



**GLENWOOD
HIGH SCHOOL**

T 02 9629 9577
F 02 9629 2796

Forman Avenue,
Glenwood NSW 2768

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

Innovation Opportunity Diversity Success

NAIDOC WEEK 2021

PROUDLY CELEBRATING



**HEAL
COUNTRY!**
4-11 JULY 2021

THE REDGUM

ISSUE 1 • TERM 3, 23 JULY 2021



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☎ Website: www.glenwood-h.schools.nsw.edu.au

Issue 1 Term 3, 23 July 2021

SENIOR EXECUTIVE REPORT

Special points of interest:

- NAIDOC WEEK (Front Cover)
- Senior Executive Report –Mrs Anderson
- PBL
- Maths
- Reminder
- Attendance Matters
- Message from Prefects
- NAIDOC Week
- Year 11 Camp
- Specialised Hub Student of the Week
- Library News
- Scholastic Book Club
- HSIE Happening's
- Parenting Ideas
- Inspire After school program
- Opal
- Change of Student details
- Join Us



Well, who would have thought that 15 months later we are back to *Learning from Home*! At the moment I feel like we are in the 'roundabout' scene from *National Lampoon's European Vacation*. Fingers crossed we get off this roundabout soon. Having said that, we are still very fortunate that our students got to experience significant events last term. Events such as the Careers Expo, Year 11 Life Ready camp and the school's musical are huge highlights on the school's calendar and were sadly missed last year.

I would also like to take this opportunity to thank you all once again for your ongoing support of your school, especially in keeping your child safe at home. This has meant I have been able to protect staff by only needing a skeleton staff on site. We do have a few students that need to come to school, which we have been able to accommodate.

Learning from Home (LFH)

I am so impressed with how our students have quickly accepted the LFH challenge. Schools have the ability to access attendance and engagement rates through an application called Scout. The application actually allows for schools to count the overall **active** hours each student has spent online. We use this report as a preliminary indication of student engagement with the various online learning platforms that we operate. So far, we have over 1220 students working above or at the LFH guidelines provided by the Department. A huge congratulations to those amazing students who have not only taken ownership of their learning, but understand the importance of embracing and engaging in their learning.



Even though students are not on site, it is still absolutely crucial that they do not let their learning suffer. Attendance still matters even while they are learning from home. The Learning Hub will be using this data to start contacting parents to see if there are any issues or concerns with why, after two weeks, their child has had limited online presence. It is very concerning for us to have 222 students who are below the learning from home guideline. Remember if your child requires support they need to reach out to their class teacher first.

Glenwood Alumni Pathways Expo (GAPE)

In Week 19 of last term we launched our first Glenwood Alumni Pathway Expo (GAPE) and welcomed 13 students from the first Year 12 class to graduate from Glenwood HS. To 'gape' is to look in surprise or astonishment at someone, and that is exactly what our Year 10 and 11 students did when listening to the success of previous students who have gone before them.

It was very heart-warming to listen to each of the presentations and watch students engage with all the alumni at the end of the presentations. Thank you to Ms Jones and Amrinder Singh Ghuman (class of 2009), for organising such a fantastic array of presenters and allowing us to celebrate and share in their stories. Their stories spoke of how schools can have a transformative impact on students and reinforced to our students that they are very fortunate to attend our great school.

The alumni were thrilled to be back on site again and interact with current students. It was a huge success and wonderful to watch our current student interact with our ex-students and ask pertinent questions about the careers that the alumni have chosen, and finding out helpful tips from those that had come before them.



Musical



Finally – a musical with a live audience and not a virtual one! It was magnificent to have the musical back into full swing at the end of last term with live audiences including matinee performances for our much-loved partner primary schools, Caddies Creek and Parklea Public Schools.

It was wonderful to sit in the audience and watch students both onstage and behind the scenes doing what they love to do. But more importantly, to know the musical is about more than just the 5 shows that they put on. It is about students coming together to commit to a long-term goal, to collaborate and problem solve and to work tirelessly for their goal to come to fruition. Life lessons easily transferrable to any setting.

Many thanks must go to some of the key staff, although there was a huge number of teachers who contributed directly and indirectly to the show's success, I would just like to mention a couple in this newsletter. Ms Sarah Cross as Director, along with Mrs Anne McDonald, Ms Megan McClenahan, Ms Nicole Taylor, Miss Candice Dwyer, Mr Matt Herne, Ms Chelsea Voltano and the sound crew that worked very hard behind the scenes to ensure that we could both hear and see the show.

