



GLENWOOD HIGH SCHOOL

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Innovation Opportunity Diversity Success



THE REDGUM

27 September, 2018



GLENWOOD HIGH SCHOOL
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Issue 8, 27 September 2018

MESSAGE FROM THE CAPTAINS



To the Glenwood Community it has been an honour and a privilege to be Glenwood High School's School Captains for this year and we would like to thank each and every one of you for making our time here so amazing. To the teachers, without a doubt, we could not have reached where we are today. You have helped pave our journey, you have guided us and pushed us in the right direction, keeping us on the path to this moment, our graduation. On behalf of the Class of 2018, thank you. Thank you, Mrs Pidgeon, for organising this amazing ceremony, our principal Mrs Anderson and Deputy Principal, Mrs Healy for guiding us. Lastly, to our amazing Year Advisers Miss Hyder and Mr Sekandari. Most importantly, thank you to the parents, carers, friends and family, you have been an integral part on this journey and we are extremely grateful for you.

And to this year's graduating class...wow it still doesn't feel real saying it.... We made it! We've accomplished one of the greatest milestones in our lives to date, and from here, the only way is up! Life moves so fast, if you don't stop to look around you may just miss it. It's hard to imagine that six years ago we were all sitting in this hall just waiting for Mrs Healy to finish her speech so we could get to get our classes and house groups. With big bulky bags and new leather shoes, we were all bustling and excited to start high school. Six years on we sit in the school hall about to graduate, and we are just as bustling and just as excited, except this time to leave high school and the dreaded HSC behind, to continue on to new lives in the great big world. This week, marks the finale of thirteen years of schooling.

The friendships and memories that we have developed over these years have become such a fundamental part of who we are. We have all worked hard to push through the stress of all the assignments, all the exams and the constant roasting from our teachers, to be able to say farewell to our school.

I know that we all think we are immortal, we are supposed to feel that way, and we are graduating. The future is and should be bright, but, like our brief 6 years in high school, what makes life valuable is that it doesn't last forever, what makes it precious is that it ends. This week we are reminded that time is luck. So don't waste it living someone else's life, make yours count for something. Fight for what matters to you, no matter what. Because even if you fall short, what better way is there to live? It's easy to feel hopeful on a beautiful day, like graduation day, but there will be dark days ahead of us too, and there'll be days where you feel all alone, and that's when hope is needed most. No matter how buried it gets, you must hold on to hope and keep it alive. I know it feels like we're saying goodbye, but we will carry a piece of each other into everything that we do next, to remind us of who we are, and of who we're meant to be.

As we start this new chapter of our lives, take some time to reflect on all the memories we have had as a cohort.

From the high-ropes in Year 7, to crossroads in Year 11. The swim school days where we all got burnt, all the sweat patches from the days in blue shirts. Years of swimming, cross country and athletics carnivals, Fun Night, picnic day and finally graduation.

We have always seen graduation as the end. A time signified by a series of “lasts”. Graduation is not the endgame, but a doorway, a launching point for a series of “firsts”, projecting us into what comes next. Among you all, I see actuaries and florists, artists and scientists, engineers and historians, *and prime ministers*. Among you all, I see the future unwritten, a blank page waiting to be filled by you. I myself do not believe in destiny or predetermination, but in choice. And that each of us chooses to be the person we are. Whatever you want to be you can be; whatever you want to do you can do; wherever you want to go you can go. The world, and the life ahead, is ours for the taking. You can make your future whatever you want it to be

So, as you hear the school bell ring for the last time, let it remind you not of the chapter of your life you are leaving behind, but the one that is beginning.

Becky & Patrick



Principal's Message



Farewell Year 12

It is with great pride and a touch of sadness that I write this last newsletter for the term. Pride due to the great work our students and staff are doing across many subjects and activities and sadness as Year 12 come to the end of their time at Glenwood High School.

There has been a common theme that people have identified to me about Glenwood students as a whole, but especially with regard to the Year 12 cohort. The theme which surfaces, is how proud teachers are of this year group. This year group has been very fortunate to be led by an extraordinary Student Leadership body under the guidance of two very accomplished school captains, Patrick and Becky. I have been teaching a long time and it has been hard to find two captains that would come close to Becky and Patrick in their dedication to serving both the school and the student body as a whole. Whilst I have only been here for 2 short terms, I too have recognised what an outstanding group of young women and men we have fortunately played a part in moulding. I am very excited to see what they will achieve in the upcoming HSC, but more importantly in the years ahead, where I have no doubt they will continue to demonstrate commitment, dedication and loyalty to all those whose lives they touch. I wish you great success and ask that you remember where you came from. Glenwood High School is honoured to have had you part of this great school.

McMaster Shield

I have said it before and I will keep saying it, that the old adage that it takes a village to raise a child is very much evident here at Glenwood. We are like a small village and we need everyone's input to look after each other in providing a holistic education.

During Week 9 Glenwood hosted the annual McMaster Shield sports day. The sports day, which was the brainchild of Patrick Gleeson, embodies the belief that "it takes a village". This fun sporting day is an opportunity for students from our Support Unit to come together with the Support Units from both Baulkham Hills and Model Farms High schools, to celebrate diversity and inclusivity.

I would like to acknowledge the support of Emmanuel Fardouly and Vanessa Dawkins from Raine and Horne Bella Vista/Glenwood. The support they have given to ensuring that the day is a success is invaluable. It is people like Emmanuel and Vanessa, living in our wider 'village', whose generosity is more than just lip-service – it is real and it's about giving.

