# The Redgum

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GLENWOOD HIGH SCHOOL

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nnovation Opportunity Diversity Succ



# **GLENWOOD HIGH SCHOOL**

Innovation Opportunity Diversity Success

# THE REDGUM

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The Redgum - Issue 1

7 March 2018

# **Principal's Message**

# Special points of interest:

- 2017 High Achievers (front cover)
- Busways/Hillsbus school timetable
- Calendar
- Peer Mediation Training Day
- Triathlon
- Mentoring Program
- Media ArticlesVaccination
- ProgramGlenwood TV
- Math Help
- Parent Portal
- Join Us
- Parenting Ideas
- Publishing Student Photographs



It is with great pleasure that I have joined the community at Glenwood High School. Glenwood has a strong reputation of being a supportive, warm and welcoming school; a place where every young person can develop in an conducive, to toophing

environment conducive to teaching, learning and friendship. I have definitely found this to be true in my first weeks here. The smiles on the faces of students and staff reflect the general air of friendliness and openness of the school.

I have worked in education for over 25 years, teaching in the HSIE faculty. My teaching experience has included time Dunheved HS, Plumpton HS, at Blacktown Girls, Baulkham Hills TAFE and, most recently, Muirfield High School. I have a strong love of teaching and will miss the classroom. The parting words from the staff of Muirfield was "You'll miss teaching." Leaving the classroom is the regret of many who take on educational leadership!

As a principal I aim to be involved, approachable, and available. One way of ensuring I build up a rapport with students, is that I try to make regular impromptu visits into their classrooms. Over the past few weeks I have visited a range of classes and I'm happy to report that a very large majority of students are on task and engaged in their learning experiences. I must thank the teachers who were welcoming and allowing me to have this unannounced access to their classrooms. I am keen to retain the cornerstones of Glenwood, that is inspiring excellence through opportunity, diversity, innovation and success; but I also intend to build on the excellent teaching here to ensure students achieve their best. I believe that supporting teachers in the classroom is key to our students' success.

## **Spirit Week**

During week 2 we celebrated a Spirit Week which was a great week of lunchtime fun for all our students, coordinated by the amazing Glenwood High School Prefects. It was wonderful to see so many enthusiastic students involved in all activities, with House Points won for each entrant. The Prefects worked very hard to make the week a success and deserves a special thank you for making Glenwood such an enjoyable place to be. I would like to take this opportunity to thank our student leadership team and also thank the P&C who donated the Spirit Week prizes.

## **High Achievers Assembly**

We had a wonderful celebration of the 2017 Higher School Certificate at the annual High Achievers Assembly during Week 3. The class of 2017 definitely did themselves and the school proud, with 14% of the students receiving an ATAR of over 90. We also had fantastic results by Amy and Jessica who ranked 2<sup>nd</sup> and 4<sup>th</sup> respectively in the state in Indonesian Beginners; and Alyssa who ranked 5<sup>th</sup> in the state for Hospitality.

One of the absolute highlights of the ceremony was the speech delivered by our 2017 Dux of Year 12 with an ATAR of 99.25 - Robin. Robin was able to communicate the perfect balance between setting himself achievable goals, working towards them through carefully devised organisational systems, and maintaining his all-important 'down' time. Both the audience and I were impressed with his speech. Not only did Robin receive this incredible result, but was also honourably recognised by NESA on the Top All Rounder list for achieving 90 or above in 10 or more units in the HSC.

May I once again pass on my congratulations to all of the students at this award ceremony. They and their parents rightly should have a great deal of satisfaction at knowing that excellence was achieved. They are certainly outstanding role models for other students in the school.

I would also like to take this opportunity to acknowledge the teachers of this fantastic school. The teaching staff at Glenwood High School are amongst the best I have ever worked with and thoroughly prepare students for the HSC examinations and the future ahead. Many of our students gained University entry and are very happy with the tertiary courses they have been able to access. Over the last couple of weeks all Head Teachers have been analysing the data from the HSC results with their faculty and celebrating successes and reflecting on performances.

### 2018 Information Evening & GAT

Our Open Evening at Glenwood High School was held on **Monday 26 February** was an absolute roaring success.

We welcomed over 300 prospective parents/caregivers and students to our school community and they were able to witness first-hand what it is that makes Glenwood such a great place to go to school. I would like to acknowledge the huge effort that the whole school community went to, in order to present us in such a fantastic light.

A huge thank you to all students and staff who volunteered their time to support our Open Evening. It was an absolute pleasure see our *Glenwood Way* so obviously on display. Here are an example of some of the comments I received from our visitors that afternoon:

"your school has such a great feel to it..."

your students are so passionate about the school...", and

"this has been one of the best Open Nights that I have been to..."



**On Monday 5 March 2018** we had out Gifted and Talented Information Evening which like, Information Evening, was strongly represented by parents and future students. It was wonderful to see the number of students competing for a position in the G&T class. I would like to thank both Mrs Powell & Mrs O'Connor for their excellent presentation that ensured all parents had a thorough understanding of the expectations of potential membership in the class and what the program offered. It was also inspiring to hearing from past G&T students about what they experienced from being in the G&T class. I would like to thank our

students, Bareen, Patrick, Becky, Ebony and Josh who gave up their time to address the parents at the Information Evening; their presentations were well received and very informative. We would like to wish all students sitting for the G&T entry exam all the best. Results of the exam will be issued to parents and primary schools.

### The School Plan 2018 – 2020

The School Plan 2015-17: As part of the development of the new school plan a great deal of work has been done by the Executive to begin the path to generating the new school plan. Thus far consultation with the staff, students and wider school community via the Tell Them from Me Survey has occurred. The first step in setting the parameters of the plan is identifying the Strategic Direction the school will need to follow. The Department of Education's planning model specified that there should be three strategic directions for each school. For all teachers, parents and students to agree on the same three is an almost impossible challenge. Central to this conundrum is identifying the "why" we do what we do. The school executive have attempted to combine all of the desires, vision, wants and needs expressed so far into a summary statement of our strategic directions. So far we have.... Strategic Direction 1: Our learning culture embraces diversity, opportunity and innovation to inspire success; Strategic Direction 2: Our high quality teaching is underpinned by innovation practice and effective reflection in a collaboration environment; and Strategic Direction 3: Collaborative school leadership and community engagement, building a culture of high expectations and sustained whole school improvement.

While these may change as we obtain further input, I believe we are fairly close. I'll be tabling our draft school plan at the next P&C meeting.

### **School Contributions**

Currently we are in the process of sending out invoices for 2018 fees. The invoice contained full costing of elective fees and general contributions. I thank those families who have already paid the invoices. Subject contributions are used to purchase consumables for use in class. The general contributions are used to fund the extras we all would like our children to have and that are not provided for in government funding, such as on-site technology support, extra staffing in the Learning Centre and improved outdoor facilities.

Fees are necessary for student electives to continue in their current format, while the general contribution supports a variety of student programs and needs, including the purchase of the most appropriate texts and resources to support student learning. Parents will note the P&C contribution, which is also included on these schedules. The P&C funds have been used to support the school. I have included a list of what the P&C contributions have been used for in 2017. They included: the purchasing of televisions that have been cabled throughout the school with regular daily notices to keep our students informed; Presentation Day; Wellbeing programs, Support Spirit Week and the purchase of the Instagram board.

