

Baulkham Hills High Newsletter

www.baulkhamhillshighschool.com.au



Year 11 Recognition Assembly

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

From the principal's desk:

Once again it has been a year like no other. On behalf of the staff of BHHS I would like to wish our community a very happy Christmas and New Year. I hope you have the chance to relax and recharge over the holiday season.

As is usual at this time of year, a number of staff will be leaving BHHS. Mr Nada Jeyaratnam heads into retirement after 16 years teaching mathematics at Baulko. Mr Mario Benic will be working in the far southwest of NSW for 12 months as part of the NSW DoE Rural and Remote program. Ms Brittany Payne will be working at St George Girls High for 12 months. We wish all these staff the very best in their next adventures.

A reminder that Year 7 to 10 and Support reports will be released today on the Sentral Parent Portal. Details are again provided elsewhere in the newsletter about how to access the reports.

Year 12 Graduation was a huge success last Friday. It

14 December 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 11
Monday 13 December Y11 Recognition Assembly P1&2
Tuesday 14 December Y9 Recognition Assembly P1&2 Y10 Recognition Assembly P3&4 P&C Dinner CAPA Showcase P1-8 – Houliston (Pugliano) Y12 Formal 6.30pm-10.30pm
Wednesday 15 December Y7 Recognition Assembly P1&2 Y8 Recognition Assembly P3&4
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 Y11 Orientation Day (Fletcher) Y7 O Week 1/2 to 3/2 incl. (Fletcher)
Wednesday 2 February Y8, Y9 & Y10 commence
Thursday 3 February Y11 Orientation Day (Fletcher)
Friday 4 February
Week 2
Monday 7 February Year 7 Camp 7/2-8/2 incl. (Fletcher)
Tuesday 8 February
Wednesday 9 February
Thursday 10 February Parade – all cadets (no recruits)
Friday 11 February
Week 3
Monday 13 February
Tuesday 14 February
Wednesday 15 February
Thursday 16 February
Friday 17 February
Week 4
Monday 20 February
Tuesday 21 February
Wednesday 22 February School Swimming Carnival all day (Filewood)
Thursday 23 February
Friday 24 February

Year 11 Recognition Assembly



was wonderful to be able to acknowledge and farewell our Year 12 cohort of 2021 with family in attendance under COVID safe conditions. Thank you to all staff and students involved in the organisation of these ceremonies that ensured the success of the day for Year 12. Tomorrow evening is the Year 12 Formal.

The Year 12 Trailblazer Awards NSW & ACT Finalists 2021 (<https://artofsmart.com.au/study/trailblazer-awards-finalists-2021/>)

have been announced. These awards recognise and celebrate students who have used their final years of school to make a positive impact in their community. The finalists for the Year 12 Trailblazer Awards have demonstrated initiative in volunteering for their school or community, have participated in co-curricular activities, and have held leadership positions within their schools. The finalists from BHHS are Abinayan Rajkumar, Anna Cheung, Deepika Dhulipati, Melani Gunawardana and Omkar Deshpande.

Nichol Xu (Year 11) has been selected by NSW School of Languages to receive a Korean Education Director's Award. This award was established to recognise outstanding students enrolled in Korean Language who have achieved positive academic records in Korean Language studies.

Wayne Humphreys
Principal

Baulko News

Parent Portal and Reports

The Year 7-10 academic reports as well as Support Unit reports will be issued via the Sentral Parent Portal on **Tuesday 14 December**. This will allow you to have access to the academic reports as soon as they are issued and remain accessible to you during your child's time at the school. There will be no hard copies issued except for extenuating circumstances.

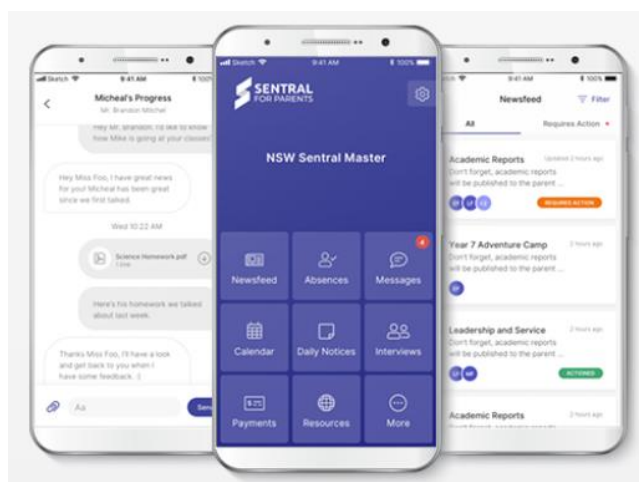
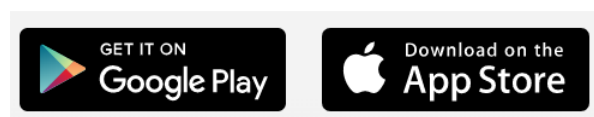
All Year 7-12 academic reports will be issued via the Sentral Parent Portal in 2022.

