Prefect & House Captain Induction

During Week 1 of this term we welcomed parents into our school for the 2020 School Prefects and House Captains Induction assembly. Student leadership at Glenwood High School truly reflects the quality of students we have in our school. We also acknowledged our outgoing prefect body and House Captains at the same formal assembly. We would like to take this opportunity to acknowledging the outgoing Prefects and House Captains. Our 2019 student leadership team has excelled at ensuring that high quality student leadership, founded on the school’s expectations of Respect, Responsibility and Ready underpins our school’s culture, and we thank them on behalf of the Glenwood High School’s community for the outstanding leadership that they have demonstrated over the last twelve months.

No doubt, the 2020 Prefects and House Captains will rise to the task and build on the strong legacy that the 2019 leadership team has left. Student leadership is arguably one of the most beneficial extracurricular undertakings that a student can perform whilst at school. The importance of leadership is recognised within both the business and academic arena. Universities now recognise the importance of leadership and many offer schemes where student leaders can apply for a range of early entrance opportunities based on the leadership roles they have developed at school. A student leader is thrown into a learning environment that encourages hands-on experience and builds skills in planning, decision making, communicating and working as part of a team. These skills are portable throughout life and are not something that one can learn in a classroom or sitting for an exam. Being part of the student leadership team is an opportunity to lead and represent others. In life, there are few chances to jump into such important roles. Great leaders do not set out to be a leader; they set out to make a difference.

Year 7 Gala Day

Congratulations to our year 7 students who attended the year 7 gala day during Week 1. They played against Macquarie Zone schools in a variety of sports including touch football, soccer, netball and basketball. It was great to see everyone participating and showing great teamwork. We would like to complement our students on their outstanding behaviour. Teachers reported how wonderful the Glenwood students were with even the bus drivers singing their praises. Congratulations and a big thank you to Ms Southall for the enormous amount of work she put into organising such a wonderful opportunity for our students. People are probably not aware of the amount hours that go into preparing for such an event.
Ordering buses, checking payments, conducting risk assessment for all the activities and organising staff to attend the day are all undertaken on top of normal duties. These events do not just happen without dedicated staff to ensure that they do. A special thank you to the Year 9 students who volunteered to umpire or referee for the games between the schools. They assisted in organisation and coaching their designated teams for the entire day.

**HSC Assessment Presentation**

Also in Week 1, our incoming Year 12 students participated in an assembly to inform them of rules, regulations and guidelines related to NESA HSC Requirements and Glenwood High School’s Requirements for HSC Study. Students were presented with the revised HSC Assessment Policy. We encourage parents of our incoming Year 12 students to read the policy and discuss it with their child. The policy is also available on the school’s website.

**Opal Card Use on Buses**

We’d like to ask parents to reinforce with their children the rules that govern the use of Student Opal Cards. The ‘Code of conduct for school students on buses’ specifically states – “If issued with a School Opal card, always tap on when boarding and tap off when leaving the bus.” Transport NSW collect data from the tap-on/off machines that shows the number of students who actually use the bus. If students don’t tap on/off, their usage is not registered, and we may be in the position where Transport NSW decide to not service that particular route. It is in their best interests to ensure they tap on/off for every journey in order to keep the route active.

**Students going directly home**

Concerns have been raised by members of the community that students are not going directly home at the end of the school day, leading to a false representation and untoward perception of our school in the wider community. We would like to ask parents to remind their children of the expectation that they are to travel/walk directly to school every morning and directly home each afternoon. We appreciate your cooperation with this matter.

Mr Steve Fenech
Deputy Principal—Year Year 8 & 11
YEAR 7 GALA DAY - 22 October
MEDIA RELEASE

RIVERSTONE SENIOR SCHOOL STUDENT LEADERS VISIT NSW PARLIAMENT

Local high school student leaders rubbed shoulders with state parliamentary leaders in NSW Parliament yesterday at the Riverstone Electorate Senior School Leadership forum, an annual event hosted by Member for Riverstone Kevin Conolly MP.

The forum was started by Mr Conolly when he was first elected into NSW parliament in 2011 and was designed to inspire high school students in leadership roles to think more broadly about leadership in our community.

20 students and staff from 7 local high schools and colleges attended the Leadership Forum at NSW Parliament House and had the opportunity to discuss leadership with The Hon. Dominic Perrottet MP, Treasurer and the Clerk of the Legislative Assembly, Ms Helen Minnican.

