

Baulkham Hills High Newsletter



www.baulkhamhillshighschool.com.au



Anzac Day – Lest We Forget

In this issue:

Baulko News - How to Support Your Child's Mental Health
 Bell Shakespeare Short Film Festival
 CLLA (QIANLI) Chinese Language School ZOOM Classes
 A Message from the Wellbeing Team
 Resources to Support Wellbeing
 Careers News
 Year 11 and Year 12 Term 2 Assessment Block 2020

From the principal's desk:

Welcome back to a very uncertain Term 2. I hope that all families have kept safe, well and at home during the holidays. It has been a chance to discover new activities and interests apart from lots of Netflix and similar. I have certainly enjoyed lots of books.

We start our term with a continuation of online lessons, as we did at the end of Term 1. All students are strongly encouraged to participate in these lessons. Students who come to school are generally the children of essential workers or children who are vulnerable. No child should be at school if they are in any way unwell.

We will operate a skeleton staff for the first two weeks, with most working from home but gradually building up over the course of the term. Some older members of staff or those who are vulnerable will continue working from home for the foreseeable future. But, as we know, things can change quite rapidly.

cont. P2

27 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

Term 2

Term 2

Week 1
Monday 27 April – Staff Development Day (No Students)
Tuesday 28 April - Y12 SDD Assessment Part B Pd7
Wednesday 29 April
Thursday 30 April -
Friday 1 May
Week 2
Monday 4 May
Tuesday 5 May
Wednesday 6 May
Thursday 7 May
Friday 8 May

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

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

It is our plan to bring students back to school gradually from May 11th, Week 3. Year 12 will be asked to complete the assessment tasks in Week 3 which were delayed from Week 10 last term. They should receive official notification of this today and this assessment schedule is attached to this newsletter. This means that we will bring Year 11 back at the start of Week 3 on a modified timetable. Then in Week 4 Year 12 will return on a modified timetable with shortened days and Year 11 will complete their assessment tasks. We have identified several large spaces in the school and will be able to keep students in a safe distance from each other.

One area we cannot control is those students travelling on public transport. It is essential that students exercise sensible distancing when travelling to and from school.

We expect to have Year 7 back on Monday May 11, followed by Year 8 on Tuesday, Year 9 on Thursday and Year 10 on the Friday. Again, these will be modified timetables. More details will be sent home when we have finalised our plans. In the meantime all students should continue to complete work online.

The plan is to eventually bring each year group back for two days a week and then build up to five days a week by the end of the term. That is the plan but as we all

cont. P3

Baulko News

Message from Jeanne Bathgate, Principal Continued...

know, nothing has gone to plan so far this year so I ask parents and students to remain flexible and kind at all times.

There will be no camps, excursions or visiting groups until further notice. There will be no formalised sport, cadets or bands until further notice. We do plan to include some physical activities for students on their days back at school.

Thank you for your continued support of our school.

Jeanne Bathgate
Principal



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/1FAIpQLSeKlmbLlNaboz2-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 21st

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, 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
- 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>

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

BAULKHAM HILLS HIGH SCHOOL

YEAR 12 TERM 2 ASSESSMENT BLOCK 2020

FINAL

MONDAY 11th May	TUESDAY 12th May	WEDNESDAY 13th May	THURSDAY 14th May	FRIDAY 15th May
ECONOMICS (76) ENGINEERING STUDIES (5) 10:00 a.m. to 12:05 p.m. <i>Location: Houliston Centre</i> <i>includes 23 yr 11 Eco accelerants</i>	LEGAL STUDIES (45) 10:00 a.m. to 12:05 p.m. <i>Location: Houliston Centre</i> KOREAN BEGINNERS (4) 10:00 a.m. to 11:35 a.m. <i>Location: Year 12 Study</i> ANCIENT HISTORY (21) 10:00 a.m. to 10:50 a.m. <i>Location: Houliston Centre</i> <i>includes 20 yr 10 accelerants</i>	ENGLISH (207) (ADVANCED) 12:00 noon to 3:00 p.m. <i>Location: online submission</i> ENGLISH EXTENSION 1 (52) <i>Writing Portfolio</i> to be uploaded no later than 10:00 a.m. <i>Location: online submission</i>	SOFTWARE DESIGN & DEVELOPMENT (17) 10:00 a.m. to 11:30 a.m. <i>Location: online submission</i> MODERN HISTORY (27) 10:00 a.m. to 10:50 a.m. <i>Location: Houliston Centre</i> MUSIC 2 & MUSIC EXTENSION (14) PRACTICAL EXAM <i>All Day</i> <i>Location: TLC</i> <i>includes 6 Yr 10 accelerants</i>	VISUAL ARTS (7) <i>Body of Work Submission</i> Pds 1 & 2: 9:00 a.m. to 10:10 a.m. <i>Location: G16</i> BUSINESS STUDIES (11) GEOGRAPHY (21) 10:00 a.m. to 12:05 p.m. <i>Location: Houliston Centre</i> <i>includes 16 yr 10 Gg accelerants</i>
<i>Total students = 81</i>				

YEAR 11 TERM 2 ASSESSMENT BLOCK 2020

MONDAY 18th May	TUESDAY 19th May	WEDNESDAY 20th May	THURSDAY 21st May	FRIDAY 22nd May
LEGAL STUDIES (36) 10:00 a.m. to 11:35 a.m. <i>Location: Houliston Centre</i> KOREAN BEGINNERS (6) 10:00 a.m. to 11:35 a.m. <i>Location: Year 12 Study</i> FRENCH (1) 10:00 a.m. to 11:25 a.m. <i>Location: D3</i> ENGLISH (204) (ADVANCED) <i>Vodcast</i> to be uploaded no later than 3:00 p.m. <i>Location: online submission</i>	PHYSICS (134) 10:00 a.m. to 11:05 a.m. <i>Location: Houliston Centre</i> <i>& B Block</i>	BUSINESS STUDIES (19) ENGINEERING STUDIES (6) 10:00 a.m. to 11:35 a.m. <i>Location: Houliston Centre</i> ENGLISH EXTENSION 1 (80) <i>Analytical Response</i> to be uploaded no later than 3:00 p.m. <i>Location: online submission</i>	ECONOMICS (109) 10:00 a.m. to 11:35 a.m. <i>Location: Houliston Centre</i> <i>includes 21 yr 10 accelerants</i>	GEOGRAPHY (17) 10:00 a.m. to 11:35 a.m. <i>Location: Houliston Centre</i> <i>includes 15 yr 9 accelerants</i> MODERN HISTORY (43) 10:00 a.m. to 10:50 a.m. <i>Location: Houliston Centre</i>
<i>Total students = 43</i>				<i>Total students = 60</i>

Total students = 109