



**GLENWOOD  
HIGH SCHOOL**

T 02 9629 9577  
F 02 9629 2796

Forman Avenue,  
Glenwood NSW 2768

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

Innovation Opportunity Diversity Success



# 2022 GHS PREFECTS



# THE REDGUM

ISSUE 1 • TERM 4, 15 OCTOBER 2021



## SENIOR EXECUTIVE REPORT

### Special points of interest:

- GHS Prefects 2022 (Front Cover)
- Senior Executive Report –Ms Young
- GHS Captains 2022
- House Captains 2022
- Sneak Peak
- Lote
- PASS
- Photography
- PBL
- Specialised Learning Hub
- Library News
- Parenting Ideas



*“The only person who is educated is the one who has learned how to learn and change.” ~ Carl Rogers*

We hope you had a welcome change of pace over the holiday break and some time together without having to balance learning from home with other demands.

### Term 4 returned with Learning from Home

As our school is in an LGA that was still under stay-at-home rules we continued to learn from home at the start of Term 4. The staff are looking forward to seeing our students and have been planning for the return to face-to-face learning

We know we are all excited about the freedoms available to those who are fully vaccinated in NSW but we ask every family to be vigilant with COVID restrictions and health recommendations to ensure your child’s safe return to school.

## Glenwood HS

### LEVEL 3 PLUS SCHOOLS RETURN TO FACE TO FACE

Starting Week 3, 18 October 2021

Wk 3

**MONDAY 18 OCTOBER**

- Year 12 allowed access to the school site
- Year 12 follow same timetable supplied at the end of Term 3
- All other students *Learning from Home (LFH)*
- Modified timetable still in place
- Only doubled vaccinated staff allowed on site

Wk 4

**MONDAY 25 OCTOBER**

- Year 12 allowed access to the school site & follow timetable given at the end of Term 3 All other students *return to F2F*
- Modified Bell Times in place to facilitate staggered Recess and Lunch times
- Restriction on some activities
- Only doubled vaccinated staff allowed on site

Wk 6

**MONDAY 8 NOVEMBER**

- Mandatory vaccinations for all DoE staff
- HSC exams starts on 9 November
- Staggered bell timetable in place
- Restriction on some activities

### Return to school roadmap for Term 4

In Term 4, where stay-at-home rules are still in place but high community vaccination and low transmission conditions are met, students will return to school in a staggered approach for prioritised cohorts, with no mingling or on-site activities.

Students will return to face-to-face learning with NSW Health-approved COVID-safe Level 3 plus settings on school sites in the following order as announced by the Premier on 30 September:

- From 18 October 2021: Preschool, Kindergarten, Year 1 and Year 12
- From 25 October 2021: All remaining Year groups

The return to school roadmap is subject to change depending on new information expected through the Public Health Order and additional advice from NSW Health.

2



## Student Attendance

Students who do not return to school in line with the staggered start are marked as absent and our normal processes for non-attendance will be followed. They will be marked as absent and a medical certificate will need to be provided.

<https://education.nsw.gov.au/student-wellbeing/wellbeing-week-11-15-october-2021/helpful-tips-for-returning-to-school#Helpful1>

**HELPFUL TIPS FOR RETURNING TO HIGH SCHOOL**

COVID 19 has required everyone to make changes: how we live, how we socialise, how we learn.

Everyone has a story about learning from home and while there are similarities, your story is unique.

Whatever your experience, it's normal to feel a wide range of emotions that may change from week to week. In returning to school, it's important to think about what will help you prepare for your return, manage any worries you might have and re-focus your thinking.

Your feelings are important. If you need to, there are lots of people you can talk to.

**BE KIND TO YOURSELF**

- Go easy on yourself – give yourself the same supportive advice that you'd give to a good friend.
- Life has been different and it may take time to adjust. Be realistic in your thinking about how long it might take.
- Talk with your teachers about your work and call out your current strengths and any challenges. They are there to help you.
- Contact a friend before the first day back and arrange a time and place to meet.
- Try and focus on the things you can control like trying your best with your school work and see change as an opportunity to learn and grow. Some things are out of our control and worrying can be tiring.
- Talk with your family and friends to help prepare yourself for returning to school.

**GETTING READY**

- Get organised before the day. You may have had a growth spurt while away – so check your uniform and shoes still fit.
- Check your timetable to know what lessons you'll be having - if in doubt ask your teacher or classmate
- Pack your bag the day before with everything you need.
- Be sure to have a mask and hand sanitiser. Your school will also have some supplies if needed.

**SAFETY**

- Know the rules around wearing masks at school and while travelling. If you need more information, look at your school's website and Facebook page, or contact a teacher or year adviser.
- Remember COVID safe practices are for the safety of everyone in the school community so follow all instructions on physical distancing and hand washing.
- If you feel unsafe, or are worried about safety, talk to a trusted adult in the school.

NSW Department of Education  
NSW GOVERNMENT

**KEEP CONNECTED**

- Challenging times can be easier to get through together, so stay connected and be there for each other.
- Go easy on each other and be patient. By being calm those around you will also relax.
- Look out for your friends and classmates. If you think someone is having a tough time, it's a good idea to reach out and offer support. [ReachOut](#) has some helpful tips on how to start the conversation.

