



**GLENWOOD
HIGH SCHOOL**

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Innovation Opportunity Diversity Success



MOVEMBER



THE REDGUM

ISSUE 2 · TERM 4, 7 NOVEMBER 2019



SENIOR EXECUTIVE REPORT

Prefect & House Captain Induction



Term 4 is an extremely busy and exciting time for all. Currently Years 7-10 are working on their final assessments for the year. It is important that students are adequately prepared for these tasks and spend time revising and practising answering questions. Year 11 have settled in well and have embarked on their HSC journey.

As the 2019 HSC comes to an end it is time to reflect on the wonderful contribution that our Year 12 students have to the school community. The final HSC examination will be held on the 11th November. I am sure that all students did their very best and are feeling relieved and happy that the exams are now over. Hopefully there will be some time for relaxation as well as starting to prepare for future endeavours. We look forward to celebrating with them over the next couple of weeks at the following events:

Year 12 Sign-Out Day

Monday 11th November 2019 (from 1.30pm-3:00pm). All Year 12 students must attend at this time to return textbooks, library books, equipment and any other school resources and pay outstanding fees. The front office will accept payment for outstanding course fees and school contributions. However, it is preferable that all fees be finalised prior to sign-out day as this will simplify the process for Year 12. This can be done online via this link, our school website. EFTPOS and cash payments can be made over the counter at our front office, however to speed up the sign-out process please make payments before Monday 11 November 2019.

Year 12 Formal

Wednesday 13th November 2019, which will be held at Dockside Darling Harbour from 6:30pm. Please note that attendance, at this event is conditional upon all school fees being paid, equipment returned and senior behaviour expectations having been met. Formal tickets will be issued on the sign-out day to students who have successfully met these requirements.

Year 12 Afternoon Tea

Wednesday 18th December 2019 at 12.30pm in the staff services lunch room. At the completion of the HSC, we look forward to seeing all students at the afternoon tea to celebrate their HSC results.

Special points of interest:

- [November \(front cover\)](#)
- [Senior Executive Report](#)
- [Student Leaders News](#)
- [Book Review](#)
- [Library News](#)
- [Sport News](#)
- [Calendar](#)
- [P & C Association](#)
- [GHS Clubs & extra-curricular activities](#)
- [Important Dates](#)
- [Parenting Ideas](#)
- [Join Us](#)
- [School Uniform Shop Price List](#)
- [Community News](#)
- [Change of Student details](#)

NAPLAN

Glenwood High School's NAPLAN results have shown that our students are continuing to perform well in literacy and numeracy. These results provide us with valuable data and are an important diagnostic tool. The data obtained enables us to identify collective and individual strengths and weaknesses in student learning and progress, leading to the development of effective teaching and learning programs that directly cater for the needs of our students. In numeracy, our school average is consistently better than the results for both similar and state averages. Strategies such as the Numeracy Connect classes are being utilised to assist students to improve their numeracy skills. Mapping numeracy skills across all KLA's is another strategy that enables teachers to explicitly teach numeracy in all subjects.

Results for literacy demonstrate that students are achieving at or above expected growth in the domains of reading, writing, grammar and punctuation. Additionally, our school is above the state average across all domains and is on par with statistically with similar school groups (SSSG). As a school we continue to focus on implementing a range of ongoing support programs to improve literacy skills. Strategies that the school has implemented have included the use of two specialist literacy teachers to assist a range of Key Learning Areas to insert targeted comprehension and writing strategies into their curriculums. The English faculty has also adopted a broader wide-reading program targeting years 7-10. The program includes student and teacher conferences, with targeted questions, that aims to promote enjoyment of reading and further students' comprehension skills.

MOVEMBER

Movember aims to raise awareness of men's health issues, including prostate cancer, testicular cancer and men's suicide in an attempt to reduce the number of preventable deaths. It has become an annual event at Glenwood High School and a record number of the male staff have joined in to raise awareness and money for the cause. At the beginning of November, the male staff involved had a "shave off" to prepare for the growing of their moustache. The teachers will be attempting to grow the following styles: The Freddie Mercury, The Trucker, The Albert Einstein, The Wisp, The Tony Stark, and The Frank Zappa. Thank you to all of the staff who have donated their faces to the cause. If anyone would like to donate it can be done by following the link to our team page.

