

Baulkham Hills High Newsletter

www.baulkhamhillshighschool.com.au



**Uniform Shop P&C Volunteers and
BHHS Students helping with our new 2022 Students**

In this issue:

From the Principal's Desk

Baulko News - NEW 2022 Sport House Captains and Vice Captains

Duke of Edinburgh Awards – Bronze and Silver

Band News

Check In Assessment for Years 7-9

Wellbeing News

Careers News

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

From the principal's desk:

Thank you to our **Uniform Shop P & C volunteers and BHHS students** who worked on Saturday and Sunday at school. The process of sizing and selling BHHS uniforms to our new 2022 students has been managed in a COVID-safe way, with over 100 customers attending individual appointments over the weekend. This coming Sunday 28 November is already booked out. A further date will be set prior to the end of the year for new students who may have been unsuccessful in making an appointment.

Congratulations to our **2022 House Captains and Vice Captains** who have been officially announced this morning. The full list of students is listed later in today's newsletter.

Cont. P2



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

Term 4

Week 8
Monday 22 November HSC Exams 9/11 to 30/11 incl. Y11 Buffer Week 22/11 to 26/11 incl.
Tuesday 23 November P&C General Meeting 7.30pm
Wednesday 24 November
Thursday 25 November
Friday 26 November
Week 9
Monday 29 November HSC Exams 9/11 to 30/11 incl. Y11 Assessments 29/11 to 3/12 incl.
Tuesday 30 November
Wednesday 1 December
Thursday 2 December Y9&10 History Elective Excursion P1-8 (Reid) Y12 Sign Out Day 9-12pm
Friday 3 December
Week 10
Monday 6 December
Tuesday 7 December
Wednesday 8 December
Thursday 9 December Virtual Year 7 Orientation 2022 – Evening Y9 Recognition Assembly All Cadets – final parade after school (Iaconis)
Friday 10 December Y12 Graduation Assembly session 1 – 9.30am – 11am Y12 Graduation Assembly session 2 – 12.30pm – 2pm All Cadets – Cadets End of Year Dinner after school (Iaconis)
Week 11
Monday 13 December Y7 and Y8 Recognition Assembly
Tuesday 14 December Y9 and Y10 Recognition Assembly P&C Dinner CAPA Showcase P1-8 – Houliston (Pugliano) Y12 Formal
Wednesday 15 December Y11 Recognition Assembly
Thursday 16 December Last day of school for all students
Friday 17 December School Development Day – Staff Only (Pupil Free Day)

Term 1, 2022

Week 1
Monday 31 January Staff Development Day – (Staff Only Pupil Free Day)
Tuesday 1 February Y7, Y11, Y12 & Y10 Peer Support commence
Wednesday 2 February Y8, Y9 & Y10 commence
Thursday 3 February Year 7 O Week (Fletcher)
Friday 4 February
Week 2
Monday 7 February Year 7 Camp 7/2-8/3 incl. (Fletcher)
Tuesday 8 February
Wednesday 9 February
Thursday 10 February Parade – all cadets (no recruits)
Friday 11 February

A BHHS student was involved in an accident with a car last Friday afternoon. The student ran across Windsor Road in an attempt to catch a bus. The student failed to cross at the traffic lights. The student was clipped by a car. Police attended the accident, and the student was transported to hospital by ambulance. Fortunately, the student only received minor injuries to their leg and arm, and has now returned to school.

I write this to remind all students to always exercise extreme care and common sense when walking near or crossing any of the high traffic areas near our school (Windsor Rd, Coronation Avenue, Carver Crescent and Old Northern Rd). It is never wise or safe to not follow traffic lights or other road rules.

Students should always walk in the bus bay area, and obey all staff instructions.

