

## School Newsletter Week 10, Term 3.

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

27 September 2019 at 13:31

[View this email in your browser](#)



Week 10, Term 3, 27th September 2019

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



students that have included:

Mental Health  
Awareness Week  
"Explore your way  
to wellbeing"

Many thanks to Ms  
Gail Colliar and staff  
for their promotion  
of Mental Health  
Awareness Week.  
This week has seen  
a range of activities  
provided for



**Important Dates  
& Events**

**27th September**  
End of Term 3

**14th October**  
Start of Term 4

**18th and 19th October**  
Duke of Edinburgh  
Camp  
Kaimai Ranges

1. Checking in with yourself
2. Creating a gratitude wall
3. "Mile-a-day" challenge at lunchtime
4. Finding out where everyone is from
5. Random acts of kindness

We really do live in a constantly changing and evolving world. Less than 10 years ago, vaping, social media, keyboard warriors, etc were phrases that we were not familiar with. At Glenfield College, we pride ourselves on providing a holistic education in a safe environment. The awareness around Mental Health and strategies to assist students and families is an area we are proud of and continue to build on.

This week brings the end to a very busy term and the end is nigh. Year 11 to 13 students have now received their results from the end-of-year examinations and this was followed up with Mentoring Day on Tuesday. The participation was 93% and staff commented on the engagement and support from families. We know the weeks ahead will be challenging and students will face pressures of coping with stress. John Bonneywell has written an excellent piece on 'Exam Jitters' below, please read.

The catchphrase I use with all students, and have done so to date is "it's not too late". Students must believe in themselves, commit to the next four to six weeks and seek assistance if they need help or advice.

I hope all families have a safe and restful holiday (study break) and they come back energised for Term 4 and crossing the finish line for many of our Seniors.

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

**21st October**  
Technology Exhibition

**23rd October**  
Sports Awards Evening  
Kaipatiki Theatre- 7pm

**28th October**  
Labour Day

**31st October**  
Senior Prize-giving  
Kaipatiki Theatre-  
12.30pm

Year 13 Leavers Dinner  
Fairway Lodge 7pm

**1st November**  
Last day for Seniors

**4th and 5th November**  
Junior Exams

**6th to 8th November**  
Lumino Dentists for  
Juniors

**6th December**  
Junior Prize-  
giving- 12pm  
School finishes at  
2.30pm  
End of Term 4

[Event Calendar](#)

[Term Dates](#)

[Sports Fixtures](#)

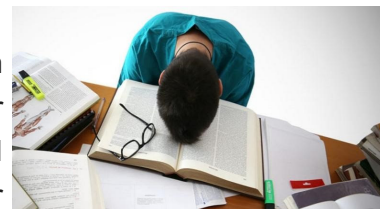
## SCHOOL NEWS

### Exam Jitters and How to Combat Them

#### Exam Jitters

"Balance is key when it comes to getting the most out of the brain. Students need to take responsibility for when to study and when to socialise". Dr Michael Carr-Gregg.

It is that time of year that all students feel the pressure from examinations. Whether it is the build-up to external NCEA exams for Years 11 – 13, or the pressure of end-of-year exams for Year 9 and 10. A recent parenting survey found that many parents believe their child experiences some form of stress at every stage of schooling



(<https://www.nib.co.nz/free-resources/article/dealing-with-your-childs-anxiety-around-exam-time> ).

There are many ways to help relieve this pressure and they are covered in the many articles and videos on schooltv ( <https://gc.nz.schooltv.me/channel-newsletter/9342> ).

Topics covered include:

- How can students de-stress before exams?
- What can parents do to help their kids?
- What can students do the night before an exam?



Other areas that you can get help (not limited to) are:

The Parenting Place ( <https://www.theparentingplace.com/school-learning/exam-pressure/> )

Generation Next ( <https://www.generationnext.com.au/2016/10/practical-tips-parents-support-child-exams/> )

Study Time ( <https://studytime.co.nz/study-advice/dealing-with-exam-anxiety/> )

Young Minds ( <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-exam-time/> )

NHS ( <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/> )



As well as all these practical tips, Glenfield College students need to take advantage of the help and assistance the staff can give. This can be in the form of their subject teacher or attending Learning Hub in the library.

A quick video about study tips: <https://www.youtube.com/watch?v=p60rN9JEapg>

It is a tough time of the year for all and with help, the students will get through.

John Bonneywell, DP for Year 9 and 10 students.

**Arts Awards Was a Great Turnout**



The inaugural Glenfield College Arts Awards were held last night in the Kaipatiki Theatre. This was a very special evening where Art, Music, Dance and Drama students came together to celebrate the year's successes. The evening began with canapes and drinks while attendees had a chance to view the impressive work by Art students this year. Following on from this, the ceremony included performances from Dance, Drama and Music students and the presentation of certificates and trophies. A special thank you goes to Mrs Anne Kabalin for all work in making this night such a success. Also thank you to Mr Joshua Montreal (Art), Mr Tomasz Kus (Music) and Ms Jordyn Wilson (Dance/Drama) and the other staff members who helped behind the scenes.

