

Baulkham Hills High Newsletter

www.baulkhamhillshighschool.com.au



Y12 Graduation – Tahia Mujtaba with Ms Daher receiving 2020 University of Sydney and Baulkham Hills High School Leadership Award.

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Website Link: <http://www.baulkhamhillshighschool.com.au>

From the principal's desk:

Welcome to Week 7. This week has Year 11 all in Buffer Week which means that any absence must be approved by myself or a medical certificate must be produced to explain the absence. This rule also applies to any students who are studying year 11 subjects as an accelerant. Next week Year 11 will be doing Assessments all week.

The Year 12 Formal takes place tonight at Oatlands House. We are expecting over 200 people to be in attendance. I am so pleased that the students get to have this special experience after such a horrible year. Thank you to their Year Advisers for their enormous effort to make this happen.

I am delighted to announce that Linda Ye of Year 12 has had her major work for Visual Arts selected to be part of Art Express, which is a travelling display of the best artworks for 2020 HSC. In addition, we have seven students who have been nominated for

Cont. P2

23 November 2020



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 www.baulkhamhillshighschool.com.au

Term 4

Week 7
Monday 23 November - Y11 Buffer Week 23/11 to 27/11 incl. - Y12 Formal - Y11 SDD – Google Virtual Visit P1&2 (Dunne)
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 - Y10 HSC Accelerated Geography Excursion (Filewood)
Tuesday 1 December - Y10 History Elective Korean Cultural Centre Excursion (Reid)
Wednesday 2 December
Thursday 3 December - Y10 Food Tech – Chinatown. Pds 1-8 (Parnell)
Friday 4 December - Y10 Reports issued - Y8 History James Adams Medieval Show (incursion). 8B, 8A & 8U Pds 1-3. 8L, 8K, 8O & 8H Pds 4-6 - Y9 Christmas Cupcake Decorating. All Day. (Parnell)
Week 9
Monday 7 December - Y9 -9A Nihongo Tanken Centre Excursion (Jin) - Y10 Japanese Culture Café P5&6 (Zhu) - Y11 Chemistry Prac Task P7&8 (Scollay)
Tuesday 8 December - Y9 Australian Volleyball School Cup) – 8 to 11 December - Y8 Inquisitive Minds. Pds 1-8 - Y10 CT. Critical Thinking Escape Rooms. Recess to Pd8
Wednesday 9 December - Y8 Camp – 9 to 11 December incl. - Y10 Camp – 9 to 11 December incl. - Y9 Australian Volleyball School Cup (NSW) 9/12 to 12/12 incl. - Volunteers Morning Tea
Thursday 10 December - Cadets Last Parade Day. After school
Friday 11 December - Yr 7/8/9 Reports issued
Week 10
Monday 14 December - Y7 Recognition Assembly - Y8 Recognition Assembly
Tuesday 15 December - Y10 Recognition Assembly - Y9 Recognition Assembly
Wednesday 16 December - Students Final Day of School
Thursday 17 December - School Development Day – Staff Only
Friday 18 December - School Development Day – Staff Only

Encore, which is the best of the Music performances and compositions for the 2020 HSC. We wait to hear who has been selected.

Students who travel along Old Northern Road and then enter the school through the TAFE need to get earlier buses. Far too many of these students are arriving after the first bell and then are late for Roll Call.

The links for the videos of the Year 12 Graduation Assemblies are below:

Grad session 1 -

https://youtu.be/UVds9IDTp_0

Grad session 2 -

<https://youtu.be/5lbtggHElog>

Thank you to Mr Andrew Lorbach and Mrs Nicky Owen for all their effort making these videos happen.

Finally, the time has come to announce my retirement at the end of the year (December 18th). As many of you know my husband has been unwell, but recovered now, and I was going to finish at the end of Term 1. Then COVID intervened and I felt my place was at school during the challenges of 2020. I am now looking forward to travelling with my husband (locally) and catching up with all the things you can't do while you manage a career. My replacement has not yet been decided.

Jeanne Bathgate
Principal

Baulko News

Meet the Year Advisers
Part 2 (following from Newsletter #3)