It is most fortunate our parents and community do so strongly support the school and value the education their sons and daughters receive. We need this support to continue in 2018.

### Changes to HSC Minimum Standards in Literacy and Numeracy

An announcement was made by the Minister for Education regarding changes to the way students will be able to demonstrate the minimum standard of Literacy and Numeracy.

2017 saw Year 9 students who achieved a Band 8 or higher in Reading, Writing and Numeracy tests being recognised as having met the minimum standards and therefore would not need to complete an online test.

The 2018 Year 10 cohort will see only the students who did not achieve Band 8 being required to sit an online test in the identified area. The first is planned for Week 8 and I will be speaking to those students shortly.

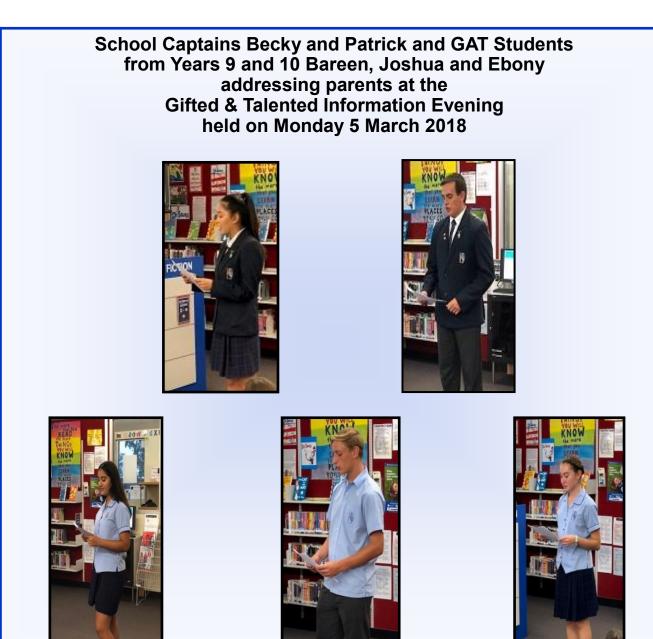
From 2018, Year 9 NAPLAN tests will no longer be used as an early way for students to demonstrate the minimum standard of literacy and numeracy needed to receive their HSC from 2020.

Students will show they meet the HSC minimum standard by passing online tests, which are available for them to sit when they are ready in Year 10, 11 or 12 and after the HSC.

One thing that both parents and students need to be aware of, is that NAPLAN is still a vital diagnostic tool for schools, as it helps us to identify and assess educational progress of our students at certain stages in their schooling. I understand there has been some confusion and uncertainty by this announcement, so I hope this makes things clearer.

For further information please visit the NESA website: <u>http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/hsc-minimum-standard</u> <u>http://educationstandards.nsw.edu.au/wps/portal/nesa/about/news/media-releases/media-release-detail/changes-to-the-hsc-minimum-standard</u>

Mrs Sonja Anderson Principal



# FROM THE DESKS OF THE DEPUTY PRICIPALS

# Welcome to 2018



We welcome our new Deputy Principal, Mr Steven Fenech who commenced at Glenwood High School at the start of this year. After being a Deputy Principal for 4 years at Evans High School, Mr Fenech has joined our learning community and will oversee Year 7 and Year 10 in 2018. During his career, Mr Fenech worked as a science teacher and Head Teacher Science at Blacktown Girls High School, as well as senior positions in the Department of Education in the area of Teacher Quality and professional learning. Our student body at Glenwood High School is to be commended on their smooth

transition into their 2018 studies. They look fantastic in their uniforms, as they eagerly work on improving their skills, knowledge and understanding. They are indeed a credit to their families, parents and carers, who support them in their learning. We have so many wonderful programs, events and initiatives already in place this term for them to excel in a range of areas: academic, sporting and cultural. We encourage our students to participate in experiences outside their comfort zones as they endeavour to achieve their personal best.

# PROGRAMS, EVENTS & INITIATIVES ON OFFER AT GLENWOOD HIGH SCHOOL

Students are offered the opportunity to explore their potential beyond the classroom. Term 1 2018 has seen the launch of a vast array of co-curricular activities that enhance the school experience.

### Academic support

### Homework Centre

We operate a Homework Centre on Tuesday afternoons from 3 to 4 pm in the library. The centre is supported by volunteer staff who offer their time to tutor any student requiring assistance. Students who would like a quiet place to complete their homework and assignments are welcome to utilise the library's resources.

## Maths Help

Mathematics Help Sessions run during lunchtime in P8 on Mondays, Tuesdays and Thursdays for all students from Year 7 to Year 12. They can bring their lunch and access expert tuition from the Mathematics Faculty. This is ideal for those struggling to attain some of the finer concepts, as well as those who just need a little boost.

### Leadership & Wellbeing

## MATES

Year 10 and Year 11 students are offered the opportunity to refine and utilise their leadership, communication and ability to work well as part of a team to be trained as peer mediators. The skills that they are able to hone in this initiative are invaluable and sought by future employers.

## Student Representative Council (SRC)

Nominations were sought earlier this term for positions on this key student leadership body. Open to all years, the SRC provides a voice for students and the avenue to develop and be involved in community events, such as the Valentine's Day Event. Participation in the SRC often prepares students for other leadership positions, such as House Captain and membership of the School Prefect body in the senior years.

# Sisterhood

The Sisterhood Club is many things to many girls but it is mainly a circle of friendships, support and strength. Led by a group of young women, the Sisterhood meet at lunchtime on Thursdays and enjoy activities, food and fun because ... you can never have too many sisters.

# **Conviction Group**

The Conviction Group is a program delivered to young men in Year 10 and addresses personal development, wellbeing, health and social issues young men will experience. The program aims to prepare young men for their futures by improving their sense of self, personal confidence and individual resilience, to be leaders of tomorrow and men of the future.

## **Sporting**

Continuing our tradition of developing sportsmanship, as well as sporting prowess, in our students, staff across the school have volunteered their time to organise, coordinate and coach a variety of sporting teams. Our students are encouraged to try out for grade teams and knockout teams, as well as participate in carnivals, our most recent being the swimming carnival. Our sportspeople are often commended by members of the public and our opposition's coaching team on their fairness and good behaviour. They are credit to their families and the school.

Aside from grade and school sport, we provide extra curricula sporting opportunities which cater to a wide range of interests and abilities. We encourage students to take advantage of all opportunities to maintain a healthy, balanced lifestyle, which have so far, included: knockout girls volleyball, knockout boys volleyball, open boys cricket, and Macquarie Cup soccer. Other events on our sporting calendar coming up this term - Macquarie Cup basketball, girls knockout hockey, knockout lawn bowls, Macquarie Cup netball, and our Cross Country Carnival on 4 April.

We are extremely proud of our students who have a go and involve themselves, whether they have gone on to further levels or simply tried out. Striving for their personal best in all things is something to be proud of. Thank you for your parental support. Thank you to the teachers who take the time to create and coordinate these opportunities. In partnership, we will be able to continue to instil in our students a desire for learning and always being the best version of themselves.

# <u>Cultural</u>

In 2018, Glenwood High School continues to provide culturally enriching initiatives in which students can continue to develop their interests. Such experiences help deepen cultural understanding and create a harmonious, inclusive environment in which our community can flourish. Students can share and explore their interests in:

## Art Club

Art Club is held on Tuesday afternoons from 3.10 pm to 4.30 pm. It provides a structured environment in which students can express their creativity. All students are welcome to come and practise their art making. All that is required is parental permission and a small contribution to help cover costs of art supplies.

