

Baulkham Hills High Newsletter

www.baulkhamhillshighschool.com.au



**Congratulations to our Chess Team
becoming NSW Champions**

In this issue:

From the Principal's Desk

Baulko News - BHHS to represent NSW in Australian Schools Chess Championships

From The Mathematics Department

Masters Academy - 2022 Debating Program - enrol before January 1, 2022 to save 20%

Gerric information re workshops for Gifted Students from UNSW

Wellbeing News

Careers News

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

From the principal's desk:

Thank you (again!) to our **Uniform Shop P & C volunteers** and **BHHS students** who worked on this past Sunday at school. The Uniform Shop will again be **open for new students** to BHHS in 2022 on **Saturday 4 December** between 9 am and noon by appointment only.

Our Year 12 and HSC students **complete their HSC examinations** this Tuesday. Thank you to all involved in the successful running of the exams: our Presiding Officer Asha Thangaratnam and her team of invigilators, our school cleaners for their extra time in ensuring the gym has been COVIDsafe, and BHHS staff for their ongoing support and organisation for Year 12, especially the PE and Support Faculties who have been required to move their learning and recreation spaces at school. **Year 12 Sign Out day** is this Thursday 2 December from 9 am.

29 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

Term 4

Week 9
Monday 29 November Y11 Buffer Week 24/11 to 30/11 incl. HSC Exams 9/11 to 30/11 incl.
Tuesday 30 November
Wednesday 1 December Y11 Assessments 1/12 to 7/12 incl.
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 Y11 Assessments 1/12 to 7/12 incl.
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 Y8 Recognition Assembly P1&2 Y11 Recognition Assembly P3&4
Tuesday 14 December Y9 Recognition Assembly P1&2 Y10 Recognition Assembly P3&4 P&C Dinner CAPA Showcase P1-8 – Houliston (Pugliano) Y12 Formal
Wednesday 15 December Y7 Recognition Assembly P1&2
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 Y7 O Week 1/2 to 3/2 incl. (Fletcher)
Wednesday 2 February Y8, Y9 & Y10 commence
Thursday 3 February
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

Congratulations to our **Chess team**. After a gruelling and challenging series of events, the BHHS team were successful in becoming NSW Champions. They will now represent the state at the Australian Championships, where they will compete against the top school from each state. The students are Sayum Rupasinghe, Kaibing Qi, Shivam Pant, Winston Zhao Chen, Dhvani Patel and Joshua Seo. The team was also acknowledged at today's virtual assembly. Special thanks to Mr Hu and Mr Salter for their organisation and support of our students.

Diya Goswami (Year 12) has been involved in many different dramatic productions over the past few years, but the Australian Theatre for Young People (ATYP) has released its upcoming program and she is the star of one of their big shows. It is her first "professional" show – a really significant and important achievement for Diya (thank you to Mr Poole for the updated information). The link to the webpage for the show is <https://atyp.com.au/ATYP-productions/the-resistance/>. Diya is also a major feature in their promotional video for the 2022 Season, which you can find here (her play is featured from about 1 minute, 20 seconds) - <https://www.youtube.com/watch?v=NF72smb1jO0>

Wayne Humphreys
Principal



Baulko News

BHHS to represent NSW in Australian Schools Chess Championships

In a triangular online playoff on Friday 19 November, a team of BHHS's top chess players nosed ahead of Sydney Boys High and Knox Grammar to become NSW Secondary Schools Chess Champions, qualifying for the Australian Schools Teams Championships, to be held in December. The team consisted of Sayum Rupasinghe (Year 7), Winston Zhao Chen (Year 11), Shivam Pant and Kaibing Qi (both Year 10). Dhvani Patel (Year 10) and Joshua Seo (Year 9) were reserves.

In their first match against Sydney Boys, the team recovered from a difficult start to draw 2-2, with Winston and Shivam managing to convert inferior positions into wins. The same two players continued their form in the match against Sydney Boys, picking up another pair of wins, while Kaibing held on for a draw to clinch the playoff for BHHS. Enormous credit must go not only to the team but to Mr. Hu, who has been preparing them tirelessly for the event over the past few months.

