SENIOR EXECUTIVE REPORT

It is a very busy time at Glenwood High School at the moment for staff and students. Our teachers are working hard to provide additional assistance and programs to students. They are to be commended on providing our students with a variety of enrichment opportunities and individualised guidance each and every day. There are many activities and events planned for the rest of the term for students to engage with and work towards personal excellence.

In Term 4, we celebrate student achievement and excellence through a variety of celebratory events such as the Sport Presentation to celebrate sporting excellence, MADDNESS a celebration of the arts, and school presentation day. It is fantastic to see so many students recognised for demonstrating such a vast array of talents.

Term 4 has been a fulfilling term at Glenwood High School. The school has an excellent reputation due to the dedication that students demonstrate to their own education, the school and its community. Glenwood High School uses the Positive Behaviour for Learning program, which focuses on the following core values and expectations.

- respect for others, for self and for property
- responsibility for actions
- ready for learning

Our students readily exhibit these values in their everyday lives and are a credit to their families, the school and the wider community. We thank you for your ongoing support of the school, its programs and initiatives.

MADDNESS

From Tuesday 26th - Thursday 28th November, the school community celebrated the creative and performing talents of our students in our annual creative arts festival, MADDness. Artworks exhibiting a range of mediums from painting, drawing, sculpture and photography were on display. Amazing performances in Music, Drama and Dance designed to excite and entertain were produced. This annual event showcased the broad skills, abilities and talents of our Creative and Performing Arts students. Parents who attended the festivities were delighted, amused and impressed. A big thank you to the CAPA faculty for making this event possible. Our talented performers and crew will now focus on next year’s musical, so keep your calendars free from June 23 – 27, 2020, and prepare to be entertained!
Road Safety

A number of road safety concerns regarding the safe behaviour of students and parents/carers have been raised with the school. It is important that everybody in our area is safe. Please be aware of the following:

**Pedestrian refuge islands**

Pedestrian refuge islands *are not* pedestrian crossings; they are installed on busy or wide roads to help pedestrians cross in two stages. Sometimes they are used with a pedestrian crossing when a staged crossing is required.

**Pedestrian crossings**

Drivers must slow down and stop when a pedestrian steps onto a marked crossing. Drivers must give way to any pedestrian on the crossing. Crossings with poor visibility have zigzag white lines painted on the road to warn drivers. Some drivers may not stop for pedestrians, so wait until all vehicles have stopped before you start to cross.

**Raised pedestrian crossings**

Raised pedestrian crossings are located where there are high levels of pedestrian activity. They are raised to increase visibility for approaching drivers and slow down traffic.

**IMPORTANT NOTICE**

- Please talk to your child about safely crossing the road at the designated crossings. All too often, students have their heads down, looking at their phones, or mucking around with their friends, totally oblivious to their surrounds. It is at these times that they are at risk. They need to develop their awareness of their surrounds and exercise safety and caution at all times when on or near the roads. Whilst we do address these issues with students on assemblies, in small groups and individually, with the message coming from home as well may help make walking to and from school safer.
- Students may not be dropped off on pedestrian crossings, in traffic or roundabouts. The car must be legally parked against the curb before passengers disembark the vehicle. Currently, the fine for Infringement 171 is $344 and 2 demerit points.
- The Kiss and Drop zone has time restrictions. Please be aware of these.
- Exiting from the Kiss and Drop zone is strictly a left hand turn only.
Travelling by bus

The bus companies are currently reviewing their provision of services to Glenwood High School for 2020. To do this, they are analysing the tap on, tap off data provided by Opal. Please remind you child that it is essential that they tap on and off when using the school buses. This will ensure that the school will be allocated the correct services in 2020.

Year Group News:

Year 12

A huge thanks to Ms Jones who has been the Year adviser for the past two years for this, our largest cohort ever. Year 12 celebrated their formal on Wednesday 13th November at Dockside in Darling Harbour. It was wonderful to see the wonderful, mature and caring adults they are becoming. A credit to their families and the school. This caps off 13 years of schooling for most, and was a celebration of their hard work and diligence. They are enjoying the opportunities to put into practice all of the skills, experiences and qualities that they have honed over the past six years here at Glenwood High School. We look forward to seeing their results. HSC results will be released by the NSW Education Standards Authority (NESA) on Tuesday, 17th December 2019. Year 12 are invited to a special HSC Afternoon Tea to celebrate their results in the staff services block on Wednesday 18th December at

Year 11 take on the mantle of Year 12

Year 11 commenced their HSC studies at the beginning of the term and are now immersed in their first major assessment period for their HSC courses. In the HSC year, students at Glenwood High School are expected to undertake 12 units of study at school, or 11 units if studying extension courses. This allows room for errors as the ATAR is calculated on the results of the best 10 units, including English. In exceptional circumstances, an extension or TAFE course may be submitted for the one 2 unit course once the Semester 1 reports are published. This policy is supported by academic research conducted by NESA which indicates that students who complete 12 units of study achieve better overall results. Please ensure your child has returned all relevant documents to the Deputy Principal, Mr Fenech.

