GLENWOOD HIGH SCHOOL
Innovation Opportunity Diversity Success

THE REDGUM
Telephone: 9629 9577 Fax: 9629 2796 Email: glenwood-h.school@det.nsw.edu.au Website: www.glenwood-h.schools.nsw.edu.au

Issue 2- 28 February 2019

SENIOR EXECUTIVE REPORT

Blacktown City Youth forum

Glenwood High School’s Leadership Team attended Blacktown City Council’s “Your Say Youth Forum” on Thursday 21st February. This forum invited the youth of Blacktown aged between 14-18 years to voice their opinions, raise concerns, discuss issues like mental health, domestic violence, gender and race equality, called upon policy makers to provide better resources for young people and share their thoughts about making Blacktown City a better place. With over 120 students attending, this has given the Mayor Stephen Bali MP, Councillors and Council a unique opportunity to hear the needs and wants of its youth.

High Achievers Assembly

“Stop the Press”

In our last newsletter it was mentioned that we had 14 students receive an ATAR over 90. Since then we can confirm that, after our High Achiever’s Assembly, we had 21 students with an ATAR over 90. Congratulations class of 2018.
During our High Achievers assembly in week 3 we had the opportunity to celebrate the successes of the class of 2018 and acknowledge our Dux, Nicky with an ATAR of 99.75. Another fantastic result was Lesi with an ATAR of 99.35. It was inspirational to share their stories and Year 12 valued the question and answer session. Congratulations to all of the students at this award ceremony. They and their parents, rightly should be very proud of their achievements. They are certainly outstanding role models for other students in the school. I would also like to acknowledge the role of the teachers in guiding and mentoring our students on their HSC journey. Many of our students gained University entry and are very happy with the tertiary courses they have been able to access. Over the last couple of weeks all Head Teachers have been analysing the data from the HSC results with their faculty and celebrating successes and reflecting on performances.

School Opal Cards

All students must be in possession of a valid Opal card or pay a fare.

Students in possession of an Opal card must also tap on/off with their card when boarding our buses.

As part of the campaign against fare evasion, and the on-going commitment to provide the level of service needed to transport students to and from your school, Busways conducts regular checks of School Opal cards. This is important, because the Opal data collected determines the level of service we are able to provide to our school. If students don’t tap on and off, the services will appear underutilised and may be considered for cancellation based on low passenger numbers.

Students who are ineligible for a School Opal will need to purchase a Child/Youth Opal card or pay a fare to travel on the buses.

**Bluegum Café**

The Bluegum Café operates two mornings per week throughout the term from 7:30 am until the start of the school day. It is staffed by a small group (approximately 4-5) of our Year 11 and 12 Hospitality students on a rotational roster supervised by their Hospitality teacher. Students gain experience in a realistic setting, where the customer to staff ratio is similar to that of a commercial café. They develop skills in taking orders, financial transactions using a cash register, preparing and serving a range of espresso coffees and basic food items. Students undertake a full service period where they prepare the café to the final shut down of operations ready for the next team to work the following shift.

**2018 Information Evening & GAT**

Our Open Evening at Glenwood High School was held on Monday 25 February and was a great success. There was an outstanding level of interest from the community and we relished in the opportunity to display our wonderful school and all it has to offer. A huge thank you to all students and staff who volunteered their time to support this event.

On Monday 4 March 2019 at 6.30pm we will be holding our Gifted and Talented Information Evening.
At this meeting information will be provided regarding the program and testing procedures. You will also hear from some current and past students and their personal experiences regarding the GAT program. We would like to wish all students sitting for the GAT entry exam all the best.

**Students who have Anaphylaxis or allergic reactions**

ASCIA Action Plans are a concise and easy to follow, single page document to assist in emergency treatment of anaphylaxis and allergic reactions. The plans are medical documents that should be completed and signed by the treating medical or nurse practitioner. The plans must be reviewed every 12 months for children, including an up-dated photo and provided to the school. The correct form must be the 2018 version as pictured below. The school may be required to send students home if the correct forms have not been submitted to the school.

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**Road Safety**

Parents and carers are responsible for a student’s travel to and from school. Schools take over responsibility and duty of care for the student once they enter school premises. When riding or walking to and from school, it is important for students to be aware of their surroundings and follow the road rules. We ask that parents reinforce the following safety rules to their children who ride or walk to school:

- Use the designated pedestrian crossing at the front of the school. (Do not cross at the roundabout.)
- Be aware of the surroundings by not wearing ear phones.
- Wear a helmet when riding to school.
New Soft Shell Jackets

Our new Soft Shell Jackets are NOW available in our Uniform Shop
Get ready for Winter, purchase in store or online - www.alintaapparel.com.au—$90.00

Opening hours
Monday & Wednesday 8am—11am
Tuesday & Friday 2.30pm—4.00pm

Second hand uniforms

We are always looking for second hand uniforms that are clean and in good condition, to put in our clothing pool. If you have any lying around, it would be appreciated if you could donate them to the school.