**FEELINGS**

- You may experience a range of emotions about returning to school: worried, excited, nervous, angry, happy or any emotion in between. Take your time to reconnect with teachers and other students and settle back into the school routine.
- Think of a time when a challenge made you feel nervous or worried. Remember the strategies you used to manage those emotions and reflect on how you moved through that situation.
- It can be tough, but try to focus on the good things no matter how small they may seem. It's important to seek out the positives to help build your confidence, and focus on your strengths.

**DON'T FORGET YOUR PHYSICAL HEALTH**

- Food is fuel for your brain and body. Eating a healthy balance of food throughout the day and drinking water helps improve your mood and concentration, and boosts your energy levels and supports general health. And it all starts with breakfast!
- Stay active. Returning to school may make you physically and mentally tired for a while. Spend some time doing something physical at the end of the day to boost your mood.
- Sleep is essential. Give your brain a rest so it can recharge. Get into the routine of sleeping 8-10 hours so you can wake up in the morning refreshed and ready to learn. Uninterrupted sleep is best, so put your phone on silent or even better, in another room.

**MORE HANDY TIPS**

If you do feel overwhelmed there are lots of things you can do:

- Take some deep breaths, walk away to another area or talk about it with your mates.
- Use an app like [Smiling Mind](#) to practise mindful meditations to help you relax. [Reachout.com](#) has heaps of other apps you can check out!
- Speak with your support network: family, teachers, Year Adviser, school counsellor or student support officer.
- Contact a helpline by phone or online. Kids HelpLine ([Kidshelpline.com.au](#) or 1800 55 1800) or [headspace](#) (1800650 890) are two places you can contact. They are free of charge.
- Your local doctor is also someone you can talk to.

You will find more ideas on how to look after yourself and your friends on the Department of Education's [student mental health and wellbeing pages](#).


NSW Department of Education  
NSW GOVERNMENT


## Return to school

The Department of Education Website have information and resources to assist students and families with the return to face to face learning. Included in the resources are wellbeing tips and many resources can be downloaded. This is updated daily and can be located at the below address:

<https://education.nsw.gov.au/covid-19/advice-for-families/guidelines-for-families>



NSW Department of Education




### Revised Mask Wearing Settings

The current Public Health Order requires all persons over the age of 12 to wear a face mask indoors and outdoors across both 'stay at home areas' and 'areas of concern'. While the Public Health Order does not require students to wear a face mask while they are in school, the department has taken the positions based on health and safety grounds that face masks are required by staff and students under the indicated settings.

[education.nsw.gov.au/covid-19](https://education.nsw.gov.au/covid-19)

COVID safe schools framework	Staff	Students
<b>Level 1</b>	<ul style="list-style-type: none"> <li>No masks required</li> </ul>	<ul style="list-style-type: none"> <li>No masks required</li> </ul>
<b>Level 2</b>	<ul style="list-style-type: none"> <li>Masks <b>recommended</b> indoors</li> </ul>	<ul style="list-style-type: none"> <li>Masks <b>recommended</b> indoors for all students K-12</li> </ul>
<b>Level 3</b>	<ul style="list-style-type: none"> <li>Masks <b>required</b> indoors and outdoors</li> </ul>	<ul style="list-style-type: none"> <li>Masks <b>required</b> indoors and recommended outdoors for Year 7 and above (unless exercising or eating)</li> <li>Masks <b>recommended</b> indoors and outdoors for primary students (unless exercising or eating)</li> </ul>
<b>Level 3 Plus</b>	<ul style="list-style-type: none"> <li>Masks <b>required</b> indoors and outdoors</li> </ul>	<ul style="list-style-type: none"> <li>Masks <b>required</b> indoors and outdoors for Year 7 and above (unless exercising or eating)</li> <li>Masks <b>recommended</b> indoors and outdoors for primary students (unless exercising or eating)</li> </ul>
<b>Level 4</b>	<ul style="list-style-type: none"> <li>Masks <b>required</b> indoors and outdoors</li> </ul>	<ul style="list-style-type: none"> <li>Masks <b>required</b> indoors and outdoors Year 7 and above (unless exercising or eating)</li> <li>Masks <b>strongly recommended</b> indoors and outdoors for primary students (unless exercising or eating)</li> </ul>

[education.nsw.gov.au/covid-19](https://education.nsw.gov.au/covid-19)
As at 1 October 2021

**NOTE: As of the 18th October the Public Health Order will be updated and mask will only be required for indoors.**

### Revised bell times and playground areas

To meet health and Safety COVID restrictions at school, we have implemented varied bell times. Students will have staggered recess and lunch breaks and cohorts will be designated particular areas in the playground. Students will enter the blocks via western doors and exit via eastern doors

- Return to School**
- All days have the same bell time
  - Monday still finishes at the end of period 5 with a staggered dismissal time:
    - Years 9 & 10 dismissed at 2pm
    - Years 7, 8 and 11 dismissed at 2:09
  - Year 11 still finish at lunch on Wednesdays

Time	Year 7 & 8	Year 9 & 10	Year 11
8:40 - 9:27	Period 1	Period 1	Period 1
9:27 - 10:14	Period 2 (-10 minutes for toilet access)	Recess	Period 2
10:14 - 11:01	Recess	Period 2	Recess
11:01 - 11:48	Period 3	Period 3	Period 3
11:48 - 12:35	Period 4 (- 10 minutes for toilet access)	Lunch	Period 4
12:35 - 1:22	Lunch	Period 4	Lunch
1:22 - 2:09	Period 5	Period 5	Period 5
2:09 - 3:00	Period 6 (Dismissed at 3pm)	Period 6 (Dismissed at 2:45pm)	Period 6 (Dismissed at 2:55pm)

