

Baulkham Hills High Newsletter



www.baulkhamhillshighschool.com.au



Year 7 (Phase 1) Staged Return to School - Visual Arts

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From the principal's desk:

Welcome back to our students! We had the vast majority of our students in Years 7 and 11 on campus today plus some unlucky Year 12 students who were doing assessment tasks. Everyone seemed very happy and glad to be back with their friends. Most students appeared to travel to school with a parent – buses were quite empty so if students want to travel by bus it is quite safe at the moment.

The staggered recess and lunch times seemed to work reasonably well but students had to be reminded constantly to observe social distancing.

Tomorrow we will have Year 11 and Year 8 on site plus Year 12 students doing their assessment tasks.

Roll call takes place in the shed for Year 11 and in the gym for Years 7 -10. That allows us to move students apart to meet restrictions. Support Unit students will do roll call in their normal class.

11 May 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 3
Monday 11 May - Y12 Term 2 Assessments 11/5 to 15/5 incl. - Y11 Classes at School - Y7 Classes at School
Tuesday 12 May - Y11 Classes at School - Y8 Classes at School
Wednesday 13 May - Y11 Classes at School
Thursday 14 May - Y11 Classes at School - Y9 Classes at School
Friday 15 May - Y11 Classes at School - Y10 Classes at School
Week 4
Monday 18 May - Y11 Term 2 Assessments 18/5 to 22/5 incl. - Y12 Classes at School - Y7 Classes at School
Tuesday 19 May - Y12 Classes at School - Y8 Classes at School
Wednesday 20 May - Y12 Classes at School
Thursday 21 May - Y12 Classes at School - Y10 Classes at School
Friday 22 May - Y12 Classes at School - Y9 Classes at School
Week 5
Monday 25 May -
Tuesday 26 May -
Wednesday 27 May -
Thursday 28 May -
Friday 29 May -

Thank you to everyone who has made such an effort to get our students back to school. Years 7 - 10 will still be doing lessons online but Years 11 and 12 will be full face to face learning. I expect that this will continue for the next two weeks but it will be particularly difficult to separate students for social distancing from Week 5 onwards. Things are changing rapidly so watch this space.

Jeanne Bathgate
Principal



Y7 Roll Call in the Gym

Baulko News

Y11 Music with Ms Kim – Monday, 11 May



Felicity Ye Y11



Minha Kook Y11

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.

Uniform Shop Orders

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 bhhsuniformshop@gmail.com 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





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>

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 facebook 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



PROGRAM OF EVENTS

2020 Hills Relay From Home

facebook.com/hillsrelayforlife/

Saturday 16 May 2020

2.00 pm Opening Ceremony
Watch the ceremony open by our Chair, CEO, Hills Mayor and go for a 30 minute walk in your Relay shirt with us.

2.45 pm Bake Afternoon Tea with Janelle Bloom
Turn your ovens on for Ready, Steady, Cook presenter Janelle Bloom. Recipe details will be shared closer to the day so you can bake with her as she runs you through.

3.05 pm Zumba with Nina
Follow some of Nina's favourite moves from your own lounge room.

3.30 pm Mission Moment
Learn more about the importance of bowel cancer screening, the statistics in Australia and why this is such an important challenge for our communities.

3.45 pm Survivors and Carers Afternoon Tea
Let's celebrate our cancer Survivors and Carers will sharing some afternoon tea with our families.

4.15 pm Animal Focus
Find out more about caring for your four-legged family members.

4.50 pm Community For The Cause
See what other teams are doing for Relay From Home.

5.10 pm Hope Ceremony
Have your own candlelight with hope at home as you tune in to our ceremony.

6.05 pm Closing Ceremony
Hear the wrap up of thanks from our Chair and Cancer Council Representative as we all finish together.




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 [Study Work Grow 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 [Steps to Uni for Year 10 Students](#) (online and hard copies) and new online tool ([Subject Compass](#))
- 1 year access to a new resource to explore various careers & undertake virtual work experience – [The Careers Department](#)
- 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 [Course Compass](#) to assist their decisions

Lara Hardy, Careers Adviser





Transport
State Transit

Thursday, 7 May 2020

To our school community,

Re school bus services delivered by State Transit during COVID-19

Transport for NSW (TfNSW) is working closely with the Department of Education to ensure school students across the state get back to the classroom safely.

At State Transit we are proudly playing our role in making the return to face-to-face learning happen. This is one of the ways our people and our buses are continuing to support the community during the Coronavirus outbreak.

Parents and carers should make travel choices that suit their individual needs and circumstances but please know we are here to support them.

TfNSW continues to provide full public transport services across all modes during COVID-19 to enable essential travel, which includes State Transit's buses.

Cleaning across the entire transport network has been ramped up to protect our customers and our people. State Transit's entire bus fleet is sanitised every day, with a focus on high-touch areas like handrails, stop buttons and Opal readers.

We continue to promote and encourage social distancing, however this may not be possible at all times on buses carrying school students as we will not allow school children to be left at bus stops.

Please encourage students travelling with us to tap on and tap off with their Opal card, which helps us better understand travel patterns and service capacity.

We will continue to work with schools and monitor school services over the coming weeks.

The safety of your students and our bus drivers is my top priority. If you have any concerns during this time please contact your local State Transit depot.

Kind regards,

Daniela Fontana
**Executive Director Customer Operations State
Transit Authority**

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