## Issue #2

#### 4 May 2020

# Baulkham Hills High Newsletter



www. baulkhamhillshighschool.com.au



### Year 12 Jerseys Class of 2020

### In this issue:

Baulko News - Message from Principal continued

Update of Personal Details

Advice to Parents and Students: Phase 1 - A Staged approach
P&C News - Uniform Shop
Online Wellbeing Workshops for Parents

Black Dog Institute and Elevate Education

A Message from the Wellbeing Team
Resources to Support Wellbeing
Hills Relay For Life - 16 May
Bell Shakespeare Short Film Festival
Careers News
Year 11 and Year 12 Term 2 Assessment Block 2020

## From the principal's desk:

We begin Week 2 with our online classes continuing. Students are expected to complete their normal timetable, from home. This will change next week when we will begin to bring students back to school in a gradual, phased manner.

More information about the next two weeks is included in this newsletter. It is essential that parents and students read this document and follow the planned lessons and timetabled days at school. Make sure you note the changes in Week 4 for Years 9 and 10. This is to allow students who are accelerated to join the rest of their class. Of course, if parents are working in an essential industry they are welcome to send their children to school every day.

Junior students are welcome to wear their sports uniform for the day they attend. That will minimise the need to get changed and help with social distancing. Senior students are expected to cont. P2

### 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 <u>www.baulkhamhillshighschool.com.au</u>

erm 2	Term
Week 2	
Monday 4 May	
Tuesday 5 May	
Wednesday 6 May	
Thursday 7 May	
Friday 8 May	
Week 3	
Monday 11 May	
- Y12 Term 2 Assessments 11/5 to 15/5 incl.	
Tuesday 12 May	
Wednesday 13 May	
Thursday 14 May	
Friday 15 May	
Week 4	
Monday 18 May	
- Y11 Term 2 Assessments 18/5 to 22/5 incl.	
Tuesday 19 May	
Wednesday 20 May	
Thursday 21 May	
Friday 22 May	
Week 5	
Monday 25 May -	
Tuesday 26 May	
Wednesday 27 May	
Thursday 28 May	
Friday 29 May	

4 May 2020

Issue #2

wear normal uniform. Year 9 and 10 students who do practical subjects will need their school shoes and aprons and other relevant equipment for their electives.

The Canteen will be open but may have a limited selection until we are fully operational.

The Uniform Shop will open as usual but purchases will be picked up from the Front Office – parents are not to be on school premises. Please order online.

All classrooms have been thoroughly cleaned and teachers have hand sanitiser for each room. Social distancing will happen in all rooms. Students are reminded to observe social distancing rules in the Canteen, Bus Bay and the playground. There are to be no contact sports and no ball games.

The bubblers have been covered to prevent infection. Students are asked to bring a drink bottle which they can refill from various parts of the school.

The computers in the library will be locked. Students are expected to use their own device only.

A cleaner has been hired to thoroughly clean all toilets after recess and lunch.

Access to the school via Carver Crescent will be closed off so no members of the public will have access to the school. Those students who drive and park in

cont. P3



## Baulko News

Message from Jeanne Bathgate, Principal Continued...

Carver Crescent will need to be at school before 9am, as the gate will be shut at that time.

Senior students are to report to the Shed for roll call each morning. Years 7 – 10 are to report to the gym for roll call.

No student is to come to school if they are unwell in any way. They will be sent home.

Please discuss with your child the importance of social distancing when travelling on public transport.

The staff and I are looking forward to welcoming our students back next Monday, May 11<sup>th</sup>.

#### 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

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





## **Baulkham Hills High School**

419A Windsor Road, Baulkham Hills NSW 2153 Phone: 02 9639 8699 Fax: 02 9639 4999 Email: <u>baulkham-h.school@det.nsw.edu.au</u> Website: <u>www.baulkhamhillshighschool.com.au</u>

### Advice to Parents and Students: Phase 1 - A Staged approach

#### <u>Monday 4 May 2020</u>

Dear Parents and Carers,

Thank you for your support over this very challenging period of time.

To support the continuity of education for students and increase face-to-face teaching in NSW, a staged return to school model will be rolled out across Term 2. A staged approach allows school communities to balance the needs of students and staff, their families, personal circumstances and workplaces during the pandemic. The NSW Department of Health maintains that schools are safe places for students, teachers and staff.

The NSW Department of Education have established guidelines and policy for Public Schools to follow and as you are already aware, from Week 3, Monday 11th May, Phase 1 will be the operational mode for Baulkham Hills HS. Students in Years 7-10 will return one day a week. Supports students are welcome to return to school on any day. For specific Assessment schedule details please see the published Assessment schedules on Moodle or in the Newsletter last week.

