

Baulkham Hills High Newsletter



www.baulkhamhillshighschool.com.au



Year 12 HSC Students Return to School

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

From the principal's desk:

As the return to face-to-face learning begins this week with Year 12 and HSC students, I would like to update you on key dates and important information about the return to school and COVID-safe plans onsite.

Return to school roadmap

During Term 4, students will return to school in a staged approach, with no mingling or on-site activities.

In schools like ours where we have been learning from home for extended periods of time, students will return to face-to-face learning with NSW Health-approved COVID-safe settings on school sites in the following order:

- from 18 October – Year 12 & HSC 2021 students.
- from 25 October – all remaining year groups, including all support students.

The return to school roadmap is subject to change depending on advice from NSW Health. You can stay up to date with the most recent.

Cont. P2

18 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

information on our [Advice for families page](#).

Information about close contacts, self-isolating and COVID-19 cases at school

The NSW DoE has updated its pages with detailed guidance for parents and carers about what will happen should there be a confirmed case of COVID-19 at school and students are identified as a close or casual contact.

All schools have COVID-safe plans and are taking precautions to reduce the risk of COVID-19 transmission on-site. This includes enhanced cleaning two times a day in all schools in line with the latest advice from NSW Health and SafeWork Australia.

It is important to note that medical advice suggests transmission among children is lower and when they do catch COVID they generally only have mild symptoms.

Contact tracing

NSW Health will notify the school if there is a positive COVID-19 case who has been infectious while at school and we will in turn notify parents and carers. Contact tracing will be undertaken as it is in all other venues. The action we take in relation to the operation of the school will depend on how many people the person has been in contact with. In some cases, this may mean that the school may need to **Cont. P3**

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

Term 4

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
Week 7
Monday 15 November HSC Exams 9/11 to 2/12 incl.
Tuesday 16 November
Wednesday 17 November
Thursday 18 November
Friday 19 November

Baulko News

From the Principal's Desk continued

Contact tracing continued

be made temporarily non-operational. Some staff and students may be asked to self-isolate as a precaution while contact tracing is completed.

Self-isolation

NSW Health have made changes to self-isolation requirements for people who are identified as close contacts who are fully vaccinated.

- Close contacts who are fully vaccinated must self-isolate for 7 days (and limit their movements for the next 7 days). Close contacts who are not vaccinated must isolate for 14 days.
- Casual contacts need to get tested and self-isolate until they get a negative test result - even if they are vaccinated.

A reminder that anyone who has the mildest of COVID-19 symptoms must get tested immediately and self-isolate until they get a negative result - even if they're vaccinated.

Please visit the [COVID-19 response protocols page](#) for factsheets on close and casual contacts, isolation guidelines for children and to answer your questions.

Vaccination requirements for staff and students

I want to let you all know that from 18 October all staff onsite are required to support the staged return of students and will need to be fully vaccinated. You can have confidence that we are handling the evidence requirements with the department and anyone interacting directly with your students will be fully vaccinated.

COVID-19 vaccination is the best protection against severe illness and also reduces the risk of spreading COVID-19 to others. Getting vaccinated against COVID-19 now will help to protect both you, your family and our school community.

NSW Health are urging all students 12 and over to get vaccinated with the Pfizer or Moderna COVID-19 vaccine as soon as possible before returning to school.

There is currently sufficient supply of the Moderna vaccine to community pharmacies and the Pfizer vaccine to General Practitioners. Bookings can be made via the [Vaccine Clinic Finder](#). Depending on location, bookings are available within the next few days.

Cont. P4



Baulko News

From the Principal's Desk continued

Updated mask requirements

When students and staff return to school, masks are required for all staff and students in Year 7 and above in all indoor settings.

Masks are mandatory on public transport. This applies to students aged 13 years and over, and to staff when travelling to and from school and during school excursions by public transport or by chartered or private transport services.

Ventilation in schools

Ventilation is an important layer of support under COVID-safe operations alongside vaccinations, mask wearing, reducing mingling across year groups and good cleaning and hygiene. The department's ventilation recommendations have been informed by NSW Health advice, expert advice from the Doherty Institute and the World Health Organisation.

This advice tells us that maximising natural ventilation in our learning spaces is the most effective method for minimising the spread of COVID-19 as it is a very effective way to disperse particles in the air. This can be best achieved by opening doors and windows.

To maximise our school's readiness for the return of students and staff, the department also conducted a statewide review of all windows, fans and ventilation systems to ensure schools can operate them as intended.

