## Issue #5

9 November 2020

# Baulkham Hills High Newsletter

# BAULKHAM HILLS

#### www.baulkhamhillshighschool.com.au









## Year 9 Food Tech – Celebration Cakes

#### In this issue:

From the Principal's Desk Baulko News – Swimming Carnival Information P&C News Year 10 Food Tech Year 9 Food Tech Band News Careers News Updated bus timetable (effective 23/11/20) School Travel Information 2021 ReachOut's top tips for beating stress

#### Website Link: http://www.baulkhamhillshighschool.com.au

# From the principal's desk:

Welcome to Week 5, half way through the term. This week the HSC concludes for Baulko (Tuesday). Many Year 12 students will be looking forward to a rest after the challenges of the last few weeks. We expect to see all of Year 12 back at school on Friday for their Graduation Assembly.

Unfortunately, because of COVID-19 restrictions we have to limit the number of people in the gymnasium. This means two separate assemblies with half the number of students graduating at each assembly. The performances speeches will be and repeated for each assembly. Each student is entitled to bring two guests, only. All auests must be reaistered in advance. Please do not arrive for the assembly if you have not registered. It will be embarrassing and very upsetting if we tell you to leave because you have not registered in advance. Seating has been allocated on a first come basis with your child's name on your seats.



#### Calendar 2020

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 <u>www.baulkhamhillshighschool.com.au</u>

| Term 4   |
|--|
| Week 5   |
| Monday 9 November  |
| - Y8/9 Yearly Examinations 9/11 to 13/11 incl.   |
| - HSC Examinations 20/10 to 11/11 incl.  |
| - Y11ES Engineering Excursion (Maricic)  |
| Tuesday 10 November  |
| - Y12 Biology Incursion Depth Study (Kuksal)   |
| Wednesday 11 November  |
| Thursday 12 November   |
| Friday 13 November   |
| <ul> <li>Y12 Graduation Assembly – 2 Sessions:-</li> </ul>                             |
| - Student Surname A-M (9am – 11am)   |
| - Student Surname N-Z and Support Unit (1pm – 3pm)                                     |
| - Y10 Schol Cup Volleyball – Seniors. All Day (Koksal/Drew)                            |
| Week 6   |
| Monday 16 November   |
| Tuesday 17 November  |
| Wednesday 18 November  |
| Thursday 19 November   |
| - Y11 Recognition Assembly   |
| - Yr 9 & 11 HSC Geography Assessment Task #1. In Class. Pds 5&6.                       |
| (Filewood)   |
| - Y9 PASS Raw Challenge Excursion (Renwick)  |
| Friday 20 November   |
| - All years – SRE Seminar P3&4   |
| - Y9 YLead Peer Support Training (Fletcher/laconis)                                    |
| - Yr 8 School Cup Volleyball – Juniors, All Day, (Koksal/Drew)                         |
| Week 7<br>Monday 23 November   |
| Monday 23 November<br>- Y11 Buffer Week 23/11 to 27/11 incl.                           |
| - Y12 Formal   |
| Tuesday 24 November  |
| Wednesday 25 November  |
| - Y9 Duke of Ed Camp 25/11 to 27/11 (Chapman)  |
| Thursday 26 November   |
| - Y7 History Medieval Show   |
| Friday 27 November   |
| - Y11 Business Studies HSC Task 1 in class P7&8 (Mogoko)                               |
| Week 8   |
| Monday 30 November   |
| - Yr 11 Assessment Week 30/11 to 4/12  |
| Tuesday 1 December<br>- Yr 10 History Elective Korean Cultural Centre Excursion (Reid) |
| Wednesday 2 December   |
| Thursday 3 Docombor  |
| Thursday 3 December<br>- Yr 10 Food Tech – Chinatown. Pds 1-8 (Parnell)                |
| Friday 4 December  |
| - Yr 10 Reports issued   |
| - Yr 8 History Medieval Show (incursion). Pds 1-6                                      |
| - Yr 9 Christmas Cupcake Decorating. All Day. (Parnell)                                |

Plans of seating will be around the gym. All students are expected to be in full uniform. Students who do not have full uniform will not be permitted to participate in the graduation ceremony. Sadly, there will be no celebratory morning or afternoon tea and families will be expected to leave as soon as the assembly has finished. There is to be no parking in the bus bay. Please leave plenty of time to negotiate the traffic on Windsor Road and find a parking spot in nearby streets. All parents arriving for Graduation Assembly will be expected to do a COVID sign in with QR code or paper and pen.

Year 12 will celebrate the end of their school careers with the Formal to be held on Monday 23<sup>rd</sup> November.

On Wednesday (11<sup>th</sup>) the school will recognise Remembrance Day with a video made by the prefects instead of our usual assembly.

Parents are now permitted on to school grounds to collect uniforms. They must sign in at the school office before proceeding to the Uniform Shop.

