

# Baulkham Hills High Newsletter

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



**Students sitting exams - set up in the Gym**

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

## From the principal's desk:

The **HSC Examinations commence on Tuesday 9 November**. The exams will be held in the Gym in order to follow COVID guidelines for the HSC. On behalf of students, staff and the Baulko community, I would like to wish Year 12 and all our HSC students the very best in the upcoming examinations.

Key HSC messages: students are to wear a mask during the exams, follow all sign-in and screening requirements before exams, not attend their exams if they are unwell, and get tested if they have COVID-19 symptoms.

### **Welcomes and a farewell.**

The school farewells one of our Counsellors, Adrianna Rossi. Adrianna has been a key part of our Wellbeing Team, providing outstanding support to students in need, and being instrumental in increased referrals and confidence that students now demonstrate. She will be replaced by Melody Ma, who we welcome today.

8 November 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](http://www.baulkhamhillshighschool.com.au)

### Term 4

<b>Week 6</b>
<b>Monday 8 November</b>
<b>Tuesday 9 November</b> HSC Exams 9/11 to 30/11 incl.
<b>Wednesday 10 November</b>
<b>Thursday 11 November</b>
<b>Friday 12 November</b>
<b>Week 7</b>
<b>Monday 15 November</b> HSC Exams 9/11 to 30/11 incl.
<b>Tuesday 16 November</b> Y7 Vaccinations P1-6 (Fletcher) SRE Seminars 2021 – All Years (Humphreys)
<b>Wednesday 17 November</b>
<b>Thursday 18 November</b>
<b>Friday 19 November</b> Y7 (incl support) Wellbeing Day (Huang/Thurlow) Y9 Peer Support Training (Fletcher)
<b>Week 8</b>
<b>Monday 22 November</b> HSC Exams 9/11 to 30/11 incl. Y11 Buffer Week 22/11 to 26/11 incl.
<b>Tuesday 23 November</b> P&C General Meeting 7.30pm
<b>Wednesday 24 November</b>
<b>Thursday 25 November</b>
<b>Friday 26 November</b>
<b>Week 9</b>
<b>Monday 29 November</b> HSC Exams 9/11 to 30/11 incl. Y11 Assessments 29/11 to 3/12 incl.
<b>Tuesday 30 November</b>
<b>Wednesday 1 December</b>
<b>Thursday 2 December</b> Y9&10 History Elective Excursion P1-8 (Reid)
<b>Friday 3 December</b>
<b>Week 10</b>
<b>Monday 6 December</b>
<b>Tuesday 7 December</b> Y8 Inquisitive Minds Maths Incursion P1-8 (Mohindroo)
<b>Wednesday 8 December</b>
<b>Thursday 9 December</b> Virtual Year 7 Orientation 2022 – Evening Y9 Recognition Assembly
<b>Friday 10 December</b> Y12 Graduation Assembly
<b>Week 11</b>
<b>Monday 13 December</b> Y7 Recognition Assembly Y8 Recognition Assembly
<b>Tuesday 14 December</b> Y10 Recognition Assembly P&C Dinner CAPA Showcase P1-8 – Houliston (Pugliano) Y12 Formal
<b>Wednesday 15 December</b>
<b>Thursday 16 December</b> Last day of school for all students
<b>Friday 17 December</b> School Development Day – Staff Only (Pupil Free Day)

The school also welcomes Student Support Officer Annah Jambar. Annah has provided a more detailed biography later in this newsletter.

The DoE has published **updated Level 3 settings** which come into effect on Monday, 8 November. The updated Level 3 settings aim to balance the risk of COVID-19 transmission among cohorts with a layered approach to COVID safety on school sites and to meet expectations for closer alignment to community settings. Updated **Advice for Families** for is available at

<https://education.nsw.gov.au/covid-19/advice-for-families?deliveryName=DM21538>

The link above gives the broad guidelines across NSW. There are a few key points specifically for BHHS

- Masks on inside buildings and on public transport;
- Parents/carers are allowed on site. Parents and carers must check in using the school check-in QR code, show proof of vaccination on entry to the school site and follow mask-wearing requirements;
- Uniform shop will be accessible – stay tuned for guidelines as to how this will be implemented;
- Year 7 2022 Orientation will be held virtually in the evening – details to come;
- No Cadets (onsite) or Band for remainder of Term 4.

