T 02 9629 9577

Glenwood NSW 2768

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



GLENWOOD

THE REDGUM

ISSUE 4 · TERM 1, 8 APRIL 2020



GLENWOOD HIGH SCHOOL

Innovation Opportunity Diversity Success

THE REDGUM

Issue 4 Term 1, 8 April 2020

PRINCIPAL'S MESSAGE

Special points of interest:

- "All By Myself" (Front cover)
- Principal's Message
- A Guide to Google Classroom
- SRC Stays Connected
- Library News
- Updated Hillsbus School bus service
- Blacktown Council Holiday Guide
- Attendance Procedures
- Parenting Ideas

 Webinars for
 Parents in 2020
 Leading the way for children during the
 Coronavirus
 Parenting in the age of disruption
- Uniform Price List
- Join Us
- Change of Student details



This is a challenging time for educators everywhere and NSW Public School teachers have been working tirelessly to ensure the educational outcomes of their students are not impacted. In a matter of days, when the Premier announced the 'one delivery' staff at Glenwood High School have worked tirelessly to be able to deliver their curriculum online. This has been a huge learning curve for teachers and student., especially since we know that there is no manual to navigate this new space in which we all find ourselves.

We are immensely proud of what these hardworking and dedicated staff have been able to achieve in such a short time. I also want to thank those members of our community who have taken the time to thank the school. All emails that we receive are compiled and sent out to staff at the end of the week. Staff are very appreciative of all your warm wishes.

As a school we have been not only focusing on maintaining learning, but also on ways to connect with our students. Some of the strategies we have put into place include:

- SRC regularly posting about their working at home environment;
- Administration Staff & Learning Support Staff phoning home to make sure students can access their virtual work;
- Learning Centre staff booking in 'help' and 'how to' sessions with students;
- Virtual birthday cards emailed to students on their birthday;
- Facebook post of what our staff are doing;
- Online year assemblies;
- Online whole school assemblies; and
- Quirky video posts of staff, just so they get to laugh at us.

I know this is complex times for us all and we realise that it is a challenging time for parents too. All and memes and posts currently on Facebook, Twitter and other social media sites should tell you that you are not alone if you are having difficulties.

I have put together some food for thought, that may help you in engaging your student in their learning.

If your child is not doing their work, find out why first.

1. Is it because they're anxious about the current situation? Is it because they feel there's no point? If so, reassure them that we will all get through this; that doing their work is a great way to pass the time and, when the pandemic is under control, they will have kept their learning up-to-date.

- 2. Is it because they have difficulties with the work? Get them to focus on something that they can do. When people start with success, they're more likely to go on. In the classroom, your child would probably lean to a friend and ask them what they are meant to be doing. So get them to communicate with their friend or classmate about the work. They could do this by phone, text or on the learning platform. Sometimes if you hear instructions in a different way it makes sense. Encourage your child to communicate with the teacher to explain what must be done and what they might be able to let slide.
 - As I stated earlier, teachers have made a massive shift in how they prepare and deliver lessons. Our priority has been on having each teacher find a platform they can use and uploading material that will ensure continuity of learning not busy work or work unrelated to the topics being studied before we moved online. The online environment does not allow us to use the full range of adjustments we usually employ; such as classroom organisation, concrete materials, consideration to individual communication strategies, reading different texts including simplified texts, having the support of a teacher's aide, listening to a peer or adult read a text, or having a scribe. You could help your child by reading to them, or having them use a voice to text software. (E.g., you can dictate onto notes from your iPhone and then email the document to yourself to then work on the document on a laptop or desktop computer.)
- 3. Is your child a procrastinator? Or would they just rather be doing things they like? Has your child always had difficulty being self-directed? If you've had previous contact from the school about your child not engaging with work, try and remember what specific individual advice the school gave you. People, and this includes children and young people, need carrots and sticks, that is, rewards and consequences. For some, the reward of successfully completing the work is enough. Others need more tangible rewards (like the reward of pay for going to work.) Maybe your child needs a tangible reward? Find out what their "currency" is, that is, what they value. Negotiate with your child what the reward will be if they complete their work For example, time on social media or going for a walk with you or getting some chocolate or playing board games as a family or time on Spotify or time to play on their guitar. When my youngest was studying for his HSC, the reward for a day's study in the three weeks before the exams, was having nag free online playing with his friends. Don't give rewards before the task is completed!

The stick (i.e. the consequence) can also be negotiated in advance. Teachers use a range of consequences that may not apply at home – detention anyone? But there are plenty that you can use depending on your child's age and interest. For example, perhaps they will lose their mobile phone. Don't make a consequence so extreme or something that you cannot enforce. For example, don't say, "You're never going to get pocket money, ever again!" or "You're never going to have your iPhone back." I know I have been guilty of threatening to take something away when my children knew all too well that I wasn't going to follow through. "Right, that's it, no Christmas!"

Remember: stay calm. Don't let the issue become a battle. And do not do the work for your child.

Student Survey

Thank you to all those students who participated in our Online Learning Survey. The feedback from the survey will help us to modify practices for Term 2. Ultimately, we want students learning and engaging with their work at home, and we will continue to look at ways of improving what we do.

One thing that was very evident from the survey was that all students, especially Year 12, appreciated the Week 11 catch up week. This gave all students the opportunity to be up to date and ready to start Term 2 fresh.

Year 12 Students

Please be assured that students will have the opportunity to receive their HSC credential this year. This will be a relief to you, I'm sure. Students then will be able to continue with the next chapter of their lives in 2021 whether that be university, TAFE or work. Please know that this is a guarantee.