Life Ready Camp

Life Ready is a mandatory 25-hour course designed to prepare and support senior students as they encounter situations related to health and safety and become more independent and gain more responsibilities. It focuses on offering opportunities for students to build the functional knowledge and skills for life post school.



The content of the school's Life Ready program is based on the needs and interests of students, and this year the Year 11 Year Adviser and Assistant Year Adviser organised a camp that ensured a camp full of engagement and fun. I was fortunate enough to spend two of the three days with Year 11 as they worked together in their teams. I was very proud of the way they supported each other, the respect they showed to the camp leaders and their teachers, and the way they ensured the students from the Specialised Learning Hub were included in all the activities. The camp leaders spoke highly of the Glenwood students stating that we were undoubtedly one of the best schools to visit their site.

Thank you to Ms Voltano, Year 11 Year Adviser and Mr Hall, Assistant Year Adviser, for all the preparation and organisation into ensuring the smooth running of the camp. I would also like to thank those teachers that gave up their own personal time to attend camp: Mr Burgess, Mr Dizon, Mrs Fleurant, Ms McClenahan and our wonderful School Chaplain Brendon aka 'Chappie'. Without these teachers' commitment and devotion, camps could not go ahead and the students would miss out on some wonderful memories and learning experiences.

Careers EXPO

At the end of last term, Year 12 were lucky enough to attend the Careers Expo at Olympic Park. I say lucky, because the event nearly didn't happen with the changes to COVID restrictions changing daily at the end of last term. The Expo is a tremendous opportunity for the students to access many exhibitors in one location. Not only are NSW & ACT universities in attendance but many other interstate universities as well. This is particularly important for Medicine, Dentistry and Vet Science. The University Admissions Centre (UAC) and NESAs also had stands and ran useful information seminars.

I would like to take this opportunity to thank the staff members who attended the EXPO and especially Ms Jones, the Careers Adviser, for organising this valuable experience for our students.

Supporting Year 12 students

We put a lot of time and effort into making sure that we give our Year 12 students a competitive edge in their preparation for the HSC. Not only do we have staff giving up their holiday time to support Year 12 students, by running additional workshops, but we also have introduced other supports for them too. Two such strategies we have put into place include the Year 12 Mentoring and the HSC Toolbox.

All Year 12 students had an opportunity to put their name down to receive additional mentoring from teachers. The mentoring is an opportunity for students to meet with their mentor and discuss how they are coping with their senior studies and to discuss strategies that they could use to best optimise their time during their HSC year. The HSC Toolbox is a new initiative that has been designed to provide tailored workshops for Stage 6 students to attend during Wednesday afternoon sport time. The workshops have been designed from surveys collected from staff and students about what additional

If you have a Stage 6 child, when we return back to onsite learning, please encourage them to keep an eye on the student portal for upcoming HSC Toolbox workshops. I would like to also take this opportunity to thank all those teachers that gave up their time to run holiday workshops for our students.

NAIDOC Week @ Glenwood

At the end of last term, we celebrated NAIDOC Week with a number of different activities to give our students a taste of the 2021 NAIDOC Week theme, which was 'Heal Country'. NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. I would like to thank the Aboriginal Advisory Team for giving students the opportunity to participate in such a wonderful range of activities. I would also like to acknowledge the wonderful work that our two Aboriginal Student Support and Liaison Officers', and proud to say ex-Glenwood HS students, Jasmine and Ricky did in organising the week too.

COVID-Safe School Operations

I have included the Department's level guide for you to become familiar. We are currently in Level 4 – *Learning from Home*. Hopefully, we will move into Level 3 in Week 4.

NSW Department of Education

COVID-Safe School Operations

Level 1	Level 2	Level 3	Level 4
<p>COVID normal</p> <p>Overview</p> <ul style="list-style-type: none"> Students are learning at school Activities can occur with COVID-safe plans in place QR Codes in place Staff and students may choose to wear a mask 	<p>Limited restrictions</p> <p>Overview</p> <ul style="list-style-type: none"> Students are learning at school Restrictions to ensure activities are COVID-safe such as singing outdoors No non-essential visitors QR Codes in place Recommended masks indoors for all staff and secondary students 	<p>Significant restrictions</p> <p>Overview</p> <ul style="list-style-type: none"> Students are learning at school Restrictions on activities to reduce mingling of student cohorts wherever possible Restrictions on activities such as assemblies, school performances and singing No non-essential visitors QR Codes in place Mandatory masks indoors for all staff and secondary students 	<p>Learning from home</p> <p>Overview</p> <ul style="list-style-type: none"> Schools activate plans to support continuity of education for students learning from home. No student is turned away Reduce mingling of student cohorts wherever possible No non-essential visitors QR Codes in place Mandatory masks indoors for all staff and secondary students

Determined by NSW Health

Please be aware that masks will be mandatory indoors for both staff and students during Level 3 and that there will still be a number of restrictions in regards to what activities the school can and cannot run.