"I take this opportunity to recognize the hard work that school captains and leaders give to their school communities also," Mr Conolly said.

The students from Wyndham College, Riverstone High School, Glenwood High School, St Mark's Catholic College, The Ponds High School, Quakers Hill High School and Rouse Hill Anglican College were acknowledged directly by the President of the Legislative Council. The students then watched proceedings in the Legislative Council Chamber. The students then moved to the Legislative Assembly where they were acknowledged directly by Speaker of the Legislative Assembly. The students then watched Question Time in the Legislative Assembly Chamber and saw the Premier and government Ministers in action.

"I hope this experience may have opened their eyes to wider possibilities for their own futures," said Mr Conolly.

Here’s what some of the students had to say of their experience yesterday:

Mia, The Ponds High School – “I really enjoyed the day, especially Question Time. I was inspired by the experience and have a lot to take back to school”.

Sadaf & Tamara, Wyndham College – “It was a pleasure to attend. We found the day to be a very rewarding experience”.

Ebony, Glenwood High School – “Today was a valuable learning experience. It was great to ask questions to the guest speakers and we have gained a lot from the day to take back for our own leadership roles”.

Lachlan, Glenwood High School – “It was interesting to see how government comes about”.

Media contact: Rick Cortese, Ph: (02) 8883 3499
One of my favourite books is *What The Dog Saw* by Malcom Gladwell. Malcolm is a journalist and this book is a collection of his favourite articles that he wrote when he worked for *The New Yorker*. The articles cover a range of topics such as the beginning of TV’s Home Shopping Network, how and why ketchup is so popular and has stayed the same, and are smart people overrated. I love his humour and how much research he puts into his articles. *What The Dog Saw* is a fascinating insight into what makes humans tick.
Welcome Ms Smith

Glenwood High School is pleased to welcome Joanne Smith as our new teacher-librarian replacing Ms Jackson. Ms Smith is an experienced teacher who is passionate about improving reading and learning outcomes for all our user groups. She has quickly been recognised as a resource specialist and is well regarded by staff and students alike. Her favourite genres are zombie fiction and the classics.

Project HSC

This semester the Library staff have been working on ‘Project HSC’ to achieve a better study environment for our HSC students and improve the range of resources available to our hard working senior students.

Please contact the Library staff if you would like to offer a suggestion for improvement.

Premier’s Reading Challenge

47 students completed the PRC this year and we look forward to celebrating their success with certificates and medals from the Premier when they arrive.

Congratulations to Foketi and Armeen who have been our best Library readers in the past month. Well done, students.
Stocktake 2019

We will busy this term during our stocktake weeks when we count, repair and replace resources as required. We may close a section of the library that your child wishes to borrow from. Please encourage your child to see Library staff if they require a particular resource.

Remember our digital collection is available all the time. Please talk to the Library staff if you want to recommend the purchase of a digital resource for the Library collection.

Halloween

Remember the saying, ‘A book a day keeps the monsters away!’ Well it’s true that there is nothing like a good scary story and a good boooooook during Halloween. Drop in to the library and check out our awesome Halloween Display. It might help you decide ‘Witch book to read’.
Scholastic Book Club

Book Club is out now. Brochures can be collected from the Library. All orders are due to the Library or online by Friday 25th October.

The EASIEST way for parents to order and pay for Book Club!

Linked Online Ordering & Payment platform
It’s easy to order and pay online for your child’s Book Club order using your credit card. Your order will electronically be linked to your school when you order and pay by LOOP.

Also available as an app:

ISSUE 7 IS OUR BUMPER CHRISTMAS EDITION

ISSUE 7 OUT NOW!

Don’t forget your Issue 7 Book Club orders which are due:

Issue 7 is a BUMPER Christmas catalogue that is sure to have something for everyone!

Audiobooks and eBooks

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

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

Remember you can always access the Library’s catalogue and eBooks online and find something to match your interest there.
WELCOME TO GLENWOOD HS LIBRARY!

HOURS
The Library is open from 8.10am to 3.00pm. It is open both recess and lunch, except for Friday recess.

ID CARDS
Your ID card is made from the school photos, and will be available by the end of first term. Please have it with you at all times. Your first card is free of charge, replacement cards cost $7.00.

