

Baulkham Hills High Newsletter



www.baulkhamhillshighschool.com.au



Plain English Speaking Awards Sara Wardak (Y11) and Andy Park (Y12)

In this issue:

From the Principal's Desk

Baulko News – RU OK day at Baulko 10 September

Resources to Support Wellbeing

P&C News - Virtual Meeting 8 September

Careers News

Website Link: <http://www.baulkhamhillshighschool.com.au>

From the principal's desk:

We are increasingly having students and staff who need to self-isolate because they are considered 'close contacts' of someone who has tested positive for COVID 19. Please follow the advice of NSW Health and stay home. Let the school know so that we can send work home. We are no longer doing online learning and Zoom lessons but teachers can send work for students so that they do not fall behind. Any tests or assessments which are due during a student's absence will result in an estimate being given.

Year 11 are currently in Buffer Week before their exams begin next week. That means any absence needs to be explained with a medical certificate.

Our incoming prefects and captains will be inducted this Friday during Period 1. Unfortunately, parents cannot be on site but we will video the speeches so that each student will get a copy of the ceremony to share with their parents. Only Year 11 students will attend the ceremony.

7 September 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 3

Week 8
Monday 7 September - Y11 Buffer Week 7/9 to 11/9 incl. - Y9 History 4 Source Test, Y9 History 5 Source Test P7&8 (Thurlow)
Tuesday 8 September - P&C Virtual Meeting 7pm
Wednesday 9 September - HSC Music Practical Exam (Humphreys) - Mathematics Study Afternoon – Catholic Ext 1 Trial (Simmons)
Thursday 10 September - RU OK Day (Fletcher) - HSC Music Practical Exam (Humphreys)
Friday 11 September - Y8 Commerce Exam P3&4 (Craft) - Y9 History 6 Source Test P1&2, Y9 History 7 Source Test P3&4 (Thurlow) - Y12 HSC Business Studies Incursion P2-8 (Iaconis) - Prefect Induction Pds1&2 (Kite)
Week 9
Monday 14 September - Y11 Yearly Examinations 14/9 to 25/9 incl. - Y8H in class Research Essay P1&2 (Dhall) - Y9 Commerce Assessment due in class (Huang)
Tuesday 15 September - Mathematics Study Afternoon – Catholic Ext 2 Trial (Simmons)
Thursday 17 September - History Research Essay Y7L P1&2, Y7A P7&8, Y7O P3&4 - Y8A &8L in class Research Essay P5&6 (Dhall)
Friday 18 September - Y10 Science Practical Task P3&4 and 5&8 (Yasram) - Y9 English Assessment Pds7&8 (Egan)
Week 10
Monday 21 September - Y11 Yearly Examinations 14/9 to 25/9 incl. - Y12 Reports Issued
Tuesday 22 September - Y10 Geography Assessment Task#1 Sydney Harbour – in class
Wednesday 23 September
Thursday 24 September
Friday 25 September

Term 4

Week 1
Monday 12 October - Students and Staff commence back at school
Tuesday 13 October
Wednesday 14 October
Thursday 15 October
Friday 16 October

Parents are reminded that they need to be mindful of our neighbours and not block driveways while waiting to collect their child in the afternoon. We have had complaints about Carver Crescent, Coronation Road, Royal Avenue and now Christopher Street. Do not try to do U-turns in these narrow streets. They should be treated as one-way streets. Council rangers will be present on random days to check and fine people who do the wrong thing.

Student uniform will return to normal next term. Students have appeared to be very tacky with their uniform this term. From the start of next term all students will need to carry their PE uniform and change in readiness for PE lessons. Failure to wear the correct uniform will result in disciplinary action.

Parents and students are reminded that any AMEB exams need to be scheduled for the weekend or the school holidays – not during the school day. Please discuss this with your child's music teacher.

Congratulations to:

- Janiru Liyanage who has been named as runner up in the senior secondary division of the Dorothea Mackellar Poetry Award. Janiru received a collection of novels, a certificate and \$300.
- Sara Wardak and Andy Park represented the school at the Plain English Speaking Awards.

Jeanne Bathgate
Principal

Baulko News



RU OK?™
A conversation could change a life.

