Issue #9

14 September 2020

Baulkham Hills High Newsletter



www.baulkhamhillshighschool.com.au



Prefects and Captains 2020 – 2021 with Ms Kite

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Prefects and Captains Photos Message to Parents from Baulko's ARCO RU Ok Day @ Baulko Resources to Support Wellbeing Careers News

> Prefects and Captains with Y11 Advisers - Ms Adams and Ms Trkulja



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

From the principal's desk:

Last week we celebrated the induction of our new prefects and captains. Unfortunately, their parents were unable to join us for this ceremony but it has been filmed and will appear on the school app and Facebook site. I thank our outgoing captains and prefects for their efforts throughout the year. It has been a difficult year in which to demonstrate leadership but they have done their best under verv trying circumstances.

Year 11 are currently doing their final examinations for the Preliminary course. Next term they will begin the HSC course for real. Good luck in the current exams.

We had a virtual P&C meeting last week with over 80 parents joining us on Microsoft Teams. Thank you to the P&C for organising and hosting this link. I hope we answered the questions put forward by the parents. One question was about students continuing to wear PE gear on the days when they have.

Cont. P2

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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 <u>www.baulkhamhillshighschool.com.au</u>

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	
Wednesday 16 September	
- Mathemátics 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	
- Staff v Y12 Students – Softball P3&4 (Daher/Koksal)	
- Y12 Photo P5-8 (Daher/Koksal)	
Friday 25 September	
- Y12 Picnic Day (Daher/Koksal)	
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PE. It is our decision that all students will be back in normal uniform next term and only wear PE uniform on Wednesday for sport. Unfortunately, the standard of uniform has deteriorated rapidly this term and many students have taken advantage of this change in practice to wear lots of nonuniform items. Hence our return to full uniform next term.

Planning for our new shed which will house the uniform shop, the bus and the cadet storage is well under way. So too the planning for the construction of a concrete amphitheatre outside the Houliston Centre. We are also working towards refurbishing another two Science laboratories later this year.

We now have permission for our Year 12 Graduation Assembly to be held after the HSC exams have finished in November. At the moment we are planning for Friday 13th November. The ceremony will have to be divided into two sessions in order for all parents to attend. More details will follow next term.

A reminder that parents are not to be on site unless specifically invited by the school.

Congratulations to:

 Susan Wen who has had her literary work published in 'Oz Kids In Print'.

Jeanne Bathgate Principal



Baulko News

Baulko Geography Students Excel in the 2020 Australian Geography Competition

Geography students from Baulkham Hills High School tested their geographical skills and knowledge against 72,000 students from 780 schools from all around Australia in the 2020 Australian Geography Competition.

A huge congratulations to the following students who achieved Equal First Place in Australia in their Year category.

- Alex Koopejcharoen Equal First in Australia in Year 9
- Eric Huang Equal First in Australia in Year 10

Each of these students will be awarded a medal, special certificate and a book voucher for their outstanding achievements.

Mrs Craft HT Social Sciences







Prefects and Captains 2020-2021









Message to Parents from Baulko's ARCO

Whether it is overt and obvious, or denied and hidden, racism is still a serious problem affecting many people in all of our communities in Australia and overseas. For example, recently we have seen a resurgence in racism directed towards people of Chinese background, fuelled by the coronavirus pandemic. Racism also continues to be present in Australian schools. Among students surveyed in a 2017 study by the ANU and Western Sydney Uni, one in three students reported that they had been the victim of racist bullying or discrimination at school.

While we have an incredibly diverse, culturally inclusive and supportive school community, we are not immune to the effects of racism and should not pretend that we have a racism-free learning environment. Students, teachers and parents can all continue to do their part every day to recognise, respond, and if necessary, report racism in all its forms. To that end, the Department has created the role of the Anti-Racism Contact Officer, a role I have recently taken on. This role aims to support anti-racism education of staff and students, monitor incidents of racism, and address any low-level incidents of racism among students.

I am available for students to talk to about any racism related issues they are experiencing at school, whether that is with a student or a teacher. I can also support parents through the Department of Education's complaint process where the complaint is related to racism at school.

Ms Andrawis (Languages Faculty)



<u>R U OK? Day @ Baulko</u>

Thursday September 10th 2020

Last Thursday, 10th September, the students and staff of Baulko were actively involved in supporting R U OK? Day for 2020. R U OK? Day is an annual event designed to promote positive and open conversations around mental health and wellbeing, as well as encouraging people to check in on those around them.

In what has been a very challenging year for us all, it is more important than ever to promote open dialogue around mental health, and encourage people of all ages to speak up if they aren't feeling okay. It is only through practising regular discussion about our wellbeing that we can normalise seeking support when it is needed, and that we can build a transparent, supportive and accepting culture for everyone.