Mrs Karen O’Connor
Deputy Principal—Years 9 & 12

All students are invited to nominate to be considered for the SRC in 2019.

Please open the Google Forms link and submit your application by no later than 3pm Monday 4th March (Week 6). For those who are nominating, the voting forms will be prepared and distributed during connect next week, with all students having an opportunity to elect who they wish to represent their year group for the year ahead.

If you have any queries please see Mr Hall at Staffroom West during lunchtime.
GLENWOOD HIGH
Gifted and Talented Program 2020

For more information regarding our 2020 Gifted and Talented program, please contact the GAT Coordinators Karen O’Connor, Rebecca Powell & Rebekah Ingram
Or 2020 Year Advisor Rebecca Kearney

Glenwood High School
Corner Forman Ave and Glenwood Park Drive
Glenwood NSW 2768
Ph: 9629 9577
Fax: 9629 2796
Website: www.glenwood-h.schools.nsw.edu.au
Email: glenwood-h.school@det.nsw.edu

Important dates

Monday, 4th March, 2019
Gifted and Talented Information Evening
Glenwood High School Hall
6:30pm - 8:00pm

Friday, 15th March, 2019, 5pm
Online Application and payment due
https://www.trybooking.com/XYSO

Wednesday, 27th March, 2019
Academic Gifted and Talented
Class assessment
Glenwood High School
9:30am
Gifted and Talented Education at Glenwood High School

The Gifted and Talented program at Glenwood High School strives to provide a supportive learning environment that challenges students to excel in their ability.

Extra-curricular activities include:
- Debating workshops and tournaments
- NSW History Teachers’ Association History Mastermind Competition
- Glenwood High School musicals, choir and band
- Australian Securities Exchange Sharemarket Game
- GR8 GATsby – Glenwood Learning Community Tournament
- KLA-specific enrichment programs
- Academic competitions, including Mathematics, Science, Computing Studies, Business Studies and Economics

Our Aims
At Glenwood High School, we aim to:
- Provide formalised identification procedures for Gifted and Talented Students
- Develop policy to support the development of Gifted and Talented students
- Equip staff with the skills to cater for Gifted and Talented students
- Continually develop and offer high quality programs
- Encourage our Gifted and Talented students to pursue

Identification of Gifted and Talented Students
All students applying for selection in the Gifted and Talented Program will be required to sit the Higher Ability Selection Test, developed by the Australian Council for Educational Research (ACER). This assessment is designed to measure innate ability and academic potential. Continued monitoring of student performance, including school-based assessment, in-class performance and teacher feedback, will ensure students identified as Gifted and Talented have access to a challenging and positive learning environment.

Cost
A non-refundable fee of $100 is required to cover the cost of the Higher Ability Selection Test, which will be administered and marked by independent parties.
PDHPE/SPORTS NEWS

Sport at Glenwood High school is up and running in full force already. So far we have had a number of trials for both Macquarie and Sydney West sports including Tennis, Softball, and Touch Football. There have also been a number of try outs for Glenwood High school teams including Soccer, Touch Football, Basketball, Netball and Oztag. We have had a number of student’s trial for these teams and we thank you all for your time and passion you show towards these sports.

Wednesday sport has also started with some great results in our first 2 rounds of Grade Sport. Congratulations to all students who made the grade sport teams. This year we have decided to go back to combined teams to give our students the boat opportunity to be competitive in the grade sport arena. Recreation and school sport is also running smoothly and we are hearing great reviews about these opportunities for the students.

Macquarie cups are also creeping up on us. Both our boys and Girls Soccer teams went away and played out at Colo on Monday 25th. Congratulations to both teams making the semi-finals and having a number of students selected to represent Macquarie Zone at the next level. This week coming we have both netball and Basketball, with Touch Football following in the following week. Good luck to all students participating at these carnivals.

The school Swimming Carnival was held on the 22nd February. This was a competitor’s only event with a number of Year 12 students joining us for their last ever swimming carnival. A great day was had by all with a number of records being broken on the day. The Zone carnival is fast approaching in just over a week’s time and we wish all Glenwood students the best in this carnival.

As you can see we have been busy in the sporting arena. Please make sure all students keep an ear out for daily messages on Sentral, Facebook posts and the App so they don’t miss out on their opportunity to trail for their sport of choice.
"On the 6th February, Kylie from Bunnings Blacktown came to visit again, with a wonderful surprise for the students. They built a frog pond with a solar powered water fountain. It was such a big job for our senior class that she brought Dominque from Bunnings with her to help.

They all got in to dig, cement, fit the pond and decorate. We are very lucky that Christian is so strong in being able to dig the hole for us. Harrison also was able to work out how our solar fountain needed to be fitted and working. The senior class all had a great time decorating the pond with pebbles and aqua plants. They put down a mesh screen for safety reasons, as well as the water fountain.

But more importantly, we had tadpoles and frogs ready to put into our pond. Kylie was so excited that we had bred our own tadpoles. She said that's the first time she was able to complete a frog pond with frogs going in straight away.

