

#### **ISSUE 3 TERM 4, 2 December 2022**

#### THE REDGUM NEWSLETTER

#### INNOVATION OPPORTUNITY DIVERSITY SUCCESS TELEPHONE: 9629 9577 EMAIL: GLENWOOD-H.SCHOOL@DET.NSW.EDU.AU

#### SENIOR EXECUTIVE REPORT

#### Ms Belinda Young



**Blacktown Youth Ambassador:** On Thursday 10<sup>th</sup> November, Shreya from Yr 9 spoke at the Blacktown City Council's Youth Ambassadors Program as a part of her application to become Youth Ambassador for 2022-2023. "The Youth Ambassador Program involves the selection of two young people to serve as Ambassadors of Blacktown City for a period of 12 months. The ambassadors must be residents of Blacktown City and be aged between 15 to 18 years. The two young people who are selected are given the opportunity to represent the youth of our city by way of public

speaking at events such as Citizenship Ceremonies and Civic Receptions, the opportunity to meet high profile individuals at special events and the chance to attend a Local Government related conference. The ambassadors also get to participate as members of both the Sister Cities and Youth Advisory committees." – Blacktown City Council, 2022 After a rigorous selection process, Ammula missed out by the narrowest of margins. A massive congratulations to Ammula for getting this far in the process as she was the youngest applicant with most others in their final year of schooling. We would encourage others to apply next year as it is a valuable opportunity to develop leadership and public speaking skills.



**Assessments and Reports:** Staff have been busy working on marking final assessment tasks and preparing final yearly reports. They will be able to be accessed through the Parent Portal. When you discuss the report with your child look at the points that they can work on to improve, identify weaknesses and strengths. Take time One-on-One, find a quiet time and place to sit with and talk to them about their report. Focus on Effort Over Grades. (the grades generally reflect the effort) Consider Setting an Individual Learning Goal and make a Plan. While these suggestions are important, give your child time to share their own thoughts and feelings about school, about what they are learning, about how they feel in their classroom and about their relationships with their teachers and friends.

**School Administration Support Staff (SASS):** The engine of any school is SASS, the cogs that keep the wheels turning. They provide a broad range of services and support to students, staff and parents.



We would like to thank them for their hard work, dedication and commitment to Glenwood High School.

#### GHS REDGUM NEWSLETTER ISSUE 3 TERM 4, 2 December 2022



**Orientation Day:** On Tuesday 29<sup>th</sup> November our Year 7 2023 students had the opportunity to attend Glenwood High School Orientation day. Here they got to meet the teachers, learn about programs offered and hear about camp. They went on a tour of the school and participated in a variety of activities giving opportunities to make new friends, meet the school Leaders, House captains and their year 10 Mates. We would like to thank Ms Nadine Davies (Transition Coordinator), Ms Ruth Fleurant (DP), Mr Steve Perez (Year Adviser) and Ms Sam Haltah (Assistant YA) for making this valuable transition to high school event possible.

**School Leavers:** If you are not returning to Glenwood High School in 2023 please arrange to complete the sign out process, settle any outstanding accounts and return all books. Do not leave this to the last-minute, plan ahead. Please contact the front office administration to begin the sign out process.

**Breakfast Club:** Every Friday morning Leonard our Student Support Officer and Brendan our School Chaplin man the BBQ to provide students with breakfast. It is a great time to connect over pancakes. Thankyou to both of them for their ongoing contribution to this program.



ROYAL LIFE SAVING





Year 7 Life Saving week: This week Year 7 have been involved our swim school life saving program. As we all know, swimming is one of the joys of life. As well as being a vital life skill, the ability to swim opens up a raft of opportunities for people to enjoy a healthy, active and safe lifestyle and to confidently participate in aquatic recreational and sporting activities. By the time our students finish school we would like to think that they are safe in and around water. Our Year 7 Life program provides skills to recognise Saving dangers and how to respond. Our program is designed to meet the guidelines set by Royal Life Saving as well as a fun experience for all involved.

**Return to school in 2023:** A reminder that students will return to school in 2023 following a staggered timetable, which has been provided below. More information for Year 11 MATES and House Captains who will be supporting Year 7 with their transition to high school will be provided shortly.