The team will now take part in the Australian Schools Teams Championships, which will be held online on December 4 and 5. The team will face tough competition from Victoria, South Australia and the ACT, but we will be hoping to cheer them on to the Australian title!

Mr Salter
Joint chess co-ordinator



From The Mathematics Department

Australian Intermediate Mathematics Olympiad results: Earlier this year, 22 students from Baulkham Hills High School participated in the Australian Intermediate Mathematics Olympiad. Only 1615 students from 147 schools sat the paper. I am pleased to announce that we had two prizes, one high distinction, two distinctions and eight credits awarded to our students.

Congratulations to

Perfect Scores: Cloris Xu (Year 9) and Iris Xu (Year 9)

High Distinction: Mohijit Singh (Year 8)

Distinction: Jaskreet Arora (Year 7) and Candy Tang (Year 7)

Mohijit and Candy have also been invited to participate in the Australian Mathematical Olympiad Committee's (AMOC) 2021 School of Excellence. This will be a virtual event this year. We wish all participants well as they attend this program from Sunday 5th December until Friday 10th December; Christmas has come early for them this year!

Jason Ribbans
Mathematics Teacher

Transport NSW Information – Bus Services Information

Timetables and trip planning tools for services in your area are available at transportnsw.info.

Anyone needing help with bus services for the 2022 school year can contact our friendly customer service team on **1300 69 29 29** or infoline@busways.com.au

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

INVEST IN YOUR CHILD'S SPEAKING SKILLS AND CONFIDENCE

Engage with the leading provider of debating,
public speaking and communication education to
schools in NSW



Masters Academy®

LEADERS IN DEBATING, PUBLIC SPEAKING AND
COMMUNICATION EDUCATION

FROM OUR FOUNDER

Dear Parent or Guardian,

Thank you for considering Masters Academy as a part of your child's co-curricular and extracurricular education in 2022.

Established in Sydney more than 14 years ago, Masters Academy has grown to become the leading provider of debating, public speaking and communication education to schools in NSW. Here's a quick snapshot of our organisation:

- A team of more than 90 experienced debating, speaking and communication coaches
- Trusted provider to more than 250 public and private schools across Australia
- Provider of Adjudicators to NSW's leading debating and speaking competitions
- Trusted by NSW teachers & schools to provide NESA endorsed, accredited training
- Registered provider of the NSW Creative Kids programme

If you choose to enrol your child in our upcoming programme at your school, they will be joining thousands of students in NSW's largest communication skills training network.

Students will develop their active listening, persuasive speaking, critical thinking and problem-solving skills while building confidence in an engaging and practical manner, supported by their expert coach and surrounded by a small group of their peers in an engaging classroom environment.

The benefits of building communication skills and confidence are wide-ranging, extending well beyond one's education and into every aspect of work and life. In order to support your child on this transformative and exciting journey, they will be provided:

- Expert coaching from many of the best debaters & speakers in NSW
- Social debating opportunities with other schools in our network
- Regularly updated in-class quizzes and seminars on current affairs
- Ongoing feedback to parents & guardians via progress reports
- A rich set of teaching methodologies proven to be effective with Y4-12 students

Your child will enjoy the benefits of these skills in all aspects of life, including an improvement in confidence, essay-writing, general knowledge, interpersonal social skills and a broader interest in current affairs and social issues.

Our programmes are ideal for supporting your child's holistic development in a setting that they will enjoy and choose to engage with throughout their high school career.

We hope you will take the next step and enrol your child in our upcoming programme. If you have any questions before doing so, please don't hesitate to contact my team at your earliest convenience.



Matthew Byrne
Founder & Managing Director



ABOUT US

A team of passionate educators committed to increasing the quality, consistency and availability of debating, public speaking and communication education across NSW.

