

# Baulkham Hills High Newsletter



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



## Year 12 Students Wearing New 2020 Jerseys

### In this issue:

From the Principal's Desk

Baulko News

Uniform Shop

A Message from the Wellbeing Team

Resources to Support Wellbeing

Careers News

2020 HSC – What's Changed For Students

Tell Them From Me student feedback survey (Term 2, 2020)

Entertainment Book Orders

**Students can collect their online Uniform orders  
from the School Office**

### From the principal's desk:

Year 11 and 12 students have been issued with altered Assessment Schedules to reflect the changes made in some subjects. Students need to read this document carefully and ensure they are aware of the changes for the rest of the year. The original document should be kept because it contains all the rules for the Assessment program.

Today is a Buffer Day for Year 11 Mathematics Extension students who are doing a Maths task tomorrow. Year 12 have a Buffer period from today until Thursday morning before their Mathematics Extension task on Thursday. Any absences during this period must be explained with documentary support.

Parents and carers are to be congratulated on smoothly adapting to our new traffic requirements. Many parents are choosing to drive their children to school and to pick their children up in the afternoon. This has led to an enormous increase in cars negotiating the bus bay, Carver Crescent and Coronation Road. Please be

*cont. P2*

1 June 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 2

<b>Week 6</b>
<b>Monday 1 June</b> - Y12 Buffer Period 1/6 to 4/6 - Y11 Buffer Day
<b>Tuesday 2 June</b> - Y11 Mathematics Ext 1 Assessment test in class P3-5 (Ribbans)
<b>Wednesday 3 June</b>
<b>Thursday 4 June</b> - Y12 Mathematics Ext 1 Assessment test P4-6 (Ribbans) - Y7 Zoom with an Author P5&6
<b>Friday 5 June</b> - Y12 SDD Assessment Part C – Before School - Y10 Science Assessment Task P3&4
<b>Week 7</b>
<b>Monday 8 June – Queen's Birthday Public Holiday</b>
<b>Tuesday 9 June</b> - Y12 & 10 HSC Composition Masterclass P1-8
<b>Wednesday 10 June</b>
<b>Thursday 11 June</b>
<b>Friday 12 June</b> - Y12 Society and Culture Task 3 in Class Essay - Y12 & Y11 Acc ELC HSC Economic Conference Live Webcast P2-8 (Craft)
<b>Week 8</b>
<b>Monday 15 June</b> - Y12 Buffer Week 15/6 to 19/6 incl.
<b>Tuesday 16 June</b>
<b>Wednesday 17 June</b>
<b>Thursday 18 June</b> - HSC SDD Assessment Task 3 – Hand in 8.30am - Year 7 and Year 10 Vaccinations (Fletcher)
<b>Friday 19 June</b>
<b>Week 9</b>
<b>Monday 22 June</b> - Y12 Assessment Week 22/6 to 26/6 incl.
<b>Tuesday 23 June</b>
<b>Wednesday 24 June</b>
<b>Thursday 25 June</b>
<b>Friday 26 June</b>
<b>Week 10</b>
<b>Monday 29 June</b> - Y
<b>Tuesday 30 June</b> - HSC Business Studies Research Task in Class P3&4
<b>Wednesday 1 July</b> - HSC Geography Research Task in Class P1&2
<b>Thursday 2 July</b>
<b>Friday 3 July</b>

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

patient and remember the safety of the children is first priority. We are encouraging you to make Carver Crescent one way in the afternoon – it makes it much safer for all.

If someone in your household has been diagnosed with COVID-19 please notify the school so we can make some decisions about the safety of others. Fortunately, to this point, there have been no cases associated with the school, of which we are aware.

COVID-19 has had a dramatic impact on some families. Some families are out of work but struggling to pay mortgages or rent. Please notify the principal if your family falls into any of the categories for financial hardship. The school is ready to offer assistance but we need to know if you need help while respecting your privacy.

We will shortly be discussing the return to grade and recreational sport for next term (we hope). I am aware that Recreational sport venues can be quite expensive and also involve additional bus travel. Please feel free to notify the principal if you would prefer a wider range of 'at school' recreational activities which do not involve expensive fees.

Remember to remain flexible, resilient and kind in these difficult days.

Congratulations - 97% of students are in attendance today.

**Jeanne Bathgate**  
Principal

## Baulko News

### Year 12 Jerseys 2020



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\*\*\***

### **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**

## Uniform Shop

The opening time of the Uniform Shop is **every** Wednesday and Friday (8 – 11am) – please note the changes from alternate Fridays to every Friday.

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

**(A) Munch Monitor:** Order through Munch Monitor at [www.munchmonitor.com](http://www.munchmonitor.com)

School ID: baulkhamhhs

Password: munch2153

Parents can create an account through the Munch Monitor website. The Munch Monitor management has agreed to waive Family Account fees and order transaction fees for Baulkham Hills High School parents.