Once again we would like to thank Blacktown Bunnings for their kind donation of the products used, but also allowing Kylie and Dominque to donate their time to work with our students, building a wonderful relationship with them and achieving great success in the gardens!
The Library has been celebrating Dr Seuss’s birthday the last couple of weeks. We hope you have all enjoyed our display of Dr Seuss and managed to pick up a book mark.

What’s black and white and ‘read’ all over? A book! Of course. We hope our reading community enjoyed our Valentine’s Day display, special bookmarks and reading competition. We know that many of our students, ‘fell in love’ with lots of books over the month.

Congratulations to our Reading Award winners for February. Great reading habits students!

Zane, Molly, TJ, Alisha, Charlotte Chia, Ayush, Jason, Gabriel & Bella
Warren donates his time to volunteer every Tuesday to Glenwood High School Library. Warren comes at Lunchtime every Tuesday to run and oversee the students who want to play Chess. Warren teaches them as well as organizes competitions for the students.

Warren then comes in at 3pm for Homework Centre. Warren helps organize afternoon tea, signs the students into Homework Centre, then sits down to help with them till 4pm.

Warren has been a great asset to the school since retiring from teaching a few years ago and we appreciate his help very much. Thank you Warren.

AUDIODESTRUCTS 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.
3. Start reading!
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.

**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.

Most books and magazines are due back in two weeks. There is also borrowing permitted over the 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 Jackson, Mrs Brackley, Mrs North & Mrs Anderson will be happy to help you.
26th February 2019

Dear Parents/Carers,

**NSW School Vaccination Program for Year 7 students in 2019**

*Completed cards to be returned ASAP*

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2019 the following vaccines will be offered:

- **Human papillomavirus (HPV) vaccine** – 2 doses at least 6 months apart
- **Diphtheria-Tetanus-Pertussis (whooping cough) vaccine** – Single dose

The vaccination clinics will be conducted at Glenwood High School for all Year 7 students on:

- **Friday, 1st March 2019**
  - 1st dose HPV
  - Single dose dTpa
- **Friday, 14th June 2019**
  - Catch-up Year 7's who were absent for March visit
- **Friday, 13th September 2019**
  - 2nd dose HPV

We have sent home with the students a **Parent Information Kit** that includes an information sheet, consent form and privacy statement. To consent to the vaccination of your child, parents/guardians are advised to:

- read all the information provided;
- complete the consent form, including signing your name next to each of the vaccine/s you would like your child to receive;
- return the completed consent form to the Library at Glenwood High School ASAP;
- ensure that your child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw consent for any reason may do so by writing to the school Principal or phone the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at [www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation).

Please note that students who commence the HPV vaccination in school clinics in Year 7 but do not complete the course during the school year may be offered catch-up doses at school in Year 8. Students who have their first HPV dose at their GP will be advised to complete the course with their GP.

**A Record of Vaccination will be provided to each student vaccinated at each clinic. You should ensure that this record is kept for future reference. Please do not assume that your child has been vaccinated if you do not receive this Record of Vaccination. Vaccination records will be uploaded to the Australian Immunisation Register (AIR) to provide a complete immunisation history for your child.**

Should you have any further questions or comments regarding this program please call the Immunisation Team on 9840 3603 or call Mrs Achar in the Library at Glenwood High School on 9629 9577.
26th February 2019

Dear Parents/Carers,

**NSW School Vaccination Program for Year 10 students in 2019**

*Completed cards to be returned ASAP*

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2019 the following vaccines will be offered:

*Meningococcal ACWY vaccine – single dose*

The vaccination clinics will be conducted at Glenwood High School for all Year 10 students on:

- **Friday, 14th June 2019**  
  Meningococcal ACWY Vaccine
- **Friday, 13th September 2019**  
  Catch-up Year 10’s who were absent for June visit

All students were sent home a **Parent Information Kit** that includes an information sheet, consent form and privacy statement. To consent to the vaccination of your child, parents/guardians are advised to:

- read all the information provided;
- complete the consent form, including signing your name next to each of the vaccine/s you would like your child to receive;
- return the completed consent form to the Library at Glenwood High School ASAP;
- ensure that your child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw consent for any reason may do so by writing to the school Principal or phone the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at [www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation).

Please note that students who commence the HPV vaccination in school clinics in Year 7 but do not complete the course during the school year may be offered catch-up doses at school in Year 8. Students who have their first HPV dose at their GP will be advised to complete the course with their GP.

