

Baulkham Hills High Newsletter



www.baulkhamhillshighschool.com.au



Year 7 PE Lesson – Athletics

In this issue:

- From the Principal's Desk
- Baulko News - Duke of Edinburgh's International Award
- P&C News – Uniform Shop
- Creative and Performing Arts Faculty
- A Message from the Wellbeing Team
- Resources to Support Wellbeing
- Careers News
- How Healthy Canteens Is Prioritising Health, Safety & The School Community During The Covid-19 Outbreak
- School Bus Services delivered by State Transit during COVID-19

As per the Department of Education Infection Control Policy
we can no longer accept cash payments in the Office.

We accept Eftpos, tap & go and online banking

*****Online Banking is preferred*****

From the principal's desk:

Today we welcomed back Year 12 and it is our hope that the rest of their school career will happen without interruptions. Certainly, they seemed to be very cheerful and happy to be back with their friends. I know their teachers were delighted to have them back in class. As I mentioned to the students, many of them are actually ahead of where they would usually be at this time of year. They have worked hard at home and made significant progress in their studies. The HSC will happen although the start date has been put back a week. Students in the US and UK and Europe are not sitting for their final examinations but in those countries the school year finishes in June. We have sufficient time to get through the full course and so our final exams will happen when planned.

Year 12 assessment schedule will be altered over the next couple of weeks to reflect the fact that we will not have enough time to do all the tasks as originally planned. Students will be notified, in writing, of the changes to this schedule. In many cases we will reduce the number of tasks and change the weighting as well.

18 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 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
Week 6
Monday 1 June -
Tuesday 2 June - Y11 Mathematics Ext 1 Assessment test in class P3-5 (Ribbons)
Wednesday 3 June
Thursday 4 June - Y12 Mathematics Ext 1 Assessment test P4-6 (Ribbons)
Friday 5 June
Week 7
Monday 8 June -
Tuesday 9 June -
Wednesday 10 June
Thursday 11 June -
Friday 12 June - Y12 Society and Culture Task 3 in Class Essay - Y12 & Y11 Acc ELC HSC Economic Conference Live Webcast P2-8 (Craft)

We are still waiting for guidance from the Department about when we can expect schools to be back and fully operational but are ready for next week if that is the decision.

A reminder to parents that students must not come to school if they are unwell in any way. If you suspect your child may have symptoms similar to COVID-19 please get your child tested and let the school know the result. The symptoms in students may be very mild but it is still important to get them tested in order to protect older members of our society.

There will be no assemblies, excursions, sport or work experience until further notice. Some excursions are going online so that students can still benefit from the learning experience. Information about sporting activities will be sent home shortly but for this week the only students at school on Wednesday are Year 12.

Parents can be assured that the school is exercising strict hygiene and cleanliness at all times. We have been provided with copious amounts of hand sanitiser and alcohol wipes. There are limits on how many staff can be in staffrooms and notices on the doors of the Library and Canteen showing the maximum capacity. The advice is that students do not need to social distance but where we can we are encouraging this so junior year groups are still in small groups of 15 maximum.

Please check out the app or Facebook for the latest updates from the school. Things are changing from day to day.

Jeanne Bathgate
Principal

**Wash your hands, cover your cough
and stay home if you're sick.**

Baulko News



Proud to deliver

THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD



Congratulations to the following students who completed their awards and have received their certificate and badge:

Bronze Award:

Aaron Taylor (Yr 10)
Lorin Bektas (Yr 11)
Qingyuan He (Yr 10)

Silver Award:

Parth Aggarwal (Yr 11)
Satvik Gupta (Yr 11)
Sithumi Kapuge (Yr 12)

*** **



Our lovely Office SAM wearing protective clothing for Sick Bay Cleaning - Extra Precautions

P&C News

Uniform Shop

Thank you to all the parents who helped adhere to social distancing rules by ordering their uniforms online. We had over 100 orders last week. The Uniform Shop will open again on Friday 22 May from 8-11am.

Starting next week (25 May), the Uniform Shop will return to its normal hours, open **every** Wednesday and Friday (8 – 11am) – please note the changes from alternate Fridays to every Friday.