PBL focus for Term 3:

RESPONSIBLE



Online learning

While we have not had our usual start to the term, it's been pleasing to see the engagement students have had with their learning while at home. It seems fitting that this term's PBL focus is *Responsible*.

As student's engage in their learning online, they can exhibit *Responsibility* in a number of ways:

- Being on time for their classes
- Staying informed through their emails and year group Google Classrooms
- Completing assigned work
- Seeking advice or asking questions when needed
- Assist in creating a safe online learning space
- Positive interactions with peers and teachers while online

The PBL Team are putting together a quick reminder of online behaviours centred around our PBL Values of *Ready, Respect and Responsible*, which will be communicated in the coming days. This should help students to model the same behaviours seen within our school grounds while learning at home.

Mid-Year Reflections

The Mid-Year Reflections were completed by Years 11 and 12 during Connect last term. While Years 7-10 were due to begin the process this week, it has been put on hold until students return to face-to-face learning.

Yours in positivity,
The PBL Team

Maths@GHS

Learning from home means everyone has to step out of their comfort zones and embrace new methods of learning. This can be quite tricky if you are already finding a subject like Maths challenging. At Glenwood High School, teaching and learning is a priority and the Maths faculty is committed to continuing its high standard of instruction during these challenging times. The teachers have been busy collaborating and upskilling to put a number of supports in place to ensure that students can access the mathematics lessons in a meaningful way.

All students, whether at home or at school will be expected to complete the same online learning content organised by their teachers. Students will need to check their Maths Google classroom every lesson.

All lessons on google classroom start with a video that students can watch several times to learn concepts, followed by step-by-step instructions on how to complete the classwork. Students have been provided with solutions to worksheets as well so that they can monitor their progress. Teachers are available via Google Classroom and Zoom to answer questions and upload more videos and worked out solutions to questions assigned.

All lessons are set up as assignments on Google classrooms so that students can submit their work daily and teachers can track their progress. Students are reminded to ask questions on Zoom and/or on Google classroom so that their teachers can assist them.

Hotmaths is another valuable resource that students can use to watch videos and get extra practice.

MathsHelp Online will be operating on Tuesday and Thursday afternoons from 3 to 4pm for students who wish to seek more assistance during this online learning period. Students need to click on the link below to access the Zoom session and receive assistance from a Maths teacher.

<https://nsweducation.zoom.us/j/68770479172?pwd=dU9OWXF0Y1IBYjV4L2lMd3BvWmlsdz09>

meeting id: 68770479172

passcode: 972735

Also remember that students can access the Learning Hub online during the day to receive assistance from Mr Good or one of our other lovely teachers in the Learning Hub.

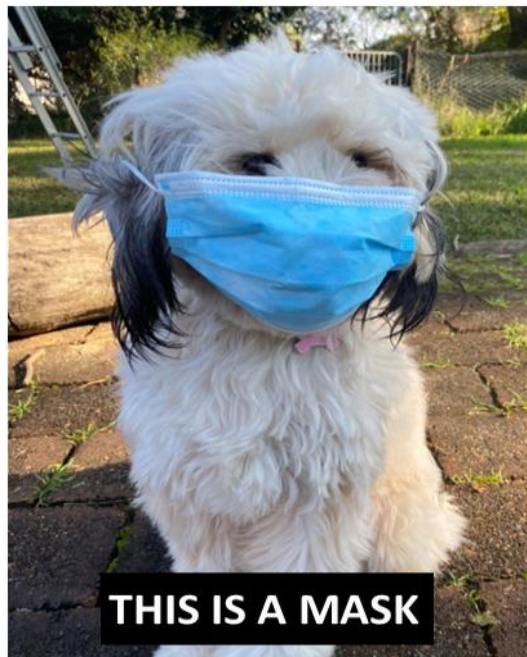
From the Mathematics faculty



REMINDER

A reminder that students and staff that are on site at school must wear a mask, except when seated outside eating/drinking on a break or have a medical exemption. Students who do not comply will have parents contacted to pick their student up.