The audit confirms the majority of spaces in schools can be adequately ventilated through natural and mechanically assisted ventilation. We are taking action and working with our local Asset Management team to make sure classes can go ahead within the advice received on ventilation for our school. The intent of the individual school ventilation audit reports is to enable our local Asset Management teams to work with schools to discuss our individual spaces and confirm settings on our sites. We are taking action and working with our local Asset Management team to make sure classes can go ahead within the advice received on ventilation for our school.

Any necessary repair works identified by the review, such as easing and adjusting windows to ensure they operate as intended, will be completed before the full return to face-to-face learning from 25 October.

If you'd like more information, refer to the department's [Ventilation page](#).

Cont. P5

Baulko News continued

From the Principal's Desk continued

HSC

Year 12 students and those sitting HSC exams in schools will have access to their teachers leading up to the the exams. This week, only Year 12 and current HSC students will be on the school site.

The department's [Stay Healthy HSC website](#) had been used to keep students active and connected during the HSC with resources developed in partnership with ReachOut. We have also provided support resources for HSC students' parents and carers which includes practical advice and information about mental health and wellbeing.

Wellbeing resources for students and families

Please take some time to check out our [wellbeing resources for students and families](#). You'll find useful tools for mental health and wellbeing. Please do not hesitate to reach out if we can do anything to help you and your children to prepare for the return to face-to-face learning or if you have any concerns about the return to school.

Thank you again for your continued support during what has already been a fast-moving school term.

Wayne Humphreys
Principal

Applications to join Minister's Student Council in 2022 for Years 7-9

Applications to join the Minister's Student Council in 2022 are open now and close on **Monday 22 November 2021**.

Do you feel like you have voice to make a difference in making decisions and are in years 7-9.

Please see the following attachment for how you can apply

https://education.nsw.gov.au/student-wellbeing/student-voices/minister-s-student-council/apply-to-be-involved?fbclid=IwAR0jFw90I2COFTpHSGY8u4KcKR9gkCo6pVpFTyN_AMJnslcbbchUJXvBdA

Lisa Greenlees
H T Teaching and Learning



P&C News

P&C October Virtual General Meeting

Our October General Meeting will be held Virtually.

If you have registered your email with P&C, you should have received an email invitation with the details, if not, please reference the info below:

Date: Tue, 26 Oct 2021

Time: 7:30pm

Venue: Virtual via Microsoft Teams

Direct Link:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_MGRjMDlhMDctMTZiNy00MTNiLTliOTQtZjUwMzVkZjA1NTZh%40thread.v2/0?context=%7b%22id%22%3a%2202600150-0c82-4176-a911-dade54c05a95%22%2c%22oid%22%3a%22246a9596-27d5-4c69-a587-8cd29b07c698%22%7d

QR code Link to join:



Please don't scan with WeChat, it won't work

I look forward to seeing you there!

Raymund Wong
P&C President

Band News

Unfortunately due to current guidelines, face to face rehearsals will not be able to go ahead for the remainder of the year. The Multicultural performance and the end of year Concert will also be cancelled.

Ensure you hop on to Google classrooms to receive messages and updates from your Conductors. Rehearsals will be held via zoom at their usual time for:

- **Intermediate Band**
- **Concert band**
- **Orchestra**

Rehearsals for the **String Ensemble** are scheduled on Sundays at 3pm. Attendance rolls will be marked for each rehearsal. If you are not able to attend due to illness or other valid reason, please contact the band administrator with an explanation for your absence.

Workshops- excitingly workshops for Senior Band and Symphonic Wind Orchestra are being organised via zoom with International clinicians. Dates TBC.

The Band committee is planning and working hard to provide a full band program for next year, hopefully without further restrictions or interruptions. There will be performance opportunities for all students as well as plans to attend **State Championships!**

Please continue to undertake private music lessons and practice regularly. Where possible, we will be organising virtual video performances to share with families, so make sure you have practiced your part!

Band Lockers- Year 12 students please remember to take home your items from the band lockers, remove your padlocks and leave them clean.

Hired Instruments- Students who have hired a school owned instrument this year please contact the band admin to advise whether you wish to continue with the use of the instrument for next year, or whether you will be investing in your own instrument. A date will be organised near the end of year for instruments to be returned so they can be sent for servicing.

Save The Date- Audition Day Saturday January 29th. Audition requirements will be emailed soon with further information.