Masters Academy was founded in 2007 by Matthew Byrne with the help of John FitzGerald and James Smith.

In 2002, while still in year 12, Matthew was driven to create a for-purpose organisation that would ensure that quality educational resources and personalised opportunities were readily available to all students.

When the founders attended high school, there was no extra-curricular or co-curricular debating programme and few opportunities for public speaking or other communication focused clubs.

We have been committed to quality, equitable education ever since.

Masters Academy now provides educational opportunities to many of Sydney's top-performing schools, as well as supporting many regional schools across NSW



Through years of ardent effort, we have developed our own teaching resources and methodologies to support students in a stage-appropriate manner.

Our coaching team consists of experienced speakers, many of whom graduated from our own programmes. Students find them highly relatable, inspiring and enjoy learning from them.

Masters Academy prides itself on continuous improvement and innovation. Our latest programmes benefit from 14 years of experience to deliver greater outcomes, higher engagement and incorporate more in-class activities and speaking opportunities.

Content varies by programme, but broadly, our classes include a combination of speaking methodology, matter preparation, current affairs review and friendly in-class speaking activities and games.

Through our structured programmes, we have observed students show consistent development of the skills and confidence to master persuasive speaking and critical thinking in a fun, safe and supportive environment.



'We can have fun and learn at the same time'

Student, Baulkham Hills Selective High School

LIFE SKILLS

EMPATHY

Considering issues that may be unfamiliar to students from multiple stakeholder perspectives, including within different cultural and historical contexts

ACTIVE LISTENING

Learning to quickly comprehend, analyse and respectfully respond to opposing ideas with confidence

PERSUASIVENESS

Understanding how speech can be crafted for maximum effectiveness using engaging manner, compelling matter and clear method

CRITICAL THINKING

Learning how to comprehend, deconstruct, evaluate and respond to ideas & perspectives

GENERAL KNOWLEDGE

Discussing a wide range of ideas and events from history, economics, politics, society, pop-culture, current affairs and other topics

LOGICAL REASONING

Learning to deconstruct ideas in a methodical and rational manner, leading to logical and defensible conclusions

ADJUDICATION

Analysing the decisions and rationales of their adjudicators, students learn how to weigh arguments against one another and form justifiable cases

TIME & COLLABORATION

Working as a team to deliver on their responsibilities with limited preparation and speaking time

SPEAKING CONFIDENCE

Practising their speaking skills on such a regular basis, students quickly become comfortable taking part in a valuable activity that many adults fear; resulting in greater self-esteem and resilience

CREATIVITY

Brainstorming, discussing and prioritising relevant ideas or solutions to complex problems or situations

Thousands of students participate in our extra-curricular, co-curricular and in-school debating, public speaking and communication programmes.

Considering the rich range of skills they develop, it's clear why their parents or guardians enrol them.

OUR VALUES

As a trusted education provider, Masters Academy is committed to a core set of organisational values

TRAINING QUALITY

Our students learn from the best. All of our coaches are experienced debaters, public speakers and communicators, many of whom continue their debating and speaking careers at university and have personally experienced our programmes as students. We supply our coaches with expert training on our proven teaching methodologies as well as high-quality digital resources to ensure students are well-equipped to learn effectively.

STUDENT HAPPINESS

Our students enjoy small class sizes. They have plenty of access to their coach and ample opportunities to voice their questions or ideas. Being with like-minded peers who share their keen interest in critical thinking and general knowledge, they learn about and discuss important issues in a safe and collaborative environment. They also gain access to many practical speaking opportunities both social and competitive in nature.

VALUE

Our programmes offer tremendous value for money. In addition to regular contact hours with expert coaches, our programmes generally include: feedback to parents on request, in-class quizzes and hand-outs, practical speaking opportunities including friendly debates and speeches, online resources as well as annual updates to our curriculum through consultation with school executives and teachers to ensure training outcomes are met.