REMINDER: If you or your child have cold or flu symptoms, even very mild symptoms, you must not enter the school site and must get a Covid test

Jeanne Bathgate Principal



# Baulko News

## 2021 SCHOOL SWIMMING CARNIVAL

This is now a competitors only event & the carnival is going to be held on Wednesday, 10 February 2021 @ Blacktown Aquatic Centre.

Normal classes will run at school but teachers have been asked not to introduce new work while students may be at swimming. Transport will be provided to & from the venue.

The program of swimming events can be viewed in the google classroom sport page

If you wish to enter any or all events please use the GOOGLE REGISTRATION FORM. The link to the form is available in the google classroom sport page. This is the **only** way to register to attend & compete at the carnival.

Please complete your entry asap, as we want to organise & create race start & marshal sheets this year. The cut-off date for entries will be Friday, 13 November 2020



#### **P&C** News

#### Final Reminder: Term 4 Virtual P&C Meeting

The next P&C Meeting will be held on:

#### Date: 10 November (Tuesday)

#### Time: 7-8pm

The meeting will start with the Principal's report (10-15 mins), please make sure you log in on time.

Meeting invites will be sent to everyone in the P&C mailing list. (Kindly be informed we are unable to blind CC in the meeting invitations. If you do not wish to be included in the meeting invites, please let us know by emailing us at <u>bhhspandc@hotmail.com</u>.)

No registration is needed for the meeting, just click on the link or scan the QR code provided to join. All login information will be provided in the email. If you are not in the P&C mailing list, please email <u>bhhspandc@hotmail.com</u> so we can include your email.

#### (Note: Scanning the QR code does not work with WeChat. Use your phone camera instead.)

#### Year 7 (2021) Uniform Fitting: Volunteers Needed

\*\* The Uniform shop is calling for volunteers to help on the following 3 Saturdays: **21 & 28 Nov**, **and 5 Dec, from 8am to 12pm \*\*** 

Thank you to anyone who has replied to volunteer in helping new students' uniform fittings. We have all been in their shoes and realised how hard it is to "estimate" the uniform sizes of a new school. We are very pleased to finally be able to offer the help to our new parents.

Help is still needed, please keep the volunteer emails coming! ③

All COVID safety guidelines will be followed during the fitting with face masks made compulsory and hand sanitizer in place.

Please email the uniform shop at <u>bhhsuniformshop@gmail.com</u> if you can help. We appreciate any help, even if you are not able to help with the full shift. One or two hours on any day will be a big help to us.

Thank you!

Sau Wan Liew

P&C President



## Year 10 Food Tech

#### Year 10 Food Truck recipes- Food Service and Catering

Year 10 Food Technology students are currently studying Food Service and Catering. They have really outdone themselves in the kitchen completing this task. They were required to create a recipe that could be served from a Food Truck. The ideas they created were both creative and innovative. Some examples of their food truck recipes were Kimchi pancakes, Rada Pattice, Churros, Dumplings, Mini dessert tacos, Pork Gyoza, Stella cake, Pirozhki and the list goes on.

All students should be very proud of themselves for producing culinary delights that could be served in a restaurant. The opportunity to be creative and show talent in different domains is one thing our faculty strives to achieve with our students.

As we finish the year in Food Technology we would like to acknowledge how far our students have come in our subject. We hope they continue to create food from the skills and recipes they have learnt in Stage 5. Food Technology gives students a chance to show their creative talents in the kitchen and we cannot be any more proud of them. Best of luck for your futures we will definitely miss your smiling faces.

Mrs Parnell, Stage 5 Food Technology Teacher























## Year 9 Food Tech

#### **Celebration Cakes- Food For Special Occasions**

The day started early when our students entered the Food Technology rooms to get started on their huge Food For Special Occasions Practical Exam. Our Year 9 students were excited to create their own celebration cakes in their practical lessons. Their teachers were super impressed with their pre planning and how they would come together on the day. We eagerly anticipated their finished cakes and were ready to take lots of photos to show the Baulkham Hills High School community how talented our students are. By looking at the photos you can see how hard they have worked and the end products speak for themselves.

Some of the themes this year were baby shower cakes, gender reveal cakes, wedding cakes, birthday cakes, Halloween cakes, and so many more...

Well done to all our Food Technology students on a fantastic job. We are looking forward to the food you create in Year 10. Your teachers are so very proud of you.....

Mrs Parnell and Ms Payne, Food Technology Teachers





























## **BAND NEWS**

It's been 2 weeks since our bands have resumed, we hope you are all enjoying music again! 3

#### Students are to:

- 1. Follow Band Conductor's direction on social distancing.
- 2. Bass and Wind instrument students must bring their own spit towel.

