

Baulkham Hills High Newsletter

www.baulkhamhillshighschool.com.au



Baulko Office Staff – Covid Safe

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

From the principal's desk:

As the community restrictions are adjusted today under NSW Health guidelines, I would like to once again thank our students, staff and community for their work and ongoing support of each other and our school over the past 3 ½ months. It certainly has been a challenging time for all.

Final preparations are under way for the return to school of our students and staff in a COVID-safe manner. I have included in this newsletter the Community Update that was published last Friday. This update and the accompanying attachments contain detailed information about our return to face to face teaching.

Dates

- Week 3
(18 to 22 October)
 - Year 12 and students studying HSC 2021 subjects return to school

11 October 2021



Calendar 2021

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

Dates on the Calendar will be updated as further advice regarding COVID-19 comes to hand

Term 4

Week 2
Monday 11 October
Tuesday 12 October
Wednesday 13 October
Thursday 14 October
Friday 15 October
Week 3
Monday 18 October
Y12 Return to School – 18/10-22/10 incl.
Tuesday 19 October
Wednesday 20 October
Thursday 21 October
Friday 22 October
Week 4
Monday 25 October
Y7 to Y11 and Support Students return to school
Tuesday 26 October
P&C General Meeting 7.30pm
Wednesday 27 October
Thursday 28 October
Friday 29 October
Y11 & Support Reports Issued
Week 5
Monday 1 November
Tuesday 2 November
Wednesday 3 November
Thursday 4 November
Friday 5 November
Week 6
Monday 8 November
Tuesday 9 November
HSC Exams 9/11 to 2/12 incl.
Wednesday 10 November
Thursday 11 November
Friday 12 November

- Years 7 to 11 and Support continue with online learning

- Week 4 (25 October onwards)
 - Year 12 "leave" for final HSC preparation (see full Year 12/HSC details in separate letter)
 - Years 7 to 11 and Support students return to school for face to face learning.

Also included in this newsletter are

- BHHS Community Update - 8 October 2021
- Year 12 and HSC 2021 Student Updates - 8 October 2021
- COVID-safe operations for schools - Term 4 2021
- Helpful Tips for Returning to High School
- Roadmap to Return Guidelines for Families

Overarching and regularly updated "Advice for families" from NSW Department of Education is available via <https://education.nsw.gov.au/covid-19/advice-for-families>

Wayne Humphreys
Principal

Baulko News

FROM THE MATHEMATICS DEPARTMENT

It is hard to believe we have been back for a week already. Both teachers and students can now see the light at the end of the tunnel with the end of online learning and face to face teaching just around the corner. I wanted to take this opportunity to highlight the achievements of some of our students.

Australian Mathematical Olympiad

The Australian Mathematical Olympiad Contest took place on 17th August this year. This is an invitation-only competition and is restricted to approximately 100 students across Australia. Baulkham Hills High School had three students invited; David Chen (Year 11), Cloris Xu (Year 9) and Iris Xu (Year 9).

I am pleased to announce that both Cloris and Iris received a Gold certificate and a perfect score! David Chen was also awarded a Bronze certificate. Congratulations to the three of these students on this impressive achievement.

59th Annual UNSW Mathematics Competition

Prior to lockdown commencing, we had a number of students who participated in the 59th Annual UNSW Mathematics Competition. In the Senior division, David Chen, Matthew Wu (Year 12) and Frank Zhang (Year 12) have achieved a High Distinction and a \$100 prize. Anthony Rota (Year 11) received a Distinction with a \$50 prize. Aniket Kobbanna (Year 12), Lior Yoffe (Year 12) and Shane Naidoo (Year 12) all achieved a Credit.

In the Junior division, Cloris Xu and Iris Xu achieved a High Distinction and a \$100 prize and Thomas Huynh achieved a Credit.

Congratulations to all students who participated in these competitions and wanted to take the opportunity to challenge themselves beyond the classroom.

Mr Jason Ribbans
Head Teacher Mathematics



Baulkham Hills High School

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BHHS Community Update - 8 October 2021

Dear Parents and Carers,

This letter contains a broad overview of the current return to school requirements for students. Overarching and regularly updated "Advice for families" from NSW Department of Education is available via <https://education.nsw.gov.au/covid-19/advice-for-families>

Dates

- Week 3 (18 to 22 October)
 - Year 12 and students studying HSC 2021 subjects return to school
 - Years 7 to 11 and Support continue with online learning
- Week 4 (25 October)
 - Year 12 "leave" for final HSC preparation (see full Year 12/HSC details in today's separate letter)
 - Years 7 to 11 and Support students return to school for face to face learning.

Travelling to/from school

Our students travel from a range of distances and areas across Sydney, by both private and public transport, and arrive at a range of times. This will assist with the spreading out of students coming into the school grounds. Please see further guidance concerning public transport at <https://transportnsw.info/covid-19/covid-19-safer-travel-guidance>. Masks are required for students 12 years and over on public transport. Also refer to <https://education.nsw.gov.au/inside-the-department/covid-19/advice-for-school-based-staff/level-3-plus-schools#Travel21> (Travel and Public Transport).

At school

- **Masks** - All students are required to provide and wear masks both inside and outside whilst at school. The exception to this is during PDHPE lessons, and dependent upon the activity.
- **Playground areas** - Each Year group will have an allocated playground area for their use. Support unit students will also have a dedicated outdoor space. Students will still have access to bathroom facilities. The library will be open during breaks. However, it will be accessed by a different year group each day (e.g. Year 7 Monday, etc)
- **Cleaning** - All classrooms will have sanitiser, etc and should be used as required by students. Current cleaning regimes will continue at school. Target areas include high-touch areas and other hard surfaces, door handles, lockers, light switches and handrails in stairways and movement areas. Enhanced cleaning is delivered as part of the daily cleaning of schools.