Wayne Humphreys
Principal



Baulko News

CONGRATULATIONS to the new 2022 HOUSE CAPTAINS
and VICE CAPTAINS

MACDOUGAL

Raaghav Raguramankumar -CAPTAIN

Harini Paranthaman -CAPTAIN

Rohan Raj -VICE CAPTAIN

Ankhita Sekhar -VICE CAPTAIN

MEEHAN

David Choi -CAPTAIN

Lucy Chen --CAPTAIN

Kritin Desai - VICE CAPTAIN

Ivy Bi - VICE CAPTAIN

SUTOR

Kerry Yang - CAPTAIN

Sophia Xia - CAPTAIN

Jasper Wu - VICE CAPTAIN

Cindy Zhao - VICE CAPTAIN

HUGHES

Ho Win (Edwin) Leung - CAPTAIN

Vanessa Ho - CAPTAIN

Shengtao He - VICE CAPTAIN

Losanie Jasenthuliyana - VICE CAPTAIN

Mr Filewood, Sports Organiser



BAULKHAM HILLS HIGH SCHOOL

Proud to deliver

THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD



Congratulations to the following students who have completed their Duke of Edinburgh's Award:

Bronze Award

Abhitha Angiti (Yr 10)
Krishika Raghupathi (Yr 10)
Krithika Raghupathi (Yr 10)
Eric Yin (Yr 10)

Silver Award

Lavanya Raju (Yr 12)

Mr Frank Iaconis
Award Leader

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

Band News

Thank you to all the families who have promptly re-enrolled for band next year.

We are very excited for 2022, with planning going ahead for several performances, NSW State Band Championships and workshops.

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](#)

A quick reminder the following positions are available to audition for the Orchestra (spots have now opened for flute and clarinet parts).

Please email bhhsbandcom@gmail.com with your interest. You will receive audition requirements and a registration form to complete your application. Please ensure the completed form is returned no later than Dec 10th.

Orchestra opportunity

The following positions to join the Orchestra are now available to start in 2022. Conducted by Dr Luis Madrid, the orchestra rehearses on Tuesdays 7:20am in the TLC. Expected level of playing is minimum Grade 5, and you will need to continue commitments with your current band. There is no additional band cost above the annual fee. Audition day will be Sat 29th January.

- oboe
- flute
- clarinet
- sax
- french horn
- trumpet
- trombone
- tuba
- percussion

Head to our Facebook page to watch [Orchestra Performance ASBOF](#)

Registrations for auditions on Sat 29th Jan 2022 are now open. Intermediate, Concert and Senior Band members will have received an email with audition requirements and the application form to register. Please complete forms prior to Dec 10th to ensure you receive an allocated time on the day. It will be fully booked and late applications cannot be accepted.

String Ensemble Due to the COVID interruptions in 2020-21, progress as an ensemble has been staggered. Therefore, there will be no movement for students into Orchestra at the beginning of 2022 until the Ensemble has established regular rehearsals and has reached a stable standard.

Students who show consistent effort, a positive, inclusive attitude, regular participation, and a willingness to achieve high standards in performance will be invited to attend Orchestra through the year.

String Ensemble is where students will be able to focus on tone, intonation and string techniques as well as develop orchestral/ensemble skills that will be the core of the string section of the orchestra. If it suits their timetables, all orchestral string students can still play with the String Ensemble, especially as mentors and for more junior players, and for concerts and competitions.

Band Lockers- Students please start to empty out your lockers for the year and take your padlocks. Make sure there is no food/perishables stored in there. Ensure all instruments are taken home with you over the holidays to practice with. There should be no instruments left in the "large instrument storage area". Lockers will be re issued at the start of next year.

Band Badges will be issued this month. This will be for recipients last year and also for this year.

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.

If you are not receiving band emails, contact the band administrator at bhhsbandcom@gmail.com

The Band Committee

Procedure for Early Leavers

If a student needs to leave school early, they must provide a note from their parent/guardian giving reasons for their partial absence. **The student needs to get the note signed by a Deputy Principal before school and hand into the office by 8.30am where they will be issued an early leave pass.** The student can then present the pass to their teacher and leave school at the time advised on their early leave pass.