Congratulations to Patrick and his team, especially Becky and Nipun, who worked tirelessly to ensure the day was a success. Also providing assistance on the day were Chris, from Year 12, and the new 2019 House Captains and the 2019 School and Vice Captains. Thank you for all the support and compassion you showed yesterday to ensure that all these students had a wonderful day. The smiles on their faces and the squeals of excitement that you could hear all around Foreman Avenue was priceless.



NAPLAN Update

During Week 10 Years 7 & 9 received their NAPLAN results. Many parents may be aware that the Department has trialled a new on-line version of NAPLAN this year. About 500 schools trialled the platform this year. Glenwood was not part of the online testing this year.



NAPLAN data provides school with a snapshot of student performance at point in time. It is a diagnostic tool which we use as one tool to identify areas of strength and weakness in the learning and teaching of our students. The media's use of this data for other reasons, like making somewhat invalid comparisons between schools, has unfortunately made NAPLAN a rather contentious issue for educators.

Last month, concerns were raised across educational sectors and the media regarding the validity of the 2018 assessment, due to some candidates across the country sitting a paper version, while others sat an online version where questions changed and were adapted, depending on the individual student's ability to answer previous questions.

On Monday 3 September, I was involved in a webcast with the DoE Deputy Secretary addressing such concerns. The takeaway messages were:

- At a State level, the data is reliable and valid to make comparisons regarding state vs state growth and performance.
- Although all students at MFHS did the test on paper, we are still advised to be careful of how the data is used at the school level as there appears to be far greater variability in the results than previous years. ACARA is investigating. The data at the school level is to be used very carefully. As advised, we will not be using the data to compare groups from previous years (e.g. Year 9 2016 vs Year 9 2018), nor the same cohort against their performances in previous NAPLAN Assessments. (e.g. Yr 9 2018 vs Yr 7 2016).

Following this, the ability for schools to access NAPLAN results was delayed due to ACARA (Australian Curriculum, Assessment and Reporting Authority) providing the data later than usual to NESA (NSW Education Standards Authority) and NESA taking longer than usual to reconcile the data and provide it to the Department of Education.

At GHS, we will continue to use the data as per its initial purpose. To identify student strengths and areas of development, to support their learning and to provide teachers, students and caregivers with information to enhance teaching and student learning. We will also consider the variability in results that ACARA has identified and strongly advise that all community members use considerable caution when accessing the data, even at an individual student level (e.g. comparing a child's results from Year 7 to Year 9).

Mrs Sonja Anderson
Principal

FROM THE DESKS OF THE DEPUTY PRINCIPALS

Year 10 Subject interviews:

Interviews have been conducted with all Year 10 students to confirm individual patterns of study and subject selections for Year 11 2019. This process ensures students have chosen subjects that meet the requirements of the NESA and the DEC. It also aims to reduce the amount of subject changes. If there are still any issues students need to see Mr Fenech (Year 10 Deputy Principal).

Year 12 2019:

Year 11 will begin their Higher School Certificate studies in Term 4. The information evening for current Year 11 students and parents has been cancelled. Students will now have a Grade assembly on Tuesday 16th October during period 5. They will receive their assessment booklets and the following will be discussed:

- ◆ Assessment policy
- ◆ Applying for illness/misadventure appeals and disability provisions
- ◆ Expectations of students
- ◆ NESA requirements
- ◆ Moderation of assessment marks by NESA
- ◆ Australian Tertiary Admission Rank (ATAR)

Please do not hesitate to contact Mrs O'Connor (Year 11 Relieving Deputy Principal) if you have any questions.

Bicycle Safety:

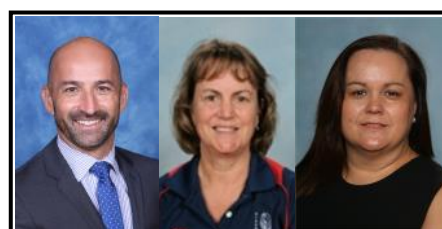
Recent law changes give the green light for teenagers to ride on footpaths. Parents and carers are reminded of the importance of bicycle safety for students who ride to and from school. We encourage students to ride to school as it reduces traffic congestion and promotes physical activity. We ask that parents reinforce the following safety rules to their children who ride to school:

- Wear a helmet and protective gear
- Understand and follow the road rules
- Give way to pedestrians

Given the high amount of pedestrian activity around the school in the morning and afternoon, we ask that students riding to and from school dismount their bicycle and walk across the crossing, in order to keep all pedestrians safe. It is important to reinforce that cyclists of all ages are required by law to wear a correctly fitted and fastened helmet that meets the Australian Standard (AS/NZS 2063).

Till next time

Steven Fenech Deputy Principal – Year 7 & 10
Karen O'Connor (Rel) Deputy Principal – Year 8 & 11
Donna Healy Deputy Principal – Year 9 & 12



Parents get stressed too!



As the HSC fast approaches, students and parents are alike in sharing the trepidation of impending exams. In fact, when chatting to parents about this, they often tell me that it's not just their adolescents who experience the stress, anxiety and sleeplessness of worry, but it impacts them as well. Insomnia, tears, tantrums and the devouring of anything laden with sugar are just some of the symptoms families may find themselves experiencing. You may even notice the dog laying low whilst tensions simmer!

