



## Kia Ora Tātou

This is the last newsletter for term 2, with both staff and students looking forward to a break from school. It was interesting to observe how being in lockdown and then returning to school impacted on students. Most students got on with the business of learning. Everyone is now feeling tired because it seemed though we did not get a break at the end of the first term. We went straight into lockdown. The holiday wasn't really a holiday, and then the start of the new term tended to be like "Groundhog Day" when week days and weekends merged together as one and we were all concerned about work missed.

We surveyed Year 13 students immediately on their return to school and then again a couple of weeks ago. The latest survey confirmed that the levels of anxiety have decreased and that students know what they need to do to meet their academic and career goals for the year. As a college, we track the NCEA achievement of all our Year 11, 12 and 13 students. With the changes teachers have made to courses plus the modifications to credit thresholds and NCEA timetables made by NZQA, we are confident that our students will not be disadvantaged. Actually, when compared to other New Zealand secondary students, ours have been able to access a lot more resources and support.

It is important that students use the two week break to relax and recover. There may be some assessments due early next term, but it is important that they look after their wellbeing and recharge their batteries. Next term is going to be full-on, especially for senior students, so being refreshed and up to date is important.

While academic work is important, it is also great to see students involved in the wider life of the school for life balance. Winter sport is now well underway and there is the Drama Festival and Music Gala Concert early next term. For Year 12 and 13 students, it has been possible to arrange the School Ball for Friday 18 September. The ball is a privilege and we require students to meet certain attendance and behavioural requirements in order to attend. As it takes place on a Friday night, we also expect the students to be available to meet their team sport obligations the following day.

## School Reports

Due to the circumstances this year, we have made some changes to our reporting to parents at the different year levels. The college provided an extra report on 29 May which showed achievement to that stage of the year as well as students' engagement during lockdown. Another report will be put on the college portal at the end of Week 3 next term.



## Upcoming Events:

### July

- 1-25 Virtual Art Exhibition
- 3 End of Term 2
- 20 Term 3 starts
- 20-24 Matariki Week
- 27 GDC Sports Wellbeing Evening (6pm-7:15pm, Staffroom)
- 28 Parents' Information Evening for 2021 Enrolment Process (7pm, Library)
- 29 Senior Ensemble Performance Evening (7pm-9pm, Music Suite S4)

### August

- 1 Parent and Student Open Day (9am-12pm)
- 4-5 Dramafest – Year 13 Drama (5pm-7pm, Drama Room)
- 6 Parents' Association Meeting (7pm-8pm, Staffroom)
- 6 Duke of Edinburgh Bronze Meeting (6pm-7pm, Hall)
- 11-13 Dramafest – Year 11 Drama (5pm-7pm, Drama Room)
- 12 Board of Trustees Meeting (6pm-9pm, Boardroom)
- 18-19 Dramafest – Year 10 Drama (5pm-7pm, Drama Room)
- 20-21 Dramafest – Year 12 Drama (5pm-7pm, Drama Room)
- 22 Alumni – 70's Decade Reunion (7pm-11pm, Hall)

(For a full list of upcoming events, please refer to the calendar on the college website.)



For Year 9 and 10, this will be a full MYP report with comments. We are unable to hold a Year 9 and 10 parent interview evening this year, but if the report highlights any concerns, please contact the relevant Dean or teacher to discuss them.

The senior report in Week 3 next term will provide a further update of NCEA results as well as key competency grades. We are planning to hold a Senior parent interview evening on Tuesday 15 September. As we have moved senior exams to 14 – 21 October, we decided this was the most suitable time to discuss the priorities and focus for the school exams and the subsequent NCEA exams starting in November with students and parents. More information about reports will be shared with parents next term.

Ngā mihi nui,  
**Gordon Robertson**  
Acting Principal

## Parents Information Evening – ‘2021 Enrolment Process’

Glendowie College will hold a ‘Parents Information Evening’ on **Tuesday 28 July 2020 at 7:00pm in the college library**. The purpose of this meeting is to cover the enrolment process for 2021 year 9 students’ enrolments.

This is an opportunity to meet informally with Gordon Robertson, Glendowie College’s Acting Principal, to have any questions answered about the enrolment process.