#### SAVE THE DATE:

- Clean out Band Lockers 4<sup>th</sup> Dec 2020
- Last Day of Bands 4<sup>th</sup> Dec 2020
- Audition for 2021 bands 12<sup>th</sup> Dec 2020

If your child is feeling unwell, please do not send them for the rehearsals or to school.

If you have any concerns regarding sending your child for the rehearsal giving the current scenario please contact band admin email at <u>bhhsbandcom@gmail.com</u>.

We can only give you newsletter on a weekly basis but if you joined our Facebook page, you will have instant access to news from the Band Committee, you can follow our Facebook page at <a href="https://www.facebook.com/Baulko-Band-and-Orchestra-100848740521209">https://www.facebook.com/Baulko-Band-and-Orchestra-100848740521209</a>

The Band Committee



#### **Careers News – Term 4**

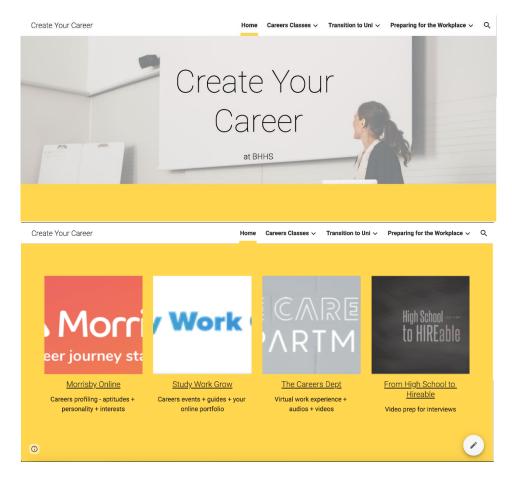
Due to the increasing volume of Careers info in 2020, a new Google Site (**Create Your Career at BHHS**) has been created along with a new corresponding Google Classroom for regular updates. Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <u>https://myfuture.edu.au/assist-your-child</u>

From the homepage, students can access all their subscription resources:

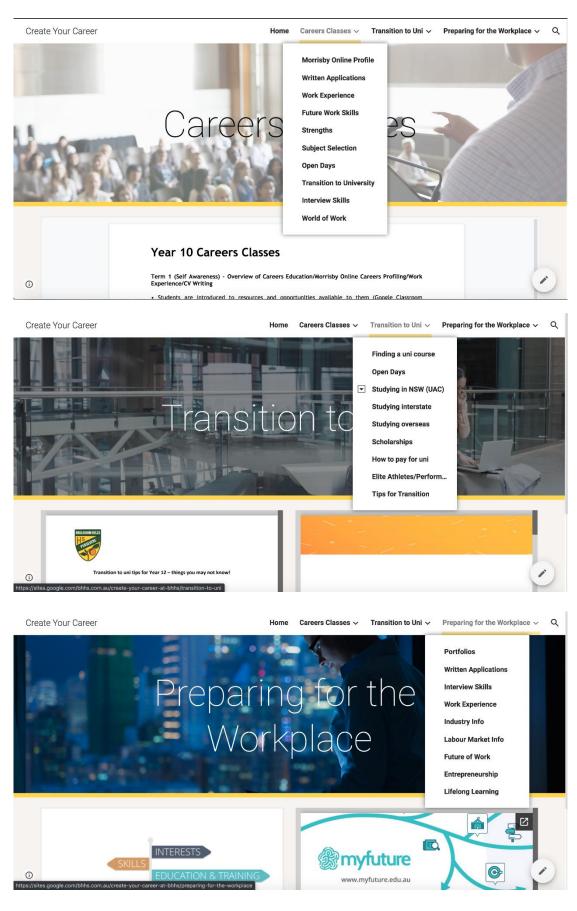
- Morrisby Online Career Profiling (aptitudes, personality, interests)
- Career Central (Career Management software)
- Study Work Grow (guides, updates, portfolio)
- The Careers Department (virtual work experience, audios, videos)
- From High School to Hireable (coming 2021 online interview skills course)

As well as content on <u>Careers Classes</u>, <u>Transition to Uni and the Workforce</u>, students have easy access to useful tools:

- Book a Careers appointment spreadsheet
- Careers Checklists
- Uni speakers at BHHS
- Year 12 Deadlines









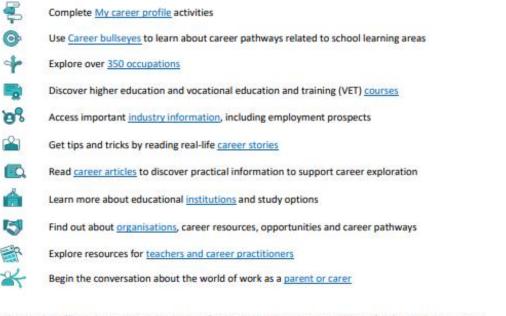


myfuture has a new look!