Yejin Kim	Art	Dedication to Art Level 1
Anna Pistora	Art	Dedication to Art Level 2
Tafseer Carabuena	Art	Dedication to Art Level 3
Yejin Kim	Art	Dedication to Art Level 1
Anna Pistora	Art	Dedication to Art Level 2
Tafseer Carabuena	Art	Dedication to Art Level 3
Hannah Forster	Dance	Jordyn Wilson Trophy for Outstanding Dance
Jazzmyn Rustenhoven	Dance	Top Senior Dance Student
Luis Lucindo	Drama	Top Level 2 Drama Student
John Horn	Drama	Kaipatiki Theatre Performing Arts Trophy for Technology
John Horn	Drama	Glenfield Lions Drama Award for Best Performance
John Horn	Drama	Top Level 3 Drama Student
Cris Escandor	Music	Junior Student Contribution
Angus Donaldson	Music	Dedication
Anna Pistora	Music	Dedication to Vocal Music



Sean Timothy Go	Music	Rock Music Performance
Izaak Hansen	Music	Excellence in Music Performance
Jimmy Vitale	Music	Best Piano Performance
Kaelyn Riddle	Music	Musical Excellence & Top Level 1 Music Student
Michael Oborn	Music	Outstanding Contribution
Isaak Hansen	Music	Top Level 2 Music Student
Michael Oborn	Music	Top Level 3 Music Student

## Year 9 Auckland Museum Trip was Educational



On Tuesday 24th September, the Junior mentors took the Year 9 and Year 10 students to the Auckland War Memorial Museum as part of the Social Studies teaching programme. At the start of the day, students made their own packed lunch in the café at school before exploring the three levels and multitude of galleries the Museum has on offer.

Here are some of the students thoughts.

**Myah Coates Y10 :** "The war stuff was really interesting."

**Libby Belcher Y10:** "It was great being able to make our own lunch to start the day and then being able to look at all of the galleries, not just one or two made it really enjoyable."

**Jamie Maiava Y10:** "I really liked the volcanoes exhibition and finding out more about them."

**Simon Go Y9:** "My favourite part was the Volcanoes - they were cool. I also liked the WW2 stuff which was interesting."

**Neal Castro Y9:** " I loved the earthquake room and how it shook, it was a really cool experience."

## Glenfield College Cheerleading Competition



On Saturday 21st September, the Glenfield College Cheerleading team competed at Cheer Factor. The team represented the school well and despite their music stopping 30 seconds into their routine, they continued to perform and complete their stunts. In a competitive scholastic division, they managed to take out 5th place with only 2 points difference between them and 1st place. On Sunday 22nd, the Perspective Dance Company competed at Dance Factor. Dance Factor does not offer a scholastic division, so our girls were competing against studio dancers. All 4 of our routines placed in the top 3 of their divisions. "Someone You Loved" (Performed by Perspective Dance Company) placed 3rd in the Senior Contemporary/Lyrical Division. "School's Out" (Performed by Perspective Dance Company) also placed 3rd in the Open Jazz Division, competing against adult dancers. "Fall in Line", performed and choreographed by Savaanah Baker-Breeze and Madi Macleod placed 2nd in the senior contemporary/ lyrical duo division and "Way Down" performed and choreographed by Hannah Forster and Tagan Jacobs placed 1st in the senior contemporary/ lyrical duo division. Well done to all students who participated.

## Duke of Edinburgh Trip was Adventurous



The Duke of Edinburgh Bronze Award students spent last Friday afternoon and Saturday morning walking around Shakespear Regional Park. They camped overnight, cooking up a feast for everyone to eat. The Year 10 students even gained some Level 1 credits for their tent erecting



skills. Well done to all of them on their practice adventurous journey. They are looking forward to the next one!

## Table Tennis has been Very Successful



Congratulations to our table tennis team comprised of Victor Cui, Ivan Huang and Dawson Chu. In the Term 2 Competition, they were presented with gold medals for winning the A2 grade, and in the Term 3 Competition, which finished just a couple weeks ago. They won Silver medals in the A1 grade. Well done especially to our top player Victor who was the best performing individual player in the A1 grade for Term 3, and who placed 3rd in the singles knock-out tournament at the end of the competition.

## Mentoring Day at Glenfield College

On Tuesday 24 September, the senior students were engaged in conversations with their Mentors and whanau in preparation for their external exams in Term 4. There were many discussions about the future, with a particular focus on the credits each student has gained as well as study techniques to be able to succeed in the External Examinations in November. Whilst this took place, our junior students went on a Social Studies trip to the Auckland Museum.

## Measles Outbreak

## Measles in Auckland schools

The only way to protect your family is to make sure they are vaccinated or immune.

Please see your doctor now to catch up on missed vaccinations. They are FREE at your GP.

If your children are vaccinated, they won't need to stay at home if there is measles at your school.