11 October 2021



Baulkham Hills High School

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- **Flu-like symptoms** - If students have flu-like symptoms include fever, cough, sore throat, shortness of breath, loss of taste, and loss of smell they should not attend school. For more information about COVID-19 symptoms, refer to the [NSW Health \(https://www.health.nsw.gov.au/Infectious/covid-19/Pages/frequently-asked-questions.aspx\)](https://www.health.nsw.gov.au/Infectious/covid-19/Pages/frequently-asked-questions.aspx). Students who are displaying even mild flu-like symptoms should not return to school until they have a negative COVID-19 test and are symptom-free.
- **PE Uniform** - If a student has a PE lesson, they may wear full PE uniform to and from school. If a student is in cadets, they may wear cadet uniform for their virtual cadet parade on Thursdays – however, if they have PE on the same day as cadets, they must wear PE uniform.
- **Ventilation** - Open or well-ventilated spaces reduce the risk of transmission of COVID-19 because infectious particles are more quickly diffused in the open air than in spaces with less ventilation. Outdoor settings may be used where practicable.
 - Steps have been taken to improve ventilation in indoor settings:
 - Opening windows and doors where possible.
 - Regularly inspect, maintain and clean heating, ventilation and air conditioning (HVAC) systems.
 - **Vaccinations** – For school, which will be under Level 3 plus settings from 18 October, all staff on-site will be required to have received two doses of a COVID-19 vaccine. While vaccines are now available for students aged 12 and over there is no mandatory requirement for students to be vaccinated:
 - before they return to school, or
 - to sit HSC exams.
 - Sport

Sport and Cooking – the school is awaiting further guidance about these subject areas.

Attached to this letter, please find

- COVID-safe operations for schools - Term 4 2021
- Helpful Tips for Returning to High School
- Roadmap to Return Guidelines for Families

Have a good weekend.

Wayne Humphreys
Principal
8 October 2021



Baulkham Hills
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Year 12 and HSC 2021 Student Updates 8 October 2021

Dear Year 12 Students and Parents/Carers,

Welcome back to Term 4 2021 in what has been a year like no other. This letter contains specific information for Year 12 & HSC students

Online learning. Usual classes continue during Weeks 1 & 2 for Year 12 students. Your classroom teachers will be available during your timetabled lesson, however there will be no new work taught. It will be a chance, if you have questions or need further support, for you to access your teacher. It will be a final opportunity to consolidate your learning.

HSC Assessments. As discussed in previous communications, the final HSC Assessment weightings have been modified due to the cancellation of the Trial HSC examinations. Some courses were able to complete four formal assessment tasks and did not require adjustment. These included Japanese Extension and Visual Arts. The majority of courses completed three of the four formal tasks and these courses have been converted to a final mark keeping the same weightings. Mathematics, Mathematics Extension 1 and Mathematics Extension 2 have had new weightings applied to the three completed tasks. Final ranks are available from your classroom teacher for your HSC course.

Week 3 - Year 12 and HSC 2021 students at school. Usual Year 12 classes will run at school during week 3 (18 to 22 October). Only Year 12/HSC 2021 students will be at school to ensure the health and safety of our students. Year 12 teachers will be providing final support for Year 12 students during their usual timetabled lessons. All Year 12 and HSC 2021 students are invited to school to these classes under the following conditions

- Students are "well". If you have any COVID type symptoms, do not attend school
- Full school uniform is required
- Year 12/HSC 2021 students are to attend for the entire school day.

Note - Year 12 reports will be issued at school on Friday 22 October 2021

Weeks 4 and 5. This is the final lead up to the HSC Examinations commencing on Tuesday 9 November 2021. Year 12 teachers are still available to support students. Please contact your teacher via email to arrange support, ask questions, etc. Year 12 students are being kept away from school during this period to minimise mingling with other students.

11 October 2021



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HSC Examination

- **Location.** This year, the examinations will be held in the gymnasium. This is the most effective space to ensure both students being at least 1.5 metres away from each other, and also is extremely well ventilated. A COVID Safety plan will be in place for the gym. Baulkham Hills TAFE has been arranged as an alternative venue if for any reason the gymnasium becomes unavailable to use.
- **HSC Advice** – A reminder that the latest HSC Advice from the NSW DoE is available at <https://education.nsw.gov.au/covid-19/advice-for-families/hsc-exam-advice.html>

Upcoming dates. Although final COVID-safe details are yet to be finalised, please put these dates in your diary.

- Year 12 Graduation - Friday 10 December
- Year 12 Formal - Tuesday 14 December
- Year 12 Clearance Day - To be advised

Wayne Humphreys
Principal
8 October 2021





| NSW Department of Education

Roadmap for parents and carers Return to school for Level 3 plus

Information current as at 7 October 2021.

Developed in partnership with NSW Health

education.nsw.gov.au/covid-19/advice-for-families



Please click on the following link:

https://education.nsw.gov.au/content/dam/main-education/covid-19/media/Roadmap_to_Return_Guidelines_for_Families.pdf

In Term 4, schools will return to face-to-face learning either through a 'staged return' or 'full return'.

The best learning environment for students is in the classroom and we are looking forward to welcoming back our staff and students in Term 4. We know that while there will be excitement, there will also be some anxiety and uncertainty about being back together at school.

Recent evidence shows that very little COVID transmission happens between children in school settings, and only a very small number of children who contract COVID-19 get seriously ill. However, to support school safety we are requiring all staff on site to be fully vaccinated, and we are strongly encouraging our students and school community to do the same.

We have worked with NSW Health on our COVID-safe plan to return to school sites and have developed effective practices to support this, including staff vaccinations, mask wearing, reduced mingling of staff and student groups, ventilation in classrooms and continued good hygiene and cleaning. We are confident that this, in combination with support from our school community, will minimise risk and help to keep schools open and students learning face-to-face next to their peers.

How the staged return to school will work

Students will return to face-to-face learning at school in the following order:

- From 18 October – department preschool, Kindergarten, Year 1
- From 25 October – all remaining year groups.

To maximise the re-establishment of a consistent routine, students who attend schools for Specific Purposes (SSPs) are recommended to return at the same time as students in mainstream settings. Students with disabilities in mainstream classes or support classes can also return as part of the staggered return at the same time as their year groups.

Students completing their HSC can already return in a limited way and this will continue for the first two weeks of Term 4. From 18 October, these students will have full-time access to school campuses and their teachers.

Some schools may have slightly different return to school plans, particularly if they have stage based classes or are very small schools.



School attendance

All students should be at school on the date indicated for their year group, unless:

- they have a medical certificate which says they can't return to school due to a condition or illness
- they are currently unwell
- they have been asked by NSW Health to self-isolate.