**Finishing time for Mondays**  
**Year 9 & 10 at 2.45pm**  
**Year 11 at 2.55pm**  
**Year 7 & 8 at 3.00pm**

	Year 7	Year 8	Year 9	Year 10	Year 11
Recess	After Period 2	After Period 2	After Period 1	After Period 1	After Period 2
	Quad	Canteen	Quad	Canteen	Senior Area Basketball Courts & Seating Area (Handball only)
	Grass North Grass East	Grass Mid	Grass North Grass East	Grass Mid	
	K block toilets	C block toilets	K block toilets	C block toilets	C block toilets
Lunch	After Period 4	After Period 4	After Period 3	After Period 3	After Period 4
	Canteen	Quad	Canteen	Quad	Senior Area Basketball Courts Seating Area (Handball only)
	Grass North Grass East	Grass Mid	Grass North Grass East	Grass Mid	
	K block toilets	C block toilets	K block toilets	C block toilets	C block toilets

## Health and safety

Please do not send your child to school if they are sick. Either keep them at home if they are even slightly unwell, and if concerned, have your child tested for COVID. If they attend school and are showing flu like symptoms we will be calling you to collect your child from school. Please inform us if your child is being tested for COVID-19. As a community we need to look after each other. The best way to do this at this time is to stay away if unwell.

- All students and staff **must** wear masks
- Please encourage your child to continue to practice safe hygiene whilst at school.
- Encourage your child to bring a reusable water bottle to use at the bottle filling stations
- Day cleaning' will still occur throughout until further notice. This will include:
  - additional programmed cleaning of bathrooms
  - cleaning of various touch points, taps and basins
  - replenishing supplies (soap, paper towels etc)
  - disinfecting and cleaning of bubblers
  - cleaning and disinfecting frequently used high-touch surfaces, external balustrades and internal stairwell handrails at regular intervals throughout the day with a detergent solution or detergent/ disinfectant wipes.

**Please note this is on top of our regular daily cleaning.**

## Wednesday Sport

To assist with Level 3 and Level 3+ restrictions and to reduce the number of students utilising the changerooms on a Wednesday, we will allow students to wear PE uniform on a Wednesday. This is **ONLY** until we are reclassified as Level 2. We do understand it is not ideal for students to remain in sweaty PE uniforms after sport but we feel this is the best solution at this time. **ALL** students who have TEC and or Practical lessons on a Wednesday, **MUST** bring and wear their school leather shoes during these lessons.

## School Gym

Year 12 students can book in gym sessions via trybookings, from 7:30 - 8:30am every morning from 11th October - 5th November, with the following conditions. They must be double vaccinated, book their session via trybookings, QR code into the gym and maximum 15 students are allowed to book at any time. From the 5th November, it will go back to Gym members only and we will have a Google Classroom set up for booking purposes and staff to contact students.

## Vaccinations for students aged 12 years and over

Young people aged 12 years and over are eligible to receive the COVID-19 vaccination. You can book in your children for Pfizer now, or Moderna where indicated there is availability. Vaccination appointments are available at more than 3,000 locations across NSW, including GPs and pharmacies. More appointments will become available as supply increases, so keep checking for new appointments in coming weeks.

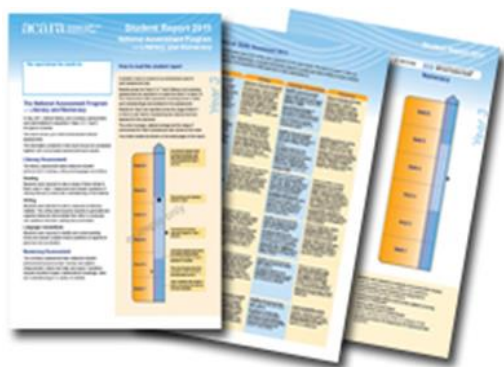


## Public Transport

One of our biggest concerns is the mingling of students across year groups on the way to and from school on the school bus. Please encourage your child to wear a face mask and follow the guidelines provided by NSW Transport in relation to Covid safe travel. With the weather becoming warmer it may be a good opportunity to have your child choose a healthier way of getting to school. If it is feasible, your child may walk or ride their bike to school rather than catching the bus.

Hillsbus school services will recommence from Monday 18 October 2021. From this date, Hillsbus will also recommence School Term timetables for all public routes for students who use public routes to school. Finally, from the 18th October route 610X peak extensions from/to Kellyville will be curtailed to operate between Castle Hill and the City, and there are minor timing changes to routes: 602X, 607X, 610X, 611, 612X, 613X, 614X, 615X, 616X, 619, 620X, 622, 642X and 652X. Schools which are directly affected by any of these changes have been informed with new school advice sheets.

## GHS NAPLAN



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

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

Years 7 and 9 NAPLAN results have been posted home. If you have not received these please contact the office.

