



**GLENWOOD
HIGH SCHOOL**

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Innovation Opportunity

Diversity

Success

SPIRIT WEEK 2.0



THE REDGUM

ISSUE 3 · TERM 2, 1 JULY 2020



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Innovation Opportunity Diversity Success

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Issue 3 Term 2, 1 July 2020

SENIOR EXECUTIVE REPORT

Special points of interest:

- Spirit Week 2.0
(Front cover)
- Senior Executive Report
- MathsHelp
- Important Dates
- Monday 20-31
July—Year 12 HSC
Trial Examinations
- Tuesday 21st July
Year 7—11 students
Return
- Sport Term 3 for
Years 7—10 students
- Parenting Ideas
- Developing
young people's
emotional smarts
- Uniform Shop update
- Join Us
- Change of Student
details



Term 2 has been an interesting one to say the least. We have journeyed through dedicated remote learning, then a mix of remote learning and partial face-to-face, with restrictions, through to full time face to face with minimisation strategies in place. Our staff have banded together to ensure that we have been able to provide stability for our students. Through this, we have been grateful for the support of our community who have accompanied us on this journey. Through necessity, we have adapted how we conduct our usual events and initiatives, whilst we follow the road back to normality. Hopefully, Term 3 will enable us to take further steps.

New COVID-19 Guidelines for Schools

On 12th June, 2020, The NSW Department of Education released an updated *Guide to NSW school students returning to face-to-face learning*. This document is based on the most recent health advice and changes to state and national restrictions. It announces that schools are able to recommence the majority of school-based activities from either 15 June 2020 or the start of Term 3 (20 July 2020). Some activities are continuing to be considered. You can access this, and any subsequent documentation, via the NSW Department of Education's website, or follow the link: <https://education.nsw.gov.au/covid-19/advice-for-families>

Semester 1 Reports

Our Semester 1 2020 reports for junior years, Years 7 – 10, will look quite different. Due to the significant period spent on remote learning, the NSW Department of Education determined that the 7-10 reports be modified to reflect the learning undertaken utilising a variety of delivery and media. They provide feedback on student progress, as well as guidance for future development, in a simplified format to parents. Please note, senior reports, Years 11 and 12, have remained unchanged.

Year 11 Reports were published to the Sentral portal on Friday 19.06.2020. Reports for Years 7 – 10 will be available this week. All school reports are published to the Sentral portal, so that you have ready access to all of your child's reports. If you need help accessing your portal, please contact the school office.

Parent / Teacher Interviews

Due to COVID-19 restrictions, and the accompanying adjustments required by online learning to our curriculum delivery, as well as assessment and reporting, we were unable to conduct the Term 2 Parent Evenings. These will be rescheduled for Term 3, but will be in a different format. The school is currently investigating and evaluating effective modes of delivering this event. Information will be posted on the school's communication platforms as it becomes available.

Year 12 HSC Trial Examinations

As we continue to prepare our Year 12s for the HSC experience, the Trial Exams will go ahead as planned in the first two weeks of Term 2, commencing on Monday 20 July. The exam timetable is available on our social media platforms. Please be aware that while Monday 20 July is a School Development Day for students from Years 7 to 11, Year 12 will still be expected to attend in order to start their exams. Students will be expected to stay for the entire examination – leaving early from a Trial HSC Exam is not permitted.

It is imperative students make valuable use of their time during the holiday break in order to prepare adequately for these exams. To this end, Glenwood staff are planning Holiday Study Workshops for added academic support. Year 12 have been provided with the holiday workshops timetable and are strongly encouraged to make use of these wonderful opportunities. Similarly, those students working on practical projects, major works and performances really need to put in the extra effort during this time in order to meet the Term 3 deadlines, which NESAs have extended, for these major works.

This is a highly stressful time and it is important that students balance their preparation with personal time and physical activity. The use of study timetables, study groups, accessing the HSC past-examination packages via the NESAs website and attending workshops are a great way for students to feel confident in their preparedness. Likewise, taking downtime, going for a walk, playing sport and relaxing to break up the intense study is important. Look after yourselves and manage your stress levels productively, Year 12.