As part of R U OK? Day at Baulko we ran numerous activities to promote awareness around promoting positive mental health, and we also provided the students with resources to support them moving forward. All students in the school were issued with an R U OK? Day wristband and conversation card, which lists important support services students can engage with anytime they need. All students were also shown an R U OK? Day video during roll call, made by Baulko students, which explained the importance of having positive conversations about wellbeing with the people around us, and also reminded students about the support services available at school, including our three school psychologists, Head Teacher Wellbeing and Year Advisers.

At recess and lunch, the R U OK? Day team handed out chocolates, lollies, bubble wrap and positivity cards to students. We printed over 700 positivity cards, encouraging students to write a supportive message to a friend and gift them a positivity card. I am pleased to say all cards were taken by students on the day, so I am hoping there were some positive messages of support swapped between friends. We held an extended lunch for students to enjoy and relax a little more. To facilitate this, we had mindful colouring in available and chalk for students to express themselves positively on the quad. Walking around at lunchtime, I can absolutely say that the atmosphere and general mood coming from the students was electric and overwhelmingly positive – so many students got involved with drawing in the quad, the quad was very quickly filled with a rainbow of positive messages. It was beautiful to look at, and it was so very heart-warming to witness the students seeming so relaxed and taking pause to genuinely enjoy their day. I was approached by countless students who commented on how much they appreciated the activities of the day and how supported they felt. It was truly a wonderful day!

I would like to personally thank the amazing students who volunteered to be part of the R U OK? Day Team, their efforts and contributions were crucial to the successful running of the day, and I could not be prouder of the way they conducted themselves in supporting this very important cause. Not only did they give up a lot of their time leading up to the day in order to prepare the resources for students, but they also ensured the activities for staff and students ran smoothly on the day. These students also created and filmed the R U OK Day? Video, which was shown to all students during roll call. I have had many staff and students approach me with praise for the efforts of this team, so I thank them and congratulate them on a fantastic day! The wonderful students who made up this team were:

Winston Zhao, Eric Huang, Matthew Wu, Mahathi Ramasubramanian, Nikhil Jathan, Ashvitha Balamurali, Sravani Jujjuru, Krishi Raghupathi, Krithi Raghupathi, Sivasiny Sivadhasan, Sajani Samarasinghe, Michelle Lam, Aadie Karim, Urvee Sarkar, Joy Thevasaeyan and Pragya Gupta.

Steps were also taken to support staff wellbeing on the day, as it is equally important to encourage open and positive dialogue about mental health amongst us adults as well. Baulko staff were gifted



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some much needed comfort food on the day, and also had free access to a coffee van for their caffeine fix. The amazing R U OK? Day team did a terrific job delivering countless coffees to staff. I know the students of Baulko appreciate the relentless efforts of the Baulko staff, so it was equally important to support their wellbeing on the day.

Finally, it is important to emphasise that, whilst R U OK? Day is an extremely important event, it is even more important that the habits and conversations that this day promotes are practised *regularly and beyond this one day*. At Baulko we sincerely value the mental health and wellbeing of all students, staff, parents and community members, and we want to encourage everyone to speak honestly, openly and bravely about their own mental health as often as needed. I have included a list of support services in this week's newsletter, please be proactive in engaging with them if you ever feel you or your child's wellbeing is less than optimal. I have also included some conversation tips from the R U OK? Foundation, please be proactive in normalising discussing mental health and wellbeing in your home, with your families and friends. A simple conversation really could change a life.

Thank you Baulko for a fantastic R U OK? Day!

Until next year - Remember to take care of yourselves and each other.

Warm Regards,

Ms Terryanne Fletcher

Head Teacher Wellbeing Terryanne.fletcher1@det.nsw.edu.au



















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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

- <u>http://www.resourcingparents.nsw.gov.au/Parents</u>
- <u>https://raisingchildren.net.au/</u>
- <u>https://www.parentingideas.com.au/parent-resources/</u>
- <u>https://www.relationships.org.au/relationship-advice</u>
- 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: <u>https://www.psychology.org.au/Find-a-Psychologist</u>
- Headspace centres: <u>https://headspace.org.au/headspace-centres/</u>
- Mental Health Care Plan: <u>https://www.healthdirect.gov.au/mental-health-care-plan</u>

Online wellbeing programs for your child

- <u>https://www.cci.health.wa.gov.au/resources/looking-after-yourself</u> (self-help resources on various topics)
- <u>https://thiswayup.org.au/</u> (mood, anxiety, mindfulness, sleep, and stress)
- <u>https://brave4you.psy.uq.edu.au/</u> (anxiety)
- <u>https://moodgym.com.au/</u> (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)