## Assessments

Term 4 is the busy term for assessment and reporting. The following times are reminders of when year groups are doing their assessment period

- Year 10 assessment weeks 3 and 4
- Year 9 assessment weeks 4 and 5
- Year 7 & 8 assessment weeks 6 and 7

### **Year 12 Save the Date!**

We are hoping that by mid-December we will have received confirmation about the Year 12 Formal, as well as the Department of Education's level-appropriate advice on Year 12 graduation ceremonies. In the meantime, Year 12 have been provided with the following days to save on their calendars:

Year 12 Graduation - Tuesday 14.12.21

Year 12 Formal – Thursday 16.12.21

We hope that these events will be able to occur, though they may be subject to restriction. It would be wonderful to farewell this amazing group of people in the best possible way. We are keeping our fingers crossed.

### **Year 12 HSC Preparation with Level 3+ restrictions.**

To assist our students with their preparation for the HSC our school has offered a number of opportunities for students to access their teachers and lessons. Each subject, has scheduled lessons with their teacher. Teachers also set HSC preparation work for students to complete in the non-scheduled periods.

Connect Education an outside provider has been employed by the school to run HSC workshops for a range of subjects. These run as an incursion. Students register their intention to attend these sessions.

Year 12 students have been given the opportunity to set up study bubbles on site. Study bubbles occur outside of set class times and Connect Education Workshop sessions and have to be pre-booked. Level 3 Plus school COVID restrictions apply:

- No more than 5 per study bubble group
- One person in the bubble is to make the booking, and list the other 4 students in the bubble.
- Students cannot mix, or swap into other bubbles.
- All students must sign in using the QR Code School Check In
- Masks must be worn when onsite, both indoors and outdoors.

As we are a Level 3+ school, from 18.10.21, Year 12 have “full access to school sites for study, wellbeing and HSC preparation. All other activities must comply with current Public Health Orders”. The school has implemented numerous initiatives to assist with HSC preparations throughout the term. Further to this, double vaccinated teachers may choose to arrange for their class to come on site for a preparation lesson. These would occur in selected scheduled periods and will not override existing initiatives. Class teachers will be communicating with their classes regards this. When on site, Year 12 must follow strict COVID-19 protocols, which incorporate the relevant Public Health Order.



## HSC student advice

We know our students and staff have worked hard for the HSC. The safety of our students and staff remains of utmost importance. This year extra arrangements are in place to ensure that any disruption due to COVID-19 will have minimal impact on HSC exams. Our school has put in place a number of contingencies to help ensure that exams run as smoothly as possible. The exams have been scheduled and our school has arrangements in place for exams to proceed as planned. It is important that students review their timetable and plan well so they turn up for their exams on time, healthy and rested. Any student with a pre-existing condition, that presents similarly to flu-like symptoms, should be planning now and speak to their doctor/GP. The GP can provide a medical certificate ahead of the exams to ensure they are not sent home. If on the day of the exam your child feels unwell with flu-like symptoms, they should stay home and get tested. HSC students are prioritised for COVID-19 test results. It's important to note that all students will be asked if they are well before entering exam rooms. We want all our students to sit their exams but sometimes things happen. If your child is unwell and misses their exam, contact the school. Students who are unwell will be eligible for the illness and misadventure provision with NESAs. If there are any changes to exam arrangements we will communicate with HSC students through the school email account or via phone. This will be the only source of communication for these types of notifications. If in doubt, please call the school. We wish all our students well in the upcoming exams.

## Year 12 2022

This term our Year 11 students begin their Higher School Certificate studies in earnest. All class work and assessment from day 1 of Term 4 contributes to the successful award of the HSC. Some students are taking up the challenge of Extension courses. All Year 11 must maintain their focus and work hard right to the end of Term 3 2022 in the lead up to those important external examinations. To commence the term Year 11 students had an invaluable HSC Information morning which gave them all important insight into approaching the HSC for success and an outline of NSW Education Standards Authority's (NESA) HSC policy. Thank you to Ms Fluerant, Ms Votano, Ms Powter and Ms Jones for this presentation. The Glenwood High School assessment policy and procedures is available on the school's website. All students need to be abreast of these requirements. Some students have requested 'dropping' subjects. This needs to be discussed with the DP and in some extenuating circumstances, students may apply to the relevant deputy to request to alter their pattern of study. This will be considered on a case by case basis, evidence must be provided and not until after the first semester reports are issued. At Glenwood High School we strongly recommend a minimum of 12 units to be studied in the HSC year. This provides a number of safeguards for students pursuing an ATAR, and allows room for error as the ATAR is calculated on the best 10 units, including English. NESA statistics have shown that students who do 12 units of study achieve higher HSC and ATAR results.

## Communication Platforms

Parents are reminded to join our Facebook page, ensure their email address is registered with the school and refer to our school website regularly to access the latest information. Communication is extremely important, particularly in this current time when arrangements are changing daily as our students return to face to face learning.

## YR 7-11 students leaving at the end of this year

If your child is not returning to Glenwood High next year, please follow the steps below;

- Send an email to [glenwood-h.school@det.nsw.edu.au](mailto:glenwood-h.school@det.nsw.edu.au) and confirm if your child's last day and where they will be going. i.e home schooling, moving to another school, tertiary education, apprenticeship, employment or moving overseas.
- Finalise any outstanding school fees
- Return any outstanding text or library books

Your assistance will greatly assist office staff and be much appreciated.

