



**GLENWOOD  
HIGH SCHOOL**

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Innovation

Opportunity

Diversity

Success

# ANZAC DAY SERVICE



## THE REDGUM

ISSUE 1 • TERM 2, 30 APRIL 2021





**GLENWOOD HIGH SCHOOL**  
Innovation Opportunity Diversity Success

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Issue 1 Term 2, 30 April 2021

## SENIOR EXECUTIVE REPORT

### Special points of interest:

- ANZAC Day Service (Front Cover)
- Senior Executive Report—Mrs Sonja Anderson
- ANZAC Day
- Youth Expo 2021
- PBL
- Yr 12 VET Hospitality
- Yr 8 Technology
- Sports News
- Library News
- GHS Clubs and extra-curricular activities 2021
- Girls Guides
- HSIE Happening's
- Parenting Ideas
- Inspire After school program
- Opal
- Uniform Price List
- Change of Student details
- Join Us



### Hospitality Students Shine!

Over the school holidays some of our Year 12 Hospitality students engaged in work placement at the Sydney Royal Easter Show working in the Rural Students Café. Work placement is a mandatory HSC requirement within the Hospitality Curriculum Framework and minimum hours have been assigned to HSC VET courses within the Framework. Work placement is an important component of the course because it allows students to progress towards the achievement of the competencies that are needed for this industry.

I am a very proud principal who received wonderful emails from the Vocational Education Curriculum Advisor and a Senior pathway Advisor about the calibre of our students and how they performed for the duration of their work placement. I have included excerpt from their emails below:

*"...I had the pleasure of working with your Hospitality students and staff. I am writing this email to inform you of the wonderful way your students interacted with not only external customers but also students from other schools. Your students always arrived early for service and were impeccably presented. They listened well to both chef Michael and myself and were always willing to ask questions to clarify instructions. While they all did an amazing job, one student was a standout among all staff running the café. Jordan was a pleasure to be around and many customers made mention of the friendly young man who could not do enough to ensure their visit was memorable."*

*"I write to let you know how pleased I was to have Glenwood High School attend and work at the Rural Students' Café at the Sydney Royal Easter Show. The event was a huge success with media coverage adding to the hype."*

*Your students worked hard and gained experience both in the kitchen and front of house. In particular I would like to commend Jordan for his hard work and personal growth during the time he spent in Sydney, but all students played a part in supporting their rural counterparts.*

*Belinda Davis is to be commended for facilitating this opportunity for your students. Giving up her Easter to provide this opportunity for students is a big ask and she did this with enthusiasm."*

Congratulations Amy, Sophie, Lara, Victoria, Ryan, Jordan, Aamya and Katrina who have been positive role models for all of our students and for representing Glenwood HS in such a positive way. We are all very proud of you. A huge thank you to Mrs Davis, Year 12 Hospitality teacher, who gave up part of her holiday to ensure these Year 12 students had this wonderful learning opportunity.



## Youth Week

During Week 1 of this term, Ms Dwyer and Mr Somvilaysack organised to have Blacktown City council youth Week Expo for our Year 10, 11 and 12 students. There was a range of activities for students to engage in around becoming familiar with the different mental health services that are on offer in our local area.

The feedback from students was overwhelmingly positive and they loved how interactive the day was for them. Walking around the hall and watching students engage with each stall was very pleasing to see. Congratulations Ms Dwyer and Mr Somvilaysack for organising this event for our students.



## Lest We Forget

On the Friday 23 April the school came together for a special ANZAC Day Ceremony. The ceremony commemorated our veterans of whom we are very proud. This ceremony gave us an opportunity to remember those who have served our country and to reflect upon their selfless sacrifice. ANZAC Day is an important day on our calendar which is rich in tradition and ritual. It was a wonderful way that we, as a school community, could remember and pay tribute to those who served our nation.

Congratulations to all of our senior students who delivered their addresses with the proper respect and dignity that this ceremony deserves. The ceremony was made even more poignant with Chris and Malachi, representative from the Specialised Learning Hub, laying down the wreath at the front of the assembly, the beautiful singing of the Australian National Anthem by Abigail and Emily and the playing of the last post by Ms Cross.

Thank you to all the students involved: Luke, Amy, Samuel, Lucy, Ben, Natalia, Chris, Malachi, Aryan, Abigail, Emily and Ms Cross. Our thanks also go to Mr Leaver for the organisation of this meaningful and important ceremony on our school calendar.