**(B) Email** to [bhhsuniformshop@gmail.com](mailto: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 from the school office. (While online orders will be delivered to students in class normally, there are more online orders to process due to the current situation. Therefore, 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 encouraged to be on school premises or the Uniform Shop. They can only collect their online orders from the school office.

### 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.*





## 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](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

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)

**Year 10 have been sent the [UAC Steps to Uni for Year 10 Students](#) which assists with the Subject Selection process. They have access to UAC's [Subject Compass](#) tool as well as the recorded presentation which was followed by live classes during the period of online learning. They will be sent a link to a parent presentation to watch via Adobe Connect, please ask your child 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](#)

### 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



### Careers Update for Year 12 Parents – UAC Educational Access Scheme (EAS)

Dear parents of Year 12 students

I wanted to inform you of the following information that has been provided to Year 12 via Google Classroom about new categories of under UAC's EAS (*note that students need to have completed and paid for their UAC application before they can access EAS via the same portal*):

**For students who have been disadvantaged by either the recent bushfires or by financial consequences of COVID-19**

*These disadvantages will be available for selection from 1 August 2020.*

*If a student has already applied, they will be able to add these disadvantages to their existing application from 1 August 2020.*

#### **COVID-19 Disadvantages**

UAC has added 2 categories for if your parents are receiving JobKeeper or JobSeeker payments due to COVID-19. Note that the students most disadvantaged by COVID-19 may already be eligible under at least one of the existing EAS categories relating to financial disadvantage, home environment and personal illness.

#### **F01K – Job Keeper**

This will be granted to applicants who can show that their parent(s)/guardian(s) are in receipt of the Job Keeper allowance for a period of at least three months.

Applicants will have to provide the letters that each employee (parent/guardian) will receive from their employer.

#### **F01S – Job Seeker**

This will be granted to applicants who can show that their parent(s)/guardian(s) are in receipt of the Job Seeker allowance for a period of at least three months from March 2020 onwards.

Applicants will have to provide their parent(s)/guardian(s) Centrelink statement showing this payment (as is the case with F01D [family tax benefit] currently).

As is the case with all EAS disadvantages, it is for each Institution to decide on the weighting they place on these new disadvantages and allocate adjustments/places accordingly.

### **For students who have been disadvantaged by the recent bushfires**

#### **N01D: Natural disasters**

##### Eligibility criteria

Your education has been negatively impacted during Year 11 and/or 12 (or equivalent) due to the impact of a natural disaster. Natural disasters in Australia can include but are not limited to heatwaves, bushfires, droughts, floods, severe storms and tropical cyclones, earthquakes, tsunamis and landslides. (Healthdirect.gov.au)

##### Documentation required

Applicants must provide evidence of any disaster relief payments or other payments from a State or Federal government body related to the specific natural disaster.

These payments can be to the applicant themselves, or

The applicants' parent/s (or guardian/s) – in this case the address to which the payment has been made, must match the applicants address.

Applicants, or applicants' parent's (or guardian/s) who have not received a disaster relief payment, or other payments from a government body related to the specific natural disaster can still apply. The burden of proving the educational impact will be incumbent upon the applicant and will have to reach the same level as applicants who received payments.

This evidence can be in the form of:

- Insurance documents
- SES reports
- Bank documents and/or
- Government documentation.
- Important information

The address on any payments made to parent/s (or guardian/s) must match the applicant address within UAC system for a positive assessment.

**Ms Hardy, Careers Advisor**

NSW Education Standards Authority



# 2020 HSC

## What's changed for students?

Established early this year, the NESA COVID-19 Response Committee is carefully considering and making any changes needed to keep the 2020 HSC fair and everyone involved safe. The Committee includes representatives from the government, Catholic and independent school sectors.

### What you need to know

- NESA and schools are following the advice from the Australian Health Protection Principal Committee, which is also supported by NSW Health.
- Your school has the authority to determine the number, type and weighting of formal school-based assessment tasks.
- The written exams start on Tuesday 20 October, and the timetable is now available.
- You will get your results on Friday 18 December, by SMS, email and online.
- An overview of specific changes to the 2020 HSC is available over the page. If you are impacted by the changes, talk to your teacher or visit the NESA website for more information, including about how your final mark will be calculated.

## What's different about some practical and languages oral exams?

- **Design and Technology:** Major Design Project – now due on 10 September.
- **English Extension 2:** Major Work Multimedia-Short Film – students to submit documentation instead of the final film.
- **Industrial Technology:** Major Project (Product) – now due on 27 August.
- **Textiles and Design:** Major Textiles Project (Product) – now due on 31 August.
- The languages oral exams start on 15 August and an updated timetable is now available.