## Musical

Preparations for this year's production of *High School Musical* are under way. Students are already working hard during sport sessions to create a spectacular production. Any old and unused mobile phones you may have lying around at home will be put to good use in our musical this year. Please forward them to staff in the CAPA faculty. As the time approaches, the performers and stagehands will commit themselves to weekend preparations. The excitement surrounding the musical will peak when the production is held in June. All are invited to come along and support our wonderful performers and crew who have committed to this project with impressive dedication.

### Harmony Day

A key event on our cultural calendar, Glenwood High School will be celebrating Harmony Day on March 23. An inspirational cultural celebration featuring student performers, food stalls and activities, this event is enjoyed by all.

All in all, students have a range of events, initiatives and activities in which to immerse themselves whilst they are at Glenwood High School. Above are some examples, though not the complete list, of what we offer. Their involvement reinforces the fact that learning is not confined to the classroom and helps our students value their role as active community members. Well done to those who have already taken up these opportunities to be the best version of themselves.

### Positive Behaviour for Learning

Glenwood High School is a *Positive Behaviour for Learning (PBL)* school. As a PBL school, we teach and reward positive behaviour in order to create an effective learning environment. At Glenwood High School, we use the following core values to guide all aspects of our teaching and learning:

- Respect for self, others and property
- Respect for others
- Respect for property
- Responsibility for actions
- Reading for learning

These core values provide a strong basis for positive interactions between staff and students. Our new Year 7 students have had a comprehensive introduction to our PBL system and values, and they have embraced our merit system. Student achievement in a variety of contexts, including in the classroom and on the sporting field, contribute to house points which are tallied at the end of the year.

Students in Acacia, Boronia, Coolabah and Telopea compete during the year with the winning house being awarded the House Cup and students in that house treated to a special activity. Students are encouraged to display house spirit during sporting carnivals and at other events which helps contribute to the positive culture at Glenwood High School. It is great to see so many students being rewarded for their commitment to the school and its focus on *Positive Behaviour for Learning*.

### Bicycle Safety and Student Safety in Carpark

Parents and carers are responsible for a student's travel to and from school. Schools take over responsibility and duty of care for the student once they enter school premises. Riding to and from school helps reduce local traffic, reduces our carbon footprint, and promotes physical activity. All students need to be aware of road rules and safety advice when riding to and from school. 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).

# Parents and carers are asked to support the school and the Department of Education by complying with this law.

It is also important to reiterate the safety of our school students and teachers in our school carpark. When visiting the school or collecting children, parents and carers are asked to park outside the school premises in order to keep our children and staff safe. Parking within school grounds is only available to school staff. Driveways and access areas within school car park must be kept free to allow access for emergency and delivery vehicles at all times.

### Attendance at school

Parents and carers of children of compulsory school age are responsible for ensuring their child attends school every day. On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstances e.g. attending a funeral

Families are encouraged to organise family trips only during school vacation periods. Every day away from school negatively affects achievement levels. Families planning to take their children out of school for a family trip outside of school vacation periods will be required to apply for leave by completing an *Application for Extended Leave – Travel* which is available from our front office.

Further information for parents regarding compulsory school attendance can be found at: <u>https://education.nsw.gov.au/student-wellbeing/media/documents/attendance-behaviour-engagement/attendance\_parents.pdf</u>

### School Opal Cards and students on buses

### Notification of change of details

Students who have already been issued with a School Opal card must ensure that they keep their details up-to-date. If any details change (e.g. address, shared parental arrangements, school etc) you must complete the online application from at: <u>https://apps.transport.nsw.gov.au/ssts/updateDetails#/updateDetails</u>

### **The School Opal card is only for travel to and from school.** Students travelling to other destinations must purchase and use a



child/youth Opal Card. Further information can be found at <u>https://apps.transport.nsw.gov.au/ssts/</u><u>updateDetails#/</u>

Students are reminded that in using a Student Opal Card, they are bound by the *Code of Conduct for School Students*, which outlines every student's responsibility to behave in a manner that ensures the safety and comfort of passengers and drivers. Students are provided School Opal Cards free of charge. Please be aware that if there are no seats available on public buses, students must offer their seat to adults who are paying their full fare, as stated in the Code of Conduct which can be found at <a href="https://apps.transport.nsw.gov.au/ssts/updateDetails#/studentCodesOfConduct">https://apps.transport.nsw.gov.au/ssts/updateDetails#/studentCodesOfConduct</a>

We have become aware of the increasing number of students using public buses for transport to and from school instead of using the allocated special school buses, which often run the same route. School buses are provided specifically for local school students and not members of the public, and arrive/leave to and from the school bus bay. Bus companies regularly survey schools for use of bus routes. If the bus companies notice buses are not being utilised, we may run the risk of having some bus routes not run. Please consider using the school bus system as opposed to the public buses.

Timetables for school bus routes can be found online for both companies who service Glenwood High School:

Busways - <u>https://www.busways.com.au/sites/default/files/</u> <u>Glenwood High School 20171121 1522.pdf</u> Hillsbus – https://www.cdcbus.com.au/images/files/school-timetables/hillsbus/Glenwood HS.pdf

### BYOD

Year 7 student devices have all now been commissioned. Remember that the free software for students is available by following the links on the school website at <u>http://www.glenwood-h.schools.nsw.edu.au/byod/byod-roll-out-timetable-2015-16/byod-software</u>

If problems persist, please see Mrs Callaghan.

### <u>Uniform</u>

Glenwood High School is proudly a uniform school and we expect that all students will show pride in their appearance and dress in the correct uniform each day. By doing so, students indicate to their teachers that they are 'ready for learning', one of our Positive Behaviour for Learning values, and have the right mindset for learning. Our school uniform policy can be accessed at: <u>http://www.glenwood-h.schools.nsw.edu.au/ourschool/rules-policies/uniform-policy</u>



The school closely monitors the wearing of the

school uniform. We ask parents to assist this process by ensuring that their child is wearing the school uniform every day. All students know that they are required to arrive at school in the normal school uniform and then change into their sports uniform during the day if they have sport or a practical PE class.

In particular, it is important that senior students model the correct wearing of the school uniform for junior students. We have an extremely high rate of compliance with the school uniform policy and it is fantastic to work in a school where students take pride in their appearance and so demonstrate their sense of belonging to our community.

### Information Evenings

Our annual Year 5/6 Information Evening was held on Monday February 26. This event showcases our amazing school and provides an opportunity for prospective parents and students to tour the school and learn more about our educational programs and extra-curricular activities. As one of the biggest schools in Western Sydney, we offer programs in dance, music, art, public speaking, debating, musical theatre, leadership, camping and mentoring, to name just a few.

There was a huge turnout for this event and there is clear and ongoing support for our school in the local community. Equally well-attended was the Information Evening for parents and students interested in our Gifted and Talented Year 7 class for 2019 which was held on Monday March 5. It was standing room only in the library for the presentation which outlined how students would be selected for this amazing learning opportunity. We always enjoy meeting with parents/carers at

this event and building positive partnerships with families. Any questions relating to enrolment of students for Year 7 2019 should be directed to our front office.

2018 is certainly shaping up to be another extremely busy but exciting year for our Glenwood High School community.