There are of course some changes to assessments and exams because of the nature of the circumstances before us.

NESA (the governing body that administers and coordinates the HSC) has determined that the following will occur immediately:

- the mandatory group performance exam in Drama and the mandatory ensemble performance exam in Music extension are cancelled
- other performance exams (such as Dance) that breach social distancing will need to be modified
- the requirement for VET students to undertake mandated work placement is no longer required

More than anything, just do your best. Your best is enough. Don't be too hard on yourself. Exercise within the constraints of social distancing, have plenty of breaks away from the computer and social media and eat well.

In this tipsy topsy world, we live in at the moment I would like to leave you with some words of wisdom from Mother Teresa. Her verses below were originally composed Dr Kent Keith, and American writer, however her version is the one that I prefer. Please note that I do not have any religious affiliations, I just loved the sentiments and thought it was poignant.

People are often unreasonable, irrational, and self-centred.

Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives.

Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere people may deceive you.

Be honest and sincere anyway.

What you spend years creating, others could destroy overnight.

Create anyway.

If you find serenity and happiness, some may be jealous.

Be happy anyway.

The good you do today, will often be forgotten.

Do good anyway.

Give the best you have, and it will never be enough.

Give your best anyway.

Sometimes the hardest thing is to 'do it anyway' but the rewards are in the smiles of those whose lives you change.

We know families are under stress, and some of our families are under extra stress with businesses closing and laying off staff. Some of you may not believe it, but we miss your children. It is too quiet and it is not as much fun without them.

Please be reminded that if you or your children need additional support and would like to talk to someone else the following may be useful:

- Kids Helpline (1800 551800 or www.kidshelp.com.au)
- Lifeline (131114 or <u>www.lifeline.org.au</u>)
- headspace (1800 650 890 or www.eheadspace.org.au)

The safety and wellbeing of students is our priority. It is very important that we can account for and monitor our students both for their safety and for their wellbeing. Parents are reminded **to contact the school if their child is sick** and unable to engage with their learning.

I am sure you will agree that these are remarkable achievements within a short period of time. The commitment of our teaching and non-teaching staff to support learning at Glenwood HS has been incredible under these extraordinary circumstances, and I want acknowledge all their hard work and congratulate them all. We also value and appreciate the support we have received from our parents.

Let's hope all our actions help stop the spread and we can be back to normal soon.

Mrs S Anderson Principal "Alice, turn your video on. No, it's the button on the bottom. Not that one, over to your left . Jan, you're on mute. UNMUTE YOURSELF!"

NSW Senior Secondary Student Concession Card – 2020

All students 16 years or over, are required to travel with a **Senior Secondary Student Concession Card** when travelling on a Child/Youth Opal card.

Please apply to the front office at recess or lunch time for processing your 2020 NSW Senior Secondary Student Concession Card.

If you are **16 years or older**, you are eligible to receive a NSW Senior Secondary Student Concession Card.

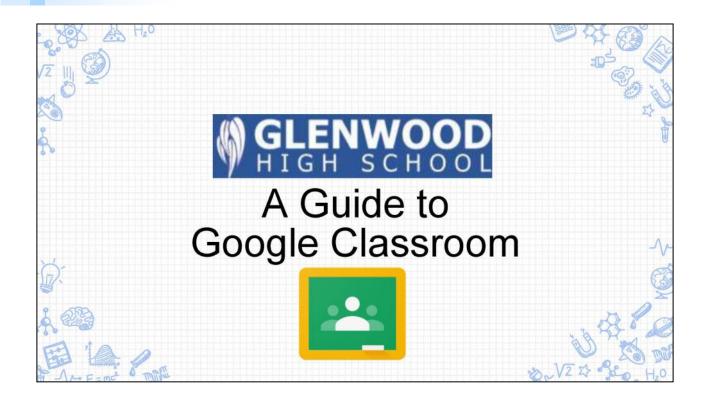
Proof of age and NSW senior secondary student concession cards permit students to travel at concession rates on the following services:

Sydney Trains State Transit and privately operated buses Government ferries

This card will also entitle the holder to purchase a child/youth opal card and a concession fare on NSW Train services.

Concession Cards do not provide for concession travel on special, premium, charter or Special Event services or privately operated services (such as long distance coaches and tourism services).

PROOF OF AGE CARD - School students **under 16 years of age** who appear more mature allows student to travel using a child/youth Opal card in the Opal network. If you require a proof of age card please apply at recess and lunchtime at the front office.



What is Google Classroom?

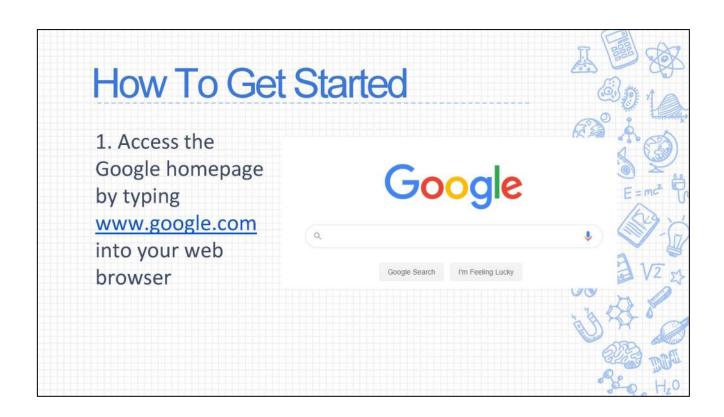
- Google Classroom is a commonly used platform to create a digital learning space for our students.
- Especially with our move to online learning, some teachers will use Google Classroom to share classwork, formal assessment tasks, homework, and much more with students.