STUDENT WELFARE

Your child's welfare comes first. We have various policies in place to ensure their safe enjoyment of our programmes. All of our coaches have valid Working With Children Check numbers, which can be accessed by your school executive. Our staff undergo a thorough induction process and receive updates from our leadership on best practice classroom management and information on the handling of any incidents in conjunction with your school.

COMMUNICATION

We like to keep in touch. We keep our parents and school staff informed on a regular basis, via information sessions, email newsletters, social media, phone calls and in-person meetings. Our contact details are easily accessible, and our team responds to all enquiries in a timely manner. Parents are encouraged to reach out via their preferred means during business hours if they have any enquiries, suggestions or concerns throughout their involvement with our programmes.





**Create
something
great**

**Claim your \$100
Creative Kids
voucher today**

NSW Government is helping your cost of living

We're making it easier to access hundreds of creative activities that support your child's development.

Claim your **\$100 Creative Kids voucher** and create something great. Creative Kids is available for all NSW school children and is one of more than 40 NSW Government rebates and savings.

service.nsw.gov.au/creativekids • 13 77 88





2022 PUBLIC SPEAKING PROGRAMME

Thursday Afternoons
3:15 PM to 4:15 PM

FEATURES

- Highly Experienced Coaches
- Speech Preparation
- Activities & Games
- Engaging, Fun & Challenging
- Soft Skills & Communication
- Entry into the Masters Academy friendly speaking competition

4 TERMS

7 WEEKS PER TERM

1 HOUR CLASSES

\$199 PER TERM

**PAY FOR THE YEAR AND
SAVE 20%**

ENROL BEFORE JANUARY 1ST, 2022 TO SAVE 20%

mastersacademy.com.au/enrol



2022 DEBATING PROGRAMME

Thursday Afternoons
3:15 PM to 4:15 PM

FEATURES

- Streamed Classes
- Competitive Level Classes
- Activities, Games & Debates
- Engaging, Fun & Challenging
- Soft Skills & Communication
- Entry into the Masters Academy selective schools' debating competition

4 TERMS

7 WEEKS PER TERM

1 HOUR CLASSES

\$199 PER TERM

**PAY FOR THE YEAR AND
SAVE 20%**

ENROL BEFORE JANUARY 1ST, 2022 TO SAVE 20%

mastersacademy.com.au/enrol

Gerric information re workshops for Gifted Students From UNSW

https://www.unsw.edu.au/arts-design-architecture/our-schools/education/professional-learning/gerric-gifted-education/gifted-students-parents?mc_cid=4f8134e319&mc_eid=f344d35b9e&mc_cid=4f8134e319&mc_eid=f344d35b9e

Mrs Greenlees, HT Teaching & Learning

Home

About
Us

Study with
us

Student
life

Professional
learning

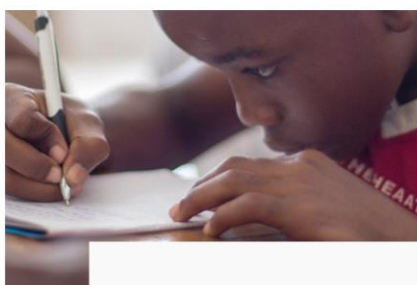
Our
Research

Engage with
us



Junior Scientia: Years 3 – 6

Designed for gifted and talented primary students, these three-day workshops will spark your curiosity and ignite your passions. Expand your mind in a fun and challenging setting, meet other like-minded students and thrive.



Scientia Challenge: Years 7-10

Helping bright young minds to thrive, the Scientia Challenge offers high school students a rigorous and challenging academic program. Meet like-minded peers and immerse yourself in a university-style learning experience.



Expand your mind in a fun & challenging setting

Our GERRIC for Gifted Students program is offered to gifted and talented students (students who can perform in the top 10% of their age-peers) in Years 3-10 at Australian primary, middle or secondary school. This is a school holiday program that expands the minds of bright, inquisitive individuals looking for an intellectual challenge that is more demanding and more fun than they may sometimes experience at school.