Parents can often find themselves overwhelmed about how best to support their adolescent and whether or not to be more vigilant in monitoring their study or take a step back to give their child some breathing space. So, what's the answer? It's important to keep in mind, that it is quite unlikely that anyone knows your child better than you. However, for many families, this is a time of enormous stress and you may witness some behaviour that may be out of character.

I know of a student who chooses to unwind by creating a small fort in the lounge room and watching Disney movies. Another who finds the long drive to the beach, so that she can sit at the water's edge, incredibly soothing. Then there's the newly enthused, budding chef, who has decided that his break from study and the distraction of his phone, is whipping up Masterchef style meals for his family. The meals have been warmly welcomed by his parents and siblings before they find themselves shuddering at the state of the kitchen as he darts back to his room for further study. One student, much to mum's bewilderment, has taken a keen interest in gardening and she's unsure whether to encourage it or if it's a case of study avoidance via planting!

Without doubt, it's a bewildering and challenging time for parents.

Rest assured that it will pass...thank goodness for that! In the meantime, here are some tips for parents:

- Check in with your adolescent. Sure, your child may find this annoying but it's important to remain connected and in touch with your adolescent. Ask questions, show an interest and remind them that you're around. Be there to listen. Often all your adolescent may need at the time is a non-judgemental and quiet ear to hear them as they vent their stress.
- Routines are really helpful in promoting stress reduction, consistency and wellbeing. Try to encourage routine by instilling some solid but fair boundaries around having regular breaks, eating well and getting outside. For the newly avid gardener this may be the perfect opportunity to get out and do some weeding, but keep an eye on the time!
- Get some shut eye! Yes, that goes for parents as well as their adolescent. Darken the room, remove all devices, allow for some fresh air and keep a glass of water nearby. Where possible, go to bed at the same time each evening. Avoid the temptation of caffeine late at night and turn off your phone. Social media will still be there in the morning after you're well rested and energised.
- Good nutrition is important. Often adolescents may be tempted to eat on the run, graze or use their break to catch up with friends over fast food. Try to provide nutritious snacks and prepare healthy meals. Each time you encourage your adolescent to drink more water, fill your bottle up as well. Dehydration can result in low energy, fatigue and grumpiness. Keep the fruit bowl full and help yourself to those healthy snacks as well!

- Take some time out for yourself and go outside. Catch up with a friend, take the dog for a walk or do something that reminds you that there is life outside of the pressure cooker of exams. This will not only lift your mood, it will help you to reconnect with yourself and others. It also models good self-care behaviour for your adolescent, who may be reluctant to take a break.
- Find someone to talk to and share your experiences with. Those conversations are vital in managing your stress and getting things off your chest.

Contact numbers for parents:

Parents Helpline: 1300 1300 52

Lifeline: 13 11 14

Relationships Australia: 130 364 277

Christine Borg works at Glenwood High School as a Student Support Officer. She has extensive experience working with young people and families, having worked as a Child and Family Therapist at Unifam for many years, before working within the education system.

T4L AWARD

Glenwood High School students enjoy **quality educational programs** and **exceptional opportunities** delivered in **state-of-the-art classrooms**. Strong educational leadership and dedicated teachers create a supportive, dynamic learning environment which caters to all abilities and develops potential. Our specialist teachers offer **inspiring programs** for gifted and talented students and provide responsive, **personalised support** for students needing additional help. Our school community cares for each student and celebrates achievement by providing a wide range of experiences which nurture individual academic, sporting, performing arts and cultural talents.



Film, Radio and Social Media

In an effort to gain new student enrolments from the local community, it's no longer necessary for schools to solely rely on the School Promotions unit, to effectively spotlight their school. Today, *school promotions* is a collection of tools that have replaced traditional forms of communication, such as the school newsletter.

Glenwood High School **uses film, radio and social media** as a key whole-school communication tool to build relationships with the school community as well as involving **students to actively run it**.

We have created a year 9 elective subject called **Communications, Broadcast and Media Studies** for students to learn about the theory and practical side of these areas and have a created a student media team who are responsible for the running of all our media platforms. We even use multimedia to support announcements made at assemblies to congratulate students!

Student reactions

Students regard the subject and their role in producing communications for the school, extremely highly. Their **confidence in using the technology** has greatly increased as has their participation and engagement levels. Students are **continuously seeking new ways** to enhance the current platforms we use to share school-related information with their peers and to the local community.

Teacher reactions

Teachers have embraced the technology and regularly request that the media team record their (*practical and theoretical*) lessons, extra-curricular activities and school events. As a result, teachers are beginning to use the technology as part of their teaching and learning, allowing their students to use **multimedia techniques to learn KLA content**.



Links to the curriculum

The new, **200 hour year 9 elective subject** (*Communications, Broadcast and Media Studies*) that we developed is based on the Stage 5 IST syllabus. **This class forms our media crew**. Other subjects use the ICT requirements of their curriculum to use these resources to further explore their subject areas.

Tips and Tricks

It is important to remember that there is **no such thing as making a mistake**. It has certainly been a learning curve for the school and by starting small and slowly building on a solid foundation, we've discovered the best way to success. Attending professional development is also necessary for teachers who would like to use the equipment so that they can maximise its benefits.

First steps

Before we purchased our technology, we consulted with Learning Systems at State Office, to determine which would be the most appropriate cameras and associated equipment we needed to accomplish our overall objectives. They provided significant insight in terms of what is viable for a school and what is not. We purchased Sony Cameras, a green screen, black magic connector and settled on Wirecast software to manage our video streaming requirements.

