



Kia ora katoa

Term 3 is the key term to set students up for academic success, and particularly for those students taking NCEA. By the end of term in September, those students will have a clear picture as to whether they are on track and what level of endorsement they can potentially attain. Year 9 and 10 will be receiving a full report in a couple of weeks and from that they will determine what MYP assessment criteria they need to work on in the second half of the year.

Assembly themes this term will address how students can look after their own wellbeing while gaining academic success. The key ideas are:

Responsibility – being responsible for yourself and others.

Identity – to be proud of who you are and the groups you belong to.

Challenge – life isn't perfect, everyone faces challenges.

Hope – you'll get through this, things will get better.

Students need to develop skills to manage their lives and personal situations to ensure their wellbeing is maintained. These are covered during the course of the year through the Year 9 and 10 wellbeing programmes, through Health education and also by external groups, such as 'Attitude' and 'Mates and Dates'. The types of skills the students will learn and which will be touched on in the assemblies are:

Emotional Awareness and Regulation – recognising and managing your emotions, and dealing with others' emotions.

Mindfulness – learning to purposefully relax, and be present and attentive.

Managing Stress – coping positively with stress.

Relationship Skills – learning to build and manage healthy relationships.

Life is about finding the right balance. One of the school's aims is to help our young adults find balance in their lives and develop the necessary skills to maintain their wellbeing, address any issues that may occur and experience a positive fruitful life. This is why 'Wellbeing' is one of the college's strategic goals in 2020. The stresses caused by Covid-19 has made this even more important.

Sports Wellbeing Evening

I had the pleasure of attending the 'Sports Wellbeing Evening' held on Monday 27 July. Reihana Finch, a physiotherapist who works with the college, gave useful advice on how to minimise the risk of sports injuries and what the maximum time involvement for children involved in sport should be on a weekly basis.



Upcoming Events:

August

- | | |
|--------|--|
| 1 | Parent and Student Open Day
(9am-12pm) |
| 4-5 | Dramafest – Year 13 Drama
'Love and Information'
(6pm-8pm, Drama Room) |
| 6 | Parents' Association Meeting
(7pm-8pm, Staffroom) |
| 6 | Duke of Edinburgh Bronze Meeting (Year 9)
(6pm-7pm, Hall) |
| 12 | Board of Trustees Meeting
(6pm-9pm, Boardroom) |
| 12-13 | Dramafest – Year 11 Drama
'Absent Friends'
(6pm-8pm, Drama Room) |
| 17 | Dramafest – Year 10 Drama
'What an Ass Can Do'
(5:30pm-7:30pm, Drama Room) |
| 19-20 | Dramafest – Year 11 Drama
'O.U.T. Spells Out'
(6pm-8pm, Drama Room) |
| 22 | Alumni – 70's Decade Reunion
(7pm-11pm, Hall) |
| 24-25 | Dramafest – Year 12 Drama
'The Fridge'
(6pm-8pm, Drama Room) |
| 26 | Annual Musical Gala Concert
(7:30pm-10pm, Hall) |
| 27 | Taurere Whanau Meeting
(6:30pm-8:30pm, Staffroom) |
| 27 | Dramafest – Year 10 Drama
'Zucchini Tom'
(6pm-8pm, Drama Room) |
| 31-Sep | Winter Tournament Week
(All Day) |

(For a full list of upcoming events, please visit the [calendar](#) on the college website.)



Lydia Brown and Jeremy Adams from our Sports Department spoke about building team culture and how parents could support their children in sport. The evening was highly successful and informative. We plan to have a number of these evenings in the future. Please look out for them.

Ngā mihi nui,
Gordon Robertson
Acting Principal

Glendowie College Open Day – 1 August 2020 (Saturday)

Prospective students and parents are all welcome to attend our Open Day on Saturday 1 August 2020 between 9:00am and 12:00pm.

You will have the opportunity to take a tour of the school, speak to current students, meet the Acting Principal, and see demonstrations of learning at the college. Bookings are not required.

Upcoming Reports

Years 11 – 13:

Term 3 Progress reports will be uploaded and available on the portal from **3:20pm Friday 31 July 2020**. These will include Key Competency grades and Assessment results, similar to the previous Term 2 reports. Please contact your child's subject teachers and/or Dean to discuss any concerns or queries raised in these reports.

Years 9 – 10:

A full MYP report will be uploaded and available on the portal from **3:20pm Friday 7 August 2020**. These will include Key Competency grades, Assessment results and comments. Please contact your child's subject teachers and/or Dean to discuss any concerns or queries raised in these reports.