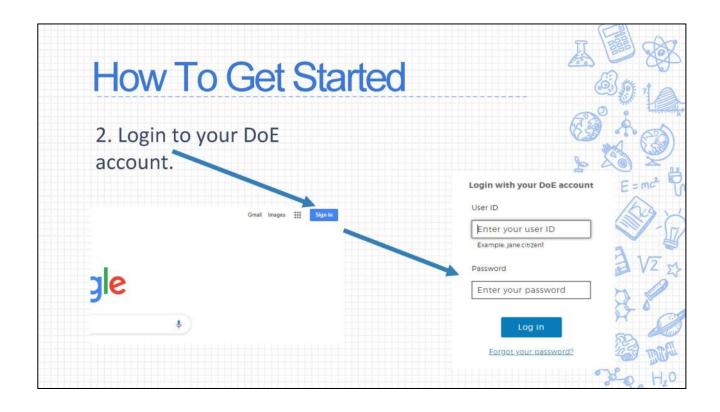
Google Classroom Codes

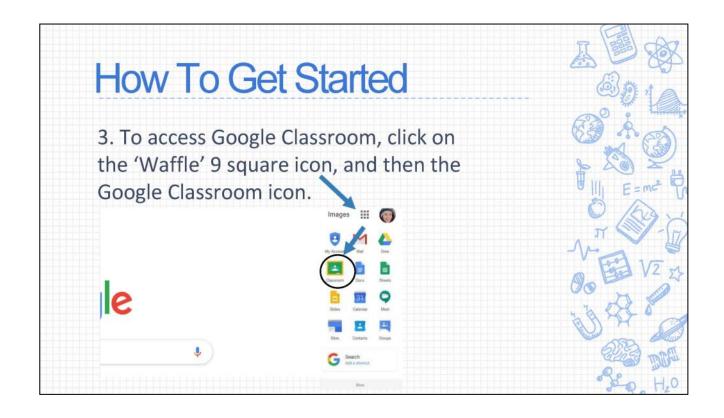
- These codes provide you with access to your subject's Google Classroom page.
- Some of your teachers may have provided you with Google Classroom codes in a previous lesson.
- Your parents/carers should have received an email last week with any other Google Classroom codes or information about online platforms for your classes.
- Please contact the Front Office if your parents/carers have not received this email.





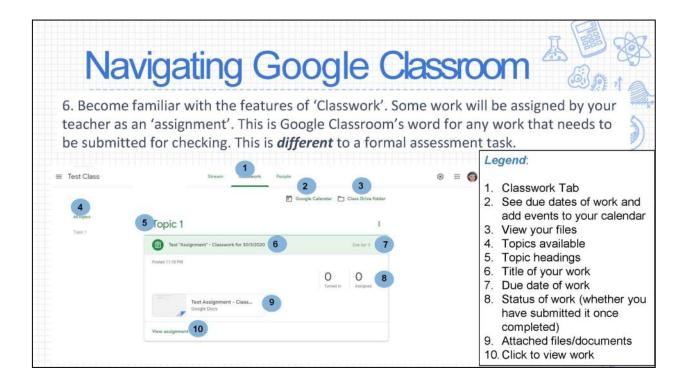


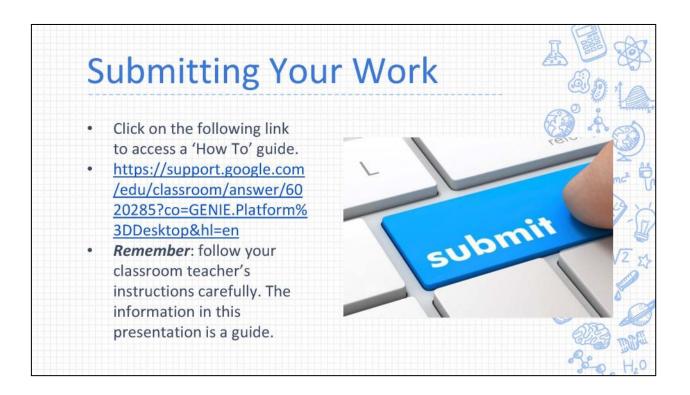




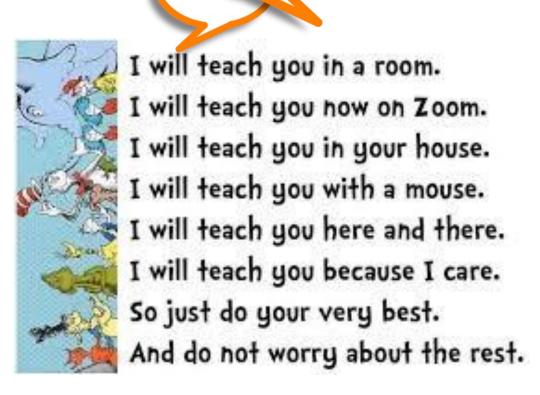




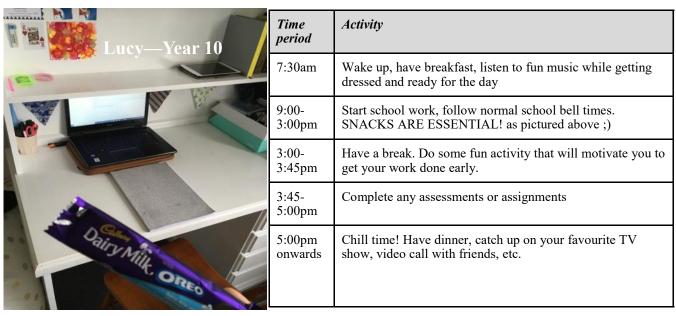








SRC Stays Connected



How do you plan to stay connected to your friends?