They also provided us with extensive training so teachers were able to effectively use the equipment. Online tutorials, available on YouTube were often reference to develop needed skills. What is fantastic, is that students have also begun researching the full capabilities of our cameras and are experimenting with trying new things.



From this starting point, we are gradually adding to our technology as we improve our skill and capabilities. We also asked our P&C to assist with purchasing other items such as our *Instagram frame* to help us promote our media channels with students. These are a huge success with students and as soon as our students see it, they run towards us for a photo and to be featured on our Instagram story. My advice to any school **is to start slow**. Glenwood High School began by simply recording a few school events.

Once the confidence by both teachers and students increased, we began **recording *Glenwood News*** and other videos. ***Glenwood Radio*** began as streaming songs (*using the schools PA system*) and **encouraging students to speak** between songs. It is now something that occurs much more regularly and is soon to be podcasted and broadcasted. In terms of our **social media channels**, we attended significant TPL and became well-informed of all legal requirements before we began posting content and information. This has helped us ensure that we utilise these channels **appropriately and professionally**.

About the author

Noelene Callaghan is an *Microsoft Innovative Expert Educator, Google Certified Educator* and *NSW DoE Online Collaboration Mentor*. She is a leader in ICT in NSW and Australia and her and her school, Glenwood High School were recently awarded the prestigious **T4L Award for Innovative Use of ICT in Secondary**. Noelene is a prolific contributor to peer-reviewed publications, a true sharer of her knowledge, time and experience to assist the development of others and an asset to public schooling in NSW.

Does your school have an ICT story to tell?

Contact the T4L team: T4LNews@det.nsw.edu.au

WHITE BALLOON DAY



Glenwood High School tackle child sexual assault in powerful video

Gary Hamilton-Irvine, Rouse Hill Times
September 10, 2018 5:48pm

“TALKING ABOUT the crime of child sexual assault helps to prevent it.”

That’s one of the lines in a powerful video recently created by a group of students at Glenwood High School, which was released ahead of White Balloon Day on Friday.

[GLENWOOD HIGH’S VIDEO FOR WHITE BALLOON DAY](#)

About 30 students helped create the video which has since been widely viewed online.

The video sees 25 students share vital messages while sitting next to an animated white balloon.

White Balloon Day is held annually on September 7 and raises awareness about child sexual assault — a crime that affects more than 58,000 Australian children each year.

Glenwood High School student James Odenthal shot a video with his fellow students as the cast for White Balloon Day.

Student Becky Wan said the three-minute video was all about advocating for children’s safety.

“While we are extremely excited that the video has reached a wide audience, it does not take away the seriousness of the issue,” she said.

“I hope that the video highlights the right for all children to be safe.”

Since 2017, the communications, broadcast and media studies (CBMS) class at Glenwood High has worked on projects dedicated to big issues. This year’s project was White Balloon Day.

CBMS head teacher Noelene Callaghan said at first some of the students were apprehensive about the subject, but quickly got behind the creative concept of using video.

The students researched Bravehearts’ White Balloon Day messages as part of the project. “Together we researched Bravehearts’ White Balloon Day messages, wrote and developed the script and creative concepts and, when it came time to call for auditions for the 25 presenter roles, the response was overwhelming,” she said.

“Using a green screen, each student presenter had been given the opportunity to select the message they wanted to present while five students worked hard behind the scenes.”

Bravehearts founder Hetty Johnston was highly impressed with the project.

“It’s remarkable how this talented and dedicated group of students have turned their White Balloon Day awareness project into such a meaningful form of online communication.”

Rouse Hill Times, Wednesday 19th September 2018
GLENWOOD



Students Isaac Aider, Becky Wan, Patrick Gleason, James Odenthal, Phoebe Alder, Mikaela Davey and Caitlyn Askitis are the cast and crew behind the video. Picture: Angelo Velardo

Giving air to issue

Gary Hamilton-Irvine

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White Balloon Day is held annually on September 7 to raise awareness about child sexual assault — a crime that affects 58,000 Australian children each year.

[Watch the video at rousehilltimes.com.au](http://rousehilltimes.com.au)

WARANARA

On Thursday 13th of September, 2018, Year 8 students participated in a Waranara incursion run by the Aboriginal students of Glenwood High School, Miss Votano, Auntie Julie and many other teachers. The day started for some of us with a storytelling session with Auntie Julie. We learnt about her tribe and clan, the Darug area where Glenwood High School sits and the multiple different languages and belief of the Aboriginal people. We also got to hear some dreamtime stories about how this land was shaped and formed. It was very interesting to learn about the people who lived on this land before us and their beliefs and way of life.

Then we moved on to dancing with Jasmin and her friends. We learnt 5 different animal moves; the goanna, eel, kangaroo, emu and bird. Jasmin then taught us some other different moves to help us travel, and then we got to create our own dance routine. Everyone had a really fun time letting loose and have some fun with each other.

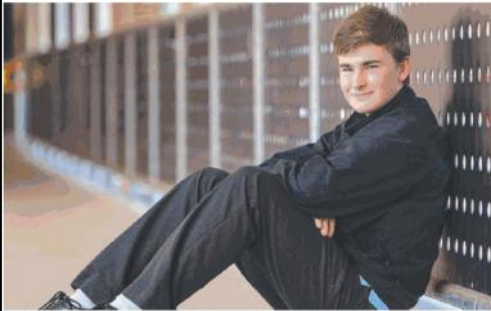
To finish our day, we sat down and braided some twine and feathers, which allowed us to connect and relax with each other, just like the Aboriginal women did. We then got to make our own mural together using sticks and leaves from around us. We learnt that different symbols all have a meaning to help tell a story. Altogether, it was a very educational, well run and enjoyable day that had a positive impact on our knowledge of the Aboriginal people.