R U OK? Day at Baulko
Thursday 10th September
Mindful colouring, free chocolates,
conversation cards and more fun activities to
raise awareness!



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>



Parents & Citizens Association

P&C News

Virtual P&C Meeting

We would like to invite interested parents to join the P&C Virtual Meeting.

Date: 8 September (Tuesday)

Time: 7-8pm

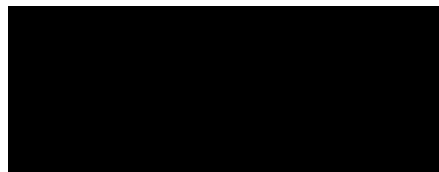
All three School's Senior Executives (Principal: Dr Bathgate, Deputy Principals Mr Wayne Humphreys and Ms Megan Clarke) will be joining us to answer your inquiries.

The platform we will be using is **Microsoft Teams**. P&C Secretary (Raymund Wong) has sent email invitations with the meeting link to all parents (that are registered in the P&C mailing list). Please email us at bhspandc@hotmail.com if you have not received the email. No registration needed for the meeting, just click on the link to join or scan the QR code provided. I have attached the QR code below just in case.

During the meeting, parents can post their questions through the chat and Senior Executives will try to answer them one by one. As mentioned in the Newsletter on 24 August 2020, all specific questions to Year Advisers or Head Teachers have to be directed to them through writing or calling the school to schedule a meeting. They will not be available for the virtual meeting.

Hope to see many of you at the meeting.


Sau Wan Liew
P&C President



Careers News

About Career Central

Career Central provides digital career assessment and career management software for secondary school students.



At Baulkham Hills we will be using Career Central with our Year 10, 11 and 12 students. Students will be able to engage with a range of content which will support them to build their career self-awareness, explore opportunities and make decisions about their post-school options.


The student dashboard provides modules on skills, personal qualities, career values, and interests as well as an online CV builder. Students can also complete career quizzes and undertake future focused planning around subject selection, post school courses and study, employability skills, goal setting and school leaver readiness.

For more information (including access instructions) refer to **Google Classroom**.

Student Data Privacy

Career Central takes privacy very seriously and only collects personal information which is required to provide the service. Career Central works directly with school staff and does not contact, advertise, promote or undertake any direct marketing to students.

For more information (including our Privacy Policy and Terms of Use) please go to au.careercentral.school



Careers Resources/Subscriptions for all Year 10/11/12 students & parents

- [Career Central](#)
- [Study Work Grow](#)
- [The Careers Department](#)
- [Morrisby Online Careers Profiling](#)
- Google Classroom resources
- [Motivational Mapping \(Youth Maps\)](#)
- [Subject Compass \(Year 10\)](#)
- [Course Compass \(Year 12\)](#)
- [myfuture](#)

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.

Virtual Work Experience available for senior school students (Years 10/11/12)

Inside Sherpa

Inside Sherpa is an organisation founded by and aimed at uni students getting professional experience before they complete their degrees, therefore it is suitable for students at a selective high school. Students complete in their own pace at their own time and can sign up anytime (for free). They receive a certificate which lists the tasks they have undertaken. Placements are mostly in the corporate sector and include placements with Microsoft, BCG, Commonwealth Bank, Deloitte and a number of top tier law firms in the areas of technology, business and law amongst others. There is also a program in human rights law, one with the NSW Government and a general Work Readiness Program.

The Careers Department

The Careers Department is a subscription-based platform that Years 10/11/12 have access to. Students receive detailed feedback in a certificate after they complete a brief given by the organisation. The virtual work experience can be completed at any time and includes a wide range of experiences across different sectors including:

- Medicine (Ethical Conduct – question to help prepare for UCAT)
- Bioinformatics/Genomics – Research Scientist (Genetic Technologies/DNA/Disease & Genetic Counselling)
- Social Work (Hospital)
- Nursing
- Vet Technology
- Business Innovation & Commercial Property
- Contract Law
- Artificial Intelligence
- Social Media
- UX/UI Tech Design
- Web Design
- Architecture
- Interior Design
- Landscape Design
- Graphic Design
- Dietetics/Nutrition
- Sports Marketing
- Police
- Event Management
- Marketing
- Journalism
- Early Childhood Education
- Primary Education
- Secondary Education