Wellbeing

If you are worried that the impacts of COVID-19 or going back to face-to-face learning may be affecting your child's wellbeing, please discuss this with your child's teacher.

You can find more information to help your child's wellbeing through the mental health and wellbeing resources on the department's website.



Break times, drop-offs and pick-ups and canteens

To make sure students reduce the risk of transmission across cohorts, schools will put in place staggered recess and lunch breaks, start and finish times and drop-off and pick-up points.

Students can use the canteen during breaks. This will be different at each school depending on the size of the school, the number of students, traffic flow and other factors.

Creating a safe learning environment



Masks and face coverings

Masks will be mandatory for all staff and all students in Year 7 and above while they are indoors and outdoors on school sites unless eating or exercising. Masks are strongly recommended for primary students both indoors and outdoors unless eating or exercising.



Students should bring their own masks where possible, but schools will have back-up supplies just in case.

Masks are mandatory for all travel on public transport for children 13 years and older.



Physical distancing

All adults must keep 1.5 metres distance from each other, including teachers and support staff, and parents and carers waiting to collect children.

Physical distancing between children in the same class is not required under the latest health guidelines. Mixing between class groups will be minimised and students will be supported to follow strict hygiene practices like:

- regularly washing hands
- not sharing drinks or food
- coughing or sneezing into their elbow, or else using a tissue which should be put in the bin straight away
- filling water bottles from bubblers rather than using the bubbler directly.



Vaccination

All adults at school sites, including employees, contractors, volunteers and essential visitors, must be fully vaccinated against COVID-19 by 8 November 2021. Adults that are required to support the staged return to school in October 2021 will be required to have received two doses of COVID-19 vaccine by that date. For schools under Level 3 settings, adults are strongly encouraged to have had two doses of a COVID-19 vaccine, but are not required to be fully vaccinated until 8 November.

Students aged 12 or above are now eligible for a COVID-19 vaccination. Parents and carers can book in a Pfizer or Moderna vaccine now.

Vaccination appointments are available at more than 3,000 locations across NSW, including GPs and pharmacies. For students and families who have questions or concerns related to getting vaccinated, refer to [NSW Health's Know the facts COVID-19 vaccination fact sheet](#).

education.nsw.gov.au/covid-19/advice-for-families

3



School cleaning and hygiene supplies

Schools will continue to receive additional cleaning in line with advice from NSW Health.

Schools have received extra supplies of soap, hand sanitiser, toilet paper, paper towels, disinfectant wipes and personal protective equipment and can order more as needed.



School activities

Many school-based activities will remain on hold, including large celebrations such as presentation days and graduations, arts and sports events.

For a full list of what is permitted and what is on hold, refer to education.nsw.gov.au/covid-19/advice-for-families.



Visitors

Only essential visitors are allowed on school sites at this time. When dropping off or picking up your child, parents and carers need to stay outside school grounds, you will need to wear a mask and physically distance. Some exceptions may exist for:

- schools for specific purposes
- vulnerable students
- students with disability
- preschools.

In these instances, follow the vaccination and mask-wearing requirements and sign in using the Service NSW QR code when entering the school.



Ventilation

Open or well-ventilated spaces reduce the risk of COVID-19. Where possible classroom doors and windows will remain open and fans and air-conditioners will be set to use outside air, where possible.



Rapid antigen testing

We are exploring with NSW Health the use of COVID home testing kits (known as rapid antigen testing) as a further screening measure to reduce the risk of outbreaks in schools, or the length of time students need to isolate after contact with someone with COVID. Further details will be provided in Term 4.



Reporting and assessment

You will receive your child's Semester 2 report by the end of the year. This will be a simplified version of the report you normally receive.



Return to school – Roadmap for parents and carers.



Orientation and transition to school

We have flexible arrangements so that students and parents and carers can still get help with orientation and transition to school in a COVID-safe way. Kindergarten and Year 7 orientation programs will be possible for schools that are no longer under stay-at-home rules. Transition and orientation programs will be virtual for schools still under stay-at-home rules.



Responding to COVID-19 cases

Where there is a case of COVID-19 in the school community, the department has established systems and protocols with NSW Health to manage and respond accordingly to keep our staff and students safe. These protocols include communication with parents or carers if their child has been in contact with someone who has tested positive to COVID-19 while at school or if the school becomes closed.



If your school reverts to learning from home

If schools revert to learning from home due to a Public Health Order or direction from NSW Health or the Department, the school will continue to provide learning activities for your child to do at home and will communicate with you about their learning.

If your child's school needs to revert to remote learning, your school will let families know through the usual channels, which might include email, social media or the school website.



If your school becomes closed due to a COVID-19 case

Parents and students will be notified when a decision is made to make the school closed for onsite attendance due to a confirmed case of COVID-19 or other events that require the school to close. Information about the operational status of the school will be distributed through the school's information channels, including the school website, Schools Safety App, any school social media channels and the department's website. During this period, the school will continue to provide learning activities for your child to do at home and will communicate with you about their learning. Parents and students will be informed by the department when the school is ready to resume onsite learning.



Get in touch with questions or concerns

Your principal has already started planning for a COVID-safe return at your school, taking into account the unique needs of their students and school. To support this planning, and to allow for your teachers to be fully vaccinated by 8 November or earlier, it is important that students return on the date specified for their year group.

Get in contact with your principal directly if you would like more information about your school's COVID-safe return to school plan or if you have concerns or questions about your child being back in their classroom for face-to-face learning in Term 4.

If you need further information, please call your school. If you need an interpreter to assist you with your enquiry, please call the Telephone Interpreter Service on 131 450 and ask for an interpreter in your language. You will not be charged for this service.

Say hello

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HELPFUL TIPS FOR RETURNING TO HIGH SCHOOL

COVID 19 has required everyone to make changes: how we live, how we socialise, how we learn.

Everyone has a story about learning from home and while there are similarities, your story is unique.

Whatever your experience, it's normal to feel a wide range of emotions that may change from week to week. In returning to school, it's important to think about what will help you prepare for your return, manage any worries you might have and re-focus your thinking.

Your feelings are important. If you need to, there are lots of people you can talk to.