Lucy -Year 8



Rouse Hill Times, Wednesday 19th September 2018

Focus on ability



Jared Donaldson, 14, jointly won best film in the Hear For You Film Festival. Picture: Julian Andrews

Stacey Roberts

AT JUST 14, Jared Donaldson is already an award-winning filmmaker – twice over. The Marsden Park teenager jointly won best film alongside Raymond Moreno and Richard Moir for his short *The Bus Stop* at the recent Hear For You Film Festival. The festival for deaf or hard of hearing teenage filmmakers resulted in a premiere screening in August.

Jared's interest in filmmaking began last year when he participated in the festival's two-day workshop. This year, he made another film alongside Raymond and Richard at the Hearing Hub at Macquarie University – it took them two weekends to complete. "The first weekend was planning and filming," Jared said. "The second weekend was editing." Entrants had to make

films centred around the theme of *Love @...* Jared, who wears hearing aids in both ears, said it "feels great" to have won best film for *The Bus Stop* – for the second time. "Richard and I won it last year, so it is a surprise to win again," he said. "Winning the award gives me a sense of achievement, to know that just because I am hearing-impaired this does not stop me from succeeding in life."

Rouse Hill Times, Wednesday 26th September 2018

MEDIA ARTICLES

Girls are untouchable



Glenwood High School's girls 7/8 Oztag team has taken out the 2018 Champion of Champions competition.

Tag team on fire on field for local and state competitions

John Besley

GLENWOOD High School's girls year 7/8 Oztag team has been untouchable in 2018. The girls have been undefeated throughout their first

week. Glenwood claimed the title with a hard-fought 4-3 win over Warilla in the grand final. Coach Rachel Hobday was full of praise for the talented squad. "It was all them," she said. "There's some really great players in the team and a lot of them play for state outside of school. They handled themselves really

well all year and showed a lot of class and discipline beyond their years, always giving three cheers to their opponents after every game." Hobday said the girls could now consider themselves at the peak of the sport in Australia. "Oztag is still kind of a new sport really, so they've kind of taken it as far as they

can go." Glenwood's Mackenzie Davis was also rewarded for a stellar tournament by being named the girls 7/8 division's Most Valuable Player. Along with the girls' success, it was also a great state showing for the school's boys year 11/12 team who managed to make it through to the semi-finals of the competition.

Blacktown Advocate, Wednesday 19th September 2018

Short film's a winner for teenage trio

Filmmaker has a winning way, writes Stacey Roberts

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"The first weekend was planning and filming," he said. "The second weekend was editing." Entrants had to make films centred around the theme of *Love @...* Jared, who wears hearing aids in both ears, said it "feels great" to have won best film for *The Bus Stop* for the second year in a row. "Richard and I won it last year, so it is a surprise to win again," he said. "Winning the award gives me a sense of achievement, to know that just because I am hearing-impaired this does not stop me from succeeding in life." For details on the film festival, visit hearforyou.com.au



Jared Donaldson, 14. Picture: Julian Andrews

Registration

- Blacktown Uniting Church's Office
on (02) 9831 4121 (9.30-12noon Mon-Fri)
 - Website
www.blacktown.unitingchurch.org.au
 - email buoffice@gmail.com
- Attention Mental Health Seminar

• fill the slip below and return to:

Blacktown Uniting Church,
59 Bungarribee Rd,
Blacktown, NSW, 2148.

RSVP by 05/10/2018

Name: _____

Contact Number: _____

Email Address: (optional) _____

No. of People Attending: _____

How do you wish to pay the Registration fee of \$10pp? Please indicate below:

- Payment enclosed
 Pay at the door

All Information acquired in this slip is for the sole purpose of noting attendance for Mental Health Seminar and will not be used or distributed for any other purpose.

Speakers Topics

Cecilia Yu - Blacktown Hospital

- what is mental illness?
- stigma
- signs of mental illness
- social profile/types of mental illness
- what does the MH unit/service at Blacktown offer?
- what supports are available to help people?

✦ Refreshment Break

Paul Eisen - Beyondblue

- Sharing his Journey.

Pam Neale-Justins – Baptist Care

- Depression and Anxiety
- Caring for self and others 'in the midst'
 - Practical skills for living

Products for Sale and donations can be made to help our valued Mental Health Charities

Proceeds and donations will go to Mental Health Charities

Mental Health Seminar

13th October 2018



9.30am Registration for 10.00am start

Cecilia Yu

✦ Social Worker



Cecilia Yu is a Social Worker in Bungarribee House, an acute mental health unit, at Blacktown Hospital, for the last 16 years. I am currently filling in on a vacant Social Work position in the adjacent Melaleuca unit (subacute mental health unit)



Plenty of carparking on site

Paul Eisen

✦ Volunteer speaker for Beyondblue



Paul Eisen has had 30 years' experience in the corporate world principally in the commercial side of Medical Device companies leading and building high performance sales, marketing and clinical teams. Paul is currently General Manager Australia and New Zealand, for HillRom, a global medical company.

Paul is a volunteer speaker for beyondblue, a national organisation that works to raise awareness about anxiety and depression, reduce the associated stigma and encourage people to get help.