	Current calendar	Proposed calendar
Tuesday, 31st January 2023	Years 7, 11 and 12	Years 7 and 12*
Wednesday, 1st February 2023	All years	Years 7, 11 and 12
Thursday, 2nd February 2023		All years

\*Year 11 MATES (Peer Support) will attend to support Year 7, along with the Year 11 House Captains



# **P & C News**

Please note the previously scheduled P & C meeting for December has been set aside or cancelled. There are no more P & C meetings for this year.

The P & C AGM and the next meeting will be at the start of Term 1 next year @ 7pm on Wednesday 1st March 2023 in the school front office.

Wishing all our school community a lovely holiday break and we look forward to seeing everyone again in the New Year.

Please email us at glenwoodhigh.pandc@gmail.com if you have any questions.

Thank You GHS P&C





# **Leadership Induction Ceremony**

In Week 5, Mrs Anderson and I were privileged to formally welcome the new student leadership teams while, at the same time, we farewelled our past leaders. We were very pleased to be able to invite parents of the incoming Captains, Vice-Captains, Prefects and House Captains, as well as those of our departing Prefects. As an investiture, this assembly was formal in nature but the sentiments shared in the speeches were very personal, inspirational and heart-warming. Glenwood has been exceptionally fortunate to have consistently strong and compassionate young leaders who step up into these important roles.

In congratulating the outgoing captains and prefects, the incoming Vice Captains gave some sense of the direction that the new team would take for the year ahead,

"In light of these big shoes to fill, we, as the incoming vice captains, would like to foreground that we intend to maintain the immense efforts put in to represent our student body and amplify each voice within Glenwood High. We hope to use this platform to elevate others, making sure each member of this community feels heard, cared for and valued, and that each individual has the best experiences and opportunities here. We look forward to being of service to this school and its community."

Incoming School Captains echoed these thoughts, promising to be "approachable, supportive and ideas role models" that would remain, "focused on enabling a supportive and welcoming community." Lofty goals, indeed, and we wish them the best as they embark on this journey.

The 2023 House Captains were also inducted into their new roles, with Mr Moore providing a great reminder of the dedication and service of the outgoing team, through his round-up of the year and the initiatives undertaken by that group.

We wish all the best to each student leader as they embark on this new leadership journey.

Mrs Pearce





# **2023 Senior Student Leadership Teams**

#### **School Captains:**



Gurasees C



Thomas A

Vice Captains:



Lulu V



Banuja M

#### Prefects:



Mansoor A



Eshika A



Kavin A



Florence J



Deepinderjit K



Swara K





Jaspreet M



Aarash O





# **House Captains 2023**

#### Acacia:



Riya M

Boronia:



Chanel C

Coolabah:



Michael M



Bella N



Abigail N



Kush C



Evangeline J



Charlotte O



Audrey C

Telopea:



Molly F



Celeste R



Vinayak S



Kye M



Maya N



Emma S



Denica T

### GHS REDGUM NEWSLETTER ISSUE 3 TERM 4, 2 December 2022





Dear Year 12,

What a wonderful adventure we have had over the past 6 years.

From the moment we saw your chubby little faces and terrified expressions, "nervicited", we just knew you were going to be the best year group. You have been a united force, whose focus on social justice and caring for each other has been evident. From the days you started, we would get the compliments of what a lovely year group you were, they are so kind, so nice, so caring.

We always love to reminisce of all the fun and lifelong memories we have shared over the years. From Year 7 camp, with electrical storms resulting in dancing discos in sheds, the messy mud runs and terrifying giant swing. Fast forward to Year 11 camp, where we had to battle messy COVID rules, dancing dress-up discos in halls and the terrifying leap of faith.

Academic and sporting achievements, performances at Harmony Days, musicals, choose your own adventures, leadership roles in the SRC, House Captains and Prefect bodies, peer days, fundraisers, Spring Fairs, fun nights and every other moment of joy and pride we have been able to share with you, we are so very blessed to have been a part of your high school lives. There is just too many to recognise them all.

