

# Baulkham Hills High Newsletter

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



Students playing chess in the library

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Entertainment Book Orders

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:

Welcome to Week 9 of Term 2. This week features Year 12 students doing written assessment tasks in a range of subjects and will be followed next week by practical and oral tasks. It is also Buffer week for Year 11 students who will have most of their written assessments next week. However, some Year 11 will be doing practical exams this week for Chemistry, Music and Biology. We wish them all the best.

As we approach the end of June it is timely to remind parents that donations to the Building Fund are tax deductible. Payments made before June 30<sup>th</sup> can be included in this year's tax. All other school fees are also due. If families are experiencing financial hardship please contact Mr Parnaby on Tuesday or Thursday for advice about fees.

Applications for entry to the school for 2021 in Years 8 – 12 are now open. Application forms and the Supplementary

cont. P2

22 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 9</b>
<b>Monday 22 June</b> - Y12 Assessment Week 22/6 to 26/6 incl. - Y11 Buffer Week 22/6 to 26/6 incl.
<b>Tuesday 23 June</b> - Y9 Engineering – Bridge Testing Pds5&6 (Dunne)
<b>Wednesday 24 June</b>
<b>Thursday 25 June</b>
<b>Friday 26 June</b> - Y11 Legal Studies Talk – UNSW Crime Regulation Pds1&2 (Khan)
<b>Week 10</b>
<b>Monday 29 June</b> - Y11 Assessment Week 29/6 to 3/7 incl. - Y9 & Y11 Australian Geography Competition Pds 1&2 - Y10 & Y12 Australian Geography Competition Pds 3&4 - NAIDOC Week 29/6 to 3/7 incl.
<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 (Craft) - Y12 Biology Study Day – all day
<b>Thursday 2 July</b>
<b>Friday 3 July</b>

### Term 3

<b>Week 1</b>
<b>Monday 20 July</b> - Staff Development Day – Staff Only
<b>Tuesday 21 July</b> - Students return to school - Y12 Buffer Weeks 21/7 to 7/8 incl.
<b>Wednesday 22 July</b>
<b>Thursday 23 July</b> - Y12 HSC Maths Ext 2 Study Day Pds 1-8
<b>Friday 24 July</b>
<b>Week 2</b>
<b>Monday 27 July</b> - Y12 Buffer Weeks 21/7 to 7/8 incl. - Y9 & 11(x2) Australian Geography Competition P1&2 (Craft) - Y10 & 12(x5) Australian Geography Competition P3&4 (Craft)
<b>Tuesday 28 July</b> - P&C General Meeting 7.30pm
<b>Wednesday 29 July</b> - Y12 HSC Maths Advanced Study Day Pds1-8
<b>Thursday 30 July</b>
<b>Friday 31 July</b>
<b>Week 3</b>
<b>Monday 3 August</b> - Y12 Buffer Weeks 21/7 to 7/8 incl.
<b>Tuesday 4 August</b>
<b>Wednesday 5 August</b>
<b>Thursday 6 August</b> Y12 HSC Maths Advanced Study Day P1-8
<b>Friday 7 August</b> - Y11 Preliminary Business Studies Task2 in class P7&8

Application form can be downloaded from the school website. Applications close on 24<sup>th</sup> July.

Parents are reminded that they should not enter the staff carpark to drop off their child. It is too dangerous for students to be walking around the carpark. A drop off zone is at the bottom of the bus bay. Parents are also reminded to be patient and respectful when picking up their child from Carver Crescent. Try to make it a one-way street for the ease of all users and to stop congestion. Please help us keep good relationships with our neighbours.

The uniform has become quite lazy at the moment, made worse by the wearing of the sports uniform by many students and assorted track suits. Next term we will be back into normal uniform for everyday with sports uniform only worn on Wednesdays. Girls are reminded that black leggings or black socks are NOT uniform. They are expected to wear white socks or black tights. The Uniform Shop continues to take orders online and items are delivered to the office for collection by students.

Year 12 reports will be distributed next week.

There are 98% of students in attendance today.