GETTING READY

- Get organised before the day. You may have had a growth spurt while away – so check your uniform and shoes still fit.
- Check your timetable to know what lessons you'll be having - if in doubt ask your teacher or classmate
- Pack your bag the day before with everything you need.
- Be sure to have a mask and hand sanitiser. Your school will also have some supplies if needed.



SAFETY

- Know the rules around wearing masks at school and while travelling. If you need more information, look at your school's website and Facebook page, or contact a teacher or year adviser.
- Remember COVID safe practices are for the safety of everyone in the school community so follow all instructions on physical distancing and hand washing.
- If you feel unsafe, or are worried about safety, talk to a trusted adult in the school.



BE KIND TO YOURSELF

- Go easy on yourself – give yourself the same supportive advice that you'd give to a good friend.
- Life has been different and it may take time to adjust. Be realistic in your thinking about how long it might take.
- Talk with your teachers about your work and call out your current strengths and any challenges. They are there to help you.
- Contact a friend before the first day back and arrange a time and place to meet.
- Try and focus on the things you can control like trying your best with your school work and see change as an opportunity to learn and grow. Some things are out of our control and worrying can be tiring.
- Talk with your family and friends to help prepare yourself for returning to school.



KEEP CONNECTED

- Challenging times can be easier to get through together, so stay connected and be there for each other.
- Go easy on each other and be patient. By being calm those around you will also relax.
- Look out for your friends and classmates. If you think someone is having a tough time, it's a good idea to reach out and offer support. [ReachOut](#) has some helpful tips on how to start the conversation.



FEELINGS

- You may experience a range of emotions about returning to school: worried, excited, nervous, angry, happy or any emotion in between. Take your time to reconnect with teachers and other students and settle back into the school routine.
- Think of a time when a challenge made you feel nervous or worried. Remember the strategies you used to manage those emotions and reflect on how you moved through that situation.
- It can be tough, but try to focus on the good things no matter how small they may seem. It's important to seek out the positives to help build your confidence, and focus on your strengths.



DON'T FORGET YOUR PHYSICAL HEALTH

- Food is fuel for your brain and body. Eating a healthy balance of food throughout the day and drinking water helps improve your mood and concentration, and boosts your energy levels and supports general health. And it all starts with breakfast!
- Stay active. Returning to school may make you physically and mentally tired for a while. Spend some time doing something physical at the end of the day to boost your mood.
- Sleep is essential. Give your brain a rest so it can recharge. Get into the routine of sleeping 8-10 hours so you can wake up in the morning refreshed and ready to learn. Uninterrupted sleep is best, so put your phone on silent or even better, in another room.

MORE HANDY TIPS

If you do feel overwhelmed there are lots of things you can do:

- Take some deep breaths, walk away to another area or talk about it with your mates.
- Use an app like [Smiling Mind](#) to practise mindful meditations to help you relax. [Reachout.com](#) has heaps of other apps you can check out!
- Speak with your support network: family, teachers, Year Adviser, school counsellor or student support officer.
- Contact a helpline by phone or online. Kids HelpLine ([Kidshelpline.com.au](#) or 1800 55 1800) or [headspace](#) (1800650 890) are two places you can contact. They are free of charge.
- Your local doctor is also someone you can talk to.

You will find more ideas on how to look after yourself and your friends on the Department of Education's [student mental health and wellbeing](#) pages.



NSW Department of Education



NSW Department of Education

NSW Department of Education

COVID-safe operations for schools

Students return to face-to-face learning in staged cohorts. COVID-safe operations are maintained through high rates of staff and student vaccination, safe rostering and physical distancing.

Department Preschools,
Kindergarten & Year 1

18
October

All other years

25
October

From 18 October, students sitting their HSC exams will be able to access their schools full-time for revision and study sessions.

Drop-offs and pick-ups



Drop-offs and pick-ups will be by staggered groups and all entrances and exits will be used to start and finish school days.

Please follow the physical distancing rules, avoid gathering outside gates, remain off school grounds and wear a mask. (some exceptions made for vulnerable students.)

Try to stay in the car. This does not apply to (OOSHC). Sign-in procedures are required.

Vaccination



All adults on school sites must be fully vaccinated against COVID-19, including employees, contractors, volunteers and essential visitors. Students aged 12 or above are now eligible for a COVID-19 vaccination. Parents and carers can book in a Pfizer or Moderna vaccine now.

Visitors



Only essential visitors are allowed on school sites. All visitors are required to wear a mask and sign-in using the Service NSW QR code when entering the school.

Masks



Masks will be required for all staff and all students

in Year 7 and above while they are indoors and outdoors on school sites unless eating or exercising. Masks are strongly recommended for primary students both indoors and outdoors unless eating or exercising.

Students should bring their own masks where possible, but schools will have back-up supplies just in case. Masks are also required for all travel on public transport for children 13 years and older.

Hand hygiene & cleaning



Students will be reminded to wash their hands often. Sanitisers, soaps, paper towels and other essential items will be readily available for students. Enhanced cleaning will continue on our school site.

Ventilation



Open or well-ventilated spaces reduce the risk of transmission of COVID-19 because infectious particles are more quickly diffused in the open air than in spaces with less ventilation. Outdoor settings will be used where practicable.

Students should be at school from the date indicated for their year group unless they are unwell.



BHHS 2021 Historical Photo Challenge

The History faculty are running a competition called the **Historical Photo Challenge** that involves recreating a history-related photo/painting of your choice.

If you are interested in participating, please join the Google Classroom (code is **saefgtj**). This will be where you submit your entry. The deadline for submitting your entry is October 15th (Friday Week 2) at 6pm.

Everyone who participates will receive a merit. We're also excited to announce that **the students who win 1st, 2nd and 3rd place will receive a gift voucher as a prize**. 1st place will receive a \$50 voucher, 2nd place will receive a \$30 and 3rd place will receive a \$20 voucher.