## GLENWOOD HIGH SCHOOL CAPTAINS AND VICE CAPTAINS 2022

It is with great pleasure that we can announce the new Glenwood High School Captains and Vice-Captains for 2022:

Captains: Mackenzie D and Michael W

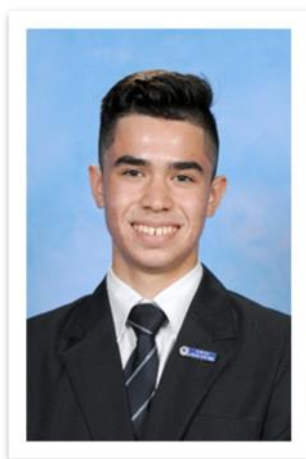
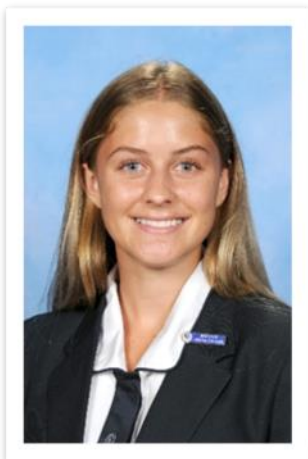
Vice-Captains: Bailey H and Tara W

This year, it was pleasing to see so many students from within the Prefect body nominating for these important positions. During the rigorous interview process, each of the candidates demonstrated a strong commitment to the values of our school and a positive vision for the future. Whilst there were only four successful candidates, at the end of the day it was inspirational to see the way that everyone has embraced the call to duty and service.

We also thank our outgoing Captains and Vice-Captains for modelling the servant leadership that has steered our school community across a challenging year.

Your new Captains and Vice-Captains will be working with the Prefect team to strengthen relationships and share their vision for the future of our school across the coming weeks and months. Keep an eye out for further news on our social media platforms and in the school newsletter.

Mrs Therese Pearce  
Prefect Co-ordinator



School Captains 2022  
Mackenzie D & Michael W

Vice-Captains 2022  
Tara W & Bailey H

## House Captains 2022

### House Captains 2022

Leadership is about the art of motivating, influencing, and directing people so that they work together to achieve the goals of a team or broader organisation. It's important for students to experience leadership opportunities during their schooling, to learn the art of building relationships within teams, defining identities, and achieving tasks effectively. It also provides an opportunity to learn to identify and display effective communication and interpersonal skills. Developing sound leadership qualities contributes towards a student's preparation for life.

Student leadership at Glenwood High School truly reflects the quality of students we have in our school. After a very rigorous process including a written application and a zoom interview the following students were successful in being selected as House Captains for 2022. We would like to congratulate them all and are confident that this dynamic team will make an impact.



Caitlyn, Thomas, Kavin, Hayley, Gurasees, Kiara, Sarah, Swara, Jaspreet, Banuja, Senuja, SimarJabez, Sharan, Aryan, Lulu,



## Sneak Peek

Our students have been very creative in their on- line learning. Below is a sneak peek into what they have achieved.

### LOTE

" Language students have started a new unit called -La Vie Scolaire- and they were practicing their stationary objects by talking and demonstrating what is in their pencil case i.e. Dans ma trousse il y a...as well as what they will be reading on holidays! "



# PASS

Year 10 PASS have created Digital Scrapbooks to record their lessons

### PDHPE lesson - Friday 13th August (double period)

- Half an hour of yoga.
- 30 minute run on treadmill.
- Walk with Mum and the dog.

### PASS lesson - Tuesday 17th August (double period)

- Hour work out with mum and brother outside.
- 30 minute walk.

### PDHPE lesson - Friday 10th September (double period)

- Tagged along with mums 30 minute walk.
- 1 hour bike ride from my house down sunnyholt road to the cows in stanhope and a big loop back home passing through stanhope.
- Blue mark on map is the cows and blue dot is where I started.
- Red line is the loop of where I went.
- So many steps and Large amount of exercise →



### Photography

Year 9 Photography have taken the opportunity during lockdown to explore some special effects using Photoshop. Making themselves disappear, objects levitate and multiple images retreating!





### Online Learning Reflection



In Term 3, students in Years 7 to 10 were scheduled to complete their Mid-Year Reflection, utilising their published Semester 1 report. These reflections provide the opportunity for students to reflect on their progress; both with their academic development and application, and identify areas for growth and improvement moving forward. Students would also be assisted in this process by executive staff, year advisors, assistant year advisors, and student leadership groups including the SRC, Prefects, House Captains and MATES. However, with the transition to learning from home taking the duration of Term 3, this program was not able to run in its usual form. As such, the PBL Team has implemented a revised format; the Online Learning Reflection.

Coming into Term 4, there is ample opportunity for students to take some time to reflect on their learning over the course of Term 3, especially considering they have spent the entire term learning from home. Students have progressed in their academic learning, however there's no doubt there were obstacles. As well as this, students have enhanced their skills as independent learners exponentially during this time, so it's important to recognise this as well. With online learning continuing in Term 4 for the first few weeks, and then a transition back to face to face learning, it's important students can take the time to reflect and think about the areas or skills they need to improve on before moving into this next term.

Students in Years 7 to 10 complete the Online Learning Reflection during their Period 1 class this Monday (11th October). Students were able to access and complete the document through their year group Google Classroom, where they submitted it upon completion. Having the opportunity to then dialogue with their teachers as to how they had progressed with their learning last term, what areas they found they needed to still improve on, and the goals they had for Term 4, proved meaningful for both students and teachers.