Until next time,

Steven Fenech Belinda Young Donna Healy Deputy Principal – Year 7 & 10 Deputy Principal – Year 8 & 11 Deputy Principal – Year 9 & 12



## providing quality public transport



Busways Group Pty Ltd 5 Bridge St, Pymble NSW 2073 www.busways.com.au

### Does your child catch a school bus? Help them keep it!

As the bus operator that providing your child's school bus services, we're asking for your help getting your child to use their Opal card on every bus trip.

Since the introduction of the School Opal card in 2016, school bus patronage data has significantly dropped. This is not reflected in the number of students actually travelling on our buses for various reasons a large number of students are consistently not using their Opal cards as they should be.

Opal data gathered by tapping on and off is used by transport planners and service schedulers to design the bus network that best serves the community utilising the resources available.

If students don't tap on and off then school bus services will appear underutilised and may be considered for cancellation based on low passenger numbers.

Please help us reinforce the message that tapping on and off every bus journey with an Opal card is essential to travel on the bus. This will ensure school services continue to be planned for the students that use it, providing the journey to school your children depend on.

To help us achieve this, please talk with your child:

- Ask them if they tap on and off the bus with their Opal card.
- If they do, congratulate them for doing the right thing and talk about why it's important.
- If they sometimes don't or never do, ask them why.
  - Are they confused about why they have to? Talk about why it's important, and that every tap tells the bus planners that the bus is needed.
  - Do they forget? Help them find a way to remember, such as getting into the habit of getting their Opal card out as soon as they arrive at the bus stop or bus line.
  - Is their Opal card at the bottom of their bag? Help find a handier place to keep it.
  - Are they influenced by friends or peers that don't tap? Talk about how they like to 0 travel on the bus with their friends and how tapping is what keeps the service running.
  - Have they lost their Opal card? To order a new Opal card visit <u>www.opal.com.au</u>. 0

If there's another reason that you'd like to discuss with Busways, please contact us at infoline@busways.com.au or call our customer service team on 9497 1878 to talk to us. We are happy to listen and do what we can to help your child feel comfortable using their Opal card.

#### Thank you for helping us to best serve your school community.

Busways Blacktown P/L ABN 86 000 173 437

Busways Blacktown P/L Penrith Depot

Busways Gosford P/L ABN 79 817 812 619 T (02) 4368 2277 F (02) 4368 2077

Busways Wyong P/L ABN 17 000 044 726

F (02) 4392 5831

Busways North Coast P/L ABN 75 106 202 340

T (02) 6583 2499 F (02) 6583 2388

91 Mulgrave Rd Mulgrave NSW 2756

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# SCHOOL TIMETABLE

# WESTERN SUBURBS REGION

# **Glenwood High School**

# Timetable effective from Monday 27 November 2017

Amended 16/11/2017 MORNING

### (R) Bus Turns Right - (L) Bus Turns Left

Bus Number	Route Number	Time	Locations Serviced	Route Description
6058	•	8:09 AM	The Ponds Kellyville Ridge	Departs The Ponds Bvd & Schofields Rd via The Ponds Bvd (R)Greenview Pde (L)Ridgeline Rd (L)Riverbank Dr (R)The Ponds Bvd (L)Stanhope Pkwy (R)T-Way to Stanhope T-Way Station (8:24am) (L)Sorrento Dr (R)Glenwood Park Dr (L)Forman Av (L)Glenwood Park Dr to School.
6028	-	8:12 AM	Stanhope Gardens	Departs Perfection Av & Bentwood Tce via Perfection Av (L)Stanhope Pkwy (R)T- Way to Stanhope T-Way Station (8:17am) continues T-Way (L)Sorrento Dr (R)Glenwood Park Dr (L)Forman Av (L)Glenwood Park Dr to School.
6015	-	8:18 AM	Kellyville Ridge	Departs Merriville Rd & Nicholi St via Merriville Rd (R)T-Way to Riley T-Way Station (8:22am), continues T-Way (R)Memorial Av (L)Old Windsor Rd (R)Miami St (L)Tarwin Av (L)Glenwood Park Dr to School.
6038	•	8:22 AM	Stanhope Gardens	LOADS STUDENTS IN STANHOPE PKWY ONLY Departs Sentry Dr & Stanhope Pkwy via Sentry Dr (R)Stanhope Pkwy (R)T-Way, then to School.

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Bus Number	Route Number	Time	Locations Serviced	Route Description
6595	-	2:15 PM	Kellyville Ridge Stanhope Gardens	OPERATES MONDAY ONLY FIRST SET DOWN WINDSOR RD & MERRIVILLE RD Departs School via Glenwood Park Dr, then to Windsor Rd & Merriville Rd (2:21pm), continues via (L)Merriville Rd (L)Perfection Av to Armour Av (2:26pm).
6592	-	3:07 PM	Kellyville Ridge Stanhope Gardens	FIRST SET DOWN SUNNYHOLT RD & STANHOPE PKWY Departs School via Glenwood Park Dr, then to Stanhope T-Way Station (3:14pm), continues (L)Stanhope Pkwy (R)Perfection Av to Bentwood Toe (3:22pm).
6593	-	3:08 PM	Parklea Stanhope Gardens	Departs School via (R)Glenwood Park Dr (R)Forman Av (R)Glenwood Park Dr (L)Sorrento Dr (R)T-Way to Stanhope T-Way Station (3:15pm) (L)Stanhope Pkwy (L)Sentry Dr to Quakers Hill Pkwy (3:25pm).
6601	-	3:09 PM	Kellyville Ridge Stanhope Gardens	OPERATES TUESDAY TO FRIDAY FIRST SET DOWN WINDSOR RD & MERRIVILLE RD Departs School Glenwood Park Dr, then to Windsor Rd & Merriville Rd, continues via (L)Merriville Rd (L)Perfection Av to Armour Av (3:20pm).
6527	-	3:15 PM	Glenwood The Ponds	FIRST SET DOWN STANHOPE T-WAY STATION Departs School via (R)Glenwood Park Dr (R)Meurants Rd (R)T-Way to Stanhope T- Way Station (3:22pm) (L)Stanhope Pkwy (R)The Ponds Bvd (L)Riverbank Dr (R)Ridgeline Dr (R)Greenview Pde (L)The Ponds Bvd to Schofields Rd (3:45pm).

Effective 29/02/2016



# **School Travel Advice**

For trip planning visit www.transportnsw.info or call 131 500.

For current Hillsbus school and route services visit www.cdcbus.com.au or call 02 8999 7000.