## Strategic Improvement Plan (SIP)

As I have already communicated in previous newsletters, last year, as a school and as a community, we started to ask ourselves what we wanted our Glenwood graduates to 'look' like when they left school. After extensive reflection, data analysis and consultation with all stakeholders we are very excited to have finalised our SIP.

We have been able to collate all of the results and have been able to assemble them under three main strategic directions. As a school we decided to keep our strategic directions simple and relatable, while reflecting our core values. The Department has required that all schools across the state will have *Student Attainment and Achievement* as Strategic Direction 1 (SD1). As a school we also believe that we want all of our students to achieve and believe that all students should achieve one year's growth from one year's education. At Glenwood, we will refer to SD1 simply as *Achieve*. Our other Strategic Directions are *Learn* and *Grow*.

*Learn* received a large input from all stakeholders, but we have been able to consolidate the data and have three main high impact areas that will fit under *this heading*. These are Quality Teaching, Innovative Practice and Student-Centred Learning. The same process was used to establish the main high impact strategies for *Grow*. *Grow* focuses on student Resilience, Wellbeing and Engagement.

We believe that all three of our strategic directions need each other in order for us to be able to have productive, educated and well-adjusted young adults when they leave Glenwood HS. If our students have great learning experiences they will *Achieve* and will be well adjusted and *Grow*. If they *Achieve*, they will feel great about themselves and continue to *Grow* and *Learn*. All three are interdependent as depicted in the graphic.

This is a very important document that underpins our future directions. I want to thank everyone who has contributed to its development and a very special thank you to Ms Powter, Ms Yeliseev and Ms Levett who led the development of this document.



Each of our Strategic Directions have a number of Teams that will be responsible for driving change within the school. As a school, we have decided that some of our Teams require an avenue for student voice. Therefore, a number of Teams will be calling for student volunteers to be active members. The SRC will be speaking to their year groups and calling for student nominations later in the term.

Don't forget that the Strategic Improvement Plan is available on our website. <https://glenwood-h.schools.nsw.gov.au/about-our-school/school-planning-and-reporting.html>

## Upcoming Athletics Carnival

It's a great time of year for athletics and hopefully next week the weather will be kind to us and allow all our participating athletes to shine. We will all be heading off to Blacktown Sports Centre, which is an excellent complex for our annual athletics carnival. Our House Captains have been busy organising additional fun events for those students who may not necessarily excel in athletics, but still want to get out and show house spirit by gaining valuable house points for their house.

I wish all competitor's the very best of luck and I am definitely looking forward to watching Year 12 enjoy their final athletics carnival, especially at the end of the day with the annual Year 12 race.



## ANZAC DAY 2021

On Friday 23rd April Glenwood High School held its ANZAC Day Ceremony. The ceremony commemorates the sacrifices of the men who landed at Gallipoli during World War One. On the 25th of April 1915, the shores of the Gallipoli Peninsula were descended upon by Australian and New Zealand forces, 16,000 strong. Their objective was to relieve Russian troops fighting the Turkish along the Caucasus Front and to aid the allied naval operations taking place in the Dardanelles Straits. On the same day as the order to land onshore and dig in had been given, 2,000 men had been killed. The campaign would last eight months and see a total of 8,700 men die from wounds or disease before the orders to retreat were finally given. On the first anniversary of the landing, then Acting Prime Minister, George Pearce, titled the day ANZAC Day. Ceremonies were held in every state by the 1920s each 25th of April and continue to do so. ANZAC Day is a day for commemoration for all past and currently serving Australian and New Zealand Army Corps, it is a day to honour the sacrifices paid but also one to monument the courage, perseverance and mateship that these soldiers exemplify. The tradition of ANZAC ceremonies must continue to live on so that we may never forget.

By Lucy North (Year 11)





## Youth Expo 2021

'On the 22<sup>nd</sup> of April, Years 9, 11 and Year 12 participated in National Youth Week activities. Youth Week is an opportunity for young people to express their ideas and views, act on issues that affect their lives, and create and enjoy activities and events. Youth Week started as a NSW government initiative in 1989 and became a national event in 2000 as a joint Australian government, state, territory and local government initiative. Blacktown City Council brought the experience of Youth Week to Glenwood High School by running a Youth Week Expo. The theme for this year's Youth Week was **'Together more than ever.'**

The following services were at Glenwood High School on the day; Salvation Army, Streetlight Australia, Girl Guides, Headspace, Wesley Mission, TAFE NSW, Blacktown City Council, Blacktown Area Community Centres and Integrated Violence Prevention Response Services. The vendors on the day ran activities in the school hall with the students getting to know the local services in the area. Students really enjoyed the day with a number of students looking how to further engage with the services in the future. It was the first time a Youth Week Expo was held at Glenwood High School which was organised by Miss Dwyer and Mr Somvilaysack. Thank you to all the services that came out on the day to show our students what is available outside of school for them to be a part of!





