

Baulkham Hills High Newsletter

www.baulkhamhillshighschool.com.au



Cover: New School Records in Athletics

Jessie Wong (Y10) and Hasindu Sellaheewa (Y12)

In this issue:

Baulko News – New School Records: Athletics Carnival 2019

Band News

Band – Position Vacant

Year 10 NSW School Vaccination Program - Thursday, 20 June

Careers News

Chickenpox Fact Sheet

Entertainment Booklet

From the principal's desk:

Year 11 and 12 reports were issued last week. If students did not get their report they need to see their Year Advisers (Year 11) or myself (Year 12). Parent teacher meetings for Years 11 and 12 will be held this afternoon in the Houlston Centre.

Students have been reminded, again, that AMEB exams should not be scheduled during school time. It is up to their music teachers to arrange exam schedules for weekends or during the holidays. Students who do take time off school for these exams will have it recorded as 'unjustified absence' in our rolls.

Parents and Year 12 students will be interested in a change for this year. The HSC results will be released



Calendar 2019

This calendar is subject to change so please check carefully each week for any alterations. A whole year calendar is on the school website at www.baulkhamhillshighschool.com.au

Term 2

Week 7
Monday 10 June – QUEENS BIRTHDAY PUBLIC HOLIDAY
Tuesday 11 June
- Y11&12 Parent Teacher Evening
- Accelerated 10/12 HSC Composition Masterclass P1-8 (Kim)
- Scripture Seminars Y10, Y11, Y12 P5&6 and Y7, Y8, Y9 P7&8
Wednesday 12 June
- All Years – Sydney West Cross Country (Filewood/McDonell)
- Y7 Digi tech practical P7&8 (Dunne)
- Y7-12 – Live Aid Outreach in TLC (after school) – (Gyenge)
Thursday 13 June
- Y10 Subject Selection Info Afternoon - TLC P7&8
- Y10/12 Ancient History in class assessment P1&2 (Fletcher)
Friday 14 June
- HSC Economics Conference (Craft)
Saturday 15 June Cadets Mid Year Dinner/Dance (Vasram)
Week 8
Monday 17 June
- Y12 Buffer Week 17/6 to 21/6 incl.
- Y9 Data Handling Online Test (Dunne)
- Y10 Macbeth Assessment Task – Houliston P5&6 (Poole/Bovard)
Tuesday 18 June
- Y10 into Y11 Subject Selection Info Evening TLC 6pm – 7.30pm
Wednesday 19 June
Thursday 20 June
- Y10 Vaccinations P1-8 (Fletcher)
- Y7&8 APSMO Maths Competition in class (Hoang)
- Y8 Subject Selection Info Afternoon – TLC P7&8
Friday 21 June
- Y8 Drama performance (incursion) P5&6 (Swancott)
- NSW School Cup – All Day 21/6-22/6 incl. (Koksai)
Week 9
Monday 24 June
- Y12 Assessment Week 24/6 to 28/6 incl.
Tuesday 25 June
- P&C General Meeting 7.30pm
- Y8 into Y9 Subject Selection Info Evening TLC 6pm – 7.30pm
Wednesday 26 June
Thursday 27 June
Friday 28 June
- Y10 Reports issued
Week 10
Monday 1 July
- Y11 Assessment Week 1/7 to 5/7 incl.
Tuesday 2 July
Wednesday 3 July
Thursday 4 July
- Y12 Recognition Assembly – 9am
Friday 5 July
- Y7 and Support Reports issued

Term 3

Week 1
Monday 22 July – Staff Development Day (Pupil Free Day)
Tuesday 23 July
- P&C General Meeting 7.30pm
- Y10 Welfare Day (Trkulja)
Wednesday 24 July
Thursday 25 July
- Y7 & Y10 Parent Teacher evening
Friday 26 July
- Y8 and Y9 Reports Issued
- Y12 Buffer Week Friday 26/7 to Thursday 1/8 incl.
Week 2
Monday 29 July
- Y12 Buffer Week 26/7 to 1/8 incl.
- Y8 and Y9 Parent Teacher evening
Tuesday 30 July
Wednesday 31 July
Thursday 1 August
Friday 2 August
- Y12 Trial HSC Examinations 2/8 to 15/8 incl.

on Tuesday 17th December in the early morning. The ATARs will be released on the same day at 1pm, instead of the next day as in the past.

Good luck to our students competing in the Sydney West Cross Country tomorrow.

Congratulations to:

- Jessie Wong for breaking four school athletics records
- Hasindu Sellahewa for breaking two athletics records

Jeanne Bathgate



Our first orange from trees planted at the front of the school in 2017 by Y10 BFZ Group

Baulko News

2019 ATHLETICS CARNIVAL NEW SCHOOL RECORDS

CONGRATULATIONS TO JESSIE & HASINDU for setting new school athletics records. These 3 records for Jessie & 1 record for Hasindu go with a number of records that they broke last year.

