



## Kia Ora Tātou

Last week I was approached by a magazine article writer who was asking schools whether they had a more holistic than academic focus. I had real difficulty answering this question as did other Principals. Having a holistic approach or an academic approach are not two opposite ends of the same continuum. You can have both, not a choice between one or the other. As a college we are proud of our academic successes, but we also know that this cannot come at the expense of caring for our students and developing them into respectful, contributing, well rounded citizens with a strong understanding of what is right or wrong.

My secondary schooling was at a provincial single sex boys school in the 1970s. When I look back, some of the sexist, racist and homophobic attitudes and comments expressed at the time make me cringe. Although the world has progressed a long way in terms of these attitudes, I feel we still have a considerable way to go. Having a culture in the school where everyone is respected and differences are accepted is very important to me. By promoting that culture in the school, we are preparing our young people to be those positive inclusive citizens of tomorrow.

Recent conversations I have had indicate that some of our students feel it is acceptable to put down others for their gender, race, sexuality or intellectual ability. At yesterday's assembly, I clearly gave my perspective on the culture this school should have and provided students with ways in which they could promote a supportive respectful culture.

This newsletter is going out on the last day of term. Student reports are now available on the school portal. Please check on your child's progress. Parent/Subject Teacher/Student interviews are taking place at the end of May, so there will be an opportunity to meet with your child(ren)'s teachers and discuss any concerns you may have.

School holidays are a time for staff and students to refresh ourselves in preparation for next term. Make sure that there is a chance to relax and unwind. Thank you for your ongoing support of your child(ren) and the college.

Have an enjoyable and safe holiday break.

**Ngā mihi nui**

**Gordon Robertson**

**Principal**



## Upcoming Events:

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

### April

- 16 End of Term 1
- 17 Duke of Edinburgh Silver Training Day (*Bigfoot Adventures*)

### May

- 1 Duke of Edinburgh Bronze Training Day
- 1-3 Duke of Edinburgh Silver Practice Tramp
- 3 Start of Term 2
- 6 Parents' Association Meeting (*7pm-8pm, Staffroom*)
- 8-9 Duke of Edinburgh Bronze Practice Journey
- 11 Year 9 and Year 10 Social Evening (*7pm-10pm, Hall*)
- 13 Teacher Only Day (*school closed*)
- 14 Cross Country (*Churchill Park*)
- 17 Cross Country (*Back Up Date, Churchill Park*)
- 19 Board Meeting (*6pm-9pm, Boardroom*)

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



## Term 1 Progress Reports

At the end of 2020, a survey was sent out to both staff and parents to comment on the criteria of reporting at the time. As a result of this feedback, we have made changes to our Term 1 Progress Reports. Teachers will now assess your child(ren) on four 'Learner Expectations' instead of the five 'Key Competencies'. These include Work Completion; Attitude to Learning; Managing Self; and Relating to Others. The levels have remained the same, however we have edited the descriptors to make the reports easier to interpret. These 'Learner Expectations' will be reported on again throughout the year.

Our progress reports are now available on the portal. Please have a look at how your child(ren) is/are currently progressing across their subject areas. There are Parent/Subject Teacher/Student interviews scheduled for early next term to discuss matters further and you will receive more details in due course.

## Jewellery Clarification

We have noticed an increase in the amount of jewellery that students are wearing to school, specifically multiple earrings, nose piercings and necklaces. The school uniform rule however states that only 1 gold/silver pair of stud earrings is allowed.

Students often inform us that their jewellery cannot be removed, however this is simply not the case. They may also have sentimental reasons for wearing certain jewellery, but this is also not accepted. Jewellery needs to be kept out of sight, either in a pocket or on a long, discreet chain that cannot be seen. Students are also asking parents to write excuse notes for them. We are not accepting notes from parents for any exemptions and would appreciate your support in this matter. It is simply unfair for some students to be allowed to wear jewellery items when others are not.

Staff have been asked to confiscate jewellery next term. Students will be able to collect confiscated jewellery at the end of the day from their Deans.

Thanks for your help and support.

