

School Newsletter Term 3, Week 10

Glenfield College <reception@gc.ac.nz>
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To: d.keenleyside@gc.ac.nz

25 September 2020 at 13:42

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25th September 2020

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Message from the Principal

"Resilience is about finding another way."

Congratulations to all students and staff for another term that has been challenging to say the least. Never has it been more appropriate to acknowledge Mental Health Awareness Week than this last week of term. Special thanks to Ms O'Hara and her team for the activities that have been provided at lunchtimes for our students. I especially enjoyed the creative chalk drawings, as can be seen on our Instagram page.

The above quote regarding resilience was something I heard during the week on a webinar regarding mental health. It resonated with me as, if ever there is a time for our students to show resilience, it is now. Years 11,

12 and 13 students and staff have been busy this week with practice exams. The attitude and determination I have seen shows that resilience is being developed and the key is to learn from these experiences. While there may be highs and lows in the coming weeks when they receive their exam results and feedback, it is also about finding another way and not giving up!

Special thanks to the Glenfield College teaching staff who are making themselves available for the senior tutoring catch-up programme over the next two weeks. To the students, I strongly encourage you to make the most of this opportunity and attend as many sessions as you are able. Action over inaction!

Students, I hope you all have a restful and enjoyable break where you have the opportunity to recharge your batteries, have some time with your loved ones and come back energised to fulfil your potential and finish the year on a high note.



Senior Exam Week



Over the last week, Senior students have been busy with their practice exams. Attendance was excellent and

there was a very positive atmosphere throughout this time. Thanks to the staff for all their hard work with the preparation, and Mr King for the organisation of exam week.

Mental Health Awareness Week

As part of Mental Health Awareness Week students and staff have been taking part in various activities. On Monday, students spent part of their lunchtime meditating. Tuesday saw Year 10 students taking part in the House Basketball competition. During lunchtime on Wednesday students wrote words of kindness on the parade ground at lunch. It was great to see the inspirational and caring messages for others! During Form class on Thursday, students assembled their 'mental health tools' together in the cafeteria to show how they maintain their mental health. At lunchtime, it was the Year 9 students' turn to see which House had the best basketball players. Friday saw staff and students dress in their House colours, with proceeds from the gold coin donation going to the Mental Health Foundation. It has been great to see staff and students take part in the activities this week. Thank you to Mr Montreal, Mr McMurtrie and Mr Anderson for helping run some of the activities. We hope that conversations around mental health will continue throughout the rest of the school year.