BORROWING
Years 7, 8, 9 and 10 may borrow three fiction and three nonfiction books at a time.
Years 11 and 12 may borrow five fiction and five nonfiction. All may borrow audiobooks and ebooks which can be found on the Oliver news page or the wheelers website.

All books and magazines have a due date of two weeks. If you require your borrowed resources longer, please bring to the Library and renew them prior to the due date. Borrowing is permitted over the school holidays.

NEW BOOKS
We are happy to purchase your suggestions of book and magazine titles for the Library. There is a suggestion box near the security gates, which is checked regularly.

COMPUTERS
The Library computers are used for schoolwork only.
The TSO in the Library, and Mr Lewis in the Eastern staffroom can help with your computer or internet passwords.

Printing costs 10c per page for black and white, and 50c per page for colour. New students get a $2 print balance on enrolment. This amount should be topped up regularly at the office, as you cannot print if there are insufficient funds for the job.

You can ask the library staff to print for you, when your print balance is too low, however the price will be doubled.

PHOTOCOPYING
Photocopying costs 20c a page. Staff will copy for you.

EXPECTATIONS
You must have something to do and allow other people to do what they came to do without being disturbed.

If you have group work to do, please use the Connected Classroom, whenever it is available, to minimize noise in the library.

HOMEWORK CENTRE operates on Tuesday afternoons from 3.00 - 4.00pm to help students with assignments, homework & missed work. There will be teachers available to help you.

CHESS CLUB
Chess club operates on a Tuesday at lunchtime in the back area of the library.

PREMIER’S READING CHALLENGE [PRC] All students who complete the PRC will receive a certificate from the Premier of New South Wales. Students will be shown how to complete their reading logs online. Glenwood High School also run our own Reading Challenge, please see the Library staff.

LIBRARY STAFF
Mrs Achar, Mrs Smith, Mrs Brackley, Mrs North & Mrs Anderson will be all very happy to help you.
SPORT NEWS

Well done to the following boys who were recently selected for the Sydney West Cricket Team;

- Manroz Year 11
- Smit Year 11
- Gaurav Year 10

MACQUARIE ZONE OZTAG EVENT—ROUSE HILL

Well done to our boys and girls Oztag teams who played at the Macquarie Zone Oztag event at Rouse Hill. The girls team won their grand final and the boys placed third.

A special mention to the following students who were selected for the Macquarie Zone team to play at the Sydney West competition next week.

- Joshua Year 10,
- Alysha, Mackenzie and Alex of Year 9

All our players did Glenwood High School proud.

Congratulations to Martine who ran for the NSW Schools orienteering team at the recent Oceania champs in Wagga. She achieved 3rd in the Oceania women’s under-14 relays.

Well done Martine!

11
2019 CALENDAR

TERM 4

Week 2B
Monday  21-25 October  HSC Written Exams
        AIME WSU Parramatta Campus
Tuesday  22 October     Walanaga Muru Macquarie University
        Year 7 Gala Day
Thursday 24 October    Secondary Oz Tag Gala Day

Week 3A
Monday  28 Oct –1 November  HSC Written Exams
        Year 7 & 10 Assessments
        Year 11 Hospitality Work Placement

Week 4B
Monday  4 –8 November  HSC Written Exams
        Year 8 VALID
        Year 11 Hospitality Work Placement
        Year 9 Assessment
Wednesday 6 November  P & C Meeting—All Welcome 7pm
Thursday  7 November  U14’s Futsal Boys & Girls
Friday  8 November    Year 12 History Extension—the Project
                      Seminar Excursion

Week 5A
Monday  11-12 November  HSC Continues
        11-15 November  Years 8 & 9 Assessment
Monday  11 November    Year 12 Sign Out
Tuesday  12 November   MCA Sydney and GHS Art Workshops
Wednesday 13 November Year 12 Formal Darling Harbour Dockside
Friday  15 November    MCA Sydney and GHS Art Workshops

Week 6B
Tuesday  19 November   Enhanced Transition Program
        PASS Manly Surf School—Long Reef
Wednesday 20 November  Glenwood Apprentice
Thursday  21 November  Glenwood Apprentice
                      Enhanced Transition Program
Friday  22 November    Glenwood Apprentice
        Secondary Futsal Gala Day
        Year 12 Hospitality Sydney Tower
        Restaurant

Refer to either our website/facebook or school app for further information
Please note dates are correct at time of publishing
P & C Association
Welcome to Glenwood High School. The P&C Association at Glenwood High School aims to provide a forum to promote communication and co-operation between the school and its community.