Auditions to join Orchestra (non string instruments) and the Big Band will also be held on Sat Jan 29th- if you are interested, contact the band administrator for more information and audition requirements.

If you are not receiving emails from the band, please contact the Band Administrator bhhsbandcom@gmail.com to update your email address.

The Band Committee



Stage 5 Food Technology

Year 9 and 10 Food Technology

We would like to commend our students for the interest and initiative they have taken whilst online learning to create some wonderful dishes. While we realise, we have had trying times during lockdown cooking can be a stress relief for many of us. We encourage you to share a meal together and find ways to connect through food. Our Food technology students never fail to impress us and here are some of the foods being created at home. This has not been a compulsory activity.

Thankyou to all our contributors during lockdown it has been so exciting to see your creations.

During our double lessons we have encouraged students to watch us demonstrate during zoom lessons how to make a variety of recipes within the units we are studying online.

We are so looking forward to seeing you all back in the classroom so we can continue to do what we love.

Kindest regards,

Ms Payne and Mrs Parnell

Food Technology Teachers Stage 5

Students Creations





Zoom Practical





Dear Parents/Carers

All Hillsbus school services will recommence from Monday 18 October 2021.

From that date, Hillsbus will also recommence School Term timetables for all public routes for students who use public routes to school.

Finally, from the 18th October route 610X peak extensions from/to Kellyville will be curtailed to operate between Castle Hill and the City, and there are minor timing changes to routes: 602X, 607X, 610X, 611, 612X, 613X, 614X, 615X, 616X, 619, 620X, 622, 642X and 652X. Schools which are directly affected by any of these changes have been informed with new school advice sheets.

Travellers are encouraged to plan their trips on [Transportnsw.info](https://transport.nsw.gov.au) or call 131500 for travel options.

<https://cdcbus.com.au/hillsbus>

Explanation of Absences

Dear Parents / Guardians

When your child is away from school it is important parents comply with the guidelines set out in the *Student Attendance Policy, Student Attendance in Government Schools Procedures*, as well as established school procedures.

Absence from School

Parents are required to provide an explanation of absence to the school **within seven (7) days** from the first day of any period of absence.

***If a student is absent for three (3) days or more
a medical certificate is required.***

***If your child has had a COVID test - please screenshot your
COVID test result and email your result to***

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

before your child comes back to school.

Absentee Notice

Periodically the school sends home an Absentee Notice when an explanation for absence has not been received.

If you receive an Absentee Notice please provide an explanation of absence and inform the school immediately.

Ms Zhu, Head Teacher, Administration

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



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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.

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

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.



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.

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.



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.

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.



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.



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!

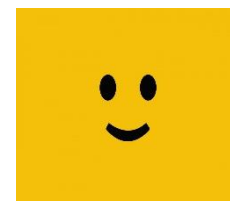
Ms Terryanne Fletcher
Head Teacher Wellbeing
Baulkham Hills High School
Ph: 9639 8699





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

Year 12 2021 Final Checklist!!

Use this checklist to keep you on track for uni applications.

Good luck with receiving an offer and please share via email if you receive a scholarship/cadetship!

1. I have:

Check all that apply.

- Prepared for an interview by watching the videos, doing online course, mock interview etc.
- By 1 Nov - sent my EAS documentation to Ms Hardy via email including code (e.g. F01K)
- By 4 Nov - updated my preferences/contacted universities for my SRS application
- On 12 Nov - checked my SRS offers & accepted any offers (can reject later)
- Attended uni Info Days online or F2F in Dec/Jan to help me make my final choices
- By 17 Dec - uploaded all my EAS documentation to my UAC EAS portal (school to send EIS)
- 20 Dec (ATARs) until midnight 21 Dec - checked my UAC preferences and made any changes
- On 26 Jan 7:30 checked and accepted my offer [most offers will be made in this offer round]
- [if wanting another offer in later round] - checked UAC vacancy lists and re-ordered prefs

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

2021-08-05 13:20:13

Admissions timeline

The University of Sydney

Page 15

2021-08-05 13:42:50

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/high-school-to-hireable) [f](https://www.facebook.com/highschooltohireable) [ig](https://www.instagram.com/highschooltohireable) info@highschooltohireable.com.au