Cont. P3



## Baulko News

### From the Principal's Desk continued

The **Year 12 Graduation and Formal** are on. Information has been distributed to Year 12 concerning these events. Year 12 students attending the formal are required to show proof of double vaccination prior to entrance to the venue. Please contact the school immediately should this requirement be unable to be followed.

**Sport resumes for Years 8, 9 and 10 this Wednesday.** Students are to follow all instructions and guidelines for these activities.

**Wayne Humphreys**  
**Principal**

### Photos of Students sitting exams - set up in the Gym



## Baulko News

### New Student Support Officer

Hi, my name is Annah Jamba and I am your new Student Support Officer at Baulkham Hills High School.

In my role as Student Support Officer, I will be here to support students to build on strategies to be more comfortable and healthier at school, so they can be more proactive about their mental health and reach their full potential while achieving their own personal and academic goals.

I am a part of the school's Wellbeing Team, and I am one of the people that students can come and see for a chat if they need advice, guidance and support. I am here 5 days a week and my office is in the library, so students can feel free to drop by if they need a drop in space to just check in.

I will be able to help with support in areas like developing self-esteem, mindfulness and managing stress, building resilience, peer mediation or connecting students to the right external youth support services to best support their wellbeing throughout their High School Journey.

My role also involves working with the school community, including students, parents, school staff as well as community organisations that can be valuable in supporting the wellbeing of students as they manoeuvre through high school. If you want to talk to someone and you are not sure who the best person to reach out to is, you can call me or come and see me, and I can make sure that you get to the right person.



## Band News

Thank you for persevering with an adjusted band schedule these last two terms. Sadly we have not been able to run the full band program this year, however 2022 is looking bright and the Band Committee and Conductors are working very hard to plan a complete year of events.

We will have performances for all bands and ensembles, including the following (dates TBC):

- Audition Day Sat 29th Jan
- SWE Presentation Day Feb 24th, 2022
- Music Performance night late May
- Band NSW State Championships late Aug
- Workshops
- Outdoor performance or Festival for String Ensemble- Aug
- Cafe performance for Big Band- Aug
- Multicultural Night performance- Nov
- End of Year Concert - Pioneer Theatre - early Dec

So that we can plan effectively, we require all band members to complete an "intention to continue band" form. This is so we can organise a good balance in each band and fill positions in bands when vacancies occur.

It is essential we have everyone complete this, whether you intend to continue in 2022, and also if you do not.

Please complete this form by 30th Nov [Intention to Continue Band 2022](#)

If you are not receiving band emails, contact the band administrator at [bhhsbandcom@gmail.com](mailto:bhhsbandcom@gmail.com)

**Band Badges:** These will be distributed shortly!

**Save the Date:** Audition Day Sat 29th Jan

Audition requirements will be emailed soon, along with application form to be completed.

### Parent Group

The band committee is now seeking two parent helpers to join the parent group. We would like a volunteer to oversee the school owned instrument assets. This involves yearly stocktake of instruments, organising servicing of instruments with our service provider and allocation of instruments and band lockers to students as required. Most of the work is at the end and start of the school year but does not involve too much time commitment.

We are also seeking someone who would be interested in the Band President role for 2023. The current President, Mr Hoa Lam will be leaving at the end of 2022 and this is an opportune time to join the committee to see how everything runs over the next year. Meetings are generally held in the first week of each term.

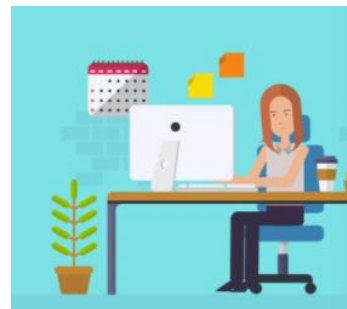
The band program is not able to run without the all important parent committee.

