

# Baulkham Hills High Newsletter



[www.baulkhamhillshighschool.com.au](http://www.baulkhamhillshighschool.com.au)



## P&C Executive – 28 March Working Bee

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### From the principal's desk:

On behalf of the BHHS staff, I would like to thank the BHHS community for their ongoing support of our school and students during this time of continual change. Our school continues to have as its focus the health and wellbeing of our students. We appreciate that these past few weeks have been times of anxiety, stress and uncertainty. We look forward to this short period between now and Easter as an opportunity to refine some of the online learning services that have been put into place, with the plan of further improvement and streamlining them into the future.

Please ensure that your student is engaging with all online tasks. An email was sent to parents, carers and the community on Friday 28 March 2020 titled **Advice to Parents and Students: Online Learning**. If you did not receive this email, please call the school with your email address, and it will be sent to you. Teaching staff continue to prepare online resources



### 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](http://www.baulkhamhillshighschool.com.au)

#### Term 1

<b>Week 10</b>
<b>Monday 30 March</b> - Y12 Yearly Assessments 30/3 to 3/4 incl.
<b>Tuesday 31 March</b>
<b>Wednesday 1 April</b>
<b>Thursday 2 April</b>
<b>Friday 3 April</b>
<b>Week 11</b>
<b>Monday 6 April</b>
<b>Tuesday 7 April</b>
<b>Wednesday 8 April</b>
<b>Thursday 9 April</b>
<b>Friday 10 April – Good Friday Public Holiday</b>

#### Term 2

<b>Week 1</b>
<b>Monday 27 April – Staff Development Day (No Students)</b>
<b>Tuesday 28 April</b> - Students Return to School - Y12 SDD Assessment Part B Pd7
<b>Wednesday 29 April</b>
<b>Thursday 30 April</b> -
<b>Friday 1 May</b> -

### Update of Personal Details

if there have been any changes to your personal details, please email the school with any changes –

It is important that parents/guardians keep the school informed of any changes.

[baulkham-h.school@det.nsw.edu.au](mailto:baulkham-h.school@det.nsw.edu.au)

if your preferred email address is a Hotmail address please check your spam/junk folder for emails from the school.

to support your students.

Once again, the BHHS P & C have demonstrated their amazing support and thoughtfulness for our school staff. They are providing morning tea for our staff all of this week. Further to this, the P & C Executive assisted with some tree planting last Saturday. This was our scheduled Working Bee – plants had been pre-ordered and could not be cancelled – so the intrepid executive put their weeding and planting skills to the test – and passed with flying colours!

A reminder about the key means of communication from the school at the moment

- BHHS App
- BHHS Facebook page
- Via email – (Note – if you are not receiving emails, or your email has changed, please email the school with the updated information to [baulkham-h.school@det.nsw.edu.au](mailto:baulkham-h.school@det.nsw.edu.au))
- Via the school website - <https://baulkham-h.schools.nsw.gov.au/>

Let me encourage you to continue to follow all COVID-19 advice from the NSW Department of Education <https://education.nsw.gov.au/public-schools/school-safety/novel-coronavirus>.

**Wayne Humphreys**  
Relieving Principal



# Baulko News

## HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ

www.BelievePerform.com



### LOVE

Be there for your child and show care and love



### EXERCISE

Encourage play, exercise and sport



### BEHAVIOUR

Keep an eye out for any changes in behaviour



### SUPPORT

Regularly support, encourage and praise your child



### REST TIME

Help your child to manage stress by building in some rest time



### BE PROUD

Tell your child that you are proud of them



### PATIENCE

Be patient. Don't pressure your child



### HELP

Don't be afraid to seek help from professionals



### FEELING

Get to know how your child is feeling



### EDUCATE

Educate yourself about mental health problems



### PROBLEM SOLVING

Help your child to effectively problem solve



### LISTEN

Make sure you take time to listen to what your child has to say



### COPING

Help your child to learn some simple coping skills such as relaxation



### SYMPTOMS

Be aware of signs and symptoms



### CONVERSATION

Encourage your child to engage in conversation



### ENVIRONMENT

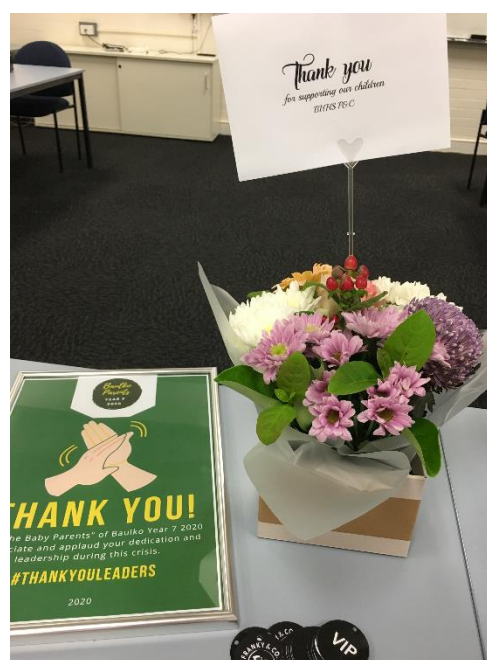
Provide a positive environment for your child where they can thrive



## P&C News

### Surprise School Staff Morning Tea (23 March 2020)

The P&C has done our bit to thank the school staff for staying put for our children during this challenging time. We showed them our support with a surprise morning tea on the 23<sup>rd</sup> of March. The food was split into little boxes and delivered to each faculty in order to support social distancing rules. To our surprise, our Year 7 parents had also prepared a heart-warming poster for the school. It was presented to the Deputy Principal, Ms Megan Clarke, by the Year 7 P&C Exec Representative, Shashi Dharan, on the day.