15 GIRLS 100M JESSIE WONG - 12:78

Old record – Lorraine Kelso 1993 13:11

15 GIRLS LONG JUMP – JESSIE WONG – 5:10m

Old record – Claire Hawthorn 1993 4:81m

15 GIRLS TRIPLE JUMP - JESSIE WONG – 10:11m

Old record – Claire Hawthorn 1993 – 9:54m

17+ BOYS TRIPLE JUMP – HASINDU SELLAHEWA 13:20m

Old record – Vinay Karamil 2013 – 13:09m

Mr Filewood, Sports Organiser

*** **

Chicken Pox Alert

There have been some cases of Chickenpox in the area. Please check the attached factsheet and seek medical advice as soon as possible if you have concerns.

Further information about chickenpox can be found on the NSW Ministry of Health website at:

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/chickenpox.aspx>

Band News

1. **Reminder: Stage Band Workshop** this coming Saturday, 15th June at TLC 10:30am to 2:45pm.
 - Bring your own lunch.
 - Don't forget your instruments.
 - This workshop will be an intensive tutorial workshop. Please be on time.
 - Afternoon tea will be provided.

2. **Band Admin Vacancy:**
 - Band admin part-time position is open for application (Position Vacant Letter below).
 - This is a salaried position averaging 10 hours of working hours per week starting 22nd July.
 - Please refer to job descriptions for more details.
 - Applicants are to email their CV/Resumes to bhhsbandcom@gmail.com.
 - Application close on 28th June 2019.

SAVE THE DATE:

- **Senior Band Workshop** - Friday 16th August @ TLC 3:15pm-6:00pm, pizza afternoon tea.
- **Concert Band Workshop** - Monday 22nd July @ TLC
- **ASBOF (Australian School Band and Orchestra Festival, formerly known as NSWSBF)** - Sunday 8th Sept @ UNSW Kensington for Junior, Senior, Concert Bands and Orchestra.

The Band Committee



The Band Committee

Email: bhhsbandcom@gmail.com

The Baulkham Hills High School band program has a position vacant for a Band Administrator. The role is salaried, averaging 10 hours work per week as there are very busy times at the start and end of the school year and less work during latter part of Terms 2 and 3. Great flexibility working from home. Must have own computer. Excellent communication and organisational skills required.

Role involves:

- Responding to email enquiries in a timely manner
- organising band camps and registering events as required
- Liaising with band committee and Conductors
- maintaining accurate band rolls
- maintaining accurate contact data base
- attending band meetings (usually once per term)
- scheduling audition days
- keep band members up to date with relevant information about upcoming events

Musical knowledge not essential.

Applications and CV to be emailed to The Band Administrator bhhsbandcom@gmail.com

Applications close 28th June,2019. Start date 22nd July.

Margaret Howard
Band Administrator
Baulkham Hills High School

Year 10 Vaccinations – Thursday, 20th June



Health
Western Sydney
Local Health District

TRIM NO: 13/7263

NSW SCHOOL VACCINATION PROGRAM YEAR 10 NEWSLETTER PARENTS/GUARDIANS

NSW Health 2019 Meningococcal ACWY Vaccination Year 10 students

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2019 all Year 10 students are being offered a single dose of meningococcal ACWY vaccine.

Parent Information Kits for parents/guardians will be sent home from school with your child. Kits include a Parent Information Sheet, Consent Form and a privacy statement.

To consent to the free vaccination of your child, parents/guardians are advised to:

- Read all the information provided
- Complete and sign the Consent Form
- Return the completed Consent Form to school
- Ensure that your child eats breakfast on the day of the School Vaccination Clinic

Please note if students are absent on the day of the School Vaccination Clinic an SMS will be sent advising you the vaccine will be provided later in the year at school.

For Further information, please visit:

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/meningococcal-w.aspx>

www.science.org.au/news-and-events/news-and-media-releases/meningococcal-disease-spike-prompts-vaccination-call

[Meningococcal ACWY vaccine – animation for students](#)

[Meningococcal ACWY vaccine – personal story video for parents](#)

Or call the Public Health Unit on 9840 3603

For translated information in 26 languages, please visit:

www.health.nsw.gov.au/schooltranslations

Public Health Unit
Gungah, Building 88
Cumberland Hospital
LMB 7118, Parramatta BC NSW 2124
Tel 9840 3603 Fax 9840 3608

Careers News

Resources for parents

myfuture parent resource: <https://myfuture.edu.au/footer/assist-others>

Career Industry Council of Australia #Work2030 video for parents: <https://youtu.be/9YMKnZezOLc>

Career Planning Conversations Podcast with Kathryn Taylor (who will be speaking with Year 11 and 12 students this year): <https://www.vicparentscouncil.vic.edu.au/news/2019/3/28/vpc-podcast-series-career-planning-conversations-with-kathryn-taylor>

Uni Speakers Term 2 at lunch

This week is the final week of uni speakers for the term – today at lunch ACU Physio and Thurs lunch USyd Scholarships.