We look forward to seeing you there. No RSVP is required.

## Farewell and Welcome



Sadly we are farewelling Mrs Tara King, our Receptionist, this week. We wish Tara all the best for her new role at St Heliers School. Thank you Tara for your welcoming smile and wonderful work.

A warm welcome to Ms Michelle Reynolds, our new Receptionist, who will start in Term 3.

**Ms Lisa Davis-Miller, Business Manager**

## Virtual Art Exhibition



2020 has been an interrupted year, and unfortunately we were unable to run our art exhibition as planned. We have instead put together an online exhibition where the art can be viewed in a virtual space.

The Virtual Art Exhibition was launched on Monday 29 June 2020 and will run until Sunday 26 July 2020.

This exhibition features our senior students’ photography and painting. These works are part of their assessments and show what amazing talent we have here at Glendowie.

Please visit [2020 Art Exhibition](#) to view the gallery.

**Ms Adele Whittaker, Arts Faculty**





## Sports Wellbeing Evening

**GLENDOWIE COLLEGE SPORTS WELLBEING EVENING**

Session 1: Creating a complete team  
Led by: GDC Sports Department

Session 2: Injury prevention / self care  
Led by: Reihana Soutar-Finch, NZRP

Students and Parents welcome

Glendowie College Staffroom  
Monday 27th July 2020  
6pm - 7.15pm

RSVP by 22nd July 2020  
[sports@gdc.school.nz](mailto:sports@gdc.school.nz)

## 1970's Decade Reunion

**70'S**

**DECADE REUNION**

**GLENDOWIE COLLEGE HALL**

**SATURDAY, AUGUST 22**

**7PM-11PM**

**TICKETS \$40:**

- WELCOME DRINK
- NIBBLES
- SUPPER
- CASH BAR

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

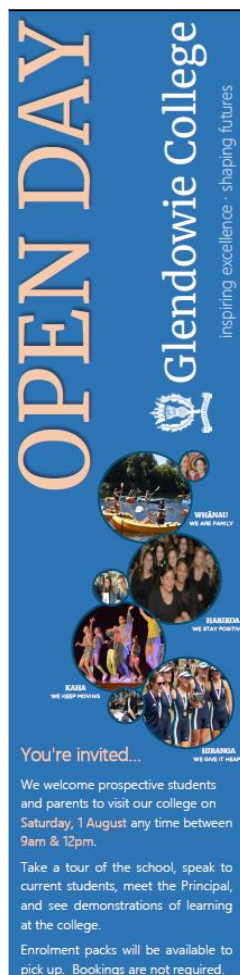
To book, please click on the following link:  
<https://www.trybooking.co.nz/DUC>

*Ms Nicole Parish, Alumni Advancement Co-ordinator*



## Glendowie College Open Day – 1 August 2020 (Saturday)

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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.

## Duke of Edinburgh Meeting – 6 August 2020 (Thursday)

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In the past, this award scheme started at the beginning of Year 10, but we will now start this earlier in Year 9 to give all students the opportunity to complete the Bronze, Silver and Gold Award 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***





## Sport is back!

*It's great to see sport is back up and running!*



## ILearn – 'Kidzplace'

Founded by Gabriela Preuhs (12HCK), Vidhi Patel (12SIM), Thomas Milmine (12LWS), Jane Duncan (12LWS) and Clifford Duan (12TID), ILearn is extremely passionate about solving the environmental issues that plague our Earth. We are launching **'Kidzplace'**, which combines entertainment and educational practices through a fun online game to teach young children about current worldwide challenges such as water waste, plastic waste and deforestation, it will also encourage them to build beneficial habits to minimize these issues.

**'Kidzplace'** is designed and built for children aged between 3-10 years old. During the lockdown, we reached out to survey parents with children in this age group and their feedback helped us develop the themes and ideas for **'Kidzplace'**. We hope that children endorse our app positively, and are able to learn valuable lessons about the earth and environmental issues. We are also considering adding more levels to our existing climate app. If **'Kidzplace'** receives positive feedback, we are planning to design a new game focussing on other non-environmental but pressing global issues.

If you have children aged between 3-10, who might be keen to get involved in the testing stage of **'Kidzplace'**, please contact Gabriela on [17359@gdc.school.nz](mailto:17359@gdc.school.nz). We look forward to hearing from you.