Conditions of Carriage: Students must have a valid Opal card, term pass or pay a cash fare. Students must tap on and off every trip. Further details about the SSTS are available at: www.transportnsw.info Key: L> Bus turns left; R> Bus turns right

# GLENWOOD HS

Bell Times Morning: Afternoon:

08:40 15:00 (14:10 Mon) (14:50 Wed)

# MORNING BUSES

 Route
 Time
 Bus Route

 T63
 08:02
 EX MERRIVILLE & PERFECTION via Route T63 to Forman Ave

AFTERNOON BUSES							
Route	Time	Bus Route					
2508	14:19	****MONDAYS ONLY****					
		To Merriville & Perfection ex Bus Bay via R>Glenwood Park, R>Foreman, R>Glenwood					
		Park, L>Sorrento, L>Sunnyholt, R>Quakers Hill, R>Sentry, L>Stanhope, R>Conrad,					
		Merriville, L>Tway to Rouse Hill Town centre					
2608	14:19	****MONDAYS ONLY****					
		To Merriville & Perfection ex Bus Bay via R>Glenwood Park, R>Foreman, R>Glenwood					
		Park, L>Sorrento, L>Sunnyholt, R>Quakers Hill, R>Sentry, L>Stanhope, R>Conrad,					
		Merriville, L>Tway to Rouse Hill Town centre					
T63	15:07	TO MERRIVIILE & PERFECTION Ex Foreman via Route T63					
2508	15:09	****TUESDAY TO FRIDAY ONLY****					
		TO MERRIVILLE & PERFECTION Ex Bus bay via R>Glenwood Park, Foreman,					
	R>Glenwood Park, L>Sorrento, L>Sunnyholt, R>Quakers Hill, R>Sentry, L>Stanhope,						
		R>Conrad, Merriville, L>T-Way to Rouse Hill Town Centre					
T63	15:28	TO MERRIVIILE & PERFECTION Ex Foreman via Route T63					

The Redgum



# CALENDAR 2018

<b>Week 6 A</b> Thursday Friday	8 March 9 March	International Women's Day Macquarie Cup—Basketball -South Windsor Support Unit Students—excursion
<b>Week 7B</b> Monday Wednesday	12 March 14-16 March	Sydney West Swimming Year 7, 2018 Camp—Aussie Bush Camp
<b>Week 8A</b> Monday Tuesday Thursday Friday	19 & Tues 20 March 20 March 22 March 23 March	Year 12 Legal Studies Excursion Court House Years 11 & 12 Parent /Teacher Evening—3.15pm—7pm Year 11 Chemistry Depth Study - Ansto Harmony Day
Week 9B Monday Wednesday Friday	26 March 28 March 30 March	Macquarie Netball Cup—Hawkesbury Year 7, 2019 Gifted & Talented Test Good Friday
Week 10A Tuesday Wednesday Friday Sunday	3 –13 April 4 April 6 April 6-7 April 8 April	Year 12 Exams Cross Country– All Day Support Students Excursion—Stanhope Gardens Duke of Edinburgh Camp CHS Swimming
<b>Week 11B</b> Monday Thursday Friday	9 & 10 April 12 April 13 April	CHS Swimming Autism Awareness Day End of Term 1

# Refer to either our website/facebook or school app for further information

Please note dates are correct at time of publishing

### PEER MEDIATION - TRAINING DAY

On the 17<sup>th</sup> November, 2017, I (Ishita ) and fourteen Year 9 and Year 10 students took part in the Peer Mediation Training day. The training was conducted in the school library and was delivered by Ms Kafetzis.

Peer Mediation is a role that provides the opportunity for students to work through peer issues with the assistance of a Peer Mediator. As Peer Mediators, we will be given the opportunity to assist other students to resolve their issues and assist them in overcoming any adversities that they may face during school.

The training involved lots of discussion in order for us to understand the requirements and role of a Peer Mediator. We brainstormed and examined the qualities that Peer Mediators should possess. We also worked through a student workbook that focussed on the importance of listening techniques and conflict resolution. On the day we were provided with a mediation script and various scenarios.

During the second session of our training, we were required to hone and display our newly acquired skills. We were divided into groups and we took turns being both mediators and a student who was being mediated. This way, we were able to examine the issue, have the opportunity to arrive at a solution to the issue, rather than looking at the problem from an individual perspective. Furthermore, as a Year 9 student, I realised the importance of empathy and that these issues are important to junior students. I concluded, that as mediators, it is important that we acknowledge the seriousness of a problem and understand the adversities that students encounter in the initial years of high school.

The training course also made us more aware of the different types of complications that might arise and that this was another avenue that existed to aid students in resolving these problems. The training was a valuable experience and would like to thank Ms Kafetzis for organising the day.

By Ishita - Year 9



# NSW ALL SCHOOLS TRIATHLON

# held at International Regatta Centre—Penrith

Our amazing triathletes have done Glenwood proud over the past two days at the NSW All Schools triathlon. Our talented boys and girls achieved our BEST results ever at this event. Well done to all participants.

The Highlights from Thursdays teams events.

NSW All Schools champions and CHS champions - Gold Medals (first team to finish) in the senior girls division;

Tayla - Year 10 (swim) Georgia - Year 12 (bike) Brooke - Year 11 (run)

# This is the first time a Glenwood Team has won a race!!!

NSW All Schools 3rd place overall (Bronze Medals) and

CHS Silver medallists in the senior boys division;

Brayden - Year10 (swim) Max - Year10 (bike) Ben - Year 12 (run)

Highlight from Wednesday's Individual Event

Georgia - Year 12 - CHS Silver medal.







### **MENTORING CELEBRATION**

The Glenwood High School community Mentoring was concluded on Thursday the 23rd November with a wonderful celebration session. In this program we bring community volunteers experienced in life, education and business together with our chosen Year 11 participants. Our community mentors will provide support, skills and knowledge to our student mentees, as well as a listening ear as they negotiate the ups and downs of entering senior high school. Together mentor and mentee will be able to consider what options the future may hold. Mentoring aims to provide a structured and trusting relationship that brings young people together with caring individuals who offer guidance, support and encouragement. The program was facilitated by Ms Chelsea Votano and Ms Corrine Jones, who worked hard to bring together the 19 mentors and mentees for 9 sessions over the year.

If you would like to be a part of the program in 2018, please email chelsea.votano2@det.nsw.edu.au for more information







Dear Parents/Carers

### School Payments – Fees, Contributions, Excursions, Sundries

Our preferred payment method is Parent Online Payment (POP). Please refer our website: <u>www.glenwood-h.schools.nsw.edu.au</u> 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 our website, facebook and Glenwood High School App for further instructions.



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: <a href="http://www.alintaapparel.com.au">www.alintaapparel.com.au</a>

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 from 2pm daily.

# Media Articles

# Rouse Hill Times, Wednesday 6th December 2017 14 NEWS

#### GLENWOOD

# A life-changing opportunity



Ebony Turton of Glenwood High School has won an Anzac scholarship to visit France and Belgium in 2018

# Retracing footsteps of Diggers

#### Lawrence Machado

EBONY Turton of Glenwood High School will be remembering her great-grandfather when she retraces the steps of Australian Diggers on the Western Front.

The Year 9 student is one of 20 youth to receive a 2018 Premier's Anzac Memorial Scholarship which will take them to France and Belgium from June 29-July 11.

Ebony's great grandfather fought in World War II and this is one of the reasons she applied for the scholarship.

"I am absolutely excited after finding about it last week," Ebony said.

"My dad's brother has also served in the Australian Defence Forces.

"The trip will be a great experience because I am very interested in history.

"To apply for the scholarship I wrote on the effect World War II had on women because my great-grandmother also wanted to serve in the armed forces as a nurse but my great-grandfather didn't want her to." Ebony is involved several activities at school and outside, including her Duke of Edinburgh Award project and being in the school dance ensemble, musicals and debating team. Every fortnight the Glen-

wood teen also volunteers at The Tall Timbers Riding for Disabled at Box Hill.

The young group will attend the centenary of the Battle of Hamel on July 4 in Flanders in Belgium.

They will visit other significant Australian battlefields, including the Ypres Salient, Passchendaele and the Somme.

Veterans Affairs Minister David Elliott said the journey was something the students would draw upon the rest of their lives.