He became a beyondblue speaker to share the experiences he has had as a father of a daughter who has experienced anxiety over the past 10 years. He wants to encourage and offer hope to both parents of those whose children or family may be afflicted with mental health conditions, and hope to individuals themselves.

Paul's interests include competitive tennis, international travel, playing drums in his band, and spending as much time as possible with his family.

Pam Neale-Justins


✦ Clinical Counsellor and Supervisor



Pam Neale-Justins is a Clinical Counsellor and Supervisor registered with PACFA (Psychotherapy and Counselling Federation of Australia) and a clinical member of the Australian College of Relationship Counselling. She has considerable experience including: co-writing a Diploma and Advanced Diploma in Pastoral Counselling (Offered at Salvation Army Training College), writing the programme "KidsBetween" for children whose parents are separated or divorced. She has worked as the Oncall Counsellor for the Department of Navy's Missile Maintenance Base. Currently she is a counsellor and supervisor with BaptistCare Counselling and Family Services.



TERM 4 - WEDNESDAY SPORT PLEASE NOTE—NEW PROCESS



**GLENWOOD
HIGH SCHOOL**

Innovation Opportunity Diversity Success

T 02 9629 9577
F 02 9629 2796

Forman Avenue,
Glenwood NSW 2768

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

REC SPORT CONSENT FORM TERM 4

Dear Parent / Caregiver,

Your son/daughter has chosen to participate in a recreational sport for Term 4 2018. These sport options will be undertaken each Wednesday afternoon Period 3 & 4 (Junior 7 & 8), Period 5 & 6 (Senior 9 & 10) over term 4 for 10 weeks.

Some sports will be inside or outside the school premises, some sports will come at a cost and others will require students to travel to and from venues by bus. Your consent in all of these areas is essential.

The options of the sports are below. Please tick the box of the sport you wish to choose for the term. The full fee must be paid ONLINE ONLY via [trybookings.com](https://www.trybookings.com) before Week 10 (Wednesday 26th September).

Students **MUST** wear their full Glenwood High School sports uniform at all times. These sports all have a maximum number of students and it will be first in with their payments that will be accepted.

Kindly complete the consent form below and submit to your teacher in charge of that sport. No notes or payment will be accepted by the front office.

How to pay online: Go to <https://www.trybooking.com/XUPL> and click on "Book now". You will then be able to select your sport. Your spot will be secured once payment is finalised. A confirmation e-mail will be sent to the nominated e-mail account.

If you have any further questions, do not hesitate to contact me at school.

Regards,

Mrs A. Ryan
Sports Coordinator

Please return this slip to your REC SPORT TEACHER

I hereby give permission for my son/ daughter _____ of year _____, permission to participate in the sport ticked below every Wednesday. I understand my child will either be travelling by bus to venues or will be walking outside school premises. The amount of the sport ticked below will be need to be paid online before Week 10 (Wednesday 26th September).

- Walking (No cost)
- Cricket (No cost)
- School Sport (No Cost)
- Yoga (No Cost) Seniors only
- Tennis at Stanhope (\$50)
- CrossFit 2147 at Seven Hills (\$100)
- Ice-Skating at Macquarie Ice Rink (\$150)
- Rock-Climbing at The Edge Castle Hill (\$150)

Please note for the paying sports to run, there needs to be a minimum number of students.

Signed _____ Date _____

Principal Mrs Sorbie Anderson Forman Avenue, Glenwood NSW 2768 T 02 9629 9577 F 02 9629 2796 ABN 90 913 670 854

WWW.GLENWOOD-H.SCHOOL.NSW.EDU.AU EMAIL: GLENWOOD-H.SCHOOL@DET.NSW.EDU.AU

To enrol/pay for **Wednesday sport**, there is a new process which is outlined on both grade and recreational sport notes. Please use the link on the note via the **TryBookings** website to enrol for your sport. You will also be able to pay via this link. No more money or notes will be accepted by the front office for Wednesday sport. **All signed notes are to go to the teacher in charge of the sport.**

GRADE SPORT CONSENT FORM TERM 4

Dear Parent / Caregiver,

Your son/daughter has been chosen to represent the school in grade sport for Term 4 2018. This sport competition against other high schools in the area will be undertaken each Wednesday afternoon Period 3 & 4 (Junior 7 & 8), Period 5 & 6 (Senior 9 & 10) during school terms.

Each Grade Sport involves a varying degree of physical activity, including body contact in some sports and it is your responsibility to ensure that your child is equipped with the appropriate protective equipment, as requested by their coach. Students will also be travelling to and from venues by bus. Your consent in both of these areas is essential.

Students representing the school in the Grade Sport competition **MUST** wear their full Glenwood High School sports uniform at all times.

Your child will be required to pay every **away** game for the bus (This is usually every fortnight). The cost of the bus travel and venue hire is \$45, which covers them for the entire term. This must be paid online only via [trybookings.com](https://www.trybookings.com) before their first game (Week 10 Wednesday 26th September).

Kindly complete the consent form below and return it to the teacher in charge of your sport. No notes or payment will be accepted by the front office.

How to pay online: Go to <https://www.trybooking.com/XUPL> and click on "Book now". You will then be able to select your sport. Your spot will be secured once payment is finalised. Please do not enrol into a grade sport online unless you attended trials and were selected. A confirmation e-mail will be sent to the nominated e-mail account.

If you have any further questions, do not hesitate to contact me at school.