Positive Behaviour for Learning (PBL) will continue at Glenwood High School this term. Students from all grades will be working on a variety of **PBL value lessons** to enhance their knowledge and build skills in respecting themselves, others and property.

*PBL focus for Term 2:*



# ***RESPECT***

## ***What are students looking at in Term 2, 2021?***

PBL value lessons will be taught every Monday morning during connect with a focus on Respect. These lessons will require students to refer back to the PBL matrix which will help them gain an understanding of the behaviour expectations at Glenwood. They will also learn about how they can demonstrate respect in the classroom, playground and community.

<i>Week</i>	<i>Value</i>	<i>Focus</i>
1	<b>No PBL</b>	
2 - 10	<b>Respect</b> <i>For self, others, property.</i>	Week 2 - What does Respect mean? Week 3 - Respect in our Matrix Week 4 - Respect - self Week 5 - Respect - others Week 6 - Respect - property <b>Week 7 - Reconciliation Week activity</b> Week 8 - Respect - phones/AirPods/headphones <b>Week 9 - Queen's Birthday</b> Week 10 - Respect - uniform

## ***PBL Reward Scheme***

As part of the new school planning process, there has been a re-organisation of whole-school teams to drive progress over the next few years. As part of this, one of the newly developed teams is the 'PBL Reward Scheme' team. This team has the focus in 2021 in reviewing our current reward scheme, collating data from both students and staff to see where improvements can be made, and then making the changes ready for implementation in 2022. While a number of staff are involved in this team, they are eager to gain input and involvement from students throughout the year. Information will be released shortly to students about how to sign up for the team, so they should listen closely to messages in Connect and their SRC representatives.

Yours in positivity,  
The PBL Team



## Year 12 VET Hospitality

### *Hospitality students at the Rural Students' Café*

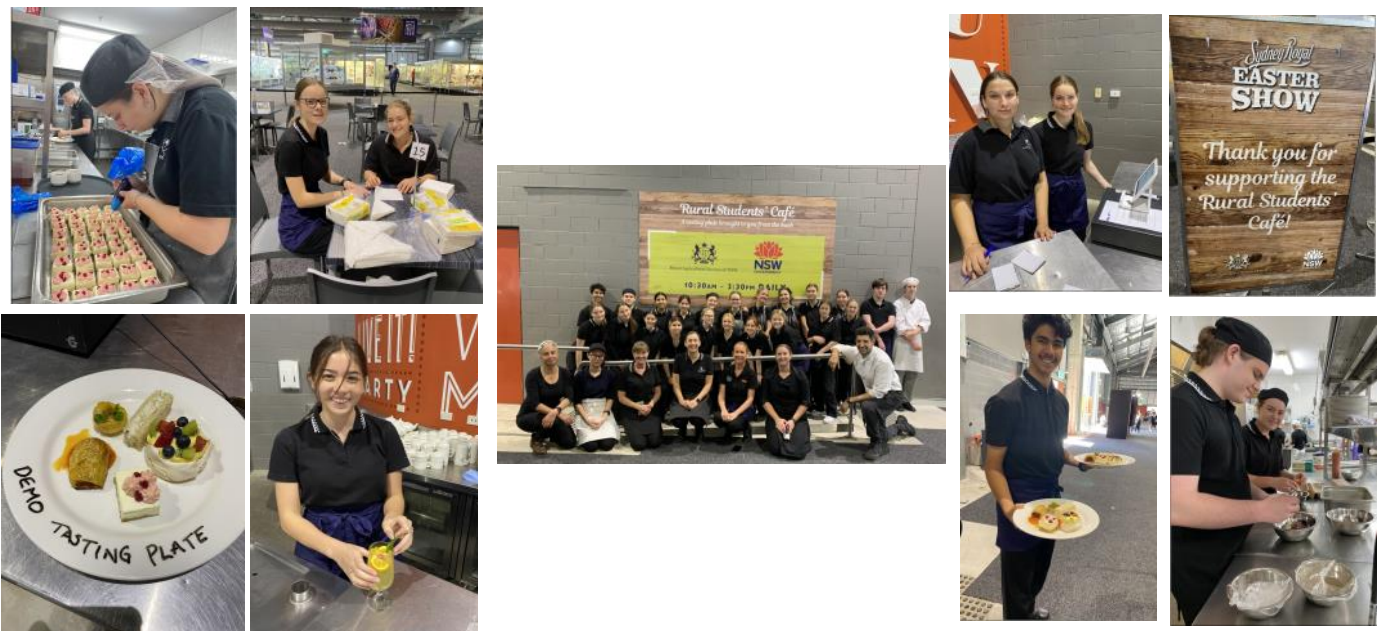
*Year 12 VET Hospitality were lucky enough to be selected to complete work placement service periods in the Rural Students' Café at the Easter Show. Glenwood High School students - Aamya, Amy, Jordan, Katrina, Lara, Ryan, Sophie and Victoria worked alongside students from other schools to prepare and serve locally-inspired food.*