"This is a life-changing educational opportunity not just for the 20 winning students, but for their peers and teachers, who will be able to draw from the first-hand learning experience of the Anzac scholars when they return to their classrooms," Mr Elliott said.

# Future leaders get a taste of politics at State Parliament



Riverstone MP Kevin Conolly with the students.

#### Lawrence Machado

LOCAL high school student leaders rubbed shoulders with state politicians in Macquarie St at the Riverstone Electorate Senior School Leadership Forum.

The 18 students from Riverstone High School, Norwest Christian College, The Ponds High School, Wyndham College, Quakers Hill High School, Glenwood High School and St Mark's Catholic College were also acknowledged by the Speaker of the Legislative Assembly Shelley Hancock. They then discussed leadership with Mr Hancock and NSW Treasurer Dominic Perrottet.

"It was great, especially the question time," The Ponds High School's Scott Christie said.

The forum is a popular program by Riverstone state Liberal MP Kevin Conolly.

"It is also an opportunity for me to recognise the hard work school captains and

# 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.



H17/79849

#### School Newsletter Article: Adolescent human papillomavirus (HPV) vaccination program

In early 2017 parents/carers of Year 7 students were asked to provide consent for their children to receive three doses of HPV vaccine in the NSW School Vaccination Program.

Most\* Year 7 students who have received two doses of HPV vaccine are considered to be fully vaccinated and <u>do not require a further dose</u>.

This change is based on recent international studies that show for children aged 9 to 14 years of age, two doses of HPV vaccine provide the same protection as three doses, as long as the second dose is given at least six months after the first dose. Based on this evidence, the World Health Organization (WHO) now recommends a two-dose HPV schedule, and this has already been adopted in comparable countries (i.e. the UK, Canada, the United States and New Zealand) and is now being adopted in Australia.

In 2017 Year 7 students were given the second dose of HPV vaccine at least six months after the first dose to accommodate the urgent roll-out of the Meningococcal W Response Program to Year 11 and 12 students. Year 7 students who have received only one dose of HPV this year will be offered their second dose in 2018. Parents/carers whose children were vaccinated in 2017 but who still wish for their child to receive a third dose of HPV vaccine can access a free dose from their general practitioner (GP).

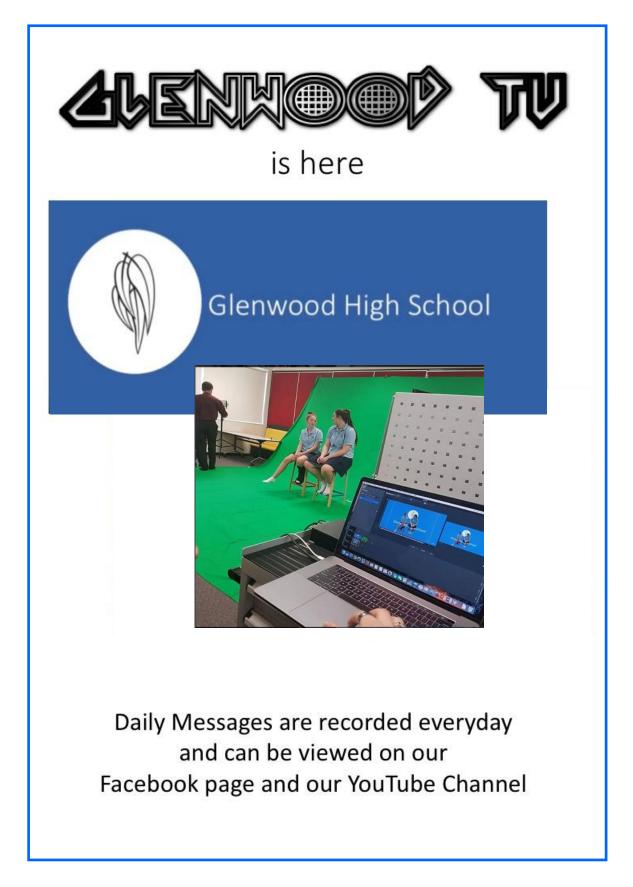
\* Students with significantly impaired immune systems are still recommended to have three doses of HPV vaccine. Parents of these students should make arrangements to complete the vaccine course with their GP or by calling their local public health unit on 1300 066 055.

More information is available on the NSW Health website at <u>www.health.nsw.qov.au/hpv</u> or by calling your local public health unit on 1300 066 055.

> NSW Ministry of Health ABN 92 697 899 630 73 Miller St. North Sydney NSW 2060

73 Miller St. North Sydney NSW 2060
 Locked Mail Bag 961 North Sydney NSW 2039
 Tel. (02) 9391 9000 Fax. (02) 9391 9101
 Website. www.health.nsw.gov.au

# **GLENWOOD COMMUNITY NEWS**





# Start collecting the 'Coles Sports for Schools Vouchers'!!!

Glenwood High School does not endorse any particular business over others, but we do make an exception when it comes to Coles and Woolworths with their shopper docket promotions, as it can advantage the school and students by providing additional resources.

If you visit Coles for your groceries, we would be grateful if you can send your vouchers in you receive, and place them into the box in the front office in order for the school to get additional sport equipment. Thank you





# School Opal Card—Tap on and Tap Off

An important requirement of School Opal card is the need for students to Tap On and Tap Off when they travel to and from school.

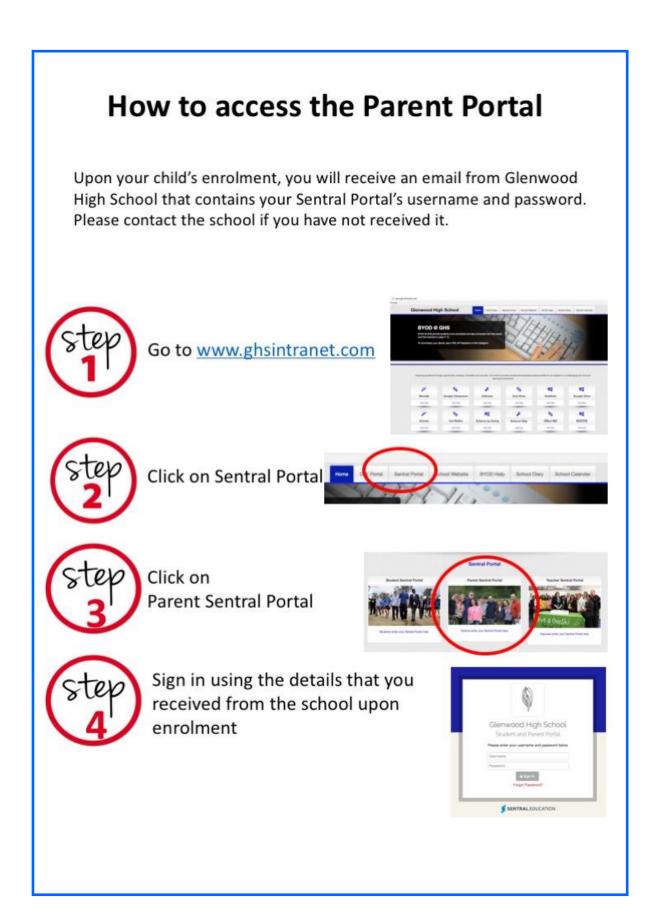
Opal data gathered by tapping on and off is used to determine demand for bus services. If students don't tap on and tap off, services may be cancelled due to the lack of recorded patronage. With this in mind, TRANSPORT NSW would like to remind all students that tapping on and off at the beginning and end of each trip is one of the conditions of using a School Opal card. This in turn helps us ensure we are able to provide the appropriate level of service to your students.

