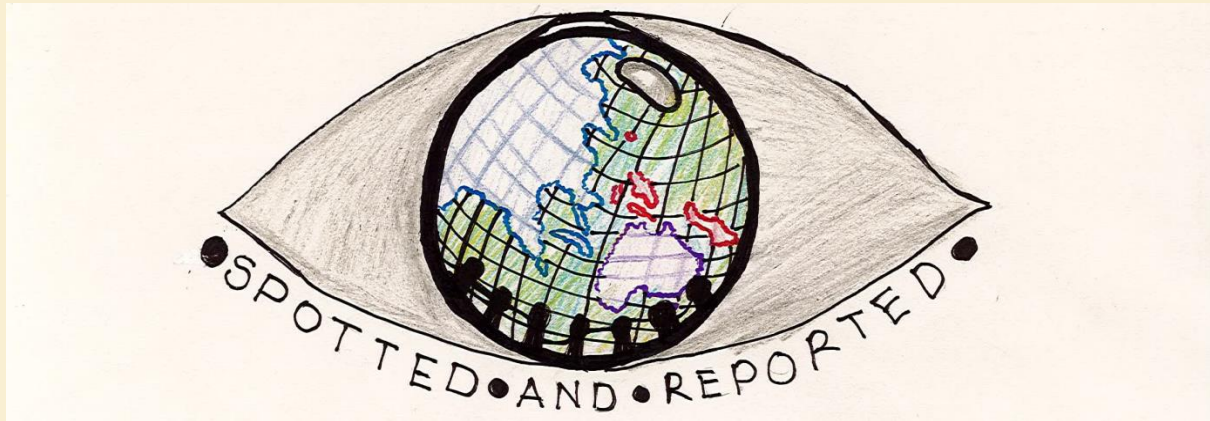


Glendal News



Edition 3
Thursday 16th September, Term 3

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SRC Initiatives

Reported by: Shenali

The SRC team has been planning to complete a few new activities this term.

SRC Class Choice Awards:

One of these new activities is the “SRC Class Choice Awards”, as explained here by two of our SRC Reps.

“The SRC team has created an award system that is nominated by the SRCs. This award can be awarded to a class if they display excellent behaviour or Glendal Values. The reward is a certificate made completely by the SRC team.”

- Vivienne, 4K

“This is your chance to feel proud of yourself and get an appreciation of your hard work presented by the SRC. It's also an opportunity for the SRC group to make a choice on things and have more student voice and agency. That's why it's called the SRC Class Choice Award, and it's a great way to get great acknowledgement from SRC and our school.”

- Lachlan, 6J

You might wonder how this works... Originally SRC thought that when a student is spotted by a SRC member showing our school values, they would get nominated for this award during an SRC meeting with a reason provided for their nomination. The SRC members would vote and decide on a winner who will receive a certificate in the next assembly.

But due to Covid-19 and everyone doing remote learning, we decided to change a few things. Instead of our certificates being for an individual student, we decided to change it into an entire class.

This means, teachers can nominate their classes when they see excellent work, attendance or lots of positive attitude. The nominations are put forward and the SRC meet virtually to decide on the winning class each week.

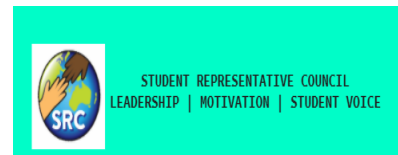
Glendal Community Board:

Have you ever seen the Board located in the Nottingham car park at the front of our school?



The SRC has been asking for students to help design a ‘Community Board’ with a message or motto that promotes Glendal Primary School spirit. Entries closed on Monday 13th September and our new Community Board will be inspired by the winning design and be co-created by Ayuni, our 2021 Art captain.

We love to see students participate in school events, as it shows the Glendal Spirit. We asked that the design should include a positive message or motto that promotes the school spirit and this can be created digitally or on paper. It should also showcase our school values of Respect, Responsibility, Resilience, Teamwork, Creativity & Community.



Just a special shout out to:

Narin 5J & Janice 3K, for already getting their creative caps on and have already started to come up with their designs. Thank you both so much. We can't wait to see all the designs and to make our new Community Board!

