



Friday, 1<sup>st</sup> October 2021

## Kia Ora Tātou

We have reached the end of Term 3 while still in lockdown. Hopefully we will get good news at the start of next week and be able to move to Level 2.

I think both students and staff need some time off to recharge their batteries, so that they can return refreshed next term. Being able to be out and about and see friends in person will help that process. Term 4 promises to be very hectic as the year has become more condensed to fit in all that we need to do in a tighter timeframe.

Information about our procedures for returning to school will be published on the college website and on Facebook prior to school returning. Although the college will be considered as one bubble, there will be health and safety measures. The key one, to reduce the risk to all students and staff, is to be vaccinated. If this has not already happened, I encourage students to do this over the next two weeks. Overseas, Covid is being described as the pandemic of the unvaccinated. If we all act locally, then as a country we will be safer.

Although it is not a Ministry requirement, I strongly encourage everyone at the college to wear a face mask. We will endeavour to meet all distancing requirements, in the grounds, in classrooms, and for the Year 12 and 13 exams. Events such as the Senior Prizegiving will follow Level 2 meeting protocols. More detail will be provided at the beginning of next term.

I am proud of the way staff and students have adapted to our longest lockdown. Some students have shown how effective they are at self-management. Talking to one senior student, the most frustrating aspect for them was when they had difficulty understanding something. Instead of a quick chat in the moment with the classroom teacher, there had to be an email exchange which was time consuming for both.

Have an enjoyable break, hopefully with more freedom than we currently have.

Kia kaha

**Ngā mihi nui**  
**Gordon Robertson**  
Principal



## Upcoming Events:

*Please note these events are subject to change based on the government's lockdown status announcement*

### October

- |       |  |
|-------|--|
| 1     | End of Term 3  |
| 9-11  | Duke of Edinburgh Silver Qualifying Tramp                        |
| 18    | Start of Term 4  |
| 20    | 2022 Year 9 Testing Day (St Heliers School) (9:00am-11:30am)     |
| 21    | 2022 Year 9 Testing Day (Glendowie Primary) (9:00am-11:30am)     |
| 22-29 | Year 12 & Year 13 Exams  |
| 26    | Taurere Whanau Meeting (Cancelled)                               |
| 27    | Board Meeting (6pm-9pm, Boardroom)                               |
| 28    | 2022 Year 9 Testing Day (Churchill Park School) (9:00am-11:30am) |

### November

- |   |                               |
|---|-------------------------------|
| 1 | 2022 Prefect Day              |
| 2 | Sports Awards (TBC) (4pm-7pm) |
| 3 | 2022 Year 9 Testing Day       |

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



## Glendowie College Board Update

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Tena Koutou Katoa

Dear GDC community

It seems like much more than a month ago when I wrote that we looked forward to being able to resume normal college life as soon as possible. Unfortunately, this hasn't turned out to be as soon as most, if not all, of us would have liked. These are very difficult times all round, but we will get back soon, and hopefully enjoy Term 4 even more.

The Board met via Zoom on Wednesday 22 September 2021. With the College having been closed for the whole period since the previous meeting, there was much less to report on than usual.

The main event during the month was the Parent/Teacher/Student interviews for Years 12 and 13. Conducting these online is challenging for the staff involved, but feedback on the meetings has been positive. We would like to express our appreciation to all involved.

It was very topical that the scheduled presentation at the start of the meeting was on counselling and wellbeing from Glenda Neilson, Guidance Counsellor, and Andrea Curtis, Director of Wellbeing. Further developing the College's wellbeing framework is one of our three key annual goals for 2021. This has been building since 2018 and represents a key contribution to the development and support of our students, and staff, and an ever more important part of the College's role. Andrea spoke about the enRICH student wellbeing programme, and the skills this aims to provide our students. Glenda spoke about the programmes and support in place for students as and when they are needed or helpful. We are so fortunate to have this team supporting our students and the College.

Tangohia tiaki – take care everyone.

***Mr Matthew Veal, Board Chairperson***

## Derived Grade Examinations

The derived grade Year 12 & 13 examinations are coming up early in Term 4. These are important to give staff, students, and parents an indication of the current level of attainment and understanding of material in the external standards. They also provide an opportunity for students to develop and practice the skills needed to succeed in the NCEA external examinations which begin in November. If there is any disruption to NCEA exams at the end of the year, either for all students or individuals, these school exam results become very important for derived grades. The examination period starts at the end of Week 1 (Friday, October 22) and runs through to the end of Week 2 (Friday, October 29). For up-to-date information about exams, students can access the [GDC Exam Hub](#).

Students in Years 12 and 13 Media Studies and Year 12 Classics will be sitting a digital practice exam. Participating students have been sent information about preparing themselves and their devices. It is important that they go through the [digital checklist](#) to ensure their readiness.

After a challenging term, many students will be eager to have a break in the upcoming holidays. However, it is essential that they appreciate the importance of the derived grade exams and devote sufficient time to preparation and study as well as having some down time.

***Mr Andre Worsnop, Deputy Principal***



## Exam Assistant Volunteers Needed

Are you interested in helping students with Special Assessment Conditions? Are you available during **the first two weeks of Term 4? (18 – 29 October 2021)**. *These times may change depending on lockdown levels.*

We are looking for volunteers to help out **during practice exams in term 4** and possibly the **NCEA exams at the end of the year**.

This position could include the following:

- Supervision of a group of students
- Reading exams out to students
- Writing / typing out students' answers
- Both reading and writing for a student.

