



# GLENWOOD HIGH SCHOOL

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Innovation Opportunity

Diversity Success



## YEAR 12 FORMAL



# THE REDGUM

ISSUE 3 • TERM 4, 27 NOVEMBER 2020



**GLENWOOD HIGH SCHOOL**  
*Innovation Opportunity Diversity Success*

# THE REDGUM

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Issue 3 Term 4, 27 November 2020

## SENIOR EXECUTIVE REPORT

### Special points of interest:

- Class of 2020 Year 12 Formal (Front Cover)
- Senior Executive Report—Mr Fenech
- Aboriginal Welcome Garden
- 2020 Year 12 Formal photos
- From the Support Unit
- at Glenwood HS (Musical)
- P & C Last Meeting 2/12
- Sydney West Girls Softball
- Premier State-wide Visual Arts Exhibition
- HSIE Happenings—This day in History
- GHS clubs & extra-curricular activities 2020
- Uniform Fitting Information
- Uniform Price List
- MathsHelp
- Parenting Ideas
- Inspire After school program
- Change of Student details



It is a very busy time at Glenwood High School at the moment for staff and students. Our teachers are working hard to provide additional assistance and programs to students. They are to be commended on providing our students with a variety of enrichment opportunities and individualised guidance each and every day. There are many activities and events planned for the rest of the term for students to engage with and work towards personal excellence. Term 4 is proving, yet again, to be a very fulfilling term at Glenwood High School. The school has an excellent reputation due to the dedication that students demonstrate to their own education, the school and its community. Glenwood High School uses the Positive Behaviour for Learning program, which focuses on the following core values and expectations:

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

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

### Ongoing Evaluation and Improvement

As part of our commitment to ongoing evaluation and improvement of our teaching and learning at Glenwood High School, the executive team have decided to lead and undertake faculty reviews. Two Key Learning Areas will be reviewed each year. Recently, a review of the Technological and Applied Studies Key Learning Area, which incorporates the Industrial Arts and Home Economics faculties, was completed. Part of the comprehensive process involved participation of students through focus groups. Students gave us valuable insight into how teaching and learning can be improved in the delivery of the Technology Mandatory course. Thank you to the students who participated and gave us such honest and sensible feedback.

### Commitment to Student Growth and Attainment – Literacy and Numeracy

We're in the process of formulating our Strategic Directions for the forthcoming School Plan. Part of our commitment to student attainment has been the introduction of intense programs to improve student literacy and numeracy. Every teacher at Glenwood High School is committed to improving literacy and numeracy of our students, as evident in the following programs:



- Year 9 students completed the **Literacy and Numeracy Check-In** which gave us valuable data to inform target areas and practice. Students in Years 7 and 8 also completed a 'mini check-in' which give us insight into their capabilities in reading/comprehension, processing of text, and vocabulary.
- **Year 7/10 Peer Reading Program** – Year 10 students read to Year 7 students to provide them with the exposure to a range of texts, and to improve their reading capability.
- **Year 8 Literacy Intervention Program** – groups of students work in small groups through an intense literacy program. Early indicators have shown very positive results.
- **Year 7 At Home Wide Reading Program** – Year 7 students are reading 4 nights a week at home, tracked and monitored by parents and checked by teachers at school.
- **Mapping students to Literacy Progressions** – we've noticed almost all students in the trial classes have had real growth in punctuation and sentence structure through recently collected writing samples.
- **'Sick Sentences'** – at the start of EVERY lesson in Year 8 classes, EVERY teacher guides students in correcting a 'sick' sentence in punctuation, spelling and grammar. Students also have to provide a reason why the sentence needs adjusting.
- **Numeracy Connect** – we have a Connect class in Year 7, 8 and 9, whose teacher works with students for 20 minutes every day, first thing in the morning, on a specific skill in Numeracy.
- **Smarter Maths** – a program that identifies areas for improvement and in students from Years 7 to 10, based on NAPLAN data. Teachers then teach differentiated lessons which specifically target these areas.
- **Minimum Standards** – ongoing intense work with students to meet NESA Minimum Standards in reading, writing and numeracy, with outstanding results evident in all cohorts that have participated.

Many of these initiatives are very much in their infancy but we are already so very pleased with the remarkable commitment our staff and students have made to literacy and numeracy, and the results that are fast-becoming evident. We look forward to reporting on the success of these programs as we continue to monitor and evaluate the initiatives.