More SRC initiatives are reported on in articles: “Glendal Achievements” on page 3 and “Well-being: R U Ok Day” on page 5

Glendal's Achievements

Reported by: Vishnu

Recently, Glendal Primary School was ranked 4th across all of Melbourne's public schools and 10th against all private and public schools in Victoria. This is a fantastic achievement for our staff, students, and families especially during last year's online learning.

I am sure that most students feel very proud of that news. I asked some students and their teachers how they felt about this achievement. Here's what they had to say.

"How did you feel when Glendal came in the top ten of Victorian Public schools?"

"I felt very proud of Glendal when I heard the news that we had made it into the top 10 position. We have such hard working and dedicated students and staff in our Glendal community, and it is fantastic to see all that hard work recognised!"
- Ms Kruspe, 6M

"I felt extremely excited and very proud that the school where I have been studying for the last 4 years has become one of the top schools in Victoria."
- Aarav, 6J

"When I heard that Glendal Primary School came in the top 5 schools in Melbourne, I was really happy and grateful that I had a chance to go to this exceptional school."
-Aki 6J

Why do you think Glendal was able to rank so high amongst all the schools in Victoria?

"I think we came in the top 10 of primary schools in Victoria because we are all committed to the highest quality of learning at our school. We all work hard - staff, leadership, parents, and students and we share the same vision and high standards for our school. Math and Literacy are important, but we also promote STEM, music, dancing, sport, PE, languages, play, visual arts, student leadership, SRC, JEM and sustainability, and many more programs with heaps of opportunities. Students are encouraged to take up opportunities and to shine in so many different ways."

- Mrs Grosseck, Principal

"I think Glendal rates so highly due to the high value that our whole school community has with regard to education. The students work extremely hard, as do the teachers with their thorough planning and delivery of the programs. This is well supported at home by the parents. It is a team effort by everyone - inclusive of the office staff, class teachers and specialists, principals, support staff, students and parents. It is also a great place to be. I think everyone enjoys being a part of Glendal!"

- Mr Whitehead, Assistant Principal

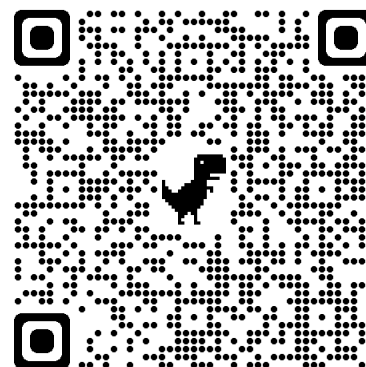
"Glendal has wonderful students, teachers and parents! Everyone works so hard to learn and support others to do so too. We have excellent teaching and learning programs and student attitudes towards their learning are fantastic."

- Mrs Robinson, Assistant Principal

"Our school community values learning. At Glendal, students come to school with a positive learning mindset. This growth mindset is developed further by our teachers. You don't have to be the best student, but it is important to learn from your mistakes and keep striving to challenge yourself. Make learning a lifelong goal. This optimistic view of learning is why Glendal Primary School is one of the top 10 primary schools in Victoria."

- Mrs Newsom, Assistant Principal

The full article on Top Schools in Victoria was published by the Herald Sun and rated by the Better Education organisation. A link to their website is provided below:



Poster Competition

To celebrate Glendal's achievement in ranking 4th among public schools and 10th in all primary schools across Victoria, the SRC representatives came up with an idea for a poster competition.

Lots of eager students came up with brilliant posters to celebrate Glendal. It was a big hit as lots of students made a poster in their spare time.

The SRC team came up with a slideshow with all of these fantastic posters. Here is just a selection of submissions



Radeesh 45K

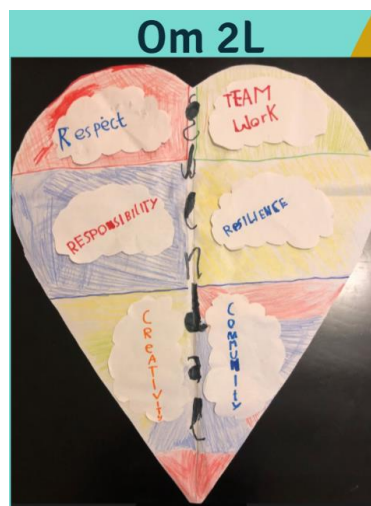


Vivienne 4K



All these posters look amazing, and they all have a lot of effort in them. Too bad we can't show all of them here in this newsletter.