Mrs Joanne Fraser, Deputy Principal



Subject Selection (Year 9 Only)

The deadline for year 9 students to select their subjects for year 10 (2021) is **Friday 7 August 2020**. Your child has a Google Classroom page 'Year 9 Pathways' with information on what they need to do and they have been given a password and shown how to access the student portal (available on the school website).

Students must **select 4 option subjects**, including one language that they have studied at year 9.

Mrs Joanne Fraser, Deputy Principal

School Statements

School statements will be sent out on Tuesday, 4 August 2020. Please check your SPAM/JUNK folder if you did not receive your statement as this may have dropped into one of these folders.

If you have any CREDIT available and wish to use it, please email Mrs Bernadette Hyde on hyd@gdc.school.nz.

Please also be reminded that payments can be made through the portal. If you have your son/daughter **taking a partner to the ball or using the bus service**, please inform Mrs Hyde via email, so that she is able to adjust the amount owing for this.

Weta Workshop Earth Guardians Character Design Competition

Isabel Rocha (12LWS) has entered into a character design competition hosted by Weta Workshop and has made it through to the qualifying round. Her character looks awesome! To make it into the top ten, Isabel needs to get votes from the public. If you would like to vote for Isabel's character design, please click on the following link: <http://wshe.es/az5m9DQ8>. **Voting closes on Monday, 3 August 2020.**

Your support would mean the world to her! A big thank you in advance from Isabel.

Ms Adele Whittaker, Head of Department Arts

Duke of Edinburgh Meeting – 6 August 2020 (Thursday)

In the past, this award scheme was only available to students from Year 10, but we will now commence this in Year 9 to give all students the opportunity to complete the Bronze, Silver and Gold Awards by the end of Year 13.

A meeting will be held in August for all year 9 students (and their parents) who would be interested in taking part in the Duke of Edinburgh Award Scheme at Glendowie College, details of the meeting are as follows:

Date: 6 August 2020 (Thursday)

Time: 6:00pm

Venue: School Hall

Speakers include award co-ordinators, former students who have completed the Gold Award, and Bigfoot Adventures, the provider for the practice and qualifying tramps. If you have expressed your interest before, we encourage you attend this meeting.

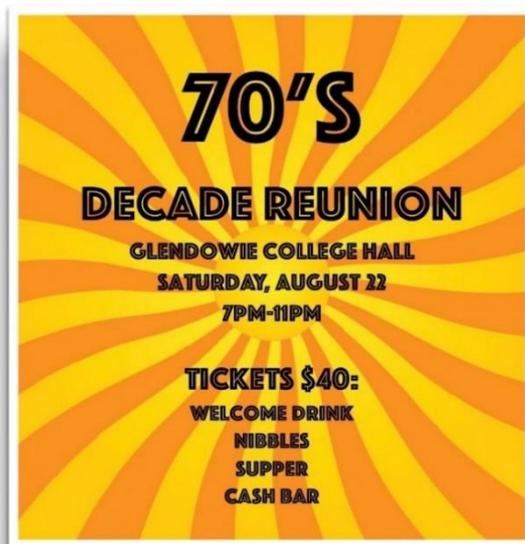
For more information on the award, please visit the following link:

<https://www.gdc.school.nz/co-curricular/leadership/duke-of-edinburgh-award/>

Richard Thompson and Jenny Champness, Duke of Edinburgh Bronze Co-ordinators



1970's Decade Reunion – 22 August 2020 (Saturday)



All former students and staff who attended the college during any year in the 1970s are invited to attend the '1970s Decade Reunion' which will be held on **Saturday, 22 August 2020 from 7pm to 11pm in the school hall**. Tickets are \$40.

Please click on the following link to make your booking:
<https://www.trybooking.co.nz/DUC>

Ms Nicole Parish, Alumni Advancement Co-ordinator

Dramafest



Dramafest runs from Week 3 to Week 6 this term. The Year 10 to 13 Drama classes have been working hard to produce class plays, which will be presented in the annual Dramafest.

Posters, which provide more details about what is on and when, have been put up around the school and are also on the **GDC_Arts** Instagram.

All performances will be held in the Drama Room (M1) and entry is by koha (except for the Year 13 play, which costs \$5).

Come along to as many performances as you like and support our GDC actors!