GERRIC Student Programs open a student's mind to abilities they may not have known they possess. At UNSW, gifted students meet others who share their interests and they are taught by educators who love working in this field. Our program runs for three days and gives students the opportunity to work on a small project.

How to register

GERRIC is the leader of gifted education research in the southern hemisphere. Like-minded students can participate in programs that will challenge them intellectually and develop their individual talents. Register today to Ignite your child's passion for learning!



FAQs

Find answers to frequently asked questions on our school holiday program, including payment options, costs, and selection criteria.



For parents

Find out more about our courses for parents. Develop a greater understanding of your gifted child's needs and learn from experts in the field of gifted education.



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

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
2021-05-05 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

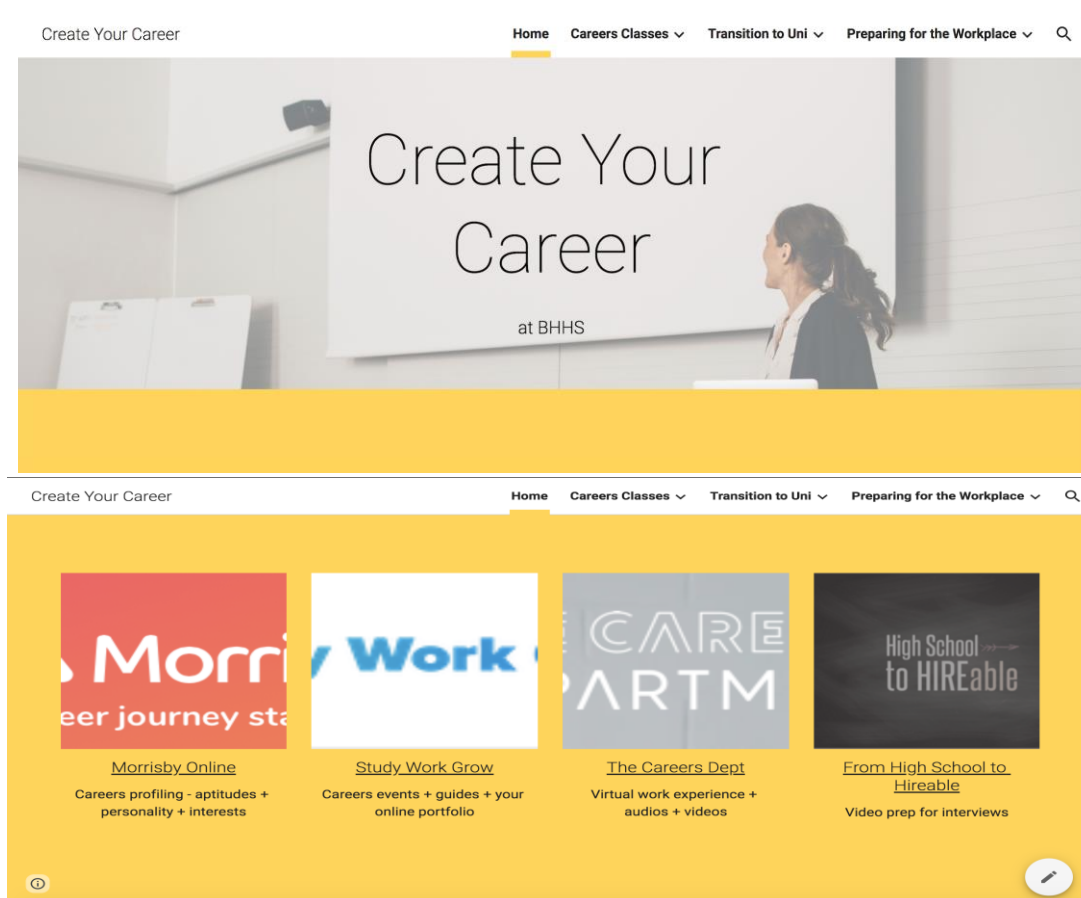
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