We leave you with this short note of appreciation and recognition for the outstanding contribution you have made to Glenwood High School throughout your secondary school lives. We know that there are great times ahead for each of you and we bid farewell with the knowledge that you have the life skills and resilience to handle anything in the years ahead.

Leave knowing that though this is your last final high school moment, there are going to be so many fantastic firsts to come. Take care of each other. We love you so much and could never have wished for a better group than you.

Please don't forget to stay in touch!

From your loving Year Adviser's,

Chelsea Votano and Matt Hall









# Year 12 FORMAL

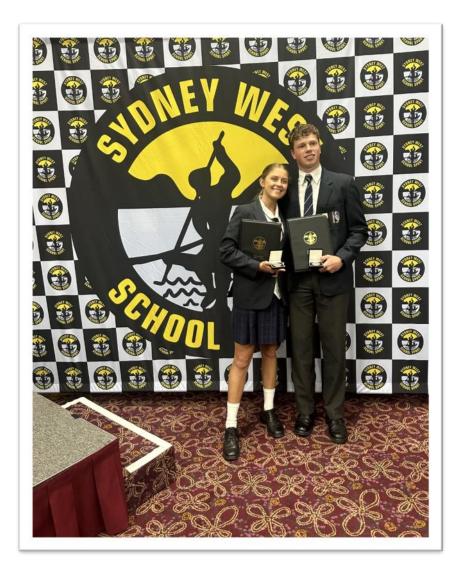
The sunshine presented itself for the Year 12 formal at the Deckhouse at Woolwich Pier. The event was a glitzy and glamorous affair, where students enjoyed the dance floor, photo both, caricaturist and a delicious three course meal. Well done to the formal committee for putting on such a lovely evening!





# **Sydney West Blue**

Congratulations to Mackenzie and Jake for receiving the highest award presented at Sydney West, called the Sydney West Blue. The Sydney West Blue is presented to students who achieve outstanding representation in their chosen sports and who have displayed sportsmanship which embraces the ideals of Sydney West. They are nominated by their respective coaches for Sydney West in their chosen sports. They received these awards for the following sports. Mackenzie - Touch Football and Jake - Athletics. Congratulations to the both of them and we wish you all the best in the future of your sports.



## **GHS REDGUM NEWSLETTER** ISSUE 3 TERM 4, 2 December 2022



#### GLENWOOD YEAR 7 2022

## Life Saving Program

Waves Fitness and Aquatic Centre - 28th Nov - 1st Dec



## SKILLS FOR LIFE

Learning was the main focus at the pool for year 7 this week. Improvements were clearly evident with students becoming stronger & more confident in the water. A big thank you to our student helpers Adam J, Alexander C, Hannah M, Jade M, Ellie D, Amy P, Sophia S. Also thank you to our swimming teachers, Brayden, Keira, Chloe, Tiffany, Mia & Tayla. And finally the staff at Waves and our wonderful teachers, Ms Koutsonikolis, Mr Wood, Mr Burgess, Mr Vlismas, Ms Hobday, Mr Good, Ms McClenahan, Ms Taylor, Mr Davis, Mr Lumley, Mr O'Connor, Ms Dora.

