

## School Newsletter Week 5, Term 3.

**Glenfield College** <reception@gc.ac.nz>  
Reply-To: Glenfield College <reception@gc.ac.nz>  
To: e.newton@gc.ac.nz

23 August 2019 at 15:17

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*Term 3 Week 5, 23rd August 2019*

*52-58 Kaipatiki Road, Glenfield, Auckland, 0629 / +64-9-441-9776*



Life As a Teenager.

I often reflect that the world of a 2019 teenager is vastly different to what it was 25 to 30 years



**Important Dates  
& Events**



ago. The world is constantly changing, and while a lot of it is for the better, there are complications and challenges that come with these.

Just this week we had Louise Nicholas of the New Zealand Police

come and talk to the school assembly about the perils (risks) of social media and digital misuse, ie cyber-safety. No matter how many times teachers or you, as parents, try and tell our students the need to be mindful and appropriate with social media, risks and mistakes are made. The key is for them all to learn from these mistakes and try and avoid them occurring in the future.

The focus of Glenfield College is to have a culture that is synonymous with providing a safe environment for both staff and students. We, as a school, have a zero-tolerance of bullying and if and when bullying occurs, address it head-on. Bullying can take many forms, whether it be cyber-bullying or face-to-face bullying. I would ask that all parents take the time to try and view the following video clip from SchoolTV.

<https://gc.nz.schooltv.me/newsletter/cyber-bullying>

On a very positive note, I would like to acknowledge all students and parents who have been involved in Winter sports teams this season. I have been delighted and proud of all sports teams as they have worn the new uniforms with Pride and Respect over Terms 2 and 3. Special mention and best wishes go to Ms Colliar and Ms Allaker and the girls' hockey team as they play in their final tonight. They have had a sterling season and hope to finish off on a high.

Finally, tickets for our inaugural Father's Day breakfast are on sale from the Finance Office. If the Mother's Day Breakfast is anything to go by, this will be a wonderful event, enjoyed by all.

Mā Maruwehi, Ka Rāhiri  
With Pride and Respect  
Mr Paul McKinley  
Principal

### **23rd August**

Level 3 Geography Trip  
Omaha Beach

### **28th and 29th August**

Dance Showcase  
Kaipatiki Theatre 6.30pm

### **29th August**

Sports and Prefect Photos

### **30th August**

Father's Day Breakfast  
School Restaurant 7.30am

### **2nd to 6th September**

Winter Sports Week

### **6th September**

Mid-Term Break

### **9th to 13th September**

Maori Language Week

### **12th to 17th September**

Senior Exams

### **18th September**

NCEA Music Performance

### **19th September**

Whanau Awards  
Kaipatiki Theatre

### **27th September**

End of Term 3

### **14th October**

Start of Term 4

### **18th and 19th October**

Duke Of Edinburgh Camp

### **21st October**

Technology Exhibition

### **23rd October**

Sports Awards Evening  
Kaipatiki Theatre

### **28th October**

Labour Day

### **31st October**

Leavers Dinner  
Fairway Lodge

[Event Calendar](#)

[Term Dates](#)

[Sports Fixtures](#)

# SCHOOL NEWS

## Level 3 Geography Trip to Omaha Beach



The Level 3 Geography students went to Omaha beach today to collect some raw data for both internal and external geography standards. The students measure beach width and recorded data on dune profiles. They will use this data to calculate beach height and explain the changes in the beach formation along Omaha. All students had a great time getting first-hand geography experience.

Head girl Emma Turner said:



On our geography trip to Omaha, the students really enjoyed getting first-hand experience and being able to see geographical features at first hand. We were able to understand the geographical processes that we learnt in class and see them in action. I'd like to say a massive thank you to Mr Gardner and Mr Tod for making this trip happen.

## **Trip to Villa Maria Gave Great Insights**



Last week, our Level 3 Business Studies students visited the iconic and highly successful New Zealand owned and operated winery, Villa Maria. The students were given a personalised tour around the vineyard and saw all aspects of the operation, spanning large scale production of wine through to bottling and warehousing. Along with the tour, Villa Maria organised for two of their Senior Managers to share insights into Change Management, Quality and Innovation which are the three key topics in the students' external exam in Term 4.

## **Ex-Student Comes to Visit our School**





The school welcomed back former student, Raymond McKay, to talk with our Level 2 and 3 Design and Visual Communication students about the advertising industry. He is the owner and Creative Director of Run Strategic Design and advertising agency in Auckland.

## **Mathex Competition for Glenfield College**



Glenfield College competed at the annual Auckland Secondary Schools Mathex Competition on Wednesday night. The student's had lots of fun, there were lots of people and lots of Maths. Students competing were:

Year 10 - Mitchell, Tyrone, Henry, Cris, Thomas, Jordan and Daina.