Glenwood High School discourages students from driving to and from school, as this can create issues relating to traffic, parking, security of vehicles, accidents and truancy. However, there may be some circumstances where it may be necessary for a senior student to drive themselves to school. Students must apply for permission to drive to school. Any student who is given approval to drive to school must have a current driver’s licence, valid registration and return the permission note. The permission note must be signed by the parent/carer of the driver, as well as any passenger that will be in the car. Copies of the relevant documents must be provided to the school.

Year 11 students are reminded that all documents must be submitted to the school for approval BEFORE they assume the privilege of driving to school. Applications are available from Mr Fenech.

Year 10

Year 10 students have a number of important activities in the second half of Term 4. Year 10 are scheduled to complete NESA’s All My Own Work program on Wednesday 4th December and
Thursday 5\textsuperscript{th} December 2019. Year 10 will then participate in Australian Business Week (ABW) from Monday, 9\textsuperscript{th} December 2019 to Friday, 13\textsuperscript{th} December 2019. This initiative provides students with a wonderfully engaging opportunity to simulate running a business through the use of creativity, marketing and design skills. Students always enjoy participating in ABW and we look forward to viewing student presentations at the end of the program.

In the next week, Year 11 2020 subject confirmation sheets will be sent home, along with information on the junior school sign out, which will enable us to move student enrolments into the senior school, Stage 6 pattern of study, school sport and other senior obligations and expectations, the senior code of conduct and the textbook hire scheme. Please read these documents carefully. The subject confirmation sheet will need to be signed and returned by sign out day. Sign out day is Monday 16\textsuperscript{th} December 2019. An email was sent home this week explaining the process. Please note, junior school fees will need to be paid and textbooks returned by this date.

In 2020, students will be able to explore changing their subjects in the first 3 weeks, subject to availability. Once this period has passed, students will maintain these subjects throughout Years 11 and 12.

\textbf{Year 9}

Year 9 are fast approaching the midpoint of their Stage 5 studies and need to ensure that all of their assessment tasks are completed before the end of the year. Students in this cohort are studying under the Record of School Achievement (RoSA), which requires students to successfully complete their Stage 5 (both Years 9 and 10) studies before they qualify for this credential from NESA. This is the time for Year 9 students to practise good habits by developing strong organisational and study skills, thus ensuring they start next year in the best possible mind frame.

\textbf{Year 8}

Year 8 students had the opportunity to nominate subjects that suited their interest areas to study as elective courses. Earlier in the year, students were given advice in relation to choosing electives and have already selected their options of study. Students are reminded that, two of their chosen electives are two year courses; therefore, they may be studying the same electives in both Years 9 and 10. Students also chose 1 100 hour subject that they will study in Year 9. In 2020, they will be given the opportunity to select another 100 hour subject to study in Year 10. Students will be given the opportunity to explore changing electives for the first 3 weeks of Term 1, 2020, before they become locked in for the year. Students should take advantage of that time to consider their elective courses and see their deputy, Mr Fenech, ASAP in that 3 week window to investigate the option of changing.

\textbf{Year 7}

Year 7 are coming to the end of their first successful year of high school. They are to be congratulated for settling into the routines of high school and are working well as a group. This cohort will have an important role in modelling behaviour and expectations for those students currently in Year 6 who will be joining our school in 2020. Many have eagerly taken up the opportunity to be role models, buddies and mentors for our Year 6 students, demonstrating true leadership qualities.

Wishing all a productive and enjoyable end to the year!

Mrs Donna Healy
Deputy Principal—Years 7 & 10
STUDENT ADMINISTRATION – ATTENDANCE PROCEDURES

Late to school
Students are expected to be at school before the bell rings at 8.40am. In the event a student arrives after this time, they are to report to student reception and swipe in using their student ID card. New students to the school and Year 7 students, will be able to provide their name to the office staff until they receive their ID card. A note from parents/caregivers should be provided to state the reason for the late arrival. Parents/caregivers may also provide a reason for the late arrival by responding to the SMS sent to inform them that their child/ward was late to school.

If there is no justified reason for the late arrival, parents/caregivers do not need to respond, and the late arrival will be recorded as an unjustified late. The Head Teacher Administration, Mr Nichols, will interview students who are late on numerous occasions and discuss strategies to improve their punctuality. Consistent lateness will see the students given detentions for ongoing disobedience.