A huge thanks to the Glenwood staff who are giving up their personal time to spend with Year 12 on their preparations. Good luck Year 12 and their parents and carers during this stressful time.

Year 11 2021 Subject Selection

The Year 11 2021 subject selection process is well underway. In Connect, over the weeks since our return to face-to-face teaching, Year 10 have been able to view informative videos on the vast array of subjects on offer at Glenwood High School. They have also had the opportunity to speak with subject teachers, careers adviser and older students, so that they can make the best-informed decision.

On Monday 15th June, 2020, the school released a range of virtual presentations designed to enable all Year 10 to make an informed choice regarding their subjects for the next two years. We advised all of our students to select subjects that they enjoy and are good at, as these are also the subjects they are more likely to perform well in. Students have already been instructed on the rules and requirements for HSC study in their Careers classes, as well as looked at the vast amount of subjects we offer at GHS to help prepare them for this very important decision. The careers advisor, year advisor and deputy principal have been working with Year 10 on this process throughout Term 2, and most have a good idea of the course they wish to undertake for intensive study in Stage 6.

This was the final event in the subject expression of interest process. Student expression of interest surveys provide the school with the necessary information to develop offerings based on the interest areas of the cohort. For this reason, Year 10 were encouraged to take their selections seriously. Students were required to complete their online expression of interest survey by Friday 26th June.

In Term 3, students will be issued their subject confirmation sheets, which they will be required to bring, signed, to an interview on Friday, 18th September 2020. They will also need to bring along their careers portfolio and past 2 reports. This event helps us to support our students in selecting the most appropriate pattern of studies for Stage 6. This will be the final stage of the process as all information will then be used to create the timetable for 2021. Happy selecting, Year 10!

Year 9 2021 Subject Selection

Year 9 2021 Subject Selection Information for parents and carers will take form in a series of virtual presentations, along the lines developed for the Subject Selection Information Sessions for Year 11 2021 which were delivered in June. The virtual presentations will be available on our school's website on Monday 3rd of August. The pre-recorded videos will inform you of everything you need to know about the process of elective subject selection for Year 9 2021 and Year 10 2022 at Glenwood High School, including advice on choosing elective subjects. The virtual presentations will explore NESA requirements, including highlights of the Year 9 Assessment Policy, Year 9 subject patterns and elective offerings for 2021, advice on choosing electives and the process which needs to be completed. Students will be viewing these in Connect. They have also been encouraged to think about which subjects they enjoy and speak with their teachers about what electives are offered in Stage 5 that will allow them to further explore their interests in those areas. It is important that student carefully consider which electives they nominate as their priorities as this information will dictate which subjects we will be able to offer. We do encourage students to select subjects that they have an interest in, as they are more likely to enjoy their studies, find relevance and produce work that reflects their personal best. This could then influence their future selection of specialised studies and career choices.

Spirit Week 2.0

The student leadership bodies have been working together to develop initiatives to help the Glenwood High School Community on their journey back to normality. A key event in this was celebrated in Week 9, Spirit Week 2.0. The Prefects and House Captains hosted a range of fun events to re-energise, refocus and unite the student body. Students participated in competitions, quizzes, scavenger hunts, handball, movie trivia to the sounds of the latest hits. These events were open to and enjoyed by all.



Safe travel to and from school

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

Pedestrian refuge islands

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



Pedestrian crossings

Drivers must slow down and stop when a pedestrian steps onto a marked crossing. Drivers must give way to any pedestrian on the crossing. Crossings with poor visibility have zigzag white lines painted on the road to warn drivers.

Pedestrians beware! Some drivers may not see pedestrians and, therefore, may not stop. Wait until all vehicles have stopped before you start to cross.

Raised pedestrian crossings



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

The rules for pedestrian crossings remain the same for these raised crossing.