Looking forward to doing it all again next year, Mrs Davies

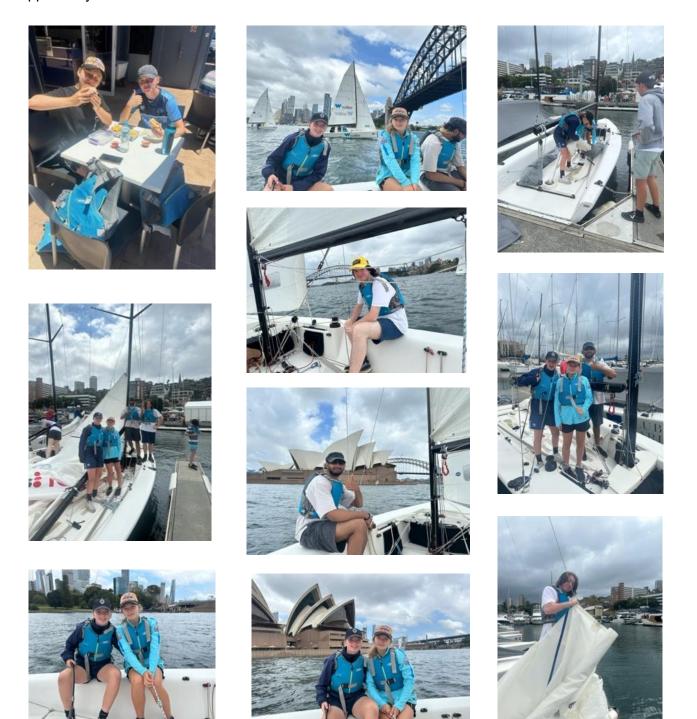






# **Freedom Youth Sailing program**

On Monday and Tuesday this week, 4 students - Charlotte, Kayleigh, Callum and Arya were lucky enough to be a part of the Freedman Youth Sailing program, which taught them all the skills to be able to sail. After 2 very long days, lots of sore muscles and an interesting adventure had by Arya, these 4 students, lead by an amazing instructor, learnt enough skills to be able to sail down under the harbour bridge, past Luna Park, Taronga Zoo, across the heads to Manly, into Watsons Bay for some lunch and back to where it all started in Rushcutters Bay, all powered by wind only. The students seemed to thoroughly enjoy themselves and had 2 days of learning along with the opportunity to sail one of the most iconic cities in the world.





# **Specialised Learning Hub**

The Specialised Learning Hub students attended an excursion at Fred Caterson Reserve for a day out. The event was organised by Northcott Disability Services and WeFlex-Castle Hill. The students had fun participating in basketball, egg and spoon races, Zumba, running races and bean bag toss. Thank you to Northcott and WeFlex for organising and for our goodie bags.

















Malachi consistently does the right thing in class, in completing his school work or showing respect for students and adults alike.

Great work Malachi!



# Student of the Week Student of the Week



Hamza is a motivated and co-operative student who consistently displays a positive attitude towards school activities. He has been excellent at swim school and participated in every event that had been organised. Well Done Hamza!





# **MobileMuster Film Competition**

Kaiden, Sid, Malachi, Abby, Tamika, Archie, Cody and Liam entered this year's Mobile Muster Film Competition as part of their drama unit of work for CAPA. They were recently announced as the competition winners and received a trophy made from electronic waste plastic as well as a \$3000 JB Hi-Fi voucher! 13A are extremely proud of their achievement, as is the entire Learning Hub - congratulations filmmakers!















# Year 8 Peer Day

The Year 8 Cohort had a splendid day at the Sydney Zoo on Tuesday.

Students enjoyed the chance to go around the zoo and see all the animals in their habitats. Completing some activities along the way and looking at the unique qualities of each animal, students had a great chance to bond with their peers and supervising teachers. The weather was amazing, and the students had an absolutely great day.

We hope to have another Peer Day next year and celebrate wonderful behaviour and positive approach to school.





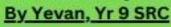
## SRC NEWS

# KRISPY KREME FUNDRAISER



The SRC's Krispy Kreme fundraiser was a fundraising event run by the SRC on Tuesday the 24th of November aimed at raising funds to support the wider school community in the future via several SRC-run initiatives. The SRC sold doughnuts including original-glazed and other assorted flavours, at the SRC window and in front of E-block through recess and lunch. Later in the evening, the doughnuts were also sold at the MADDness showcase.

Overall, the day was quite successful, with the SRC having only six boxes of doughnuts left after initially buying 106, and it received an extremely positive reaction from both the staff and students. This goes to show how supportive our Glenwood High School community, as well as the wider Glenwood community, is of our school. The SRC would like to thank everyone who supported the school by getting involved in this event. It couldn't have been done without you!



