

Good afternoon!

*While we
wait....type an
answer to any
of these
sentences in
the google meet
chat.*

THREE THINGS CHECKLIST

Something I'm grateful for:

_____ 

Something I'm going to do to make
myself feel good:

_____ 

Someone I'm going to get in
touch with today:

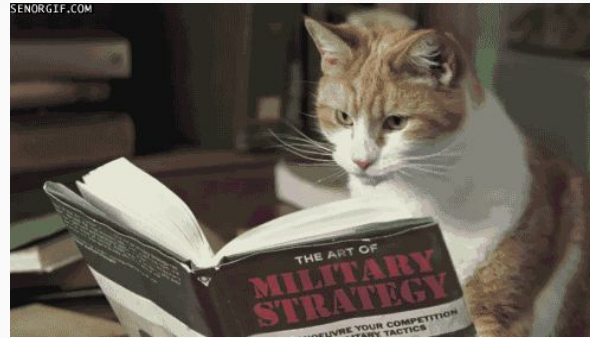
_____ 

ALL RIGHT?

 Mental Health Foundation
mauri tū, mauri ora OF NEW ZEALAND

**GETTING
THROUGH
TOGETHER**
WHĀIA E TĀTOU TE PAE TAWHITI

Do what makes you feel good!



Consider your screen time Especially in the evening



HOW LIGHT AFFECTS SLEEP

The amount of light around you controls your brain's production of melatonin, a hormone that makes you feel sleepy.

In bright light, you make less melatonin.



In darkness, you make more melatonin.



Sunlight

Need help waking up in the morning? Open the blinds or get outside to feel more alert.



Light From Screens

Their "blue" light has a powerful effect on your brain. Turn them off about an hour before bed.



Artificial Light

Bright lights after dark signal the brain to wake up. In the evening, use dim lights, and block outside light.

Reviewed by Neha Pathak, MD, 11/20/2018

SOURCES: National Sleep Foundation, Harvard Medical School Division of Sleep Medicine, Harvard Health.

**@GlenfieldCollegeSport
Instagram**

**Join the Challenges
Connect with other
students
Compete against
Friends/Family/Teachers
in our lockdown
challenges**

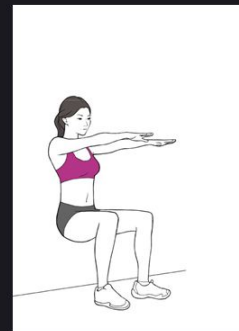
**Remember to use the
@glenfieldcollegesport**