Through social media and video calls.

Describe one activity that will allow you to relax and de-stress.

Getting outside to walk my dog or just for some fresh air.

Your personal message to your year group:-

Hey everyone! Being locked in our houses and not being able to see any of our friends face-to-face is going to be tough for a while, but it doesn't mean that we still can't have fun! There are many ways you can still contact all of your friends and have a big conversation together like at recess and lunch. My personal suggestion is using an online platform called 'Zoom'. If you can't video call, it might be a nice idea to send daily messages to your friends to check in on them and make sure they are staying safe and well. Just remember to wash your hands, keep in touch with friends and stay happy!





Jusnoor-Year 12

Daily Timetable

Time period	Activity		
6 - 8am	Wakeup, Workout, Breakfast		
9 - 10.40am	Follow my timetable for periods 1-2 (I have Bio and Chem)		
10.40 - 11.10am	Have a break		
11.10 - 12.50pm	Maths		
12.50 - 1.20pm	Lunch (My favourite part of the day)		
1.20 - 3.00pm	PDHPE (Study Notes)		
3 - 5pm	Chill/Sleep		
5.30 - 8pm	Online Tuition Classes		
9pm	DINNERRRRR		
11pm	SLEEEEPPPPPPPPPPPPP		

How do you plan to stay connected to your friends?

Message them during my breaks, Snapchat/Instagram

Describe one activity that will allow you to relax and de-stress.

TikTok (hahahaha). But I also like to go to my backyard and just shoot some hoops, play a bit of basketball by myself (self isolation guyssss) or eat food.

Your personal message to your year group-

Hey Year 12. I understand all of you guys' frustration with these new online classes, and how we are suffering because our HSC begins this year. Just remember school being 'sorta cancelled' isn't a vacation for us, we need to keep up with our modules to do well in the HSC as a year cohort. Although we won't be spending time with our dear friends, due to self-isolation, I do recommend at least face-timing or skyping, this way all of you guys can have fun and enjoy this final year together. Also remember to take breaks guys. Studying for long periods is not as efficient, as you guys are tired. Take breaks. Do an activity that helps release your stress; for me that is TikTok or Netflix.

We are the CLASS OF 2020, and we shouldn't let this problem get in the way of our future. Keep up the good work, continuously look out on Google Classroom, especially when your teacher puts up work.

Stay safe, and best of luck guys. We will do amazing. #CLASSOF20



We are still open and the books really missed you! Please feel free to come into school, sign in at the front office and come up to the Library to get some books for the school holidays.

If you thought the library was just a place to find resources for assignments, you are not wrong. But it is more than that. Our teachers teach information literacy concepts in various classes, help and research assistance through discussions with subject teachers.

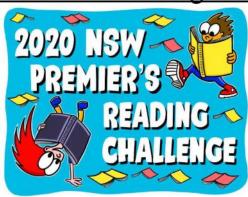
The library is also an important physical place for our students. It is open most days before school, at recess [except Friday recess], lunchtimes and after school. It provides areas for quiet study, group collaboration, and exploring areas of interest. We hope you find your library to be a welcoming place for productive study and interaction! If you have any suggestions or concerns about library services, please feel free to contact any of the library staff. Mrs Achar, Mrs Smith, Mrs Brackley or Mrs North.

Manga Day



Since our Manga Day on the 12th March, some of the books our students selected have been arriving. This is just one of the piles of new Manga ready for borrowing.

NSW Premier's Reading Challenge



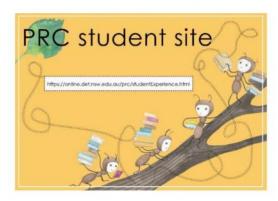
The NSW Premier's Reading Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely.

The Premier's Reading Challenge (PRC) is available for all NSW students in Kindergarten to Year 9. It opens **Monday 2nd March 2020 and closes Friday 28th August 2020**. Don't forget you can keep track of books you did read over the summer period to be added to your reading log now that it is open. Anything you have read from August 31 2019 can be counted towards the 2020 PRC.

We have now had 8 students complete the NSW PRC.

Instructions on how to enter your books online:

On the PRC website homepage, click on the NEW STUDENT SITE image.



It will take you to the PRC student site.

Then click on LOGIN in the top right hand corner. This will take you to the NSW Department of Education portal login page, students need to enter their username and password here:

If you do not know your username or password for the PRC website, please see the PRC coordinator at your school, or ask your teacher to help you find out your login details.

A link to the Premier's Reading Challenge website can be found in the <u>Student Portal</u> under the **Learning** section. Students are also able to add a link to the PRC in the **My Link List** section to make the PRC easier to find. The URL to use is https://online.det.nsw.edu.au/prc/studentExperience.html#/.

Glenwood High School 'Beyond the Challenge'

Glenwood High School aims to increase the reading of students in year groups Year 10-12. Most of these students from Kindergarden to Year 9 have completed their PRC and created great reading habits. Therefore we want to keep them reading and are encouraging all students to challenge themselves with our *Glenwood High School Beyond the Challenge*.