*The students worked hard and gained experience both in the kitchen and front of house. They were commended on the wonderful way they interacted with not only external customers but also students from other schools to facilitate the effective running of a very busy café. It enabled them to use their skills in all areas of the hospitality industry to comfortably prep and serve around 130 plates of food a day and over 200 beverages.*

*Under the fantastic guidance of Chef Michael in the kitchen area, students took part in activities such as preparation of hot, cold, sweet and savoury foods for the tasting plate that was thoroughly enjoyed by so many customers. They used large industrial food preparation equipment, decorated, presented and plated food items. It allowed them to gain an understanding of the importance of teamwork in the kitchen and the presentation of food so every plate looks identical.*

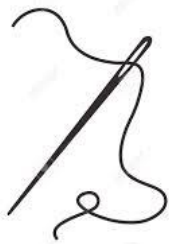
*In the front of house area, Manager Robyn's expertise assisted students to improve and display their skills in many areas of service. Students participated in activities such as preparation of service equipment, order taking, greeting customers, service of food and beverages, liaising with the kitchen, clearing tables, use of electronic payment system, money handling and preparation of both hot beverages and mocktails.*

*The students were excellent representatives of Glenwood High School as they took part in every activity with interest and enthusiasm. It was wonderful to receive plenty of positive feedback regarding the efforts of Glenwood students from staff from other schools, the café managers and external customers. Although these students gave up time in their holidays to work in the cafe, I'm sure they found the experience an extremely rewarding and valuable one that they would happily participate in again if given the chance! Well done Aamya, Amy, Jordan, Katrina, Lara, Ryan, Sophie and Victoria.*



# Year 8 Technology

Year 8 Technology Mandatory are continuing to work with textile products for a more sustainable future. Students have used bees wax on 100% cotton to create a reusable lunch or left over food wrap. Year 8 then got back to using the sewing machine and fabric decorative techniques to produce a cutlery pouch to reduce the use of plastic take away cutlery. Term 2 will see Year 8 create a LED circuit and apply this to a decorative mask to enhance the theme they have selected.





## Glenwood Makes a splash at the Macquarie Zone Swimming Carnival

It has been a very busy, yet successful time for our swimmers.

The Macquarie Zone Carnival was held at Blacktown Pool on the 5<sup>th</sup> of March. Glenwood came a very close 2<sup>nd</sup>, missing out on first place overall by only a few points. A very successful day with most of our swimmers progressing through to Sydney West.

### Age Champions

- 14 years boys Alexander
- 15 years boys Adam
- 13 years girls Jade
- 14 years girls Ellie
- 15 years girls Hannah
- Special Mention to Georgi who also swam in multi class events and progressed through to Sydney West

### First in relays:

- Boys 13 years relay – Arav, Liam, Jayden, Justin
- Girls 14 relay – Rianna, Erin, Amy, Ellie
- Girls 16 years relay – Hannah, Tamarisi, Tiana, Tiffany
- Girls medley relay – Jade, Tiana, Ellie, Hannah
- Girls 6 X 50 relay (the fastest girl in each age group) – Georgi, Jade, Ellie, Hannah, Tiana, Nicole
- All age 12 X 50 relay, the 6 fastest boys and 6 fastest girls – Thomas, Tru, Daniel, Joshua, Alexander, Adam, Jade, Amy, Rianna, Ellie, Tiana, Hannah



## Sydney West Swimming Carnival

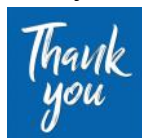
The Sydney West carnival was held Tuesday April 20<sup>th</sup>, at SOPAC, Homebush. A big day for our team of 22 swimmers, with many competing in multiple events. A big thank you to all of our relay swimmers and parents for providing support throughout the day.