Absent from school
Parents/caregivers are requested to write a note explaining the student’s absence. Notes should have the student’s full name and year group printed clearly for records and files. This note can be handed to your Connect teacher or directly to the office staff in student reception on the student’s return to school. Alternatively, parents/caregivers may respond to the SMS message sent to notify them of the student’s absence. Notes to justify an absence must be provided within 7 days.

Plan to leave early
Parents/caregivers are requested to write a note explaining why the student needs to leave school early and the time they need to leave. Notes should have the student’s full name and year group printed clearly for records and files. Students must hand in this note to student reception BEFORE school where they will be issued with an Early Leaver’s Pass.

Students are to show their classroom teacher this pass at the beginning of the lesson if they need to leave during class time. Students are then to report to student reception and inform office staff that they are leaving. Students are not permitted to leave early on sports days. If there are exceptional circumstances on sports days, students must bring in a note from home and have it approved by the Deputy Principal BEFORE school.

If parents/caregivers unexpectedly need to collect their child/ward, they are requested to call the school beforehand so arrangements can be made for the student to be waiting at reception. Parents/caregivers must report to the parent reception to collect their child/ward.
Extended Absences
Parents/caregivers need to apply for extended leave for students by completing an ‘Application for Extended leave - Travel’ form which is available from reception. This form is to be returned to reception for approval from their Deputy Principal. This will enable the school to hold the students position at the school while they are on leave.

Students are responsible for making arrangements with their teacher to collect work for the time they are away. When students return to school, it is their responsibility to catch up on all the work they have missed. Extended leave is discouraged in the Preliminary or HSC years, as students will be at risk of not meeting course requirements.

Unwell Students
Students who are not feeling well in the school day may ask their classroom teacher for a note to report to student reception where they must speak to an office staff member who will ask the student to sign in to the sick bay with their student ID card. If a student wishes to go home, the office staff will call the parent/caregiver. Students must be correctly signed out from school at the front office prior to leaving.

Items left at home
If your child/ward forgets to bring items to school (i.e. lunch, items of clothing, assignments etc.), parents/caregivers may bring this item to the parent reception. It is your child/ward's responsibility to enquire at the student counter during recess or lunch time to collect items left at home.

Out of Uniform Procedures
Glenwood High School is a uniform school and students are expected to wear the school uniform at all times. In the event of an unavoidable issue, students are to bring a note from home with their full name and year group clearly stated, to explain why the student is out of uniform. This note is to be given to your Connect teacher who will provide you with a red uniform pass.

If you anticipate being out of uniform for more than one day, you must provide a note to your Deputy Principal BEFORE school or to the Head Teacher supervising Connect.

Students who fail to follow this procedure, and do not bring a note from home, will be placed on recess detention.
Year 12 Formal - Wednesday 13th November 2019
“What The Dog Saw” by Malcom Gladwell

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.
Dear Parent / Guardian

To enable us to make a smooth transition should your child be withdrawing from Glenwood High School, could you please refer to the below procedure for signing out.

- If you haven’t already, please advise the school in writing to kate.joel2@det.nsw.edu.au
  - If your child is leaving to attend a new school, please advise of the new school they will be attending and the last date of attendance at Glenwood High School.
  - If your child is leaving because he/she has minimum 25 hours paid work, we request a letter of confirmation from their employer on Company Letterhead.
  - Has an Apprenticeship or Traineeship, we request a copy of the signed contract (when issued).
  - TAFE enrolment, we request a copy of the confirmation of enrolment into the course.

- Pay any outstanding fees

- Student is to obtain a Sign Out sheet from the front office.

- All library and text books must be returned to the relevant Head Teacher.

- Sign out sheet must be signed off by every Head Teacher.

- Year 11 or 12 students are to advise the office if you have paid the text book deposit, for a refund to be issued.

- Completed sign out form is to be handed into the office along with fee payment before the last day of attendance.
SPORTS PRESENTATION ASSEMBLY

On Monday 19th we celebrated the annual sports assembly in the Library with the award recipients and their parents. This was changed from the hall this year due to time restraints and other commitments in the hall at that time. We celebrated Glenwood High Schools Age Champions from both school and zone, Grade Sport best and Fairest, Australian representatives and the major awards including Premier Sporting Challenge Medal, Junior and Senior Sports person of the year. We would like to congratulate all students involved in this assembly.