Senior Students with **Early Study Leave** permission should sign out at the office before leaving School.

Early Flexible Study Leave for Senior students – Sign out is at lunchtime at the Front Office

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 15th November P 1-4

Year 8 on 29th November P 1-4

Year 9 on 22nd 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

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

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 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

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

Create UAC application

Check if your degree has additional selection criteria

May

Jun

Jul

Aug

Submit UAC application to avoid higher fees!

Sep

Oct

Nov

HSC/IB results and ATAR released

Close of preferences Dec Round 2

Majority of offers made

Dec

Further offers made

Jan

Feb

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

The University of Sydney

Page 15
2021-05-05 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

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

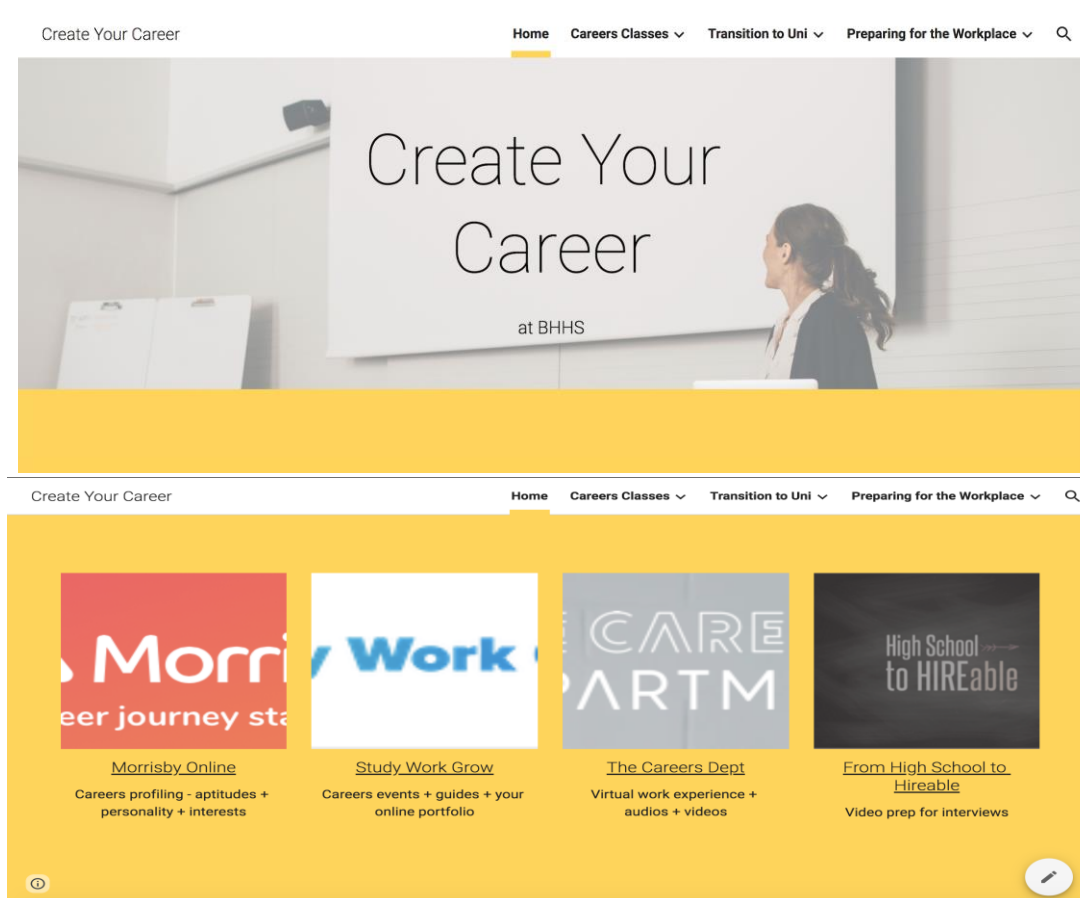
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