<https://moteam.co/glenwood-high-school?mc=1>

World Teacher's Day

On Friday 25 October we celebrated World Teacher's Day. It was a great opportunity to recognise the fantastic work of the dedicated teachers at Glenwood High School. Teachers also reflected on the rewarding nature of the profession in which we work.

The revised Healthy School Canteen Strategy

All NSW government schools are required to adopt the revised health school canteen strategy by the end of the year. The [Australian Dietary Guidelines](#) and the national labelling system that provides [Health Star Ratings](#) (HSRs) on the front of packaged food and drinks forms the basis of the minimum food and drink criteria for the revised Healthy School Canteen Strategy. There will be two categories (every day and occasional food and drinks). Our school will be implementing the new strategy at the beginning of next year. For more information follow the link below:

<https://healthyschoolcanteens.nsw.gov.au/about-the-strategy/the-revised-strategy>.

Ms Karen O'Connor
Deputy Principal- Year 9 & 12

Visit to Parliament House

In Week 2, we were invited by the Member for Riverstone and Parliamentary Secretary for Education, Kevin Connolly, to a Youth Leadership Encounter at Parliament House (NSW). We had the honour of learning from a number of guest speakers, such as the NSW Treasurer, Dominic Perrottet, and the Clerk of the Legislative Assembly, Helen Minnican. Mr Connolly and the guest speakers provided insight into their personal leadership experiences, and discussed the importance of good leadership, both in politics and in wider life. We were able to ask questions about their respective roles in the parliament and ask them for suggestions for future leaders. We took what was learned back to school with a view to implementing these ideas in our leadership initiatives.

Later in the day, we were fortunate enough to be taken on a tour of both the Upper and Lower Houses, and were able to view Question Time in both chambers. This was an amazing experience and a great chance to learn from NSW politicians. It was fascinating to see the way current issues and topics are discussed and how they are then acted on in real world situations.

We would like to thank Kevin Connolly for hosting this event and providing such a wonderful and formative opportunity for our school leaders.

Ebony, School Captain

Lachlan, School Captain



Ebony and Lachlan in the Jubilee Room, Parliament House

The City goes to the Country

On Friday, 25th October, Glenwood High School representatives, Lachlan (Captain), Ebony (Captain), Isaac (Vice-Captain), Rozhin Ghalichi (Vice-Captain) and Antonio Peters (Year 10) travelled to the city of Quirindi for the World Youth Café and Forum and *Hangi in the Country*. Glenwood High School had been invited by the Sister-Cities Project Officers from Blacktown City Council, in support of our developing relationship with Quirindi High School.

The students were greeted by Quirindi Rural Heritage Village volunteers, where they learned about the history of Quirindi. The student delegates were given the opportunity to go to the Windy Station Woolshed, where they were educated on the methodology used by farmers to maintain livestock and grow crops in the past and present times. The night continued at the Jockey Club, where dinner and entertainment were provided with the generous support of the local community.

The following day, the captains and Antonio travelled to the newly-built Emergency Services Precinct. After a brilliant introduction by Playschool's Jay Lag'aia, the World Youth Café and Forum was convened. Encouraged by the Rap 4 Change performers, Antonio was then invited to share his original rap composition with the audience. This was both inspiring and entertaining. After this, students were taken to the Royal Theatre, to attend a studding performance by Jay Lag'aia. On the final evening, the Hangi in the Country began, developing an understanding of Kamilaroi and Maori cultures. Rawiri Iti, the Maori Warden of Blacktown City shared his rich cultural traditions and led the performance of the culturally-significant Haka.

Finally, the Blacktown City and Quirindi Council delegations, volunteer entertainers and students from both the city and the country said farewell, during the sharing of breakfast and cultural music.