Mr Richard Poole
Year 8 Adviser



Mr Terry Huang
Year 7 Adviser 2021

Year 12 Graduation Photos



Careers News – Term 4

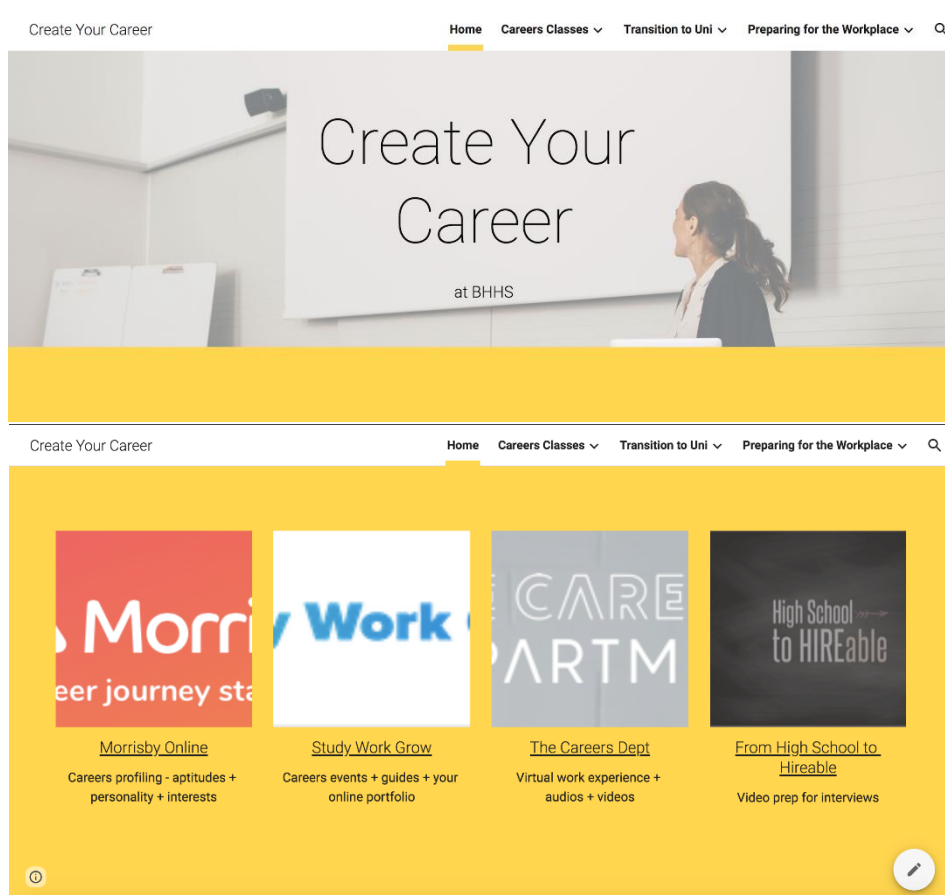
Due to the increasing volume of Careers info in 2020, a new Google Site (**Create Your Career at BHHS**) has been created along with a new corresponding Google Classroom for regular updates. Students can access this content via their @bhhs Google accounts. To help your child with their career development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

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 Careers Classes, Transition to Uni and the Workforce, students have easy access to useful tools:

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



Create Your Career

Home Careers Classes Transition to Uni Preparing for the Workplace

Careers

- Morrisby Online Profile
- Written Applications
- Work Experience
- Future Work Skills
- Strengths
- Subject Selection
- Open Days
- Transition to University
- Interview Skills
- World of Work

Year 10 Careers Classes

Term 1 (Self Awareness) - Overview of Careers Education/Morrisby Online Careers Profiling/Work Experience/CV Writing

Students are introduced to resources and opportunities available to them /Google Classroom

Create Your Career

Home Careers Classes Transition to Uni Preparing for the Workplace

Transition to

- Finding a uni course
- Open Days
- ☒ Studying in NSW (UAC)
- Studying interstate
- Studying overseas
- Scholarships
- How to pay for uni
- Elite Athletes/Perform...
- Tips for Transition

Transition to uni tips for Year 12 – things you may not know!

<https://sites.google.com/bhhs.com.au/create-your-career-at-bhhs/transition-to-uni>

Create Your Career

Home Careers Classes Transition to Uni Preparing for the Workplace

Preparing for the Workplace

- Portfolios
- Written Applications
- Interview Skills
- Work Experience
- Industry Info
- Labour Market Info
- Future of Work
- Entrepreneurship
- Lifelong Learning

SKILLS INTERESTS EDUCATION & TRAINING

myfuture
www.myfuture.edu.au

<https://sites.google.com/bhhs.com.au/create-your-career-at-bhhs/preparing-for-the-workplace>














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 self-knowledge 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.

-  Complete [My career profile](#) activities
-  Use [Career bullseyes](#) to learn about career pathways related to school learning areas
-  Explore over [350 occupations](#)
-  Discover higher education and vocational education and training (VET) [courses](#)
-  Access important [industry information](#), including employment prospects
-  Get tips and tricks by reading real-life [career stories](#)
-  Read [career articles](#) to discover practical information to support career exploration
-  Learn more about educational [institutions](#) and study options
-  Find out about [organisations](#), career resources, opportunities and career pathways
-  Explore resources for [teachers and career practitioners](#)
-  Begin the conversation about the world of work as a [parent or carer](#)

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>

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 [apply](#) 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 [re-apply or update their details](#).

