

Baulkham Hills High Newsletter



www.baulkhamhillshighschool.com.au

Message From The Principal

I wish to thank our wonderful staff and our families for their sensible management and cooperation during the past few weeks. The scene changes quickly and our understanding of the Covid-19 situation can change by the hour. I understand the stress this situation has caused for all families and the staff. We continue to follow NSW Health advice.

I particularly thank Wayne Humphreys and Megan Clarke who have been leading the school over the past week, in my absence. As some of you would be aware, my husband is currently undergoing chemotherapy, and as such, he is at great risk in the current climate. While ever I was at school, and out in the community, I was considered the biggest threat to his health so I have self-isolated, taking carer's leave to look after him. I am in constant communication with Wayne and Megan and agree totally with their efforts and decisions so far. I have great faith in their commitment and competence.

I wish everyone the very best in this difficult period.

Jeanne Bathgate
Principal

In this issue:

Baulko News - Continued Message from Mr Humphreys, Relieving Principal
Sport Cancellations
Duke of Edinburgh Awards
A Message from the Wellbeing Team
Resources to Support Wellbeing
NSW School Vaccination Program
Careers News
Coronavirus – Update on Work Experience Policy

From the principal's desk:

To all parents, carers and friends in the BHHS Community.

The following has been sent to schools today from Mark Scott, Secretary, Department of Education.

*"The current advice from the NSW Department of Education is that **schools remain open.***

The health advice on schools is unchanged. It is safe for our schools to be open and continue to operate. We have seen attendance rates fall significantly over the last week and we expect that trend to continue. The decision of an increasing number of families electing to keep their children at home would have made it exceptionally difficult for teachers to run regular classes while meeting needs of learners off campus.

Parents are being supported in their choice to keep their children at home and we believe an increasing number of parents will choose to do so. **cont. P2**

23 March 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 1

Week 9
Monday 23 March - Y12 Buffer Week 23/3 to 27/3 incl.
Tuesday 24 March
Wednesday 25 March - APSMO Maths Competition Y7&8 in class
Thursday 26 March - Y7 Vaccinations (Fletcher) - Y7 History U Source test P1&2, Y7 History K Source Text P3&4, Y7 History B Source Test P7&8
Friday 27 March - Y10 Mathematics Exam P1&2 - Y12 Society & Culture Hand in assignment P7&8 - Y10 Brain Bee on line test P1&2 (Vasram) - Y9 PASS Raw Challenge (Renwick) - Y8 Commerce Exam P3&4 (Craft)
Week 10
Monday 30 March - Y12 Yearly Assessments 30/3 to 9/4 incl. - Y11 Buffer Week 30/3 to 3/4 incl. - Y8 Science Prac Test in class - Y8 History K Research Essay P1&2
Tuesday 31 March - Y10 History E16 Presentation - Y9 Engineering Bridge Building Pds5&6
Wednesday 1 April - Y9 History 5 Source Test P3 - Y10 History E 16 Presentation p4
Thursday 2 April - Y8 History B Research Essay in class P5-6 - Y8 History U Research Essay P5-6
Friday 3 April - Y9 History4 Source Test P5, History7 P3&4, History6 P1&2
Week 11
Monday 6 April - Y11 Half Yearly Assessments 30/3 to 9/4 incl.
Tuesday 7 April - Y10 Geography Assessment Task#1 Sydney Harbour students in class
Wednesday 8 April - Y7 Interim Reports issued
Thursday 9 April
Friday 10 April – Good Friday Public Holiday

Term 2

Week 1
Monday 27 April – Staff Development Day (No Students)
Tuesday 28 April - Students Return to School - Y12 SDD Assessment Part B Pd7 - P&C General Meeting 7.30pm
Wednesday 29 April
Thursday 30 April -
Friday 1 May -

It is vital that our doors remain open for those parents who cannot make that choice. Those parents who work in our health system, education system, emergency services and other essential workers need to be able to access suitable supervision of their child's learning on school sites. We recognise too that there are some high needs children for whom school is a better and safer option.

There may also be occasions where students will need to attend school, even if they are studying at home: like completing a major work project for the HSC, or possibly collecting and delivering back study materials.

Schools continue to operate, but with much fewer students, who are receiving supervision as they complete units of work, not traditional classroom experiences."

Supporting continuity of learning for all students - School teams have been working hard to develop learning options for students to undertake from home should that become necessary. At the Department level, we have developed and continue to develop resources to help teachers with this task.

In the event of students or teachers required to be off campus, teachers will be supported to teach online through a virtual platform, or materials and packages of materials provided to students electronically or in hard copy. More information can be found here:

<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home> **Cont. P3 - Baulko News**

Baulko News

From the Principal's Desk Continued ...