The Band Committee

## Study Space

Reminder that Study Space is available for use and support of all students. It is in B12 on Tuesdays and Thursdays at lunch time. There is always a teacher and 2 specifically selected Year 11 students to help work through any questions about work, assignments or study tips.

Students may have fallen behind with work over Term 3. Please encourage them to access the resources available to get caught up or receive some support in a great environment.



Or maybe they struggle to complete homework or assignments and need some help. There is not a formal exam period for the different year groups this year but there will be lots of class tests to assess student learning and it is important that students are preparing summary and study notes for their work. Practicing questions from the textbook will help identify weaknesses to be addressed prior to the test.

L Greenlees  
HT T & L

## Applications to join Minister's Student Council in 2022 for Years 7-9 (2021)

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=IwAR0jFw90l2COFTpHSGY8u4KcKR9gkCo6pVpFTyN\\_AMJnslcbbchUJXvBdA](https://education.nsw.gov.au/student-wellbeing/student-voices/minister-s-student-council/apply-to-be-involved?fbclid=IwAR0jFw90l2COFTpHSGY8u4KcKR9gkCo6pVpFTyN_AMJnslcbbchUJXvBdA)

Lisa Greenlees  
H T Teaching and Learning

## Check-in assessment for Years 7&9

Dear Parents and Carers,

Year 7-9 students will participate in a mandatory reading and numeracy Check-in assessment.

The Check-in assessment is a NSW Department of Education online reading and numeracy assessment to support schools to assess and monitor student learning.

The assessments will supplement existing school practices to identify how students are performing and then be used to help teachers tailor their teaching more specifically to student needs.

The assessments have been scheduled for

Year 7 on 15<sup>th</sup> November P 1-4

Year 8 on 29<sup>th</sup> November P 1-4

Year 9 on 22<sup>nd</sup> November P 1-4

Students will need to bring a fully charged laptop and headphones or earbuds that plug into their computer to enable them to hear audio during the assessment. Earbuds used for mobile phones or other portable devices may be suitable for use during the assessment.

Students will be given advice on checking their device prior to the examination to ensure that it operates on the day. If your student is having technical difficulties please see the IT staff before test day.

With thanks for your support.

Lisa Greenlees  
HT Teaching and Learning

### Procedure for Late Arrivals

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

If a note is not provided from home, the student will be issued with a late pass slip which is signed by a parent/guardian. The signed slip must be handed into the office the next day or **within 7 days**.

**Senior students with Flexible Study Leave must be in by Recess and sign in at the Front Office**





## School Tractor For Sale

Our beloved school tractor (pictured above) is currently being offered for sale. Tractor + slasher (as shown above), plus a rear attached scoop / bucket mechanism and scraping blade: all being offered in one bundle.

Enquiries can be made to the School Bursar (Ian Parnaby) at [ian.parnaby@det.nsw.edu.au](mailto:ian.parnaby@det.nsw.edu.au). Inspection of these items can be arranged by contacting the bursar on mobile 0438 159 297.

Given the current COVID restrictions limiting school site access, should you wish to make an offer to the school with a tendered price for all 3 implements (tractor, slasher, "rear bucket / scoop", scraping blade), please forward this bid to [ian.parnaby@det.nsw.edu.au](mailto:ian.parnaby@det.nsw.edu.au) (*placing "tractor bid" in the subject line*). Alternatively, a written tender can be inserted into an envelope (marked **"Tractor tender" ... attention School Bursar**) and placed in the orange school letterbox (situated in the central part of the front school bus bay).

**All items are in very fine working order: the tractor is surplus to our current needs.**

The successful bidder will be responsible for the cartage / removal from the school site. The school intends to expedite the decision process soon after the close of tenders.

All bids will be recognised and responded to with the final outcome.

**Tenders close at 9am Tuesday 9<sup>th</sup> November 2021**



## 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](mailto: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](mailto: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 Jan (ATARs) until midnight 21 Jan - 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
- ☐ Celebrate getting into university!