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- 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: <u>https://www.beyondblue.org.au/the-facts</u>
- Headspace: <u>https://headspace.org.au/</u>
- Kids Helpline: <u>https://kidshelpline.com.au/teens</u>
- Black Dog Institute: <u>https://www.blackdoginstitute.org.au/</u>

Information about Covid 19

- World Health Organisation Q & A: <u>https://www.who.int/news-room/q-a-detail/q-a-coronaviruses</u>
- World Health Organisation Advice for the Public: <u>https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public</u>
- Tips for Handling Coronavirus Anxiety: <u>https://www.psychology.org.au/getmedia/38073179-4701-48bd-afd9-988c560ee2f9/20APS-IS-COVID-19-P1.pdf</u>

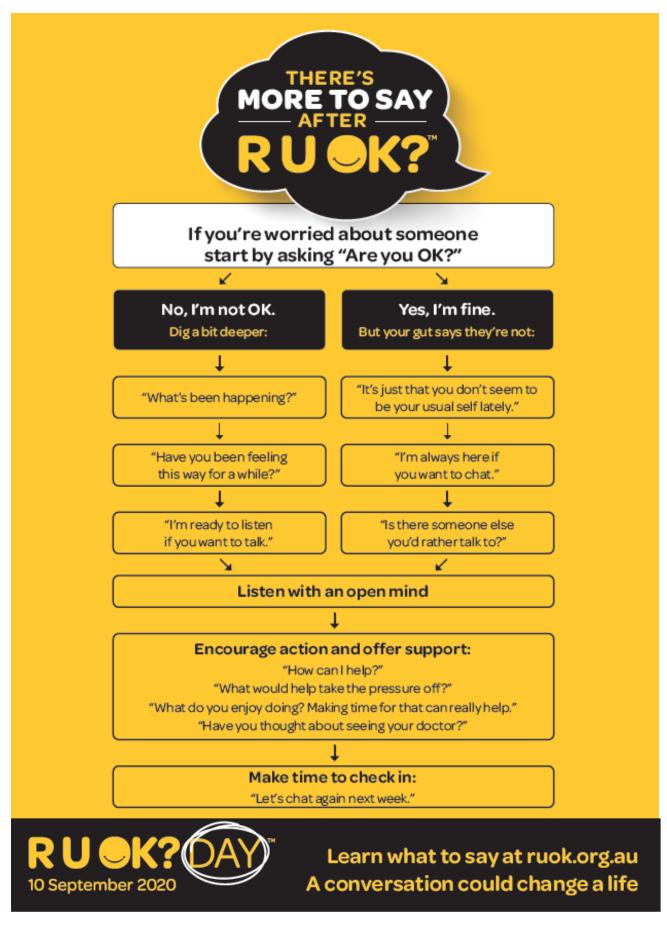
Information relating to infectious disease outbreaks

- Coping with Stress During an Infectious Disease Outbreak: <u>https://store.samhsa.gov/system/files/sma14-4885.pdf</u>
- WHO Coping with Stress During the 2019 nCoV Outbreak <u>https://www.who.int/docs/default-</u> <u>source/coronaviruse/coping-with-</u> <u>stress.pdf?sfvrsn=9845bc3a_2</u>
- WHO Helping Children Cope with Stress during the 2019 nCoV Outbreak <u>https://www.who.int/docs/default-</u> <u>source/coronaviruse/helping-children-cope-with-stress-</u> <u>print.pdf?sfvrsn=f3a063ff_2</u>
- CDC Helping Children Cope with Emergencies: <u>https://www.cdc.gov/childrenindisasters/helping-</u> <u>children-cope.html</u>