Year 9 – Lanjo, Luke, HaiQiang, Sam, Lorelei, Rebekah, Vienna and Makayla.

**Choir and Jazz Band Performance Was Amazing**





Our Choir and Jazz Band were fortunate to perform at 'The Orchards' resthome on the 9th of August. They played a selection of songs as well as solos. These were enjoyed by the residents. After the performance, the students were invited to share dinner with them on their "Fish and Chips" night. Well done to all our students who performed amazingly well. As the students left, the residents gave them a round of applause.

## Cyber Safety Talk at Glenfield College



On Tuesday 20th August 2019, Senior Constable Louise Nicholas from North Shore Police presented to the whole school Assembly about Cyber Safety. She spoke about New Zealand laws regarding cyber use. Students learnt about the



consequences of particular online activities such as possible fines and imprisonment for sending harassing messages or posting inappropriate photos on the internet. They were taught helpful messages, such as: think before you post or put anything on the internet, 'Stop. Block. Report,' Future-proof yourself, and that everyone in the whole world can see everything you do on the internet. We were encouraged to protect ourselves on the internet and to seek help if we ever felt unsafe.

- Savaanah Baker-Breeze, Year 12

- If it's an emergency and you feel you or someone else is at risk, call 111.
- If you have information for the police but it is not an emergency, call 105.
- Youthline 0800-376-633
- Lifeline 0800-543-354
- Depression Helpline 0800-111-757
- What's Up 0800-942-8787 (noon-midnight)
- If you or a friend wants advice on dealing with cyberbullies, contact NetSafe helpline 0508 NETSAFE (0508-638- 723)

## **Level 1 History Educational Talk**



On Friday 9th August, our Level 1 History students were presented with an amazing opportunity to hear Elizabeth Eckford talk about her experiences. Eckford is the most well-known of the 'Little Rock Nine', a group of students who, in 1957, were the first African-American students ever to attend classes at Little Rock Central High School in Little Rock, Arkansas. Eckford has been a key figure in their recent study of the African-American Civil Rights Movement in the United States. If you would like to see more- please click on the link: <https://www.youtube.com/watch?v=xNLDRZhA6s0>

**Winners Of The Vex Robotics Scrimmage**



On Saturday 17th August, the Robotics scrimmage was held at Kristin school. Glenfield College entered four teams and two of our teams won. The teams were Joshua Green and Daniel Webb with 2918G and Sam Legg and Daniel Herbert with 2918E, the same two teams that competed in the last scrimmage. The next competition is in two weeks at Lynfield College. Well done to those students involved.

## Hockey Team Makes an Impact





The boys had a draw against Northcote which means they have finished third in the league. The team really kept their structure during the match so lots of balls could be played out wide to Roby, Tafseer and Mitchell. Dylan and Jason had some brilliant shots on goal whist down the other end of the pitch, Luis made some fantastic saves! A huge well done to the boys on their season, we are so proud of how much they have improved as a team! Thank you to Karen Croft for umpiring our matches this season, we couldn't have played without you!

## Sports Report

### A message from the Sports Coordinator

#### Hockey Boys

Glenfield Boys fought hard against Kaipara College, eventually going down 1-0. The boys had control of the game but couldn't quite convert their opportunities into goals! There was a huge commitment from the boys really stepping up in the last half of the game. Mr Bonneywell and Miss O'Hara were really impressed with the effort you all gave!

Well done to our 1<sup>st</sup> XI Girls team who are into the final against Westlake Girls



with a 5-1 win over Long Bay College on Friday Night. A big thank you to Ms Allaker, Ms Colliar and our students for their continued support and commitment to making this team such a success.

### Football

The Boys 1<sup>st</sup> XI battled hard under the lights on Wednesday night, and goals to Luka Gjorgjevikj and Tane Wikaira ensured a 2-0 win, with standout performances from Braeden Fisher (goalkeeper) and Alan Neculman (defence).

Our Junior Boys impressed in their match against top of the table Westlake Boys, 2 goals to Luka Gjorgjevikj weren't enough to get the win, but there were some proud Glenfield students who put in a lot of effort and determination.

The Junior Girls finished their season on a high with a 15-1 win over Northcote College, with the highlight of six goals to TJ Milford in a real team performance. Well done girls!



Follow us on Instagram @glenfieldcollegesport and our Facebook page: <https://www.facebook.com/GlenfieldCollegeOfficial/>

Just a reminder that ALL Sports fees should now be paid. If you still have outstanding fees, please contact Julie Kilroy at [j.kilroy@gc.ac.nz](mailto:j.kilroy@gc.ac.nz) to arrange this.