### 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




200+ clubs and societies




Sydney Uni Sport and Fitness




25+ cultural groups



University of Sydney Union



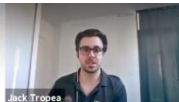
Events and activities



The University of Sydney 2021-08-05 13:20:13

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## Admissions timeline



Look at scholarships, admission pathways and accommodation  
Application close dates vary, so research early and make a note of important deadlines!

Open Day

Info Day

Welcome Week

Uni starts

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Jan

Feb

Create UAC application

Check if your degree has additional selection criteria

Submit UAC application to avoid higher fees!

HSC/IB results and ATAR released

Close of preferences Dec Round 2

Majority of offers made

Further offers made

Offers made for your **highest eligible preference!**

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/highschoolhireable) [f](https://www.facebook.com/highschoolhireable) [ig](https://www.instagram.com/highschoolhireable) [info@highschoolhireable.com.au](mailto: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](mailto: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

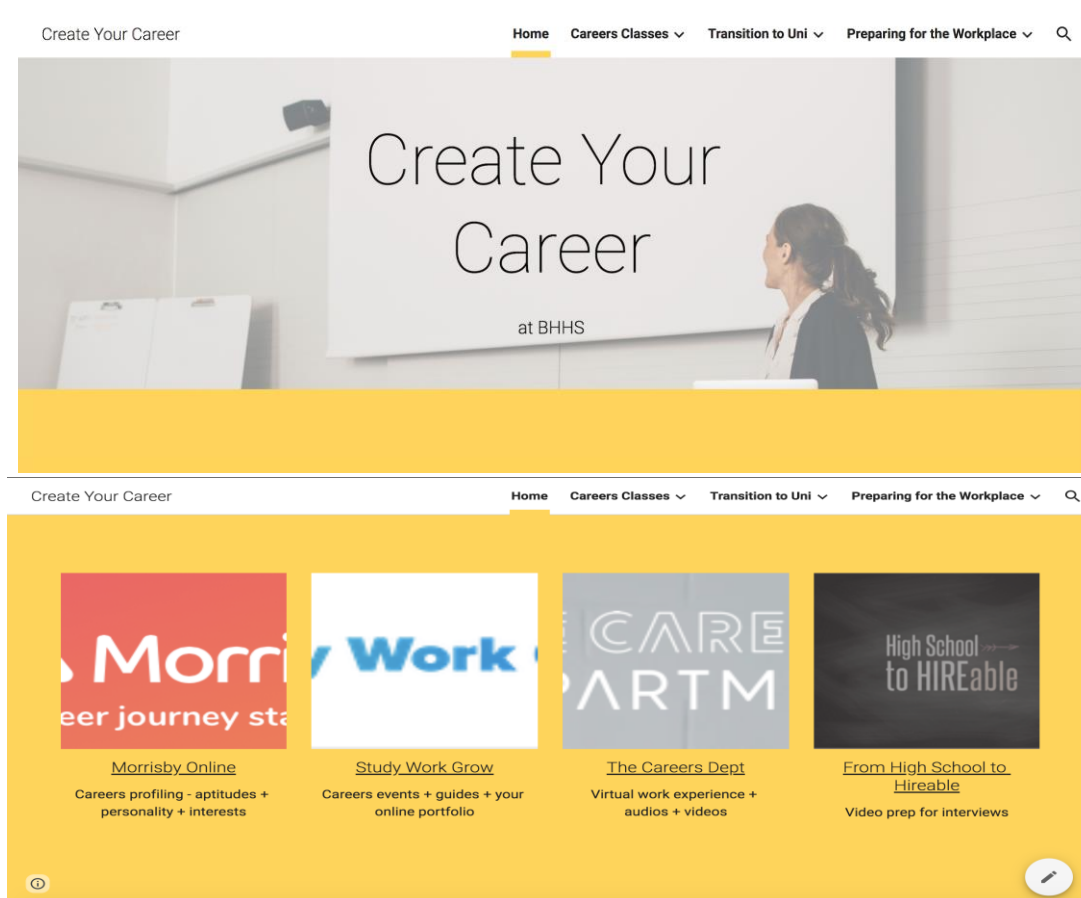
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