Informed by feedback from users and experts, myfuture's updated website continues to provide access to high-quality and reliable career information from official sources, but its tools and resources have been restructured to make them easier to explore. A number of new features have also been introduced, including a 'My Favourites' section, glossary terms and tips to help students uncover new information and options.

As a government-funded service, myfuture provides free online resources and tools to support students to develop selfknowledge for career decision-making.

myfuture's personalised features assist young Australians to explore how their values, interests and skills relate to a wide range of career options and vocational and higher education pathways.



myfuture also offers targeted resources and professional development opportunities for those who support or influence career choices, such as teachers, career practitioners, parents and carers.

Explore the recent updates: https://bit.ly/myfuture20



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#### **School Travel Advice**

For trip planning visit www.transportnsw.info or call 131 500.

For current Hillsbus school and route services visit www.cdcbus.com.au or call 02 8889 7000.

Conditions of Carriage: Students must have a valid Opal card and must tap on and off every trip. Further details about the SSTS are available at: www.transportnsw.info

Key: L> Bus turns left; R> Bus turns right

### **BAULKHAM HILLS HS**

| Bell Times |       |
|------------|-------|
| Morning:   | 08:40 |
| Afternoon: | 15:06 |

Effective 23/11/2020

|       |             | MORNING BUSES   |
|-------|-------------|---|
| Route | Time        | Bus Route   |
| 3103  | 07:00       | EX CADWELLS via Porters to Kenthurst Rd opp Pitt Town Rd                              |
|       | and a state | Transfer to Route 639 due 07:23   |
| 626   | 07:00       | EX PENNANT HILLS STATION via Route 626 to Castle Hill Station (07:41),                |
| 17491 | STATE AND   | Transfer to Route 8018 (due 07:47, see below)   |
| 651   | 07:07       | EX BEECROFT STATION via Wongala, Copeland, R>York, L>Hannah, L>Cardinal,              |
|       |             | R>Copeland, R>Pennant Hills, L>Aiken, R>Taylor, Highs, L>Castle Hill, L>Old Northern, |
|       |             | R>Castle Hill Station (07:30).  |
|       |             | Transfer to Route 8018 (due 07:47, see below)   |
| 539   | 07:08       | EX NEICH RD BEFORE BOUNDARY RD via Pitt Town, R>Kenthurst (07:23), R>Old              |
|       |             | Northern, Oakhill College (07:40)   |
|       |             | Transfer to Route 2033 (due 07:56, see below)   |
| 3160  | 07:10       | EX OLD PITT TOWN & TERRY RDS via Old Pitt Town, L>Nelson, u-turn Nelson & Blind,      |
|       |             | return Nelson, Nelson & Edwards (07:23), L>Edwards, L>Annangrove, R>Kenthurst, Round  |
|       |             | Corner (7.45), R>Old Northern, Oakhill College (07:55).                               |
|       |             | Transfer to Route 8014 (due 08:03, see below)   |
| 600   | 07:12       | EX PENNANT HILLS STATION via Route 600 to Castle Hill Station (07:43), then via Old   |
|       |             | Northern Rd to Old Northern Rd opp Baulkham Hills TAFE.                               |
| 603   | 07:12       | EX KELLYVILLE STATION via Samanatha Riley, L>Glenhaven, R>Mills, L>Carinda,           |
|       |             | L>Glenhaven, R>Old Glenhaven, L>Glenhaven R>Evans, L>Grange, R>Greenbank, via         |
|       |             | Greenbank Loop, R>Linksley, R>Ridgecrop, L>Gilbert, R>Old Northern to Oakhill College |
|       |             | (07:55).  |
| 000   | 07:14       | Transfer to Route 8014 (due 08:03, see below)   |
| 638   | 07:14       | EX ARCADIA RD AND BLACKS RD via Arcadia, R>Galston, L>Old Northern to Round           |
|       |             | Corner (07:34).<br>Transfer to Route 637 (see below)                                  |
| 632   | 07:15       | EX PENNANT HILLS STATION via Railway, R>Pennant Hills, R>Castle Hill, R>Edward        |
| 032   | 07.15       | Bennett, L>Neale, L>Franklin, R>Bradfield, R>Castle Hill, R>County, L>Woodgrove,      |
|       |             | L>David, R>Anglican Retirement Village, L>Old Northern, R>Castle Hill Station Stand C |
|       |             | (07:46).  |
|       |             | Transfer to Route 600 to Old Northern Rd opp Baulkham Hills TAFE                      |
| 637   | 07:15       | EX GLENORIE via Old Northern, Round Corner (07:34), Oakhill College (07:43).          |
| 007   | 07.10       | Transfer to Route 8014 (due 08:03, see below)   |
| 2098  | 07:20       | EX CNR GREEN RD & WRIGHTS RD via Green L>Samantha Riley, R>Foxall, L>Withers,         |
| 2000  |             | R>Hezlett, R>Samantha Riley, L>Windsor Rd, R>Barina Downs, L>Mackillop, L>Chapel,     |
|       |             | R>St Michaels, L>Merindah, R>Windsor to Baulkham Hills HS                             |
| 601   | 07:20       | EX ROUSE HILL STATION via Route 601 to school   |
|       | 01.20       |   |