**A Record of Vaccination will be provided to each student vaccinated at each clinic. You should ensure that this record is kept for future reference. Please do not assume that your child has been vaccinated if you do not receive this Record of Vaccination. Vaccination records will be uploaded to the Australian Immunisation Register (AIR) to provide a complete immunisation history for your child.**

Should you have any further questions or comments regarding this program please call the Immunisation Team on 9840 3603 or call Mrs Achar in the Library at Glenwood High School on 9629 9577.
### CALENDAR

**TERM 1, 2019**

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<th>Week 5B</th>
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<tr>
<td><strong>Thursday</strong> 28 February</td>
<td>All Schools Triathlon</td>
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<td><strong>Friday</strong> 1 March</td>
<td>Year 7 Vaccinations 1st dose HPV and single dose dTpa</td>
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<td>All School Triathlon</td>
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<td>Sydney West Swimming entries due</td>
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<td>Macquarie Cup KO Basketball (Open Boys &amp; Girls)</td>
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<th>Week 6A</th>
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<tr>
<td><strong>Monday</strong> 4 March</td>
<td>Year 7, 2020 Gifted and Talented Information Evening -6pm</td>
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<td>Year 11—Burn 2 Learn</td>
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<td><strong>Tuesday</strong> 5 March</td>
<td>Escape from Worryville Performance—Year 10</td>
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<td><strong>Wednesday</strong> 6 March</td>
<td>Macquarie Zone Swimming Carnival</td>
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<td><strong>Thursday</strong> 7 March</td>
<td>P &amp; C Meeting—7pm—All Welcome –AGM</td>
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<td>Secondary Golf Trials</td>
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<td><strong>Friday</strong> 8 March</td>
<td>Years 9-12 Macquarie Cup—Netball</td>
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<td>Secondary Rugby Union Trials B/G</td>
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<td>Basketball Trials</td>
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<th>Week 7B</th>
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<tr>
<td><strong>Monday</strong> 11 March</td>
<td>Sydney West Swimming</td>
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<td><strong>Tuesday</strong> 12 March</td>
<td>Macquarie Cup Touch Football –boys &amp; girls</td>
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<td><strong>Thursday</strong> 14 March</td>
<td>Secondary Rugby League Opens/15s Trials</td>
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<td><strong>Friday</strong> 15 March</td>
<td>Harmony Day</td>
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<td>Secondary Girls Football Trials</td>
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<th>Week 8A</th>
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<tr>
<td><strong>Tuesday</strong> 19 March</td>
<td>Macquarie Cup Basketball - boys &amp; girls</td>
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<td><strong>Wednesday</strong> 20 –22 March</td>
<td>Year 7, 2019 Great Aussie Bush Camp</td>
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<td><strong>Thursday</strong> 21 March</td>
<td>Secondary Girls Rugby Union Trials</td>
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<td><strong>Friday</strong> 22 March</td>
<td>Secondary Boys Football Trials</td>
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<th>Week 9B</th>
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<tr>
<td><strong>Monday</strong> 25 March</td>
<td>Secretary Boys/Girls Touch Champs</td>
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<td>Macquarie Cup Soccer - Boys &amp; Girls</td>
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<td>Year 8 The hurting game anti-bullying program</td>
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<td><strong>Wednesday</strong> 27 March</td>
<td>Year 7, 2020 Gifted &amp; Talented Test</td>
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<td><strong>Thursday</strong> 28 March</td>
<td>Secondary Netball Trials &amp; AFL Trials</td>
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<td>Year 12 English Standard Reading Task and Critical Response</td>
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<td><strong>Friday</strong> 29 March</td>
<td>Secondary Girls Hockey</td>
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Refer to either our website/facebook or school app for further information
Please note dates are correct at time of publishing
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<td><strong>Before School</strong></td>
<td><strong>SciHelp</strong> Yr 11 Chemistry &amp;</td>
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<td><strong>Fitness</strong></td>
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<td>E&amp;ES E1 (Mr Hussain)</td>
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<td>7:30 – 8.150am</td>
<td>Top of C Block Yr 10-12 Students</td>
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<td>(Mrs Davies)</td>
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<td><strong>Breathing Space</strong></td>
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<td>8:10 – 8:30am</td>
<td>CC in Library (Mrs Achar)</td>
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<td><strong>Recess</strong></td>
<td><strong>SciHelp (Wk B)</strong> Yr 10 Science</td>
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<td>E1 (Ms Wiyana)</td>
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<td><strong>Lunch</strong></td>
<td><strong>MathsHelp P8 (Mrs Brahe)</strong></td>
<td><strong>Chess Club &amp; Board Games</strong></td>
<td><strong>Sisterhood</strong></td>
<td><strong>JAM</strong></td>
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<td>GHS Choir C2 (Mr Herne)</td>
<td>CR1 (Mr Millard &amp; Mr Walker)</td>
<td>Top of D Block (Ms Ruzic)</td>
<td>Top B Block (Ms Cummins / Mr Dizon)</td>
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<td><strong>SciHelp (Wk A)</strong> Yr11&amp;12 Physics</td>
<td><strong>MathsHelp P8 (Mrs Brahe)</strong></td>
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<td>Yr7-10 Science</td>
<td><strong>Chill Chat Colour</strong></td>
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<td>E1 (Mr Hussain &amp; Ms McLeay)</td>
<td>Top of B Block (Ms Powell)</td>
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<td><strong>After</strong></td>
<td><strong>Homework Centre - All</strong></td>
<td><strong>School Band</strong></td>
<td><strong>Makers &amp; Robotics Club</strong></td>
<td><strong>Junior Dance Ensemble</strong></td>
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<td><strong>School</strong></td>
<td>3-4pm Library (Mrs Fleurant)</td>
<td>2:50-4pm Music Prac Room (Mr</td>
<td>3-5pm iCentre (Mr Lewis)</td>
<td>(Yr 7&amp;8)</td>
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<td>Herne &amp; Miss Cross)</td>
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<td>3-4:30pm J6 (Miss Taylor)</td>
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<td><strong>Senior Dance Ensemble</strong> (Yr</td>
<td><strong>Intermediate Dance Ensemble</strong></td>
<td><strong>Minecraft Club</strong></td>
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<td>10, 11&amp;12) 3-4.30pm J6 (Miss</td>
<td>(Yr 8&amp;9) 3-4.30pm J6 (Miss</td>
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<td><strong>Art Club (Yr 7&amp;8)</strong> 3.10-4.30pm</td>
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<td>Art workshop, J Block (Mrs</td>
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Top five strategies to improve your parenting this year