Yours in positivity,  
The PBL Team

### Online Learning Reflection

Name: \_\_\_\_\_ Connect: \_\_\_\_\_  
 Connect teacher: \_\_\_\_\_

**For each of your subjects, rate how well you think you've gone while learning at home.**

Subject	Great	Average	Poor	Subject	Great	Average	Poor
English	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mathematics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Science	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PDHPE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**How do I *honestly* think I went in Term 3?**

	Great	Average	Poor	What can I do to improve?
<b>Ready</b>	Being organised	<input type="checkbox"/>	<input type="checkbox"/>	
	My time management	<input type="checkbox"/>	<input type="checkbox"/>	
	My independent skills	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Respect</b>	My communication with teachers	<input type="checkbox"/>	<input type="checkbox"/>	
	My attitude to peers	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Responsible</b>	How much effort I put in	<input type="checkbox"/>	<input type="checkbox"/>	
	My application during classtime	<input type="checkbox"/>	<input type="checkbox"/>	
	Asking for help if I need it	<input type="checkbox"/>	<input type="checkbox"/>	

**Which area do you need to improve the most in?**

	Ready	Respect	Responsible	How can I work on improving this?
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

**What I can work on for Term 4**  
 Using your reflection above, come up with two things you can do to improve how you engage with your learning while at home, and fill in the table below.

	Goal 1	Goal 2
What do I need to improve on so I can better engage in my learning?		
How can I work on achieving this?		

## *The Specialised Learning Hub Student of the Week*

### Student of the Week!



Alexander always comes to class with a positive mindset and tackles challenging task with a can-do attitude. He actively participates in class activities and has come a long way with his Online Learning. In science, we have been learning about 'Light Energy' this term and Alexander's ability to retain and recall complex science concepts is amazing. He has been working on his mindfulness colouring creating some amazing artwork. We are all proud of you Alexander and you should be equally proud of yourself.

Congratulations and Well done!

### Online learning!

### Student of the Week!



Cheyden is always in class and on task trying to do his best with online learning. He is working hard to complete work that has been set for him. Cheyden is working independently at home, which is great to see, and engages in class discussions, we know when he is enjoying his lessons with his happy personality and distinctive laugh letting us know.

Congratulations Cheyden!

### Online learning!



Glenwood High School Library are now on **Instagram**. Please make sure like us to keep up to date with all our new books being added to our Library collection and what's happening in and around the Library. Add us; **Glenwoodhslibrary**

## Return to school after lockdown procedures

Due to the health directive that year groups are not allowed to mingle, we will NOT be opening the library before school, after school nor at recess or lunchtimes when students return to school after lockdown.

### **TO BORROW:**

You can still borrow books however utilising the Click and Collect system. Students are encouraged to go on to Oliver through the DET Student Portal and find the title of the books that they would like to borrow, and send an EMAIL to: [www.glenwoodhighschoollibrary@gmail.com](mailto:www.glenwoodhighschoollibrary@gmail.com).

The books will then be delivered to your classroom during the day.

### **TO RETURN:**

The returns box will be placed at the front of the library for ease of drop off when you have finished with them.













## STUDENTS STILL CAN BORROW BOOKS FROM OUR LIBRARY

Please log into Wheelers and borrow the e-Books as below. There are more instructions below on the Quick Links to Oliver



## QUICK LINKS on OLIVER NEWS PAGE

Checkout these useful links on the OLIVER Library page:  
<https://oliver43.library.det.nsw.edu.au/oliver/home/news>

Accessing e-books from Oliver	QUICK LINKS
<p>If you would like to borrow e-books from the library login to Oliver and follow the instructions:</p> <p>Don't forget to add the books you read to your reading log and to the Premier's Reading Challenge (PRC)</p> <p>→</p> <div data-bbox="491 1489 938 1861"> <p><b>FREE EBOOKS AND AUDIOBOOKS</b></p> <p>You need to download the ePlatform by Wheelers from your app store</p> <p>Click on any book with  or </p> <p>Go to : <a href="https://glenwoodhs.wheelers.co">glenwoodhs.wheelers.co</a></p> <p>Use your DoE login and choose <b>Glenwood HS</b></p> <p><b>USING YOUR PHONE FOR ACCESS TO EBOOKS:</b></p> <p>Scan this QR Code on your device</p>  </div>	<ul style="list-style-type: none"> <li> <a href="#">CLICKVIEW</a></li> <li> <a href="#">NSW PREMIER'S READING CHALLENGE</a></li> <li> <a href="#">INSTAGRAM</a></li> <li> <a href="#">BLACKTOWN CITY LIBRARY</a></li> <li> <a href="#">STATE LIBRARY NSW</a></li> </ul>

**HAVE YOU SEEN OUR NEWS PAGE ON OLIVER LIBRARY?**  
<https://oliver43.library.det.nsw.edu.au/oliver/home/news>

## INSTAGRAM Posts you might have missed



Instagram

Glenwoodhslibrary

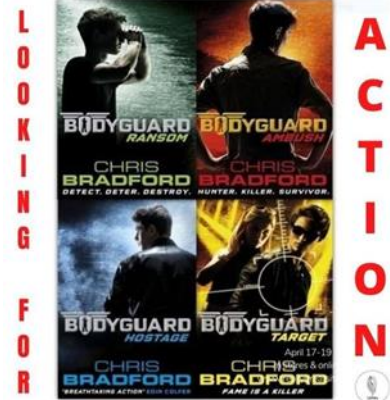
### International Day of the Girl



October 11 2021



### NEW GRAPHIC NOVELS



LOOKING FOR

ACTION

THE BELGARIAD



EPIC FANTASY

Mysteries can be dangerous...