Our individual swimmers that placed and progressed through to Combined High Schools, State Swimming Carnival:

- Alexander – 1<sup>st</sup> 100 Butterfly, 1<sup>st</sup> 200 Freestyle, 1<sup>st</sup> 100 Freestyle, 1<sup>st</sup> 100 Backstroke, 2<sup>nd</sup> 50 Freestyle, 12 x 50 relay
- Ellie – 1<sup>st</sup> 200IM, 1<sup>st</sup> 200 Freestyle, 1<sup>st</sup> 100 Breaststroke, 1<sup>st</sup> 100 Freestyle, 1<sup>st</sup> 50 Freestyle, 14 yrs relay, Medley relay, 6 X50 relay, 12 x 50 relay
- Georgi – 2<sup>nd</sup> 50 Freestyle multi class, 3<sup>rd</sup> 50 Backstroke multi class, (she has also qualified for 3 other events where times were submitted), 6 x 50 relay
- Adam – 1<sup>st</sup> 100 Freestyle, 1<sup>st</sup> 100 Backstroke, 1<sup>st</sup> 50 Freestyle (also qualified for 400 Freestyle), 12 x 50 relay
- Hannah – 1<sup>st</sup> 100 Butterfly, 1<sup>st</sup> 200 Freestyle, 1<sup>st</sup> 100 Freestyle, 1<sup>st</sup> 50 Freestyle (also qualified for 800 Freestyle, 400 Freestyle), 16 relay, Medley relay, 6 x 50 relay, 12 x 50 relay
- Jade – 2<sup>nd</sup> 200 Freestyle, 3<sup>rd</sup> 100 Breaststroke, 3<sup>rd</sup> 100 Freestyle, (also qualified for 400 Freestyle), 14 relay, Medley relay, 6 x 50 relay, 12 x 50 relay.



A huge congratulations to all relay teams. All relay teams improved upon their entry time by many seconds and all progress through to CHS which will be held Wednesday 28<sup>th</sup> April to Friday 30<sup>th</sup> April.



A huge thank you to our wonderful Yr 12 representative, Daniel . Daniel has competed in every swimming carnival since Year 7, in many events, and has represented at all levels though to CHS.

Best of luck to all.

Thanks, Mrs Davies, Ms Southall



## Sports News.....

### Cross Country 2021





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](#)

## NSW Premier's Reading Challenge



2021 NSW Premier's  
Reading Challenge  
Start reading now!

NSW Premier's Reading Challenge has started!!

All Y7 students have been enrolled in this year's PRC and are expected to read at least one book per fortnight, with a total of 20 books to be read by August in order to earn a certificate in Term 4.

Parents are encouraged to supervise and support their child in achieving this goal by regularly checking that a time for silent uninterrupted reading is set aside each night. This will help to develop good reading habits and improve focus and concentration.

N.B. Students must log each finished book into their online Reading Record.

There are extensive reading lists by genre to be found on the NSW Premier's Reading site.  
<https://online.det.nsw.edu.au/prc/home.html>

We have also handed out PRC bookmarks listing books held by Glenwood HS library.

E- books may also count towards the PRC Challenge and these are freely available via our OLIVER Library catalogue as well.

**P.S. Congratulations to those students who have ALREADY finished the Challenge!!**

## OVERDUE RESOURCES



There are still quite a few books overdue from last term, and we would encourage students to return or renew these titles so you are able to borrow some of the fantastic NEW books hitting the shelves...



## DAMAGED BOOKS

Last term, there were quite a few (new) books returned with serious damage – especially from water, ice and squashed food in the bottom of backpacks.

PLEASE ensure books are either in a protective plastic bag or stored away from wet or frozen objects as these will melt during the day and damage items packed next to them (Laptops don't like moisture either).

It is library policy that damaged books are replaced by the borrower.



## CLICKVIEW



GHS now has access to CLICKVIEW – an online video collection – which has quite an extensive range of educational videos and movies. Students have individual access using their DOE email to sign in. If you have difficulty accessing the collection, please contact Library staff.

## DISPLAYS

### William Shakespeare's Birthday



William Shakespeare, often called England's national poet, is considered the greatest dramatist of all time. His works are loved throughout the world, but Shakespeare's personal life is shrouded in mystery.

Come into the Library and have a look at our display and read some of his famous quotes.