### Aboriginal Welcome Garden

We are extremely pleased to report that the front of our school has recently undergone a much needed face lift. In a past edition of our newsletter, we reported on the installation of an Aboriginal Welcome Sign, at the parent/visitor's entrance to the school. In an exciting development, an Aboriginal garden was recently installed around the sign by professional landscapers from *Muru Mittigar*, incorporating local endemic species native to the Cumberland Plain Woodland, and plants used as food and medicines by the Dharug people. The landscapers were very ably assisted by Luke Carter, one of our own Aboriginal students, who gave a very fitting 'Welcome to Country' to our guest workers. A feature of the garden is a walkway that leads to a seating area, constructed with huge sandstone blocks, in the shape of a typical Aboriginal meeting place, as is represented in so many Aboriginal artworks. Local Dharug elders are being consulted so as to appropriately name the garden, in the spirit of 'welcome'.

### Year 12 Formal

We bid our final farewell to Year 12 at their formal on Wednesday 18 November, at Deckhouse, Woolwich. Even with COVID restrictions in place, our very resilient Year 12 cohort managed to dazzle the night away with stunning gowns and suits. The location was suitably and deservedly beautiful, with sweeping views across the water where Lane Cove River meets Parramatta River, with Sydney Harbour in the distance. The venue was decorated beautifully with fresh flowers and fairy lights, which added to the festivity of the occasion. We'd like to recognise and thank Miss Sarah Cross, their Year Adviser, for the time and dedication she put in to organising such a memorable event. Miss Cross was assisted by an enthusiastic and devoted group of students, who were instrumental in selecting the venue, organising decorations, invitations, and putting together an unforgettable movie that was played on the night. Congratulations, once again, Year 12. We look forward to even more good news, when HSC results are finally released on Friday 18 December.

# ABORIGINAL WELCOME GARDEN





GLENWOOD HIGH SCHOOL  
**CLASS OF 2020**  
**YEAR 12 FORMAL**  
DECKHOUSE WOOLWICH  
NOVEMBER 18, 2020 | ARRIVE 5:20





## FROM THE SUPPORT UNIT

### **Tamika is our Support Student of the week for Term 4 Week 5!**

Tamika has shown great improvement in her communications skills as well as participating in her classes, using her words and talking through her problems with staff members.

Congratulations Tamika!



### **Alexander is our Support Student of the week for Term 4 Week 6.**

Alexander has done exceptionally well this week with his commitment to learning and has been focused. He is always humorous and an active member in class, with his jokes always hilarious. He should be commended in his outstanding work ethic and willingness to improve.

Congratulations Alexander!



On the 30<sup>th</sup> October, Joshua from Year 12 threw a Halloween Party for the Support Unit, with Pizzas, lollies and drinks. Joshua decorated the Unit with lots of scary decorations and Frankie dressed as a red backed spider! Everyone had a great time. Thank you, Joshua!



In Food Tech, the Senior class have been learning about their taste bud. Mrs Avellino did a little experiment with Jelly Belly beans, with the students trying to recognise the different flavours. They enjoyed this experiment, as they got to eat at the same time!



On the 9<sup>th</sup> November, our 4 Year 11s received their year 12 jackets. They were very excited and are wearing them with pride. We wish them an enjoyable last year at Glenwood!

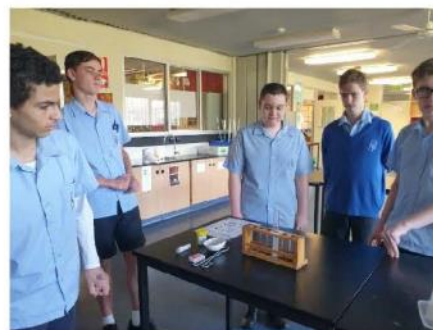
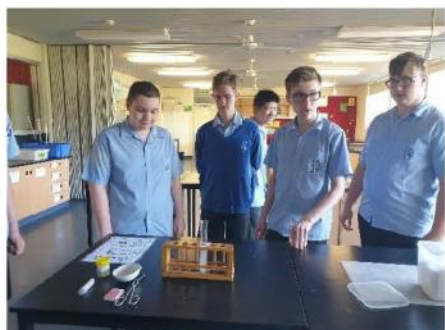


The 13A class are learning about chance and probability in their Maths lessons at the moment. They are learning this in an interactive way, which they all agree is a fun way to do this.