To be an Exam Assistant, patience, empathy, and a good grasp of the English language are needed. There will be a training session held at the college once we are back at appropriate levels.

If you think you could help out or would like more information, please email Sarah Bassin [bas@gdc.school.nz](mailto:bas@gdc.school.nz) or Celia Finn [fin@gdc.school.nz](mailto:fin@gdc.school.nz)

**Mrs Celia Finn, Learning Support Director**

## Helpful Tips for Returning to School After Lockdown

**HELPFUL TIPS FOR RETURNING TO HIGH SCHOOL AFTER LOCKDOWN**

**BE KIND TO YOURSELF**

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

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

**GETTING READY**

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

**DON'T FORGET YOUR PHYSICAL HEALTH**

Food is fuel for your brain and body. Eating a healthy balance of food throughout the day and drinking water helps improve your mood and concentration, and boost your energy and supports general health. And it all starts with breakfast!

Stop at the canteen to school may make you physically and mentally tired for a while. Spend some time doing something physical at the end of the day to boost your mood.

Stash is essential. Give your brain a rest so it can recharge. Get into the routine of sleeping 8-10 hours so you can wake up in the morning refreshed and ready to learn. Uninterrupted sleep is best, so put your phone on silent or vibrate in another room.

Youthline 0800 376 633, free text 234, email: [talk@youthline.co.nz](mailto:talk@youthline.co.nz)

National Helpline 1737

Covid 19 has required everyone to make changes. For you the changes might be related to how you live, how you socialise, how you learn.

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

**FEELINGS**

- You may experience a range of emotions about returning to school sometimes, emotions can easily change. It's okay to feel uncertain, nervous, or unsure. Talk your teacher, counsellors, or other students and staff for support.
- Think of a friend who is a challenge inside you that you can't control. Remember the challenges you faced to manage those emotions and reflect on how you moved through that situation.
- It can be tough to try to focus on the good things that you can control. It's important to seek out the positives to help build your confidence and focus on your strengths.

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

- Parents/families/caregivers
- Deans/teachers
- School counsellors

**SAFETY**

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

**KEEP CONNECTED**

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

Information taken from the NSW Department of Education Resource

Tips for students transitioning back to school after lockdown may be downloaded [here](#)



## Cultural Celebration Week - House Competition

Well done Glendowie College, many of you took the opportunity to do some travel from within your bubbles this week and we had a wonderful range of cultural aspects shared this week. You got cooking, you made Victoria sponge cake, beaver tails (what?!), biscoito de polvilho, kia ora slice, gulab jamun, quesadillas, chole-bhature and many more delicious treats. Thanks to those who shared recipes I have lots to keep me busy in the holidays. Some of you recreated works of art and craft inspired by a huge range of countries including Japan, Mexico, The Netherlands, China, India, Germany, and Aotearoa. Many of you explored and shared your own culture as well as learning about others. This week really highlighted the diversity of our school community and how much we have to celebrate. A huge thank you and well done to those who took the time to explore, we will share the results of the House Competition side of things next term. Here are a few of the submissions we received this week. We will be accepting submissions until the end of the first week of the holidays, so if you're feeling bored or inspired, there's still time!





*Ms Anna Vincent, Faculty Leader Languages*

## **Mindful Parenting Course**

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# MINDFUL PARENTING COURSE

With Counsellor Shirley Pastiroff

## 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 Wed 3 November 2021

**TIME:** 7.30 – 9pm for 6 weeks

**COST:** \$150

Special couples rate: \$250 per couple



Renew Your Mind

## TESTIMONIALS

*"Life-changing. I have recommended it to everyone who will listen"*

– 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"*

– Mum of 3: ages 16, 13 and 10

**SIGN UP ONLINE:** [renewyourmind.co.nz/mindful-parenting](https://renewyourmind.co.nz/mindful-parenting)

## Afghanistan Community Support

phone: +64 9 575 9128

email: [info@gdc.school.nz](mailto:info@gdc.school.nz)

website: [www.gdc.school.nz](http://www.gdc.school.nz)



**LET'S talk!**

**Proudly supported by NFACT and Multicultural New Zealand**

With the ongoing humanitarian crisis in Afghanistan, we anticipate many in the Afghan community in New Zealand will also be facing profound emotional challenges. With this in mind, NFACT has set up a tele-support service to provide confidential emotional and mental health support to those seeking it

- 1** Dari + Pashto support  
10AM - 12PM (noon): 020 4097 8997
- 2** Dari support  
12PM (noon) - 2PM: 020 4097 9001  
2PM - 4PM: 020 4097 9003
- 3** General enquiries (English)  
10AM - 4PM: 021 857 397

Our support lines are open Monday - Friday  
Please send us a text with your details if you require us to call you due to any limitations

[nfact.co.nz](http://nfact.co.nz) [multiculturalnz.org.nz](http://multiculturalnz.org.nz)

## Parents' Association



## 2021 Entertainment Book

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<https://brandfolder.com/s/ggmk697k68sfctkh4m995>

## 2021 Parents' Association Meetings

Due to the current lockdown and the uncertainty of future alert levels, there will be no meetings for the remainder of the year.

A BIG thank you to everyone (parents, staff, wider community) who has helped us over the past year. We wish you all well and stay safe!

**Sara Haddon, Parents' Association Chairperson**

<https://www.facebook.com/GlendowieCollegeParentsAssociation/> or [Gdcparents@gmail.com](mailto:Gdcparents@gmail.com)