## SCHOOL NOTICES

**Dance Showcase Is Just Around The Corner**

# DANCE SHOWCASE

**WEDNESDAY 28<sup>TH</sup> & THURSDAY 29<sup>TH</sup> AUGUST**  
**6.30pm KAIPATIKI THEATRE**

**TICKETS: ADULTS \$5**  
**CHILDREN, STUDENTS & SENIORS \$2**



Tickets are available from the Student Centre during normal hours.

**Father's Day Breakfast**





## Father's Day Breakfast

Friday, 30 August 2019 @ 7.30am  
School Restaurant

Guest Speaker: Jim Dale, ex-Principal

Tickets \$10, available at the Finance Office

## SchoolTV



It's never been more challenging for parents to raise happy, healthy and resilient children. Like never before, parents need to be informed with clear, fact-based information on the many challenges faced by today's youth. Topics such as youth anxiety, depression, self-harm, drug and alcohol use, cyberbullying and many others need clear explanation and guidance. SchoolTV is an ongoing resource available to our parents. Each edition addresses a major topic with expert interviews, fact sheets, parent quiz, recommended apps, books and much more. SchoolTV aggregates information from many great resources such as BeyondBlue and ReachOut. SchoolTV provides a single stream of independent factual information that saves parents the time and confusion of searching online. To find out more, please follow this link: <https://gc.nz.schooltv.me/>

## Glenfield College School App



If you haven't already, please download the Glenfield College School App for notices, events, and other important school messages.

You can use the App to notify us of your child's absence, contact a teacher, access the parental portal, and find links to maps and key websites.

Receive alert messages and notices instantly from your chosen groups, such as your child's sports team.

To download the app for free on your Apple or Android Device please click on the image.

## Glenfield College Uniform



## 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.

### 'Uniform Club' :

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.



## Coming to School Late and Leaving Early

A reminder to students who arrive after the bell at 8.45am in the morning, or who need to leave school at any time during the day: please sign in/out at the Student Centre with a signed note from your parent/caregiver. The note should include the reason that you are late/leaving. A pass will then be issued to the student. At a high school, it is not acceptable for students to leave school during the day for personal reasons such as birthday lunches, driving lessons, haircuts, etc. Permission for such things will not be granted.



# GENERAL NOTICES

## Toastmaters International

### NS UTH GAVEL CLUB

FOR KIDS AGE 11-17

**FORTNIGHTLY ON TUESDAYS**

**6PM TO 7PM**

Glenfield Presbyterian Church, 82 Chartwell Ave, Glenfield, Auckland 0629, New Zealand

#### Benefits of Joining Gavel Club.

Improving your  
Confidence, Leadership Skills,  
Public speaking and Communication skills.  
That could have a great impact on your personal life  
and career.



**Contact: Uma- 022 0112265 / Warren- 0211260390**

## Finacial Wellness Information

#### How do I access EAP Services?

To request a confidential in-person, phone, video or e-counselling appointment, scan the QR code, phone or visit our website.

NZ [0800 327 669](tel:0800327669)  
AU [1800 726 474](tel:1800726474)

Intl [+64 9 353 0906](tel:+6493530906)  
[eapservices.co.nz](http://eapservices.co.nz)



## FINANCIAL WELLNESS

### Why is it so important?

It is well known that financial stress is a major contributor to poor mental and physical health. **With one third of employees identifying as being under financial stress**, EAP provides an important avenue for reducing that stress and improving financial wellness.

Changes and stressors in life can happen such as job loss, sickness or relationship breakdowns that then mean changes to your financial situation, which can then add additional financial stress on top of dealing with the stress from the change. The more financially well you are before these stressors occur, the less likely you will be affected by financial stress as well.

Financial wellness refers to how healthy your finances are. Quite simply it is reflected by your ability to deal with your immediate **needs** and **wants**; any changes that can happen in life that effect your finances; and your ability to grow your wealth to provide for your longer term security, without causing you additional financial stress.

To be financially well, you need to **balance** your desire to enjoy living in the now and have more financial security in your future. If you have just focused on living in the now and got a lot of debt to fund that, then it's unlikely you are going to have any back up if something goes wrong in the **future**.

You may have more than you realised and sometimes it is easy to lose sight of this... Don't compare your situation to anyone else's. Comparison will not only rob you of your **happiness** but also your pay check. Keep moving forward and doing what's right for you and your family.

#### Prioritise

Writing out your monthly expenses versus your monthly 'wants' will help to balance your budget and maintain positive cash flow.



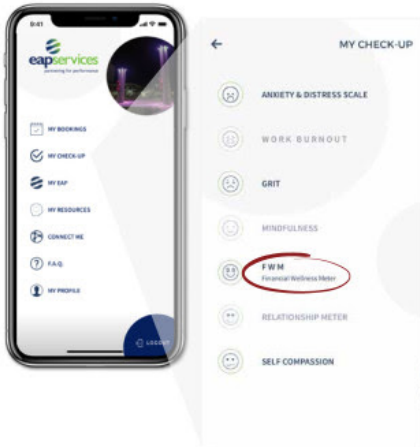
Financial wellness is one of the hardest things to balance in life. EAP Financial Advisers have worked with all sorts of people in all kinds of situations and they understand what it's like. They have the tools and knowledge to help you take your financial stability to the next level. It's confidential, easy to access and free, what more can you ask for?