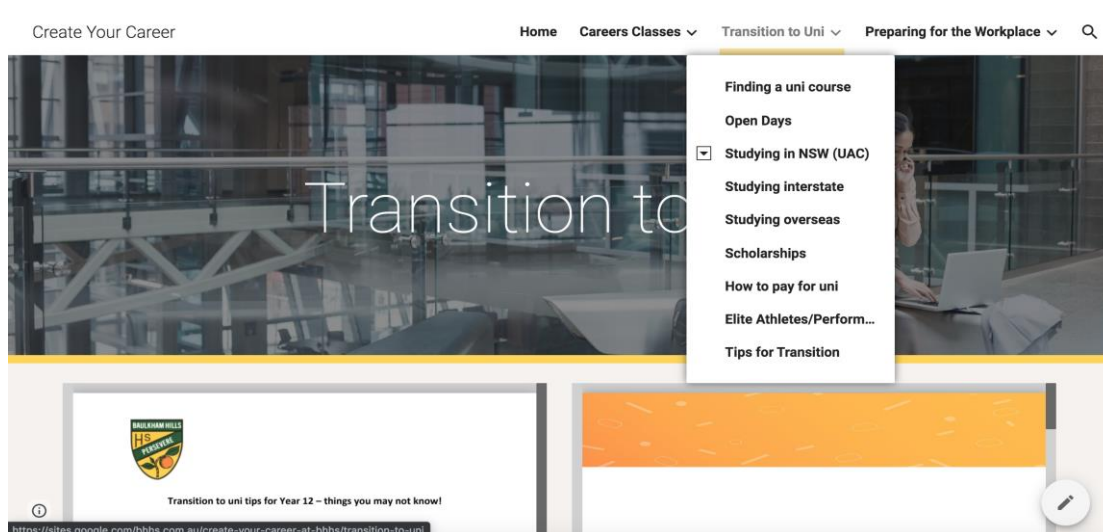
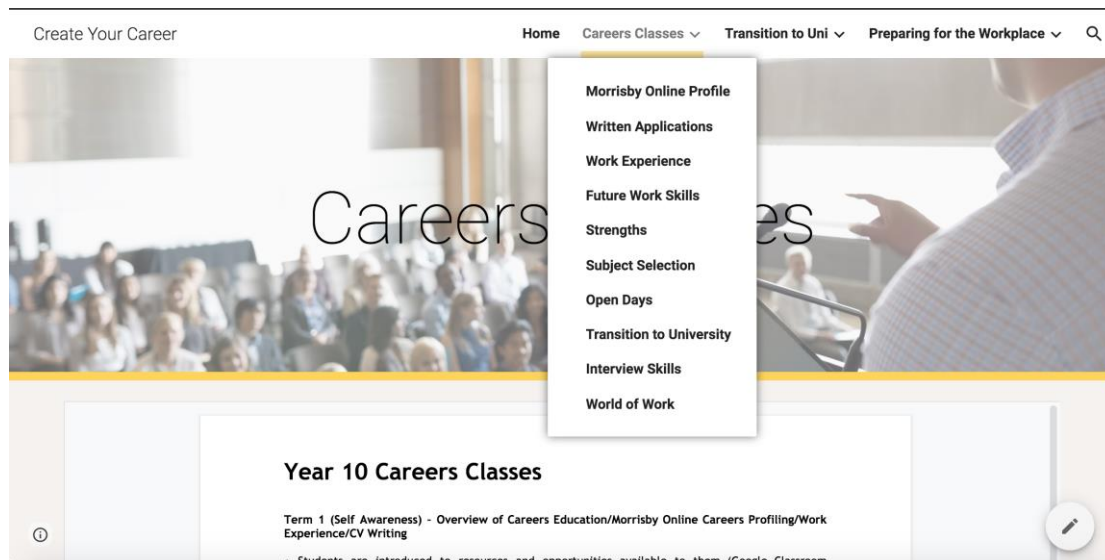
From the homepage, students can access all their subscription resources:

- 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.