Ms Hardy

Careers Advisor








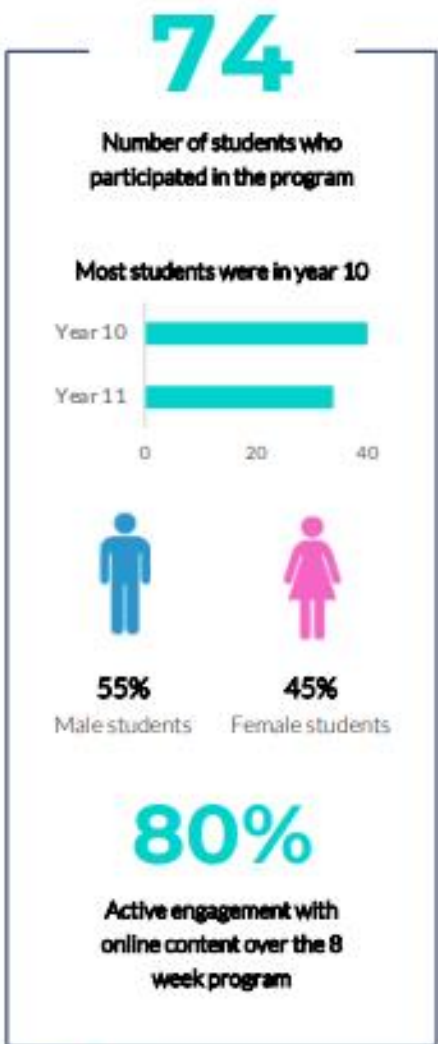
Overview

Startup+ is Generation Entrepreneur's inaugural online program developed for the classroom. Our pilot program was run over 8 weeks in partnership with Baulkham Hills High School (BHHS), an academically selective, co-educational school in Sydney's north-west.

The program was brought forward to the Baulkham Hills students from the school's careers advisor who is extremely passionate about bringing entrepreneurship to secondary education. The Generation Entrepreneur team worked closely with the teacher, tailoring the program to suit the needs of the students and their schedules.

Program Goals

-  Prove online education as an effective means of learning about entrepreneurship for high school students.
-  Provide students with an engaging, extra-curricular program while they were home-schooled.
-  Provide teachers with tools to introduce entrepreneurship to the classroom.



Get in touch! hello@generationentrepreneur.com.au    @genentrepreneur

The Program

The content for Startup+ is hosted on **Thinkific**, an online learning management system (LMS). The students were also added into a private **Microsoft Teams** space where they could post questions, upload their weekly submissions for marking and connect with their fellow participants. This Microsoft Teams space was moderated by the Generation Entrepreneur team who also graded and provided feedback for each team's submission on a weekly basis.





A snapshot of our entrepreneurship course hosted on Thinkific

Our Approach to Teaching

Generation Entrepreneur takes a real-world approach to teaching entrepreneurship. We look at the most successful entrepreneurs of the world, we study key frameworks used by startup businesses and we transform this into a curriculum that can be embraced by high school students. Our programs seek to give students the autonomy to choose a problem they care deeply about, and create a business solution to address it. The key concepts that underpin our programs are:

-  **Problem Solving**
This is the start of the business-building journey for students. We provide frameworks to help structure this process.
-  **Customer Development**
Customer development is all about empathising with potential customers, understanding what they seek to do and validating assumptions.
-  **Product Development**
We teach the core principles of the rapid prototyping process and we work with the students to start building the first versions of their product using tools such as proto.io and inVision.

-  **Business Model**
We introduce the students to the Lean Business Canvas, a tool popularised by the famous entrepreneur Ash Maurya, to map out all essential areas of their business in one page.
-  **Pitching**
Startups are often given a limited amount of time to showcase their ideas. Here, we teach students how to structure a startup pitch and perfect their presentation skills to win over their audience.

Program Outcomes



Average satisfaction rating across the entire program.



Generation Entrepreneur teaches concepts that schools don't cover. In my personal opinion, business is an essential skill that should be taught but it isn't. This is why I really appreciate the Startup+ program.