Bike Safety

Riding to and from school helps reduce local traffic, reduces our carbon footprint, and promotes physical activity. All students need to be aware of road rules and safety advice when riding to and from school. We ask that parents reinforce the following safety rules to their children who ride to school:

- Wear a helmet and protective gear
- Understand and follow the road rules
- Give way to pedestrians

Given the high amount of pedestrian activity around the school in the morning and afternoon, we ask that students riding to and from school dismount their bicycle and walk across the crossing and to the bike racks. Students may not ride their bikes in the staff carpark or around the pedestrian walkways.

It is important to reinforce that cyclists of all ages are required by law to wear a correctly fitted and fastened helmet that meets the Australian Standard (AS/NZS 2063).

IMPORTANT NOTICE

- Students may not be dropped off on pedestrian crossings, on the road, in traffic or roundabouts. The car must be legally parked against the curb before passengers exit the vehicle. Currently, the fine for Infringement 171 is \$334 and 2 demerit points.
- The Kiss and Drop zone has time restrictions. Please be aware of these.
- Exiting from the Kiss and Drop zone is strictly a left hand turn only.

Police are aware of community concerns about traffic behaviour around Glenwood High School and will be monitoring this.

Wishing all our families a relaxing break. See you all in Term 3!

Mrs Donna Healy
Deputy Principal Years 8 & 11

Spirit Week 2.0

Over the last few months, students have had to face new challenges due to Covid-19. Glenwood High School leadership groups wanted to work together to run an initiative that would aid students to come together once again and be able to raise school spirit. The SRC, House Captains and Prefects came together throughout Term 2 to plan Spirit Week 2.0 and ensure that students were able to get the best possible experience and have fun. The events that ran throughout Week 9 included handball competitions, scavenger hunts, trivia, chess, photo booths, music requests and many more. These activities were organised by members of each leadership group, with the aid of teachers where necessary. Various events ran at different times of the week, with the handball, chess and trivia competitions running across multiple days. Other activities were open to different grades each day. Students were able to participate in a variety of activities that provided them with a communal experience that they had missed out on over the last few months. These also helped to reduce stress as the second term comes to a close. The 2020 leadership groups are very proud to have been given the opportunity to work together and successfully help to relieve stress and raise school spirit.

Rose

Here are the reports of each of the Student Sub-Committees that ran events across the week:

Movie Photo Challenge

The leadership groups held a challenge for the students of GHS to recreate their favourite iconic movie moments. The scene could be anything they wanted, from Titanic to Star Wars. The true creative spirit of Glenwood High was able to shine as our favourite movie stars were put on display.

Isaac and James

Handball Competition

Congratulations to all teams who entered into our handball competition. Overall we had 20 team with all teams competing admirably. Congratulations to all teams who progressed to the later stages of the tournament and our finalists of Isaac, Tyler, Aaron and Rahul. Rahul and Aaron took out the final on the day in a closely-fought game.

Aaron

Chess Competition

A big congratulations to the winner of the chess comp, Aditya Sridhar, winning on time against Aidan Huang, our runner-up. We'd also like to thank Henry, and Thevindu for coming back and playing for third and fourth with pride. Congratulations to all involved!

Lachlan

Photo Booth

With participation from all year groups, the photo booth was a success. Students were blessed to make new memories at school through this experience. All the leadership groups came together to make this work (like how in Infinity War, Captain America and Ironman joined forces!). The photographers went out of their way to scour the school to take photos of students. Thank you to Ms Gleeson for the frames and accessories.

Jenna

School Book

As part of our Spirit Week 2.0 event, we also started our GHS 2020 Story initiative in Week 9. Throughout the week, prefects visited Connect classrooms to collect sentences from students to be put into one story, created by the whole school. Each year group had a specific theme for its story; Year 7 focused on relationships, Year 8 looked at positivity, Year 9 wrote about appreciation, Year 10 discussed perseverance, Year 11 did leadership and Year 12 reflected on memories. We are very excited to keep working towards the final product!

Ebony

Scavenger Hunt

Thank you to all the people who participated in the Scavenger Hunt, especially Teloceans who had the majority of entries at 42% of the total. It was a great success, and we were glad to see everyone roaming around the school, figuring out all the clues and questions.