by Michael Grose

The start of the year is a great time for making changes and improvements to the way you raise kids. But it's difficult to know where to begin.

To assist with the change process we've carefully selected five practical strategies that will have a positive impact if acted upon. We've organised webinars in the first half of the year to assist you to implement each strategy.

1. Switch on your child's strengths

Most of us have been conditioned to focus on what kids can't do. There is a better way. The Positive Psychology movement lead by US-based psychologist Dr. Martin Seligman showed that when we can unearth kids' strengths we are, in effect, unlocking their true potential for success and happiness. Three elements come together to make a strength and parents need to be mindful of all three: performance (being good at something); energy (feeling good doing it); and high use (choosing to do it).

Professor Lea Waters, author of the wonderful new book The Strength Switch and current President of the International Positive Psychology Association will show you how to focus on kids' strengths in her webinar 'Switching on your child's strengths'.

2. Balance kids' extra-curriculum activities

Alongside social media and news events, being busy is now recognised as a major stressor for many children and young people. The choice of activities to keep kids busy after school hours is mind-boggling.

Having so many options is wonderful but it does place a new set of pressures on parents and kids. The cost of loading kids up with scheduled activities is that many don't get the chance for free play, or simply 'veging out' on the couch.

Parenting Ideas expert Dr. Jodi Richardson will help you find the right balance of activity for your family in her webinar 'Balancing extra-curricular activities'.

3. Focus on friendships

Friendships are an important part of the road to adulthood for a child or young person. Friendships can also be
parenting ideas

problematic. Not every child is naturally outgoing and makes friends easily. If your child has difficulty forming friendships and is worried by that, then there are many ways to approach this including: encouraging kids to spend one-on-one time with others, making extra-curricular activities fit their interests, and coaching kids to develop friendly behaviours.

The wonderful Sharon Witt will conduct a webinar ‘Teach girls to build each other up’, focusing on friendship skills especially for parents of girls.

4. Give kids tools to manage anxious moments

Currently we have a childhood anxiety problem. A big one! And it’s mostly undetected as community understanding of anxiety is low. It’s our experience at Parenting Ideas that many parents are anxious and they don’t know it, and many children routinely experience anxiety, which goes unrecognised.

Parenting Ideas founder Michael Grose is conducting a webinar ‘Managing your child’s anxiety’ to help parents on this challenging but important topic.

5. Develop rights of passage

Community changes have largely eradicated many traditional rights of passage, making it harder for a young person to know when they’ve become an adult.

Fortunately, many families are now creating their own to mark events such as the end of primary school, the move into the teenage years, and mark different stages of adolescence. These traditions are now becoming legitimate rights of passage for young people.

Internationally recognised expert on rites of passage Arne Rubenstein will outline practical ways you can recognise a young person’s important life markers in his webinar ‘Creating 21st century rites of passage’.

Will anything be different this year?

Change and improvement in anything worthwhile generally comes incrementally rather than in one giant leap. We’ve pointed you in the right parenting to take this year. With our webinars we’ve made it easy to take that vital first step. Have a great parenting year.

Michael Grose

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

by Professor Lea Waters (PhD)

Personality strengths – our character – play a big role in helping us build our our talents. Think about anyone who has built a talent and imagine if it could have been done without character. Imagine Einstein without curiosity, The Beatles without creativity, Mother Teresa without compassion or Neil Armstrong without bravery.

Yet for decades, scientists were blind to character strength. We focused on talent, often on physical strength and skills. In fact, when I first ask young children what they think a strength is, they almost always point to their biceps or talk about being able to lift something heavy.

Once you get familiar with the language of strengths and a framework for seeing them, you’ll see character strengths easily in your child. In fact, you may find your child calls on their character strengths more often than on talent to meet life’s challenges.