The Sydney West and CHS recognition certificates this year, have been handed out at the student’s year group assemblies. Some are still yet to be handed out, however, we would also like to recognise these students also for their effort and commitment this year. Congratulations to all who have represented Glenwood High School in Sport this year.
I was super lucky to get the opportunity to go to The Botanical Gardens Sydney with other students and teachers. I had a great time learning about native plants and their uses. We even learnt how to weave with the plants. We got to sample bush food and I even got to try kangaroo and it actually wasn’t too bad. Our guides for the day make it fun and very interesting learning about Native Australia.

A few weeks later, I was asked if I wanted to help plant a native garden at Glenwood High School. I was happy to help, I enjoy gardening. It was a super fun day and I learned lots about different plants. We did up the garden next to the stairs, in front of the library. It took us the whole school day to complete, it was worth it, the garden looks amazing. I had a fun day with some brilliant teachers.

I would love to get another opportunity to do another garden or project to give back to the school.

Molly Year 7, 2019
## 2019 CALENDAR

### TERM 4

#### Week 7A
- **Thursday** 28 November: Buddies Program at Caddies Creek PS
- **Friday** 29 November: MADDness—Art Exhibition 3-5pm

#### Week 8B
- **Tuesday** 3 December: Year 7, 2020 Orientation Day
- **Tuesday** 4 December: Picnic in The Park—Blacktown Showground
- **Thursday** 5 December: All My Own Work
- **Friday & Sat** 6/7 December: Year 9 & 10 Crosslands Reserve Berowra Waters—Bronze Camp

#### Week 9A
- **Monday** 9 December: Australian Business Week
- **Tuesday** 10 December: MCA Sydney & GHS Art Workshops
- **Wednesday** 11 December: Australian Business Week
- **Thursday** 12 December: Australian Business Week
- **Friday** 13 December: Australian Business Week

#### Week 10B
- **Monday** 16 December: Year 10 Signout
- **Tuesday** 17 December: Presentation Assembly
- **Wednesday** 18 December: Last Day for Students
- **Thursday** 19 December: School Development Day
- **Friday** 20 December: School Development Day

### TERM 1, 2020

#### Week 1B
- **Tuesday** 28 January: School Development Day
- **Wednesday** 29 January: Year 7, 11 & 12 students return
- **Thursday** 30 January: Year 8, 9 & 10 students return

#### Week 2A
- **Monday** 3 - 7 February: Spirit Week

---
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

Vice President: 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

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| **Before School** | **Elite Dance Ensemble**  
7:30-8:30am  
J6 (Miss Taylor) | **Breakfast Club**  
8:00-8:30am  
Covered area in-between A & B Block  
(Brendan - Chappy) | **Fitness**  
7:30 – 8:15am  
Top of C Block  
Yr 10-12 Students  
(Mrs Davies)  
*Breathing Space*  
8:10 – 8:30am  
CC in Library  
(Mrs Achar) | **English Help**  
Yr 10 & 11  
B9 Week A  
(Mrs Ingram) | **JAM**  
Top B Block  
(Ms Cummins / Mr Dixon)  
*Debating & Public Speaking*  
D6  
(Mrs Pearce) |
| **Recess** | **GHS Journo’s**  
A3 (Miss Votano) | | | | |
| **Lunch** | **MathsHelp**  
P8 (Mrs Brahe)  
*Philosophy Club*  
‘Plato’s Cave’  
D1 (Mr Sekandari) | **Chess Club**  
CR1 (Mr Millard)  
**MathsHelp**  
P8 (Mrs Brahe)  
**Science Help**  
E3 (Ms Wiyana & Mr Farrugia)  
**GHS Choir**  
C2 (Mr Herne)  
**Chill Chat Colour**  
Top of B Block  
(Ms Powell)  
**Bollywood Dance Group**  
J6 (Miss Taylor)  
**English Help**  
Yr 10 & 11  
B9 Week B  
(Mrs Ingram) | | | | |
| **After School** | **Homework Centre**  
3-4pm Library  
(Mrs Fleurant) | **Board Games**  
Library  
(Brendon - Chappy)  
**Art Club (Yr 7&8)**  
3.10-4.30pm Art workshop, J Block  
(Mrs McDonald)  
**Cycling on M7**  
3.30pm – 4.30pm approx. Meet at back carpark gate  
(Mr Cyreszko) | **School Band**  
2:50-4pm  
Music Prac Room  
(Mr Herne & Miss Cross)  
**Soccer Club**  
3.00pm – 4.15pm  
Meet at Hall change rooms  
(Mr Perez & Mr Viismas) | | | |
| | | | **Junior Dance Ensemble**  
(Yr 7&8)  
3-4:30pm  
J6  
(Miss Taylor)  
**Dungeons & Dragons Club**  
3-4.30pm  
(Mr Lewis) | | | |
| | | | | **Senior Dance Ensemble**  
(Yr 10, 11&12)  
3-4.30pm  
J6  
(Miss Taylor) | | | |
Year 7, 2020
Have you ordered your Stationery Pack?
Order online NOW