#educationalsupportdog #dogsofdoe #willdoanythingfortreat ☐



FRANKIE IS SMART. BE LIKE FRANKIE!

ZOOM-Attendance Matters!

***No matter how your hair looks, know that YOU matter and so does your learning.
Engage in your learning – attendance matters!***

#educationalsupportdog #dogsofdoe #willdoanythingfortreat



FRANKIE KNOWS HOW TO ZOOM! AUDIO ONLY WITH VIDEO



No matter how your hair looks, know that YOU matter and so does your learning.

Engage in your learning – attendance matters!

Message from the Prefects:

Hi Glenwood!

Next week, there will be some special announcements from the Prefects on the school's social media pages and on Sentral. We have an exciting fundraiser for Bear Cottage, and other surprises in store.

Aaron and Marie





NAIDOC WEEK



NAIDOC Week is a time to reflect and celebrate the history, culture and achievements of First Nation Peoples, recognising them as the Traditional Custodians of the land. At Glenwood High School we had the opportunity to reflect on and celebrate NAIDOC 2021 during Week 10, Term 2.

The theme this year was 'Heal Country!' which called for all of us to continue to seek greater protections for lands, waters, sacred sites and cultural heritage. It was also a time for us to look inward to see the changes that need to be made so that we can 'Heal Country!'

On Monday, we started our official launch of NAIDOC Week during each student's Connect session. The students were given a good understanding of what NAIDOC week was all about and why we celebrate it. They were also invited to participate in many different events that we were running throughout the week such as:

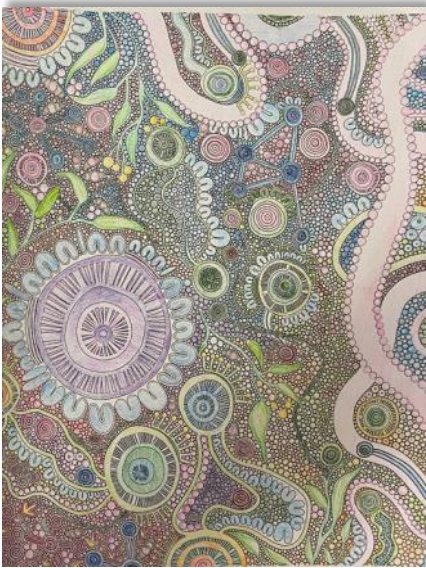
- Aboriginal Dance Workshops
- Playing Indigenous Games
- Watching Indigenous Movies
- Aboriginal Art Colouring in Competition
- Aboriginal Culture Kahoot

On Tuesday, students were also exposed to learning about different aspects of Aboriginal history and culture throughout each of their subjects that they had on this day. For example, if students were studying Food Technology, they would have learnt about Bush Tucker, if they had English then they would have learnt about Aboriginal Languages, if they had PE, they would have played some Indigenous Games.

In addition to all of these activities our school also decided to partner up with one of our country's largest volunteer movements, Junior Landcare Australia. They encourage continuous participation from children to adulthood so that children of today, become the Landcarers of the future. By being involved in this program, students recognise the vital role they play in caring for the land, their environment and other natural resources. A few of First Nation Students (Jack, Luke, Jayden & Regan) were involved in planting seedlings with the purpose of undertaking on-ground action to protect and enhance an area of the school community. If you would like to watch the video of our students involvement in the tree planting ceremony, then please refer to the video titled, "NAIDOC Week Tree Planting Video" on the Department of Education Website listed below;

<https://education.nsw.gov.au/teaching-and-learning/aec/aboriginal-education-in-nsw-public-schools/naidoc-week/naidoc-week-2021#Tree1>

We would like to acknowledge the efforts of the Aboriginal Education Advisory Team and our Aboriginal Student Support and Liaison Officers (Jasmine and Ricky) for helping to coordinate these events and for all those teachers and students within our school who participated.



Year 11 Camp 2021

At the end of term 2, Year 11 had the privilege of attending The Great Aussie Bush Camp at Kincumber. This trip, which we were able to go on just before lockdown, included many activities. Where well-being, togetherness and bonding were the main focus points. It was a great opportunity as a cohort to bond as we all took to the step of becoming senior students this year.

We spent our days enjoying a range of fun and daring activities including the giant swing, archery, high ropes, rock climbing and abseiling. Our evenings were spent participating in whole year group activities, where we even had a dress up night. This was a hilarious event, where the teachers dressed up as students! The camp, which was organised for NSW Education's "Life Ready Program," which is designed to both prepare and support senior students as we encounter situations relating to health and safety, as we become more independent and gain more responsibilities.