Keep your child at home if they are sick and watch out for symptoms:



If you or your children show symptoms please stay at home and call your doctor or Healthline (0800 611 116) for advice.

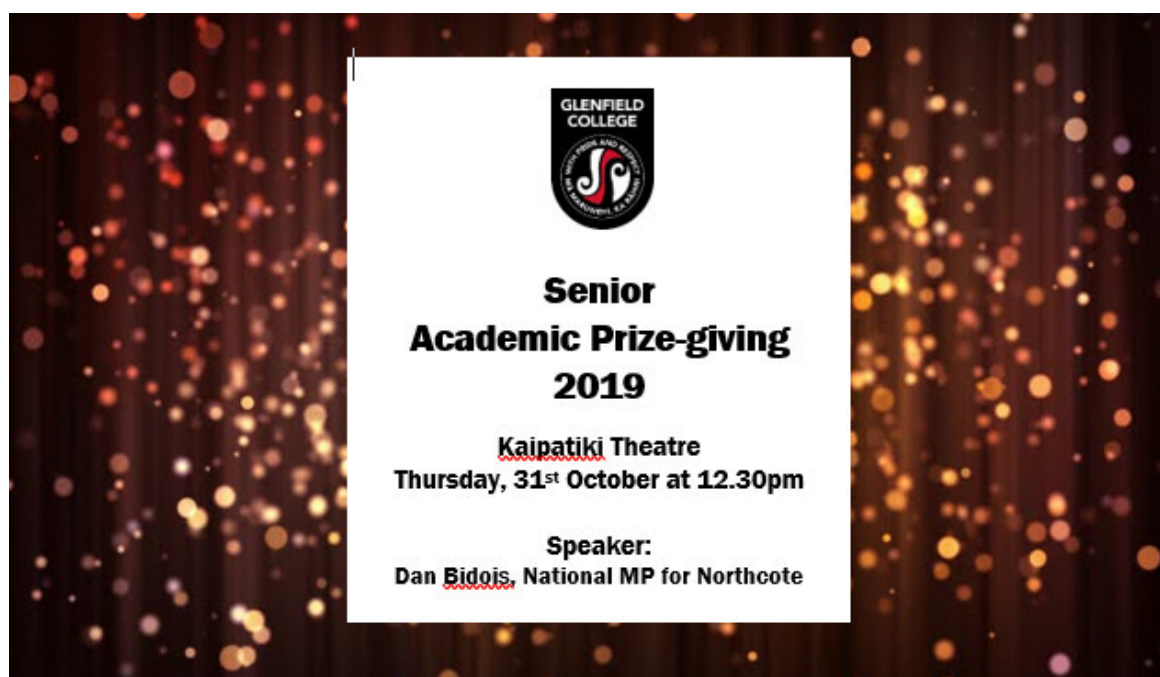
Measles info at: [arphs.health.nz/measles](http://arphs.health.nz/measles)

Auckland Regional Public Health Service  
Kaitiaki Heiwhiri a Hui o Tamaki Makaurau  
Auckland Regional Public Health Service  
Kaitiaki Heiwhiri a Hui o Tamaki Makaurau



We do not presently have any confirmed cases of Measles at Glenfield College but several other local schools do. Thank you to all the families who have already responded to our recent request for information regarding their child's Measles immunity. If you have not already done so, please email our school First Aider Lesley Elliott on [l.elliott@gc.ac.nz](mailto:l.elliott@gc.ac.nz) with evidence of your child's immunity. This can be your child's immunisation record book or a printed statement from your NZ GP's surgery. Please help us to protect your child and our community by providing this information.

## Senior Academic Prize-giving



## 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/>

## Sports Report

### A message from the Sports Coordinator

#### Netball North Harbour Prize-giving

On the 26<sup>th</sup> September, the 2019 Netball North Harbour Prizegiving was held at the AMI Netball Courts in Northcote. Congratulations to Netball Team 3 who received the Hudson Trophy for coming runners up in their grade and a big thank you to our student coaches Greer McNab and Madisyn Macleod who did a great job coaching our young girls. Blessing Kerehoma was recognized as the MVP in her grade at UNISS Tournament, along with the recognition of the

Kaipatiki Board and Glenfield College in their involvement promoting netball throughout the community.

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



## SCHOOL NOTICES

### Rise and Shine for Breakfast Club



## 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.



## 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.

## 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.



## COMMUNITY NOTICES

GLENFIELD COLLEGE

WE LOVE YOU

Cooper & Co.  
Real Estate Ltd.  
LICENSING REAL 2008

**Harcourts** Cooper & Co

**Harcourts North Shore Central Office**  
Sales: 09 444 6629 | Rental: 09 440 5355 | E: 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](#)



*Copyright © 2019 Glenfield College, All rights reserved.*

You are receiving this email because you are a member of the Glenfield College Community

**Our mailing address is:**

Glenfield College  
Kaipatiki Road  
Glenfield  
Auckland, Auk 0629  
New Zealand

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