**Jeanne Bathgate**  
Principal

## Baulko News

Our Deputy Principals enjoying a game of Table Tennis



### Procedure for Sick Students

Students who are sick in class should see a teacher for written permission to go to sick bay. They must go to sick bay (which is in the Front Office) and follow instructions from the office staff, who will contact a parent/guardian when necessary. Sick bay is used for a short time only. Students should not call their parents first. Please be advised the school does not supply any medication (panadol).

### Procedure for Late Arrivals

If a student arrives at school late, they must provide a note to the office signed by their parent/guardian when signing in giving reasons for their partial absence. **The student needs to sign in at the Office when they arrive at school including senior students with late study leave.** The student will be issued a late arrival pass which they can present to their teacher when they arrive in class.

If a note is not provided from home, the student will be issued with a late pass slip which is signed by a parent/guardian. The signed slip must be handed into the office the next day.



### **RECREATIONAL SPORT COSTS Term 3 - 2020 (9 weeks) for Years 8-11**

**Payment MUST be made by Monday 20<sup>th</sup> July (on-line)**

**(no cash payments will be accepted at the front office)**

*\*please collect your sports permission note from sport, signed note must be provided to your sport teacher*

Venue	Sport	Cost
Anytime Fitness Old Northern Road Baulkham Hills	<i>Fitness Gym 26</i>	<b>\$72</b>
The Edge Castle Hill Rock Climbing	<i>Rock Climbing 26</i>	<b>\$135</b>
Fred Caterson Tennis Castle Hill	<i>Tennis – Recreational 55</i>	<b>\$115</b>
Hills Stadium Fred Caterson, Caste Hill	<i>Basketball Courts 55</i> <i>(7 weeks 19<sup>th</sup> Feb no available)</i>	<b>\$135</b>
FUTSAL INSTITUTE 32 Stoddard Road Prospect	<i>FUTSAL &amp; NINJA 101 COURSE</i> <i>(new sport in T3 2020)</i>	<b>\$135</b>
Castle Hill Indoor Sports Anella Avenue Castle Hill	<i>Indoor Soccer 26</i>	<b>\$150</b>
Baulkham Hills Indoor Sports Hills Street Baulkham Hills	<i>Squash 24</i>	<b>\$72</b>
School – UPSTAIRS TLC	<i>Tae-Kwon-Do 28</i>	<b>\$72</b>
Castle Hill Cheer Energy	<i>TUMBLING &amp; STUNTING 28</i>	<b>\$135</b>
Baulkham Hills Area	<i>Walking</i>	No Charge

Your Recreational Sport selection **can only be made online at** [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au)

The code for Term 3 2020 is: **7vguv**

The site will be open for use Wednesday 1<sup>st</sup> July at 7:30pm and close Thursday 2<sup>nd</sup> July at 7:30pm. Site may also close early if bookings are completed.

After you have made your selection payments are made online at: <http://baulkhamhillshighschool.com.au> and must be received by Monday 20<sup>th</sup> July (no student registration number or invoice number is needed for online payments. (Select the item 'sport' as the payment type) **NO CASH PAYMENTS ARE ACCEPTED AT THE OFFICE UNDER ANY CIRCUMSTANCES.**

Numbers are limited in all sports apart from walking. This is due to venue restrictions, availability of instructors & bus limitations. Only online registration will get you a place in your chosen sport. Payments made without online registration will not give you a place in that sport. All students doing walking will meet in the shed on Wednesday 22<sup>nd</sup> July at the end of lunch to allocate teachers. Please still register online for walking to help us with understanding our numbers.



## 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>

### **Important Note:**

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

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**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**

## Careers News

### Google Classroom – Careers Forum

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/parent presentation*)

**Free self-paced virtual work experience [Work Ready Program](#) - 3 modules**

**Advice on Subject Selection for Year 10 students from Australia's Chief Scientist**

<https://cosmosmagazine.com/society/a-letter-to-a-year-10-student-from-australia-s-chief-scientist>