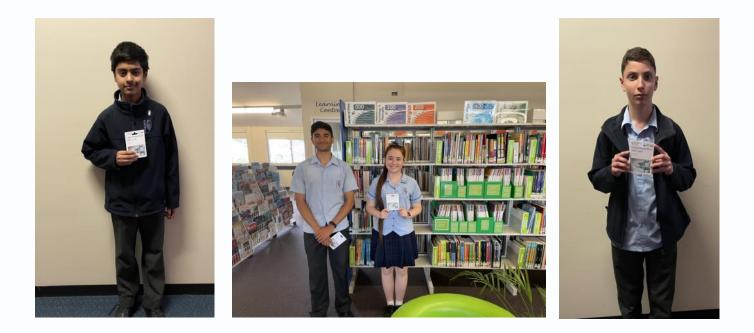




# **ASX SHAREMARKET**

# **GAME WRAP UP**

- Congratulations to the 54 GHS students who entered and competed in the ASX Sharemarket game from the 18th of August up until the Game's conclusion on the 27th of October. Students who competed were able to develop and then apply real-world skills relating to Commerce, Economics and Business Studies.
- GHS students performed commendably in representing the school, with a significant group of students finishing in 'profit' or above the average participant. This is a fantastic achievement as recent turmoil in global markets has made share market trading/investing difficult for seasoned professionals.
- A few GHS students achieved fantastic results and deserved the plaudits for their efforts. Notably, first place finisher Molly, narrowly missed out on a prestigious top 100 finish in the state. Similarly, 2nd place finishers Harbhagat, Anadi and Himmat, can also be proud of their performance with a top 150 achievement in NSW. Rounding up the top 4, Thomas (3rd) and Aadi (4th), both finished with respectable results and comfortably in profit after the two months of competition.







# Year 9 Indonesian Excursion

On Thursday the 24th of November the Year 9 Indonesian class together with 8R enjoyed an Indonesian culinary experience at Castle Hill. Students were treated to a range of appetizers including chicken satay and coconut roti. Students were able to sample a range of dishes ranging from nasi goreng to the Chinese inspired 'wat tan hor'. To finish things off students were treated to a helping of ice-cream and thanks to Zane L's brave request in Indonesian, seconds were on offer too!

#### Salam hangat,

















# 2023 School Photographs

#### 2023 SCHOOL PHOTOGRAPHS WILL BE TAKEN ON:

Tuesday 14 February – Year 7, 8, 9 & Siblings Thursday, 16 February – Year 10, 11, 12 & Siblings (anyone absent from Tuesday 14 February Photo Day, will be taken during Recess or Lunchtime on Thursday 16 February)

School photographs are scheduled to be taken by Advancedlife Photography on the above dates in 2023. Use the website and code below to look at the packages and pricing for 2023.

Please note that all students are to be in FULL SUMMER SCHOOL UNIFORM.

#### Sibling envelopes will be available from the front office for your collection (if paying by cash) during the first week back of Term 1.

It is our preference that ordering be completed online, if possible. This is to reduce administration and potential security issues related to the return of cash and envelopes on photography day.

You have two options of payment when purchasing Group and portrait photographs:

 Orders for student packages and sibling photographs can be placed securely online at www.advancedlife.com.au using our school's unique <u>9 digit</u> Online Order Code - 326 4VA H4F. All orders must be placed no later than Monday, 13 February 2023. Sibling photographs will be taken during Recess or Lunchtime on Tuesday 14 February or Thursday,16 February 2023, and only be taken if an order has been placed.

<u>Do not return the order envelope or receipt if you have ordered online</u>. Advanced Life now accept online payments using **Paypal**. Visa, Mastercard & Latitude Pay. A \$1 handling fee is applicable with online ordering. For more information, go to advancedlife.com.au/FAQ.

2. If you are paying **cash** for either student packages or sibling photographs, please complete all the details on the order form on the front of the envelope. (Envelopes will be distributed Week 1, 2023) Students then need to **bring the envelope to school on photo day.** They need to hand it directly to the photographers when they have their photo taken (not prior to the front office).

No late orders or cash will be accepted at the school office. Check your order carefully, as funds are not available for incorrect choice. If you order late, a fee will be applied to each package purchased.

Should you have any queries concerning school photographs or online ordering, please direct them via email to <a href="mailto:emailto:

All students who have their photograph taken will also have a Student ID card made up for them and distributed to students around the end of Term 1. The student ID card needs to be carried to and from school each day, and is for school use in the front office and the Library. If a student loses their ID card, they are expected to purchase a new one through the front office for \$7.00. Any questions regarding the ID cards can be referred to the Library.