The Captains and Antonio would like to thank the Blacktown City Council, the Liverpool Plains Shire Council, the performers, schools, students and teachers involved, and acknowledge the support of the Kamilaroi people for this amazing experience!

Isaac (Vice-Captain)
Rozhin (Vice-Captain)



GHS students amongst those celebrating new friendships at the Who'd a Thought? Lookout, Quirindi



GHS rap artist, Antonio Peters, performing an original composition at the Youth Café and Forum



GHS Students perform as part of an ensemble



Inter-school and inter-city delegations celebrate the forum's achievements

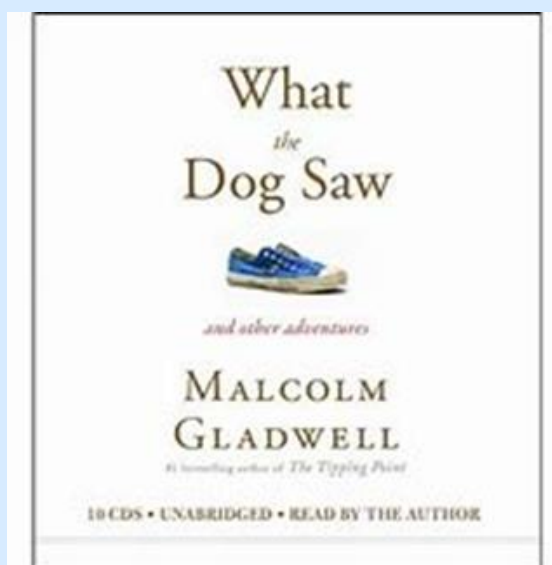


My Book Review

By Ms Donna Salt
Year Advisor—Year 10

“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.





Library News

CELEBRATIONS

This month sees us recognising Halloween and Horror Fiction, Remembrance Day, Movember and Refugee Stories.



READER OF THE MONTH

Last month Foketi was our largest borrower. Congratulations Foketi. This month's book review we have asked Foketi to tell us what she reads and why she likes her favourite genre.

'My favourite books to read are FANTASY. Books with adventure, action and a fight for power. I, also a sucker for romance, forbidden love, unknown love and especially love that starts as hate.'

STOCKTAKE

Stocktake will start in Week 6 and run through including week 8. This is 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.

SENIOR COLLECTION

We have made some changes in how we organise our non-fiction collection to make it easier for our Senior Students to find information relating to their Preliminary and HSC studies. A new Senior Collection is located alongside the Senior Study Area, with study guides and text books available to be used in the library during private study sessions, recess and lunch. These resources are not for loan to ensure all students have equal access.

Please encourage your young people to use these resources to support their learning and assist them in developing good study habits for now and the future.



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 minimise 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.

HILLSBUS SCHOOL SERVICE CHANGES COMMENCING 18 NOVEMBER 2019



School Travel Advice

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

For current Hillsbus school and route services visit www.cdcbus.com.au or call 02 8889 7000.

Conditions of Carriage: Students must have a valid Opal card and must tap on and off every trip. Further details about the SSTS are available at: www.transportnsw.info

Key: L> Bus turns left; R> Bus turns right

GLENWOOD HS

Bell Times

Effective 18/11/2019

Morning: 08:40

Afternoon: 15:00

MORNING BUSES

Route	Time	Bus Route
663	07:59	EX MERRIVILLE & PERFECTION via Route 663 to Forman Ave

AFTERNOON BUSES

Route	Time	Bus Route
2508	14:19	****MONDAYS ONLY**** EX BUS BAY TO MERRIVILLE & PERFECTION via R>Glenwood Park, R>Foreman, R>Glenwood Park, L>Sorrento, L>Sunnyholt, R>Quakers Hill, R>Sentry, L>Stanhope, R>Conrad, Merrville, L>Tway to Rouse Hill Station
2608	14:19	****MONDAYS ONLY**** EX BUS BAY TO MERRIVILLE & PERFECTION via R>Glenwood Park, R>Foreman, R>Glenwood Park, L>Sorrento, L>Sunnyholt, R>Quakers Hill, R>Sentry, L>Stanhope, R>Conrad, Merrville, L>Tway to Rouse Hill Station
663	15:07	EX FOREMAN TO MERRIVILE & PERFECTION via Route 663
2508	15:09	****TUESDAY TO FRIDAY ONLY**** EX BUS BAY TO MERRIVILLE & PERFECTION via R>Glenwood Park, Foreman, R>Glenwood Park, L>Sorrento, L>Sunnyholt, R>Quakers Hill, R>Sentry, L>Stanhope, R>Conrad, Merrville, L>T-Way to Rouse Hill Station
663	15:27	EX FOREMAN TO MERRIVILE & PERFECTION via Route 663