Tyler







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SPORT FOR TERM 3 – Years 7-10 Students

Dear Parent / Caregiver,

As sport is slowly returning to play, we have already decided as a Zone that we will be continuing with Season 1 Sport, commencing from Week 1, Term 3 – Wednesday 22nd July. This will mean ALL students in Years 7-10 will go back to the sport they chose prior Covid-19, this includes School Sport, Rec Sport, Musical and Grade Sport. It is expected that ALL students in Years 7-10 are to **bring their full sport uniform to change into** prior to their sport session every Wednesday: Years 7-8: Period 3 & 4, Years 9-10: Period 5 & 6.

Before recommencing sport next term, please carefully read through the Macquarie Zone's 'Return to Play' Policy with your child, which is in line with current government directions and will be amended when necessary. Season 1 is scheduled to finish in Week 6, Term 3 on Wednesday 26th August. Students will then be provided an opportunity to select a new sport during Weeks 7 and 8 of Term 3 for their Season 2 sport choice, which will carry through for another 10 week cycle and will be the final sport selection period of the year.

If you have any further questions, do not hesitate to contact the sport coordinators at the school.

Regards,

Mr. L. Davis and Ms. R. Hobday
Sport Coordinators
02 9629 2796



Introduction

COVID-19 is most likely spread through direct close contact with a person while they are infectious, or being in the same closed space for at least 2 hours. The risk of infection through playing sport outdoors is minimal, and now with the rate of infection greatly reduced, sports are working towards playing again. Grade Sport having non contact sports & played outdoors would be in the minimal risk category. It's time to cautiously reintroduce Grade Sport, a very popular sport choice for students back into schools.

The conditions set out in this document are in line with government directions & will be amended when necessary. All School Sports Organisers will be Covid-19 Safety Coordinators and it is their responsibility to oversee the delivery of this plan, continually check updated information from all relevant government & health organisations and continually update grade sport coaches through email and conversations on all aspects of Covid-19, restrictions, the safety plan and any other relevant information.

All Grade sport coaches will be responsible for ensuring the safety plan is adhered to each Wednesday of competition.

Covid-19 Information Sources

Australian Government Department of Health: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncovhealth-alert>

World Health Organisation: <https://www.who.int/>

Australian Institute of Sport: <https://ais.gov.au/health-wellbeing/covid-19>

Sport Australia: <https://www.sportaus.gov.au/>

The success of implementing this plan will come down to the diligence of associations & their staff and the educating of the players to adhere to the safety measures put in place.

Protocol: On Sport Day

- Player attends ready to play
- Players are encouraged to bring their own hand sanitiser and apply before they take the field, at half time and again immediately after full time.
- School Coach of team to bring hand sanitiser for team use.
- Players to bring their own water bottle and not share.
- Players to avoid high fives, shaking hands & spitting.
- Interchange players on the side line to maintain social distancing.
- Teams to vacate venue immediately after full time. Do not loiter in a group. Pick up any belongings and depart the venue.
- Ball: The ball must be supplied by the School (not brought by students)
- The ball will be replaced or thoroughly washed between games.
- Other equipment: All other equipment eg. netball bibs, oztags to be supplied by own school and only used by that school. Washing this equipment is the responsibility of individual schools.
- No spectators allowed.
- Game Times: All games MUST be played simultaneously and for a duration of no less than 20mins per half. If a game cannot be played simultaneously (due to field restrictions) the home team will be forfeited and the away team will remain at school to train. This will reduce the number of students on the sidelines and not social distancing.
- Toilets: Toilets will only be open for emergency use. Students are only allowed to use public toilets if it is an emergency.
- No use of bubblers/taps at any venues.
- If a player presents with symptoms or becomes unwell they should be immediately isolated and have parents come pick them up.



MATHS HELP



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

Lunchtime: 12.50 - 1.20 p.m.

Where: **P8 - Maths Classroom**

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



Shop Closure Notice

Dear Parents and Caregivers,

The Uniform Shop will be closing one week earlier due to a system upgrade.