*Mrs Joanne Fraser, Deputy Principal*

## Swimming Sports



Covid couldn't stop us this time and we were very happy to run our annual Swimming Sports on Friday 9 April 2021. A different format this year saw the 'Juniors' having the pool to themselves, and they competed with gusto with some nail biting finishes. Next came the 'Intermediates' and 'Seniors', spirits were high with the loudest chants coming from Tāne Mahuta. There were some great competitive races across the board, and especially with the relays. Well done to all competitors and huge thanks to our student and staff helpers who helped make this event a success.



### 2021 Swim Champions

Junior Girls: Sophie Barry (9FNR)  
Junior Boys: Fraser Walker (9CHP)  
Intermediate Girls: Lou Lou Penman (11WAL)  
Intermediate Boys: Finlay Walker (11HUM)  
Senior Girls: Mya Coromandel (13SIM)  
Senior Boys: Otis McKenzie (12GEE)

### House Points from Swim Sports

1<sup>st</sup> Tāne Mahuta (219)  
2<sup>nd</sup> Tangaroa (217)  
3<sup>rd</sup> Rūaumoko (208)  
4<sup>th</sup> Tāwhirimātea (183)

Students also met success at the Auckland Secondary School Champion of Champions Swim Meet. Sophie Barry (9FNR) gained a Gold medal in the 'Junior Girls 50m Freestyle' and a Silver medal in the '50m Backstroke'. The 'Girls Relay' team of Sophie Barry (9FNR), Xanthe Miller (9MCB), Maisie Penman (9SRM) and Lou Lou Penman (11WAL) won Bronze in the 'Breaststroke' relay.



## Winter Sports

Term 2 and Term 3 bring our winter sports – Hockey, Netball, Football, Rugby, Lacrosse, Basketball, Underwater Hockey, Table Tennis and Cycling. With lots going on, please remind your child(ren) to check the daily notices and communicate with their coaches and managers.

Draws for sports are available via the link on the school website or by using the College Sport App.

Please email [sports@gdc.school.nz](mailto:sports@gdc.school.nz) or contact your team manager if you are able to offer support with driving.

*Ms Lydia Brown, Director of Sports*

## Musical Production – ‘Bye Bye Birdie’

★ GLENDOWIE COLLEGE PRESENTS ★

**BYE BYE BIRDIE**  
A MUSICAL COMEDY

Book by **MICHAEL STEWART**  
Music by **CHARLES STROUSE**  
Lyrics by **LEE ADAMS**  
Originally produced by **EDWARD PADULA**  
by arrangement with Hal Leonard Australia Pty Ltd

\*\*\*  
**MATINEE 15 June, 1pm**  
OPENING NIGHT **16 June 7pm** DRESS UP COMP  
16 - 19 June 7pm SO. THEME - PRIZES  
\*\*\*

\*\*\* TICKETS \*\*\*  
**\$20** ADULT | **\$15** CHILD/ SENIOR  
TRYBOOKING - RELEASED TERM TWO

### Save the Date!

Glendowie College presents:

**‘Bye Bye Birdie’**  
**A Musical Comedy**  
**Coming to you in June**

Rehearsals are ramping up for the school production this year – ‘Bye Bye Birdie’.

Lock it in your calendar from 16-19 June 2021, 7pm in the School Hall.

Tickets will be released for purchase in May, more information to come.



## Cultural Celebration Night – 29 June 2021 (Tuesday)

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**Cultural  
Celebration  
Night**



**Tuesday, June  
29th, 2021**

All cultures are welcome.  
Share a dance, a song, a speech or a musical  
item from your culture.  
Book a slot in the programme or to ask for help  
with organising a student group.

[rcd@gdc.school.nz](mailto:rcd@gdc.school.nz) (Mrs Richardson)

## GDC Sports Hoodies

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GDC Sports Hoodies, with your surname printed on the back, are now available. If you are interested in purchasing one, the cost is \$40 payable at the Accounts Office.

*Mrs Lydia Brown, Director of Sports*



## GDC Arts Hoodies

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### Arts Hoodies available now!

The cost is \$40, your name or surname will be printed on the back.

If you're interested in purchasing one, please pay at the Accounts' office and take the receipt to Ms Chapman in the Music Office on a Monday, Wednesday, or Friday.