Class of 9/10V have been busy exploring different types of Chemical reactions and how materials react in surprising ways. Have you ever ignited a magnesium ribbon in High School? Of course, you did! One of the highlights of our experiment was igniting a magnesium strip to create an exothermic reaction. The reaction emitted the brightest and coolest white light that you couldn't take your eyes off!



13C have worked very hard to create scratch artworks of their choice of animal. They have used oil pastels and black paint to make these artworks and have enjoyed being creative in Visual Arts. We have scratched a Python, Cats and a Koala, lots of fun!



## AT GLENWOOD HIGH SCHOOL

After a strong start that was interrupted by Covid-19 restrictions the Musical Team decided to keep going. Rather than mounting a stage production, the decision was made to **MAKE A MOVIE!**

Students and staff have been working exceptionally hard to ensure a quality production. It has been a steep learning curve for all involved, and valuable knowledge and skills have been developed.

The last of the editing has to be done before the release of our very first blockbuster!

The film will be available very soon and details on access will be provided shortly.







Dear Parents and Carers,

The **final** meeting of the year for the GHS P&C, will be held on **Wednesday 2 December, 2020**. It will begin at 7.30pm and will be held via Zoom. Unfortunately due to Covid we must continue with virtual meetings. If you are interested in attending, please email -

[glenwoodhigh.pandc@gmail.com](mailto:glenwoodhigh.pandc@gmail.com) You will then be provided with the Zoom details.

It was unanimously agreed upon at last year's 2019 AGM (held in March 2020), that this year's 2020 AGM would follow suit and be held in March 2021. This will enable new parents to the GHS 2021 school year to have the opportunity to attend. So, please save the date - **Wednesday 3 March, 2021**. All positions on the P&C Executive Committee will become open (President, Vice President, Secretary, Treasurer).

We hope to see you at this last meeting where an update will be provided by myself and the P&C Executive Committee on the 2020 year.

Mrs Sonja Anderson  
Principal

**Congratulations Amy**—Year 11 who was selected for the Sydney West Girls Softball Team.

Photo 1 - with the Macquarie Zone team (far right second from the end)

Photo 2 - with selected Sydney West team (back –row 1st from right )







Operation Art is the premier state-wide visual arts exhibition for school students from Kindergarten to Year 10. It is presented in collaboration with NSW Department of Education and The Children's Hospital, Westmead, the exhibition celebrates both artistic excellence and the healing power of art.

The exhibition was held at the Armory Gallery, Jamieson St, Sydney Olympic Park and ran from October 15 until Sunday November 15.

This year the four Glenwood High School students represented in the exhibition are:

Chloe - Year 7 - right  
 Angela - Year 7 - far left  
 Banipreet - Year 8 - middle  
 Mahika - Year 8 - absent

It was difficult to choose just four from the wonderful works that the Art Club students submitted! (Each school is only allowed four entries.)

***Angela's artwork has been selected as one of the Touring 50 Award—These artworks will tour NSW galleries in 2021, opening first at the Art Gallery of NSW in March 2021. They will then find their home in the permanent art collection at The Children's Hospital at Westmead.***

The exhibition as well worth a visit, as well as our artworks there are hundreds from all over the state.



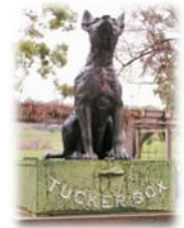
## HSIE Happenings

### *This Day in History.....*

**27 November 1880** - Sir Ralph Freeman, designer of the Sydney Harbour Bridge is born. Ralph Freeman was born on 27 November 1880 in London, England. Ralph joined Douglas Fox & Partners, a firm of consulting engineers specialising in the design of steel bridges. Freeman's most famous design work can be seen on the Victoria Falls Bridge, completed in 1905, and the Sydney Harbour Bridge, completed in 1932.



**28 November 1932** - The 'Dog on the Tuckerbox' statue at Gundagai is unveiled.



**29 November 1948** - Australian Prime Minister Ben Chifley launches the first mass-produced Australian car, the Holden FX.

**30 November 1928** - Australian cricket icon Donald Bradman makes his Test debut



**1 December 1990** - The final wall of rock is drilled out, to join the two halves of the Channel tunnel and link Britain to France.

**5 December 2013** - Nelson Mandela, anti apartheid campaigner and the first democratically-elected President of South Africa dies.