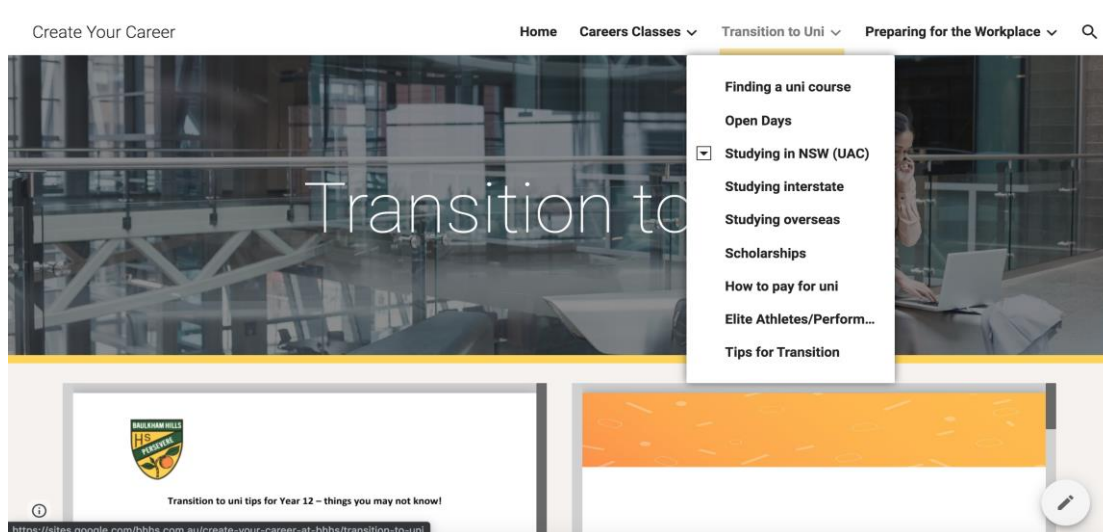
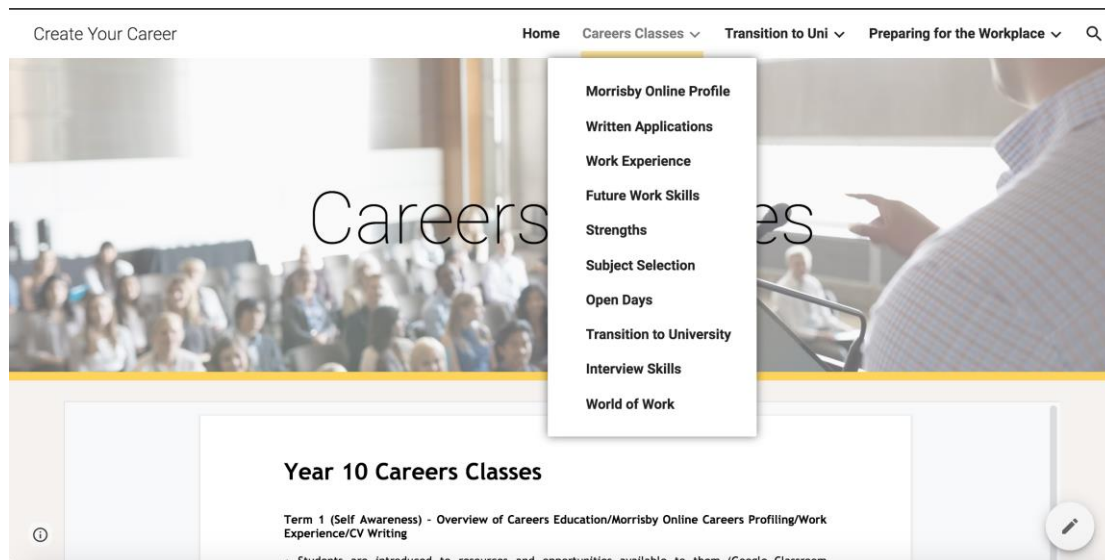
From the homepage, students can access all their subscription resources:

- 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](mailto: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.