*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://transportnsw.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 [online](#) 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).

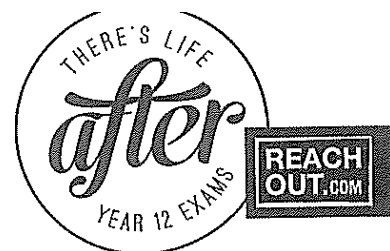
Stress can be mild or intense, and it can make people feel frustrated, anxious and even hostile. Ever been grumpy because of stress? There you go. Stress can get in the way of sleep, cause headaches and change your appetite. It can also reduce your ability to concentrate and make it harder to remember 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:
au.reachout.com/taking-regular-me-time
- 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: au.reachout.com/how-to-set-goals
- 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:
au.reachout.com/building-better-coping-skills

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 ReachOut.com:

- Tips on managing stress: au.reachout.com/managing-stress
- Helping someone with stress: au.reachout.com/helping-someone-with-stress
- Ways to relax: au.reachout.com/ways-to-relax
- Tips for problem solving: au.reachout.com/all-about-problem-solving
- Information on anxiety: au.reachout.com/how-to-manage-anxiety



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 [self-isolate](#) for 14 days.

You should prevent the spread of viruses, by keeping your [hands clean](#), not touching your face and [keeping your distance](#) from other people.



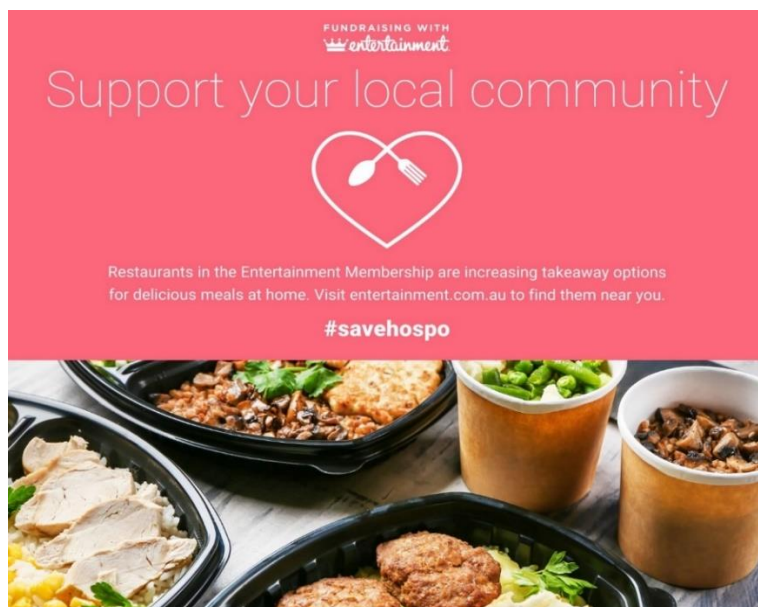
Interested in Joining us in 2021?

The Northern Sydney Youth Orchestra (NSYO) is inviting young musicians to join its **Symphony Orchestra, Wind Ensemble & String Orchestra**. Our youth orchestras rehearse weekly at Beecroft on Wednesdays.

If you play **brass, winds, strings or percussion**, we are **auditioning new members to join** in Term 4 for **2021**

Auditions will be held **Wednesday 9th December** between **4pm - 6pm** at the Beecroft Presbyterian Church & Church Hall, Mary St, Beecroft.

For details, please feel free to contact us:
info@nsyo.org.au or katepalethorpe@gmail.com



<p>Single City</p> <p>\$69⁹⁹</p> <p>1 Year</p> <p>Discover all the best savings in your city</p> <p>\$14 towards our school</p>	<p>Multi City</p> <p>\$119⁹⁹</p> <p>1 Year MOST POPULAR</p> <p>Enjoy savings across all of Australia, New Zealand and Bali</p> <p>\$24 towards our school</p>	<p>Multi Plus</p> <p>\$229⁹⁹</p> <p>2 Years BEST VALUE</p> <p>2 years of savings across Australia, New Zealand and Bali</p> <p>\$46 towards our school</p>
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Our top 8 reasons for going 100% Digital with the Entertainment App

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- 2. User-friendly:** Search offers instantly (and no more lugging around the book)
- 3. 12 months from activation:** No matter when in the year you purchase
- 4. New offers automatically added every week:** As soon as we sign a new offer, you get access to it. No more waiting for the next print run
- 5. Year-round fundraising:** Endless opportunities to raise funds with no time limitations – memberships can start anytime
- 6. Multiple devices:** Each membership can be loaded onto more than one of your devices
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