**6 December 1784** - Transportation of convicts from England to Australia is first authorised

**10 December 1878** - Bushranger Ned Kelly robs the Euroa bank



**13 December, 1642** - Dutch explorer Abel Tasman discovers New Zealand

**18 December 1865** - Slavery is abolished in the United States of America



## GHS clubs and extra-curricular activities 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Before School</b>		<b>Mindfulness</b> 8.20-8.35am Top of B Block (Mrs Egic) <b>Senior Contemporary Company</b> (Yr 7-12) 7.30-8.30am J6 (Miss Taylor) <b>Breakfast Club</b> 8.15-8.35am Covered area in-between A&B Block (Brendan-Chappy)	<b>Ballet Company</b> (Yr 7-11) 7.30-8.30am J6 (Ms Koutsonikolis) <b>Fitness</b> 7:40 – 8.10am Fitness Centre Yr 10-12 Students (Mrs Davies)		<b>Jazz Company</b> (Yr 7-12) 7.30-8.30am J6 (Miss Taylor)
<b>Recess</b>	<b>Minecraft Club</b> B7 (Mr Leaver)			<b>Minecraft Club (Wk B)</b> B7 (Mr Leaver)	
<b>Lunch</b>	<b>MathsHelp (Wk B)</b> P8 (Mrs Mehdi) <b>Minecraft Club (Wk A)</b> B7 (Mr Leaver)	<b>MathsHelp</b> P8 (Mrs Mehdi) <b>Chess Club</b> Library (Mr Vlismas) <b>GHS Vocal Ensemble</b> C2 (Mr Herne)		<b>Sisterhood</b> Top of D Block (Ms Johnson) <b>Chill Chat Colour</b> B12 (Ms Dwyer) <b>MathsHelp (Wk A)</b> P8 (Mrs Mehdi) <b>Media Crew Club</b> iCentre (Mr Lewis)	<b>JAM</b> Top B Block (Ms Cummins & Chappy) <b>Chess Club</b> Library (Mr Vlismas) <b>Debating &amp; Public Speaking</b> D6 (Mrs Pearce) <b>Science Help (7-12)</b> E3 (Ms Wiyana)
<b>After School</b>		<b>Homework Centre</b> 3-4pm Library (Mrs Fleurant) <b>Board Games</b> 3-4pm Library (Brendon – Chappy) <b>Art Club (Yr 7-9)</b> 3.10-4.45pm Art workshop, J Block (Mrs McDonald)	<b>School Band</b> 2:50-4pm Music Prac Room (Mr Herne & Miss Cross) <b>Soccer Club</b> 3:00-4.00pm Yr 7-9, Meet at the Hall change rooms (Mr Perez & Mr Vlismas)	<b>Drama Club</b> 3-4pm, J6 (Miss Dwyer) <b>Tabletop Gaming Club</b> 3-4pm, iCentre (Mr Lewis) <b>Art Club (Snr)</b> 3.00-4.30pm Art workshop, J Block (Mr Cyreszko) <b>Duke of Ed Skills</b> 3-4.30pm, J Block (Mr Cyreszko)	<b>Junior (Yr 7-9) Contemporary Company</b> 3-4.30pm J6 (Miss Taylor)



## Glenwood High School Uniform Fitting Information



All new students starting in 2021 are required to organise school uniforms before 1st December.  
Due to social distancing measures there will be 2 options for uniform fittings this year.

### Option A. Order Online - By 10/12/2020

**Step 1: Determine your size**

Use our quick size video, scan the QR code from your phone camera for access or visit our website

**Step 2: Order Online**

Visit our website & register at [www.alintaapparel.com.au](http://www.alintaapparel.com.au)

**Step 3: Delivery or Pick Up**

Select home delivery or collect in store



OR

### Option B. Fitting by Appointment

**Step 1: Book your appointment**

Register at [www.alintaapparel.com.au](http://www.alintaapparel.com.au) and book your appointment or phone the shop. Fittings are being held during October-November only.

Social distancing will apply, the uniform shop has a capacity to attend to 1 family at a time.

### Important Information

**Flexible Payments and Returns Policy**

Layby payments with a 20% deposit, call the Uniform Shop to layby over the phone.  
Exchange and Returns available for change of size when collecting your order.  
January collection available.

**Special Sizing Available**

Any student that may require special sizing are required to be fitted and order by 31st October 2020.