A huge congratulations to all students who made a poster and thank you for your contributions and creativity. Well done to the SRC team who put together this competition and got everyone in our school involved in the celebration of Glendal's achievements!



As the Vice School Captain at Glendal, I feel very proud that we are one of the best schools in Victoria. I have studied here at Glendal for 7 years and my family specifically moved into the Glen Waverley zone so I could get into this amazing school. At Glendal, we are given a lot of opportunities such as Robo-Cup, Science Talent Search and Leadership offers. I'm sure Glendal families will agree with me that we are a great school.

Well-being: “R U OK DAY”

Reported by: Siyona

R U OK DAY

R U OK Day was on Thursday 9th September and was a day to check in with friends and family. It is an annual event held in Australia to say, ‘Are you okay?’ to our friends and family, as well as chat with them to ensure that they are doing well. R U OK Day helps bring confidence and motivation as well as support and boost someone’s mental health, especially during difficult times.

This year’s theme for R U OK Day was ‘Are they REALLY ok? - we can ask this every day. This question has a deeper meaning. Just saying “are you okay” isn’t always enough to understand what someone is going through, so adding on the emphasis can enhance the conversation with others close to us.



Over the past two years, coronavirus has caused a harsh and difficult environment for everyone around the world. The great impact of this virus has forced everyone to stay home and students to do remote learning. As most of us are experiencing stress and loneliness, it has been more important than before to ask, ‘Are you okay’ to our friends and

family. A simple conversation with others and to ask the question that checks in on their wellbeing can help someone’s mental health and support them during concerning times.



How did we celebrate R U OK Day?

As Victoria was forced to go into lockdown and remote learning had taken place, R U OK Day had to be celebrated online. This year, the Glendal SRC Team consisting of student leaders, teachers and students decided to have a fun day where students could dress up in yellow and promote an encouraging message to each other and their classes.



Many students from all grades dressed up in yellow to show happiness during their meetings, as well as participated in different activities.



As a Glendal student leader for 2021, I was very excited going to the junior classes and explaining to them about the benefits of R U OK day and what it’s all about. It was very fun to see them participate in the activities that were open to them and listen to their unique replies in the role!

We were able to celebrate this annual event although we were in lockdown. Here are some comments from our Glendal students about R U OK Day:

‘I enjoyed going from class to class talking about R U OK Day and learning what to do, when asking R U OK.’

- Lachlan, 6J

‘R U OK day was a great opportunity for Glendal students to check in with their peers and ask how they were feeling. Some people made posters about R U OK day to get the message out. Overall, Glendal’s R U OK Day was great and encouraged children to take part.’

-Vivienne, 4K

Get Up with Glendal

Reported by: Haveesh

On Friday, the 27th of August, we introduced a whole school online learning event known as 'Get Up with Glendal'.



Get Up With Glendal promotion poster 1.

It was a day full of fun activities and Live meetings that students could choose from! It all began after the daily morning meets with a "Get Up with Glendal Morning Show", hosted by Mr. Colman and Miss Allan. The show consisted of trivia questions, appearances from many teachers (and principals), interviews, and challenges and games featuring Glendal staff members.

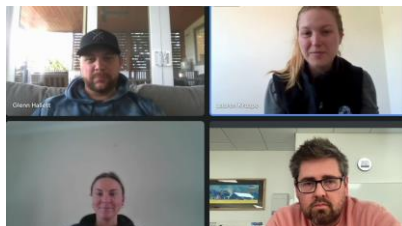
The day continued with many interactive and fun activities guided by teachers, and a matrix of independent tasks for everyone to choose from.



Mr Colman and Ms Allen, hosts of the Morning Show.



Ms Wright and Ms Richards play a game of Celebrity Heads.



Trivia with Mr Hallet, Ms Kruspe and Ms Brewis.

Here's a short interview with the hosts of the Get Up with Glendal morning show.

MISS ALLAN: *What was it like being a host of the Get Up with Glendal Morning Show?*

"It was really fun to be the host of Get up with Glendal. It gave me the chance to meet lots of students and teachers virtually and Mr Colman and I had plenty of laughs filming. We enjoyed doing something that we hoped would bring a smile to everyone's faces and thought it would be great to give students the opportunity to meet different peers. We can't wait for the next one because all the teachers are involved, and the student's get even more choice in activities!"