Ashleigh Thurlow, History

HISTORICAL PHOTO CHALLENGE

RECREATE A HISTORICAL PHOTO

CHOOSE A PHOTOGRAPH OR PAINTING FROM HISTORY AND USE ONE OF THE FOLLOWING METHODS TO RECREATE IT:

- TAKE A SELFIE USING OBJECTS AROUND YOUR HOME
- MAKE A MODEL/DIORAMA
- BUILD SOMETHING OUT OF LEGO
- DRAW OR PAINT A HISTORICAL PHOTO



HOW TO ENTER:

CREATE A GOOGLE DOC THAT CONTAINS THE FOLLOWING:

- THE ORIGINAL HISTORICAL PHOTO
- YOUR RECREATED VERSION
- A BRIEF OUTLINE OF THE CONTEXT OF THE HISTORICAL PHOTO - WHAT IS IT A PHOTO OF? WHERE AND WHEN WAS IT TAKEN?
- A BRIEF OUTLINE OF WHAT YOU DID TO RECREATE THE PHOTO

THEN UPLOAD TO GOOGLE CLASSROOM FOR A CHANCE TO WIN A PRIZE!

ALL STUDENTS WHO PARTICIPATE WILL RECEIVE A MERIT

SOME IDEAS:



A Message from the Wellbeing Team

Dear Parents/Guardians,

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 2021 - Take care of yourselves!

Ms Terryanne Fletcher
Head Teacher Wellbeing
Baulkham Hills High School
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
- National Coronavirus Hotline: 1800 020 080
- 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)



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/>
- Butterfly Foundation: 1800 33 4673 or <https://butterfly.org.au/get-support/chat-online/>

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>
- Australian Government Official Covid Website: <https://www.australia.gov.au/>

Tips for supporting stress & anxiety around Covid

- Tips for Handling Coronavirus Anxiety & Stress: <https://www.blackdoginstitute.org.au/resources-support/coronavirus-resources-for-anxiety-stress/>
- Coronavirus Mental Wellbeing Support: <https://coronavirus.beyondblue.org.au/>
- CDC: Mental Health and Coping during Covid-19: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- How to cope with Covid-19 stress: <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>
- CDC: Helping Children Cope with Emergencies: <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>



BODY IMAGE *Tips* YOUNG PEOPLE

Did you know that body image is how you FEEL and THINK about your body? It's actually not about what you look like!

No two people were born to look or be the same. Celebrating and embracing our differences is really important. There isn't a right or a wrong way to look.

Beauty and appearance ideals exist in all societies and they are all unhelpful! These ideals don't encourage uniqueness but instead suggest that everyone 'should' and 'could' look a certain way, which is unrealistic! Spending time, money and energy on changing your appearance is exhausting and research tells us that altering your appearance won't help your body confidence or self-esteem in the long run. What will help, is reminding yourself that you have the power to change the way you see, think and feel about how you look.

Here are some positive tips to help you:

You are so much more than your appearance. You are not an 'object' or a 'thing'. You are a human being. Your weight, body shape, muscles, hair/skin colour, complexion, height does not define you. Your appearance does not determine your worth.

Avoid making unhelpful comparisons. The more you compare your appearance to siblings, friends, celebs, sport stars or anyone, the more unhappy you'll feel. It's ok to admire beauty in others, but avoid devaluing your own body if you do.

Treat your body well. Your body is the only one you're ever going to get. It might not look exactly as you'd like, but it does so many amazing things for you. Speaking kindly, finding exercise and activities that you love, eating mindfully and taking time out to rest, demonstrates body respect. It's really important that you avoid any kind of restrictive diet and excessive exercise plans. They do not work or help your body confidence (no matter how much advertisers try to make us think otherwise).

Keep yourself media and social media savvy.

What you see may not always be! It's important that you stay savvy when looking at media and social media images. Photoshop, hair and make-up, endless filters and editing tools work to create the highly stylised and perfect images that you see – on celebrities and our friends. You never really know what is going on behind the image, remember, no one is perfect.

Go easy on yourself... AND your friends! Body bullying and food shaming is never ok. Speaking kindly to yourself and your friends – face to face and online – is the only way. If you wouldn't say it to a friend, avoid saying it to yourself. If you couldn't say it to someone's face, don't say it to them online. Words can build people up or tear them down. Use your words carefully (to yourself and to others).

Have fun with your appearance but don't let it rule your life. It's ok to take pride in your appearance and have fun with fashion and styling (if that's what interests you), but obsessing and worrying about how you look is not good for us. Remember, you are more than your appearance, so spend time doing the things that make you feel good.

Surround yourself with people who accept you as you are. Changing your appearance to fit in won't make you a better, more lovable person. If a person or group doesn't like YOU for who YOU are, then it's time to find some new people to spend time with. You are enough just as you are.

If your body image is getting you down or you are worried about a friend, talking helps and Butterfly is here to listen:

National Helpline on 1800 ED HOPE (1800 33 4673) or support@thebutterflyfoundation.org.au



BODY IMAGE *Tips* FOR PARENTS

Children are very sensitive to messages about body image and appearance from their parents. Often you may not even be aware of the messages your child is hearing from you. Parents can have a very positive impact on the way a child feels about the way they look and their self esteem. Helping your child develop a healthy body image is important as it can also strengthen their relationship with eating and exercise and reduce the risk of developing disordered eating and eating disorders.

Here are some tips on ways you can be a good body image role model for your child:

Reflect on your own relationship with your body.

This may not be easy but being aware of your attitude towards your own body will help you be conscious of the messages you send to your kids. Try to avoid looking in the mirror and making negative comments about the way you look. If your child sees that you feel comfortable and happy with your body, this can help them feel comfortable in their own skin.

Avoid talking about diets. Dieting is the biggest risk factor for an eating disorder. Try to avoid talking about diets, your "naughty" eating habits, or your weight and size. This can give kids the impression that weight and size are highly valued by you and they might feel pressure to look a certain way or be a certain size. Celebrate diversity and emphasise how loved and valued your child is no matter what their weight, shape or size.

Talk to your child about the way they feel about the way they look. Encourage your child to talk with you about their feelings. Create space to talk about things on a daily basis including what is happening with their friends. If your child feels safe to talk to you, then they are likely to share feelings about their bodies with you.

Help your child stay body confident when using social media. Talk to your child about the realities of digital manipulation and that what they see in the media and online is not always real. Encourage them to reflect on how their social media experiences make them feel and if it's not positive then they need to change it up.