### 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

**Ms Hardy, Careers Advisor**



THEME: WE ARE ALL IN THIS TOGETHER

**NAIDOC DAY**

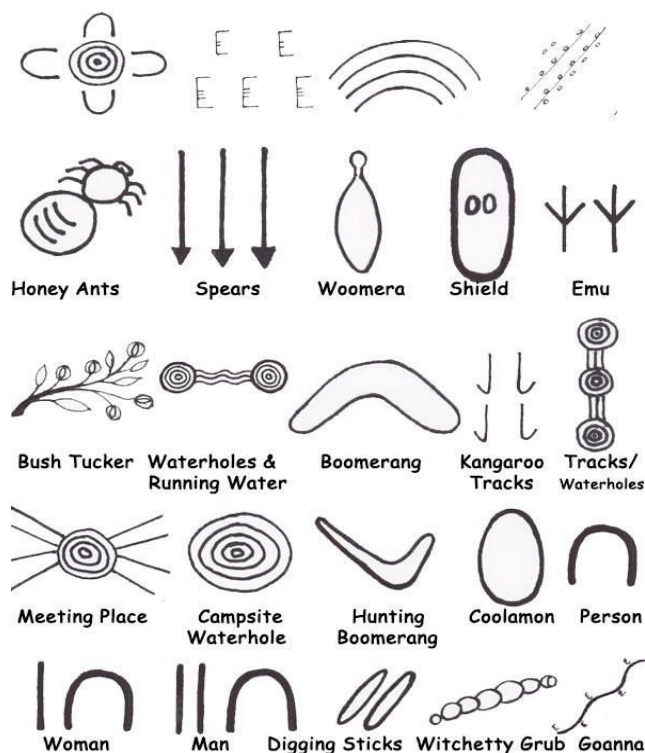
**BHHS  
ART  
COMPETITION**

ENTER YOUR ARTWORK FOR  
NAIDOC DAY USING ABORIGINAL &  
TORRES STRAIT ISLANDER SIGNS,  
SYMBOLS AND IMAGERY.

***DO YOUR BEST AND WIN A PRIZE  
SEE ATTACHED CRITERIA FOR TERMS.***

ALL ARTWORKS ARE TO BE LARGER THAN A4 AND  
SUBMITTED TO MS PUGLIANO BY 26/6/2020.





There is no written language for Australian Aboriginal and Torres Strait Islander People so in order to convey their important cultural stories through the generations it is portrayed by symbols/icons through their artwork.

It is imperative to pass on information to preserve their culture. These vary from region to region. They are generally understood and form an important part of Australian Indigenous art.

The Aboriginal people have for thousands of years used artistic designs and symbols to convey stories and messages which are incredibly important in their culture.

### TERMS AND CONDITIONS

1. You must submit your artwork to Miss Pugliano in the CAPA staffroom by **26/6/2020**.
2. All artworks must be A4 or larger.
3. On the back of your artwork clearly label your first and last name, year group and email address.
4. In your NAIDOC Poster Design you are required to use the above signs and symbols to create your poster or artwork.
5. By submitting an artwork, you give permission for your design and artwork to be used in future Naidoc merchandise and advertising.
6. The theme to be incorporated and considered when creating your poster/ artwork is 'We are all in this together.' You do not need to include the text but rather represent this theme through signs and symbols.
7. Be creative and have fun.
8. All students that participate will receive a certificate and a merit. The Prefects and Senior Executive will determine year group and overall winners. Winners will be announced via the Baulkham Hills High School Newsletter.

## Design a Ping Pong Table Competition

The school has invested in two brand new outdoor table tennis tables, located in the quad – outside E Block.

As part of the launch, we are running a competition to design an artwork to be put onto the surface of the tables. Instructions and conditions are attached.

Students will need to follow all new hygiene guidelines, which is outlined on the equipment supplied.

We will select the four best artworks and get them onto the table in the near future.

### Terms and conditions:

All entries must be A3, rectangle and landscape

All entries must be shared digitally with the following email addresses:

[mcdonellb@bhhs.com.au](mailto:mcdonellb@bhhs.com.au)

[puglianok@bhhs.com.au](mailto:puglianok@bhhs.com.au)

Each design must be original and encourage physical activity, fun and reflect the core values here at BHHS.