*Ms Clare Jennings, Arts Faculty*





## Counselling Service at Glendowie College



### COUNSELLING SERVICE AT GLENDOWIE COLLEGE

Our goal is to support students so that they are fit and able to learn. Three counsellors provide a confidential, easy-to-access service which caters for all students. This is a self-referral process, although families may recommend an appointment with a counsellor.

You can contact us:

Glenda Neilson	<a href="mailto:nls@gdc.school.nz">nls@gdc.school.nz</a>	Tuesday to Friday
Andrea Curtis	<a href="mailto:cur@gdc.school.nz">cur@gdc.school.nz</a>	Monday to Wednesday
Janette Tuckey	<a href="mailto:tuc@gdc.school.nz">tuc@gdc.school.nz</a>	Thursday, Friday and Monday

## 11BUS Market Day 2021 Preparation

One of the key topics of our Year 11 Business Studies Programme is introducing our students to the concepts of entrepreneurship, creating products and building a small business with a team. Our 11BUS students have started their '2021 Market Day' process with applying and interviewing for different roles and negotiating with their teams. They also had the opportunity to participate in some fun in-class team building to get to know their new colleagues better whilst learning to communicate and collaborate!

Start saving some cash to support the '2021 Year 11 Market Day' scheduled for Friday, 27 August 2021!

**Mr Ruan van Aswegen, Social Sciences Faculty**





# glendowie news

## Summerfest 2021

In Week 9, the Arts Faculty enjoyed hosting the annual celebration of the arts: Summerfest 2021.

The stormy weather did not deter from a week full of performances by our talented Music students, organised by Mr Lile, Head of Music. Highlights included the Rock Band: 'Lone Pedestrian', Isabella Bavin's band: 'Coast Arcade', the 'String Orchestra', the 'GDC Symphonic Chamber', and the Year 11 Music class. On Friday, Miss Thomson and Mr Humphries closed the week by leading students through a house YMCA Competition, accompanied by the 'Concert Band'.

The Art classrooms were also a week-long hive of noise, excitement and activity as large groups of students participated in rock painting with Ms Whittaker, Mr Squiggle drawings with Mrs Shapely, and tower building with Mr Carrigan. The winners of these activities are listed below. Out around the school, Miss Shin ran the photobooth competition, with crowds of students getting snapped to support their house.

### 2021 Rock Painting Winners:

Eloise Hulbert (9RGS)

Anastasia Lontzetidou (9THS)

Zoe McGeorge (13KSV)

Maya McEwan (12HRD)

Ella Halford (9COO)

Laura Smith (13TID)

Hannah Howe (13SNG)

Holly Harding (13SNG)

Amos Chao (13SIM)

### Winning House: Photobooth Competition

Rūaumoko!

### Winning House: Mr Squiggle Participation

Tāne Mahuta!



Many thanks to all Arts staff and Arts Prefects for their organisation, time and energy.

Congratulations to the winners of activities, and congratulations to the **OVERALL HOUSE WINNER FOR 2021: Tāne Mahuta!!!**



**Ms Clare Jennings, Arts Faculty Leader**

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## Year 9 Activity Days

### Rūaumoko



After a surprise lockdown in March resulting in the cancellation of the Year 9's camps, all Year 9 students, Year 13 peer leaders and prefects were very excited about the activity days scheduled for 31 March and 1 April to replace them.



On the first day, we visited Adrenalin Forest in Bombay where we had the opportunity to build our confidence on an aerial obstacle course through the trees. Supported by the teachers, we bonded (both Year 9 and 13) through fear and making it through six levels of different activities with each level increasing in height and difficulty. We got to know each other better through supporting, climbing, ziplining and swinging.



On the second day, we stayed at school with instructors from BigFoot Adventures, who led us with mountain biking and archery. These activities helped to build teamwork and also provided us with an opportunity to foster house spirit with house chants and the story of the Rūaumoko legend. The Year 9s (guided by the Year 13s) took their spin on the legend performing it in different styles, e.g. comedy, romance etc. We finished the day with Easter treats, photos, new skills and new friendships!

A big thank you to Mrs Hewetson, Mr Thompson, Mrs Harduar and Mr Galt for making the activity days possible, we truly had a great time.