MR COLMAN: *How did the idea for Get Up with Glendal come about?*

"The idea of Get Up with Glendal was to try and build a bit of school community and togetherness during lockdown. We probably take it for granted that when we're at school normally, we see students and teachers from different year levels, and everyone gets to mix in different groups. So, one of the main ideas was to try to create an environment where students can mix while online and have some fun. Another important reason is to give students some options to select different activities that may suit them best. It's important for students to have some say in what they want to do and learn, so Get Up with Glendal gives students a chance to have some student agency."

Due to the huge success of this first event, it was brought back by popular demand. On Friday, the 17th of September - the last day of the term, we will have a second 'Get Up with Glendal', this time with a theme based around kindness.



Get Up with Glendal promotion poster 2.

JEM: Nude Food

Reported by: Aanya

What if you could eat better and save the planet all in one go?

A common challenge that I've heard from friends is that it's hard deciding what to have for lunch. In comparison, packaged food is popular because it's quick and convenient. But this is where Nude Food can be a real game changer.

So, what is Nude Food? Well, it's food without packaging. The more natural and easier to prepare, the better - think vegetables, fruits, sandwiches, salads, noodles, sushi... you get my drift.

Glendal celebrates Nude Food Day every Wednesday. The idea is to bring lunch devoid of any packaging, so no cling wraps, no zip lock bags, and no foil, nothing that will ultimately end up in landfill. The aim is to encourage students to eat healthy, stay away from packaged foods and ultimately reduce our waste impact on the planet.

Every Wednesday, our JEM representatives from every class or teachers, will count the number of nude foods that students bring for their snack and lunch. The winning class is the one with the LEAST amount of packaging.

A BIG Congratulations and Shout-Out to our winners for Glendal's Nude Food Day: **FM, 1J, 1M, 4K, 4M 6J (Week 6)**, **1J, 4K, 6J (Week 8)** and **FM, 4L, 6M (Week 9)**.

All winners will receive a signed autograph from **Pingu**, our JEM Mascot.



We hope to see many more winners for the rest of the year. To help you in your quest here are some handy tips

Tip #1 - Lunch Boxes with compartments or containers.

Sectioned lunch boxes are ideal for packing lunches. You can pack a variety of fruits, healthy home-made nibbles and foods that cover all the main food groups. They are leak-proof, easy to wash and reusable making them environmentally friendly.

Tip #2 - Involve children in food preparation.

Encourage children to assist parents with food preparations. This allows them freedom to choose what they would like to have for lunch, without the need to grab a packed snack. It also teaches children valuable life skills like responsibility, planning ahead, and caring for the planet by promoting good Nude Food habits.

Tip #3 - Pack lunches the night before.

Packing lunch the night before will take away the stress of rushing in the morning. Many food items can be bought in bulk and divided into smaller portions as Nude Food. Bulk buying will also save money.

We all know that waste and landfill is impacting on our planet in negative ways, but small steps taken now can help change that. What nude food do you have in your lunch and snack boxes?



Tokyo Olympics & Paralympics

Reported by: Trent and Jayden

One of the most famous sporting events held every 4 years is the Olympic Games, which took place in Tokyo this year. Unfortunately, due to the pandemic, the organisers had to make the tough decision to ban spectators at the Tokyo Olympic Games, meaning that everyone had to watch the Olympics on the television or online.

In this year's Olympic games, there were lots of old sports that had been in previous Olympics such as rowing, ping pong, badminton, swimming, shot put, and much more, and there were some new sports in the Tokyo Olympics - Skateboarding, Surfing, Karate and Sport Climbing.

More than 200 countries and teams participated in this year's Olympic Games - Australia, Japan, China, and the USA, just to name a couple of them!

Countries Results & medal tally - Olympic Games

America received the most gold medals out of all the countries - 39 gold, 113 medals in total. Just behind America

in the tally was China with 38 gold medals, a total of 88 medals. Australia was in 6th place with 17 gold medals and 46 total medals, making it one of Australia's most successful Olympic Games since the 2004 Athens Olympic Games.