02 9672 6891



[glenwoodhigh@alinta.com.au](mailto:glenwoodhigh@alinta.com.au)



Find us on Facebook and Instagram

**School Term Hours**

Monday & Wednesday

8:00-11:00am

Tuesday & Friday

2:30pm-4:00pm







## 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				Outerwear				Order Form Details			
	Size	Price	Qty		Size	Price	Qty	Date:	Name:	Address:	Contact Number:
SS Blouse Yr7-Yr10	J8-J14	\$34.00		Knitted Jumper	8-16	\$77.00					
	L8 - L20	\$36.00			18-20	\$80.00					
SS Blouse Yr11-Yr12	J10-J14	\$34.00		Blazer	All Sizes	\$145.00					
	L8 - L20	\$36.00		Soft Shell Jacket 7-12	All Sizes	\$93.00					
Tartan Skirt	J4 - L20	\$53.00		Accessories	Size	Price	Qty				
Striped Pants	J8-L20	\$55.00		Boys School Tie	One Size	\$21.00					
Boys Uniform: Yr7-Yr12	Size	Price	Qty	Girls Formal Bow Tie	One Size	\$15.00					
SS Shirt Yr7-Yr10	J8-J14	\$33.00		Socks 1 pk	All Sizes	\$5.95					
	X5-3XL	\$35.00		Microfibre Tights	All Sizes	\$10.00					
SS Shirt Yr11-Yr12	J12-J14	\$33.00		Gloves	One Size	\$8.00					
	X5-3XL	\$35.00		Scarf	One Size	\$12.00					
Formal Shorts	J10-3XL	\$39.00		Leather Belt	All Sizes	\$15.00					
Formal Trousers	J10-3XL	\$52.00		Apron	One Size	\$12.00					
Sports Uniform	Size	Price	Qty	Sports Cap	One Size	\$18.00					
Sports Polo - Sale	J8-3XL	\$25.00		Backpack	One Size	\$66.00					
Sports Polo Royal	J8-J14	\$38.00		Fabric Marker		\$4.00					
	X5-3XL	\$38.00									
Girls Sport Shorts - Sale	J12-L20	\$25.00									
Ladies Sport Shorts Stretch MF	J12-L20	\$35.00									
Boys Sport Shorts - Sale	J8 - 3XL	\$25.00									
Unisex Sport Shorts Stretch MF	J8-3XL	\$35.00									
Trackjacket - Sale	J8 - 3XL	\$40.00									
Trackpants - Sale	J8 - 3XL	\$25.00									

## 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.
- Sales items are not refundable.

Prices Effective from 21-09-2020 and are subject to change without notice.



# MATH $\int$ HELP



**When: Tuesday A and Thursday A**  
**Monday B and Tuesday B**

**Lunchtime: 12.50 pm - 1.20 pm**

**Where: P8 - Maths Classroom**

<b>Tuesday A</b>	<b>Thursday A</b>
Mr Clift Ms Coote Mr Fernandes	Ms Samuel Mr Prasad Mr Szeto
<b>Monday B</b>	<b>Tuesday B</b>
Ms Manton Ms Chand Ms Cheung	Ms Mehdi Ms Nand Ms Lampinen





## parenting \* ideas

### INSIGHTS

## The power of sorry



Our boys tend to get into trouble more than our girls. There are lots of cultural and biological reasons for this but much of it boils down to the fact that boys are still soft-wired to be 'mammoth hunters', ready to react to any threat.

Generally, boys have more muscle than girls and, with that, a physicality that gets them in strife. There's also brain research that shows that, while females tend to quickly shift emotions from the brain's limbic system to the word centres of the brain, males tend to shift them into their bodies.

This is more obvious as our boys become teens as they can be as big and strong as men, but their brains are under construction and their bodies are flooded with testosterone.

Author and counsellor Michael Gurian writes that boys tend to seek external measures of success to feel good about themselves. It is critical they maintain credibility and status in the eyes of the 'tribe'... that's their peers, not you.

Inevitably, all this means your son will probably make many mistakes; or hurt himself; hurt someone else; or make a very poor, thoughtless, seemingly stupid or cruel choice.

### React with compassion not shame

How you react as a parent can significantly impact how your son recovers from mucking up. Your first reactions may be anger, disappointment or the urge to discipline harshly. However, there are other ways of reacting that can strengthen your bond with your son and ensure he learns from the experience through growth rather than shame.