9 November 2020

Issue #5



## **School Travel Advice**

| Route | Time  | Bus Route   |  |
|-------|-------|---|--|
| 608   | 07:21 | EX WINDSOR STATION via Windsor Rd, McGraths Hill (07:28), L>Tway to Rouse Hill  |  |
|       |       | Station (07:46).  |  |
|       |       | Transfer to Sydney Metro to Castle Hill Station   |  |
| 2100  | 07:25 | EX PARRAMATTA STATION A4 express to school  |  |
| 615X  | 07:29 | EX STRINGER RD AFTER TIMBARRA AVE via Route 615X to Windsor Rd opposite<br>Coronation Rd.   |  |
| 8009  | 07:30 | EX SEVEN HILLS STATION STAND A via Prospect Hwy, Seven Hills Rd to Merindah Rd,   |  |
| 8018  | 07:30 | then express to school EX KNIGHTSBRIDGE SHOPS via Ridgecrop (complete circuit), R>Gilbert, L>Tuckwell,  |  |
|       |       | R>Old Castle Hill, L>McMullen, R>Old Northern, R>Castle Hill Station Stand C (07:47),<br>L>Crane, R>Terminus, Cecil, L>Old Northern, R>Parsonage, L>Marie, L>Excelsior, |  |
| 000   | 07.00 | R>Roxborough Pk, L>Windsor Rd to school   |  |
| 600   | 07:30 | EX PARRAMATTA STATION A4 via Station, Smith, Wilde, L>Victoria, R>O'Connell,<br>R>Barney, L>Church, Windsor Rd, R>Old Northern to Baulkham Hills TAFE                   |  |
| 601   | 07:30 | EX PARRAMATTA STATION A4 via Station, Smith, Wilde, L>Victoria, R>O'Connell,<br>R>Barney, L>Church, Windsor Rd to opposite school                                       |  |
| 2004  | 07:31 | EX MODEL FARMS RD OPPOSITE WLLMOTT AVE via Model Farms Rd, L>Asquith,   |  |
|       |       | L>Junction, R>Watkins, R>Cropley, R>Seven Hills Rd, L>Jasper, L>Glanmire, R>Merindah, R>Windsor Rd to school  |  |
| 2007  | 07:34 | EX CHURCHILL DR AFTER WINDSOR RD via Churchill, Caroline Chisholm, L>Voltaire,  |  |
| 2001  | 07.04 | R>Lanhams, L>Oakes, L>Barnetts, L>Reillys, Willmott, R>Model Farms, L>Asquith,  |  |
|       |       | L>Junction, R>Caroline Chisholm, R>Langdon, R>Gooden, R>Baulkham Hills Rd, R>Seven  |  |
|       |       | Hills Rd, L>Jasper, R>Palace, R>Windsor Rd to school  |  |
| 2032  | 07:35 | EXFREEMAN ST AFTER LUCAS RD via Freeman, L>Northcott, L>Turner, R>Garden,   |  |
|       |       | R>Vardys, L>Capricorn, L>Parkinson, L>Sutherland, R>Keppel, L>Isaac Smith, R>Ravenhill,   |  |
|       |       | R>James Cook, L>Whitby, R>Joseph Banks, L>Seven Hills Rd, R>Old Windsor Rd,   |  |
|       |       | L>Gibbon, L>Langdon, R>Gooden, R>Baulkham Hills Rd, R>Seven Hills Rd, L>Jasper,   |  |
|       |       | R>Coronation, L>Windsor Rd to school  |  |
| 2170  | 07:35 | EX PARRAMATTA STATION via Argyle, L>Station, Smith, Wilde, L>Victoria, R>O'Connell,   |  |
|       |       | R>Barney, L>Church, Windsor, R>Old Northern to Baulkham Hills TAFE  |  |
| 3166  | 07:35 | EX PENNANT HILLS STATION EXPRESS via Railway, R>Pennant Hills, R>Castle Hill,   |  |
|       |       | R>Old Northern, Oakhill College (07:53).  |  |
| 633   | 07:37 | Transfer to Route 8014 due 08:03 (see below)  |  |
| 033   | 07.37 | EX PENNANT HILLS STATION via Route 633 to Castle Hill Station.  |  |
| 2012  | 07:38 | Transfer to Route 600 to Old Northern Rd opp Baulkham Hills TAFE<br>EX SEVEN HILLS STATION via Terminus, L>Prospect Hwy, Seven Hills Rd, L>Merindah                     |  |
| 2012  | 07.00 | Rd, R>Windsor Rd to school  |  |
| 600   | 07:40 | EX PARRAMATTA STATION A4 via Station, Smith, Wilde, L>Victoria, R>O'Connell,  |  |
|       |       | R>Barney, L>Church, Windsor Rd, R>Old Northern to Baulkham Hills TAFE   |  |
| 2101  | 07:50 | EX PARRAMATTA STATION A4 then Express to school   |  |
| 2033  | 07:56 | EX OAKHILL COLLEGE via L>Old Northern, R>Castle Hill Station Stand C (08:04),   |  |
|       |       | L>Crane, R>Terminus, Cecil, L>Old Northern, R>Parsonage, L>Marie, L>Excelsior,  |  |
|       |       | R>Roxborough Pk, L>Windsor to school  |  |
| 2073  | 07:56 | EX NORBRIK T-WAY via T-way, R>Celebration, R>Brighton, R>Edgewater, Westwood,   |  |
|       |       | L>Bella Vista, R>Bella Vista, R>Reston, R>Barina Downs, R>Mackillop, L>Chapel,  |  |
|       |       | L>Merindah, R>Windsor to school   |  |
| 3014  | 07:57 | EX EPPING STATION BEECROFT RD STAND F express to Windsor Rd School Bus Bay  |  |
| 2020  | 08:02 | EX SEVEN HILLS RD AFTER ASTORIA PARK RD via Seven Hills, R>Merindah,  |  |
| 3013  | 08:02 | R>Glanmire, R>Jasper to Palace Rd then express to opposite school<br>EX EPPING STATION BEECROFT RD STAND F express to Windsor Rd School Bus Bay                         |  |
|       |       |   |  |
| 8014  | 08:03 | EX OAKHILL COLLEGE via Old Castle Hill, L>(2nd) First Farm, R>Lynstock, R>Old Castle  |  |
|       |       | Hill, L>Tuckwell, L>Britannia, R>Bounty, L>Tuckwell, L>Gilbert, L>Showground,   |  |
|       |       | R>Carrington, L>Middleton, L>Parsonage, R>Coolong, L>Kerrs, R>Marie (08:19),  |  |
|       |       | L>Excelsior, R>Roxborough Pk, L>Windsor Rd to school  |  |