	Week 3	Classes a	at school
Monday	Year 12 Assessment block	Year 11	Year 7
Tuesday	Year 12 Assessment block	Year 11	Year 8
Wednesday	Year 12 Assessment block	Year 11	
Thursday	Year 12 Assessment block	Year 11	Year 9
Friday	Year 12 Assessment block	Year 11	Year 10

	Week 4	Classes a	at school
Monday	Year 11 Assessment block	Year 12	Year 7
Tuesday	Year 11 Assessment block	Year 12	Year 8
Wednesday	Year 11 Assessment block	Year 12	
Thursday	Year 11 Assessment block	Year 12	Year 10
Friday	Year 11 Assessment block	Year 12	Year 9

During this phase we will split classes across spaces in the school and recess and lunch breaks will be staggered to allow for social distancing. Students in Years 7-10 will learn from home the other four days in the week and continue with their online learning.



#### 4 May 2020

Issue #2

We ask parents to cooperate with the school and to send their children on the allocated day to school and to keep their children home on the other four days to access their learning remotely. If a parent or carer deems there are personal circumstances preventing their child attending school on their allocated day/time, this is to be discussed with the school principal. If you are keeping your child at home due to an underlying health condition, please advise the school to ensure the student is able to continue learning from home.

It is critical that any student who feels unwell does not attend school until they are well in order to minimise the spread of any virus. If a student falls ill while at school, the department's current health care procedures apply including contacting the student's parent or carer to attend the school to collect the student. If the student's parent or carer is not available to collect their child, contact is to be made with the student's emergency contact who should be asked to collect the child. Students should not return to school until they are well and symptom free.

The school will continue to promote and encourage good hygiene practices in order to protect against infection. Each classroom will be supplied with hand sanitizer. Additional cleaning services will be provided. Water bubblers can only be used to refill water bottles.

The school canteen will operate from 11 May in a reduced capacity.

Senior students (Year 11/12) are to wear regular school uniform. Junior students are to wear sports uniform to school. Junior students will also need to bring regular black school shoes for Technology classes.

Roll call will be held each morning at 8.40am. Students need to meet at the following locations. Support students go directly to their classrooms.

		Week 3 - Roll Call
Monday	Year 11 - Shed	Year 7 - Gym
Tuesday	Year 11- Shed	Year 8- Gym
Wednesday	Year 11- Shed	
Thursday	Year 11- Shed	Year 9- Gym
Friday	Year 11- Shed	Year 10- Gym
		Week 4 -
	Roll Call	
Monday	Year 12 - Shed	Year 7 - Gym
Tuesday	Year 12- Shed	Year 8- Gym
Wednesday	Year 12- Shed	
Thursday	Year 12- Shed	Year 10- Gym
Friday	Year 12- Shed	Year 9- Gym

School buses will continue to operate as normal. Students who catch the afternoon bus route 2532 and 736 will be asked to wait in the Shed until 3.18pm to reduce student numbers in the bus bay.

#### Dr Jeanne Bathgate

Principal

4 May 2020



## P&C News

### <u>Uniform Shop</u>

Uniform shop is taking online orders from now. All orders will be delivered to the school's front office and be ready for collection from 15 May (Friday) onwards.

- Student can collect their order on the day they are back at school. (While online orders
  will be delivered to student in class normally, in view of the current situations, student
  may not be placed in their original class. It is encouraged for student to check their
  order with the school office.)
- Parents can collect their order from front office any days from 15 May onwards.

All orders placed before 15 May will be ready by 15 May (Friday). Orders later than 15 May will be processed and ready for collection on the following Friday (22 May).

Uniform shop is open every Friday (8-11am) starting 15 May. Students can buy their uniforms over the counter if they know their size. Unfortunately, fitting is not allowed.

Please email to <u>bhhsuniformshop@gmail.com</u> for online ordering. Please check the school's website (Parents and Citizens Association – Uniform Shop) for uniform items and price list if you are not sure.

Sau Wan Liew **P&C** President **HOW TO SUPPORT** YOUR CHILD' ΜΕΝΤΔΙ ΗΕΔΙΤ 1 SUPPORT EXERCISE Encourage pla BEHAVIOUR Keep an eye out for any changes in behaviour LOVE **REST TIM** child encourage and braise your child PATIENCE HELP Don't press vour child nat you are oud of then now yo child is fe E B EDUCATE LISTEN Educate ourself about nental health problems PROBLEM r child to COPING YMPTOM cills such a relaxation • e NVIRONMEN CONVERSATION ncourage you hild to engage



4 May 2020

## **Online Wellbeing Workshops for Parents**

### **Black Dog Institute presents**

### 'Navigating your Teen's Mental Health' (Free/Online)

Date/Time: Friday May 8th, 2020 12:00 PM

Registration Link: https://zoom.us/webinar/register/WN ePDpf1AiSvuZmeY8NaKPHA

*Description:* Designed to help you answer questions pertaining to mental health and gives you the knowledge and practical advice to:

- Identify depression from normal mood swings
- Understand the types of mental health concerns
- Recognise the symptoms of depression and anxiety
- Know when professional help is needed
- Understand the range of treatment options
- Have open, meaningful conversations
- Spot and monitor the warning signs

This presentation is held completely online. A link will be provided 24 hours prior to the event.