The last day for Uniform Shop purchase Online and In store will be Friday 26th June.

The Uniform Shop will recommence Online trade from 6th July and in-store trading from Week 1, Term 3.

For any urgent Uniform Shop purchases during this period, please contact our customer service center on 02 4321 0433.

Thanks for your understanding,

Alinta Management



NSW Department of Education

Refill your water bottle here



Don't drink straight from a water bubbler

education.nsw.gov.au





School Opal Cards for bus travel

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.

www.busways.com.au



parenting * ideas

INSIGHTS

Developing young people's emotional smarts



The last few months has certainly been a test of young person's emotional smarts. The ups and downs of the COVID-19 experience continues to play on the emotions of all us, but for adolescence who are going through a period of brain development, this can be a particularly tricky time. Fortunately, parents are in a wonderful position to assist and in doing so develop emotional smarts in their young people. The following strategies will help:

Talk openly about feelings

Your young person will benefit from being around adults who talk about their own emotions and feelings rather than ignoring or bottling things up. A focus on emotions builds their vocabulary and also gives them permission to do the same.

- Talk about the emotional impact that daily events such have on you
- Ask them how they feel or react emotionally to things that happen to them
- Use specific terms for feelings such as 'irritated', 'nervous', 'tense', 'annoyed'

Build awareness of the triggers

Your young person may experience mood swings due to the changes occurring in both their body and brain as well as the changes COVID-19 brings. They may feel confused and even fearful of their reactions. Help your young person recognise the situations and events that trigger different emotions. Your young person may be aware that returning to school, for example, may make them nervous but they may not realise that they become annoyed when they're told to do something rather than when they are asked.

- Discuss trigger events and moments with your young person
- Make a list of trigger moments to help him prepare for them
- Develop plans to better manage emotions before they spiral out of control

Encourage journaling

Young people often have difficulty internally processing many of the events that happen during the course of day, leading to confusion and worry. Encourage them to keep a daily diary or journal so they can make better sense of events and situations that impact on them emotionally. Getting their thoughts and emotions down on paper helps them gain clarity, gain control of their emotions and build better mental health. Writing thoughts and worries down prevents constant rumination, which often leads to catastrophising.

- Give your young person the privacy needed for journaling
- Remind them that posting on social media is different to journaling
- Share with your young person how you process your thoughts and emotions in healthy ways

parenting *ideas

Differentiate between feelings and mood

Adolescence can be a confusing time, particularly when they're changing from primary school to secondary school. Feelings of confusion and self-doubt can seem like constant companions. Help your young person understand the difference between mood and feelings. A mood can stay for a long time – days and weeks – and is impacted by the lifestyle factors such as sleep, diet and exercise. Feelings are fleeting. They come and they go. They are easily shifted with simple tools such as breathing, visualisation and distraction.

Accepting discomfort

We naturally want to feel happy and content, however life is never that simple. Your young person is more than likely learning to come to terms with that. Help them feel comfortable with unpleasant feelings such as sadness, disappointment, jealousy and frustration. Let them know that there are behaviours that can't be tolerated such as aggression and hurting others, but there is nothing so bad that they can't talk about it. Introduce them to healthy coping skills they can use to make uncomfortable situations more tolerable. These include:

- Humour: having a laugh or finding a funny side is a great coping strategy
- Normalisation: understanding that you are not the only person experiencing something helps to rationalise thinking
- Distraction: taking a break from a situation if only for a short time is very therapeutic
- Compartmentalisation: stopping an event infecting all areas of life is a wonderful coping skill
- Goal-setting: finding solutions to problems and taking the first steps needed to reach them creates a sense of hope and momentum

Emotional intelligence is a skill that grows over time. It's like working out at the gym – those muscles will take time to build. Similarly, those emotional muscles will take some time to grow stronger. They may need time to talk about and explore their feelings, and become more accustomed to experiencing feelings, even those that make them feel uncomfortable.



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.



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Glenwood High School

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AUTHORITY TO CHANGE STUDENT RECORD DETAILS

Dear Parent/Guardian

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

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

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