Three key elements of a strength

You’ve probably seen a child joylessly perform at a piano recital. They may hit all the right keys, but there’s no energy or enthusiasm. It’s as if they don’t want to be there. On the flip side, we’ve seen the child onstage who’s clearly motivated and energised and who fearlessly flails through every mistake – of which there are many.

It turns out that three elements come together to form a strength. For purposes of strength-based parenting, we need to keep our eye on all three:

1. **Performance (being good at something).**
   Watch for when your child shows above-age levels of achievement, rapid learning, and a repeated pattern of success.

2. **Energy (feeling good doing it)**
   Strengths are self-reinforcing. The more we use them, the more we get from them. They fill us with vigour. You’ll notice your child has abundant energy when using a strength.

3. **High use (choosing to do it)**
   Finally, look for what your child chooses to do in their spare time, how often they engage in a particular activity, and how they speak about that activity.

For true strengths, these three elements form a beautiful feedback loop: great performance provides the child with a shot of high energy, so the child naturally chooses to do more. In turn, high use – also known as effort or practice – improves performance levels. So, for example, if you notice that your child is energised when they play
parenting ideas

the piano, and you provide enjoyable opportunities for them to play, if they're mining a true strength they will likely practise more, which improves their performance, which then energises them ... and so the loop continues.

Keeping this triad in mind will help you avoid pushing your child into an area that seems like a strength just because your child is good at it. It will also help you differentiate between whether your child is binging on an activity in an escapist way or expressing a true strength.

For example, when a parent asks me, 'My son is great at computer games and wants to play all the time. Is that a sign of a strength?' I reply, 'Observe his energy levels at the end. Is he drained and cranky? Or energised and full of life? Are you seeing the full triad?' Computer games can tap into a child's strategic and problem-solving skills or stimulate creativity (in some games, you invent whole new worlds). Or they might just be about filling time.

So look for all three signs. When you see your child do something well, with energy, and repeatedly, you'll know you've unearthed a strength.

Professor Lea Waters (PhD)

Lea is the best-selling author of The Strength Switch, the President of the International Positive Psychology Association, and the founding director of the Positive Psychology Centre at the University of Melbourne. For further details visit leawaters.com.
National Driver Education is accredited by Roads & Maritime Services as a provider of Safer Driver Courses for Learner Drivers.

**MODULE 1 & 2 ARE CONDUCTED ON THE SAME DAY. 5HR COURSE.**

**REFRESHMENTS, MORNING TEA & LUNCH PROVIDED,**

Learner Drivers earn **20 BONUS HOURS** in their log book at the completion of the course.

Next Available Course dates:

**Quakers Hill**

Saturday 10th March 2019  
Tuesday 16th April 2019 (School Holidays)  
Further 2019 dates to be advised – please call 02 9853 3243

**Rouse Hill**

Saturday 9th March 2019  
Wednesday 17th April 2019  
Further 2019 dates to be advised – please call 02 9853 3243  
Please visit [www.ndeaustralia.com.au](http://www.ndeaustralia.com.au) to book a course or call 02 9853 3243.

**N.B. Free course for disadvantaged learner drivers**

The NSW Government is offering **1000** free places on the Safer Drivers Course each year to help young learner drivers from disadvantaged backgrounds and Aboriginal communities. The fee exemption allows those who are financially disadvantaged to benefit from the road safety outcomes of the Safer Drivers Course.
School Opal Card

As part of our campaign against fare evasion, and our on-going commitment to provide the level of service needed to transport students to and from your school, Busways conducts regular checks of School Opal card.

All students must be in possession of a valid Opal card or pay a fare.

**Students in possession of an Opal card must also tap on/off with their card when boarding our buses.**

This is important, because the Opal data collected determines the level of service we are able to provide to your school. If students don’t tap on and off, the services will appear underutilised and may be considered for cancellation based on low passenger numbers.


Students who are ineligible for School Opal will need to purchase a Child/Youth Opal card or pay a fare to travel on our buses.

Thank you in advance for your assistance and support.
IMPORTANT INFORMATION
Pedestrian and motorist safety around Glenwood High School

At Glenwood High School we are continuing to focus on encouraging safe behaviour in students, staff and parents. We appreciate the support that our school receives from our parents. Pedestrian and motorist safety is a high priority.

To keep our children safe during school travel times, motorists should drive no faster than 40km/h through school zones, which operate from 8.00-9.30am and from 2.30-4.00pm on school days.

Our Drop-off and Pick-up zone operates from 8:00-9:30am each morning, and again 2.30-3.30pm each afternoon. This zone is designed for quick entry and exit and to minimise congestion and risk when used properly by all parents and carers. However, outside these times the area becomes a "parking area".