- Year 11 student, BHHS



Of students said they had adequate resources to support their learning.



Startup+ provides us an alternative and interactive way of learning...

- Year 10 student, BHHS



Of students said they are interested in pursuing a startup business in the future.



"It teaches skills that aren't taught in the classroom with peers who are also passionate about business

- Year 10 student, BHHS

A note from the careers advisor



I'm very grateful for the flexibility that Generation Entrepreneur have shown in co-designing the program in a way that suited the school. Startup+ has increased the students' interest in business and entrepreneurship and as a result, they have started a new Business Club in the school! I am always excited to work with Generation Entrepreneur for their passion, their enthusiasm to share knowledge and the fact that they really connect with the students, providing them with valuable support and guidance."

Conclusion

Startup+ was an overall success with both the students and the teacher from Baulkham Hills High School. We've been able to create an environment where we can remotely support high school students through their entrepreneurial journey. In addition, the online content has proven to be effective in achieving the desired educational outcomes which were reflected in the consistently high quality of the students' submissions.

Get in touch to see how we can create an online entrepreneurship experience for your school.

Get in touch! hello@generationentrepreneur.com.au | @genentrepreneur

M:0450072339



Symptoms of COVID-19

Symptoms of COVID-19 include

- Fever (37.5 ° or higher)
- cough
- sore/scratchy throat
- shortness of breath
- loss of smell or
- loss of taste.

Other reported symptoms include

- fatigue
- runny nose
- muscle pain
- joint pain
- headache
- diarrhoea
- nausea/vomiting
- loss of appetite.

In more severe cases, infection can cause pneumonia with severe acute respiratory distress.

When COVID-19 symptoms appear

The amount of time between exposure to the virus and the first appearance of symptoms is usually 5 to 6 days, although it may range from 2 to 14 days.

People who might have been in contact with someone who is confirmed to have COVID-19 should [self-isolate](#) for 14 days.

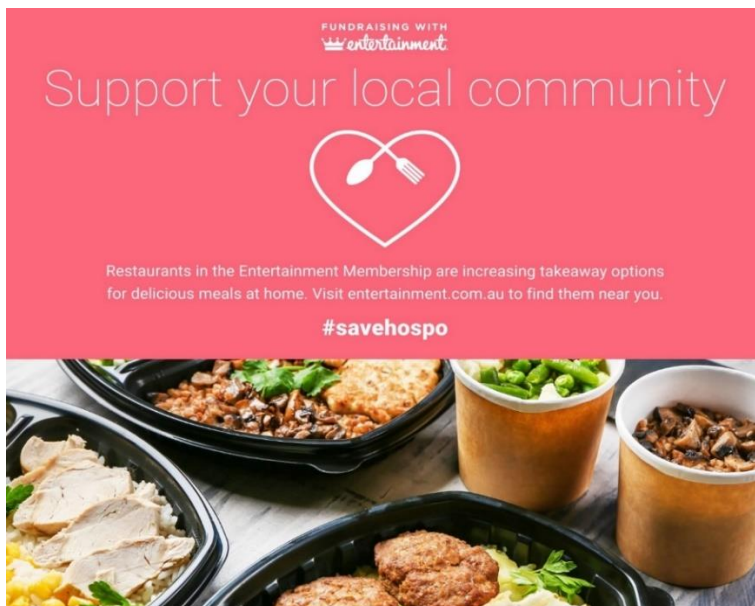
You should prevent the spread of viruses, by keeping your [hands clean](#), not touching your face and [keeping your distance](#) from other people.

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**



<p>Single City</p> <p>\$69⁹⁹</p> <p>1 Year</p> <p>Discover all the best savings in your city</p> <p>\$14 towards our school</p>	<p>Multi City</p> <p>\$119⁹⁹</p> <p>1 Year MOST POPULAR</p> <p>Enjoy savings across all of Australia, New Zealand and Bali</p> <p>\$24 towards our school</p>	<p>Multi Plus</p> <p>\$229⁹⁹</p> <p>2 Years BEST VALUE</p> <p>2 years of savings across Australia, New Zealand and Bali</p> <p>\$46 towards our school</p>
--	---	--

[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



FUNDRAISING WITH **entertainment**