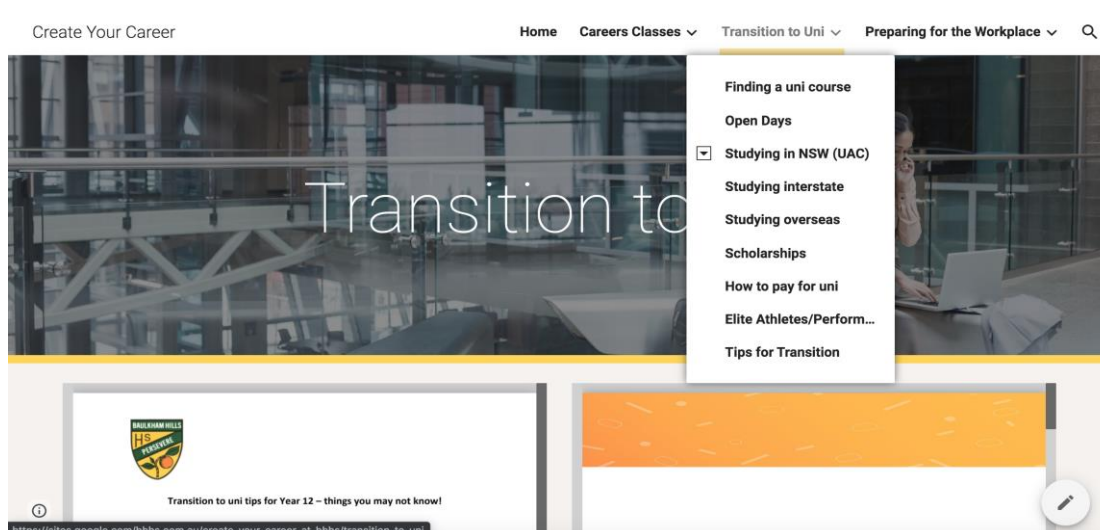
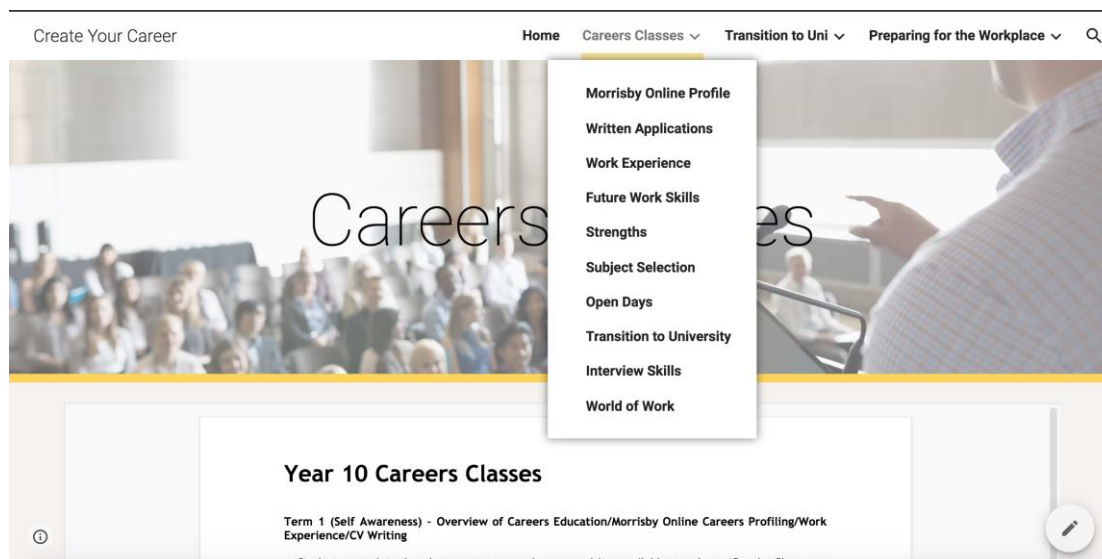
From the homepage, students can access all their subscription resources:

- 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.