**Molly Madill (13SNG)**

### Tāne Mahuta



Two weeks ago, the Year 9 students and Prefects took part in the two-day adventure-based learning to replace the camp which Year 9s were unable to go due to the lockdown earlier this term.

On the first day, we headed away to the AdventureWorks Challenge Course at Unitec. We climbed, pulled and were pushed out of our comfort zones, but we learnt the importance of teamwork. After an amazing day out, the bus ride home was full of laughter and chatter.



The next day, we started off the day at school with a fabulous fashion show, using unconventional materials, followed by mountain biking and rock climbing activities, instructed by Bigfoot Adventures.

The two days, filled with liveliness and laughter, turned out to be great fun. The Year 9s expressed how amazing and enjoyable the experience was, and Prefects learnt how to step up in their leadership roles, become more confident and take on more responsibility.

We are all so thankful to the teachers who took the time to organise these activity days for us.

**Caitlin Jones (13PVN)**



## Year 9 Activity Days – continued

### Tangaoroa



Our Year 9 camp that we were all looking forward to was sadly cancelled due to Covid. Fortunately, our teachers decided to organise a couple of activity days for us all to have some fun. The first day we stayed at school and did some really fun activities such as archery, mountain biking and some team building activities. Despite the pouring rain, we got to make a lot of new friends and learn new skills which is always a blast. Day 2 we went to Adrenaline Forest, which is a treetops adventure, zipline and climbing activity place. The weather was great. When we arrived there, we looked up at the obstacles high in the trees. It was a little scary at first, but after a while we were more comfortable swinging in the trees. A big thank you to the teachers for organising this for us.

**Maisie Penman 9SRM and Lily Allen 9SRM**

### Tāwhirimātea



In week 9, the Tāwhirimātea Year 9 students and prefects were given the opportunity to have two activity days as a replacement for the Year 9 camp which was cancelled due to Covid earlier this year. The activity days were an exciting way to meet new people and to learn new skills. On the first day, Tāwhirimātea stayed at school to do a range of activities including rock climbing, mountain biking, and some team building activities, which tested our teamwork spirit, and our POWER house values – ‘Passion, Originality, Whanau, Endurance and Respect’, which were shown throughout the day. Highlights of the day included the blindfolded rock climbing and challenging each other to achieve the best mountain biking time. We all had a great time in spite of the rain.



The next day, we went to AdventureWorks. We split into two groups when we arrived. One group started on the high ropes, while the other group completed some more team building activities. It was amazing to see how the group dynamic between the students had already changed from the day before, with more students giving the activities a go and getting involved. As Year 13 students, we were extremely impressed with the way the Year 9s tried everything in spite of their fears. Highlight of the day for many of us was the flying kiwi, where one person got pulled up into the air by many belayers on the ground. We saw so many Year 9s display resilience and courage with these new challenges. The Tāwhirimātea prefects were extremely proud of everyone. We hope all the Year 9s had a great time, and thank all the amazing teachers who organised these activity days for us!

**Phoebe Videbeck (13MKA)**



# glendowie news

## 'Katti and Pilot' Programmes – Māori and Pasifika Students Building Bright Futures



The 'Year 13 Pilot and Katti' programmes have both been held in the last month with some of our Y13s attending. These courses were for Pasifika students and rangatahi Māori respectively, with a similar focus. They both aimed to equip and inspire students to claim the most out of the opportunities available to them in 2022.



For the 'Pilot' programme, the focus was the ocean and the theme progression – 'Our ancestors were once PILOTS of the ocean'. Pilot leaders encouraged students to look back at how skilful and capable their ancestors were, and to use that strength to inspire their own choices.

For the 'Katti' programme, the day centred around the whakatauki: Mā te whakaaro nui e hanga te whare, mā te mātauranga e whakaū (Great ideas create the house; knowledge maintains it). Students were inspired to take every opportunity in their learning in order to build a successful future.

Both 'Pilot' and 'Katti' programmes run for other year levels too, so we hope to be able to take more students along to be inspired by these excellent programmes.

*Ms Ruth Richardson, Kaiārahi*

## Dubai Expo for 13BUS and Young Enterprise Scheme (YES)



Expo 2020 Dubai will now open its doors to the world from 1 October 2021 to 31 March 2022 and bring together nations and visitors from across the world to showcase new ways of thinking and connecting with each other in a post-pandemic world (<https://youtu.be/reIQ8ursIHs>).