We also assist in providing funding for additional resources for our students. In order to do this, the P&C Association has introduced a voluntary yearly levy of $10 per child (capped at a maximum of $30 per family). This levy enables the P&C to organise major optional fund raising events (e.g. BBQ at school dance parties) and forward the profits onto the school. We understand that many parents are extremely busy and may not have the time to sell chocolates or raffle tickets. This levy removes this burden from our school community whilst still allowing the P&C to provide additional resources for our students. The levy is invoiced yearly at the beginning of Term 1.

The P&C meets regularly for members of our school community to receive information, discuss issues, contribute ideas and give feedback to the School Executive. We meet on the first Wednesday of the month (excluding holidays) at 7pm in the conference room at school.

Our meetings provide a friendly, open forum to welcome parents to the school and to allow the community to discuss matters of a general nature relating to the school. We are also fortunate to have guest speakers in the form of our teachers who gladly give up their time to inform us on important happenings or events at our school.

You may choose to attend our monthly meetings, (it’s completely optional) or simply just receive information about P&C events and our minutes through your email. This is a great introduction to our P&C and a simple way to keep informed.

If you would like further information, please complete your details below. We would love to hear from you.

P & C Committee - 2019
President: Karen Bonnell            Vice President: Martine Balcombe
                                                   Tracy Jenkins
Secretary: Norita Koe                Treasurer: Ivy Yen

P & C INFORMATION FORM

NAME: _____________________________________________________________

PHONE: _____________________________________________________________

EMAIL: _____________________________________________________________

CHILD: ___________________________     YEAR GROUP: ___________________________

Support us in supporting our school, the staff and our students
### GHS Clubs and extra-curricular activities 2019

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<th>Monday</th>
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<td><strong>Before School</strong></td>
<td><strong>Elite Dance Ensemble</strong></td>
<td><strong>Breakfast Club</strong></td>
<td><strong>Fitness</strong></td>
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<td>7:30-8:30am J6 (Miss Taylor)</td>
<td>8:00-8:30am</td>
<td>7:30 – 8:15am Top of C Block</td>
<td>(Mrs Davies)</td>
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<td>Covered area in-between A &amp; B</td>
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<td>Block</td>
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<td><strong>Recess</strong></td>
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<td>A3 (Miss Volano)</td>
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<td><strong>Lunch</strong></td>
<td><strong>MathsHelp</strong></td>
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<td><strong>English Help</strong></td>
<td><strong>JAM</strong></td>
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<td>P8 (Mrs Brahe)</td>
<td>CR1 (Mr Millard)</td>
<td>Yr 10 &amp; 11  B9 Week A (Mrs Ingram)</td>
<td>Top B Block</td>
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<td>Philosophy Club</td>
<td>MathsHelp</td>
<td><strong>Sisterhood</strong></td>
<td>(Ms Cummins / Mr Dizon)</td>
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<td>’Plato’s Cave’ D1 (Mr Sekandari)</td>
<td>E3 (Ms Wijaya &amp; Mr Farrugia)</td>
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<td>Debating &amp; Public Speaking</td>
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<td>GHS Choir</td>
<td>(Ms Ruzic)</td>
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<td>C2 (Mr Herne)</td>
<td>GHS Choir</td>
<td>Mrs Pearce</td>
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<td>Chill Chat</td>
<td>C2 (Mr Herne)</td>
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<td><strong>After School</strong></td>
<td><strong>Homework Centre</strong></td>
<td><strong>School Band</strong></td>
<td><strong>Junior Dance Ensemble</strong></td>
<td><strong>Senior Dance Ensemble</strong></td>
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<td>3-4pm Library</td>
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<td>Yr 7&amp;8</td>
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<td>(Mrs Fleurant)</td>
<td>Music Pac Room</td>
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<td>(Mr Herne &amp; Miss Cross)</td>
<td>(Mr Taylor)</td>
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<td><strong>Board Games</strong></td>
<td><strong>Soccer Club</strong></td>
<td><strong>Dungeons &amp; Dragons Club</strong></td>
<td>(Miss Taylor)</td>
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<td>Library (Brendon - Chappy)</td>
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<td>Meet at Hall change rooms</td>
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<td><strong>Art Club (Yr 7&amp;8)</strong></td>
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<td>(Mr Cyresko)</td>
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ARE YOU THINKING OF BUYING YOUR CHILD A SMART TOY, SMART PHONE, TABLET, E-SITE MEMBERSHIP OR SOMETHING SIMILAR THIS CHRISTMAS?