Ms Clare Jennings, Arts Faculty Leader

Glendowie College Rockband – 'Ragaire'

The senior Rockband, 'Ragaire', has entered this year's 'Smokefree Rockquest' competition. They are required to film a video performing two original songs for the competition. This video is available on the youtube channel.

To support 'Ragaire', please click the following link: <https://youtu.be/ervqOvR5GrA> and like, comment or share the video with your family and friends. Your support is greatly appreciated. Thank you!

Isabella Bavin (12SIM)



Kura Pō Māori



Yaaay, Māori night classes are starting again! If you are interested in continuing your Māori language learning journey - Nau mai Haere mai - Come along!

If you were not able to come before and would like to join now - Nau mai Haere mai - you are very welcome to join us!



When: Tuesday Nights, 6pm – 7pm

Where: College Staff Room

Focus: Conversational reo Māori & learning language features in different context

If you have any questions or if you need a little encouragement, please contact Melisa at:

che@gdc.school.nz

Hei kōnā

Melisa Chase

Kaiako - Reo Māori, Tikanga-a-Iwi & Kura Pō
(Teacher - Te Reo Māori, Social Science & Night Classes)

Rūaumoko Fundraising – City Mission

Support City Mission Food Drive

Form Challenge You **CAN** do it!

FAMILY FOOD PARCEL – CORE ITEMS:

- 2 x Cans of Baked Beans 420g
- 2 x Cans Spaghetti 420g
- 2 x Cans Tomatoes 400g
- 2 x Canned Vegetables 400g
- 2 x Canned Soup 420g
- 3 x Canned Fruit 410g
- 2 x Canned Meat 160g
- 2 x Canned Fish 160g
- 1 x Canned Sauce
- 1 x Cream rice
- 1 x Jam/Peanut Butter/ Honey/etc
- 1 x Flour 500g
- 1 x Sugar 500g
- 1 x Teabags 30 sachets
- 1 x Rice 500g
- 1 x Pasta 500g
- 1 x Cereal 375-400g
- 1 x UHT Milk 1 litre
- 1 x Pack of 8 Toilet Rolls
- 1 x Soap

Improved for some perishable items:

- 1 x Shampoo
- 1 x Toothpaste
- 4 x Toothbrushes
- 1 x Body wash

More of the above items or any other non-perishable items will be greatly appreciated!

750 Non-Perishable Items | **20** Food Parcels

FOOD DRIVE

PLEASE DONATE NON-PERISHABLE FOODS

PLEASE DONATE NON-PERISHABLE FOODS

cereal, rice, marmite, pasta, plain biscuits, crackers, canned fruit, canned vegetables and canned fish.

DONATIONS SUPPORTING

AUCKLAND CITY MISSION

FOOD DRIVE

Rūaumoko started their 4-week 'Food Drive and Fundraising' for City Mission this week.

Giving back to the community is an opportunity that we, as a Rūaumoko whanau, are always excited about. This year, our aim is to collect **at least 750 non-perishable items** and/or **20 family food parcels** for City Mission to help support those in need of the basic necessities.

Each form class has been given the challenge to create as many family food parcels as they can. Any non-perishable items or monetary donations are also welcomed.

We would appreciate any support from our Glendowie Community. If you would like to donate any **non-perishable items or winter items**, such as blankets (which must be in good, clean condition, i.e. washed and dried), please feel free to drop off these items at the **School Reception** anytime between **8:30am to 3:30pm Monday to Friday** during the next 4 weeks.

Molly Madill (12HCK)

phone: +64 9 575 9128

email: info@gdc.school.nz

website: www.gdc.school.nz



GDC Arts Hoodies



The new GDC Arts hoodies have been released this week!

Students who are involved in co-curricular arts (Music, Visual Arts, Drama, or Dance) are invited to purchase one. These can be purchased through the Accounts office for \$40, which includes printing of our new logo on the front (as seen in the picture) and with your name printed on the back.

Once you have made your payment to the Accounts office, please take your receipt as proof of payment to Ms Chapman, Arts Coordinator, in the Music office to place your order. Ms Chapman is available on Monday, Wednesday and Friday.

Ms Clare Jennings, Arts Faculty Leader



Science Block Progress



For those of you who drive along either Riddell Road or Crossfield Road, you will have noticed the Science block growing. The roof is now on and the building is largely enclosed. Currently, internal walls are being added and furniture requirements finalised.

The building is scheduled for completion in January 2021, ready to be occupied at the start of the next school year. The Science Faculty is working hard on

their teaching practice, so that teaching and learning will be enhanced by the exciting new teaching spaces.