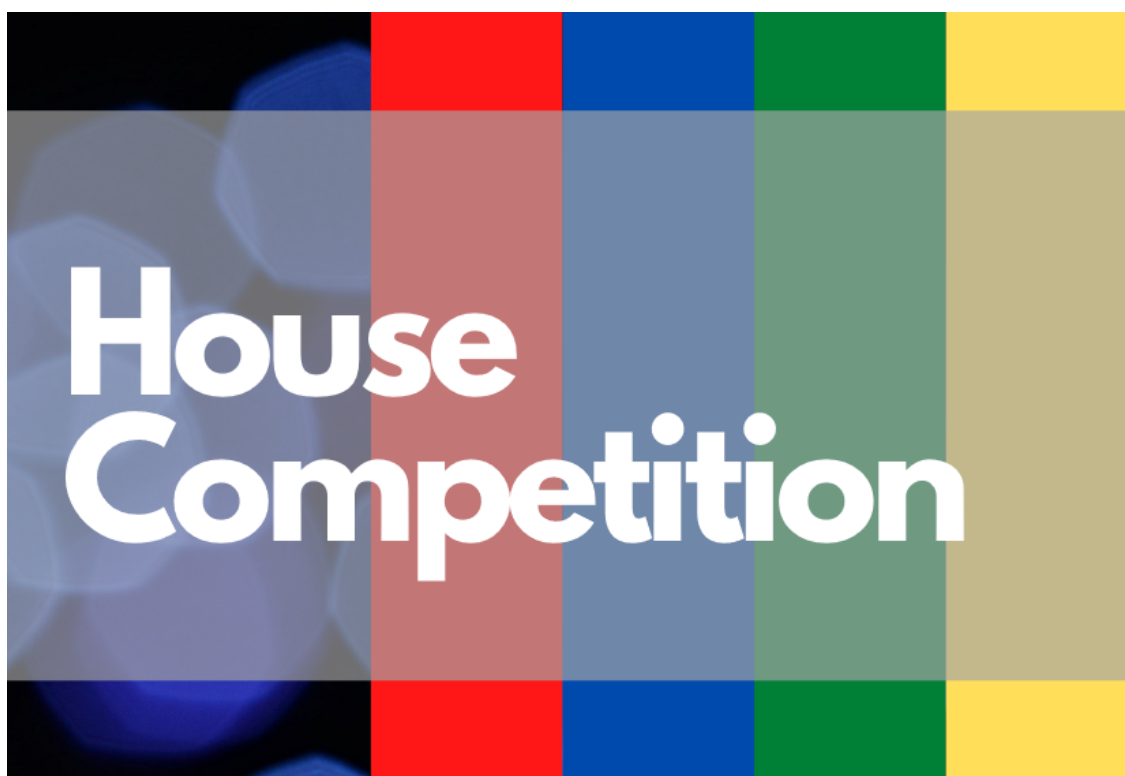
Farewell to Student Teacher



Glenfield College would like to thank student teacher, Nicole Patterson, for her seven weeks here working with Mr Montreal and Ms Allaker. She is pictured above with Mr Montreal who had a print of the artwork that the Year 9 students made with her help, based on Tongan Ngatu. We wish her all the best for her future.

Holiday Workshops

	Monday 28th Sept	Tuesday 29th Sept	Wed 30th Sept	Thursday 1st Oct	Friday 2nd Oct	Sat 3rd/Sun 4th
AM (9 - 12)	L3 Physics E and M Room 75 10-3pm	History/Social Sciences All Levels INTERNALS Rm 23 - from 9am	DVC and Art workshops	DVC and Art workshops		
PM (12 - 3)	L3 Physics E and M Room 75 10-3pm	History/Social Sciences All Levels INTERNALS Rm 23 - until 2pm	DVC and Art workshops	DVC and Art workshops		
	Monday 5th Oct	Tuesday 6th Oct	Weds 7th Oct	Thursday 8th Oct	Friday 9th Oct	Sat 10th/Sun 11th
AM (9 - 12)	L3 Physics E and M Room 75 10-3pm	L2 Physics E and M Room 75 10-3pm	Geography All Levels INTERNALS Rm12 from 9:30 DVC and Art workshops PE All levels Internals Rm T3?	Geography All Levels INTERNALS Rm12 from 9:30 DVC and Art workshops Health All levels Internals Rm T3?		
PM (12 - 3)	L3 Physics E and M Room 75 10-3pm	L2 Physics E and M Room 75 10-3pm	Geography All Levels INTERNALS Rm12 until 1pm DVC and Art workshops PE All levels Internals Rm T3?	Geography All Levels INTERNALS Rm12 until 1pm DVC and Art workshops Health All levels Internals Rm T3?		



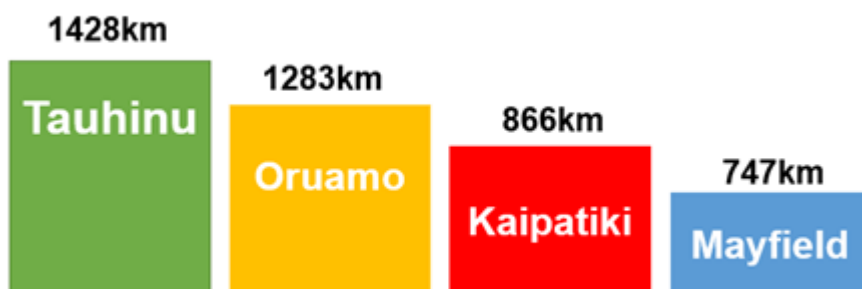
Our new House Competition Leader Board has just been installed!

Thanks for Kayla O'Garra (Year 12) for turning the initial designs into these stunning digital images.



House Challenge Results

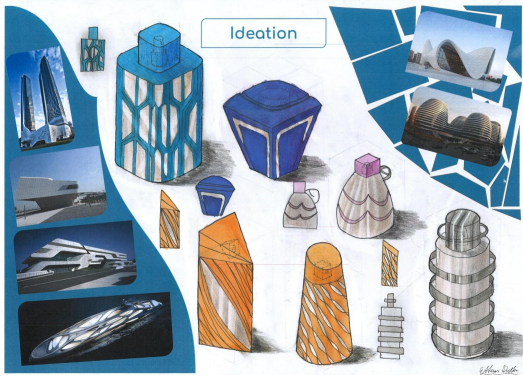
Racing the distance from Golden Bay to Bluff



Thank you to everyone who took part in this event. It was great to see everyone being active and wanting to improve their wellbeing. Well done to 10Gh (T house) and 9Sm (Mayfield) for their contributions as form classes.