Despite best parenting efforts serious body image issues and eating disorders do develop. It's important to recognise the warning signs of body dissatisfaction and low self esteem as early as possible. There are certain cues you can pick up on in your child once you know what to look for.

Here are some warning signs to keep an eye on in your child:

- Withdrawal from social events and activities that they used to enjoy
- A focus on diets, calories, health and particular foods. They might talk about wanting to be healthier or fitter and become obsessive about checking the nutritional content of what they are eating.
- They might become irritable or anxious around dinner time. They may refuse to eat certain foods or whole food groups.
- Complaints about the way they look, e.g. "I'm ugly" or "I'm fat", or negative comments about their abilities, e.g. "I'm hopeless"
- Frequent self scrutiny – such as weighing themselves or excessively looking at their reflection.
- Change in clothing style such as wearing baggy or oversized clothing

If you notice any of these signs in your child it is important to seek help as early as possible. You know your child best, so trust your instincts. If you are finding it hard to be accepting of your own body, remember it's never too late to seek help.

Butterfly can support you. Call our National Helpline on **1800 ED HOPE (1800 33 4673)** or email us at support@butterfly.org.au



Careers News

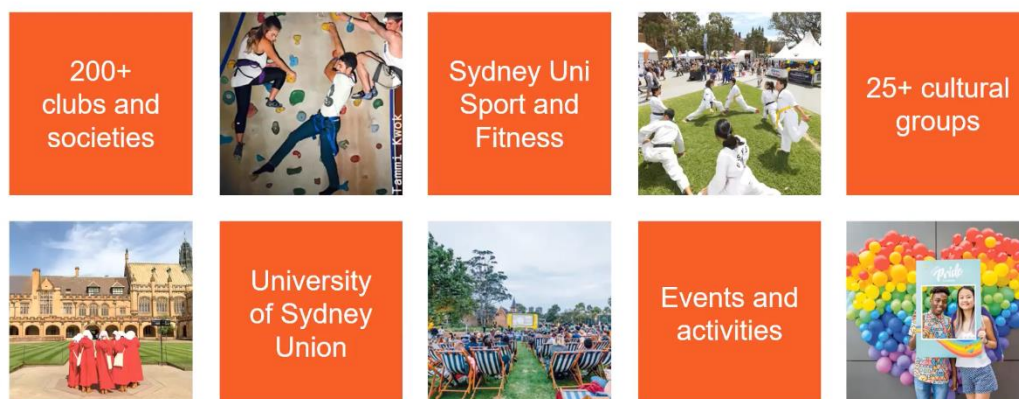
Careers News – Uni Zoom Lunch Sessions

Both UNSW and the University of Sydney (the top 2 destinations for students for Baulkham Hills High School students) presented via Zoom in Week 4 at Tuesday and Thursday lunches to supplement the face-to-face presentations that were held in Term 2 for a range of universities.

Thank you to USyd and UNSW for adapting to the changing environment and presenting to Year 10, 11 and 12 students in engaging presentations, preparing students for life beyond high school, notifying them of upcoming Open Days and answering questions.

Ms Hardy

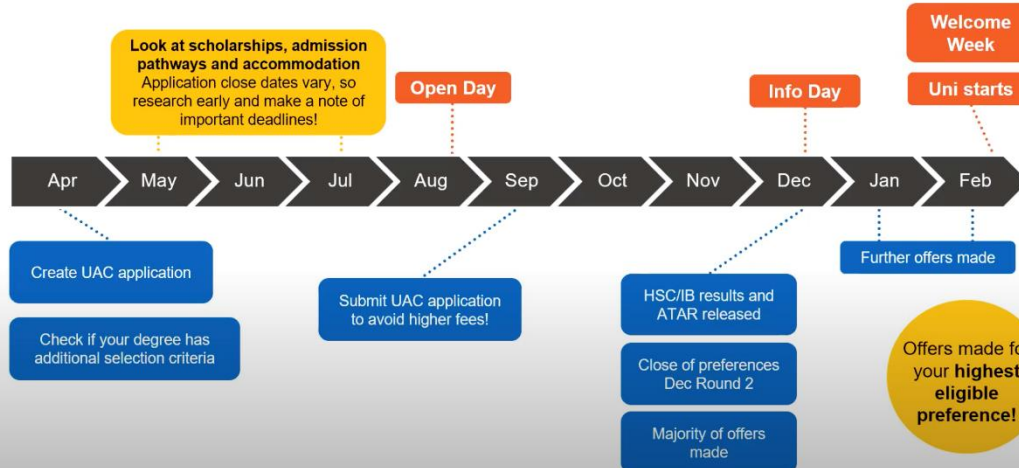
University life



The University of Sydney

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Admissions timeline



The University of Sydney

Page 15

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Careers News - Update for Year 12 Parents

What does my child have access to for Careers in Year 12?

Face-to-face/individual support

- Individual appointments with the Careers Advisor (applying to uni, scholarships, general Careers advice) – students can book via the link in Google Classroom to a Google Sheets schedule
- Written feedback for cadetships/scholarships/medicine applications is given via Google Docs as well as general advice via email
- Mock interviews for cadetships/scholarships/medicine

Speaker sessions

- Universities visit the school Tues & Thurs lunchtimes in Term 2 – schedule posted on Google Classroom and in the Year 12 Study; reminders sent to students via Google Classroom
- UAC Session and Scholarships/Written Applications Workshop (as part of Year 12 Wellbeing Day); resources have been emailed to students/on Google Classroom – please ask your child if you would like to see this information
- Students also had a speaker (doctor) present a session on Career Resilience & Planning as part of their Year 11 Wellbeing Day in 2020

Subscription Services

- Online interview skills course (see handout in this newsletter; access details have been emailed to students)
- Study Work Grow newsletter (to receive information directly from universities/industry)
- Morrisby Online Profiling – students have had access to this since Year 10 – list of career suggestions/uni courses based on a student's individual profile
- Career Central Career Management Software – access via BHHS Google Accounts
- The Careers Department (Virtual Work Experience and audios/videos of careers & university courses)