This challenge is open for all students 7-12. For students who are in Year 7-9, we would require them to do the NSW Premier's Reading Challenge first, then are able to move onto the Glenwood High School Beyond the Challenge. For students in Year 10-12, they are only able to complete the 'Beyond the Challenge' as PRC doesn't extend after Year 9.

We require students to select 20 books from a selected book list which is designed to extend their reading and enable them to experience quality literature.

Please come to the Library and pick up the book list and start reading.

Scholastic Book Club

Thanks for buying books from



Scholastic Book Club is back again for 2020. We have just had our 2nd Issue ordered. Please look out for Issue 3. All Year 7 get offered a brochure, however Yr8-12 are able to pick up brochures from the Library if they are interested. All orders can be placed via the Loop system as explained below, or complete the form and hand in the cash to the Library by the due date.



Changes to access of e-books and audiobooks in our GHS library Oliver System

Do you like to read e-books and audiobooks? If so, please read below as to how you borrow them from our school library.

There have been two changes to Oliver this term:

- When you look up a title like Harry Potter, you will be offered the audio and e-book version as well as the print version. If you have logged in, you will be able to borrow them from there.
- 2. If you want to use the weblink to Wheelers to browse through just audiobooks and e-books, you will now find it in the news tab on the new Oliver search page.

If you have trouble with any of this, please come and ask the library staff. We are happy to help.

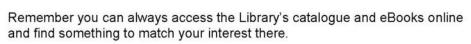




Audiobooks and eBooks App

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!





UPDATED SCHOOL BUS SERVICE FOR HILLSBUS SERVICES

COMMENCING 4 MAY 2020

Route 2508 and 2608 will terminate at Merriville Rd at Vinegar Hill Rd. Affected students to Rouse Hill Station should catch Route 663.

We remind students they must have a valid Opal card to travel on school buses, and must tap on and off morning and afternoon.



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

L> Bus turns left; R> Bus turns right

GLENWOOD HS

Effective 04/05/2020 Bell Times

08:40 15:00 Morning: Afternoon:

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	EXBUS BAY TO MERRIVILLE & PERFECTION via R>Glenwood Park, R>Forman, R>Glenwood Park, L>Sorrento, L>Sunnyholt, R>Quakers Hill, R>Sentry, L>Stanhope, R>Corrad, Merriville to Perfection			
2608	14:19	**************************************			
663	14:34	EXFORMAN AVE TO ROUSE HILL TOWN CENTRE via Route 663			
663	15:07	EXFORMAN AVE TO ROUSE HILL TOWN CENTRE via Route 663			
2508	15:09	****TUESDAY TO FRIDAY ONLY **** EX BUS BAY TO MERRIVILLE & PERFECTION via R>Glenwood Park, Forman, R>Glenwood Park, L>Sorrento, L>Sunnyholt, R>Quakers Hill, R>Sentry, L>Stanhope, R>Conrad, Merriville to Perfection			
663	15:27	EXFORMAN AVE TO ROUSE HILL TOWN CENTRE via Route 663			

Page 1 of 1



Autumn School Holiday Guide

Our Autumn School Holiday Guide

In recent weeks, Blacktown City Council has acted in the interests of the health and wellbeing of our residents in response to the global COVID-19 (coronavirus) pandemic.

These actions have included the closure and restrictions of a number of services. Some of these include the:

- cancellation of all Council organised events and activities until 30 June 2020.
- · closure of Council's Administration Centre to the public
- · closure of all Blacktown City Libraries
- closure of our 5 aguatic and leisure centres (including gyms).
- · closure of all community and seniors centres
- · closure of all sporting fields, including tennis courts
- · closure of all playgrounds, skate parks and outdoor gyms
- · closure of the Blacktown Council Nursery
- · Animal Holding Facility now only accepting appointments.

As a result, instead of our School Holiday Guide listing all of the amazing events and workshops we hold for our residents, we have compiled a list of fun activities to do at home with the kids!

We encourage all of our residents to practice social distancing measures, maintain personal hygeine, and stay home.

For the latest information on all changes to Council's venues and services in response to the coronavirus pandemic, click here.

Keep Blacktown's waterways clean!

Blacktown City Council's Environment team have put together a fun and educational crossword to do at home with the kids!

The crossword will teach children about our natural waterways and what we can do to keep them clean

Tip

Use our Waterway health report card to help you find some answers!

Complete the crossword



Keep Blacktown's waterways clean!

Blacktown City Council's Environment team have put together a fun and educational crossword to do at home with the kids!

The crossword will teach children about our natural waterways and what we can do to keep them clean.

Tip

Use our Waterway health report card to help you find some answers!

Complete the crossword



Learn to draw Mickey Mouse

If you're looking for a fun, creative way to add some Disney magic to your day, Disney has shared a complete series of how-to tutorials on drawing Mickey Mouse through the years.

You can also learn how to draw a huge range of other Disney characters from Stitch (from Lilo and Stitch) to Winnie the Poohl

To view the how-to tutorials, click here

Learn how to draw Mickey Mouse



Disney movie activity packs

The Theme Park Professor has put together a substantial list of free Disney activity sheets you can use while you watch your favorite Disney movie!

Each one has a different way to get your kids thinking! You can use each movie to find clues to use to complete the activity sheets.

To view the activity packs, click here

Download the free activity packs



Download a free nature e-book

The 'Wild Home Play' e-book is free to download and features a range of nature based activities to do at home!

The e-book includes how-to guides on making a garden treasure hunt, 'ice eggs', nature masks and more!

Download the free e-book here.