Regards,

Mrs A. Ryan
Sports Coordinator

Please return this slip to your GRADE SPORT COACH

I hereby give permission for my son/ daughter _____ of year _____, permission to participate in grade sport every Wednesday. I understand travel will be by bus to other schools and venues in the area and \$45 will need to be paid online before the first game.

Grade Sport Team: _____

Signed _____ Date _____

2018 CALENDAR



Week 10B

Monday	24-28 September	Year 11 Yearly Exams
Thursday	27 September	Year 12 Graduation
Friday	28 September	Last Day Term 3

TERM 4

Week 1A

Monday	15 October	Students & Staff resume school
Tuesday	16 October	Student Leader Induction
Thursday	18 October	HSC Commences Ridges Dance Festival

Week 2B

Tuesday	23 October	Year 7 Macquarie Zone Gala Day
Thursday	25 October	Invictus Games

Week 3A

Monday	29 Oct—2 Nov	Years 7 & 9 Assessment Year 12 Hospitality Workplacement
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Week 4B

Monday	5 Nov —9 Nov	Years 7 & 9 Assessment Year 12 Hospitality Workplacement Validation for Learning & Development (VALID) —Year 8 Mentoring Celebration
Thursday	8 November	
Friday	9 November	HSC Ends

Week 5A

Monday	12 Nov —16 Nov	Validation for Learning & Development (VALID) —Year 8 Year 12 Hospitality Workplacement Year 8 & 10 Assessment Week
Monday	12 November	Year 12 Signout Day
Wednesday	14 November	Year 12, 2018 Formal—Oatlands House
Friday	16 November	Year 7 Geography Mandatory Fieldwork Excursion—Sydney Olympic Park



Find us on:
facebook

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

GLENWOOD COMMUNITY NEWS

OZTAG NSW CHAMPION OF CHAMPIONS

Our Year 7 & 8 Girls Oztag team yesterday won the NSW champion of champions event, held at Panania a member of our team was named MVP of the Tournament Mackenzie. Congratulations !!!

Our Boys Yr 11 & 12 team also made the Semi Finals (top 4 teams in NSW) however unfortunately lost their game.





GHS Clubs and extra-curricular activities 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
Before School	SciHelp Yr 11 Chemistry & E&ES E1 (Mr Hussain)		Fitness 7:30 – 8.30am Top of C Block Yr 10-12 Students (Mrs Davies) Breathing Space 8:20 – 8:35am CC in Library (Miss Chris)		
Recess	iCentre & Tech Ninja (Mr Lewis / Ms Callaghan) SciHelp (Wk B) Y7-10 Science E1 (Ms Wiyana)	iCentre & Tech Ninja (Mr Lewis / Ms Callaghan)		iCentre & Tech Ninja (Mr Lewis / Ms Callaghan) Guitar (Yr 8 Girls) C2 (Ms Marskell)	
Lunch	iCentre & Tech Ninja (Mr Lewis / Ms Callaghan) MathsHelp P8 (Mrs Mehdi) SciHelp (Wk A) Yr11&12 Physics Yr7-10 Science E1 (Mr Hussain & Ms McLeay)	iCentre & Tech Ninja (Mr Lewis / Ms Callaghan) Chess Club Library (Mr Millard) MathsHelp P8 (Mrs Mehdi) Chill Chat & Colour Top of B Block (Ms Powell) GHS Choir C2 (Ms Marskell)	iCentre & Tech Ninja (Mr Lewis / Ms Callaghan)	iCentre & Tech Ninja (Mr Lewis / Ms Callaghan) Sisterhood Top of D Block (Miss Chris) MathsHelp P8 (Mrs Mehdi)	iCentre & Tech Ninja (Mr Lewis / Ms Callaghan) GHS Choir C2 (Ms Marskell) JAM Top B Block (Ms Cummins) GlenReads Week B, D6 (Ms Guzel) Game On A3 (Ms Votano)
After School		Homework Centre - All 3-4pm Library (Mrs Achar) Senior Dance Ensemble (Yr 10, 11&12) 3-4.30pm J6 (Miss Taylor) Art Club (Yr 7&8) 3.10-4.30pm Art workshop, J Block (Mrs McDonald) Cycling on M7 3.30pm – 4.30pm approx. Meet at back carpark gate (Mr Cyreszko)	School Band 2:50-4pm Music Prac Room (Ms Marskell) Intermediate Dance Ensemble (Yr 8&9) 3-4.30pm J6 (Miss Taylor)	Homework Centre – Snr 3-4pm Library (Mrs Jackson) Makers & Robotics Club 3-5pm iCentre (Mr Lewis) Minecraft Club 3-5pm iCentre (Ms Callaghan)	Junior Dance Ensemble (Yr 7&8) 3-4:30pm J6 (Miss Taylor)



MATH ∫ **HELP**



When: MONDAY, TUESDAY AND THURSDAY

Lunchtime: 12.50 - 1.20 p.m.

Where: P8 - Maths Classroom

	Week A	Week B
Monday	Ms Lampinen Mr Clift	Ms Mehdi Ms Coote
Tuesday	Ms Samuel Ms Manton	Mr Prasad Ms Pafumi/Ms Siriwardena
Thursday	Ms Brahe Ms Chand	Ms Nand Ms Mehdi

Bring your lunch, sign in and get help from professional Maths teachers

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.