Online/informational Support

- Regular updates are posted in Google Classroom including scholarship & cadetship information, expos, competitions, university & industry updates
- UAC info sessions: <https://www.uac.edu.au/schools/uac-digital>
- Information on Early Entry (SRS) has been emailed to students (PowerPoint slides) and also information on an upcoming session run by UAC: <https://uacdigital.easywebinar.live/earlyentry-43>
- Year 12 students can use the UAC online tool Course Compass to assist their decisions
- Reminders about upcoming deadlines are posted on Google Classroom/emailed to students
- Create Your Career Google Site with tailored resources (via BHHS accounts)

- * EAS
 - * Documentation due to school 1 Nov
 - * Documentation uploaded by students to UAC 17 Dec (school to send EIS directly to UAC)
 - * Eligibility letters released progressively from 21 Jan (for offers 26 Jan)
- * SRS (Early Entry)
 - * Change of preferences 4 Nov
 - * Offers released 12 Nov
- * ATARs 20 Jan
- * HSC Results 24 Jan
- * [Change of preferences Midnight 21 Jan]
- * Uni Offers 7:30am 26 Jan (*most offers made in this round*)

*Key Dates

- * *Please contact me via email to book a mock interview*
- * **Attend Info Days online/F2F in Dec/Jan** to ask questions about preferences, courses
- * **See Google Classroom/emails for:**
 - * Co-op Interview Tips (video/guide)
 - * Med Interview Tips (video/guide)
 - * Study Skills Video (Dr Marie Hadley)
 - * Interview Skills Online Course (From High School to Hireable)
 - * EAS Video/Guides
 - * UAC Digital recorded sessions (various topics)
 - * Study Work Grow Choosing Preferences Guide

*Resources/Events



REAL WORLD JOB INTERVIEW SKILLS VIDEO COURSE

Helping students perform at their best.
From application to outfit, interview to job offer.
For entry level job interviews & Uni interviews.



Includes: Bonus peer interviews with 16-24 years olds. How I got my job and other helpful info. + loads of FREE Interview preparation resources



Includes: Resume and Cover Letter Template Pack. How to write a resume that gets you to the interview. Step by step instructions

4 INTERVIEW PREPARATION MODULES

16 Videos | 4 Downloadable Workbooks | 10 Practical Tasks



CONFIDENCE & HOW TO TALK ABOUT YOU



FINDING STRENGTHS & WEAKNESSES



JOB SEARCHING & HANDLING REJECTIONS



APPLYING FOR JOBS & UNI + RESUMES

Sign in details have been emailed by Ms Hardy to Year 12

Follow us and get FREE resources at [in](https://www.linkedin.com/company/highschoolhireable) [f](https://www.facebook.com/highschoolhireable) [ig](https://www.instagram.com/highschoolhireable) info@highschoolhireable.com.au

HighSchool Hireable
BY INTERVIEW CHIX

Update of Address and Contact Details

If there have been any changes to your home address, phone number or email address, please email the school with any changes **asap**

It is important that parents/guardians keep the school informed of any changes

baulkham-h.school@det.nsw.edu.au

If your preferred email address is a hotmail/yahoo address please check your spam/junk folder

Careers News – Create Your Career Google Site

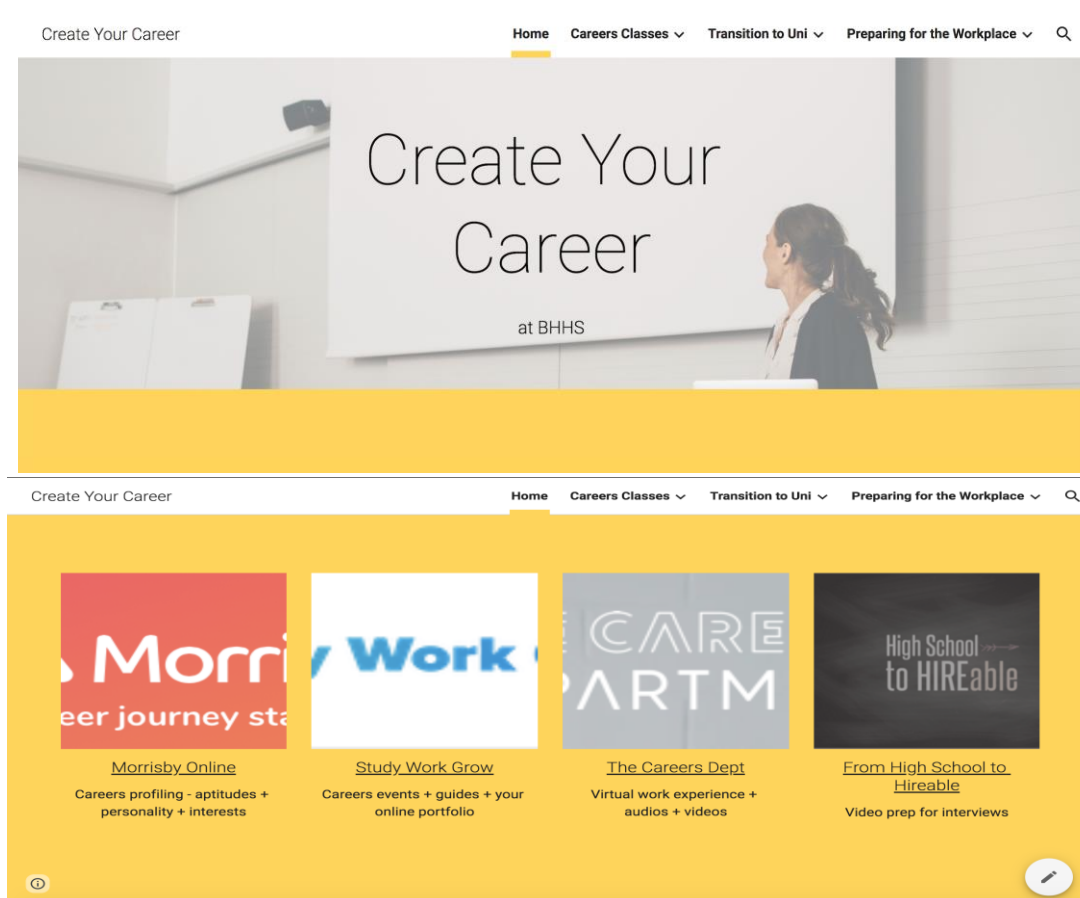
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