SPORT NEWS



Congratulations to Mackenzie who competed at the NSW All Schools Football Championship. She was selected in the merit team. Well done Mackenzie !!

Friday 15th November

**It's that time again SRC
are selling Krispy Kremes
.....mmmmm donuts**

On Sale at the following locations:

- Year 7, 8 and 9 - SRC window
- Year 10 and 11 - Quad

**All profits raised will
go to Youth off the
Streets**



\$2ea

2019 CALENDAR

TERM 4

Week 4B

Monday	4 –8 November	HSC Written Exams Year 8 VALID Year 11 Hospitality Work Placement Year 9 Assessment
Tuesday	5 November	Junior SRC Cluster at Macarthur Girls HS
Wednesday	6 November	P & C Meeting—All Welcome 7pm
Thursday	7 November	U14's Futsal Boys & Girls Mentoring Final Celebration
Friday	8 November	Year 12 History Extension—The Project

Week 5A

Monday	11-12 November	HSC Continues
	11-15 November	Years 8 & 9 Assessment
Monday	11 November	Year 12 Sign Out—1.30-3pm
Tuesday	12 November	MCA Sydney and GHS Art Workshops
Wednesday	13 November	Davidson shield Cricket—Exeter Farm Reserve Meurants Lane, Glenwood Year 12 Formal Darling Harbour Dockside—6pm
Friday	15 November	MCA Sydney and GHS Art Workshops

Week 6B

Monday	18 November	HSC Minimum Standard Writing Sports Presentation 9—10am
Tuesday	19 November	Enhanced Transition Program Year 11 WSU Parramatta Campus PASS Manly Surf School—Long Reef
Wednesday	20 November	Glenwood Apprentice
Thursday	21 November	Glenwood Apprentice Enhanced Transition Program HSC Minimum Standard Writing SLR Incursion with GoodStart Early Learning Centre
Friday	22 November	Glenwood Apprentice Secondary Futsal Gala Day Year 12 Hospitality Sydney Tower Restaurant

Week 7A

Monday	25 November	Buddies Program at Parklea PS Secondary Girls Softball Trials
Tuesday	26 November	Secondary Girls Softball Trials MCA Sydney & GHS Art Workshops (Cyreszko & McDonald) at GHS MADDness-Art Exhibition (Gold coin donation) 3-6pm
Wednesday	27 November	MADDness –Art Exhibition (Gold coin donation)3-7pm Performance MADDness (\$5 at the door) -7-9pm
Thursday	28 November	Buddies Program at Caddies Creek PS MADDness—Art Exhibition 3-5pm
Friday	29 November	MCA Sydney & GHS Art Workshops at GHS

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



Find us on:
facebook®

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



	Monday	Tuesday	Wednesday	Thursday	Friday
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)		
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)		English Help Yr 10 & 11 B9 Week A (Mrs Ingram) Sisterhood Top of D Block (Ms Ruzic) GHS Choir C2 (Mr Herne)	JAM Top B Block (Ms Cummins / Mr Dizon) Debating & Public Speaking D6 (Mrs Pearce)
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 Vlismas)	Junior Dance Ensemble (Yr 7&8) 3-4:30pm J6 (Miss Taylor) Dungeons & Dragons Club 3-4.30pm iCentre (Mr Lewis)	Senior Dance Ensemble (Yr 10, 11&12) 3-4.30pm J6 (Miss Taylor)