Children and teenagers are going online and using social media with increasing frequency. While many enjoy their online experiences, there are risks involved. Parents, schools and the broader community need to work together to help keep children’s online experiences safe.

The Commonwealth Office of the Children’s eSafety Commissioner has developed a resource for parents – iPARENT – which helps parents deal with the connected devices in their children’s lives.

iPARENT – found at https://esafety.gov.au/education-resources/iparent - provides facts and statistics about Australian children online, managing technology in the home and strategies that can be used by parents to keep children safe online.

A parent’s guide to online safety can be downloaded from this site. A range of other useful information is also available from the website. For example parents can access information about cyberbullying including:

- how to talk to their child about cyberbullying;
- what to do if their child is being cyber bullied or is engaging in cyberbullying behaviour themselves; and
- sources of professional support and help.

The website also provides information about how parents and children can report unwanted online contact and/or inappropriate, offensive or illegal content online.

If you are thinking of buying smart toys, smart phones, tablets, drones, e-gift cards or membership in an e-gaming site may like to check out the e-Safety Commissioner’s eSafety Christmas Gift Guide at - https://www.esafety.gov.au/giftguide - so you can be savvy and secure when you pick out tech gifts this Christmas.

Finally, if someone you know is adversely affected by an online experience, free and confidential advice, assistance and support is available from:

- the Kids Helpline (ages 5 to 25) on 1800 55 1800; and/or
- eheadspace (ages 12 to 25) on 1800 650 890; and/or
- Lifeline on 13 11 14 or if urgent ring 000
BECOME A HOST FAMILY

Give your family a global perspective without leaving home.
To find out more about hosting an international exchange student visit
yfu.com.au/about-hosting
or call us on 1800 654 947
NEW STUDENTS ARRIVING SOON

host families become woven into the fabric of exchange students’ lives
ULTC Personal Leadership & Life Skills Program for Youth

Skills for Leaders of Today and Tomorrow

Personal Development  Life Skills  Personal Leadership

Proven To:

- Increase self-esteem and self-confidence
- Overcome reluctance to participate in group activities
- Develop effective communication skills
- Increase ability to deal with peer pressure

Empower your child with skills and tools to deal with changes and challenges of high school and beyond

Now in Glenwood High School

Glenwood Park Dr
Forman Ave, Glenwood

0413991733
WWW.ULEARNTOTALK.COM
ULTC Personal Leadership & Life Skills Program for Youth is a holistic life skills training program for youth from age 10 through 18 years. We facilitate the learning and development of life skills essential to live their lives to their fullest potential and excel in whatever path they choose in life.

Purpose of ULTC

The key Focus of ULTC is to help each individual member to understand themselves and help them build and develop on their inherent strengths, qualities and attributes. This, we believe, is the key to developing self-confidence and building a stronger sense of self-worth which will help them to create their own unique path to success -success as defined by them – not a definition borrowed from others.

The Program

Built on a foundation of effective communication, we teach,

- techniques to enhance their public speaking and presentation skills,
- self-improvement techniques such as
  - how to stop negative thinking and develop an optimistic outlook and attitude,
  - how to stop procrastination and work towards achieving targets,
  - how to develop good study habits, and
  - how to develop a healthy mind in a healthy body, and
- essential life skills that are integral to us accomplishing our ambitions and living life to our full potential, such as
  - result orientated communication (effective communication),
  - creative problem solving,
  - organisation & time management skills,
  - teamwork and collaboration,
  - workplace etiquette, and
  - personal financial management (including career management).

The Concept behind ULTC is to provide

- an interactive forum within a safe fun-filled environment, where the youth can come and learn these essential life skills and,
- hone these skills through group discussions and continual hands on practice under the guidance of experienced facilitators.
Our Aim

Create well-balanced, all-rounded individuals who are independent and self-reliant, but comfortably interdependent.