HighSchool to 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

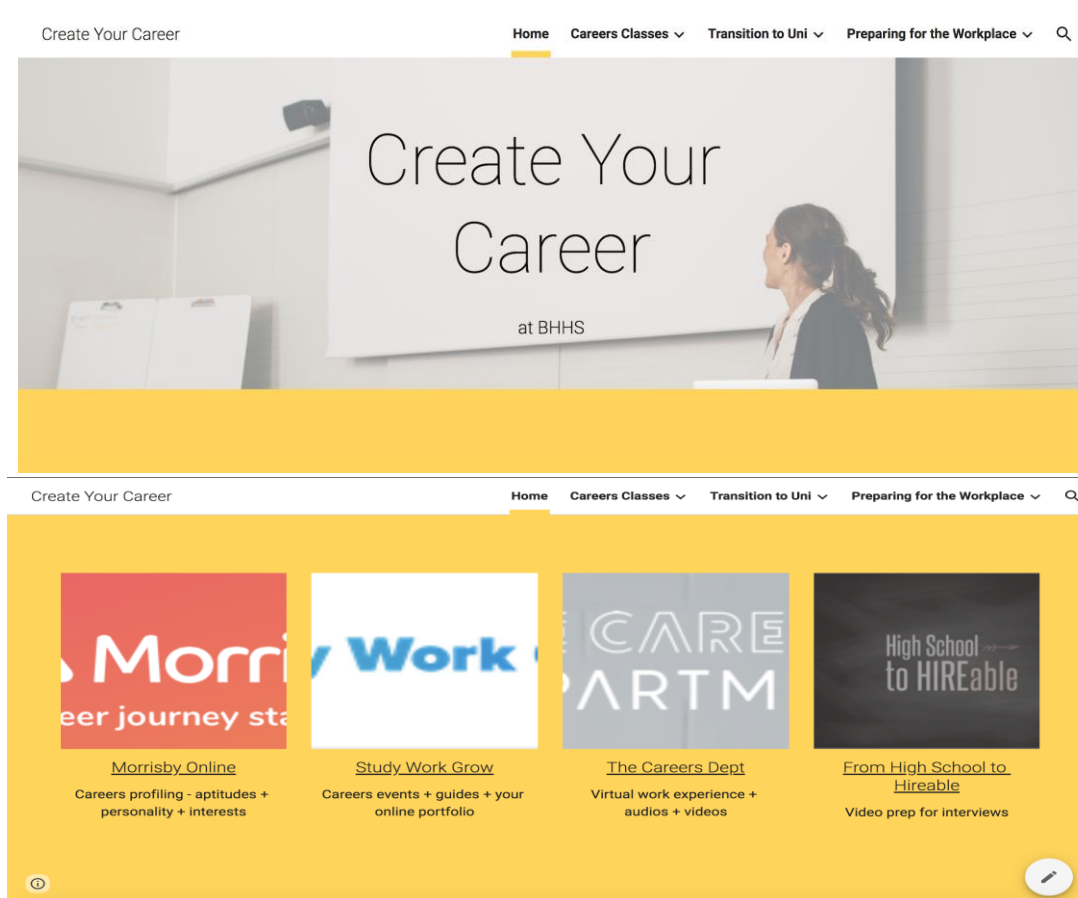
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

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



Create Your Career

Home Careers Classes Transition to Uni Preparing for the Workplace

Careers

- Morrisby Online Profile
- Written Applications
- Work Experience
- Future Work Skills
- Strengths
- Subject Selection
- Open Days
- Transition to University
- Interview Skills
- World of Work

Year 10 Careers Classes

Term 1 (Self Awareness) - Overview of Careers Education/Morrisby Online Careers Profiling/Work Experience/CV Writing

Students are introduced to resources and opportunities available to them. (Google Classroom)

Create Your Career

Home Careers Classes Transition to Uni Preparing for the Workplace

Transition to Uni

- Finding a uni course
- Open Days
- Studying in NSW (UAC)
- Studying interstate
- Studying overseas
- Scholarships
- How to pay for uni
- Elite Athletes/Perform...
- Tips for Transition

Transition to uni tips for Year 12 – things you may not know!

<https://sites.google.com/bhhs.com.au/create-your-career-at-bhhs/transition-to-uni>

Create Your Career

Home Careers Classes Transition to Uni Preparing for the Workplace

Preparing for the Workplace

- Portfolios
- Written Applications
- Interview Skills
- Work Experience
- Industry Info
- Labour Market Info
- Future of Work
- Entrepreneurship
- Lifelong Learning

<https://sites.google.com/bhhs.com.au/create-your-career-at-bhhs/preparing-for-the-workplace>














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.