## ANZAC DAY





## GHS Clubs and extra-curricular activities 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Before School</b>	<b>Junior Jazz Company</b> 7.30-8.30am J6 Dance Room (Miss Taylor)  <b>Tuning-In</b> 8.00-8.30am Upstairs in B Block breakout area	<b>Senior Contemporary Company</b> 7.30-8.30am J6 Dance Room (Miss Taylor)  <b>Breakfast Club</b> 8.10-8.30am Quad (Leonard & Brendon)	<b>Ballet Company</b> 7.30-8.30am J6 Dance Room (Ms Koutsanikalis)  <b>Fitness</b> 7:30 – 8.10am Fitness Centre Yr 11-12 Students (Mrs Davies)		<b>Elite Contemporary Company</b> 7.30-8.30am J6 Dance Room (Miss Taylor)  <b>Tuning-In</b> 8.00-8.30am Upstairs in B Block breakout area
<b>Recess</b>		<b>Chill Chat Colour</b> B12 (Ms Dwyer)			
<b>Lunch</b>	<b>MathsHelp (Wk B)</b> P8 (Math staff)  <b>Minecraft Club</b> B7 (Mr Leaver)  <b>Sisterhood</b> Top of D Block (Ms Koutsanikalis)  <b>Science Help</b> E3 (Ms Pak)  <b>English Help (Wk A)</b> D Block (Ms Brooke)	<b>MathsHelp</b> P8 (Math Staff)  <b>Chess Club</b> Library (Mr Vlismas)  <b>GHS Vocal Ensemble</b> C2 (Mr Herne)  <b>Poet's Corner</b> D1 (Mr Saliva)  <b>Science Help (Seniors)</b> E3 (Ms Pak)	<b>Period 5 &amp; 6 The Edge (Senior HSC Tools)</b> Library Snr area (Ms Wardlaw)  <b>Period 5 &amp; 6 Opt-In Stage 6 Writing Help</b> HSC Hub (Ms Brooke)  <b>Period 5 &amp; 6 Poet's Corner (Seniors)</b> D1 (Mr Saliva)	<b>MathsHelp (Wk B)</b> P8 (Math Staff)	<b>JAM</b> Top B Block (Ms Cummins & Mr Dixon)  <b>Chess Club</b> Library (Mr Vlismas)  <b>Debating &amp; Public Speaking</b> D6 (Mrs Pearce)
<b>After School</b>		<b>Homework Centre</b> 3-4pm Library (Mrs Fleurant)  <b>English Help</b> 3-4pm Library (Mrs Pearce)  <b>Board Games</b> 3-4pm Library (Brendon – Chappy)  <b>Art Club (Yr 7-9)</b> 3.00-4.30pm Art workshop, J Block (Mrs McDonald)	<b>School Band</b> 2:50-4pm Music Prac Room (Mr Herne & Miss Cross)  <b>Acting Troupe</b> 3-4pm J6 (Miss Dwyer)  <b>Soccer Club</b> 3:00-4.15pm Meet at the Hall change rooms (Mr Perez & Mr Vlismas)	<b>Tabletop Gaming Club</b> 3-4.00pm iCentre (Mr Lewis)  <b>Art Club (Senior)</b> 3.00-4.30pm Art workshop, J Block (Mr Cyreszka)	<b>Junior Dance Ensemble (Yr 7-9)</b> 3-4:30pm J6 (Miss Taylor)

Term 1, 2021





Glenwood High School has been given the opportunity to facilitate the Girl Guides program in terms 2 and 3 for Year 7 girls. The girl guides program is Australia's leading organisation for girls and young women in leadership. Girl guides provides non-formal education for girls, giving them the opportunity to participate in experiences that build their confidence and connect them to their identity.

All programs and activities are girl-led empowering the girls to use their voice in choosing their own path, helping them realise their full potential while providing fun, friendships and adventure.

Some key focus areas Girl Guides provides to our Year 7 girls includes team and community mindedness, resilience and confidence in their abilities and interests as well as power to make a difference.



*"Our mission is to empower girls and young women to grow into confident, self-respecting, responsible community members."*

A group of Year 7 girls have been participating in the program for the past two weeks in school. So far, these students have found Girl Guides to be useful in teambuilding and learning key life skills. In week one students complete a tie dye activity where they produced patterns on a tote bag using purple cabbage dye.



In the second week of Girl Guides students then decorated these tote bags with themes from the sustainable development goals. The purpose of this activity was to build a connection between the global goals and advocacy.

Students learnt that they could advocate for anything they are passionate about and discussed different forms of advocacy. We look forward to all the exciting activities and programs Girl Guides has to offer over the next two terms.