Kind Regards Ms Corrine Jones ORDER NOW WWW.ADVANCEDLIFE.COM.AU 9 Digit Online Order Code

9 Digit Online Order Code 326 4VA H4F



# SCHOOL PHOTO DAY

# **Glenwood High School**

Days of Photography

## Year 7, 8, 9 and Siblings

## Tuesday, 14 February 2023

## Year 10, 11 & 12

## Thursday, 16 February 2023

- 1. Please wear your full school uniform
- Please place your order online before the day of photography
  Go to www.advancedlife.com.au and enter this code:

## 326 4VA H4F

- 3. Payment can be made using Visa, Mastercard, PayPal or Latitude Pay
- If you are unable to order online, please hand your completed order envelope directly to the photographers on the day of photography

If you have any queries concerning school photographs and ordering, please contact *advancedlife* directly: www.advancedlife.com.au/contact





# school photographs are coming up soon



Please note: Traditional, Composite or High-Resolution Virtual Group format is chosen by your school. Sibling photos, if available, can also be ordered online and must be ordered prior to your photo day. A late fee will apply for photos purchased after ordering has closed.

## how to order

#### order online

Online payment options include Visa, Mastercard and PayPal. Alternatively, you can choose to pay over 10 weeks using LatitudePay.



Go to www.advancedlife.com.au on your computer, phone or tablet.



Enter your school code:

#### 326 4VA H4F

in the 'order and download' box. This will take you to your school's secure online ordering site.



Click on 'Order Photos' and complete your details and procedures. During this process you can place orders for additional children at your school and sibling photos, if available





#### cash/envelope ordering

Your school prefers orders to be placed online. However, if you are unable to order online, please complete your order using the order envelope provided.



Complete a separate order envelope for each individual child's package/s ordered. If ordering for more than one child, payment should be enclosed in the envelope of the eldest child and this should be indicated on the envelope of the other child/children (the envelope that does not have cash enclosed).



Enclose exact cash payment in one envelope for the package/s you are ordering. Payment for more than one child should be in the eldest child's envelope and marked at the bottom of the envelope in the space



Return your completed envelope/s, with correct cash payment, to our photographers on the day.

Please note: You must enclose exact correct payment, as change is not available. Credit card payments can only be made online and we no longer accept cheques. There is a separate envelope for sibling photo orders, should your school choose to offer sibling photos.

School photographs will be returned approximately 6 weeks after the day of photography. Please note this delivery timeframe is dependent on proofing and additional photography days at your school.

#### IMPORTANT - "not for publication" students

If you have instructed your school that your child's image is "not for publication" (sometimes called "do not publish" or "not for media release" instructions), the school will ensure that your child is not presented to our photographers on photo day and school photographs will not be available for purchase. If you wish to change your instruction, then you must notify your school, so they change their records and identify your child as able to be photographed for school photography purposes. All students presented to our photographers by your school on photo day will be photographed, their images will appear in school photography packages with their fellow students and these packages will be available to purchase by all families.

Contact us: www.advancedlife.com.au/contact





## parenting **\***ideas

INSIGHTS

## How to recognise Autism in girls



Autism is significantly more common in boys than in girls. This skewed sex ratio has been recognised since the first cases of autism were described in the 1940s. But we're not sure why autism appears in more males than females. It may be rooted in biological differences between the sexes. Or, some experts say, it may be an artifact of the way autism is defined and diagnosed.

But we also know that many autistic girls remain undiagnosed because many of the social signs of autism are less obvious in girls than they are in boys. One way that girls are "flying under the radar" of a diagnosis is the use of camouflaging as a coping mechanism.

Camouflaging means to pretend to know how to socialise by using observation, imitation, and adopting a persona or wearing a mask to meet social demands. An autistic girl – like an autistic boy – does not intuitively know what to do or say in a social situation. Social challenges are a hallmark of being on the autism spectrum. Compared with most boys, however, from a very young age an autistic girl will often closely observe and analyse her peers before making the first step. She will use imitation and acting to be able to conceal her confusion when socialising with peers.