Please note, the website will not ask for payment details as this is free. It will allow you to download once you click 'proceed to payment'.

Download the free e-book



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 under utilised and may be considered for cancellation based on low passenger numbers.

To apply for a School Opal card or to report a lost or stolen card, go online to www.opal.com.au/en/about-opal/opal-for-school-students/

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.

Busways

www.busways.com.au



STUDENT ADMINISTRATION – ATTENDANCE PROCEDURES

Late to school

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

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

Absent from school

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

Plan to leave early

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

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

If parents/caregivers **unexpectedly** need to collect their child/ward, they are requested to call the school beforehand so arrangements can be made for the student to be waiting at reception. Parents/caregivers **must report** to the **parent reception** to collect their child/ward.

Principal Mrs Sonja Anderson

Forman Ayenue Glenwood NSW 2768

T 02 9629 9577

F 02 9629 2796

https://glenwood-h.schools.nsw.gov.au

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

Extended Absences

Parents/caregivers need to apply for extended leave for students by completing an 'Application for Extended leave - Travel' form which is available from reception. This form is to be returned to reception for approval from their Deputy Principal. This will enable the school to hold the students position at the school while they are on leave.

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

Unwell Students

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

Items left at home

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

Out of Uniform Procedures

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

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

Students who fail to follow this procedure, and do not bring a note from home, will be placed on recess detention.

Principal Mrs Sonja Anderson

Forman Avenue Glenwood NSW 2768

T 02 9629 9577

F 02 9629 2796

https://glenwood-h.schools.nsw.gov.au

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

PARENTING IDEAS

Webinars for Parents in 2020

This school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents in this school community can attend some fantastic webinars in 2020 at no cost. Enjoy this exclusive benefit by redeeming online today.



Watch from any device, any location



See the experts as they speak

Catch up recordings available

Valued at \$37 per webinar



Redeem your webinars - it's easy

To redeem your webinar vouchers, visit www.parentingideas.com.au/parent-resources/parent-webinars Choose the webinar you would like by clicking 'add to cart'. At the checkout, add the voucher code for the webinar. Enter your school's name to verify your eligibility. The \$37 discount will then be applied. If you're unable to make the broadcast time, just register anyway and you will get access to the recording. Webinars need to be redeemed individually before their expiry date, but you can register for as many as you like!

parenting *ideas

2020 Webinar Program for Parents



Future-proofing your child

This century is characterised by disruptive change that is turning our world upside down. Jobs aren't just changing, whole industries are ceasing to exist. The scripts for success are being rewritten on a daily basis in our families, at work and in life. In this webinar Nikki Bush teaches parents what to expect and how to support their kids to thrive in a future world of work. Key learning and discussion points include:

- · Key trends that are changing the world
- · Frameworks for future-proofing children
- · Highlighting the X-factors for success
- . Explaining the role of school in a changing world
- · Helping parents to set realistic and relevant parenting goals

PRESENTED BY NIKKI BUSH VOUCHER CODE FUTURE



EXPIRY DATE 18 JUN 2020



Understanding techno tantrums

 $In this digital \ era, chances \ are \ we've \ all \ experienced \ our \ children \ throwing \ a \ techno-tantrum. \ Techno-tantrums \ are \ completely \ normal \ and$ often a result of the neurobiological changes that occur when kids use technology. But this doesn't mean that we have to simply accept that they're part of our modern parenting reality. In this webinar Dr Kristy Goodwin helps parents and carers understand why children and teens emotionally combust when they digitally-disconnect, and how to establish new, healthy technology habits. Key learning and discussion points include:

- The science behind why kids and teens have techno tantrums and find it challenging to switch off screens
- · How to establish and enforce firm guidelines and boundaries
- · How to be the pilot of the digital plane
- Researched based, realistic strategies to help develop healthy digital behaviours so that screen time doesn't always end in 'scream time'



PRESENTED BY DR KRISTY GOODWIN OUCHER CODE TECHNO EXPIRY DATE 17 SEP 2020



Teaching young people about healthy relationships

In a world where young people are bombarded by adult themes, sexualised and destructive media messages, it can be hard for parents to feel confident to take on delicate topics with their child. In this webinar Collett Smart gives parents the tools to build a strong relationship with their child where no topic is off-limits and they can come to them with any questions.

- Key learning and discussion points include: The foundations of healthy relationships and relationship intelligence
- + How to help a child develop flourishing relationships at each age and stage of their development
- Appropriate age guidelines for talking about body safety, sex and sexualised media
- How to respond when a child comes across pornography
- · Conversation ideas on consent and respectful relationships



PRESENTED BY COLLETT SMART P VOUCHER CODE HEALTHY EXPIRY DATE 09 DEC 2020



Parenting like a cat and dog

Effective parents use more than one style when communicating with their families. They know how to alter their style to suit the situation. In this webinar, Michael Grose uses cat and dog metaphors to Introduce parents to two diverse styles of parenting. This will increase their ability and confidence to manage, nurture and build relationships with their children. The cat-dog approach to parenting is fun, easy to use, respectful and maximises parent effectiveness in challenging situations.

- Key learning and discussion points include:

 How parents can identify their natural style and work harmoniously with their partner and/or support networks.
- Building confidence to manage children who relish getting their own way · Constructive ways to adjust communication so that it meets the individual needs of children
- Effective methods to communicate with anxious children so they feel supported, safe and listened to
- Techniques to adapt parenting styles as children move into adolescence

PRESENTED BY MICHAEL GROSE



VOUCHER CODE METAPHOR EXPIRY DATE 31 DEC 2020

www.parentingideas.com.au

parenting *ideas

INSIGHTS

Parenting in the age of disruption



We live in the age of disruption. The future your children will inherit will be very different than the world we live in now. A university degree, once a guarantee of a well-paid job, no longer ensures your child a career, let alone a steady income.