Important Dates

Term 4

Week 7
Thursday 28 November
Buddies Program at Caddies Creek PS
MADDness—Art Exhibition (gold coin donation) 3—5pm
Friday 29 November
MCA Sydney & GHS Art Workshops at GHS
Luna Park Year 12 Physics

Week 8
Tuesday 3 December
Year 7, 2020 Orientation Day
Year 7 Life Saving Program
Year 9 Luna Park Excursion

Wednesday 4 December
Picnic in the Park—Blacktown showground
All My Own Work
Year 7 Life Saving Program
P & C Meeting—All Welcome 7pm

Thursday 5 December
All My Own Work
Year 7 Life Saving Program

Friday 6 December
Year 7 Life Saving Program
Year 9 & 10 Crosslands Reserve Berowa Waters—Bronze Camp

Week 9
9 - 13 December
Australian Business Week (ABW)
Tuesday 10 December
MCA Sydney & GHS Art Workshop

Week 10
Monday 16 December
Year 10 Signout
Tuesday 17 December
Presentation Assembly
Wednesday 18 December
Last Day for Students
HSC Afternoon Tea
Thursday 19 & Friday 20 December
School Development Day

Orientation Day
Orders

Have you ordered your Stationery Pack?
Order online NOW

Important

NOTE TO PARENTS

Order in by 1st December

Orders

Easy as 1...2...3....

✓ Save Time ✓ Save Stress ✓ Save Money

At Tinket we provide an easy and unique online ordering system that caters for all students back to school stationery requirements.

Please visit us at tinket.com.au to order your pack and have it delivered direct to your door.

YOUR SCHOOL CODE IS... GHS2768

0410 624 234 sales@tinket.com.au

Christmas is coming soon!
On Sunday the 17th of November four senior Indonesian Students from Glenwood attended a networking dinner with the Indonesian Consul General and Cultural Attache at Rose Bay. Accompanied by Ms Baikie and Mr Suyasa, Ebony, Shaylie, Natasha and Makayla were able to sample some authentically spicy Indonesian cuisine and provided the with a rare opportunity to view dance performances from the far flung province of Papua.

Pictured with the girls is the Consul General Heru Hartanto Subolo and dancers from the Bhayangkari dance troupe from West Papua.
THE UNIFORM SHOP

Need Uniforms for 2020?

Important Uniform Reminders for Year 7 and Year 11.

**Year 7 2020:** All students going into Yr 7 in 2020 are required to make a fitting appointment before the end of Term 4. We do not offer appointments in January.

**Year 11 2020:** Students requiring White Shirts and Blouses are to visit the shop during normal shop hours.

Thank you for your co-operation.

Glenwood High School Uniform Shop

---

UNIFORM SHOP
2020 OPENING HOURS

**School Holidays**
Tuesday 21 - 24 January 8.30am—12.30pm

**Week 1B**
Tuesday 28 January 8.30am—2.30pm
Wednesday 29 January 8am—11am
Thursday 30 January 8am—11am
Friday 31 January 1pm—4 pm

**Week 2A**
Monday & Wednesday 8am—11am
Tuesday & Friday 2.30pm—4pm
Welcome to Alinta Apparel

Alinta Apparel is an Australian owned, customised School and Sports uniform manufacturer. Alinta manages over 50 uniform shops across Australia and New Zealand. Alinta has an exclusive partnership with your school to supply all aspects of the school uniform.

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 step 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.

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.

Refunds, Exchanges and Warranty

Alinta will exchange for another product or size and will refund if you change your mind. All garments must be unworn, not washed and still have original tags and packaging. All items have a 12 month retail warranty, if you are not satisfied with your product, please take the garment to the uniform shop for assessment. If the item is deemed faulty, a replacement will be given.

FAQ

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 is recommended that you phone your uniform shop for clarification on second hand uniforms.

Alinta Apparel Pty Ltd | info@alinta.com | www.alintaapparel.com.au | P: 02 4321 0433 | F: 02 4321 0431
### Glenwood High School Uniform Shop Order Form

**Order Form Details**

- **Date:**
- **Name:**
- **Address:**
- **Contact Number:**
- **Email Address:**
- **Pick up from shop:**
- **Delivery to above address:**
- **Payment Options**
  - [ ] Visa
  - [ ] Mastercard
  - [ ] Cash (enclosed)