**Gabriela Preuhs (12HCK)**





## Tāne Mahuta's Charity 2020

Over the past four weeks, Tāne Mahuta has been supporting 'Forest & Bird', New Zealand's largest conservation organisation. Their mission is to protect our country's natural environment, to ensure that our native wildlife does not go extinct, and to encourage the government to adopt policy that will effectively combat climate change.

To start off, we held a bird photography competition hoping that it would encourage students to pay attention to the amazing and diverse bird life that can be observed in our backyard. We are more likely to make the effort to protect something if we have first taken the time to appreciate it.

Congratulations to Alesha Blackburn (13BAR), who won a \$30 Sylvia Park voucher for her striking portrait. The runner-ups were Sarah Doel (9SLD) and Charlotte Lawton (9JAN), who should also be very proud of their submissions.

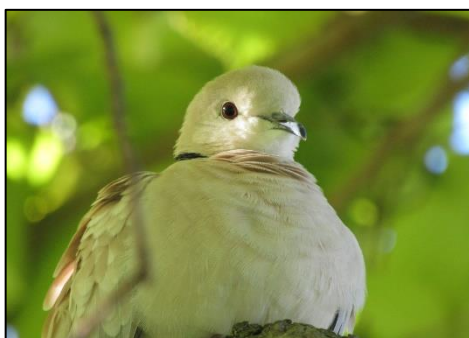
Tāne Mahuta's Service Committee also ran a fundraiser where students were invited to guess how many lollies there were in a large jar (one guess = one gold coin). This was a difficult task, but Edward Smit (9LEW) was only one lolly away from the correct answer when he guessed 145. As a reward for his excellent estimation skills, Edward was able to take the mountain of sugar home!

Form classes also went head-to-head in a quiz designed to stimulate conversation about New Zealand's natural features, wildlife and conservation challenges. The top form classes in each house were: 10COM (Tāne Mahuta), 10KAR (Tangaroa), 9NFS (Rūamoko) and 9SWY (Tāwhirimātea). Go juniors! We followed this with a green-themed mufti day this week, which required each participating student to bring a gold coin donation for 'Forest & Bird'.

Although our charity events have concluded, there is still an immense amount of work to be done to protect our natural environment and native species. While this might seem a daunting task, it is important to recognise that each of us can do our bit for the collective good, and what better way to start than participate in this year's **Plastic-Free July**. For further information, including handy tips, please check out the following website:

<https://www.plasticfreejuly.org/>

A very big thank you to everyone who supported 'Forest & Bird' this year.



*Alesha Blackburn's Winning Photo*



*Nelson McKenzie – 'Treehugging'*

**Mr Logan Reynolds, Dean of Tāne Mahuta House**





## Update on Table Tennis

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Despite having a short term 1 due to Covid-19, two out of our four table tennis teams performed extremely well in the pre-season competition. B1 and C1 teams were awarded first place in their respective grades.

During the lockdown, four of our student leaders, Andrea Eng (13MCB), May Gan (13CHP), Emily Zou (13CAR) and Irene Xue (13CAR), won prizes by participating in the various online games that were made available by the ATTA (Auckland Table Tennis Association).

This term we have restarted practices, with a high level of involvement. We would like to thank Dinyar, our coach, for all the assistance provided during this time, as we look forward to the term 3 competition.

**Mr Hayden So, Teacher-in-charge Table Tennis**

## 'Seekapong' and 'The Tables in Communities' Project

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There are over 40,000 juniors, along with numerous adults, keen on table tennis within the Auckland Table Tennis Association (ATTA) area. The ATTA is committed to providing enough table tennis sites to meet demand and enable everyone to access facilities when they wish to play.

The 'Tables in Communities' project serves to provide increased access to table tennis in the community. The ATTA has developed an app, 'Seekapong', which enables users to view the network of venues offering table tennis across Auckland. 'Seekapong' also enables those users to connect to fellow table tennis enthusiasts.