I think it's fun I like how my friends are there and the teachers are nice – Ebony

Girl Guides is fun, we get to try different things which helps me - Ella

Girl guides is cool, we get to do different things. At first, I thought it was where you learn skills which we do, but also doing really fun activities. So, you're learning while having fun with other people - Sarah



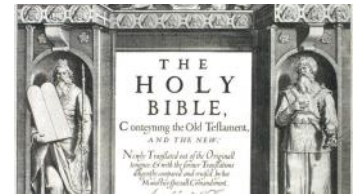
# HSIE Happenings....

**30th April 2006** In Australia rescuers made voice contact with two miners trapped a half mile beneath the earth for nearly a week. Todd Russell (34) and Brant Webb (37) were trapped from April 25 when a small earthquake caused a rock collapse at the Beaconsfield Gold Mine. One of their co-workers was killed in the quake.



**1 May 1994** Ayrton Senna was a Brazilian racing driver who won the Formula One Driver's Championship in 1988, 1990 and 1991. Senna is one of three Formula One drivers from Brazil to win the World Championship and won 41 Grands Prix and 65 pole positions. He died in an accident leading the 1994 San Marino grand Prix driving for the Williams team.

**2 May 1611** The Authorized Version of the Bible ([King James Version](#)) was first published, and became the standard English language Bible.



**3 May 1841** New Zealand was declared a British colony.

**4 May 1864**, the first brown trout eggs ever successfully shipped to **Australia** hatched in the cool waters of Plenty River, Tasmania – causing a ripple effect for both fishing and conservation that endures to this **day**.



**5 May 1494** On 2nd voyage to New World Christopher Columbus sights Jamaica, landing at Discovery Bay

**6 May 1937**, On this day in 1937, while landing at Lakehurst, New Jersey, on its first transatlantic crossing of the year, the German [dirigible Hindenburg](#) burst into flames and was destroyed, killing 36 of the 97 persons aboard.





## INSIGHTS

## Managing anxiety before it becomes a problem



The president of Australian Primary Principals Association (APPA) recently highlighted the enormity of the anxiety problem that children are facing. A survey of primary schools across Australia conducted by the APPA showed that 80% of school leaders regard anxiety as a significant issue for children.

Research shows that childhood anxiety left unmanaged will almost certainly re emerge, highlighting the importance of early detection and management of anxiety. Parents, as first responders, play an important role by minimising the impact of stressful moments before they lead to full-blown anxiety. Here's how they can help.

### Recognise anxiety triggers

Recognising the events that trigger anxiety is the first step in helping a child to manage their stress. Rapid or unpredictable change, new social situations, unfamiliar events and difficult experiences are the most common anxiety stressors for kids.

### Know how it shows

Stress and anxiety show in many ways however most children display anxiety behaviours that are unique to them. Typically, anxiety shows through physical signs such as chest pains, nausea and headaches. Anxiety can be observed through behavioural clues such as avoidance of activities, aggression, concentration difficulties and constant fiddling and movement. Worrying, overthinking and catastrophising are also common in children who experience anxiety. Knowing how anxiety shows in your child will alert you to respond appropriately with support and understanding.

### Give kids tools to manage their states

Once anxiety is experienced it never truly disappears. It's always there in the background. Anxiety needs managing so kids can get on with their lives rather than become overwhelmed by stress and worry. Providing children with tools to manage their thinking, emotional and physical states prevents anxiety from becoming debilitating. Management tools such as deep breathing, mindfulness and exercise as well as techniques to help kids distance themselves from their anxiety-inducing thoughts help them minimise the impact of stress.

### Help them understand how anxiety works

Children who understand what happens in their brains and bodies when they are stressed are better able to manage their anxious states. Providing children with a thorough knowledge of how anxiety works and how it shows empowers them to push their worries into the background while they get on with their lives. Managing anxiety takes practice, but it's absolutely essential if children are to flourish rather than become overwhelmed by stress and worry.

# parenting\*ideas

## In closing

Stress and anxiety have accelerated with the impact of the pandemic. The growing rate of anxiety is no one's fault, however it does mean that parents need to become more knowledgeable about how anxiety works, how it shows and how you can help your children.