The theme for New Zealand's participation at the Expo is 'Care for People and Place', based on the indigenous environmental ethos of Kaitiakitanga, and reflects our role as guardians across all we do and create. Located in Expo 2020's Sustainability District, the New Zealand Pavilion will celebrate our innovation, creativity and integrity (<https://www.nzatexpo.govt.nz/>).

Clayton Kimpton, New Zealand's Commissioner-General to the Expo, made time in his busy schedule to discuss this event with our Year 13 Business Studies students and with our Young Enterprise Scheme (YES) students on 13 April 2021. Our Level 3 Business students are investigating the opportunities and challenges of international business and exporting as well as potential internship employment opportunities. One of our YES teams ('TaiWhenua') is also one of the five New Zealand teams competing in the Global Kaitiakitanga-Project involved with the Expo. Clayton also took some time to mentor 'TaiWhenua' and provide them with feedback on their YES Business Pitch and product validation.



*Mr Ruan van Aswegen, Social Sciences Faculty*

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



## Young Enterprise 'Business Boost' and 'Kickstart' 2021

On 30 March 2021, our four 2021 Young Enterprise teams had the opportunity to attend a 'Business Boost' and 'Kickstart' day hosted by the Auckland Business Chamber, Young Enterprise Scheme (YES) NZ and Auckland University.



Our students attended various presentations and workshops during the day which allowed them to clarify their understanding of the Young Enterprise competition and meet mentors and business advisors. These mentors and advisors will play an important role in guiding our YES-groups with their business decisions and processes.

A big thank you to our hosts and all the best to our teams in completing their upcoming YES-challenges!

*Mr Ruan van Aswegen, Social Sciences Faculty*

## RYPEN Leadership Camp (St Johns Rotary Club)



Sponsored by St Johns Rotary Club, two students were selected to participate in the RYPEN Leadership Camp (Rotary Youth Programme of Enrichment) on 26-28 March 2021. The camp enables students to refine their leadership skills and develop techniques to combat challenging situations. Caleb McCormack-King (11GRY) and I were both very grateful for this opportunity to build new connections, explore new facilities, and develop leadership and social skills.



We found the diversity within the group was beneficial in solving challenges and we were constantly impressed by students stepping up to lead different activities. We also noticed the strength of other group members who were usually disinclined to lead, but when assigned to take charge of a task, showed that they were really passionate and capable. This observation made us realise that any individual can lead well given the right opportunity. Everyone was so enthusiastic, great friendships were nurtured.

Caleb and I are both very grateful to have been given this opportunity. It was a very enjoyable and successful experience.

*Lewis Azzopardi (12THR)*

## Year 13 Physics Trip to Rainbows End

On Monday 29 March 2021, Year 13 Physics students spent the day at Rainbows End – the 'physics playground' in Manukau. Students had the opportunity to experience the concepts of physics that simply cannot be emulated in the classroom including circular motion, momentum and energy.

The students are now working on an NCEA Level 3 Physics internal assessment where they are researching and writing a report about concepts involved in theme park rides, such as the 'Stratosfear', 'Corkscrew Rollercoaster' and 'Bumper boats'.



This is the first year that the trip has run, and the Year 13s appreciated the opportunity to learn outside the classroom.