### Plan, Plan, Plan!

Be sure you're putting money away on a monthly basis for emergencies and other unplanned expenses (we all have them). **Being prepared** for these financial crises will set you up for long term success.

EAP Services Authorised Financial Adviser (AFA) – Shula Newland



## HOW IS YOUR FINANCIAL WELLNESS?

A recent initiative that we've developed (that those of you that have installed EAPNOW will know) is our Financial Wellness Meter in the 'My Check-up' section.

Financial Wellness is determined by a number of factors and actions. Solid financial health allows you and your family to have more control over your future. That being said managing money can be extremely stressful and challenging, especially when you have limited funds and competing demands.

You can use this quick evaluation tool (2-3 minutes) to obtain an instant measurement of your financial health and receive tips to support your financial goals then pdf or email your results to track your ongoing financial wellness.



## IF IT'S TO BE, IT'S UP TO ME!

This is a saying that could be applied to a lot of life goals and issues, but this article will focus on what your retirement will look like by you taking responsibility.

When our financial advisers present the concept of retirement planning to someone just starting out on their employment journey, often they get a response "yeah, I'll get on it, but its 40 years away, heaps of time". The reality is that 40 years goes past so fast.

In 2007 the then government made it easier for everyone to start a private superscheme by setting up KiwiSaver. To sweeten the incentive the Government offered \$1,000 deposit into your KiwiSaver account (removed by the Government in 2015) but still offers a 50 percent rebate (or part thereof) for the first \$1,042.86 contributed per year (1 July to 30 June). How else can you get \$521.43 each year back from the Government?

If you are in a KiwiSaver scheme, well done, but you can't set it and forget it. You should be regularly checking up on what it is doing. At least annually, if not more regularly, you should be asking your provider, how did my KiwiSaver perform in the last 6 months, 12 months and since it started, is it still the right scheme for me? (see graph below)

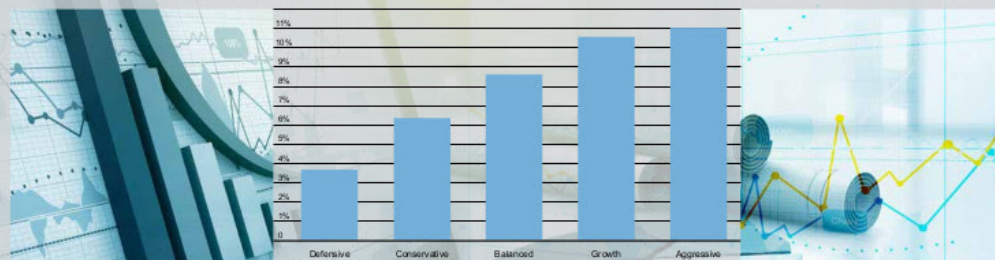
Getting advice from your EAP financial adviser may be a worthwhile step to improve your financial wellbeing, buy a home, retire or if you have experienced another life changing event.

EAP Services Authorised Financial Adviser (AFA) – David Weusten



## Average returns

Here's how the average fund performed per annum, according to the Financial Markets Authority, based on the last five years:



Websites worth visiting for additional information on Financial matters:

<https://www.fma.govt.nz> • <https://www.consumer.org.nz> • <https://smartinvestor.sorted.org.nz>

### How do I access EAP Services?

A friendly reminder that you can access EAP Services for support 24/7/365

To request a confidential in-person, phone or e-counselling appointment scan the QR code, phone or visit [eapservices.co.nz](https://eapservices.co.nz)

NZ **0800 327 669** | AU **1800 726 474** | Intl **+64 9 353 0906**



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Sales: 09 444 6629 | Rental: 09 440 5355 | E: [enquiries.glenfield@harcourts.co.nz](mailto:enquiries.glenfield@harcourts.co.nz)



# School Fitness Centre

During 2019, the school's fitness centre will be open for the students to use. The fitness centre is located in the Art Block and will be available for use during the following times:

From Thursday 7th February, it will be open every day after School and every lunchtime.

During these times, Donovan Bickford, our Services Academy director, will be in the gym supervising all student activity.

## Glenfield College School Traffic



All parents and students, at peak traffic hours, before school and after school, please **DO NOT** turn right out of the school carpark. **TURN LEFT** and use the roundabout if you are travelling up Kaipatiki Rd.



[In the Community](#)



[Contact Us](#)



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Glenfield College  
Kaipatiki Road  
Glenfield  
Auckland, Auk 0629  
New Zealand

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