Design & Visual Communication

Work of the Week



Ettan Dutta - Year 11 Student

Final Pictorial



Lex Lawler - Year 12 Student

UPCOMING EVENTS

Click [here](#) to view the school calendar





COVID-19 has had a significant impact on how we interact with others, go about our lives, work, study, and many other aspects of our lives. This time last year I was in Otago at the New Zealand Secondary Schools Conference, listening to Rob Waddell talks about the 2020 Olympics, how times change. This year, instead of Rotorua, the Secondary Schools Conference was held via Zoom, where keynote speakers from Sports NZ held webinars over two days. The main take away from our keynote speakers was the importance of 'Well-Being'. AUT head of high-performance Doctor Craig Harrison implied the following are vital post lockdown.

- **Exercise boosts the immune system:** Research shows that regular, moderate-intensity exercise has immune-boosting benefits that may help your body fight off infections, including COVID-19.
- **Exercise may prevent weight gain:** Exercise can help you burn extra calories caused by dietary changes and offset the effects of sedentary activities.
- **Exercise reduces stress and anxiety:** Exercise is a proven mood-booster and can help adults reduce stress levels and build emotional resilience.
- **Exercise improves sleep:** There is evidence that suggests regular exercise helps you fall asleep faster and improves sleep quality — and getting a good night's sleep has also been found to boost your immune system.

Although it may take some effort to create and adjust to the new world, regular physical activity will help you optimize your health and well-being during the coronavirus pandemic. In summary, Glenfield College is taking the right approach with school sport. We look forward to gathering sizes increasing, sunny weather, and of course daylight savings (this Sunday). Volleyball, Touch, Tag, Sevens & Tennis (just to name a few), will be starting in Term 4 and we look forward to seeing our Juniors compete. Have a safe holiday break, and

remember to take some golden nuggets from above.

Mr Mason.

To follow @glenfieldcollegesport click below



To see the latest sports fixtures click below



TERM DATES

TERM 3	MONDAY, 20 JULY TO FRIDAY, 25 SEPTEMBER
TERM 4	MONDAY, 12 OCTOBER TO WEDNESDAY, 9 DECEMBER



GLENFIELD COLLEGE
Fitness Centre


See Staff Donovan Bickford for info on how to join

JUST A REMINDER:

Learning Hub

Need help with:
understanding, homework, assessments
either on your own, with others or with teachers

After school:
Glenfield College Library - Tuesdays & Thursdays
Technology - Thursdays



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Online Summit
9 -11 October 2020

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Link in Description

For your FREE spot click here: <https://p4rci205--spectrumeducation.thrivecart.com/spectrum-parenting-summit-2020/>

Election 2020

Have you enrolled to vote?

Information is available now at [vote.nz](https://www.vote.nz) or call 0800 367656

Clickable Links below:

- [COVID-19 Resources](#)
- [Find Out How to Vote and Where to Vote](#)
- [Referendums](#)

[Click here to find out more about the Candidates in your electorate](#)

Make your vote count at the New Zealand Election 2020

For more information:

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☎ Freephone **0800 36 76 56**





Glenfield College Uniform Available from 'New Zealand Uniforms'

Store: 19A Douglas Alexander Pde, Albany

Phone: 09 477 6300

Email: albany@nzuniforms.com

Store Hours: Weekdays 9am – 5pm, Saturday 9am – 1pm

Web: www.nzuniforms.com

Payment Options:

NZ Uniforms accepts Cash, Eftpos, all major Credit Cards and WINZ payments. We also offer finance through Gilrose Finance, PartPay and have a 'Uniform Club' which is a great way to save for your School Uniform purchases.

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It's easy, set up an account and make automatic payments (weekly, fortnightly or monthly) in advance and watch your balance grow. When you are ready to make your Schoolwear purchases with NZU, your money is already available and waiting to be spent! Call or visit the store today to get started.



Lunch Orders

HOW IT WORKS

STEP 1:
GO TO WWW.LUNCHORDERS.CO.NZ

STEP 2:
SIGN UP & PLACE AN ORDER

STEP 3:
YOUR STUDENT'S LUNCH WILL THEN BE MADE FRESH & READY TO BE PICKED UP AT LUNCHTIME!

WWW.LUNCHORDERS.CO.NZ

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