We would like to thank all the teachers who made this fun and memorable camp happen and for all the organisation they put in behind the scenes. Special thanks to Miss Votano, as our year advisor who ensured our school camp was successful and enjoyable by all students.

By Montana and Jake



Specialised Learning Hub Student of the week

Dylan is our Specialised Learning Hub Student of the week for Term 2 week 10!

Dylan has recently shown a willingness to participate in group conversations. In his English class, he spoke for over 10 minutes, which is fantastic as he normally only uses one word answers. He is responding well to the teacher's requests and stays focused and on task for longer periods of time. Dylan is also very playful.

Congratulations Dylan, keep up the great work!



Specialised Learning Hub Worker of the Month for June

Month for June - Jordan - Woolworths Rouse Hill

Jordan is a very much valued member of the produce department. They are extremely happy with the attitude that Jordan brings to work experience every week, always very friendly and polite, and eager to please everyone he comes into contact with. Jordan has coped well with the changes he faces each week he goes in while the store is being renovated.

Congratulations Jordan!

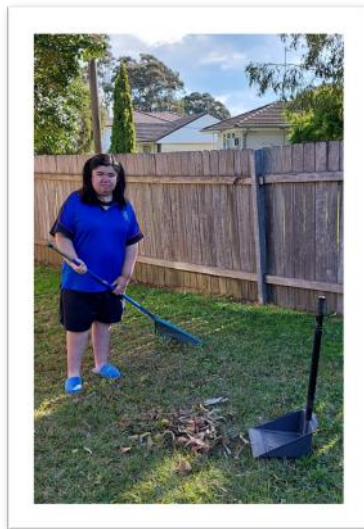


Specialised Learning Hub

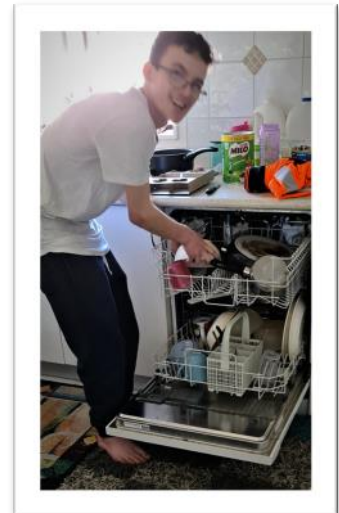
In the Specialised Learning Hub every Thursday the senior students attend work experience at various places. Due to Covid obviously this cannot take place at their normal work placement, this did not deter them though as they had work placement at home. Today they vacuumed, raked, hung out washing, packed and unpacked the dishwasher, cleaned the bathroom, made their beds. Well done to our Senior students in trying their best to continue with work experience. I am sure mum & dad must be pleased to have a clean house too!



Roan Vacuuming

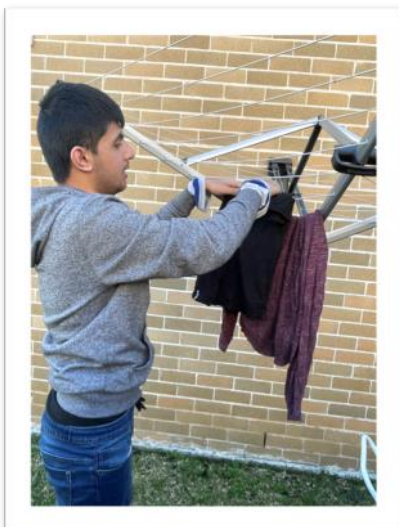


Kate raking



Cheyden clearing the dishwasher

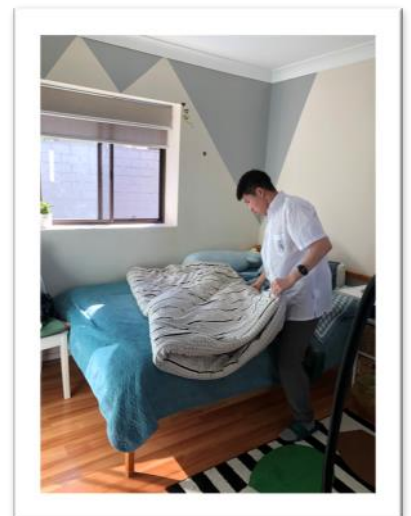
Specialised Learning Hub Students work experience at home



Rafay hanging out the washing



Jordan Cleaning



Chris making the bed



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



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.