**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.**

<table>
<thead>
<tr>
<th>Girls Uniform: Yr7-Yr12</th>
<th>Size</th>
<th>Price</th>
<th>Size</th>
<th>Qty</th>
</tr>
</thead>
<tbody>
<tr>
<td>SS Blouse Yr7-Yr10</td>
<td>J8-J14</td>
<td>$32.00</td>
<td>J8 - J14</td>
<td>$35.00</td>
</tr>
<tr>
<td></td>
<td>J8 - 120</td>
<td>$35.00</td>
<td>J8 - 120</td>
<td>$35.00</td>
</tr>
<tr>
<td>SS Blouse Yr11-Yr12</td>
<td>J10-J14</td>
<td>$32.00</td>
<td>J10 - J14</td>
<td>$35.00</td>
</tr>
<tr>
<td></td>
<td>J8 - 120</td>
<td>$35.00</td>
<td>J8 - 120</td>
<td>$35.00</td>
</tr>
<tr>
<td>Tartan Skirt</td>
<td>J4 - J120</td>
<td>$32.00</td>
<td>J4 - J120</td>
<td>$5.00</td>
</tr>
<tr>
<td>Stripped Pants</td>
<td>J8-J120</td>
<td>$55.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Boys Uniform: Yr7-Yr12</th>
<th>Size</th>
<th>Price</th>
<th>Size</th>
<th>Qty</th>
</tr>
</thead>
<tbody>
<tr>
<td>SS Shirt Yr7-Yr10</td>
<td>J8-J14</td>
<td>$32.00</td>
<td>J8 - J14</td>
<td>$35.00</td>
</tr>
<tr>
<td></td>
<td>XS-3XL</td>
<td>$34.00</td>
<td>XS-3XL</td>
<td>$34.00</td>
</tr>
<tr>
<td>SS Shirt Yr11-Yr12</td>
<td>J12-J14</td>
<td>$32.00</td>
<td>J12 - J14</td>
<td>$35.00</td>
</tr>
<tr>
<td></td>
<td>XS-3XL</td>
<td>$34.00</td>
<td>XS-3XL</td>
<td>$34.00</td>
</tr>
<tr>
<td>Formal Shorts</td>
<td>J10-XL</td>
<td>$39.00</td>
<td>J10 - X1L</td>
<td>$35.00</td>
</tr>
<tr>
<td>Formal Trousers</td>
<td>J10-XL</td>
<td>$52.00</td>
<td>J10 - X1L</td>
<td>$52.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sports Uniform</th>
<th>Size</th>
<th>Price</th>
<th>Size</th>
<th>Qty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports Polo - Sale</td>
<td>J8-3XL</td>
<td>$25.00</td>
<td>J8 - 3XL</td>
<td>$30.00</td>
</tr>
<tr>
<td>Sports Polo Royal</td>
<td>J8-3XL</td>
<td>$30.00</td>
<td>X8-3XL</td>
<td>$37.50</td>
</tr>
<tr>
<td>Girls Sport Shorts - Sale</td>
<td>J12-120</td>
<td>$25.00</td>
<td>J12 - 120</td>
<td>$25.00</td>
</tr>
<tr>
<td>Ladies Sport Shorts Stretch MF</td>
<td>J12-120</td>
<td>$33.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roys Sport Shorts - Sale</td>
<td>J8 - 12X</td>
<td>$25.00</td>
<td>J8 - 12X</td>
<td>$25.00</td>
</tr>
<tr>
<td>Unisex Sport Shorts Stretch MF</td>
<td>J8-3XL</td>
<td>$33.00</td>
<td>J8 - 3XL</td>
<td>$33.00</td>
</tr>
<tr>
<td>Trackjacket - Sale</td>
<td>J8 - 3XL</td>
<td>$40.00</td>
<td>J8 - 3XL</td>
<td>$40.00</td>
</tr>
<tr>
<td>Trackpants - Sale</td>
<td>J8 - 3XL</td>
<td>$25.00</td>
<td>J8 - 3XL</td>
<td>$25.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Outerwear</th>
<th>Size</th>
<th>Price</th>
<th>Size</th>
<th>Qty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knitted Jumper</td>
<td>8-16</td>
<td>$75.00</td>
<td>8-16</td>
<td>$75.00</td>
</tr>
<tr>
<td>Blazer</td>
<td>All Sizes</td>
<td>$140.00</td>
<td>All Sizes</td>
<td>$140.00</td>
</tr>
<tr>
<td>Soft Shell Jacket 7-12</td>
<td>All Sizes</td>
<td>$90.00</td>
<td>All Sizes</td>
<td>$90.00</td>
</tr>
<tr>
<td>Accessories</td>
<td>Size</td>
<td>Price</td>
<td>Size</td>
<td>Qty</td>
</tr>
<tr>
<td>Girls Formal Bow Tie</td>
<td>One Size</td>
<td>$15.00</td>
<td>One Size</td>
<td>$15.00</td>
</tr>
<tr>
<td>Socks 1 pk</td>
<td>All Sizes</td>
<td>$5.95</td>
<td>All Sizes</td>
<td>$5.95</td>
</tr>
<tr>
<td>Microfibre Tights</td>
<td>All Sizes</td>
<td>$10.00</td>
<td>All Sizes</td>
<td>$10.00</td>
</tr>
<tr>
<td>Gloves</td>
<td>One Size</td>
<td>$8.00</td>
<td>One Size</td>
<td>$8.00</td>
</tr>
<tr>
<td>Scarf</td>
<td>One Size</td>
<td>$12.00</td>
<td>One Size</td>
<td>$12.00</td>
</tr>
<tr>
<td>Leather belt</td>
<td>All Sizes</td>
<td>$15.00</td>
<td>All Sizes</td>
<td>$15.00</td>
</tr>
<tr>
<td>Apron</td>
<td>One Size</td>
<td>$12.00</td>
<td>One Size</td>
<td>$12.00</td>
</tr>
<tr>
<td>Sports Cap</td>
<td>One Size</td>
<td>$17.00</td>
<td>One Size</td>
<td>$17.00</td>
</tr>
<tr>
<td>Backpack</td>
<td>One Size</td>
<td>$66.00</td>
<td>One Size</td>
<td>$66.00</td>
</tr>
<tr>
<td>Fabric Marker</td>
<td></td>
<td>$4.00</td>
<td></td>
<td>$4.00</td>
</tr>
</tbody>
</table>
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 inspires 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
insights