GRANT SNIDER

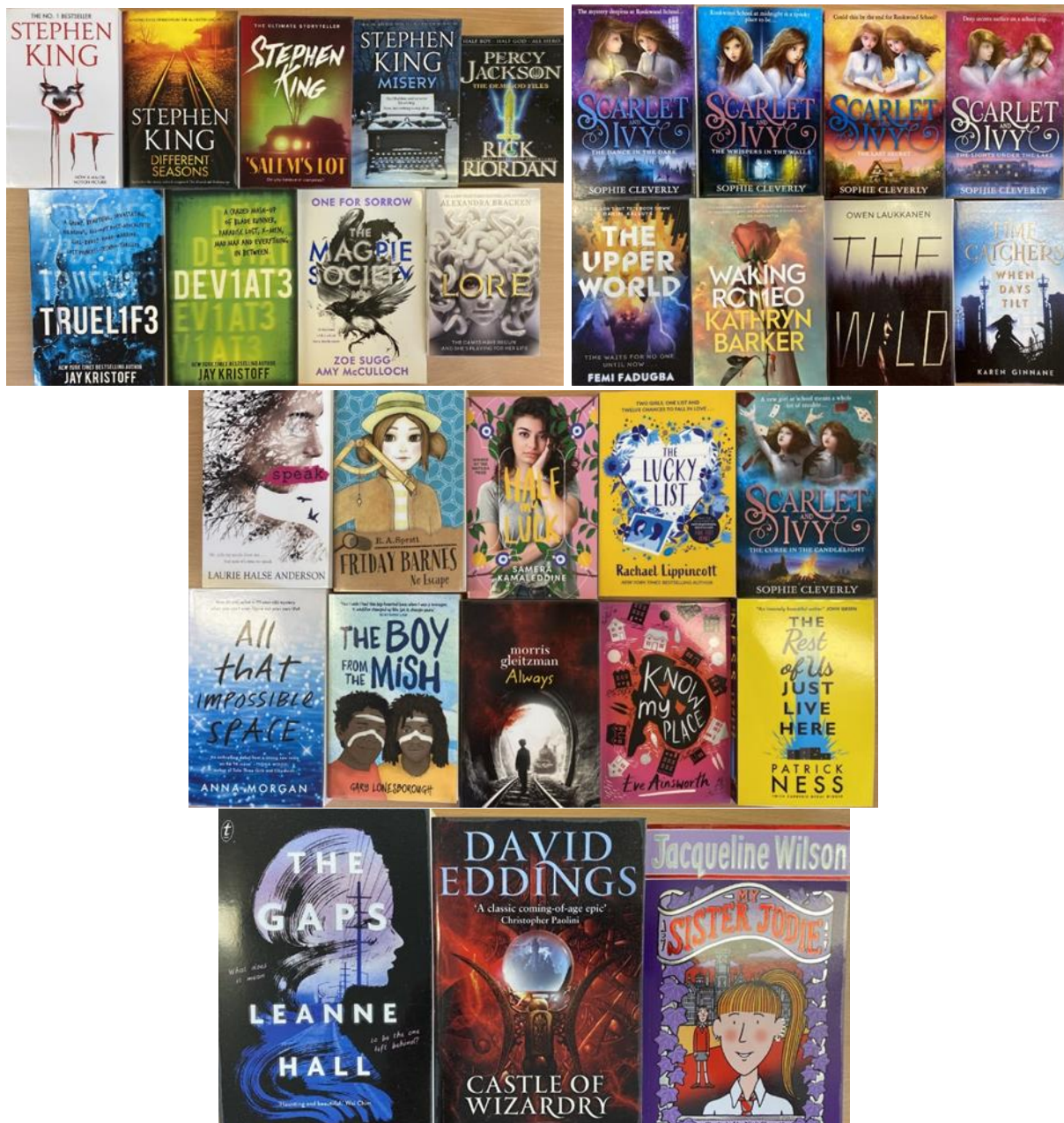
## LIBRARY LESSONS FOR YEAR 7

Please ensure you are checking Google Classroom for your Library Lessons each fortnight. Any questions or queries, please contact Ms Silk or Ms Wardlaw your Teacher/Librarians.



## New Books into the Library

In the past two weeks we have received a delivery of new books to the library for your reading pleasure. I'm sure there is something for everyone. We are also happy to take requests, please email Ms Wardlaw or Ms Silk.



Keep **READING!**



# parenting \*ideas

## INSIGHTS

### Successfully transitioning students back to school



Home-schooling of students in lockdown states and territories is nearing an end. For parents, many of whom have discovered just how complex teaching can be, the return to school will be a welcome relief. For children, going back to school may bring a mixed set of feelings. Eager anticipation about reconnecting with friends and teachers will probably be accompanied by a level of anxiety about what school may be like upon return.

School continues to be an evolving experience for students. For a start they've just experienced a prolonged period of remote learning and an absence from their friends, which will take time to process when they return to school.