|       | AFTERNOON BUSES |  |  |
|-------|-----------------|--|--|
| Route | Time            | Bus Route  |  |
| 2594  | 15:12           | EX BUS BAY EXPRESS TO PARRRAMATTA INTERCHANGE  |  |
| 2694  | 15:12           | EX BUS BAY EXPRESS TO PARRRAMATTA INTERCHANGE  |  |
| 2794  | 15:12           | EX BUS BAY EXPRESS TO PARRRAMATTA INTERCHANGE  |  |
| 2606  | 15:15           | EX BUS BAY TO CRESTWOOD & BELLA VISTA Express to Chapel Lane then via                    |  |
| 2000  | 10.10           | R>Mackillop, L>Barina Downs, L>Reston, L>Bella Vista, L>Bella Vista, R>Westwood,         |  |
|       |                 | Edgewater, L>Brighton, L>Celebration, L>T-Way to Norbrik                                 |  |
| 8526  | 15:15           | EX BUS BAY TO PEEL RD (FIRST SET DOWN JASPER RD) via R>Coronation, R>Jasper,             |  |
|       |                 | L>Glanmire, L>Merindah, R>Peel, Chapel to Crestwood HS                                   |  |
| 2531  | 15:17           | EX BUS BAY EXPRESS TO SEVEN HILLS STATION  |  |
| 2551  | 15:17           | EX BUS BAY TO WINSTON HILLS & WEST BAULKHAM HILLS via Windsor Rd,                        |  |
|       |                 | R>Churchill, L>Voltaire, R>Lanhams, R>Nestor, L>Caroline Chisholm, R>Langdon,            |  |
|       |                 | R>Gooden, R>Tamboura North, L>Myallie, L>Cropley, L>Seven Hills, L>Baulkham Hills Rd,    |  |
|       |                 | R>Marina, L>Seven Hills Rd, R>Merindah to Kanangra                                       |  |
| 2653  | 15:17           | EX BUS BAY EXPRESS TO SEVEN HILLS STATION  |  |
| 2552  | 15:20           | EX BUS BAY EXPRESS TO EPPING STATION   |  |
| 2568  | 15:20           | EX BUS BAY EXPRESS TO EPPING STATION   |  |
| 600   | 15:20           | EX OLD NORTHERN RD via Route 600 to Parramatta Station                                   |  |
| 2502  | 15:22           | EX BUS BAY TO KNIGHTSBRIDGE via L>Windsor Rd, L>Chelsea, L>Old Northern Rd,              |  |
|       |                 | R>Cecil, Terminus, L>Crane, R>Castle Hill Station Stand A, L>Old Northern Rd to Oakhill  |  |
|       |                 | College (15:42), L>Old Castle Hill Rd, R>Tuckwell, R>Gilbert, L>Ridgecrop to end of loop |  |
| 600   | 15:24           | EX OLD NORTHERN RD via Old Northern, R>Cecil, Terminus, L>Crane, R>Castle Hill           |  |
|       |                 | Station Stand A.   |  |
|       |                 | Transfer to Route 660 to Castlewood (see below) and Route 651 to West Pennant Hills (see |  |
|       |                 | below)   |  |
| 8528  | 15:27           | EX BUS BAY TO ROGANS HILL via Windsor Rd, L>Chelsea, L>Old Northern Rd to Oakhill        |  |
|       |                 | College (15:44).   |  |
|       |                 | Transfer to Routes 603 Glenhaven (see below).  |  |
| 601   | 15:28           | EX WINDSOR RD AT CORONATION RD via Route 601 to Rouse Hill Station                       |  |
| 601   | 15:28           | EX WINDSOR RD TO PARRAMATTA via Route 601 to Parramatta Station                          |  |
| 2532  | 15:30           | EX BUS BAY TO KINGS LANGLEY & SEVEN HILLS (FIRST STOP SEVEN HILLS RD &                   |  |
|       |                 | BINGARA CR) via Windsor Rd, R>Coronation, L>Jasper, R>Seven Hills Rd, R>Joseph           |  |
|       |                 | Banks, R>Whitby, R>James Cook, L>Ravenhill, L>Isaac Smith, R>Keppel, L>Sutherland,       |  |
|       |                 | R>Parkinson, L>Capricorn, R>Whitby, L>Vardys, R>Johnson, R>Prospect Hwy to Seven         |  |
|       |                 | Hills Station  |  |
| 651   | 15:45           | EX CASTLE HILL STAION STAND A via L>Old Northern, R>Castle Hill, R>Highs, R>Highs,       |  |
|       |                 | Taylor, L>Aiken, R>Pennant Hills, L>Copeland, L>Cardinal, R>Hannah, R>Wongala to         |  |
|       |                 | Beecroft Station   |  |
| 603   | 15:54           | EX OAKHILL COLLEGE WESTERN SIDE TO GLENHAVEN & ROUSE HILL via Route 603                  |  |
| 660   | 16:16           | EX CASTLE HILL STATION STAND C via Route 660 to Castlewood Estate                        |  |
|       |                 | •  |  |