Mr Gordon Robertson, Acting Principal



Quad Refurbishment



A big thank you to Megan Hollister, her husband Adrian, and Megan's parents Jan and Ian, have volunteered to replant the Quad gardens. Their purpose is to replace the plants which did not thrive in the original planting two years ago. Their willingness to support the college and make the physical environment attractive is greatly appreciated.

Mr Gordon Robertson, Acting Principal





Sports Update



Thanks to all athletes, parents and coaches who attended our first 'Sports Wellbeing Evening' on Monday 27 July 2020.

We learned 'how to create the ideal team', 'what players and parents can do to help this process' and 'how to minimise the risk of injury'.

We are looking forward to holding more of these evenings throughout the year.

Mrs Lydia Brown, Director of Sports

Year 9 Fun Day



On the last day of Term 2, all year 9 students participated in a 'Fun Day' celebration to finish off their peer support programme. Games were organised by a group of Year 13 student leaders, ably led by Avinaash Krishnan, Maggie Gibson and Sean Gibbs. Students participated in the egg and spoon race, tug of war, octopus and multisport games, amongst others, cheered on by their peer support leaders.

All Year 9 form classes designed a flag and wore costume items appropriate to their chosen theme. While all of our year 9s competed with noble hearts and impressive commitment, there could only be one winner. Congratulations to 9SHN who won the event and a class pizza party!

Peer Supporters were awarded their Service certificates in the Junior assembly this week. We thank all our Year 12 and 13 peer supporters for their wonderful work, and the many lunchtimes and a few days of their holiday time which they gave up for our Year 9s, who are now more settled largely due to the peer supporters' hard work.



Ms Adrienne Kockott and Mrs Ruth Richardson, Peer Support Teachers-In-Charge

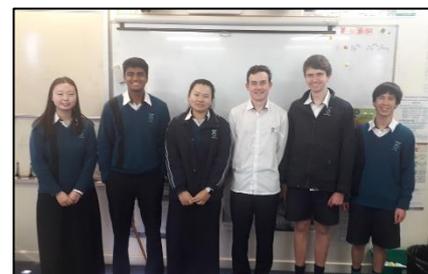


Mathematics Acceleration and Extension Programme (MAX)

Seven Year 13 students had the opportunity to participate in the Mathematics Acceleration and Extension programme run by the University of Auckland.

Congratulations to Emily Zou (13CAR), Avinaash Krishnan (13BAR), Irene Xue (13CAR), Daniel Clark (13THO), Tim Marshall (13CHP), William Beauchamp (13KAU) and Ethan Qi (13THS) who all successfully completed the course (Mathematics 199) with A+ results.

Mr Jonathan Eley, Faculty Leader Mathematics



TaiWhenua Updates



The TaiWhenua Directors (Ethan Bakkerus, Holly Timmins and Vanessa Dinh) met with Odian Madsen from SEA Containers NZ to discuss possible options for creating TaiWhenua Whare.

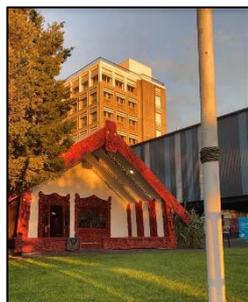
We would like to take this opportunity to thank Odian for taking the time to meet with us and for the insights on SEA Containers NZ.

We would also like to extend an invitation to you to attend the YES (Young Enterprise Scheme) Markets at AUT on 20 August 2020 (Thursday) from 11am to 2pm in the WG Building. We would love to meet with you at our stall to discuss more about TaiWhenua.

To follow our journey, please follow TaiWhenua on Instagram (@TaiWhenua) and Facebook (@TaiWhenua).

Holly Timmins (12TID), Ethan Bakkerus (12MKA) and Vanessa Dinh (12MKA)

Māori Achieving Success in Health (M.A.S.H.)



The goal of the M.A.S.H. (Māori Achieving Success in Health) programme is to provide Māori students with the opportunity to take part in a course offering different health career pathways.

This year, I attended the programme from 14-17 July 2020 at the Waipapa marae on the Auckland University Campus. The programme consisted of lectures, physical demonstrations and seminars in a wide range of career pathways. Various sessions took place on the first day, such as anatomy, physiology, nursing, pharmacy and many more. We also had the opportunity to have one-on-one talks with a wide range of health professionals, and to engage in many fun team-building activities such as the amazing race, escape rooms and performing skits.