NOTE TO PARENTS

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

Important Dates

Term 4

Week 5A

Monday 11 November

HSC Written Exams continue—All week

Year 8 & 9 Assessments—All Week

Year 12 Sign Out –1.30 –3pm

Tuesday 12 November

MCA Sydney & GHS Art Workshops at MCA Sydney

Wednesday 13 November

Year 12 Formal—Darling Harbour Dockside

Friday 15 November

MCA Sydney & GHS Art Workshops

Week 6B

Monday 18 November

Sports Presentation Assembly

Tuesday 19 November

PASS Manly Surf School –Long Reef Beach

Wednesday 20 November

Glenwood Apprentice

Thursday 21 November

Glenwood Apprentice

Friday 22 November

Glenwood Apprentice

Secondary Futsal Gala Day

Year 12 Hospitality Sydney Tower Restaurant

Week 7A

Monday 25 November

Secondary Girls Softball Trials

Buddies Program at Parklea PS

Tuesday 26 November

Secondary boys Softball Trials

MCA Sydney & GHS Art Workshops

MADDness—Art Exhibition (gold coin donation 3-6pm)

Wednesday 27 November

MADDness Art Exhibition (gold coin donation) 3-7pm

MADDness Performance (\$5 at the door) 7pm

Thursday 28 November

Buddies Program at Caddies Creek PS

MADDness—Art Exhibition (gold coin donation)

Friday 29 November

MCA Sydney & GHS Art Workshops



Recently Year 9 students were issued with a permission note for Luna Park. Just to let parents know that there is a strict payment date, as Luna Park is very stringent with their payment schedule.

If parents could adhere to the **15th November cut off date**, that would be extremely helpful with ensuring your child is able to attend.

If you have any difficulty meeting the payment date, could you please let Ms Votano or the front office know before this date. We are looking forward to a fun filled day.

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.ulearntotalk.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

parenting * ideas

insights

A taste of falafel and independence

by Lenore Skenazy



EMOTIONAL INTELLIGENCE



School is in full swing in the United States, which means that some lucky students are about to undergo an enormous, transformative experience. It does not involve a test. At least not on paper.

It involves doing a Let Grow project – a radical new homework assignment where the kids’ task is to go home and do one thing on their own that they haven’t done yet. These activities that might sound simple or scary, depending on how much local news you watch: Walk the dog. Make dinner. Run an errand.

Here’s what some 6th graders in my city – New York – discovered:

“Going home by myself gave me many different feelings. I found it fun, because I was finally able to take the bus all by myself! Also, when I got off, I walked to my building — 8 blocks in total. My fear of going home alone disappeared. I am so happy I forced myself (and I also forced my parents) to go home alone. Now I am allowed to do it every day!”

See? That was a transformative afternoon for that girl. Here’s a boy whose mother allowed him to get a snack on his own:

“After the eternity of waiting, the school day is over. I think to myself: ‘Where to start? So many things to see!’ I figure that if I was going to be a new and independent me, I should try new things. So, I go to the falafel place and order falafel with sour cream and salad. I have never eaten sour cream before. I feel nervous and I hate that. It is all because my parents always keep a really close eye on me. I’m so accustomed to them watching me that not being watched is abnormal. The pita sandwich finally comes. I have one bite of the sloppy mess and think, ‘OH. MY. GOD. FANTAAAAABULOUS!!’ It was one of the best meals I ever had. I eat until I notice my plate is empty.”

And now from a boy who’s exaggerating his fears...I hope:

“Being 11, I feel more independent than ever. I have decided to risk my life and make an egg sandwich, all by myself, and eat it too. This task is harder than it may seem. I am going to use a flame to cook eggs, all independently.... I transfer the eggs to the pan. I am a little nervous now, since I can easily touch the flame right then and there.”

He manages to make the eggs, as well as the toast, even though, he writes, “in the process I could easily burn myself.” He survives and eats the sandwich: “Yum.”