## School Travel for 2021



#### 2021 school travel applications are now open

Applications for student travel in 2021 opened from Monday 12 October 2020.

Students who require a School Opal card or travel pass for 2021 can now <u>apply</u> online. A new application should be submitted if a student is applying for a school travel pass for the first time or requesting an additional pass as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who have changed school/campus, changed address, repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should <u>re-apply or update their details</u>.

\*Applications must be completed by the student's parent or legal guardian if the student is aged under 16 years. Students 16 years and over must complete the application form themselves.

Where there is a change of distance eligibility based on a student's grade, the system will automatically update a student's entitlement if they meet the new criteria. If they do not meet the new eligibility criteria, they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition which is due to expire will receive a notification advising them to re-apply.

Term Bus Pass holders will receive a notification to re-apply.

If a student needs to update their information or re-apply, they should go online to https://apps.transport.nsw.gov.au/ssts/updateDetails

Applications need to be submitted before **31 December 2020** to ensure that current student entitlements are updated and their current entitlement/card remains valid. If their application is submitted after 31 December 2020, the system will automatically cancel an entitlement/card and a new one will need to be issued.

Students in the Opal network applying for a SSTS or Term Bus Pass entitlement for the first time will receive their card at their nominated postal address. Cards will be mailed out from January 2021.



Students residing in Rural and Regional (R&R) areas should receive their travel pass at the commencement of the new school year from their nominated operator, this may be distributed via the school or sent direct to their address. **Note**: some R&R operators do not issue travel passes. Students/Parents should confirm with their nominated operator if they do not receive a pass.

#### New Concession Entitlement Cards

Transport for NSW will be replacing the below cards with Transport Concession Entitlement Cards (TCEC) from October 2020:

- Senior Secondary Student Concession Card (16 years and over) also used by Mature Secondary Students (18 years and over), Distance Education Students and Home School Students
- Proof of Age card (when a student under 16 years of age looks older)
- Boarder Rail Pass.

All previous cards will be valid until they expire. Students who require a Transport Concession Entitlement Card should speak with their school administration staff.

> Enquiries regarding school student travel can be submitted to Transport for NSW at: https://transport.sw.info/contact-us/feedback/passes-concessions-feedback

### School Opal Card Information for Years 8 to 12 in 2021

From January onwards, there will be a number of School Opal cards expiring, as the physical card has reached its lifespan.