Safety tips for drivers using the Drop-off and Pick-up zone

- Always drop-off or pick-up your child from the designated ‘Drop-off and Pick-up zone’.
- When you enter the ‘Drop-off and Pick-up zone’, always drive down as close to the bottom as possible to allow more cars to enter the zone.
- Always pull your car to the left hand side of the zone, allowing other cars to pass on the right hand side of the zone.
- Do not stop your vehicle in the middle of the ‘Drop-off and Pick-up zone’, or on the right hand side of the zone.
- Drivers should remain in their vehicles, or within 3 metres of your vehicle at all times in the ‘Drop-off and Pick-up zone’.
- Maximum time you can stop in this zone is 2 minutes.
- Make sure children use the footpath side door to get in and out of the car.
- Make sure the handbrake is applied when the vehicle is stationary.
- Always park legally.
- Avoid dangerous manoeuvres such as U-turns and three-point turns.
- When using the ‘Drop-off and Pick-up zone’ always exit left onto Forman Avenue (there is a No Right Hand Turn sign). If requiring to travel west on Forman Avenue, please exit turning left and use the roundabout on the corner of Glenwood Park Drive to continue your journey.

All Glenwood High School car parks are only for the use of staff. Parents and carers are not permitted to park, drop-off or pick-up students within the school grounds.

When parking around GHS, motorists are asked to ensure that residents around our school continue to be treated with courtesy and respect. Parents are reminded not to park in and across driveways and park according to street signage.

Parents/Careers are also reminded that the Goodstart Early Learning Child Care Centre carpark, located next to the school is for their client use only. If you do not have children attending this centre, please do not park in this area.

Students are reminded when walking to and from school to cross in groups, when using the pedestrian crossings on Forman Avenue and Glenwood Park Drive.

If there is an emergency that precludes you from collecting your child at the end of the school day, please advise the school office so that alternative arrangements can be made.

Thank you for your support in working with us in keeping our students and your children safe.
GLENWOOD COMMUNITY NEWS

Play Rugby League
Players required for all ages
4 years of age to Adults
Boys Teams - Girls Teams
Mens Teams - Ladies Teams
Everyone Welcome
Register now at playnrl.com
or on our facebook page
Home ground Exceter Farm Reserve
Muerants Lane Glenwood
Contact us 0466509790
blacktown.districtrl@gmail.com

Blacktown District Rugby League a new club for 2019
Start or continue your rugby league journey with us , we are focused on the
development of young people and providing an enjoyable sporting experience for
families  visit us at our home ground from 5pm Tuesday February 12 and sign up to
a team or register at this link http://bit.do/BORLs just type it into your browser
Friday night U/18’s boys , Saturday U/6 to U/16 Boys and Girls , Saturday U/18 Girls
Non contact Sunday Tag option available for 11 to 17 years boys and girls or mixed
teams

GIVE HOCKEY A GO THIS WINTER
Mixed competition for U11s to U17s
Open age competition

Tempted?
Take part in a training session
Mondays; Open age, Tuesdays; U11s, 13s, 15s, Thursdays; U8s, 10s, 17s
Cavanagh Reserve Tennis Courts Northcott Road, Lalor Park – yes, we’re local!

AFTER MORE INFORMATION?
Contact Lyn 9674 2876, 0421 798 242
klhcsecretary@gmail.com
Visit: http://www.kingslangleyhockey.org.au

Kings Langley Hockey Club is registered for the Active Kids Rebate Programme
Students are to bring their BYOD to school everyday. If your child’s laptop is not working or is unable to bring their device to school everyday, they are to see Mr Lewis Staffroom East or in the iCentre.

If you are experiencing financial hardship, please collect an Equity Application Form from the Front Office and return it to the your child’s Deputy Principal.

More information can be found at: http://www.glenwood-h.schools.nsw.edu.au/technology
Our preferred payment method is Parent Online Payment (POP).

Please refer our website: [www.glenwood-h.schools.nsw.edu.au](http://www.glenwood-h.schools.nsw.edu.au) and click on “make a payment” and then follow the prompts.

This a secure payment page hosted by Westpac and linked to the school’s website to make it easier for you to pay for school related payments. Please refer to instructions on our website, facebook and Glenwood High School App.

**Please Note:** This does NOT include payments for the uniform shop. Please refer to the Uniform Shop Flyer for details on purchasing uniforms or refer to Alinta Australia website: [www.alintaapparel.com.au](http://www.alintaapparel.com.au)

Parents or students who wish to pay:

**Cash in person** at our front office, CORRECT MONEY must be placed in an envelope clearly detailed for processing. Receipts **will not be issued** immediately as processing of all cash payments will be done throughout the day. Receipts can be collected by your child, during recess or lunchtime.

**EFTPOS** at the front office, you will receive your EFTPOS receipt at time of payment. The itemised receipt can be collected by your child during recess or lunchtime.

Due to the financial cost of the use of the EFTPOS facility, the policy of a $10.00 minimum charge will remain.

Unfortunately, we are unable to take payments over the phone.

**PLEASE NOTE:** If paying in person, we cannot accept any payments after 2pm daily.
How to access the Parent Portal

Upon your child’s enrolment, you will receive an email from Glenwood High School that contains your Sentral Portal’s username and password. Please contact the school if you have not received it.