Please remember that you can scan the QR code to access the e-Books from the Wheelers catalogue, or login via the news page on Oliver Library. These titles can also be included as part of your PRC tally. **JUST KEEP READING!**

STUDENTS STILL CAN BORROW BOOKS FROM OUR LIBRARY

For those students who wish to borrow books from our GHS Library, please email or phone the school. The Library can organise to pull of the shelf the books you wish to borrow and have them waiting at the front office for you to pick up with your name on them.

Alternatively, please log into Wheelers and borrow the e-Books as below.



**DON'T
FORGET**

**You can still borrow
eBooks from the Library**

Just scan this QR code on your device and log in with
your DOE user name and password



<https://glenwoodhs.wheelers.co/>

LIBRARY LESSONS FOR YEAR 7

Please make sure you are checking Google Classroom for your Lesson Plan each week. Any questions email Ms Silk or Ms Wardlaw.

CLICKVIEW



GHS now has access to ClickView! ClickView is the leading video content resource for teachers and students that is aligned with the Australian Curriculum and course content requirements. Simply login using your DoE username and password to browse

ClickView's extensive interactive video library with study guides, TV streaming and teaching resources.

DISPLAYS

Bastille Day 2021 – Wednesday 14th July

The **French** celebrate **Bastille day** with a public holiday on 14th July. This is to commemorate the storming of the **Bastille** (a fortress in Paris) in 1789, a prison King Louis XVI used to detain his opponents. It was a turning point of the **French** Revolution.

HOW DO THE FRENCH CELEBRATE?



People attend a military parade in the morning starting at the Arc de Triomphe and ending at Place de la Concorde.

Military parade on the Champs Élysée



The parade ends with the Paris Fire Brigade, Military aircraft fly over the parade route during the parade.

In the evening, there's a free concert on the Champ de Mars and fireworks are set off from the Eiffel Tower.



There's also a tradition in Paris where fire stations stay open to celebrate, it's called the Bastille Day firemen's Balls.

The French locals also attend musical performances, attend dances, balls and more spectacular fireworks displays all over France.



French people take advantage of the day off by meeting up with friends and family for a picnic or BBQ. Think delicious, but simple food, like cheese, sandwiches, charcuterie, pastries, strawberries and ratatouille.

They'll often play petanque, a type of boules, in backyards and parks.



The **Louvre in Paris** is free entry for everyone on the day to visit. The most famous work of art is stored here,

Leonardo da Vinci's Mona Lisa.

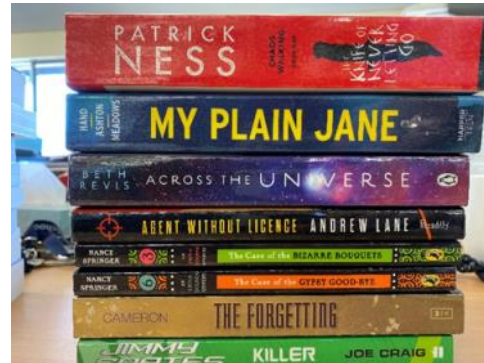
The **French Revolution** is one of the most important historical periods, which lasted from 1789-1799. It marked the end of the monarchy and church's authority on the working class.



The **Bastille** was a famous prison in Paris, built in 1357 and was stormed on 14th July 1789! The French National Day is the anniversary of Storming of the **Bastille**.

New Books

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.



New e-Books

Don't forget to login to access the following e-books. The following book covers are just new e-books that have only just come onto the Wheelers list of books for GHS.



Keep **READING!**



SCHOLASTIC  **Book Club**

TERM 3

ISSUE 5 OUT NOW

The extension of lockdown is presenting us all with challenges. Once again, it is impacting our ability to work, connect and have our students in school.

Whatever the challenges, Scholastic is determined to continue to provide Book Club through this time. Scholastic have again had to modify the way they operate, but they are working to provide families and students access to the very best quality of books for you home reading.

Scholastic will only be sending one issue of Book Club this term (ISSUE 5).

They will be mailing Issue 5 catalogues as soon as students return to the classroom. This is planned for the 2nd August but the date will be adjusted based on government announcements and the return of students to classrooms. The catalogues will then be distributed to all Year 7 and available for a pickup for all Year 8-12. Issue 5 will remain open for whatever period is left in term 3.

The issue 5 is currently online and will be available to parents for the whole term.

Please click the link:

<https://www.scholastic.com.au/book-club/book-club-parents/>

for the Issue 5 **PDF version** online.