Events & Resources for students

Your child will continue to receive a Weekly Careers Update via email (which is similar to the content that has previously been posted in these newsletter updates). Due to the increasingly large number of events run by universities and limited space, event details will not continue to be put in this newsletter - however if you would like to receive this information directly, please ask your child for the user name and password that is published in Google Classroom for the [Study Work Grow](#) Careers subscription (which is also available to all parents of the school). Students have access to a range of resources on Google Classroom – please see the [Careers](#) page on the school website for an overview of the Careers Program.

Updates for parents of Year 10 students

- Work Experience FAQs and form (Student Placement Record) are on Google Classroom (opportunities that have been advertised by universities/organisations will be emailed to students however it is the student's responsibility to organise their own placement – guidance for this is via Careers Classes and individual consultations)
- UAC Guides for Year 10 students to assist with subject selection have been given to students
- A new online tool ([Subject Compass](#)) introduced by UAC recently has been shared with students to assist with the subject selection process

Updates for parents of Year 11 students

- Year 11 has undertaken Motivational Mapping using the Youth Maps profiling report (as well as a 1-hour explanatory session) and can book a follow up appointment with the Careers Advisor to discuss this. They have also had a career planning session as part of combined Careers/Wellbeing Day from a speaker experienced in HR on elements of CVs, work experience & scholarship applications

Updates for parents of Year 12 students

- UAC Guides have been delivered to the school and are available in the senior study for all Year 12 students
- Year 12 have been briefed on uni procedures and are now able to apply (the full [timeline](#) has been sent to students)
- Scholarship and cadetship opportunities have been emailed to/posted on Google Classroom for students and addressed by universities and other speakers this term
- Year 12 will have the opportunity to have help with their scholarship applications from a speaker experienced in HR, after Trials (Week 5, Thurs 22 Aug Period 6 + lunch)
- Year 12 students can use the UAC online tool [Course Compass](#) to assist their decisions
- Year 12 students need to finalise their UAC applications (with at least 1 preference which can be changed/deleted) by 30 Sep to avoid a late fee (ATARs will be released Tues 17 Dec 1pm)

Ms Hardy, Careers Adviser



Cough etiquette

Cover your cough



- When coughing or sneezing, use a tissue to cover your nose and mouth
- Dispose of the tissue afterwards
- If you don't have a tissue, cough or sneeze into your elbow.

Wash your hands



- After coughing, sneezing or blowing your nose, wash your hands with soap and water
- Use alcohol-based hand cleansers if you do not have access to soap and water

Remember hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.

Anyone with signs and symptoms of a respiratory infection, regardless of the cause, should be instructed to cover their nose/mouth when coughing or sneezing; use tissues to contain respiratory secretions; dispose of tissues in the nearest waste receptacle after use; and wash their hands afterwards.



Health



Communicable Diseases Factsheet

Chickenpox and Shingles

Last updated: 08 April 2018

Chickenpox is a common viral infection that can reappear later in life as shingles. Vaccination is recommended for all infants and non immune adults.

What is chickenpox?

- Chickenpox is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus)
- In children it usually causes a relatively mild illness.
- Chickenpox in adults and immunosuppressed people can be severe.
- Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby.
- Before routine vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

What are the symptoms?

- Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small lumps that turn into blisters and then scabs.
- The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.
- Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.
- Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

How is it spread?

- Early in the illness, the virus is spread by coughing.
- Later in the illness, the virus is spread by direct contact with the fluid in the blisters.
- The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated.
- People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs)
- Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

Who is at risk?

- Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.
- People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild). Doctors sometimes perform a blood test to see if these people need a vaccination.

How is it prevented?

- A free varicella containing vaccine (MMRV) is now recommended for all children at 18 months of age.
- The Varicella vaccine is recommended for all non-immune adolescents (>14 years) and adults. This involves two doses, at least 1 month apart. It is especially recommended for people at high risk, for example, health care workers, people living with or working with small children, women planning a pregnancy, and household contact of persons who are immunosuppressed.
- People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.
- People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.
- Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they have been around someone with these illnesses.
- Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

How is it diagnosed?

Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood.

What is Shingles?

- Shingles is caused by the reactivation of the virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness.
- The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body.
- Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.
- The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune.
- Shingles develops more commonly in people who are immunosuppressed.

How are shingles and chickenpox treated?

Shingles can be treated with special antiviral drugs such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection.

Chickenpox infection usually resolves without treatment.

What is the public health response?

Chickenpox is not currently notifiable in NSW but the incidence is monitored through the number of patients attending emergency departments and the number of patients who are hospitalised with chickenpox or shingles.

- Varicella vaccine protects against chickenpox, even if given up to five days after exposure.
- Short-term immunisation with varicella-zoster immunoglobulin (VZIG) - which is made from antibodies in donated blood - can prevent illness in people at high risk of complications. This needs to be given within 96 hours of exposure to the virus to be effective. People at high risk of complications following exposure include pregnant women who have not had chickenpox and who have not been immunised, newborn babies, and some immunosuppressed patients.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au



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for 2019 | 2020
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