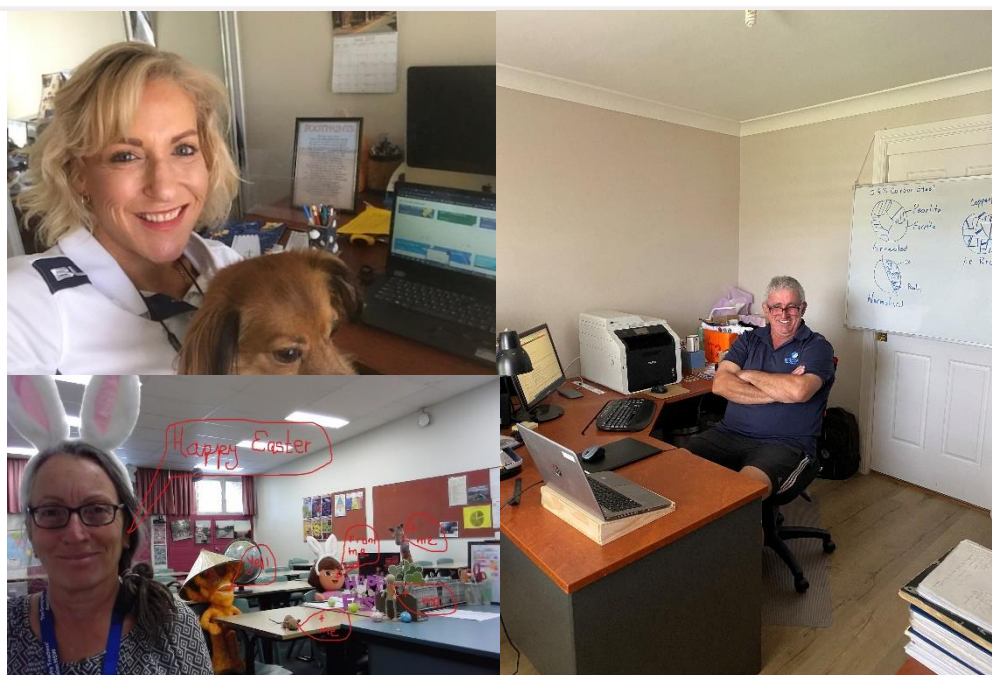


# Baulkham Hills High Newsletter



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



## Teachers Working from Home and School

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### From the principal's desk:

Thank you to all our students and their families who are dealing so well with the current crisis in our world. This is the last week of Term 1 and I hope that all families will heed the advice from the government and stay home for the holidays. The sooner everyone maintains a safe distance from each other the sooner this crisis will be averted.

For our Year 11 students – rest assured that as principal I can sign off that you have completed your Preliminary courses – if you completed the work that your teachers have assigned. Year 11 assessment is completely internal to the school.

For our Year 12 students – please do not panic – these are uncharted waters but I can assure you that if you maintain your effort, and seek help from your teachers online, you will come out the other end with an HSC you can be proud of – complete with an ATAR to get you into university. There are 70,000+

**cont. P2**

6 April 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](http://www.baulkhamhillshighschool.com.au)

#### Term 1

<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>

students in NSW in the same predicament as you – and as the very best and brightest I am certain that you will all do well. Universities will be taking into consideration the hardships you have encountered and you will not be disadvantaged.

My main concern for students in every year group is the social isolation they may be experiencing. School is very much about friendships and socialising. I suspect some of you even miss your teachers! Please use social media carefully and with restraint but also use it as a means of sharing study groups and helping each other answer questions or meet challenges. DO NOT share anything which will identify you or locate you to those people who lurk online. Please be safe at all times. If you are experiencing difficulties Ms Fletcher or your Year Advisers can give you some great hints and guidance.

For most of our students the coming holidays will mean lots of movies online – not too many games online I hope – and lots of chances to read books and relax. Don't forget to get out and take a walk or run to keep the oxygen pumping. Unfortunately for Year 11 and 12 it will be a time to prepare for assessments and revise before the assessments in Term 2.

I want to say a thank you to our amazing P&C and parents generally, who have supported the school so well with morning tea for staff and helping with the working bee.

continued over page – 'Baulko News'

**Jeanne Bathgate**  
Principal

### 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.

## Baulko News

Message from Jeanne Bathgate, Principal Continued...

I want to say a huge thank you to our wonderful staff who have stepped up to a whole new world of online lessons – this has been a huge growth challenge for many teachers. Finally I want to say a special thank you to the people who stepped up in my absence for the past four weeks, Wayne Humphreys and Megan Clarke and Kristy Pugliano as the senior executive and all the head teachers and staff who have supported them in their role as well as the office staff and especially Andrew Lorbach and Nikki Owen for their technological guidance, supported by Ryan Dunne and Richard Poole. This truly has been a whole school effort and I am so proud to lead this wonderful school.

### 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

## Bell Shakespeare Short Film Festival

Hello English students (and prospective thespians)!

I come to you with an AMAZING opportunity to not only keep you occupied during your quarantine, but to keep those lovely creative juices flowing in this sedentary period. Bell Shakespeare is running a Short Film Festival and are calling for students from Years 7 to 12 to create an imaginative filmic "retelling" or "reimagining" of any of Shakespeare's works (yes, even Pericles).

Check out this link for more information: <https://www.bellshakespeare.com.au/whatson/educations/bell-shakespeare-shorts-festival/>

Go to this Google Form if you are keen to get involved:  
[https://docs.google.com/forms/d/e/1FAIpQLSeKImbLINaboz2-OjnWlHrZCDZRCLJs6b0w0JyJy\\_tb1l8pHA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeKImbLINaboz2-OjnWlHrZCDZRCLJs6b0w0JyJy_tb1l8pHA/viewform)

At the end of the form will be a secret code which will let you enter an exclusive club in which participants ONLY will be able to communicate and coordinate with one another.

This is a great opportunity to make the most of your quarantine, and what better way to be locked in your house than read, learn, adapt, and perform The Bard?

Despite this, you need to make sure you are regulating yourself and making time to do your schoolwork too. If you commit, you're committed. If you don't think you can balance your schoolwork and extracurricular activities such as this, then you should not get involved. Be responsible and be realistic. I will be sending a digital note home to the parents of any student who is interested in participating, giving them information about this competition and asking them to approve of you being involved.

Throughout this process you will also need to ensure that you are observing the STRICT social and physical distancing measures that have been implemented across the State and the Nation.

Apart from that, have fun and get thinking :-)

See you on the other side!

Mr Poole, English Teacher





## **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*

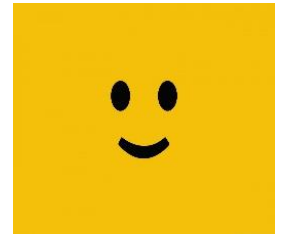
Head Teacher Wellbeing  
Baulkham Hills High School  
Ph: 9639 8699





## 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.** 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