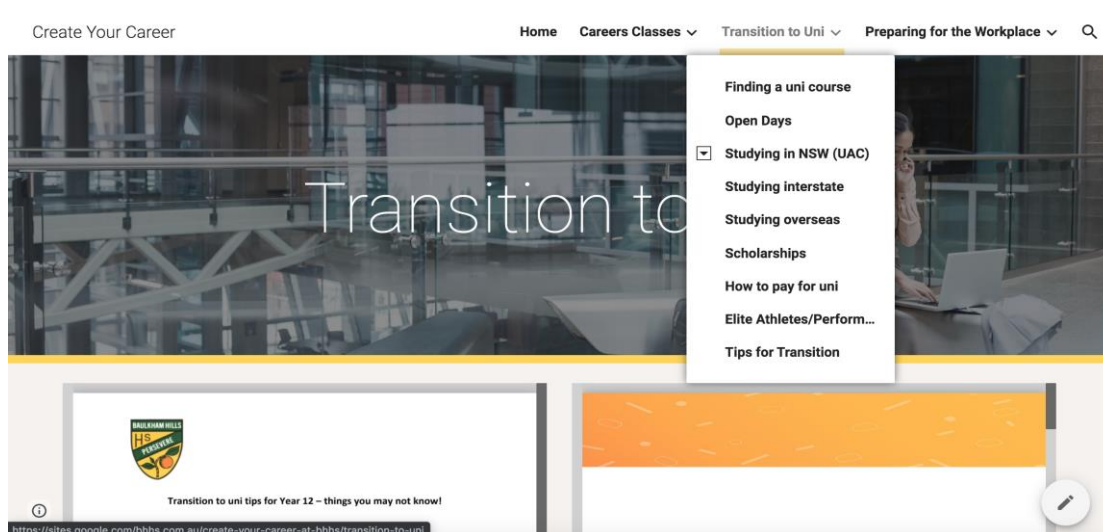
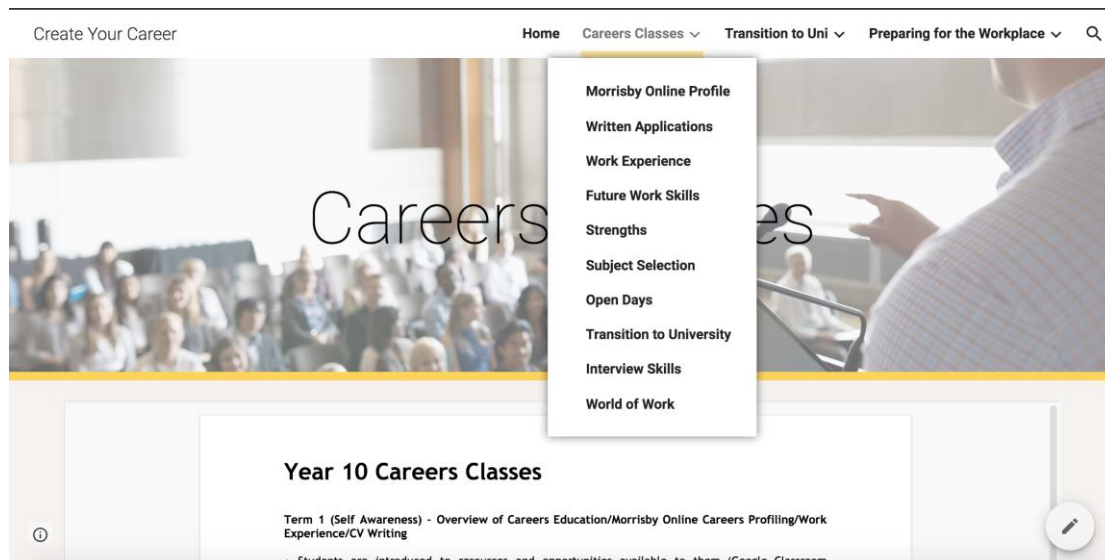
From the homepage, students can access all their subscription resources:

- Morrisby Online Career Profiling (aptitudes, personality, interests)
- Career Central (Career Management software)
- Study Work Grow (guides, updates, portfolio)
- The Careers Department (virtual work experience, audios, videos)
- From High School to Hireable (coming 2021 – online interview skills course)

As well as content on Careers Classes, Transition to Uni and the Workforce, students have easy access to useful tools:

- Book a Careers appointment spreadsheet
- Careers Checklists
- Uni speakers at BHHS
- Year 12 Deadlines


















myfuture has a new look!

Informed by feedback from users and experts, myfuture's updated website continues to provide access to high-quality and reliable career information from official sources, but its tools and resources have been restructured to make them easier to explore. A number of new features have also been introduced, including a 'My Favourites' section, glossary terms and tips to help students uncover new information and options.

As a government-funded service, myfuture provides free online resources and tools to support students to develop self-knowledge for career decision-making.

myfuture's personalised features assist young Australians to explore how their values, interests and skills relate to a wide range of career options and vocational and higher education pathways.

-  Complete [My career profile](#) activities
-  Use [Career bullseyes](#) to learn about career pathways related to school learning areas
-  Explore over [350 occupations](#)
-  Discover higher education and vocational education and training (VET) [courses](#)
-  Access important [industry information](#), including employment prospects
-  Get tips and tricks by reading real-life [career stories](#)
-  Read [career articles](#) to discover practical information to support career exploration
-  Learn more about educational [institutions](#) and study options
-  Find out about [organisations](#), career resources, opportunities and career pathways
-  Explore resources for [teachers and career practitioners](#)
-  Begin the conversation about the world of work as a [parent or carer](#)

myfuture also offers targeted resources and professional development opportunities for those who support or influence career choices, such as teachers, career practitioners, parents and carers.

Explore the recent updates: <https://bit.ly/myfuture20>

Lost Property on Hills Bus

Lost Property Contact Details

For enquiries about lost items, please contact the relevant depot for further information.

Alternatively, if your matter is urgent please contact Transport for NSW on 131 500.

Not sure who to contact? Visit [Lost Property – Transport for NSW](#).

Hillsbus

 (02) 9890 0000

 customer.service@cdcbus.com.au

Symptoms of COVID-19

Symptoms of COVID-19 include:

- Fever (37.5°C 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

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.