**Step 1**
Go to [www.ghsintranet.com](http://www.ghsintranet.com)

**Step 2**
Click on Sentral Portal

**Step 3**
Click on Parent Sentral Portal

**Step 4**
Sign in using the details that you received from the school upon enrolment
http://www.facebook.com/glenwoodhighschoolnsw/
glenwoodhighs
http://www.youtube.com/glenwoodhighschoolnsw
Glenwood High School
available on iOS and Android
http://www.glenwood-h.schools.nsw.edu.au/
glenwood-h.schools@det.nsw.edu.au
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 website or the Alinta online portal for the opening hours. You are also able to view the price list, book a uniform fitting and purchase uniforms online. To access this, please follow the steps below: Step 1: Go to www.alintaapparel.com.au, click on “Online Shopping” then “register”

Uniform Sizes

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

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 complaint or a compliment?
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 | info@alinta.com | www.alintaapparel.com.au | P: 02 4321 0433 | F: 02 4321 0431
# Uniform Shop Order Form

## Contact Details
- **Glenwood High School**
- **Address:**
- **Phone:** (02) 6677 6851
- **Website:** glenwoodhighschool.nsw.edu.au

## Shop Hours
- **Monday:** 8:00 - 3:30 pm
- **Tuesday:** 8:00 - 3:30 pm
- **Wednesday:** 8:00 - 3:30 pm
- **Friday:** 8:00 - 4:00 pm

## Order Form Details
- **Date:**
- **Name:**
- **Address:**
- **Email Address:**
- **Payment Options:**
  - Credit Card
  - EFTPOS
- **Credit Card Number:**
- **Name On Card:**
- **Expiry Date:**
- **CVC:**
- **Signature:**

## Uniform Items

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<th>Item</th>
<th>Size</th>
<th>Price</th>
<th>Colour</th>
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<tbody>
<tr>
<td>Girls Blouse Yr K-6</td>
<td>8-12</td>
<td>$5.00</td>
<td>Blue</td>
</tr>
<tr>
<td>Boys Blouse Yr 7-11</td>
<td>12-14</td>
<td>$8.00</td>
<td>Blue</td>
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<tr>
<td>Boys Short Pant 7-11</td>
<td>12-14</td>
<td>$10.00</td>
<td>Blue</td>
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<tr>
<td>Boys Formal Bow Tie</td>
<td>One-Siz</td>
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<tr>
<td>Girls Formal Bow Tie</td>
<td>One-Siz</td>
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<td>Girls Long Sleeve Shirt 7-11</td>
<td>12-14</td>
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<td>Blue</td>
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<td>Girls Short Sleeve Shirt 7-11</td>
<td>12-14</td>
<td>$12.00</td>
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<tr>
<td>Girls Formal Trousers 7-11</td>
<td>12-14</td>
<td>$15.00</td>
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<td>Girls Formal Skirt 7-11</td>
<td>One-Siz</td>
<td>$20.00</td>
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<td>Girls Formal Dress 7-11</td>
<td>One-Siz</td>
<td>$30.00</td>
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<td>Girls Formal Jacket 7-11</td>
<td>One-Siz</td>
<td>$40.00</td>
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<td>Girls School Bag</td>
<td>One-Siz</td>
<td>$20.00</td>
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## Additional Information
- Prices Effective from 1-5-2018 and are subject to change without notice.
- All sizes marked are available on site and prices include GST.
- Additional GST 10% is applied to all orders for uniform shop.
- Online orders will be processed by the Uniform Shop Manager.
- Online orders will be delivered to the school within 1-2 weeks.
- All payments can be made by EFTPOS or Credit Card.

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**Note:**
- All orders not collected will be returned to the Uniform Shop.
- Cancellations are accepted within 7 days of order confirmation.
- Orders can be modified if requested within 7 days of order confirmation.
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>STUDENT’S FULL NAME (Include Siblings ATTENDING Glenwood High School)</th>
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<th>PARENT/GUARDIAN NOT LIVING WITH THIS STUDENT OR SHARED PARENTING ARRANGEMENTS IF APPLICABLE</th>
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<th>PARENT/GUARDIAN NOT LIVING WITH THIS STUDENT OR SHARED PARENTING ARRANGEMENTS IF APPLICABLE</th>
<th>RELATIONSHIP:</th>
<th>Time Spent at this address:</th>
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<th>EMERGENCY CONTACT DETAILS (OTHER THAN PARENT/GUARDIAN)</th>
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<th>EMERGENCY CONTACT DETAILS (OTHER THAN PARENT/GUARDIAN)</th>
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**ATTENTION**

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

<table>
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<th>PARENT/GUARDIAN’S NAME</th>
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School Community Charter


The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.

Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students’ progress and school announcements.

Parents and carers can expect:

• to be welcomed into our schools to work in partnership to promote student learning;
• communication from school staff will be timely, polite and informative;
• professional relationships with school staff are based on transparency, honesty and mutual respect;
• to be treated fairly, Tolerance and understanding are promoted as we respect diversity.

Ensuring respectful learning environments for all members of NSW Public Schools communities.

© NSW Department of Education
Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.


Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.