Last story, this one from a girl:

“Everyone says that when you’re on an adventure, you’ll travel far. I don’t believe this to be true. In fact, today my

parenting * ideas

adventure led me to a neighbourhood cafe, Così. I have been begging my parents to let me go somewhere on my own. Today, they finally caved. They sent me off, cell phone in hand, and told me to have fun. I felt as if I was a bird who had broken free of her cage.”

Naturally, she has to call her parents the second she arrives safely. But, it's a start.

All these adventures are. Maybe they seem small, even silly, but in a culture that has created mountains of fear around every childhood experience, these kids have started their climb. Pretty soon, they'll be ready to fly.

You can view videos and info on the [Let Grow Project](#). There's a letter to send to parents, an instruction sheet for teachers, a list of activity ideas for the kids, and an optional worksheet. All Let Grow's materials are downloadable and free of charge.

You can attend our upcoming webinar, Brave parenting in a culture riddled with worry, at no cost!

About the webinar

This webinar is designed to help parents understand where their anxiety about their kids comes from, and why they don't let their kids do half the stuff they did growing up.

Hear from Lenore Skenazy, President of Let Grow, a non-profit promoting childhood independence and resilience, and founder of the Free-Range Kids movement. Lenore will talk about ways to make it easy and normal to start loosening the reins so both generations get more freedom.

When

Wednesday 27 November 2019 8:00pm 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

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-brave-parenting-in-a-culture-riddled-with-worry>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **BRAVE** and click 'Apply Coupon' (valid until 27 December 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'



Lenore Skenazy

Lenore Skenazy is president of the new non-profit Let Grow, and founder of the Free-Range Kids movement. After her column Why I Let My 9-Year-Old Ride the Subway Alone landed her on every talk show from The Today Show to Dr. Phil, Skenazy founded the book and blog Free-Range Kids to say that kids are not in constant danger. Give them more freedom and everyone wins. Lenore lectures internationally and has been profiled everywhere from The New York Times to The Daily Show. She has written for everyone from The Wall Street Journal to Mad Magazine. Contact details: <https://letgrow.org/>



**GLENWOOD
HIGH SCHOOL**

Innovation Opportunity Diversity Success

T 02 9629 9577
F 02 9629 2796

Forman Avenue,
Glenwood NSW 2768

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

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available on iOS and Android



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

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

GLENWOOD HIGH SCHOOL

School Uniform Shop



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.

Online School Shop Portal

Your school uniforms are available to be purchased at the school uniform shop. Please check your school web site or the Alinta online portal for the opening hours. You are also able to view the pricelist, 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: 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.

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.

Alinta Apparel Pty Ltd | E: info@alinta.com | W: www.alintaapparel.com.au | P: 02 4321 0433 | F: 02 4321 0411





Shop Hours
 Monday 8.00-11.00am
 Tuesday 2.30-4.00pm
 Wednesday 8.00-11.00am
 Friday 2.30-4.00pm

Contact Details
 (02) 9672 6891
 glenwoodhigh@alinta.com.au
 Glenwood Park Drive, Glenwood NSW 2768

