school upon enrolment





JOIN US ONLINE



<http://www.facebook.com/glenwoodhighschoolnsw/>



glenwoodhighs



<http://www.youtube.com/glenwoodhighschoolnsw>



Glenwood High School
available on iOS and Android



<http://www.glenwood-h.schools.nsw.edu.au/>

glenwood-h.schools@det.nsw.edu.au



GLENWOOD HIGH SCHOOL School Uniform



REGISTERING ONLINE



1. Go to www.alintaapparel.com.au
2. Select the "Online Shopping" option from the top bar.
Click on "register"
3. You will now have the registration page up. In the school field type "(your school's name)".
4. Complete the rest of your details on this page then click "register" at the bottom of the page.
5. The system will advise you that your registration is now complete. Click on "continue".
6. You will be returned to the Alinta home page—you can now enter your email address and password into the **Customer Login** section.
7. You will now be in the SCHOOL section of the site (you will notice the school logo on the top right of the page).
8. On the right side of the home screen, you can click "price list" for details of the uniform and pricing.
9. Click on "SHOPPING" at the top of the screen.
10. Choose which uniform (girl/boy, age group) that you want.
11. To build an order, find the clothing you want to buy, select a size from the drop-down panel, and then click "Add to Cart" (below the image of the clothing).
12. You will be transferred to the 'SHOPPING CART' screen for each garment. Enter the quantity you want. If you have selected the wrong garment, click "remove".
13. If you wish to purchase more clothing, click "Continue Shopping". If you have chosen all the clothing you want, click "Checkout" to organise payment.
14. Choose the shipping format you want then click "Next".
Pickup from school: enter your name and phone number
Home Delivery: enter address and phone number. Please note a \$7.90 fee is added. Ensure you complete the special instructions if required.
15. Enter your Credit Card details, then click "Next", and confirm your order by clicking "Continue".
16. An invoice will now be dispatched to your login email address, and the clothing you have purchased will be organised for you according to your details.

Please Note:

Your order will be dispatched the next opening day of the Uniform Shop. If pick up is selected, your order will be ready in store waiting for you when the shop is next open.

You must keep a copy of your ALINTA RECEIPT—the Eway receipt is for your credit card, but the Alinta receipt is for your actual clothing purchase and will be needed for refunds/exchanges and warranty purposes.



Glenwood High School

Innovation Opportunity Diversity Success

AUTHORITY TO CHANGE STUDENT RECORD DETAILS

Dear Parent/Guardian

The need for our school to keep records up to date and accurate is extremely important, particularly in the case of emergencies. Please fill in the following change of record details and return to the school at your earliest convenience.

STUDENT'S FULL NAME (Include Siblings ATTENDING Glenwood High School)	_____ Year _____
	_____ Year _____
	_____ Year _____
	_____ Year _____
PARENT/GUARDIAN WITH WHOM THIS STUDENT NORMALLY LIVES	NAME: _____
	RELATIONSHIP: _____
	MOBILE: _____
	HOME: _____ WORK: _____
	EMAIL: _____
PARENT/GUARDIAN 1 DETAILS	Preferred Family Email Address: _____
	NAME: _____
	RELATIONSHIP: _____
	MOBILE: _____
	HOME: _____ WORK: _____
PARENT/GUARDIAN 2 DETAILS	EMAIL: _____
	NAME: _____
	RELATIONSHIP: _____
	MOBILE: _____
	HOME: _____ WORK: _____
RESIDENTIAL ADDRESS:	_____ POSTCODE: _____

PARENT/GUARDIAN NOT LIVING WITH THIS STUDENT OR SHARED PARENTING ARRANGEMENTS IF APPLICABLE. Please advise time spent living at this address (if any) and attach Court Orders if applicable.	NAME: _____
	ADDRESS: _____
	RELATIONSHIP: _____ Time Spent at this address: _____
	MOBILE: _____
	HOME: _____ WORK: _____
	EMAIL: _____
EMERGENCY CONTACT DETAILS - (OTHER THAN PARENT/GUARDIAN)	NAME: _____ RELATIONSHIP: _____
	MOBILE: _____ DAY TIME NUMBER: _____
	NAME: _____ RELATIONSHIP: _____
	MOBILE: _____ DAY TIME NUMBER: _____
	NAME: _____ RELATIONSHIP: _____
	MOBILE: _____ DAY TIME NUMBER: _____

ATTENTION

If you have moved out of the Glenwood High School local enrolment area you need to attach a letter to the Principal outlining the reason for your move. The letter must also explain why you wish your child to remain at the school as a non local enrolment, instead of moving your child/children to their local High School.

PARENT/GUARDIAN'S NAME
Principal Mrs Sonja Anderson Forman Avenue Glenwood NSW 2768

SIGNATURE
T 02 9629 9577 F 02 9629 2796

DATE
ABN 90 913 676 854