### Working Bee (28 March 2020)

Even though the Working Bee was cancelled, the school was still stuck with some pre-ordered plants (we managed to return some but were still left with 80 plants). In order to keep the plants from going to waste, Mr Humphreys decided to do it on his own with his family's help. Thanks to our dedicated P&C execs, we managed to lend a helping hand. We had a productive morning with the Humphreys, with the help of Ms Kristy Pugliano (Relieving Deputy Principal) and a few other teachers. We managed to complete the task before 12pm. Of course, social distancing rules were followed, with each group assigned to different areas around the school.

A thank you goes out to P&C Execs Adam Moy, Dan Rupasinghe, Suresh Balasangham, Shashi Dharan, Lakshami Chennapragade and Doreen Liu for their help.





### **Uniform Shop Closure**

As mentioned in emails and the school app, the Uniform Shop is closed until further notice. We will re-open once we return to normal school operations, hopefully sometime next term.

Hope to see you in our next P&C Meeting, whenever that may be. Please take care and stay safe.

Sau Wan Liew  
P&C President



## **CLLA (QIANLI) Chinese Language School**

### **ZOOM Classes**

**We invite you to join our ZOOM classroom started on March 21<sup>st</sup>**

Our two small ZOOM classes tested on Saturday during 2-4:30 pm was successful.

We realize that ZOOM and other online platforms liberate us from time and location constraints. Therefore, we are inviting you to join our ZOOM classes from any location on mutually agreed time slots. Online lessons will be available for students who are home alone or under their parents' supervision, via computer or mobile devices.

In-person lessons will be suspended for this term. Trained in two universities' ZOOM programs, Ms. Sun and Ms. Du will train other qualified community language teachers if the demand for ZOOM classes increases. We hope that eventually both physical classrooms and online classrooms can be utilised.

For inquiries, please email [cllaau9@gmail.com](mailto:cllaau9@gmail.com), or text **0403816959**.

#### **Our teachers:**

Sun Lao Shi - BA degree in Chinese, Postgraduate Diploma in Education

Du Lao Shi - Master of Teaching in Early Childhood

Both have Community Language Teaching Certificates and over 10 years of teaching experience in different settings. All of our teachers and volunteers have undergone the Working With Children Check.

千里中文学校3月21号已经成功转为网课，并准备利用网课时间地点灵活的优点，开设更多时间段的网课。欢迎大家联系我们商量网课时间。其他信息：我们是教育部管理和支持下的社区中文学校。我们主要的两位老师有中文系和教育学的专业学历，也有丰富的教中文的经验。我们欢迎K-12的学生来和我们一起学中文，也欢迎大学生以及成人学生来进修汉语。



## A Message from the Wellbeing Team

Dear Parents,

In the midst of uncertainty and ever-changing circumstances, it is especially important to support you and your child's mental, physical and emotional wellbeing. We understand that disruptions to routine can cause undue stress and anxiety, and we understand that the present circumstances surrounding Covid-19 are also likely to cause a mix of feelings and emotions.

The Wellbeing Team would like to remind you that there are many support services and information available to you and your child -24/7. We encourage you to be proactive in seeking information and/or support services when needed, and in safeguarding your child's mental health.

To assist you with this, the Wellbeing Team has put together a document containing details for a range of support services and information pertaining to mental health issues, parenting resources and more specifically to Covid-19.

Be proactive in supporting you and your child's mental health – access any of these resources when needed, and stay informed. Have regular conversations with your child about their wellbeing, and encourage them to engage with support services and open discussion about mental health.

If you have any questions or concerns, do not hesitate to contact one of your child's Year Advisers or myself.

We are here to support you, but there are also many resources and organisations available to support you beyond the school environment. We encourage you to engage with them.

On Behalf of the Wellbeing Team 2020 - Take care of yourselves!