GLENWOOD COMMUNITY NEWS

GLENWOOD TV

is here



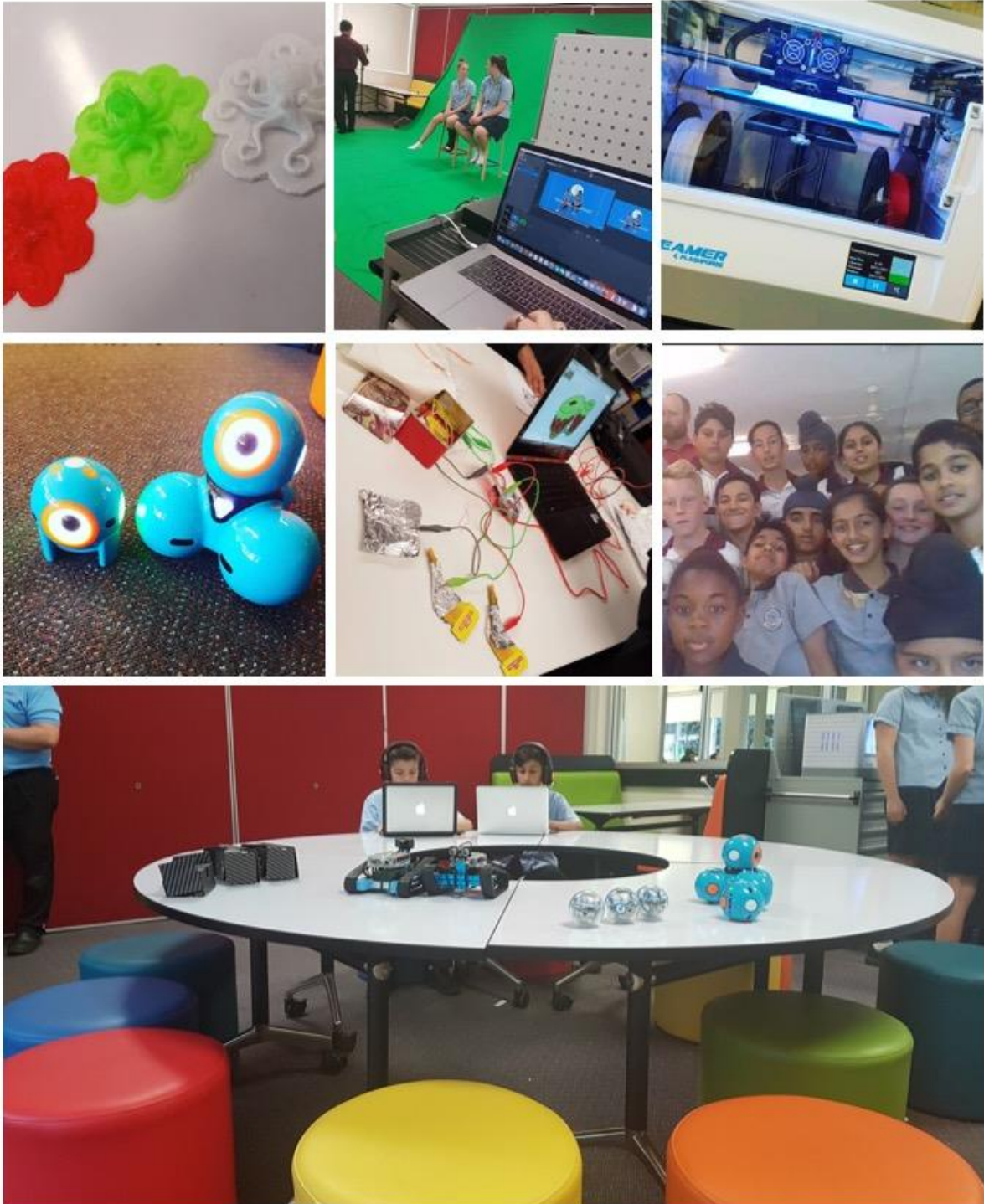
Daily Messages are recorded everyday
and can be viewed on
Facebook and our YouTube Channel



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





Glenwood High is on:

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

SCHOOL ZONE OFFENCES

WHAT ARE YOU RISKING?*



Children are small, harder to see, behave unpredictably and are extremely vulnerable. They need YOU to take extra care when driving and parking around school zones.



No Parking

No waiting. You have 2 minutes to drop-off or pick-up. You must stay within 3 metres of your vehicle.



No Stopping

You must not stop on a length of road with a No Stopping sign. The first 10m from an intersection is a no stopping zone. Yellow kerb lines are also No Stopping zones.



Bus Zone

Only a public bus can stop in a bus zone.



Mobile Phones

Extra fines apply for using mobile phones in a school zone.



May be subject to Double Demerits

Speeding Offences



40km/h is the limit. Children are vulnerable, so slow down in school zones.



May be subject to Double Demerits

Pedestrian Crossings

1. In a queue of traffic, no part of your vehicle can stop on a pedestrian crossing.

2. Do not let your child in or out of a vehicle at a pedestrian crossing as this is a No Stopping zone.



Driveways & Footpaths

Do not park on or across a driveway or footpath.



U turns

Illegal on or near a pedestrian crossing and across double white lines.



Double Parking

Double parking is illegal and is very dangerous in a school zone.



PENRITH CITY COUNCIL



*Fines current as of March 2018. Fines and demerit points are subject to change. For more information check out the NSW Centre for Road Safety website.



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.

Principal Mrs Sonja Anderson Forman Avenue Glenwood NSW 2768 T 02 9629 9577 F 02 9629 2796 DATE AEN 90 913 676 854