Australia's most successful Olympian was swimmer Emma McKeon with 4 gold medals and 3 bronze medals at the Tokyo Olympics!



The Paralympics also took place this year in Tokyo. Unfortunately, just like the Olympics, the organisers had to ban spectators because of Corona virus, meaning that everyone had to watch the Paralympics on the television or online as well.

In this year's Paralympics, there were lots of sports that were in previous Paralympics such as Archery, Athletics and Rowing, and much more, and

there were a couple of new sports in the Tokyo Paralympics - Badminton and Taekwondo.

Countries Results & medal tally - Paralympics Games

China received the most gold medals with an impressive 96 gold medals and 207 total. Great Britain was second at 41 gold and 124 total medals. In 6th place for total medals and 8th place for gold medals was Australia with 21 gold medals and 80 total medals.

Australian Swimmer William Martin got 3 gold medals and 1 silver medal in the 2021 Tokyo Paralympics!



Australia had a really successful Olympics and Paralympics Games at Tokyo. We hope Australia can do even better at the next Olympics and Paralympics which will be held in Paris in 2024!

Glendal Olympics and Virtual Camp

Reported by: Trent

Term 3 is usually a busy time at Glendal. Grades have camp and other excursions planned but this year was a little different. To celebrate the Olympic and Paralympic Games, teachers from different year levels put together some fun and engaging activities during remote learning! Some year levels also held a virtual camp!

Grade 2 - Olympics

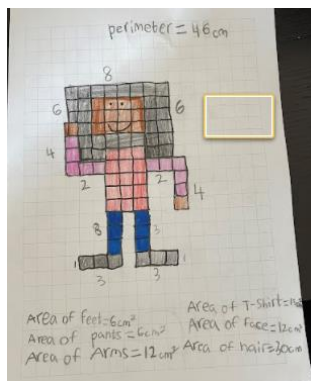
Students in Grade 2 renamed their learning tables after different countries competing in the Olympics. They could earn points for their country by displaying behaviours that reflected our Glendal values.

During their computer session, students researched their country and learnt lots of fun facts, including what their flag looks like. They worked in their country groups to complete a STEM activity which required them to design and construct an Olympics obstacle course.

The Grade 2s loved using hands-on materials and their creativity to build their courses.



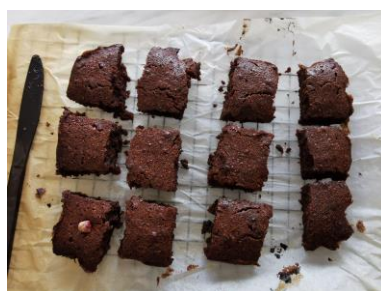
Robot portrait by Caleb 2M



Robot perimeter by Jade 2M

Grade 4 - Virtual Camp

The Grade 4 students participated in a virtual camp. They began the morning playing games against other Year 4 classes. They also completed activities such as designing their own cubby house, making damper, creating a raft, and baking brownies. The students all had a fantastic time. Here are some pictures of students' creations:



Brownies made by Justin



Damper

made by Radheesh

Grade 6 - Olympics & Virtual Camp

Every Friday during remote learning, the Grade 6 students do a day of integrated and immersive learning. On July 23rd, teachers provided an Olympic themed day of activities for students to choose from.

The list included Lockdown Olympics (Doing Olympic Sports at Home), Designing your own medal, Olympics education (Learning about Olympics), Olympic Values (Learning about the Olympic Values) and more.



List of Lockdown Olympic events

Later in the term on Friday 3rd September, Grade 6 students also participated in a virtual camp.

There were heaps of fun and interactive activities for students to choose from such as making paper planes, designing and constructing their own bridge, making their own archery range, cooking pancakes, and many more. The students enjoyed participating in the virtual camp.



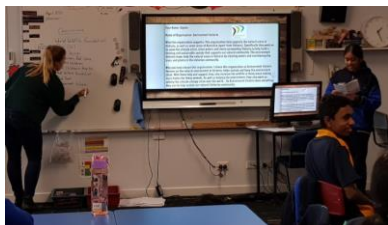
Pancakes made by Isabel 6N

Student Leadership: Ronald McDonald House Charity

Reported by: Katie, Ruby L & Shahani

Every year, the Year 6 Student Leaders at Glendal Primary School commit to making a positive change to the school and/or the wider community and to help people in need. We call this the 'Positive Change Project'.