To further promote the use of School Opal, Busways will also be conducting checks on School Opal cards over the coming months. All students travelling on buses to and from school will be required to show their card and ensure they Tap On and Tap Off every time they catch the bus. Students without an Opal Card will be provided with a brochure to take home identifying how they can get an Opal Card.

Please support Busways staff with afternoon boarding and checks to ensure minimal delays to bus departure times and demonstrate a united front to students on bus travel and Opal Card use.

When:       MONDAY, TUESDAY AND THURSDAY         Lunchtime: 12.50 - 1.20 p.m.						
L	unchume. 12.30 - 1.	20 p.m.				
	Where: P8 - Math	s Classroom				
V	Week A	s Classroom Week B				
	Where: P8 - Math Week A Ms Lampinen	s Classroom Week B Ms Mehdi				
Monday	Week A	s Classroom Week B				
V	Where: P8 - Math Week A Ms Lampinen Mr Clift	s Classroom Week B Ms Mehdi Ms Coote				
Monday	Where: P8 - Math Week A Ms Lampinen Mr Clift Ms Samuel	s Classroom Week B Ms Mehdi Ms Coote Mr Prasad				
Monday	Where: P8 - Math Week A Ms Lampinen Mr Clift Ms Samuel	s Classroom Week B Ms Mehdi Ms Coote Mr Prasad Ms Pafumi/Ms				

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



# Glenwood High is on:



Education & Communities

# **Compulsory School Attendance**

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

#### What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

#### The importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

#### What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why. Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

#### Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.



NSW DEPARTMENT OF EDUCATION AND COMMUNITIES

LEARNING & ENGAGEMENT

N DEC NSW GOV ALL



#### My child won't go to school. What should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

#### What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education and Communities may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

 Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

 Application to the Children's Court – Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department may apply to the Children's Court for a Compulsory Schooling Order. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

#### What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

#### Working in Partnership

The Department of Education and Communities recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities. If a student misses as little as 8 days in a school term, by the end of primary school they'll have missed over a year of school.

### Further information regarding school attendance can be obtained from the following websites:

#### Policy, information and brochures:

Please visit the Department of Education's Policy library

The school leaving age:

Please visit the Department of Education's Wellbeing and Learning website

Do you need an interpreter?

Interpreting services are available on request, including for the hearing impaired. The Telephone Interpreter Service is available 24 hours a day, seven days a week on 131 450. You will not be charged for this service.

For further advice and questions contact your educational services team

T 131 538

#### Learning and Engagement

Student Engagement & Interagency Partnerships

T 9244 512 www.dec.nsw.gov.au 0 February 2016 NSW Development of Education and C

ISW DEPARTMENT OF EDUCATION AND COMMUNITIES

insights

# It's time to talk bullying and autism

by Kate Johnson



What comes to mind when you think about bullying? Is it consistent physical punches to the back when a child walks past a stronger child? Is it the nasty whispers of those who critique everything from hair to the way a girl walks or talks, isolating her? Is it the posting of horrible online rants that mean a person can't escape the taunts they receive, even when at home? Or the teasing about things that a person can't control, such as sensory overload, stimming (repetitive movements) or needing extra assistance to complete their work?

Bullying is all of these things and more – especially when it comes to children with autism. The likelihood of a child on the autism spectrum experiencing bullying is far greater than it is for a child without autism. And as with any child, the impact of bullying can have devastating, lasting effects. In children with autism, bullying can heighten anxiety, cause school refusal, disturb sleep, damage confidence and mental health and cause extreme regression.

#### **Educate to empower**

Often, children will pick on things that are different and that they don't understand. Autism gives them plenty of ammunition. However, by equipping siblings, friends and classmates of children with autism with knowledge, and having an open forum for discussion, you may find that the hearts of many enlarge. What they found different or confusing they will now find different and cool.

Instead of being scared of the body language of a child with autism, kids may become more aware of what he or she is saying through body language and offer to help. A great way to do this is to watch the 'Amazing Things Happen' YouTube clip *https://www.youtube.com/channel/UCZYtA26fbFCYlecm-WsEaeQ.* Watch it together as a family, perhaps including friends of your children.

You can start by introducing the clip and positively framing it so the children understand that they are learning about the amazing ways our bodies process information and how we are all unique in this regard. Afterwards, encourage some discussion amongst the children present. Many will ask great questions



or share about someone they know who has autism. In one school where I ran this discussion, a child who had been relentlessly bullying a child on the spectrum raised his hand and asked whether Joshua (not his real name) would be able to forgive a bully, as the bully understood more now and thought Joshua's brain was cool.

When we equip communities of children, we are empowering the bystanders. This can potentially limit the

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parentingideas.com.au/schools

likelihood of bullying as what was allowed before is no longer tolerated by a broader range of people in that community. This is community and culture building.

### Step up the anti-bullying strategies

If you have a child with autism, what tools do you have within your family to help that child communicate when they feel unsafe? Often, children on the autism spectrum may not be able to articulate that someone is bullying them. However, their behaviour will communicate it for them. All behaviour is communication and we need to ask the question "Why are they behaving this way?" as opposed to punishing the negative behaviour. Here are some great ways to equip children with strategies to communicate:

- Social stories about what bullying can feel like and what it can look like.

- Social stories on what to do if you feel unsafe.
- Picture books on body parts and where people are not allowed to touch.

- Communication about who the safe and trusted people are that a child with autism can go to when they feel uncertain or hurt.

Encourage those around your child to watch for changes in behaviour, regression, aggression or increased anxiety and to let you know immediately if something arises, not waiting for the 'right time' to pick up the phone.
 Access social skills groups that allow for a small group learning approach, explicitly laying out what bullying is, effective communication strategies, and time to practice these in a safe and encouraging environment.

What if we take this as a different way of empowering our children by disempowering a bully through kindness and agreement, instead of anger and reaction, when it comes to verbal bullying? Could we as communities build on this and equip children on the spectrum with key phrases they can use to reject the rubbish a bully is speaking over them, and instead walk away, winning that battle? How could we do that? There is a great clip on YouTube called 'How to Stop a Bully' by Brooks Gibbs where he plays a role with a girl who is being feisty and mean to him. You can view it here: https://www.youtube.com/watch?v=7oKjW1Oljuw.

- You could watch the video as a family and discuss it with your children.
- Encourage your child's teacher to watch the video with their class, then pull it apart and reflect on the lessons.

- Develop a social script that your child on the autism spectrum could use if they felt like someone was bullying them, including a checklist to help them recognise if they are being bullied.

- Celebrate every attempt to rebuff negativity, highlighting your child's strengths.

It is time for a rethink on bullying, and especially the bullying of kids who are 'different' such as those with autism. We are all a part of this within our communities and schools. When we work as a community to tackle this big issue, we will see amazing things happen in the lives of children with autism and across our communities as compassion, leadership and resilience increase.



### **Kate Johnson**

Kate is the Founder and Director of Spectrum Journeys Inc, a not for profit Autism service that equips and empowers families and educators as they support children on the Autism Spectrum to flourish. Kate leads an amazing team in the Outer East of Melbourne and focuses on practical Autism education as well as community projects and supporting carers. Kate is married to Joel and they have 4 beautiful children (their eldest being on the Autism Spectrum).