Listen to him, guide him to see the impact of his poor choice, help him make it right, forgive him and ask him what he might do next time he's in the same situation.

### Break down the old male-code

This code told us that men don't apologise as it's a sign of weakness. One of the most powerful things we can teach our boys is that when we make mistakes, we own up to them and we apologise if need be. Teach your boys that saying sorry when they really mean it is a sign of courage and strength, not the opposite. It is also about taking responsibility for your actions, which is important for boys to learn. They need to see the men in their lives – particularly dads – apologise.

### Don't force an apology

Forcing a boy to apologise can be problematic. A genuine apology is very different to a forced apology. A genuine apology has a real sense of remorse attached to it. Coach your son to see the situation through the other person's eyes. If someone has been impacted, he needs to apologise and make amends even if he didn't intend for the consequences of his poor choice to happen. It doesn't mean he's wrong. It just means his choice affected someone.

## parenting\*ideas

### Embrace failure

To help your son better learn about failure, have conversations about things you hear in the media where boys and men have experienced failure and recovered. Steve Smith, the former captain of the Australian cricket team who was involved in a ball-tampering scandal, is a great example. He owned his mistake, publicly apologised, paid his dues and went on to have a very successful return to cricket.

Your son is going to make poor decisions repeatedly until he has enough myelin in his brain to be more mindful of the choices he makes. That is just a fact of life. As parents, your job is to, day-by-day, help your son learn a culture of accountability without a need for severe punishment, shaming or ridicule.



### Maggie Dent

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators, with a particular interest in the early years, adolescence and resilience. She has written seven major books including the bestselling *Mothering Our Boys* and her 2020 release, *From Boys to Men*. Maggie is host of the ABC podcast, [Parental As Anything](#). For further details visit [maggiedent.com](http://maggiedent.com)



# parenting \* ideas

## INSIGHTS

### Modelling self-kindness



This has been a tough parenting year. On a personal level it's been challenging, but when you add the extra difficulty of helping children and young people navigate this year, you'd be forgiven for feeling like you've had enough.

It's timely to look at US-based academic Dr. Brene' Brown's research that informed her book *The Gift of Imperfect Parenting*. Brown's core finding was that the best parenting strategies rely on modelling for them to be adopted by children. That's a little scary as it means we need to be the adults that we want to our kids to become.

There is great power in kids watching us practise how we manage hardships, frustrations and difficulties. Whether we use self-kindness or self-put downs, either will leave an impression on our kids. Not only do they see how we react when we stumble or make mistakes, but we give them permission to act in the same ways.

#### It's hard to be self-kind

If you're a goal-oriented type of person, highly-judgemental or someone who likes to get things done, then self-kindness can be difficult to befriend. It goes against the grain to laugh at your mistakes or miss a deadline, even though it won't be the end of the world as you know it. If you recognise this type of rigid approach then it may be time let go of some old ways. Inflexibility is the enemy of healthy wellbeing, which thrives on adaptability and self-forgiveness.

#### Let them hear the process

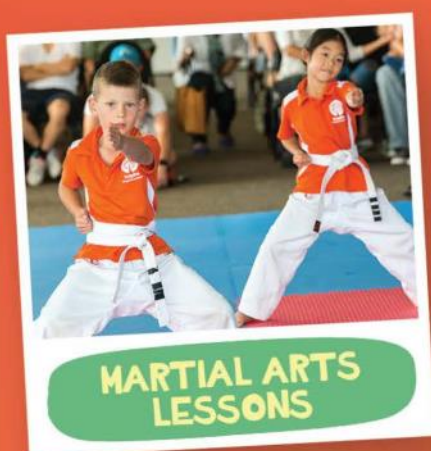
Giving a child or young person insight into your thinking is a powerful parenting strategy. Sharing your struggles and mess ups with kids in age-appropriate ways takes vulnerability and promotes empathy. It takes courage to share a comment such as, "I keep putting myself down, which is not helpful. I've got to talk to myself as if I'm talking to someone I love." Disclosing this type of self-talk is only useful if it's done in a safe, matter of fact way and a child is comfortable with the message.

Self-kindness means acting compassionately toward yourself when you are struggling to meet your own expectations, meeting with unexpected difficulties and/or met with failure. It's time to drop the stiff upper lip, put aside the strict schedule and stop berating yourself. Instead say to yourself, "This is really tough right now. How can I take some comfort and look after myself?" This is a message worth modelling particularly, if you are living with a perfectionist or a child with tendencies toward anxiety.