This year, each Student Leader researched a charity that they wished to support. From there, they presented their findings to the group and as a collaborative group, voted on which organisation to support. Ultimately, the 'Ronald McDonald House Charity' was chosen as the charity we would like to donate to this year.



Charity Presentation by Siyona

Having chosen an organisation, the next thing to do was come up with ideas on how Glendal can support this charity.

On behalf of all the Student Leaders, a selection of leaders prepared a presentation on the Ronald McDonald House Charity and how we could raise

funds by holding whole school fundraising events. This was then presented to the school leadership team which consists of our Principal, Mrs Grosseck and Assistant Principals Mr Whitehead, Ms Robinson, and Mrs Newsom.

"I think they are a wonderful charity group to be partnering up with. It's a great way for our Glendal students and families to connect with the wider community and make a difference in people's lives. Hopefully this becomes a project that we can continue in future years."

- Miss Lau, Year 6 teacher and Student Leadership Coordinator.

"I felt that the Ronald McDonald presentation was a very exciting experience for me. It was a time when I could open up and express my interest to help others who aren't as privileged as us."

-Shahani

"I think that it was incredible to see the Student Leaders standing up for things that they think are important, and those that may need some more help than what we need

at Glendal and focusing on the community wider than the Glendal community. I think the four Student Leaders who came up with the idea and did the presentation were really passionate about it, and it was really awesome to see the Student Leaders looking to give back to the community."

- Miss Kruspe, Year 6 teacher and Student Leadership Coordinator.

It was a truly wonderful experience for the leaders who were given the opportunity to present. They were given excellent feedback by the leadership team, and their idea happily became a reality!

We are hoping to hold a series of events for Glendal students in Term 4 to raise awareness and funds for the Ronald McDonald House Charity. We hope Glendal will enjoy it! :)

More information will be announced in Term 4! Stay tuned!!



Celebrating Mid-Autumn Festival

Reported by: Henry

The Mid-Autumn Festival

Chinese celebrate the festival because of a legend about a girl named Chang'e who flew to the moon with her jade rabbit. The Mid-Autumn Festival is on the 15th of August in the lunar calendar. On this day we go back home and celebrate the festival with our families by eating mooncakes, hanging lanterns, and appreciating the full moon...



How do I celebrate it?

On that day I would probably go to a restaurant or stay in my house. Before the actual day of the Mid-Autumn festival my mum would normally invite our relatives for dinner. She would call a restaurant and book a table that is big enough for us all.

At dinner time we would get together and sit around the table at the restaurant, eating and chatting. We would

sometimes eat mooncakes as a dessert depending on how full we were. We would also give each other mooncakes as a gift.

What do we eat during the Mid-Autumn Festival?

On the day we normally eat moon cakes as you know, and there are a lot of different mooncake flavours, for example, salted egg yolk mooncake, mixed nut mooncakes and fruit mooncakes... (you get the idea).



The traditional imprint on the surface of a mooncake looks like patterns surrounded by flowers, but now it can basically just be any design you can create.

The shape of a mooncake is like a round flat cylinder. There is also a type of mooncake named snow skin mooncake, the outside of it is made from glutinous rice so it has to be kept frozen.



Glendal students celebrated the Mid-Autumn Festival by making playdough mooncakes or creating mooncake recipes and using real ingredients to make mooncakes.



紫薯冰皮月饼
Purple sweet potato mooncake

Henry's kitchen

recipe ingredients

- 400g 糯米粉
- 200g 粘米粉
- 200g 糖粉
- 200g 冰皮粉
- 100g 紫薯泥
- 100g 椰油
- 100g 水

steps

Step 1: 将糯米粉、粘米粉、糖粉、冰皮粉、紫薯泥、椰油和水放入一个大碗中，搅拌均匀。将混合物分成两份，一份用于制作外皮，另一份用于制作馅料。

Step 2: 将外皮混合物揉成团，分成12个大小相等的球。将馅料分成12个大小相等的球。将外皮球压扁，放入馅料球，收口捏紧。

steps part 2

将做好的月饼放入模具，压出喜欢的图案。将月饼放入冰箱冷冻30分钟，使其变硬。

完成！17th Nov ready to eat!