So how can we prepare children to thrive in a world where it's estimated that over 20 per cent of today's jobs won't exist in just five year's time? How do we prepare them for a work-life of multiple careers and job changes?

South African educator and author Nikki Bush believes that the future will belong to those who develop a broad range of personal capabilities rather than a narrow number of academic abilities. Bush has outlined five key personal factors that will help kids succeed in the future world of work. These are:

Creativity and innovation

With information being only a digital search away, knowledge is relatively easy to obtain in the digital age. The ability to think outside of the square and find new solutions to old problems will be one of the most highly valued skills in the new world of work.

Love of learning

In a world where people working into their seventies and beyond will become common place, a degree of qualification obtained in the early twenties won't guarantee continued success. The future will require people to be in charge of their own learning and be willing to continually upskill. Continuous learners rather than those who close themselves off to new ideas and concepts will thrive in the future.

Resilience

Life doesn't unfold in a straight line. It never has, but the future of work will have more twists and curves than ever before. Kids will need to be resilient and flexible enough to cope with rapid workplace change and lack of security, as well as be able to manage risk to earning a living.

Self knowledge

Personal knowledge of strengths, capabilities and talents has long been a skill, that we've neglected to develop in kids. When the future is fluid and work continually changing, self-knowledge will become a passport to happiness and success.

Teamwork

The ability for your child to work as part of a team both virtually and in the real world will be more important than ever in the future world of work. Even jobs that have an individual skill focus will require people to work cooperatively alongside each other.

Provided as a part of our school's Parenting Ideas membership

Reassuringly, there is a great deal you can do as a parent to prepare your child to capitalise on the changing career and jobs landscape. Use Bush's five personal factors for future success as a starting point as you ponder how to prepare your child to prosper in the age of disruptive change.

Related webinar

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the below webinar 'Future-proofing your child' at no cost.

About

In this webinar Nikki Bush teaches parents what to expect and how to support their kids to thrive in a future world of work.

When

18 March 2020 8:00pm AEDT

To redeem

- 1. Click this link: https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-future-proofing-your-child
- 2. Click 'Add to cart'
- 3. Click 'View cart'
- 4. Enter the voucher code FUTURE and click 'Apply Coupon' 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'

The voucher is valid until 18 June 2020.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It.* Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

Provided as a part of our school's Parenting Ideas membership

INSIGHTS

Leading the way for children during the Coronavirus pandemic



If you're like me, the news of the Coronavirus (COVID-19) pandemic has your head spinning and your heart pumping. That's only natural as life as we know has taken a seismic shift in recent days.

International travel bans, cancellation of sporting and cultural events, shopping frenzies and talk of school closures continue to dominate the airwaves. Terms such as social distancing, self-isolation and social lockdowns have entered our vocabularies and may soon become part of our daily lives.

Coronavirus is having an unprecedented impact on our daily lives, and will probably do so for some time. While keeping ourselves and children healthy and safe is our main concern, it's also essential to address the anxieties of children and young people during these changing times. Here are some ideas to help inform, reassure and keep children and young people safe.

Build on what your children know

Children and young people have already been exposed to a great deal of information about corona virus through media, digital means and direct social contact. Their understanding will vary depending on their age and also the quality of their information sources so you probably will need to help kids process what they already know.

Casual conversations with teenagers and older children can be useful ways to glean their understanding. You could ask questions like "What are you hearing about Coronavirus? Is there anything you're not sure about?" Younger primary age children may need a more direct approach with parents addressing their specific concerns without giving too much information that can overwhelm them.

Check your own thoughts and feelings

Check your own frame of mind and emotions about COVID-19 before talking to kids. Most children are astute mood detectives and they'll gauge their safety by the way you communicate with them. If you tell a child, "You've got to wash your hands or you'll get infected," you are communicating your own anxieties, making it difficult for them to maintain a healthy state of mind. Have a think about how you can frame your instructions and their importance in a way that doesn't heighten your child's anxieties.

Stay informed

It's difficult to work out fact from fiction, correct from incorrect, information from exaggeration when the news is changing so fast. However you need to educate yourself about the virus itself, including how it's transmitted and how to stay safe. Get information from trustworthy sources such as The Australian Government Health Department website and the current federal government corona virus information media campaign.

Provided as a part of our school's Parenting Ideas membership

Answer questions truthfully

It's important that parents and teachers answer children's questions honestly in age-appropriate ways and within context of what is happening at the given time. If their sport or hobby has been temporarily cancelled empathise with their concerns, while helping them maintain a sense of perspective.

Initiate positive action

One way to reduce anxiety and allay children's fears is to involve them in planning and preparation for their personal and group safety. Positive activities such as maintenance of personal hygiene, greeting people with an elbow tap and getting plenty of sleep can help restore a sense of control, that is so important for their wellbeing.

Find refuge in rituals

Regular rituals such as mealtimes, bedtime stories and regular one-on-one time provide both an anchor to normality and a sense of connection for kids at times of change. Consider reconstituting favoured family rituals at this time if they have lapsed due to lack of time, or lifestyle frenzy.