*Mr Aidan Wallace, Science Faculty*



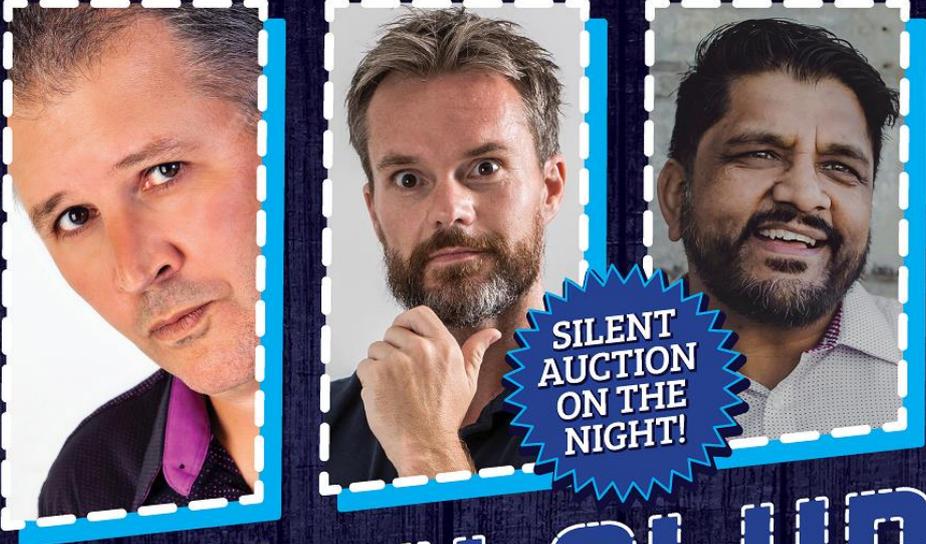
# glendowie news

## Parents' Association

GLENDOWIE COLLEGE PARENTS ASSOCIATION FUNDRAISER

**⚡ STAND UP COMEDY ⚡**

PAUL EGO      NICK RADO      TARUN MOHNABHAI



**SILENT AUCTION ON THE NIGHT!**

**LAUGH CLUB**  
**GLENDOWIE COLLEGE**

FRI 25TH JUNE  
DOOR 7PM  
SHOW 8PM

CASH BAR & SNACKS

TICKETS:  
TABLE \$45/\$450 (10)  
SEATED \$35

21 CROSSFIELD RD, GLENDOWIE  
TICKETS: TRYBOOKING.CO.NZ



[WWW.LAUGHCLUB.CO.NZ](http://WWW.LAUGHCLUB.CO.NZ)

To purchase your tickets, please visit this link: [laugh club bookings](http://laughclubbookings)

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)



# glendowie news

## Calling all Bakers and Cooks

It's that time of the year again when the Parents' Association organises dinner for 80-90 teaching staff for one of the Parent/Teacher/Student Conference evening. The date this year is **Tuesday 25 May 2021**.

Let's support the amazing teaching staff at Glendowie College. We are looking for parents to bake or cook a dish of your choice – salad, pasta, vegetable, meat or dessert. Simply drop off your plates/crock pots to the college on Tuesday 25 May afternoon, and collect the washed plate(s) the next day.

Please email us at [gdcparents@gmail.com](mailto:gdcparents@gmail.com) if you are able to help.

## 2021 Entertainment Book

**20% of your Membership purchase comes directly to us!**

BONUS \$10 Gift Card	BONUS \$20 Gift Card	BONUS \$20 Gift Card
<b>Single City</b> <b>\$69.99</b>	<b>Multi City</b> <b>\$119.99</b>	<b>Multi Plus</b> <b>\$229.99</b>
<b>1 YEAR MEMBERSHIP</b>	<b>1 YEAR MEMBERSHIP</b>	<b>2 YEAR MEMBERSHIP</b>
Discover all the best savings in your city	Enjoy savings across Australia, New Zealand and Bali	2 years of savings across Australia, New Zealand and Bali
<b>\$14 goes to our fundraiser!</b>	<b>\$24 goes to our fundraiser!</b>	<b>\$46 goes to our fundraiser!</b>

Entertainment Memberships are packed 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 and Australia.

Support us & buy today

**Live every day like it's School Holidays!**

Get your MEMBERSHIP and we receive 20% of the purchase!

Support us & buy today

Get more  
Join today and receive a BONUS \$10 or \$20 Gift Card.\* Choose from Countdown or JB Hi-Fi.

LIMITED TIME OFFER

## 2021 Parents' Association Members



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 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 in 2021. **Our next meeting is scheduled for 6 May 2021 (Thursday) at 7pm in the Staffroom**, we hope to see you there!