**Inspire**  
Program Australia

## An after school program with a difference



**MARTIAL ARTS  
LESSONS**



**HOMEWORK CLUB**



**ART, CRAFT, COOKING  
GAMES & MORE**

An afternoon  
at Inspire for  
as little as  
**\$5.93\***

# INSPIRE GLENWOOD ENROLLING NOW

[www.inspireprogram.com.au](http://www.inspireprogram.com.au) | 1300 665 275

\*Subject to an individual's eligibility for the Child Care Subsidy.



**Inspire**

## Taekwondo. Educational Support. Unique Experiences. Your child deserves the best in after school care.

Offering a unique after school program for Kindergarten - Year 6 children. Inspire provides an innovative, nurturing and stimulating environment where children develop independence, confidence and a positive sense of self.

### Homework Club

At Inspire, kids don't just do their homework - they also participate in additional educational activities and programs to supplement their learning.

### 'Be Inspired' Time

Afternoons are fun at Inspire. Every day there are fun activities to engage and inspire the kids, including drama workshops, dance lessons, cooking classes, science experiments, drawing lessons, craft and more.

### Martial Arts Lesson

Every day our kids participate in a martial arts lesson run by our black belt instructor.

## BOOK NOW

All bookings & enquiries:

1300 665 275

[info@inspireme.com.au](mailto:info@inspireme.com.au)

[www.inspireprogram.com.au](http://www.inspireprogram.com.au)

Complimentary bus service  
from your child's school



The children enjoy a healthy  
afternoon tea

Homework and educational  
activities are completed



Children attend a martial  
arts lesson

Children participate in a  
'Be Inspired' activity



[www.inspireprogram.com.au](http://www.inspireprogram.com.au)

| 1300 665 275

# ARE YOU LOOKING TO BUILD YOUR WORK EXPERIENCE? DO YOU LOVE WORKING WITH CHILDREN?

**We're looking for hard working, reliable high school students to join our *Inspire's Support Squad*.**

The key responsibility of this squad is to support primary aged children with their school homework as well as Inspire's supplementary educational programs. If you're a martial artist we would love for you to run our taekwondo lessons.



**Further details about the role are as below:-**

**Location:** Inspire Glenwood,  
located on the grounds of Glenwood High School

**Time:** Bell time to 6:00pm,  
Monday to Friday during school terms

**Pay rate:** \$18.43/hr (16 years and under)  
and \$21.06/hr (17 year old)



**If you are interested in the role, please apply at:**

[www.inspireprogram.com.au/support-squad](http://www.inspireprogram.com.au/support-squad)

An after school care program with a difference  
[www.inspireprogram.com.au](http://www.inspireprogram.com.au)







# Glenwood High School

Innovation Opportunity Diversity Success

## AUTHORITY TO CHANGE STUDENT RECORD DETAILS

Dear Parent/Guardian

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

<b>STUDENT'S FULL NAME</b> (Include Siblings ATTENDING Glenwood High School)	_____ Year _____ _____ Year _____ _____ Year _____ _____ Year _____
<b>PARENT/GUARDIAN WITH WHOM THIS STUDENT NORMALLY LIVES</b>  <b>PARENT/GUARDIAN 1 DETAILS</b>	NAME: _____ RELATIONSHIP: _____ MOBILE: _____ HOME: _____ WORK: _____ EMAIL: _____ Preferred Family Email Address: _____
<b>PARENT/GUARDIAN 2 DETAILS</b>	NAME: _____ RELATIONSHIP: _____ MOBILE: _____ HOME: _____ WORK: _____ EMAIL: _____
<b>RESIDENTIAL ADDRESS:</b>	_____ POSTCODE: _____
<b>PARENT/GUARDIAN NOT LIVING WITH THIS STUDENT OR SHARED PARENTING ARRANGEMENTS IF APPLICABLE.</b> 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: _____
<b>EMERGENCY CONTACT DETAILS - (OTHER THAN PARENT/GUARDIAN)</b>	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



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Glenwood High School  
*available on iOS and Android*



[www.glenwood-h.schools.nsw.edu.au](http://www.glenwood-h.schools.nsw.edu.au)



[glenwood-h.school@det.nsw.edu.au](mailto:glenwood-h.school@det.nsw.edu.au)