Look outwards

In difficult times there is a tendency to look inwards, which is a natural protective strategy. The alternative is to establish a sense of connection and community spirit by focusing on generosity and togetherness. Help children see past their own needs and look for ways to assist others whether it's shopping for an elderly neighbour, helping a younger sibling occupy themselves, or planning an indoor movie night for the whole family.

The Coronavirus presents many practical challenges to parents and other important adults in the lives of kids. Staying calm, keeping informed, and adjusting our own habits are just some of the challenges we face. However a significant challenge is one of personal leadership. That is, during these difficult times we need to be civil to each other, look out for each other and be mindful of the common good in everything we do. In this, we can all take a significant lead.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It.* Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

Provided as a part of our school's Parenting Ideas membership



Monday 8.00-11.00am Tuesday 2.30-4.00pm

Shop Hours

Contact Details (02) 9672 6891

Glenwood Park Drive, Glenwood NSW 2768 glenwoodhigh@alinta.com.au

Wednesday 8.00-11.00am

Friday 2.30-4.00pm

Uniform Shop Order Form Glenwood High School

DOOKEMLD



All Sizes \$140.00

All Sizes \$90.00

Soft Shell Jacket 7-12

\$35.00 \$53.00

18-120

34 - 120 38-L20

310-314 \$33.00

SS Blouse Yr11-Yr12

Blazer

Price

Size

One Size \$20.00

One Size \$15.00

Girls Formal Bow Tie

è

Soys School Tie

\$55.00

triped Pants **Fartan Skirt**

\$75.00

8-16 18-20

Knitted Jumper

\$33.00

38-314 8-120

SS Blouse Yr7-Yr10

\$35.00

ð

\$78.00

Date: Name: Address: Contact Number: Fmail Address:	Pick up from shop Delivery to above address \$7.95	Payment Options Visa Mastercard Cash (enclosed	Name On Card:
---	--	--	---------------

\$10.00

Microfibre Tights

Sloves

\$32.00

312-314

SS Shirt Yr11-Yr12

\$34.00

XS-3XL

\$32.00

38-314

SS Shirt Yr7-Yr10

Size

Scarf

socks 1 pk

\$5.95

All Sizes All Sizes All Sizes \$15.00 One Size \$12.00

eather Belt

One Size \$12.00

One Size \$8.00

Credit Card Numbe Expiry Date:

\$66.00

One Size

\$4.00

abric Marker

\$37.50 \$25.00

XS-3XL

312-120

38-314

3ackpack

One Size \$17.00

Sports Cap

ð

Size

Price

Size

\$25.00 \$36.50

38-3XL

ports Polo - Sale sports Polo Royal

ormal Trousers sorts Uniform

ormal Shorts

\$52.00

\$39.00

310-3XL 310-3XL

\$34.00

XS-3XL

Apron

Signature

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.

\$33.00

38-3XL 38 - 3XL

Jnisex Sport Shorts Stretch MF

rackjacket - Sale Frackpants - Sale

\$33.00 \$25.00

312-120

adies Sport Shorts Stretch MF Joys Sport Shorts - Sale

Jirls Sport Shorts - Sale

38 - 3XL

\$40.00 \$25.00

3XL

38 -

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.

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
 - o how to stop negative thinking and develop an optimistic outlook and attitude,
 - how to stop procrastination and work towards achieving targets,
 - o 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),
 - o creative problem solving,
 - o organisation & time management skills,
 - o teamwork and collaboration,
 - workplace etiquette, and
 - o 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 funfilled environment.

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

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

Key Responsibilities:

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

Essential competencies

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

Other Requirements:

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

To apply:

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

Contact - 0413991733







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



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.

			Year
STUDENT'S FULL NAME			Year
(Include Siblings ATTENDING			Year
Glenwood High School)			Year
PARENT/GUARDIAN WITH	NAME:		
WHOM THIS STUDENT	1		
NORMALLY LIVES			
PARENT/GUARDIAN 1	l		
DETAILS	HOME:	WORK:	
	EMAIL:		
	Preferred Family	Email Address:	
	NAME:		
PARENT/GUARDIAN 2 DETAILS	1		
5217425	1		
		WORK:	
	EMAIL:		
RESIDENTIAL ADDRESS:			
RESIDENTIAL ADDRESS.		POSTCO	DDE:
DADENTICHARDIAN NOT	NAME:		
PARENT/GUARDIAN NOT LIVING WITH THIS STUDENT	1		
OR SHARED PARENTING			
ARRANGEMENTS IF APPLICABLE.	RELATIONSHIP:	Time Spent at th	ls address:
Please advise time spent	MOBILE:		
living at this address (if any)	HOME:WORK:		
and attach Court Orders if applicable.	EMAIL:		
EMERGENCY CONTACT	NAME:	RELATIONS	HIP:
DETAILS - (OTHER THAN PARENT/GUARDIAN)	MOBILE: DAY TIME NUMBER:		
· · · · · · · · · · · · · · · · · · ·	NAME:	RELATIONSHIP:	
	MOBILE:	DAY TIME NUMBER:	
the Principal outlining the reas	on for your mo	ATTENTION School local enrolment area you need to ve. The letter must also explain why you, instead of moving your child/children	u wish your child to
PARENT/GUARDIAN'S I incipal Mrs Sonja Anderson Forman Avenue G	NAME lenwood NSW 2768	SIGNATURE T 02 9629 9577 F 02 9629 2796	DATE ABN 90 913 676 854
nopal ara conje Anacioui I uniteli Avenue G	CHAODE NOW Z100	1 02 3023 3011 1 02 3023 2130	MUN 30 313 070 004