Spending time with kids: How much is enough?

by Dr Jodi Richardson

The need to spend time with their parents differs for different kids. For some, there’s no end to the time they’d spend with you. However, other kids feel differently. There’s no right answer.

I’m fortunate to have the flexibility that allows me to spend a great deal of time with my children. However, my nine year old daughter wants to spend more time with me. My eleven year old son, on the other hand, is content either way.

Australia ranks first

According to a recent study Australian parents rank number one among OECD countries (including most of Europe, North America, the UK and Finland) when it comes to spending time with their kids. The lion’s share of this time is still invested by mums, but Australian dads are ahead of those from many other countries, averaging around 70 minutes a day with their children.

The source of misplaced parental guilt

According to research published in the Journal of Marriage and Family, not spending enough time with children is the biggest source of parental guilt in Australia.

The researchers also found that it’s quality, not quantity of time children spend with parents that’s important for their emotional wellbeing, achievement and behaviour for kids aged 3-11 years. The researchers concluded that volume of time doesn’t matter. It’s much more important how time is spent with your children when you are together. This in no way advocates for absentee parenting. It’s about making the most of the family time you have and reducing feelings of stress for you if you can’t be around as much as you’d like to be.

Here are some ideas to help make sure you optimise the time you spend with your kids:

- Create a tradition of one-on-one time with each of your kids around an activity that you both enjoy, such as a cafe catch up over a milkshake, shooting hoops or playing a favourite board game
- Read regularly to each other, as these are special times of connection, especially in bed at night
- Eat meals together as a family so you can all catch up and connect – this is worth its weight in gold when it comes to quality time
- Pay attention to your children, watching for cues that they’re in need of extra time with you
- Adolescents benefit from spending extra time with their parents. Through interactions with their parents
parenting ideas

Teenagers can learn to make better decisions about their health, improve their academic achievement and experience better wellbeing.

- Take an interest in their interests. Connect with your children through the activities that they value such as music, sport or games, even if they aren’t hobbies you don’t normally enjoy. Your kids will appreciate you making the effort and will respond accordingly.

- Be present when you’re with your kids. Research shows our minds can wander up to 47% of the time when we are with our loved ones. If you’re present with our kids, you won’t miss out on nearly half of that precious time.

Be mindful of the importance of unstructured time for kids. That is, time they spend playing alone or with siblings and friends. Play is essential for our kids’ wellbeing and development. Play changes as our kids grow up but as long as whatever they’re doing is child-led, it’s play. This is the time to leave them to it.

Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au
COMMUNITY NEWS

OPPORTUNITY FOR STUDENTS AND THEIR FAMILIES TO
EXPERIENCE A FOREIGN CULTURE FIRSTHAND,
BE EXPOSED TO A LANGUAGE AT HOME,
DEVELOP FRIENDSHIPS THAT LAST A LIFETIME,
REDISCOVER AND SHARE THE BEAUTY OF AUSTRALIA

In January, May, July & August next year we will be welcoming a new group of exchange students from all over the world. These students are really excited to live with an Aussie host family, attend a local school for 3, 5 or 10 months and live like a local. As we plan for their arrival, we are keen to hear from suitable families who might be interested to host a student and have a truly rewarding experience for the whole family.