*Ms Terryanne Fletcher*

Head Teacher Wellbeing  
Baulkham Hills High School  
Ph: 9639 8699





## Resources to Support Wellbeing

### Information for Parents!



#### Who can you call for support?

- In an emergency, always call triple zero (000)
- Mental Health Intake Line: 1800 011 511
- Lifeline: 13 11 14 (24/7) (Webchat also available)
- Parent Line NSW: 1300 1300 52 (Webchat also available)
- Beyond Blue: 1300 22 4636 (Webchat also available)
- Suicide Call Back Service: 1300 659467 (24/7)
- Family Referral Service: 1300 403 373
- For support regarding domestic violence: 1800RESPECT

#### Resources on parenting

- <http://www.resourcingparents.nsw.gov.au/Parents>
- <https://raisingchildren.net.au/>
- <https://www.parentingideas.com.au/parent-resources/>
- <https://www.relationships.org.au/relationship-advice>
- <https://parenttv.com/>

#### How do you access external mental health support for your child?

- Talk to your local GP to obtain a referral to a psychologist.
- Online Psychologist Database: <https://www.psychology.org.au/Find-a-Psychologist>
- Headspace centres: <https://headspace.org.au/headspace-centres/>
- Mental Health Care Plan: <https://www.healthdirect.gov.au/mental-health-care-plan>

#### Online wellbeing programs for your child

- <https://www.cci.health.wa.gov.au/resources/looking-after-yourself> (self-help resources on various topics)
- <https://thiswayup.org.au/> (mood, anxiety, mindfulness, sleep, and stress)
- <https://brave4you.psy.uq.edu.au/> (anxiety)
- <https://moodgym.com.au/> (mood)



### Apps your child can download

- Headspace (mental health support and guided relaxation strategies)
- Smilingmind (guided relaxation strategies)
- Virtual Hopebox (distraction techniques and relaxation strategies)
- What's up (for managing difficult thoughts and emotions associated with anxiety, depression etc)
- Self-Help for Anxiety Management (SAM) (build your own 24-hour anxiety toolkit)
- Daylio (mood and activity tracker, to help remind you which activities lift your mood)
- BeyondNow (create a safety plan to help you if ever at risk of harm)
- Mindshift (teaches the importance of changing how you think about anxiety)
- Calmharm (supports individuals with temptation to self-harm)
- Clear Fear (provides strategies to manage anxiety)
- Habitica (A free habit and productivity app that treats your real life like a game)
- Happify (Activities and games to help reduce stress, overcome negative thoughts)
- Level up life (lets you track your daily achievements, big or small, gaining motivation and productivity while progressing in an RPG-style online platform)
- Equoo (an emotional fitness game that aims to teach you psychological skills in a fun way)

### Where can you learn more about mental health?

- Beyond Blue: <https://www.beyondblue.org.au/the-facts>
- Headspace: <https://headspace.org.au/>
- Kids Helpline: <https://kidshelpline.com.au/teens>
- Black Dog Institute: <https://www.blackdoginstitute.org.au/>

### Information about Covid 19

- World Health Organisation Q & A: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- World Health Organisation Advice for the Public: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- Tips for Handling Coronavirus Anxiety: <https://www.psychology.org.au/getmedia/38073179-4701-48bd-afd9-988c560ee2f9/20APS-IS-COVID-19-P1.pdf>

### Information relating to infectious disease outbreaks

- Coping with Stress During an Infectious Disease Outbreak: <https://store.samhsa.gov/system/files/sma14-4885.pdf>
- WHO Coping with Stress During the 2019 nCoV Outbreak [https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a\\_2](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)
- WHO Helping Children Cope with Stress during the 2019 nCoV Outbreak [https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)
- CDC Helping Children Cope with Emergencies: <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

## Careers News

### Careers Update for Year 12 Parents

Dear parents of Year 12 students

I wanted to inform and reassure you of the following information that has been provided to Year 12 in light of the coronavirus outbreak and implications:

- **Year 12 have been given an update on Google Classroom about UAC/applying for uni applications (further info on how to apply for EAS will be provided when UAC applications open 1 April).**
- **As all Term 2 uni lunch presentations (scholarships, medicine etc.) have been cancelled, students will be provided with alternative options in the form of virtual info evenings, live webinars with live chat, recorded webinars or at the very least PowerPoint slides, to ensure they receive access to all essential information.**
- **An extension of the deadline for Tuckwell Scholarship applications was sought and granted by ANU – I will make similar requests of universities if necessary throughout the year. Students need to be aware of the deadline extensions and to ensure they apply and let teachers and myself know well in advance if they require references etc. Please note that universities are not obliged to grant extensions and they will be decided on a case-by-case basis.**
- **UCAT updates including whether the testing is going ahead are currently being provided via this website (at this point in time students are being advised to continue test preparation as normal): <https://home.pearsonvue.com/coronavirus-update>**
- **Work Experience is currently cancelled until further notice (see update in this newsletter for more detail). If your child is wanting to do work experience that is essential for getting into a university course (e.g. Vet Science) and has not done it in Year 10 or 11, at this point we have not received advice as to how this will be managed by the universities. I will be in touch with them regularly and will post updates to Year 12 via Google Classroom as soon as I receive them.**

I acknowledge that this is a very difficult time for parents as well as students and want to reassure you that I am in constant contact with universities, UAC and other selective school Careers Advisors in order for students to receive the most up-to-date information as it is changing constantly. In the event of a potential school closure, students will continue to have access to all resources via Google Classroom.

**Ms Hardy**  
**Careers Advisor**

# 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.