These are cards for students who will be in years 8 to 12 in 2021, and only those Opal cards which haven't been replaced in the last five years.

Impacted students and/or their parent/guardian will be contacted directly by Transport for NSW via email or post. They will be asked to confirm their details online in order for a new School Opal card to be sent to the correct postal address in time for the new school year.

If contacted by Transport for NSW, details should be submitted <u>online</u> by December 1, 2020 at the latest. Affected students who do not confirm their details in time will have a new School Opal card posted to the address we currently have on file.

Transport for NSW



### ReachOut's top tips for beating stress

Everyone experiences stress at some point, but there are heaps of simple ways to minimise its impact on your life. Right now is a great time of the year to work on stress management skills and be ready for when the stress- deluge comes (exams).

Stress can be mild or intense, and it can make people feel frustrated, anxious and even hostile. Ever been grumpy because of stress? There you go. Stress can get in the way of sleep, cause headaches and change your appetite. It can also reduce your ability to concentrate and make it harder to remember course content.

ReachOut has lots of fact sheets and practical tools for beating stress. Here are a few:

- All work and no play? Bad idea. Make time every week to completely forget about study and do something you enjoy, like playing sport, hanging out with friends or watching TV. Taking regular breaks and 'me-time' to clear your head will also help you study more productively: <u>au.reachout.com/takina-regular-me-time</u>
- Feel like you're not achieving what you're capable of? Sit down and set goals at the beginning of each term. Define your goal, set sub-goals and make a plan of action. Then you'll know what you're aiming for and it'll be easier to stay focused: <u>au.reachout.com/how-to-set-goals</u>
- When you're feeling stressed, it helps to have a proven strategy lined up to help you deal with it. It could be something like reducing the number of commitments you have, telling a close friend you're stressed and talking through it, or even using positive self-talk strategies: <u>au.reachout.com/building-better-coping-skills</u>

Sometimes it might feel like stress is unbeatable, but it's definitely manageable. For more info on keeping it in control, check out these fact sheets on <u>ReachOut.com</u>:

- Tips on managing stress: <u>au.reachout.com/managing-stress</u>
- Helpingsomeone withstress: au.reachout.com/helping-someone-with-stress
- Ways to relax: <u>au.reachout.com/ways-to-re!ax</u>
- Tips for problem solving: <u>au.reachout.com/all-about-problem-solving</u>
- Information on anxiety: <u>au.reachout.com/how-to-manage-anxiety</u>





## FOR SALE – Gymnastics equipment (Vault and Pommel Horse)

The PDHPE faculty is updating our learning resources and have some equipment that is currently not being used.

We are selling a Vault and Pommel horse.

Both are in good condition, but not used for the past few years.

Please contact the school for further information and price.





Regards,

Mr McDonell Head Teacher PDHPE Baulkham Hills High School







# Symptoms of COVID-19

#### Symptoms of COVID-19 include

- Fever (37.5 ° or higher)
- cough
- sore/scratchy throat
- shortness of breath
- loss of smell or
- loss of taste.

#### Other reported symptoms include

- fatigue
- runny nose
- muscle pain
- joint pain
- headache
- diarrhoea
- nausea/vomiting
- loss of appetite.

In more severe cases, infection can cause pneumonia with severe acute respiratory distress.

#### When COVID-19 symptoms appear

The amount of time between exposure to the virus and the first appearance of symptoms is usually 5 to 6 days, although it may range from 2 to 14 days.

People who might have been in contact with someone who is confirmed to have COVID-19 should <u>self-isolate</u> for 14 days.

You should prevent the spread of viruses, by keeping your <u>hands clean</u>, not touching your face and <u>keeping your distance</u> from other people.

#### **Important Note:**

Office Car Park is for Teachers Only Please do not enter Staff Car Park Thank you

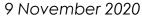
#### \*\*\* \*\*\* \*\*\*

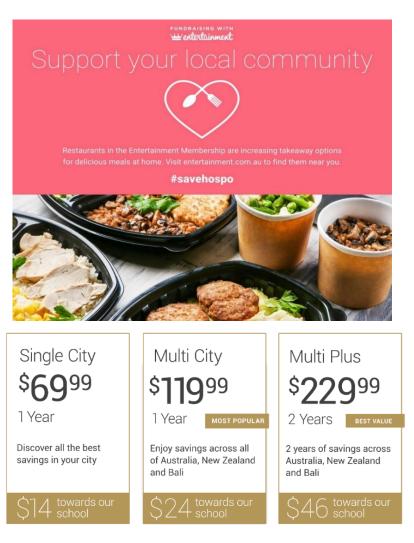
TAFE gate is open at 8.10am each day then closed at 9am TAFE gate is reopened at 2.40pm in afternoon for Students to leave Please encourage your child to not climb over the gate for their own safety











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