Due date: **Wednesday 1st July 2020.**

Mr McDonell, HT PDHPE

**2020**

**BAULKHAM HILLS HIGH SCHOOL**

**GET MOVING AT BAULKO**

**DESIGN A PING PONG TABLE COMPETITION**

**YOUR IMAGERY MUST INCLUDE ASPECTS OF AN ACTIVE, FUN & MOVEMENT RELATED ACTIVITY THAT HAPPENS AT BHHS. IF YOUR DESIGN IS SELECTED IT WILL BE PRINTED ONTO THE NEW PING PONG TABLES.**

**ALL ENTRIES MUST BE A3, RECTANGLE AND LANDSCAPE.**

**SEE TERMS AND CONDITIONS FOR FURTHER DETAILS.**

**GET INVOLVED , BE CREATIVE AND HAVE FUN!**

NAIDOC WEEK CELEBRATIONS ARE HELD ACROSS AUSTRALIA EACH JULY TO CELEBRATE THE HISTORY, CULTURE AND ACHIEVEMENTS OF ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES. NAIDOC IS CELEBRATED NOT ONLY IN INDIGENOUS COMMUNITIES, BUT BY AUSTRALIANS FROM ALL WALKS OF LIFE. THE WEEK IS A GREAT OPPORTUNITY TO PARTICIPATE IN A RANGE OF ACTIVITIES AND TO SUPPORT YOUR LOCAL ABORIGINAL AND TORRES STRAIT ISLANDER COMMUNITY.

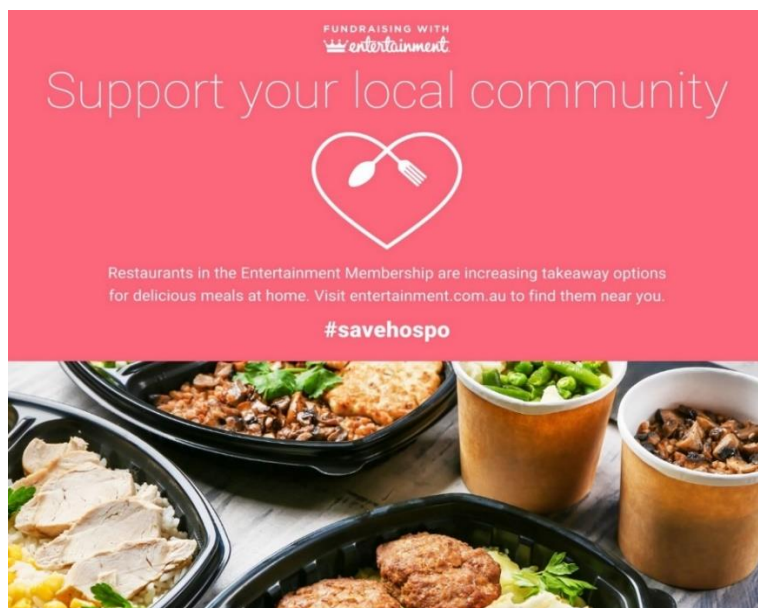
# **NAIDOC WEEK AT BAULKO**

## **WEEK 10 TERM 2**

*We acknowledge the Traditional Owners of country throughout Australia particularly the Darug people who are the custodians of the land we meet on today and recognise their continuing connection to land, waters and culture.*

### **WE ARE ALL IN THIS TOGETHER**

**CHECK THE DAILY NOTICES FOR EVENTS THAT ALL STUDENTS CAN PARTICIPATE IN AT LUNCH TIMES RUN BY THE PREFECTS.**



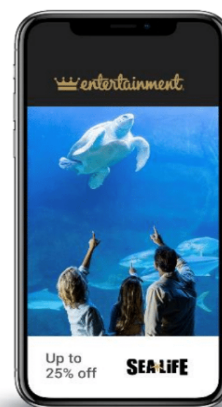
<p>Single City</p> <p><b>\$69<sup>99</sup></b></p> <p>1 Year</p> <p>Discover all the best savings in your city</p> <p><b>\$14</b> towards our school</p>	<p>Multi City</p> <p><b>\$119<sup>99</sup></b></p> <p>1 Year <b>MOST POPULAR</b></p> <p>Enjoy savings across all of Australia, New Zealand and Bali</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>**

## 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



FUNDRAISING WITH  
**entertainment**