There are lots of prizes to be won from Rialto Cinemas Newmarket and Dominos Pizza Newmarket. 'Seekapong' maybe downloaded from either the Apple (iOS) store or Android (Google Play) store: [qrco.de/seekapong](https://qrco.de/seekapong). Find tables, meet players and start playing Table Tennis today! 🗨️

**Mr Hayden So, Teacher-in-charge Table Tennis**

## The Auckland Table Tennis Association Stay Home Table Tennis Challenges

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Want to get started with Table Tennis? Learn the basics while doing some FUN challenges! The Auckland Table Tennis Association (ATTA) has made a 30-day YouTube video challenge series entitled the 'ATTA Stay Home Table Tennis Challenge'. It is a great way for people to come together as a family, encourage one another, stay physically active, and gain a sense of achievement by completing each challenge.

Here is the link for the Day 1 Challenge:

Challenge: <https://www.youtube.com/watch?v=VlmygeG6kAg&t=10s>. Give the challenges a go, video yourself completing the challenge, and upload it to social media using the hashtags **#aucklandtabletennis** **#stayhometabletennis** and tag **@aucklandttofficial** for your chance to be featured. First time playing? No problem. Start your Table Tennis journey today! 🗨️

**Mr Hayden So, Teacher-in-charge Table Tennis**



## Parents' Association

### Entertainment Book 2020/2021

20% of your Membership purchase comes directly to us.

<b>Single City</b> <b>\$69.99</b> 1 Year + 2 months EXTRA Discover all the best savings in your city	<b>Multi City</b> <b>\$119.99</b> 1 Year + 2 months EXTRA Enjoy savings across all of Australia, New Zealand and Bali	<b>Multi Plus</b> <b>\$229.99</b> 2 Years BEST VALUE 2 years of savings across Australia, New Zealand and Bali
<b>\$14</b> to our fundraiser	<b>\$24</b> to our fundraiser	<b>\$46</b> to our fundraiser

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.

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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**  
Ditch the dishes and dine for less during these school holidays.

**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

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**WE ARE FUNDRAISING WITH weareentertainment**

Pre-order your Entertainment Membership today!

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](mailto: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](mailto:Gdcparents@gmail.com)





## Emotion Skills Programme

### SURFING THE WAVE

#### Emotion Skills Programme

Do you ever feel as though your emotions are like waves,  
sometimes calm and easy to surf and other times unpredictable and overwhelming?

Would you like to learn helpful strategies to surf the waves and gain control over difficult emotions, cope with stress and anxiety, be more mindful and have a life worth living?

The 'Surfing the Wave' Programme is a practical skills training group suitable for all who struggle with stress, anger, anxiety, low mood, acting impulsively, depression, relationship difficulties; or for those that just find that they need to learn skills to navigate difficulties that come up in their lives.

Join us for this comprehensive 12-week Programme, informed by Dialectical Behaviour Therapy (DBT), a world class evidence-based treatment effective in teaching skills to tolerate distress, regulate intense emotions and be skillful in relationships. DBT is a combination of cognitive and behavioural therapies and eastern philosophies, with Mindfulness being a focus through the Programme. The group facilitators have extensive experience in DBT training and therapy adolescents.

The weekly skills groups are divided into the following modules:

- Mindfulness** (skills to be more present in the moment and develop a positive sense of self)
- Emotion Regulation** (skills to better understand and manage emotions in helpful ways)
- Distress Tolerance** (skills to tolerate intense emotions and acceptance of things we can't change)

There is an introductory parent/caregiver information evening which will:

- introduce the skills being taught
- help you to understand the basics of behavioural change
- learn the art of effective validation and communication
- learn how to walk the middle path when tensions arise in relationships

#### Next start date:

13-17 years age group - Tuesday 21st July 2020 @ 5.00pm (Parent/caregiver info evening)  
then running for 12 weeks from 28th July 2020

*Please note: We will have new groups starting throughout the year so if these dates don't suit please contact us to register for the next suitable start date.*

**Where:** Uxbridge, Green Room - 35 Uxbridge Road, Howick

**Cost:** \$70 per session. You will need to commit to paying for the full 12 sessions.  
(Methods of payment can be discussed individually)

Email [hello@tpgroup.co.nz](mailto:hello@tpgroup.co.nz) or Phone 09 535 6624



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**THE PSYCHOLOGY GROUP**



## 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

*"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)