Glenwood High School Uniform Shop Order Form



Girls Uniform: Yr7-Yr12	Size	Price	Size	Qty	Outerwear	Size	Price	Size	Qty
SS Blouse Yr7-Yr10	J8-J14	\$33.00	8-16		Knitted Jumper	8-16	\$75.00		
	L8-L20	\$35.00	18-20			18-20	\$78.00		
SS Blouse Yr11-Yr12	J10-J14	\$33.00	All Sizes		Blazer	All Sizes	\$140.00		
	L8-L20	\$35.00	All Sizes		Soft Shell Jacket 7-12	All Sizes	\$90.00		
Tartan Skirt	J4-L20	\$53.00	Size	Qty	Accessories	Size	Price	Size	Qty
Striped Pants	J8-L20	\$55.00	One Size		Boys School Tie	One Size	\$20.00		
Boys Uniform: Yr7-Yr12	Size	Price	Size	Qty	Girls Formal Bow Tie	One Size	\$15.00		
SS Shirt Yr7-Yr10	J8-J14	\$32.00	All Sizes		Socks 1 pk	All Sizes	\$5.95		
	XS-3XL	\$34.00	All Sizes		Microfibre Tights	All Sizes	\$10.00		
SS Shirt Yr11-Yr12	J12-J14	\$32.00	One Size		Gloves	One Size	\$8.00		
	XS-3XL	\$34.00	One Size		Scarf	One Size	\$12.00		
Formal Shorts	J10-3XL	\$39.00	All Sizes		Leather Belt	All Sizes	\$15.00		
Formal Trousers	J10-3XL	\$52.00	One Size		Apron	One Size	\$12.00		
Sports Uniform	Size	Price	Size	Qty	Sports Cap	One Size	\$17.00		
Sports Polo - Sale	J8-3XL	\$25.00	One Size		Backpack	One Size	\$66.00		
Sports Polo Royal	J8-J14	\$36.50	One Size		Fabric Marker		\$4.00		
	XS-3XL	\$37.50							
Girls Sport Shorts - Sale	J12-L20	\$25.00							
Ladies Sport Shorts Stretch MF	J12-L20	\$33.00							
Boys Sport Shorts - Sale	J8-3XL	\$25.00							
Unisex Sport Shorts Stretch MF	J8-3XL	\$33.00							
Trackjacket - Sale	J8-3XL	\$40.00							
Trackpants - Sale	J8-3XL	\$25.00							

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: _____

Note:
 • Sizes not carried are available by custom order (SMU). During peak times it may take up to 3 month 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.



Caddies Creek Public School P&C are staging our forth Twilight Market

on

Saturday 16 November 2019, from 3.00pm—8:30pm.

- ◆ **30+ Market Stalls, 10 food trucks, amazing rides & more**
- ◆ **Free entry on the day. \$5 per ride or \$30 for an unlimited ride wristband.**

This is our Facebook page -

<https://m.facebook.com/CCSPandCTwilightMarket2016/>

H Enrollment form: Weekend Arts Classes Illustration-Hub
ABN: 1398 4459 759

select one or many

Cartooning Classes






Class 1: TV Cartoons

Class 2: Movie Cartoons

Class 3: Cartoons Animals

Class 4: Superhero Cartoons

Locations:
 1st St Marys Scout Hall
 Gabriels Lane
 St Marys, NSW 2760
 Saturdays 2nd Nov to 23rd Nov

Cost: \$27.5 (incl GST) per class per child
Timings: 1:30pm-3:30pm

Visual Arts Classes

Oil-Pastel



Class 1

Painting



Class 2

Clay Modelling



Class 3

Pencil Colors




Class 4

Locations:
 1st St Marys Scout Hall
 Gabriels Lane
 St Marys, NSW 2760
 Saturdays 2nd Nov to 23rd Nov

Cost: \$27.5 (incl GST) per class per child
Timings: 4:00pm-6:00pm

Manga Art Classes



Class 1: Introduction to Manga Art, Male and Female head proportions

Class 2: Hair & accessories

Class 3: Body proportions & Figures in motion

Class 4: Composition

Locations:
 1st St Marys Scout Hall
 Gabriels Lane
 St Marys, NSW 2760
 Saturdays 30th Nov to 21st Dec

Cost: \$27.5 (incl GST) per class per child
Timings: 1:30pm-3:30pm

Designing Classes (Craft)

Mask Designing



Class 1

Shoulder Bag



Class 2

Baseball Cap



Class 3

Apron



Class 4

Locations:
 1st St Marys Scout Hall
 Gabriels Lane
 St Marys, NSW 2760
 Saturdays 10th Nov to 21st Dec

Cost: \$30.8 (incl GST) per class per child
Timings: 4:00pm-6:00pm

0412 498 312 www.illustration-hub.com admin@illustration-hub.com



Glenwood High School

Innovation Opportunity Diversity Success

AUTHORITY TO CHANGE STUDENT RECORD DETAILS

Dear Parent/Guardian

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

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

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

ATTENTION

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

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

SIGNATURE
T 02 9629 9577 F 02 9629 2796

DATE
ABN 90 913 676 854