As a result, though the school will remain open, classes will not run as normal. Supervision of students will be provided by teaching staff. Teaching staff have been working towards school work being provided to students in an ONLINE manner – your patience is requested – please DO NOT call the front office for school work. As these resources become available, students will be able to access school work online. Students are encouraged to regularly check the online platform they are using (e.g. google classroom, moodle, etc) to ensure they are accessing all online resources.

A very special thank you to the BHHS P & C for their ongoing support of our school staff – for providing a wonderful morning tea for the school staff today (in small boxes that was delivered to individual staffrooms in order to support social distancing)

The NSW Department of Education is providing updated advice as regards the management of COVID-19 in schools at <https://education.nsw.gov.au/public-schools/school-safety/novel-coronavirus>

BHHS is currently working towards an updated assessment schedule, possible alternate tasks, and cancellations of external excursions for Term 2 2020. The NSW Education Standards Authority (NESA) are meeting as a board tomorrow morning to discuss the effect that the current circumstances will have upon Year 12 in terms of assessment. Once the NSW Department has forwarded the outcomes of this meeting to schools, we will inform you of the school's plans.

I would also like to commend all Baulkham Hills High School staff who have continued to support the physical and mental health and wellbeing of our students, which has enabled them to continue with their learning.

My sincere thanks are extended to you as a community for your understanding and support through this difficult time.

Be assured that the wellbeing of your students is the number one priority of all staff at BHHS.

Wayne Humphreys
Relieving Principal

Sport Cancellations

- ALL GRADE SPORT has been CANCELLED for the next 3 weeks.
- This means:
- week 8 - 18th March round 6 - CANCELLED
- week 9 - 25th March round 7 - CANCELLED
- week 10 – 1st April grand finals - CANCELLED

ALL Sydney West events have also been cancelled until further notice. Please watch our facebook page & google classroom for the latest news regarding representative events. We are hearing through most channels that SYDNEY WEST SWIMMING scheduled for this Friday has been cancelled. More updates will be made as information becomes available.

Duke of Edinburgh Awards

Congratulations to the following students who will be receiving the Duke of Ed Awards:

Sarah Ling - Bronze
Owen Ni - Bronze
Aniket Sinha - Bronze
Yenul Weerabahu Mudiyanse - Bronze
Grace Wong - Bronze
Diya Choudhury – Silver
Khushi Modhia - Silver
Neha Nirmalan – Silver
Eshani Perera - Silver
Bianca Wu - Silver

Mr Iaconis, Duke of Ed Award Leader

Procedure for Sick Students

Students who are sick in class should see a teacher for written permission to go to sick bay. They must go to sick bay (which is in the Front Office) and follow instructions from the office staff, who will contact a parent/guardian when necessary. Sick bay is used for a short time only. Students should not call their parents first. Please be advised the school does not supply any medication (panadol).



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
- 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
- CDC Helping Children Cope with Emergencies: <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

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





Health
Western Sydney
Local Health District

HPRM No: 20/8142

NSW SCHOOL VACCINATION PROGRAM – SCHOOL NEWSLETTER TO PARENTS/GUARDIANS

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 2020 the following vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES
Year 7	Human papillomavirus (HPV) vaccine	2-doses at least 6 months apart
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose
Year 10	Meningococcal ACWY vaccine	Single dose

Parent Information Kits that include an information sheet, consent form and privacy statement will be sent home to you by your child's school. To consent to the vaccination of your child, parents/guardians are advised to:

- read all the information provided;
- complete the consent form, including signing your name next to each of the vaccine/s you would like your child to receive;
- return the completed consent form to your child's school;
- ensure that your child eats breakfast and has food available to eat on the day of the school vaccination clinic

Parents/guardians who wish to withdraw consent for any reason may do so by writing to the school Principal or phone the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation/Pages/withdraw_consent.aspx.

Students who return a consent form to school but are absent on vaccination day, will be caught up on subsequent school vaccination clinics, during Year 7 or 8 (for HPV and dTpa vaccines) and during Year 10 or 11 (for Meningococcal ACWY vaccine).

A Record of Vaccination will be provided to each student vaccinated at each clinic. You should ensure that this record is kept for future reference. Please do not assume that your child has been vaccinated if you do not receive this Record of Vaccination. Vaccination records will be uploaded to the Australian Immunisation Register (AIR) to support complete vaccination histories.