#### What to Know about Autistic Girls

Unlike most autistic boys, girls are more likely to be able to accurately interpret and answer questions about social interactions, social situations, and friendship. However, they rely on intellect rather than intuition, so their responses will be slower, making it difficult for them to keep up in a group setting or with typically-developing and more socially skilled girls. Consequently, autistic girls tend to choose single close friendships rather than being part of a group. They often find males more appealing as friends because male friendship dynamics may be perceived as being easier to understand.

Autistic girls often show a willingness to follow the rules, a natural tendency to shyness, and social naivety. Such qualities can mean that they are easily missed in a classroom where louder children gain the teacher's attention. Autistic girls are usually very hesitant to ask for help. They may fear drawing attention and are often self-directed and perfectionistic, so do not wish to be seen as stupid or making a mistake.

Autistic girls can focus much of their intellectual energy on learning about their social world, hence special interest topics may have more of a social focus, such as mental health, self, friendships, animals, celebrities, literature, and fantasy. Sometimes it is not the topic that differentiates them from their peers so much as the intensity of their hyper-focus on it.

Despite their frequently better coping mechanisms and ability to camouflage their social difficulties, their social difficulties are very real, on a par with those of autistic boys, and cause enormous stress, confusion, and exhaustion. In addition, autistic girls experience sensory processing challenges at the same level or more than autistic boys. These challenges generally lead to high levels of anxiety in the classroom and playground. When this occurs, you may observe an autistic girl:

- · become overwhelmed in social situations
- · be reluctant to participate in class activities



## parenting **\***ideas

- · be unable to communicate verbally (situational (selective) mutism)
- feel judged negatively by their peers
- withdraw from social interaction

During primary school autistic girls can appear to have no social difficulties, successfully 'keeping it together' at school. In fact, an autistic girl may be able to do such a great job at "wearing a mask" and fitting in that nobody would believe she has autism. However, the toll on their energy levels and emotions can be high. Girls will often come home feeling exhausted, irritable, and overly emotional, following a day processing both the academic and social curriculum. Over time secondary mental health concerns often develop including anxiety and depressive disorders, self-harm, eating disorders, and suicidality. The average age of diagnosis for autistic girls around the world is 12-13 years old, coinciding with the first year of high school, when the social world suddenly becomes far more complex, and hormonal changes that increase anxiety exacerbate autistic features.

#### What Next?

So now you know the signs, what do you do if you think you could have an autistic daughter? If you are a parent, approach your daughter's teacher. Share this article and discuss what they have observed. If you are a teacher, you may approach the parents and ask them how their daughter is going at home. Mention the signs that concern you and share this article with them. Acknowledge that you are not a diagnostician, and you may be wrong, but that you are concerned and wish to do all that you can to assist their daughter.

To take the next step to obtain a formal diagnosis (or at least to investigate), carefully consider the level of experience of the Clinical Psychologist, Paediatrician or Psychiatrist you choose. The field of understanding the female presentation of autism is an emerging one and many health professionals did not receive training as part of their degree. Approach your local autism association for names of diagnosticians who are experienced in signs of autism in girls and women.



#### **Dr Michelle Garnett**

Dr Michelle Garnett is a clinical psychologist who has specialised in autism for nearly three decades. She has written six highly regarded books on autism for parents and professionals, including a seminal text on autistic women. For further information visit <u>www.attwoodandgarnettevents.com</u> or via <u>Facebook</u>.





# Glenwood High School Uniform Shop

Change in Trading Hours

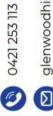
Dear Parents and Carers,

The Uniform Shop hours will be changing from the beginning of Term 4.

Our new opening hours will be:

1:00pm - 4:00pm	8:00am - 11:00am	1:00pm - 4:00pm
Monday	Wednesday	Thursday

We look forward to welcoming you back in Term 4!



glenwoodhigh@alinta.com.au

The Uniform Shop @ Glenwood High School - Cnr Glenwood Park Drive and Forman Avenue, Glenwood NSW 2768