WALL-SIT CHALLENGE

@GLENFIELD COLLEGE SPORT

WALL-SIT CHALLENGE



TIME YOURSELF

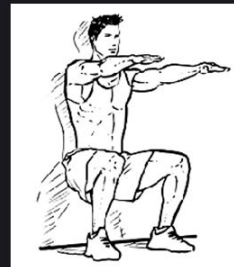


**POST YOUR TIME/WORKOUT & TAG
@GLENFIELDCOLLEGESPORT**



**EVERY MINUTE YOU ACHIEVE IN YOUR WALL SIT
GETS YOU ENTRIES INTO THE PRIZE POOL**

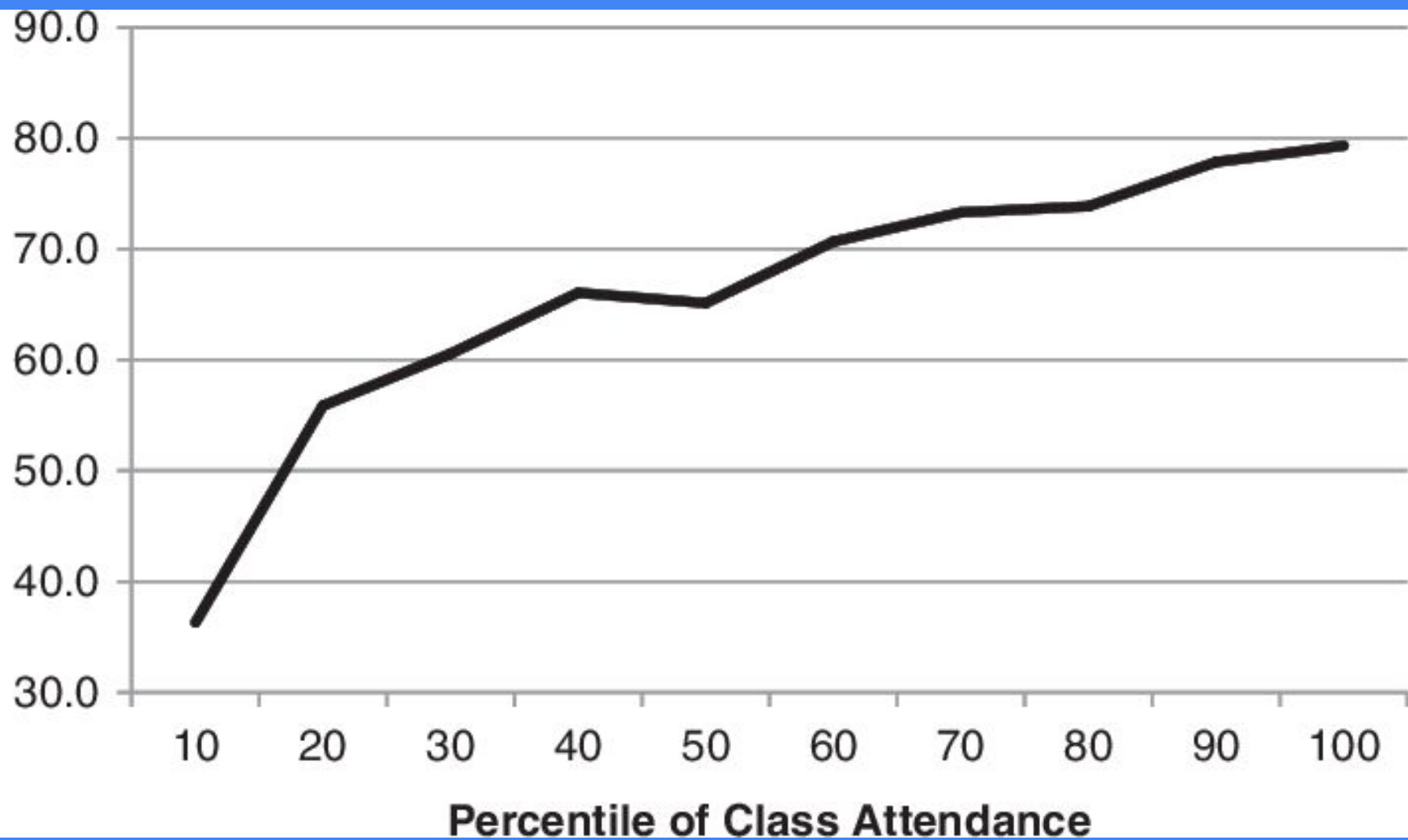
**3 X \$20 GLENFIELD MALL GIFT
VOUCHERS UP FOR GRABS!**





When we are back at school we will be recognising those students who have been active in their remote learning.

Average Grade Percentage



Gateway

A message from Mr Tod

The Gateway parents evening tonight has been cancelled.

- Contracts will be handed out when we are back at school
- Placements will start as soon as employers are able to have you



WHAKATAUKĪ

ME TE WAI KŌRARI

Like the nectar of the flax flower,
joy in the small things



Glenfield College

hauora

Whakatauki

House competition quiz

Click the link!

Double points if you
complete it by 2pm

<http://bit.ly/GCHOUSEQUIZ2>

Remember....

**IT'S ALL RIGHT
TO FEEL
OVER THIS
RIGHT NOW**

ALL RIGHT?



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THROUGH
TOGETHER**

WHĀIA I TĀTOU TE PAE TAWHITI