We're a Parenting Ideas school

parentingideas.com.au/schools

# insights

# When young people catastrophise



by Michael Grose

Recently, Deidre (not her real name), a mother of two children, told me how her 13-year-old son would often exaggerate his woes with comments such as "This is the worst day ever" when he came in the door after school. She was seeking my advice on what approach she should take with her son.

Diedre was attuned to her son's needs. She realised that he had a need to talk about what was on his mind, which put her at odds with her husband who viewed her son as a pessimist. So what approach to take?

### Place time limits on pessimism

Her son was more than likely down the pessimist end of the pessimism-optimism continuum. There's nothing wrong with that although it would very limiting if he saw the world only through a negative lens. Pessimism and optimism are part genetic and part learned so regardless of how sunny and optimistic the adults around them are, some kids are just more prone to seeing the downside in most situations. It's important to listen to kids but at the same time don't allow them to wallow in self-pity or go over old, negative ground. Listen to their tale but at some point it's best to say, "Enough! It's time to think about other things."

#### Cue kids to talk

Children of all ages have a need to talk about their days and get things off their chests. Kids Helpline's's busiest part of the day is the time immediately after school when kids call to talk about problems with teachers and also with peers. It's healthy for young people to talk to adults to debrief. "The worst day ever" is a type of cue for Deidre's son to vent. Perhaps Diedre can let her son know that she's always available to talk and that all he needs to do is say, "Mum, I need to talk", letting him know that he doesn't have to be negative in order for her to listen.



### Allow kids to vent and be understood

There's nothing more therapeutic than knowing someone understands you. As a listener that means you need to stop what you are doing and really tune into the feelings behind your child's venting. If your child is feeling sad, mad or rejected think of a recent time when you felt the same way and share that with them. It will allow you to get on the same wavelength as your child. This takes time and a willingness to be vulnerable, but it is probably what your child wants from you.

#### Call kids out on extreme black-and-white language

Many young people catastrophise or see situations in extreme terms. "The worst day ever", "Everyone hates me" and "The teacher never says anything nice to me" are examples of extreme views. The world is rarely so black and white. Challenge extreme language. Wind it back with more realistic responses such as "Yes, it sounds like you're having a bad day", "Some people can be unpleasant but you have some terrific friends" or "That teacher can be grumpy sometimes but I think you'll find he can be reasonable too"





### Encourage kids to show gratitude

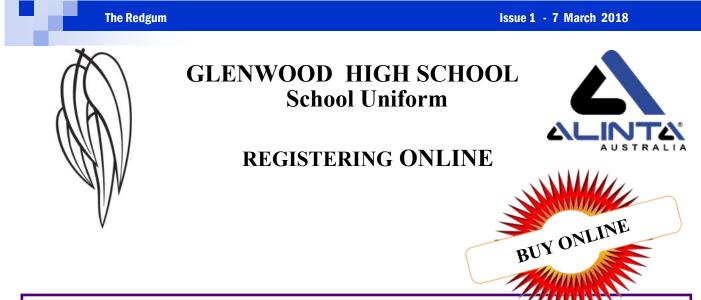
If you have a child who constantly brings the negative parts of their day to you then it may be wise to bring some balance to his or her viewpoint. Do this by encouraging them to show some gratitude for the good or positive things that happened to them. Many resilience experts encourage children and young people to keep a gratitude journal. At the end of each day they should note in this journal three things that happened to them that they are grateful for. Not only does this add some much-needed perspective but routinely looking for the good and positive sides of life can become habit-forming even for died-inthe-wool negative Nevilles and Nellies.

Deidre's initial approach – listening to her son when he wanted to talk about his day – was the right one. However she admitted she was tired of being the sole recipient of her son's constant negativity. If you can identify with Deidre then I encourage you to be empathetic and understanding but also to have some different strategies at your finger tips to steer your child or young person towards a more positive, more realistic appraisal, not allowing one bad event or incident define their entire day.



#### **Michael Grose**

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.



# 1. Go to www.alintaapparel.com.au

- 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.

		Tear
STUDENT'S FULL NAME		
(Include Siblings ATTENDING		Year
Glenwood High School)		Year
PARENT/GUARDIAN WITH	NAME:	
WHOM THIS STUDENT	RELATIONSHIP:	
NORMALLY LIVES	MOBILE:	
PARENT/GUARDIAN 1	HOME: WORK:	
DETAILS	EMAIL:	
	Preferred Family Email Address:	
	· · · · · · · · · · · · · · · · · · ·	
PARENT/GUARDIAN 2	NAME:	
DETAILS	RELATIONSHIP:	
	MOBILE:	
	HOME: WORK:	
	EMAIL:	
RESIDENTIAL ADDRESS:		
	POSTCODE:	
PARENT/GUARDIAN NOT	NAME:	
OR SHARED PARENTING	ADDRESS:	
ARRANGEMENTS IF	RELATIONSHIP: Time Spent at this ad	dress:
APPLICABLE. Please advise time spent	MOBILE:	
living at this address (if any)	HOME:WORK:	
and attach Court Orders if applicable.	EMAIL:	
EMERGENCY CONTACT	NAME: RELATIONSHIP:	
DETAILS - (OTHER THAN		
PARENT/GUARDIAN)	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	SIGNATURE	DATE
Principal Mrs Sonja Anderson Forman Avenue Glenwood NSW 2768	T 02 9629 9577 F 02 9629 2796	ABN 90 913 676 854
WWW.GLENWOOD-H.SCHOOLS.NSW.EDU.AU		GLENWOOD-H.SCHOOL@DET.NSW.EDU.AU



Dear Parents / Caregivers,

### **Publishing Student Photographs**

To promote the outstanding work that students produce at Glenwood High School, we often display student work and/or photos in public areas, including newsletters, the internet and media. In the past we have sought your permission for "Publication of Students' work or Photographs."

The School/Department of Education (DoE) may publish information about your child for the purposes of sharing his/her experiences with other students, informing the school and broader community about school and student activities and recording student participation in noteworthy projects or community service.

The communications in which your child's information may be published include but are not limited to:

- Public websites of the DoE including the school website.
- DoE publications including the school newsletter, annual school magazine and school report, promotional material published in print and electronically including on the Glenwood High School website.
- Official DoE and school social media accounts on networks such as YouTube, Facebook and Instagram.

Parents should be aware that when information is published on public websites and social media channels it can be linked to by third parties and may be discoverable online for a number of years, if not permanently. Search engines may also cache or retain copies of published information.

### I DO NOT GIVE PERMISSION TO PUBLISH

If you **DO NOT** consent to your child's photograph being published, please complete the slip below and return it to the school by Friday April 1, 2018.

Kind regards,

Mrs Sonja Anderson, Pr	1			
	oal, Glenwood High School			April 1, 2018
I,	, DO 1	NOT give perm	ission for my child	's photograph
to be published or for m	y child to be photographed.			
Child's Name:		Year:		
Signature of Parent / Ca	regiver:		Date:	
Principal Mrs Sonja Anderson WWW.GLENWOOD-H.SCHOOLS.NSW.	Forman Avenue, Glenwood NSW 2768	T 02 9629 9577	F 02 9629 2796 EMAIL: GLENWOOD-I	ABN 90 913 676 854 H.SCHOOL@DET.NSW.EDU.AU