Host families come in all shapes and sizes, backgrounds and ages. To this end, we would be grateful if you would place a notice in your newsletter or mention it on your website.

You can download our newsletter notice as a PDF from here or as an image from here.

Host families help provide students with the chance to experience life in Australia. It’s a great way to develop language skills, share stories and establish a lifelong link to a family overseas. Hosting a student also contributes to international goodwill.

All students have at least basic levels of English and a wide range of interests and hobbies. If families would like a selection of student profiles sent to them to review and decide which student may fit into a particular family best, please contact us or reply to this email.

The James family have had a wonderful time hosting exchange students from Canada, Germany & Finland. This is what Host Mum Katherine shared with us about their experience “We have had the pleasure of hosting Ines from Germany for 10 months. We have used this time together to explore places we never would have been before and share experiences that were once in a lifetime! In Tasmania we hiked the Three Capes Track and pushed ourselves out of our comfort zones. We saw wombats and Tasmanian devils and wallabies and so much wildlife. We have loved having Ines be part of our family for a short time but she’ll always be a part of the James Family for a life time. Who would have thought we would come across a koala drinking from our farm dam? and that it would let us get up close and personal... You can’t get that in the city! Truly memorable shared experiences - that’s why we love having exchange students join our family. It makes us live life to the fullest!”

You can read what more of our host families have shared with us about their experience by clicking here: host family testimonials.

Student Exchange Australia New Zealand is a not-for-profit organisation that is registered with all state and territory Departments of Education around Australia. We lead the way as the first secondary exchange organisation in the world to be certified to ISO 9001 (Quality Management System) and we ensure the highest standards of care and support to our participants. You can find out more about our organisation by visiting www.studentexchange.org.au. If your students, families or language teachers have any questions about hosting an exchange student or would like to view profiles of students arriving from other countries, they can respond to this email or call our office on 1300 135 331. Our staff members will be happy to discuss which student might be best suited to their family. No obligation.

Please note that the purpose of this email is to find families to host international exchange students. Thank you in advance for your assistance.

Yours sincerely,

Sandra Harders
Host Family Placement Manager

Student Exchange Australia New Zealand Ltd

PO Box 1420, Mona Vale NSW 1660 Australia
T: (02) 9997 0700 F: (02) 9997 0701
W: www.studentexchange.org.au
# 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.

<table>
<thead>
<tr>
<th><strong>STUDENT’S FULL NAME</strong> (Include Siblings ATTENDING Glenwood High School)</th>
<th>Year</th>
<th>Year</th>
<th>Year</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>PARENT/GUARDIAN WITH WHOM THIS STUDENT NORMALLY LIVES</strong></th>
<th>NAME:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>RELATIONSHIP:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOBILE:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HOME:</td>
<td>WORK:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EMAIL:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Preferred Family Email Address:

<table>
<thead>
<tr>
<th><strong>PARENT/GUARDIAN 1 DETAILS</strong></th>
<th>NAME:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>RELATIONSHIP:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOBILE:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HOME:</td>
<td>WORK:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EMAIL:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>PARENT/GUARDIAN 2 DETAILS</strong></th>
<th>NAME:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>RELATIONSHIP:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOBILE:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HOME:</td>
<td>WORK:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EMAIL:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>RESIDENTIAL ADDRESS:</strong></th>
<th>POSTCODE:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>PARENT/GUARDIAN NOT LIVING WITH THIS STUDENT OR SHARED PARENTING ARRANGEMENTS IF APPLICABLE. Please advise time spent living at this address (if any) and attach Court Orders if applicable.</strong></th>
<th>NAME:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ADDRESS:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RELATIONSHIP:</td>
<td>Time Spent at this address:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOBILE:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HOME:</td>
<td>WORK:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EMAIL:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **EMERGENCY CONTACT DETAILS (OTHER THAN PARENT/GUARDIAN)** | NAME: | RELATIONSHIP: | |
| --- | --- | --- | |
| MOBILE: | DAY TIME NUMBER: | | |
| NAME: | RELATIONSHIP: | |
| MOBILE: | DAY TIME NUMBER: | |

**ATTENTION**

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

<table>
<thead>
<tr>
<th><strong>PARENT/GUARDIAN’S NAME</strong></th>
<th><strong>SIGNATURE</strong></th>
<th><strong>DATE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Principal Mrs Sonya Anderson</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Forman Avenue, Glenwood NSW 2768</td>
<td>T 02 9629 9317</td>
<td>F 02 9629 2796</td>
</tr>
<tr>
<td>ABN 90 913 676 854</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

30