## What's different about the Creative Arts performance and practical exams?

- **Dance:** Core composition – students must dance their own choreography.
- **Drama:** Individual Project - Critical Analysis (Portfolio of Theatre Criticism) – students may use filmed theatre performances.
- **Drama:** Individual Project (Video Drama) students to submit documentation and up to 2 minutes of edited footage, instead of the final film.
- **Music** - students can only perform solo, with pre-recorded accompaniment or with a single live accompanist.
- **Visual Arts:** Body of Work – now due on 14 September.



### Cancelled exams

- Dance: Major Study Composition
- Dance: Major Study Dance and Technology (Film and Video)
- Drama: Group performance
- Music Extension: Performance - Mandatory ensemble piece

## Other changes

If you are doing a **VET subject** and are unable to complete the work placement, you will still be eligible to receive the credit units for the HSC.

If you are applying for **disability provisions**, you have more time to provide evidence to support the application.

If you are yet to meet the **HSC minimum standard** you can attempt each test up to six times in 2020. You can also take the tests once you have left school.



## Student Wellbeing:

### ***Tell Them From Me* student feedback survey (Term 2, 2020)**

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6,300 schools in Australia and around the world have used *Tell Them From Me* to survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between the 9<sup>th</sup> and 12<sup>th</sup> of June (Week 7). Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey can be read below. If you **do not** want your child or children to participate, please return the form to the front office by **5/6/20**. Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents>.

The consent form and FAQs are available in 23 languages.

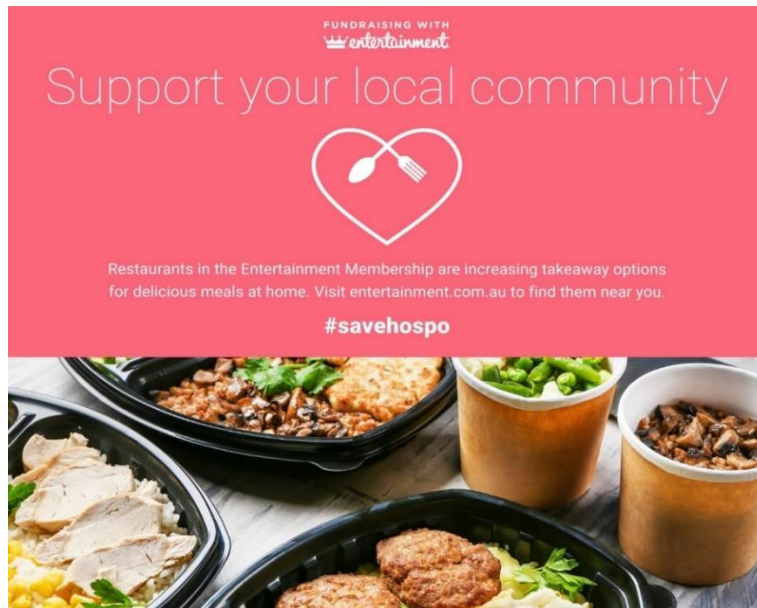
If you have any questions, please do not hesitate to contact me. Your support of this initiative is greatly appreciated!

Kindest Regards,

*Ms Terryanne Fletcher*

Head Teacher Wellbeing

[Terryanne.fletcher1@det.nsw.edu.au](mailto:Terryanne.fletcher1@det.nsw.edu.au)



<p>Single City</p> <p><b>\$69<sup>99</sup></b></p> <p>1 Year</p> <p>Discover all the best savings in your city</p> <p><b>\$14</b> towards our school</p>	<p>Multi City</p> <p><b>\$119<sup>99</sup></b></p> <p>1 Year <b>MOST POPULAR</b></p> <p>Enjoy savings across all of Australia, New Zealand and Bali</p> <p><b>\$24</b> towards our school</p>	<p>Multi Plus</p> <p><b>\$229<sup>99</sup></b></p> <p>2 Years <b>BEST VALUE</b></p> <p>2 years of savings across Australia, New Zealand and Bali</p> <p><b>\$46</b> towards our school</p>
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**[BUY NOW - https://www.entbook.com.au/215v044](https://www.entbook.com.au/215v044)**

## Entertainment Membership are 100% digital in 2020

Our top 8 reasons for going 100% Digital with the Entertainment App

- 1. Convenient:** Easily access thousands of offers
- 2. User-friendly:** Search offers instantly (and no more lugging around the book)
- 3. 12 months from activation:** No matter when in the year you purchase
- 4. New offers automatically added every week:** As soon as we sign a new offer, you get access to it. No more waiting for the next print run
- 5. Year-round fundraising:** Endless opportunities to raise funds with no time limitations – memberships can start anytime
- 6. Multiple devices:** Each membership can be loaded onto more than one of your devices
- 7. Environmentally sustainable:** No more printing or wasted paper from unused vouchers!
- 8. Easy gifting:** Have the gift of Entertainment delivered instantly to your inbox ready to gift to a special someone anytime of the year



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