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH



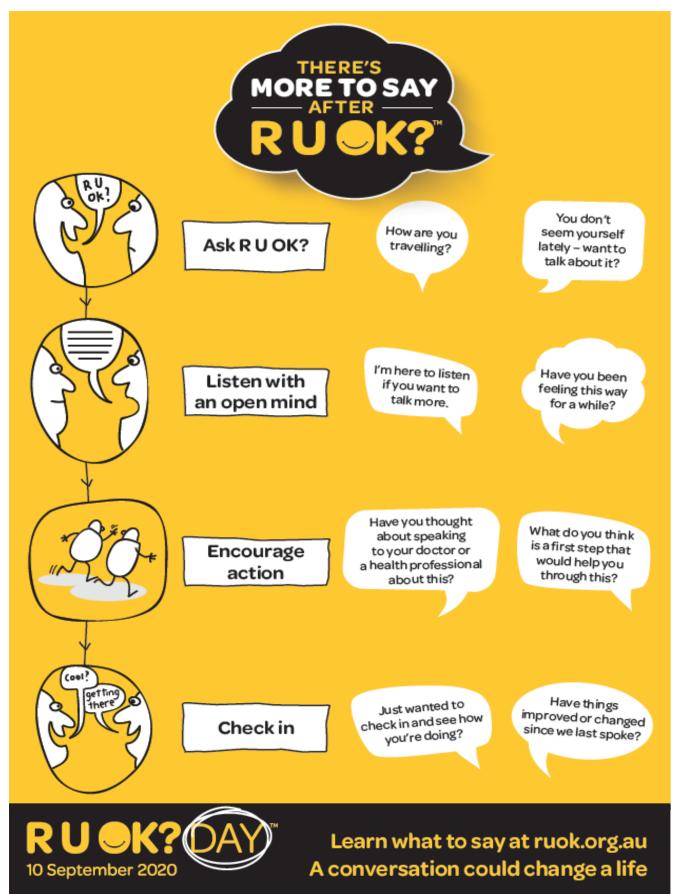






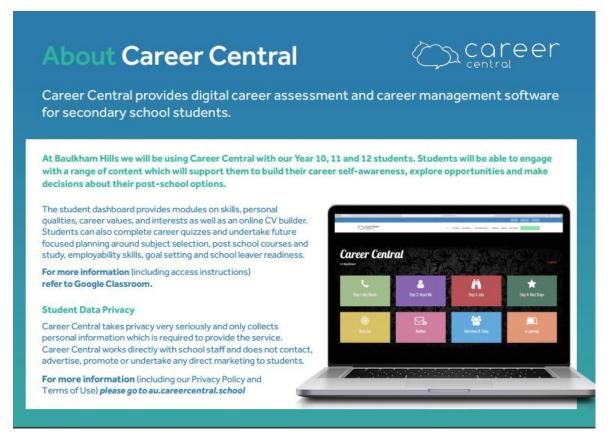
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Careers News



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

- <u>Career Central</u>
- <u>Study Work Grow</u>
- The Careers Department
- Morrisby Online Careers Profiling
- Google Classroom resources
- Motivational Mapping (Youth Maps)
- Subject Compass (Year 10)
- <u>Course Compass (Year 12)</u>
- <u>myfuture</u>

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 (<u>note that students need to have completed and</u> 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.



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

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



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Number of students who

participated in the program

Most students were in year 10

20

45%

Female students

Active engagement with online content over the 8

week program

40

Year 10

Year11

n

55%

Male students

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, extracurricular program while they were homeschooled.

Provide teachers with tools to introduce entrepreneurship to the classroom.

Get in touch!

M helloggenerationentrepreneur.com.au | 🧐 🛐 💅





The Program

The content for Startup+ is hosted on **Thinkfic**, 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.





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.



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.

Get in touch!

M hello@generationentrepreneur.com.au | 🔞 🌠 🎾 @genentrepreneur



Program Outcomes **** Generation Entrepreneur teaches concepts that schools don't cover. In my personal opinion, 4.1/5 business is an essential skill that should be taught but it isn't. This is why I really appreciate the Average satisfaction rating across the Startup+ program. entire program. - Year 11 student, RHHS Startup+ provides us an alternative and interactive 87% way of learning... - Year 10 student, BHHS Of students said they had adequate resources to support their learning. "It teaches skills that aren't taught in the classroom with peers who are also passionate **29**% about business Of students said they are interested in - Year 10 student, BHHS pursuing a startup business in the future.

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!

M 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 <u>self-isolate</u> for 14 days.

You should prevent the spread of viruses, by keeping your <u>hands clean</u>, not touching your face and <u>keeping your distance</u> from other people.

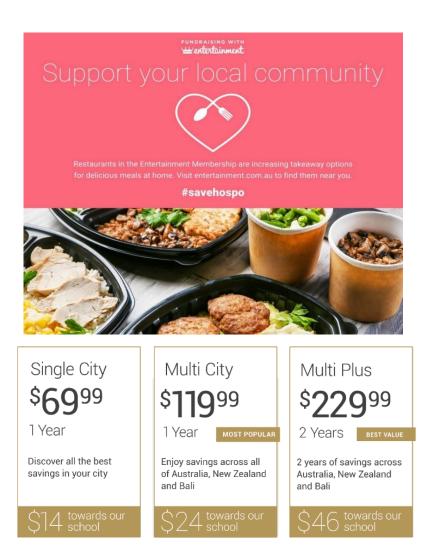
Important Note:

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





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