Parents are able to do loop orders any time from now till Friday 4th September 21.

Scholastic's goal is simply to help us give everyone the opportunity to access Book Club this term.

Please contact us if we can be any assistance.

Stay Safe, Stay Connected.
GHS LIBRARY

HSIE Happenings...

23rd July 1942 The first clash with the Japanese in the Kokoda region occurred at Awala on 23 July 1942. A small force from the PIB (Papuan Infantry Battalion), under the command of Major William Watson, (Australian Army) made contact with the Japanese. After being forced back, Watson's force withdrew across the Kumusi River, destroying the footbridge that spanned it as they departed.



24th July 1969, Having set foot on the Moon, the Apollo 11 astronauts returned safely to Earth just days later. But they weren't ready to return to normality just yet.

The Apollo 11 Command Module Columbia splashed down in the Pacific Ocean with astronauts Neil Armstrong, Michael Collins, and [Buzz Aldrin](#) on board at 11:49 am CDT on 24 July 1969.

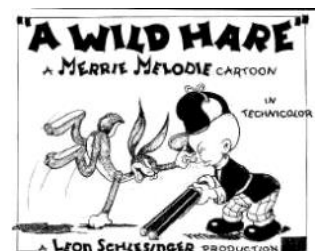


25th July 2000 An Air France Concorde jet bound for New York crashes upon take off in Paris killing everyone on board as well as four people on the ground.



26th July 1956 The Italian passenger liner Andrea Doria sank after colliding with the Stockholm off the coast of Nantucket in the Atlantic Ocean; 51 people were killed.

27 July 1940 Bugs Bunny, Warner Bros, cartoon character created by Tex Avery, Bob Givens (Looney Tunes and Merrie Melodies series), first debuts in "Wild Hare"



28 July 2018 Wendy Tuck is a yachtswoman and previous chief instructor and principal at the Clipper Race training base in Sydney, Australia. She was the first female skipper to win a round-the-world yacht race.

29 July 1981 The wedding of Prince Charles and Lady Diana Spencer took place on Wednesday 29 July 1981 at St Paul's Cathedral in London, United Kingdom. The groom was the heir apparent to the British throne, and the bride was a member of the Spencer family. The ceremony was a traditional Church of England wedding service.



parenting * ideas

INSIGHTS

Riding the COVID waves



The disruption caused by the pandemic continues, with the scale of its impact dependent on geography. Families in the nation's two most populated states are no strangers to lockdowns and the disturbance they bring to normal life. Regardless of where you live, the sense of the pandemic is always present, ready to disrupt daily life at short notice.

We crave connection and certainty

Human beings crave certainty and human connection, both of which are severely impacted by the current pandemic. Just when life appears to return to normal, COVID case numbers can flare, sparking changes to our daily lives. As demonstrated by the massive increase in people seeking psychological support services over the last 18 months, these are difficult times for us all.

Every family has its own COVID related story consisting of loss, disappointment, hardship, frustration of some kind. While there is no magic bullet that will make living through these uncertain times easy, here are some strategies to help you and your family stay upright while you ride the COVID waves of uncertainty and change.

Model a coping mindset

Let's start with a coping mindset, the hardest and most important strategy. The leader in any group is the person who remains calm in a crisis, so as parents we need to do all we can to keep our acts together, or at least look like we are in control. Kids of all ages, but especially primary-aged students, take their cues from parents, the most important people in their lives, about how to view events. If catastrophising, anxiety and anger are modelled, then inevitably younger family members will mimic these behaviours. More significantly, these behaviours contribute to their feelings of lack of control. Alternatively, when acceptance, perspective and optimism are on display, kids learn how they can cope with uncertainty and change. This is not to suggest that parents aren't struggling, and that we shouldn't show our vulnerability to children. However, children and young people feel safer and more secure when their parents radiate a sense of calm and composure in the face of difficulty. Challenging, but essential.

Act like a middle born

Despite the negative press that middle-borns receive including 'middle child syndrome', and 'middle-child complex', this cohort is generally very resilient. Their flexibility as a result of fitting into a life pattern set by an elder sibling enables them to more easily adapt to change. Often considered less ambitious and driven than first-borns, middle children generally expect less of themselves, and are more inclined to bide their time, letting the big waves pass before riding the more accessible, easier waves to achieve success. Birth order research reveals that middle children tend to have broader social circles than children born in other positions enabling them to form social connections in many different settings. Their adaptability, lowering of expectations and wonderful approachability are examples of how to survive challenging times.

parenting * ideas

Embed wellbeing strategies into family life

If ever there was a time to make wellbeing come alive in a family, it's now. If you have previously believed kids' wellbeing is less important than homework, music or sports lessons and chores then it's time for a priority rethink. Mental health practices are most successful when they are embedded into family life, rather than being focused on when life gets hard. While no means limited to these, the most significant wellbeing practices include sticking to daily routines (to maintain feelings of control), taking regular exercise (to get rid of built-up stress and promote feel-good endorphins) and prioritising sleep (to maximise the brain's capacity to manage stress).