**Michael Grose**

### 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.



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

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

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



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

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

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

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



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

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

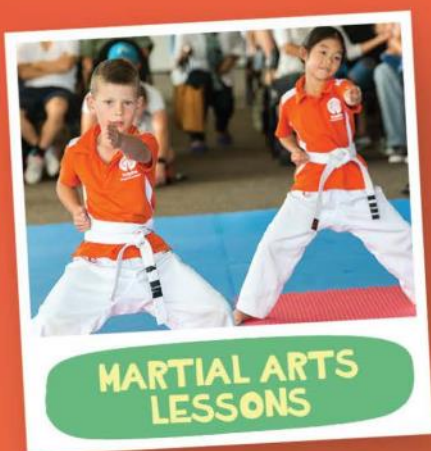
An after school care program with a difference  
[www.inspireprogram.com.au](http://www.inspireprogram.com.au)





**Inspire**  
Program Australia

## An after school program with a difference



**MARTIAL ARTS  
LESSONS**



**HOMEWORK CLUB**



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

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

# **INSPIRE GLENWOOD ENROLLING NOW**

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

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





# Inspire

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

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

### Homework Club

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

### 'Be Inspired' Time

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

### Martial Arts Lesson

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

## BOOK NOW

All bookings & enquiries:

1300 665 275

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

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

Complimentary bus service  
from your child's school



The children enjoy a healthy  
afternoon tea

Homework and educational  
activities are completed



Children attend a martial  
arts lesson

Children participate in a  
'Be Inspired' activity



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

| 1300 665 275



## 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/](http://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](http://www.busways.com.au)







## Shop Hours

Monday 8.00-11.00am

Tuesday 2.30-4.00pm

Wednesday 8.00-11.00am

Friday 2.30-4.00pm

## Contact Details

(02) 9672 6891

glenwoodhigh@alinta.com.au

Glenwood Park Drive, Glenwood NSW 2768

Glenwood High School  
Uniform Shop Order Form

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

## Payment Options

☐ Visa ☐ Mastercard ☐ Cash (enclosed)

Name On Card: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiry Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

CVC: \_\_\_\_\_

Signature: \_\_\_\_\_

## Note:

- Sizes not carried are available by custom order (SMU). During peak times it may take up to 3 month lead time. An additional \$10.00 is applied to custom orders.
- Online orders are distributed from the Uniform Shop the next opening day of the shop. A postage charge will occur for all orders marked for delivery.
- Payments can be made by Cash, Credit Card or Debit Credit Cards only.
- Sales items are not refundable.

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



# Glenwood High School

Innovation Opportunity Diversity Success

## AUTHORITY TO CHANGE STUDENT RECORD DETAILS

Dear Parent/Guardian

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

<b>STUDENT'S FULL NAME</b> (Include Siblings ATTENDING Glenwood High School)	_____ Year _____ _____ Year _____ _____ Year _____ _____ Year _____
<b>PARENT/GUARDIAN WITH          WHOM THIS STUDENT          NORMALLY LIVES</b>  <b>PARENT/GUARDIAN 1          DETAILS</b>  <b>PARENT/GUARDIAN 2          DETAILS</b>	NAME: _____ RELATIONSHIP: _____ MOBILE: _____ HOME: _____ WORK: _____ EMAIL: _____ Preferred Family Email Address: _____ NAME: _____ RELATIONSHIP: _____ MOBILE: _____ HOME: _____ WORK: _____ EMAIL: _____
<b>RESIDENTIAL ADDRESS:</b>	_____ _____ POSTCODE: _____
<b>PARENT/GUARDIAN NOT          LIVING WITH THIS STUDENT          OR SHARED PARENTING          ARRANGEMENTS IF          APPLICABLE.</b> Please advise time spent living at this address (if any) and attach Court Orders if applicable.	NAME: _____ ADDRESS: _____ RELATIONSHIP: _____ Time Spent at this address: _____ MOBILE: _____ HOME: _____ WORK: _____ EMAIL: _____
<b>EMERGENCY CONTACT          DETAILS - (OTHER THAN          PARENT/GUARDIAN)</b>	NAME: _____ RELATIONSHIP: _____ MOBILE: _____ DAY TIME NUMBER: _____ NAME: _____ RELATIONSHIP: _____ MOBILE: _____ DAY TIME NUMBER: _____

### ATTENTION

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

PARENT/GUARDIAN'S NAME  
 Principal Mrs Sonja Anderson Forman Avenue Glenwood NSW 2768

SIGNATURE  
 T 02 9629 9577 F 02 9629 2796

DATE  
 AEN 90 913 676 854





[www.facebook.com/glenwoodhighschoolnsw](http://www.facebook.com/glenwoodhighschoolnsw)



glenwoodhighs  
housecaptains\_ghs  
glenwoodhslibrary



[www.youtube.com/glenwoodhighschoolnsw](http://www.youtube.com/glenwoodhighschoolnsw)



Glenwood High School  
*available on iOS and Android*



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



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