### **Elevate Education presents**

### 'How to help your child study effectively during the COVID-19 Pandemic' (Free/Online)

Date/Time: Wednesday May 6<sup>th,</sup> 2020, 6:00 PM

Registration link: https://www.elevatecoaching.info/parent-webinar-aus/

*Description:* Designed to educate parents around the following:

- How to manage your child's study routines while the coronavirus threatens their productivity.
- Learn the "behind-the-scenes" secrets that Elevate's coaches share with their coaching students that get them top marks each year.
- Learn Kane's 3-keys to stress-managing your child that has worked for hundreds of students across Australia.
- Gain FREE ACCESS to downloadable templates that can give you the control and visibility you need to assist your child.
- Learn about 1:1 Online Student Coaching to understand how Elevate's young coaches are helping students across Australia find a new way to study.





### 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



### 4 May 2020

Issue #2

## <u>Resources to Support Wellbeing</u>

### **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**

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

#### 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: <u>https://www.psychology.org.au/Find-a-Psychologist</u>
- Headspace centres: <a href="https://headspace.org.au/headspace-centres/">https://headspace.org.au/headspace-centres/</a>
- Mental Health Care Plan: https://www.healthdirect.gov.au/mental-health-care-plan

#### Online wellbeing programs for your child

- <u>https://www.cci.health.wa.gov.au/resources/looking-after-yourself</u> (self-help resources on various topics)
- <u>https://thiswayup.org.au/</u> (mood, anxiety, mindfulness, sleep, and stress)
- <u>https://brave4you.psy.uq.edu.au/</u> (anxiety)
- <u>https://moodgym.com.au/</u> (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: <u>https://www.beyondblue.org.au/the-facts</u>
- Headspace: <u>https://headspace.org.au/</u>
- Kids Helpline: <u>https://kidshelpline.com.au/teens</u>
- Black Dog Institute: <u>https://www.blackdoginstitute.org.au/</u>

### **Information about Covid 19**

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

#### Information relating to infectious disease outbreaks

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



#### 4 May 2020

### Hills Relay for Life – 16 May

Due to social distancing restrictions Relay for Life at Hills Show ground was cancelled. However there is an opportunity to participate in the online community to reinforce the great work being done to support people with cancer and work to a cure. Hills Relay have put together a great program which can be accessed through facework so you can still be part of the relay community and get behind the great work that is done in the community to back this great cause. Sign up to the face book page prior to the event so that you have the ingredients for the cooking segment and your candle prepared for the HOPE ceremony.

Please record your family's involvement via photo or video for our school community to celebrate our contribution. Please see the program below. Mrs Greenlees





### **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: <u>https://www.bellshakespeare.com.au/whats-on/educations/bell-shakespeare-shorts-festival/</u>

Go to this Google Form if you are keen to get involved: <u>https://docs.google.com/forms/d/e/1FAIpQLSeKImbLINaboz2-</u> <u>OjnWLHrZCDZRCLJs6b0w0JyJy\_tb118pHA/viewform</u>

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



### Careers News – Update Term 2

A new Google Classroom has been created at the end of Term 1 called **Careers Forum** for Year 10/11/12 students during Term 2 (students have been given the code to enrol). This contains:

- 1. Year 12 Upcoming Deadlines (some of these have been extended)
- 2. UAC Updates (videos, Facebook Live events, key documents)
- 3. Scholarships & Cadetships (students are assisted with drafts via Google Docs)
- 4. Uni Updates & Uni Speaker Recordings (to replace lunch speaker sessions)
- 5. Industry Sessions Online (live sessions)
- 6. Careers Checklists
- 7. Online Subscriptions (Careers news & events, audio & video recordings)
- 8. Virtual Work Experience (replaces F2F work experience for Year 10/11/12)
- 9. Learning opportunities (online courses)
- 10. Careers Classes Year 10 (recordings & content Future Work Skills/Subject Selection)

Students will be able to reach me via video chat in group drop-in sessions during Tues & Thurs lunch and various uni and industry sessions have also been running online since the end of last term.