Our belief

We strongly believe in empowering our youth at an early age to

- face and deal with the ever-increasing demand and challenges of the current world and
- to define and achieve their own path of success in their life.

Learning these skills from an early age is integral to building a solid foundation from which they can be empowered to realise their full potential in whatever path they choose in life.

The key benefits that have been evident are,

- Increase self-esteem and self-confidence
- Enhanced public speaking and presentation skills
- Increase willingness to speak up & voice opinion
- Overcome reluctance to participate in group/school activities
- Increase ability to deal with peer pressure.

Are you someone who is passionate about inspiring and empowering our youth to live their lives to their fullest capacity? We are a rapidly expanding program and there is a great opportunity for you.

http://www.learntotalk.com/
Job Description – Training & Development - Personal Leadership and Lifeskills Program for Youth

Are you someone who is passionate about inspiring and empowering our youth to live their lives to their fullest capacity? We are a rapidly expanding program and there is a great opportunity for you.

Summary:

Working in collaboration with the ULTC team, this exceptional individual will provide leadership in the facilitation of the ULTC’s sessions in Sydney.

ULearnToTalkClub™ inspires and empowers youth, aged 10 – 18, to become leaders, now and in the future, by enriching them with valuable applied skills through facilitator led, self paced, peer learning program. ULTC’s structured program is designed for youth to develop skills to excel in public speaking and presentation skills, personal development and personal leadership and teamwork, in a safe and fun-filled environment.

Currently the sessions are held on Sundays on a fortnightly basis from 11.00 am to 1.00 pm in the Baulkham Hills and Glenwood. This is a part-time position with 2–4 hours of work per fortnight, including weekends. Pay scale $20-$25 per hour- with opportunities to run multiple sessions.

It is an excellent learning environment with great opportunities for the ideal candidate.

Key Responsibilities:

- Lead (or co-lead) and facilitate the ULTC sessions
- Develop session plans, activities and delivery in consultation with other facilitators and ULTC staff
- Create a welcoming safe and fun-filled learning environment where teamwork is rewarded yet each individual is respected and learns at their own pace;
- Promote awareness of healthy leadership development in youth and engage in continual learning about this subject;
- Provide feedback in positive yet constructive ways to inspire and encourage individual development
- Record and maintain session details, member reports and feedback on each member within ULTC Management System
- Maintain positive relationships with parents of youth in the program and provide feedback, when requested
- Participate in meetings to improve session plans and best practises
- Participating in scheduled facilitator development activities
**Essential competencies**

- Previous experience as a Training Facilitator, life coach or similar role
- Graduate/Post graduate degree (or working towards) in Education, Human Resources Management, Organizational Psychology or relevant fields
- Knowledge of traditional and modern educational techniques
- Proven experience in working with youth
- Strong and impactful verbal communication skills
- Experience in Toastmasters or similar public speaking training programs
- Passion for inspiring and empowering self and others
- The ability to work well independently, and to take direction well
- Proven team player with the ability to work with a diverse group of individuals
- Enthusiastic, self-motivated, professional, flexible, and reliable
- Sound judgment, discretion and able to maintain confidential information

**Other Requirements:**

- Current WWC Check & First Aid certificate (desirable)
- Current Standard First Aid and Level “C” CPR, Asthma & Anaphylaxis training (desirable)
- Current Child Protection training (desirable)

**To apply:**

Please send your cover letter and CV to ultc.sathimogul@gmail.com

Contact – 0413991733
Strengthening kids’ self-esteem in a digital world

by Martine Oglethorpe

How do we develop and nurture our child’s self-esteem in a world where the likes, comments and followers are often seen as the social currency for popularity, confidence and self-worth?

While young people live out much of their social lives online, there are certain elements of this world that can have a negative impact on the social and emotional wellbeing of young people, particularly if that person’s self-esteem is already fragile.

The very connected, very visible and public nature of social media ensures that many of the challenges faced by young people previously are now magnified and felt more deeply when played out online. We need to give young people the confidence, skills and perspective to ensure that they can reduce the negative impacts, and instead learn to thrive both online and in real life.

What are some of the things we can do to help nurture that self-esteem and prepare them for the challenges of a very public social media?