For further information:

Australian Government Department of Health website

<https://www.health.gov.au/resources/videos/getting-your-hpv-dtpa-vaccinations-at-school-what-to-expect> <https://www.health.gov.au/resources/videos/getting-your-meningococcal-acwy-vaccination-at-school-what-to-expect> NSW Health website

<https://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx>

Contact Parramatta Public Health Unit on 9840 3603

Public Health Unit Gungahra, Building 68
Cumberland Hospital LMB 7118,
Parramatta BC NSW 2124
Tel 9840 3603 Fax 9840 3608



23 March 2020

More Information about vaccines in the School Vaccination Program for Year 7 Parents:

NSW Ministry of Health website: <http://www.health.nsw.gov.au/immunisation>

National Centre for Immunisations Research and Surveillance (NCIRS) Website:


<http://www.ncirs.edu.au/provider-resources/ncirs-fact-sheets/>


Australian Government Department of Health website:

<http://www.health.gov.au/resources/videos/getting-your-hpv-dtpa-vaccinations-at-school-what-to-expect>

Cancer Council Victoria website: <http://www.hpvvaccine.org.au>

Parramatta Public Health Unit: (02) 9840 3603


SCHOOL RECEPTION INFORMATION – SCHOOL VACCINATION PROGRAM 2020  Health Western Sydney Local Health District HPRM No: 20/8146



Baulkham Hills High School


Year 7 Clinic - 1st dose HPV and dTpa vaccine

- 26th March 2020
- Plus catch-up for some Year 8 & 11 students



Year 10 Clinic - Meningococcal ACWY vaccine

- 18th June 2020
- Plus catch-up for Year 7, 8 & 11 students
- Any Year 7 student who was absent or missed returning their consent form at 1st Visit will be caught up through-out the year



Year 7 Clinic - 2nd dose HPV vaccine

- 22nd October 2020
- Plus catch-up for any Year 7, 8, 10 & 11 students
- Questions? Contact Public Health on 9840 3603

Hills Relay for Life



Hills Relay for Life

Supporting those with Cancer.



With thanks in anticipation of your support, unfortunately Hills Relay for Life has been cancelled this year. It is with much disappointment that we cannot be involved in the area Relay but hold on there may be something we can do as a school. Please stand by for future announcements.

Lisa Greenlees
HT Teaching and Learning
Science Teacher

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 this week 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

Update of Personal Details

If there have been any changes to your personal details, please obtain a "Change of Student Details" purple form from the office, complete and return as soon as possible.

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

Coronavirus – Update on Work Experience Policy

Dear parents

Unfortunately due to the recent outbreak of the novel coronavirus, all work experience placements are suspended and new placements will not be approved until further notice due to increased risk to students in workplaces involving close contact with members of the public and the current policy of the DET regarding excursions and similar activities.

All placements are subject to the following policy/legislation/insurance as outlined by the DET (please note this is applicable to all schools and is not a school-based policy):

- **Workplace learning will not be approved if there are any doubts about the safety of our students:** <https://education.nsw.gov.au/teaching-and-learning/curriculum/career-learning-and-vet/workplace-learning>
- Employers are subject to their obligations under the *Work Health and Safety Act 2011* (NSW) to manage risks with regards to supervising students
- Certificate of Currency (insurance certificate)

Under this policy future placements during 2020 may still be approved dependent upon the management of risks as outlined by the employer in the document (Student Placement Record), and further updates provided by the Department of Education.

Recently employers have at their discretion decided to withdraw and delay offers for placements already made to students due to their own policies. This has happened with a global IT firm with offices in Sydney and these placements have been delayed until later in the year, with the students given alternative options for suitable dates. These placements will only be approved later in the year by the school if DET policy allows.

Please note that **work experience is not a requirement of entry into medicine courses** and there are **other activities demonstrating commitment over time to helping people that are more valuable for medicine applications and interviews such as volunteering (e.g. St John's Ambulance Cadets, Red Cross)**. Students can also undertake work experience in the holidays in Year 11 and 12 if they are unable to complete it in Year 10.

This policy will be updated as soon as possible in accordance with current NSW public health guidelines if there are any changes. It is the responsibility of the school nominee (Careers Advisor) on behalf of the Principal to implement and comply with the DET's policies above in order to ensure student safety.

Thank you for your understanding.

Ms Hardy (Careers Advisor)

CANTEEN APP

BAULKHAM HILLS HIGH

DOWNLOAD NOW



**ORDER FOOD & DRINKS ANYTIME
FROM YOUR PHONE**

SKIP THE CANTEEN LINES

**YOUR FOOD IS MADE TO ORDER
ORDER RECESS OR LUNCH ANYTIME
UP TO ONE HOUR BEFORE BREAK**

NO NEED FOR CASH

EXCLUSIVE WEEKLY APP SPECIALS

**DOWNLOAD THE FLEXISCHOOLS APP
AND FOLLOW THE INSTRUCTIONS**

**For Iphone and Ipad please select "Allow" Notifications so
you can receive our weekly discounts promo**



flexischools

GET IT ON
Google Play

 **Download on the
App Store**

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