Only sweat the big stuff

If you find that you're arguing with your child over minor issues such as leaving clothes around the house, then it's time to let the small stuff go and focus on the bigger issues. You may need to set the parenting bar a little lower, focus less on academics, even relax screen time limits for a time if they are a source of conflict. Expect behaviour blow outs from children who have lost their own bearings – in some cases access to friends, school, and schedule. Give kids space if they regress, rather than reward tantrums with plenty of your attention, which will reward and keep the behaviour going.

Connect with your village

Are you an introvert or an extrovert? What about your kids? It matters because each group reacts differently during lockdowns. Those on the introvert end of the spectrum can feel a little too comfortable being home and away from work or school. Scheduling regular digital catch-ups with friends and family can overcome reluctance to connect. Extroverts, on the other hand, can really struggle being away from friends and need little encouragement to stay in touch, which is vital during times of uncertainty.

There are no hard and fast rules about living through this pandemic. COVID didn't come with a 'how to' manual, so most of us are writing our own rules as we go. Embrace any ideas that work for you and your family and let go of those that aren't right for you. Be mindful, that the tide will eventually turn, the waves more predictable and our capacity to deal with hardship will have been enhanced by this experience.



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

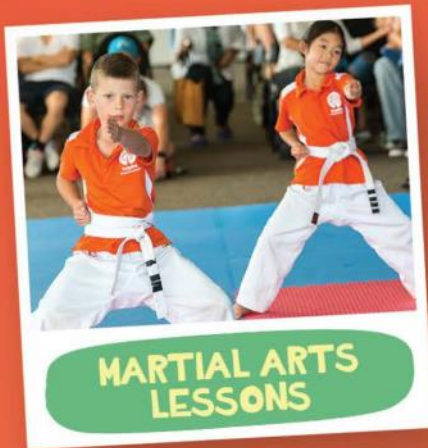
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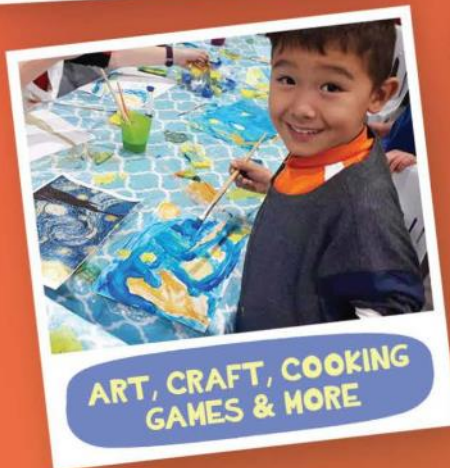
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*Subject to an individual's eligibility for the Child Care Subsidy.



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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

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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



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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

 **Busways**



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.

STUDENT'S FULL NAME (Include Siblings ATTENDING Glenwood High School)	_____ Year _____
	_____ Year _____
	_____ Year _____
	_____ Year _____
PARENT/GUARDIAN WITH WHOM THIS STUDENT NORMALLY LIVES PARENT/GUARDIAN 1 DETAILS	NAME: _____
	RELATIONSHIP: _____
	MOBILE: _____
	HOME: _____ WORK: _____
	EMAIL: _____
PARENT/GUARDIAN 2 DETAILS	Preferred Family Email Address: _____
	NAME: _____
	RELATIONSHIP: _____
	MOBILE: _____
	HOME: _____ WORK: _____
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: _____
	EMAIL: _____
EMERGENCY CONTACT DETAILS - (OTHER THAN PARENT/GUARDIAN)	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	_____ SIGNATURE	_____ DATE
Principal Mrs Sonja Anderson Forman Avenue Glenwood NSW 2768	T 02 9629 9577 F 02 9629 2796	ABN 90 913 676 854
WWW.GLENWOOD-H.SCHOOLS.NSW.EDU.AU		
GLENWOOD-H.SCHOOL@DET.NSW.EDU.AU		



**GLENWOOD
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