During this amazing learning experience, we practised many cultural activities and had in-depth conversations about what being 'Māori' means to us. As someone who is still making new discoveries along their cultural journey, I was inspired to grasp every aspect of my Māori culture and to incorporate this in my future. This programme was an eye-opening experience and I am already looking forward to attending next year's programme to continue to incorporate my Māori culture in my future health endeavours.

Mia Coromandel (12SIM)





glendowie news

Parents' Association

Entertainment Book 2020/2021

20% of your Membership purchase comes directly to us.

<p>Single City \$6999</p> <p>1 Year + 2 months EXTRA Discover all the best savings in your city</p> <p>\$14 to our fundraiser</p>	<p>Multi City \$11999</p> <p>1 Year MOST POPULAR + 2 months EXTRA Enjoy savings across all of Australia, New Zealand and Bali</p> <p>\$24 to our fundraiser</p>	<p>Multi Plus \$22999</p> <p>2 Years BEST VALUE 2 years of savings across Australia, New Zealand and Bali</p> <p>\$46 to our fundraiser</p>
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Entertainment Memberships are filled with thousands of incredible savings on dining, activities, travel & shopping. Up to 50% off and 2-for-1 deals in your city and across New Zealand.

Support us & buy now

Membership BONUS

\$10 Countdown Gift Card* when you purchase Single City Membership \$69.99

\$20 Countdown Gift Card* when you purchase Multi City Membership \$119.99 or Multi Plus Membership \$229.99

Support us & buy now

Thank you for your continued support. There has never been a more important time to support us with our fundraising. 20% of every Entertainment Membership goes directly to our cause.

Love local
MAKE A DIFFERENCE AND SAVE

Support us & buy now

BONUS
\$10 or \$20 Countdown Gift Card*

PLUS

- WIN 1 of 5 x \$1000 JB Hi-Fi eGift Cards*
- 2 months extra Membership FREE on Single & Multi City Memberships*
- Buy today and you have 3 months to activate your Membership*

Save big these school holidays with your new Membership

- JUMP INTO FUN**
Use your Membership to make memories these holidays and save on family favourites.
- SAVE ON TREATS**
School holiday treats made even sweeter when savings are involved.
- FAMILY ACTIVITIES**
Have more fun with 2-for-1 offers of bowling, laser tag, trampolining and the aquarium!
- UP TO \$60 OFF DINING**
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WE ARE FUNDRAISING WITH **entertainment**

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AND WIN 1 of 5 x \$1000 JB Hi-Fi eGift Cards* Buy today to go into the draw!

Support us & buy now

Thank you
Your support makes a big difference

FUNDRAISING WITH **entertainment**

To order, please click this link: <https://www.entertainmentbook.co.nz/orderbooks/102r353>



Are you looking for a way to give a little back? By giving just a few hours each term, you can be a PA star! It's easy – a couple of meetings each term, help out at a few events, eat cakes and chit chat with other parents, senior staff and Board of Trustee members about life at Glendowie College. Many hands make light work!

No applications are required, simply email: gdcparents@gmail.com to join us. Our next meeting is scheduled for Thursday 6 August 2020, 7:00pm – 8:00pm in College Staffroom. All new members are welcome.

Sara Haddon, Parents' Association Chairperson

<https://www.facebook.com/GlendowieCollegeParentsAssociation/> or Gdcparents@gmail.com

phone: +64 9 575 9128

email: info@gdc.school.nz

website: www.gdc.school.nz



Mindful Parenting Course



MINDFUL PARENTING COURSE

With Counsellor Shirley Pastiroff

Mindful Parenting is BACK!

MINDFUL PARENTING COURSE

This popular course will arm you with research-based parenting techniques and tools that help you stay calm in the middle of even the most chaotic days. Learn how to reduce stress, improve family relationships and create deep, lasting connections with your children.



Course facilitator:
Shirley Pastiroff
Counsellor and mum of 5

WHERE & WHEN

Glendowie Primary School
217 Riddell Rd

DATE: starting Thursday 6 August 2020
TIME: 7.30 - 9pm for 6 weeks

COST: \$150
Special couples rate: \$250 per couple

 **Renew Your Mind**

TESTIMONIALS

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- Mum of 2: ages 5 and 2

"All parents should be put on this course"
- Dad of 3: ages 10, 7 and 4.

"Fabulous. Informative. Empowering. Thought-provoking. Inspiring"
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SIGN UP ONLINE: renewyourmind.co.nz/mindful-parenting