Sara Haddon, Parents' Association Chairperson

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



## Holiday Courses – 'Kidz Therapy'



### Let Your Child be the Best They Can!

Pre-holiday, Term 1 holidays and Term 2 classes

#### Small Group Sessions

Specific and evidence based support to help your child improve their skills and grow their confidence

#### Holidays and Term 2

**Kidz Get Sorted!** - 'Self Organisation Skills' for Home and School (11-15 years)

Fridays 3:45 pm to 4:45 pm - April 9, 16, 23, 30, May 7, 14

**Holidays 'Study Skills and Strategies Workshop'** (Year 9-13)

Saturday 1st May - 1pm to 5pm in time for Term 2 exams!

**Term 2 'Talk Social'** (11-15 years)

Starts Monday 10th May - 4pm to 5pm (6 weeks)

Check out the following website for more courses and details about how to book:

<https://kidztherapy.co.nz/events/>

## The Girl on the Bridge – Charity Fundraiser for 'Voices of Hope'



**Date & Time:** Wednesday 12 May 2021 – 6:30pm

**Venue:** Silky Otter Cinemas, Orakei Bay Village

**Tickets:** \$30 includes popcorn (concessions available)  
RP16 - Content not suitable for children

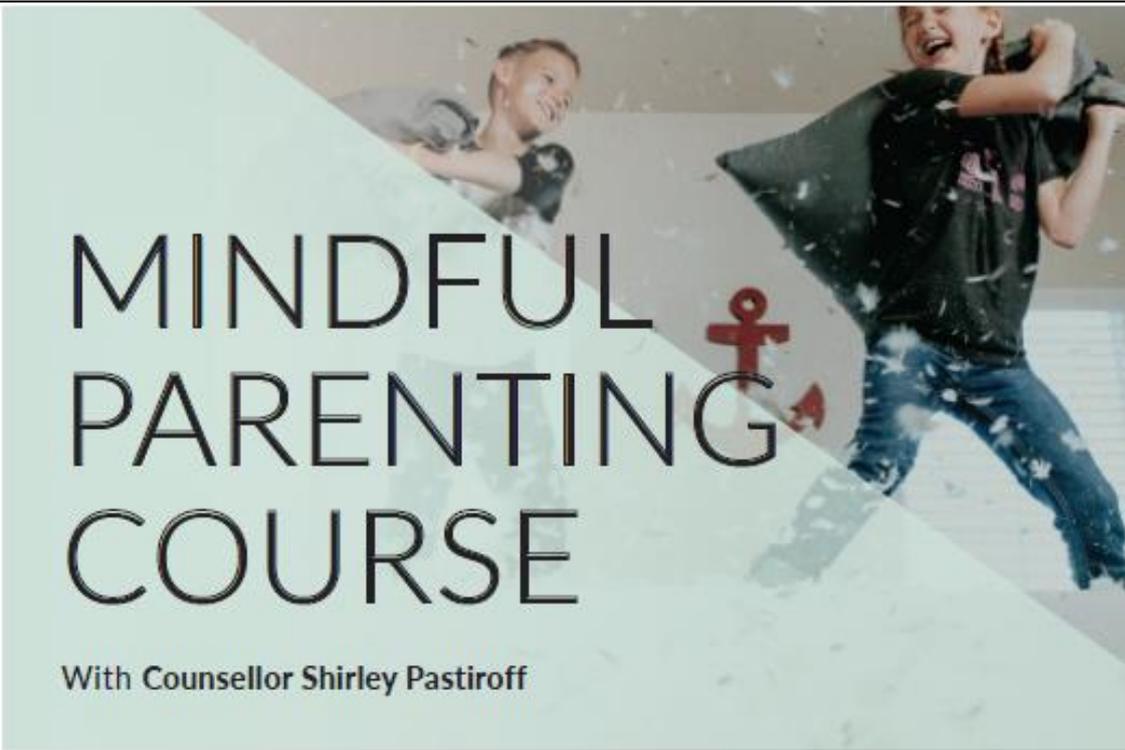
To raise awareness about the mental health crisis facing NZ and raise much needed funds for the 'Voices of Hope' charity, which campaigns for better services for all New Zealanders, and supports those suffering from mental health issues and their families.

For more information and tickets, please visit this link: <https://sites.google.com/view/girlonthebridge>

For enquiries, please email Helen at [helen.bernasconi@gmail.com](mailto:helen.bernasconi@gmail.com)



## Mindful Parenting Course



# 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 Wednesday 12 May 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)