For now, the Uniform Shop is still taking online orders only. There are two ways to order online:

(A) Munch Monitor: Order through Munch Monitor at www.munchmonitor.com

School ID: baulkhamhhs

Password: munch2153

Parents can create an account through the Munch Monitor website. Thanks to the persistence and excellent negotiation skills of our Uniform shop coordinator, Munch Monitor Management has agreed to waive Family Account fees as well as all order transaction fees for Baulkham Hills parents. (Thanks Doreen! 😊)

(B) Email to bhhsuniformshop@gmail.com

In your email, please state the student's name, roll call, the item size and quantity, and the parent's contact number. Alternatively, you can send a scanned copy/photo of the **order form** (available at the school's website → Parents and Citizens Association → Uniform Shop) through the email. Please check the school's website for uniform items and the price list if you are not sure.

- Students can collect their orders on the day they are back at school. (While online orders will be delivered to students in class normally, in view of the current situation, student may not be placed in their original class. It is encouraged for students to check their orders with the school office.)
- Students can buy their uniforms over the counter on Uniform Shop opening days if they know their size. Unfortunately, fitting is not allowed.
- Parents are not allowed to be on school premises or the Uniform Shop. They can only collect their online orders from the front office.

Thank you!

Sau Wan Liew
P&C President



Creative and Performing Arts Faculty

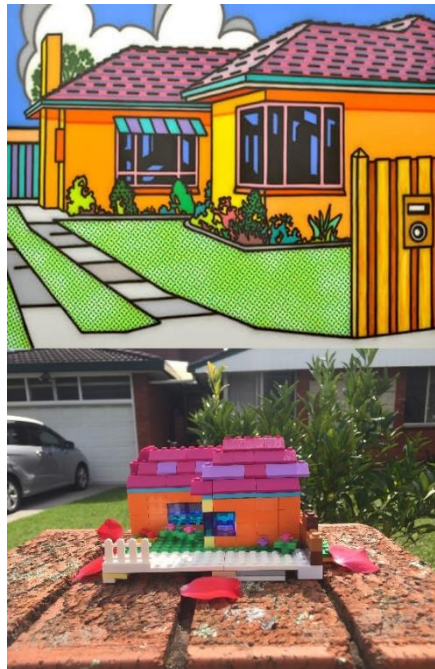
Congratulations to all of our staff and students who entered into our Borrowed Art Competition in Term 1. We are very excited to announce the winners and show off their sensational creativity, imaginations, and artistic ability. Thank you to all of those that got involved. Winners you can collect your prizes from the CAPA staffroom and all other students who entered can collect their certificate of participation as well.

Well done to the following students and teachers:

Winners!

Year 7:

- Vedant Bansal
- Amaya Chandrasekera
- Marcus Kan
- Wantong (Amy) Lin
- Jessie Yu



Year 7 Winner Wantong Lin



Year 8 Winner Christina Yang

Year 8:

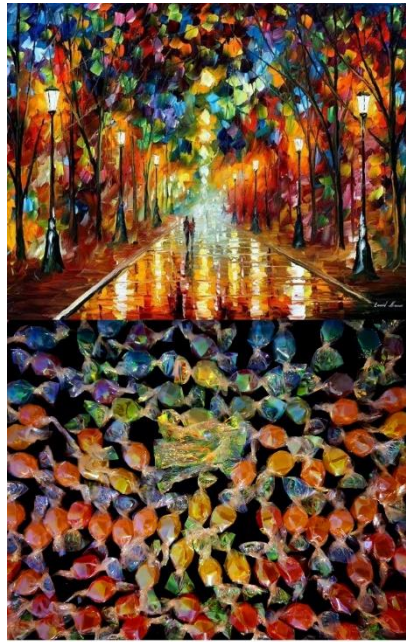
- Charlotte Cheng
- Sophia Liu
- Nathan Wahudinata
- Cloris Xu
- Iris Xu
- Christina Yang
- Lauren Lubrano



Year 8 Winner Sophia Liu

Year 9:

Emily Zhang



Year 9 Emily Zhang

Teachers:

- Ms Hardy
- Mrs Arblaster
- Ms Johnson
- Mrs Robinson
- Mrs Lockley

Teacher Winners!