With organised extra-curricular activities put on hold most children have had a great deal of free time, which has placed the locus of control firmly in their hands. Many kids will grieve their lack of freedom, as they've had a glimpse of what an unstructured life is like. It may take some time for them to get back into the swing of being physically on campus for school.

With the return to campus approaching here are some sensible strategies to make the adjustment easier for students.

#### Get ready for a return

Worriers and anxious types in particular like to know what's ahead so your approach will make a difference. Prepare your child for a return by discussing the safety procedures the school will be implementing. Let young children know that an adult won't be accompanying them past the school gate. Ask your child what they are looking forward to and check in with how they are feeling about a return. Validate any fears and apprehensions and correct any misconceptions.

#### Go slowly

This period will mirror the start of the school year when your child had to adjust to new teachers, different classmates and a new year level. Adjusting to change takes a great deal of personal energy, so your child or young person may become tired, grumpy, even moody at home. Make allowances for these personal changes and make sure they have plenty of free time to unwind after school.

#### Focus on reconnection

Make reconnection the theme for your child's return to school. He or she will have to reconnect with friends, teachers and learning, which takes time. In all likelihood, your child's teachers will use many strategies to help your child connect with their friends, reflect on their time at home and move them back into full-time learning mode. Support these activities and keep your learning expectations for your child in check. It may take extra time for some children to adjust to their life back at school.

#### Stay calm

## parenting \*ideas

### INSIGHTS

## How to manage stress caused by exams and upcoming events



If your child is a seasoned worrier, you will know how difficult living on high alert can be. Constantly irritated, often anxious and occasionally withdrawn, worriers are in a never-ending state of fight, flight or even freeze.

An upcoming exam or a nerve-wracking event can trigger a flight-or-flight response, flooding the body with cortisol and adrenaline. This response, designed to power up the body to face real threats, helped keep our hunter-gatherer ancestors safe. Unfortunately, the part of the brain responsible for keeping us alert can't tell the difference between a woolly mammoth and an upcoming exam. Both are seen as threats, so the body responds the same. Fortunately, we have an inbuilt relaxation response that can help counteract this stress. Here are some ways your child can regulate stress and anxiety rather than live in a constant state of high alert.

### Practise belly breathing

Taking several deep belly breaths is probably the quickest way to engage the body's relaxation response. Teach your child or young person to breathe in through the nose to the count of five and out through the mouth to the count of seven. Encourage them to repeat this simple exercise a number of times to switch on the relaxation response. Anchoring belly breathing to regular events such as the start of breakfast or family mealtimes can embed deep breathing into daily life. Make this a part of your child's regular routine to develop a wonderful stress beating habit.

### Lift their gaze to the horizon

Next time your child is stressed out suggest that they go out the front of where you live and look down the end of the street. Long distance viewing sends a message to the nervous system that they are safe, signalling to the relaxation response to take over. If a child or young person is stuck at a desk, they can lift their gaze to the horizontal and move their head from side to side to achieve a similar effect. It's worth remembering that many positive wellbeing habits are physical in nature, a throw back to the times when people spent most of their time in natural environments.

### Splash in some cold water

Hardy types who've added ocean swimming to their daily routines know just how invigorating cold water can be. Your child doesn't have to become an iceberg to experience the stress beating benefits that cold water can bring. Plunging their face in cold water for 10 seconds, turning on the cold water at the end of the shower or holding an icepack to the right side of the neck can achieve the same effect. Their body will be flooded with feel-good endorphins taking their worries away. Cold water use has the advantage of stimulating the vagus nerve, making it easier and simpler for kids to move to relaxation mode in the long term.

# parenting \* ideas

## Contact family or a friend

A warm chat with a friend, a fun family board game or karaoke dance party will move your child into relaxation mode, away from high alert. While extroverts will naturally connect with others, introverts and shyer types may need some parental encouragement to engage with others.

## Do something they love

Ensure your child or young person does something fun and enjoyable every day. Play, hobbies, games – anything that's not screen-based that your child or young person enjoys brings down cortisol levels.

## In closing

Regulating stress and anxiety in the body gets stronger and more responsive with practice. Knowing how to support the parasympathetic nervous system is a wonderful strategy to place in a child's or young person's wellbeing toolkit.



### 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.



## parenting \* ideas

It's easy for us as parents to take on our children's worries and fears. The reverse is true, and kids can pick up our worries, taking them on as their own. As a buffer against anxiety ensure you do something each day that brings you some joy, whether it's listening to music, going for a walk or having a coffee with a friend.

### Look after yourself

For a prolonged period now, parents and teachers have been doing significant emotional labour. The learning and adjustment curves have been massive, with little time to relax and take a break. Consider your own emotional resources and make your wellbeing a priority, which will make it easier for you to stay calm if your child experiences difficulties.

### Communicate confidence

It's a fine line that many parents walk between being flippant ('you'll be right') and showing confidence ('you'll do okay') when kids struggle to adjust to change. Children and young people want parents and teachers to understand their fears and anxieties and to coach them to negotiate difficulties including adjusting to change. You can support your child through sharing stories of resilience, focusing on the positives and letting them know that will eventually adjust.

The pandemic continues to serve up many difficulties, and we've all been forced to adapt quickly and repeatedly to new situations. Flexibility is a prime characteristic of resilient people, so if nothing else, getting through these challenging times will make us all more resilient.



### 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.