#### Exploring - What does my child have access to for Careers in Year 10?

- Weekly Careers Classes including Morrisby Online Career Profiling please see the Careers page on the school website for an overview of the Careers Program
- Tailored resources on Google Classroom including a Career Competency Checklist to ensure they are on track going into senior school
- Students and parents can access the <u>Study Work Grow</u> Careers Subscription (please ask your child for the user name and password). A personalised school page is available via the above link (requires log in) which includes important event information
- Online Careers Portfolios can be built via the Study Work Grow website (see info above)
- Students have access to hard copy **Career Portfolios** with the Baulko logo (pick up from Careers Office)
- Subject Selection assistance including UAC's <u>Steps to Uni for Year 10 Students</u> (online and hard copies) and new online tool (<u>Subject Compass</u>)
- 1 year access to a new resource to explore various careers & undertake virtual work experience <u>The Careers</u> <u>Department</u>
- 1 year access to the Online Study Hacks Masterclass (taught by Dr Jane Genovese who has qualifications in Law & Psychology)

#### Clarifying - What does my child have access to for Careers in Year 11?

- Future Planning Session (experienced HR speaker)
- Motivational Mapping using the Youth Maps profiling report + optional individual follow up session with the Careers Advisor
- Individual appointments with the Careers Advisor (applying to uni, scholarships, general Careers advice)

#### Applying – What does my child have access to for Careers in Year 12?

- Individual appointments with the Careers Advisor (applying to uni, scholarships, general Careers advice)
- Mock interviews for scholarships/medicine
- UAC information session (how to apply to uni), panel discussion (uni students) and scholarships session (experienced HR speaker)
- UAC Guides in hard copy and further resources posted in Google Classroom
- Year 12 students can use the UAC online tool <u>Course Compass</u> to assist their decisions

#### Lara Hardy, Careers Adviser



	YE	BAULKHAM HILLS HIGH SCHOOL YEAR 12 TERM 2 ASSESSMENT BLOCK 2020	2020	FINAL
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11th May	12th May	13th May	14th May	15th May
ECONOMICS (76) ENGINEERING STUDIES (5) 10:00 a.m. to 12:05 p.m. Location: Houliston Centre	LEGAL STUDIES (45) 10:00 a.m. to 12:05 p.m. Location: Houliston Centre	ENGLISH (207) (ADVANCED) 12:00 noon to 3:00 p.m. Location: online submission	SOFTWARE DESIGN & DEVELOPMENT (17) 10:00 a.m. to 11:30 a.m. Location: online submission	VISUAL ARTS (7) Body of Work Submission Pds 1 & 2: 9:00 a.m. to 10:10 a.m. Location: G16
	KOREAN BEGINNERS (4) 10:00 a.m. to 11:35 a.m. Location: Year 12 Study ANCIENT HISTORY (21)	<b>ENGLISH EXTENSION 1 (52)</b> <i>Writing Portfolio</i> to be uploaded no later than 10:00 a.m.	MODERN HISTORY (27) 10:00 a.m. to 10:50 a.m. Location: Houliston Centre	BUSINESS STUDIES (11) GEOGRAPHY (21) 10:00 a.m. to 12:05 p.m. Location: Houliston Centre includes 16 yr 10 Gg accelerants
	Location: Houliston Centre includes 20 yr 10 accelerants		MUSIC EXTENSION (14) PRACTICAL EXAM All Day Location: TLC includes 6 Yr 10 accelerants	
Total students = 81	Total students = 70	Total students = 207	Total students = 58	Total students = 39
A CNOM	YE	YEAR 11 TERM 2 ASSESSMENT BLOCK 2020	2020 THIIRSDAY	FRIDAY
18th May	19th May	20th May	21st May	22nd May
LEGAL STUDIES (36) 10:00 a.m. to 11:35 a.m. Location: Houliston Centre KOREAN BEGINNERS (6) 10:00 a.m. to 11:35 a.m.	<b>PHYSICS (134)</b> 10:00 a.m. to 11:05 a.m. Location: Houliston Centre & B Block	BUSINESS STUDIES (19) ENGINEERING STUDIES (6) 10:00 a.m. to 11:35 a.m. Location: Houliston Centre ENGLISH EXTENSION 1 (80)	ECONOMICS (109) 10:00 a.m. to 11:35 a.m. Location: Houliston Centre includes 21 yr 10 accelerants	GEOGRAPHY (17) 10:00 a.m. to 11:35 a.m. Location: Houliston Centre includes 15 yr 9 accelerants MODERN HISTORY (43)
Location: Year 12 Study FRENCH (1) 10:00 a.m. to 11:25 a.m. Location: D3		<b>Analytical Response</b> to be uploaded no later than 3:00 p.m. <i>Location: online submission</i>		10:00 a.m. to 10:50 a.m. Location: Houliston Centre
ENGLISH (204) (ADVANCED) Vodcast to be uploaded no later than 3:00 p.m. <i>Location: online submission</i>				
Total students = 43	Total students = 134	Total students = 25	Total students = 109	Total students = 60