1st Place Teachers
Ms Hardy



Andy Warhol Campbell's Soup, 1968

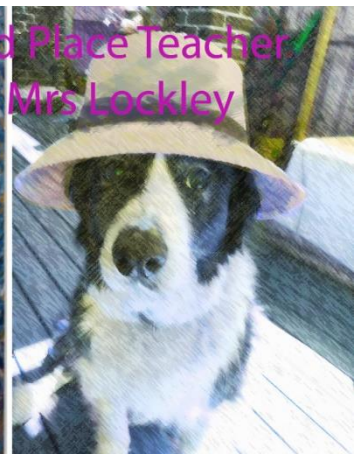
2nd Place Teacher
Mrs Arblaster



Covid-19 Lockdown pantry, 2020



3rd Place Teacher
Mrs Lockley





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

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ | www.BelievePerform.com

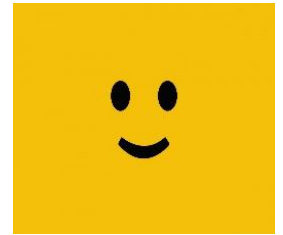
- LOVE**: Be there for your child and show care and love
- EXERCISE**: Encourage play, exercise and sport
- BEHAVIOUR**: Keep an eye out for any changes in behaviour
- SUPPORT**: Regularly support, encourage and praise your child
- REST TIME**: Help your child to manage stress by building in some rest 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

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

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)

In addition to recordings students will have access to a live session online this week (Week 4) for UNSW Co-op Thursday after school and in Week 5 a Q&A on Scholarships will be running during Thursday lunch with a pre-recorded webinar also available (students need to register for this).

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



How Healthy Canteens Is Prioritising Health, Safety & The School Community During The Covid-19 Outbreak



Health & Safety

Every day we are following strict cleaning, quality control and hygiene procedures in each of our canteens.

We've increased the cleaning and sanitising of all surfaces including our service counters, preparation benchtops, display cabinets, door handles and floors.

We continue to use best practices and are strictly following the advice of the Australian Government Department Of Health

Sanitisation Of Surfaces

Frequently touched surfaces are sanitized with commercial grade sanitizer, and wiped down at the following times:

- Before school starts
- After morning service
- Before, during and after recess
- Before, during and after lunch



Canteen Staff

All of our canteen staff take the following precautions:

- Wearing gloves during all contact with students and teachers. Gloves will be changed regularly throughout the day
- Thoroughly washing hands regularly throughout the day when not wearing gloves
- Social distancing guidelines are followed by our staff during their interactions with each other
- Any staff that show any symptoms are not allowed to come to work



Students Ordering & Paying For Food & Drinks

Primary Schools : Wherever possible, we recommend that meals are ordered online at ***Flexischools.com.au***

High Schools : We have contactless Eftpos terminals at all of our High Schools. Cash can also be used. Our staff wear gloves whilst handling money. All money is wiped down at the end of each service break

Safe Barriers Between Our Food And Students

- All of our schools have perspex display protective barriers at each counter to keep food safe
- Extra hand sanitiser will be provided for students and teachers at the point of sale
- All of our food will be packaged and wrapped to ensure it is protected
- Individual Fruit pieces will be temporarily unavailable as the skin on many fruits is eaten
- Fruit Salad And Watermelon that has been washed and prepared by our staff in a safe environment will be available in sealed containers for purchase



Safe Distancing In Canteen Lines

- Social distancing measures will be strictly adhered to at counters
- Lines will be kept wide apart

You can rest assured that everyone at Healthy Canteens is taking this situation very seriously. The wellbeing of the students, teachers, the school community and our staff is our number one priority

*Graham Bernard
Managing Director*



Important Note:

**Office Car Park is for Teachers Only
Please do not enter Staff Car Park
Thank you**

***** ****

**TAFE gate is open at 8.10am each day then closed at 9am
TAFE gate is reopened at 2.40pm in afternoon for Students to leave
Please encourage your child to not climb over the gate for their own safety**

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.



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**

State Transit Authority of New South Wales 27 Derbyshire Road Leichhardt NSW 2040

PO Box 2557 Strawberry Hills NSW 2012 • Phone (02) 9508 2900 • www.statetransit.info • ABN 51 750 635 62