Build their independence and resilience early

Make sure they are confident in their own abilities to problem solve themselves. Let them to do things that may result in failure but allows them to pick themselves up. Let them know that mistakes are OK, as long as we learn something from them.

Encourage activities and pursuits

Feeling part of a community can be an invaluable element to fostering self-worth. Encourage kids to have interests away from the screens, such as belonging to teams, clubs and groups where their achievements and efforts can be recognised and celebrated.

Helping others and volunteering

Giving kids the opportunity to help others, such as coaching a junior team, helping out with training or helping people less fortunate are great ways to build self-worth. Developing empathy for others helps kids to realise that the world is a much larger place than their social media feeds.

Spend time with them

It is easy to spend time with our kids when they are young. We can take them to the park, play games, read them books. As they get older and we are not so cool to hang out with, it becomes trickier. But we need to look for times to spend just being together, whether that’s watching a movie they like, playing a game, or grabbing a milkshake
parenting ideas

on the way home from sports training, find things they like to do. Even just sitting on their bed at night and letting them know you are there can be beneficial.

Family meals and rituals
Having regular moments of connection that are part of their everyday can be critical in providing stability and security. Connecting as a family with a nightly meal has been proven to be an effective way to give kids the comfort of knowing they have a place that is familiar and safe and unconditional. Or look for other rituals to provide this security.

Communicate often about what is happening online
Talk to them about the things you see online, let them know you have an understanding, learn about it and be sure to look at things from their perspective. Use teachable moments to highlight when things go wrong and be sure that you remain relevant to their world so that they know you are there should something go wrong.

While we cannot always be there to follow everywhere they go online and be up to date on every single site or app they visit, we can do a lot in terms of instilling good values, building that self-esteem and ensuring that they have a positive sense of self that transfers from the real world to wherever they find themselves online.

You can attend our upcoming webinar, Step back so kids step up, at no cost!

About the webinar
This webinar will look at how we can best equip our young people to thrive both online and in real life as they grow up immersed in online spaces.

When
Wednesday 30 October 2019 8:00pm – 9:00pm AEDT.

Price
This webinar is $37 per person to attend, and is free of charge to families at schools that have a membership.

How parents can redeem the voucher
2. Click ‘Add to cart’
3. Click ‘View cart’
4. Enter the voucher code DIGITAL and click ‘Apply Coupon’ (valid until 30 November 2019). Your discount of $37 will be applied.
5. Click ‘Proceed to checkout’
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click ‘Place Order’

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

We’re a Parenting Ideas school parentingideas.com.au/schools
Welcome to Alinta Apparel

Alinta Apparel is an Australian owned, customised School and Sports uniform manufacturer. Alinta manages over 60 uniform shops across Australia and New Zealand. Alinta has an exclusive partnership with your school to supply all aspects of the school uniform.

Extended Hours

The uniform shop generally operates school term only, during January and back-to-school periods the shop will have extended opening hours. During regular school holidays not every school will be open, please visit the online shop portal to view any possible extended hours.

Q: What are your payment options?
A: Alinta accepts, Visa, Mastercard and Cash.

Q: If the uniform shop is closed and I urgently need to speak with someone, who can I call?
A: Alinta Head Office, If you are after urgent answers please phone 02 4321 0433.

Q: Who can I contact if I have a compliment or a complaint?
A: Alinta loves feedback, if you need to contact us about your shop experience, please email info@alinta.com

Q: Do you stock second hand uniforms?
A: Some schools may have a second hand rack in store, otherwise second hand may be organised by your school or school community. It’s recommended that you phone your uniform shop for clarification on second hand uniforms.

FAQ

Q: Can you Layby? And how much is the deposit?
A: Yes you can. Laybys can only be processed in store and requires a 20% deposit.

Q: Can you purchase online and is there a delivery fee?
A: Yes definitely, to place an order online, log into your account or create one and click on the “shopping” tab. There is a flat fee for all delivery items, all orders will be posted when your shop is next open. Delivery takes 2-5 business days and is shipped using Australia Post.

Online School Shop Portal

Your school uniforms are available to be purchased at the school uniform shop. Please check your school website or the Alinta online portal for the opening hours. You are also able to view the price list, book a uniform fitting and purchase uniforms online. To access this, please follow the steps below: Step 1: Go to www.alintaapparel.com.au, click on "online Shopping" then "register".

Uniform Sizes

In order for Alinta to provide new students with uniforms, it is essential that all new students visit the uniform shop. We stock a wide range of sizes in all of our schools, however, if you suspect you need a special size made either smaller or larger, please visit the shop as soon as possible for your fitting. A special make up order (SMU) may be required and depending on the circumstance this can take up to 12 weeks.
### Glenwood High School Uniform Shop Order Form

#### Girls Uniform: Y7-Yr12
- **SS Blouse Yr7-Yr10**: J8-J14 $33.00, L8 - L12 $35.00
- **SS Blouse Yr11-Yr12**: J10-J14 $33.00, L8 - L12 $35.00
- **Tartan Skirt**: J4 - L12 $5.00
- **Striped Pants**: J8-L12 $55.00

#### Boys Uniform: Y7-Yr12
- **SS Shirt Yr7-Yr10**: J8-J14 $32.00, XS-S $34.00
- **SS Shirt Yr11-Yr12**: J12-J14 $32.00, XS-S $34.00
- **Formal Shorts**: J10-J12 $39.00, XS-S $34.00
- **Formal Trousers**: J10-J12 $52.00, XS-S $34.00

#### Sports Uniform
- **Sports Polo - Sale**: J8-J14 $30.50, XS-S $37.50
- **Girls Sport Shirts - Sale**: J12-L12 $25.00
- **Ladies Sport Shirts Stretch MF**: J12-L12 $33.00
- **Boys Sport Shirts - Sale**: J8 - L1 $25.00
- **Unisex Sport Shirts Stretch MF**: J8-S $33.00
- **Track Jacket - Sale**: J8 - L1 $40.00
- **Trackpants - Sale**: J8 - L1 $25.00

#### Accessories
- **Knitted Jumper**: 8-16 $75.00, 16-20 $78.00
- **Blazer**: All Sizes $140.00
- **Soft Shell Jacket 7-12**: All Sizes $90.00
- **Gloves**: One Size $8.00
- **Scarf**: One Size $12.00
- **Leather Belt**: All Sizes $15.00
- **Backpack**: One Size $56.00
- **Fabric Marker**: One Size $4.00

**Note:**
- Sizes not carried are available by custom order (SMU). During peak times it may take up to 3 months lead time. An additional $10.00 is applied to custom orders.
- Online orders are distributed from the Uniform Shop the next opening day of the shop. A postage charge will occur for all orders marked for delivery.
- Payments can be made by Cash, Credit Card or Debit Credit Cards only.

*Prices Effective from 1-09-2019 and are subject to change without notice.*

### Order Form Details
- **Date:**
- **Name:**
- **Address:**
- **Contact Number:**
- **Email Address:**
- **Pick up from shop [ ]**
- **Delivery to above address $7.95 [ ]**

#### Payment Options
- **Visa [ ]**
- **Mastercard [ ]**
- **Cash (enclosed) [ ]**

- **Name on Card:**
- **Credit Card Number:**
- **Expiry Date:**
- **CVC:**
- **Signature:**

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The Redgum

Issue 1 - Term 4, 25 October 2019
From Monday, October 28, Busways’ western Sydney buses will no longer accept cash payments.

Busways is promoting this change far and wide across our bus network, so passengers are well prepared. We’re installing bus stop signs, in-bus advertisements and handing out flyers to public transport users at key interchanges and bus stops.

It’s possible that students, parents and friends of the school may be impacted by the change, so we would like to ask for your support in communicating the upcoming change through your channels.

We can supply flyers and posters for your reception or school noticeboard. Alternatively, a post on your social media or a note in the school newsletter could help share these key messages:

- Cash payments will not be accepted on Busways buses in western Sydney from 28 October 2019.
- Students can use their School Opal card to get to and from their destination during the week. On the weekend, they will need to use their Child/Youth Opal card to pay for their journey.
- Parents of the students and friends of the school can pay using their Opal card, credit card, debit card or linked device. Travel benefits apply to all when using the same card consistently.
- Opal cards are available online and over the counter from retailers including most newsagents, post offices, convenience stores and supermarkets.
- Remember to separate your cards so your preferred card is charged when tapping on and tapping off.

As a local community stakeholder, we would appreciate your help communicating this change.

For more information on cashless payments, please direct customers to the Busways website.

Kind regards,

Busways group
### 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.

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**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**