If you do not already have access to the Sentral Parent Portal or have changed your email address when you first set it up, please email me at alexia.martin@det.nsw.edu.au and we will organise for you to be issued with a new access key or provide appropriate support to help you set up your portal access.

At the end of the year, the current Baulkham Hills School app will be discontinued and we will be posting all updates and documents on the Sentral Parent Portal, which can be accessed through the website or the phone app. Your child's attendance can be seen via this portal and we strongly encourage you to notify of any daily absence via this portal rather than sending a note or phoning the school. Doctors' certificates, if required, will still need to be sent to the school.

For further information:

<https://www.sentral.com.au/getting-started>



If you have any questions or concerns, please contact me on 9639 8699 or on the email address above.

With regards
Alexia Martin
Deputy Principal

Band News

It is wonderful to see so many band families re enrolling for 2022! Thank you for persevering with the lack of face to face rehearsals.

We are very excited for next year with a full band program planned. We have some very excited Year 7 and new students to Baulko enrolling for band next year - almost 1 in 3 students! Including french horn and double bass players. It's going to be great.

The band admin inbox will not be monitored over the holidays, so if you have any queries please contact the admin prior to the end of Term.

Band wrap ups:

- School owned instruments to be returned for servicing no later than this Wednesday. Place in the "large instrument storage area" in the Band locker room.
- All lockers should be emptied, no food or perishable items to be left in there over the holidays! Lockers will be re allocated next year. Take your padlocks with you.
- Audition Day Sat 29th Jan- allocated audition times will be emailed late Dec or early Jan
- Rehearsals for all bands will start week beginning Monday 7th Feb
- **Orchestra** positions still available are flute, clarinet, trombone and percussion. Contact bhhsbandcom@gmail.com ASAP for details

Here is virtual performance the String Ensemble has prepared for everyone to enjoy. Thank you to Conductor Mrs Ruth Choong for organising and compiling this

Colours of Home <https://youtu.be/HqHSoWD1aGM>

Dragon-hunter https://youtu.be/GcC_JmoWlic

Thank you to all our Conductors and Mrs Julie Kim for supporting the Baulko Band program and making it so great. Have a safe and wonderful Christmas break and continue to play beautiful music!

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

Food Technology

Year 9-Food Technology Stage 5

Celebration Cakes and Freak Shakes

Students in Food Technology have come back from lock down rearing to go in Practical lessons. Our first practical assessment we missed was 'Freak Shakes' within the unit Food Trends and Week 9 we finished Celebration Cakes which was part of the unit 'Food for Special Occasions'. We worked really hard to give students a chance to complete what they missed in the short amount of the term we had left of face-to-face learning.

We are proud of the effort students have made for these big practical lessons often coming in at lunchtime and being prepared to give their recipes their all. The creativity that has been displayed in these lessons has been phenomenal and we couldn't be prouder of our Food Technology students. Having the freedom to be creative allows students imaginations to run wild. 'If you can dream it you can make it' is our motto.

We created a competition where students voted for their peers. Best Cake in Show and runners up.

Our Winners were- FT4- Naaz, Wolf FT/5- Sravani, Zachary

Please join our Instagram account @Baulkofoodtechfrenzy



Freak Shakes



Yum Town Food Truck and Food For Special Needs Recipes

Students worked in pairs to create some recipes that would be suitable to be served out of a Food Truck or Van. The desserts, drinks and finger foods that were created were of a high standard. Students were encouraged to garnish and decorate their dishes to appeal to the consumer. We finish off Year 10 Food Technology with our Yum Town Practical and bid farewell to our students who we wish all the luck for their senior years. Thankyou for enjoying our course and remember that we will always be here for you to come and let us know how you are going. Keep cooking.....

Food For Special Needs





Yum Town recipes



Christmas Cooking with Stage 4 and 5

Food Technology Fun

We are doing a range of Christmas cooking projects to get in the Christmas spirit.

Year 10 are making **Coffee Cup Gingerbread House**.

Year 9 are making **Christmas Fondant Cookies**

Year 8 are making running an **Ugly Sweater Competition** using royal icing.



Materials Technology- Textiles with Year 7

During lockdown Year 7 were meant to sew their sustainable bags. We were unable to do this because of limited time in the Textiles room but we are dying ready made sustainable shopping bags. Students are able to paint, decorate with trimmings and photo print on their bags.

Materials Technology- Textiles with Year 8

Students were able to create dyed bucket hats for summer when they returned from lockdown. They were able to learn how to use the sewing machine and create some simple construction samples. We are proud of how they decorated their hats and look forward to them wearing those hats for some sun protection over the Christmas break.

Year 9 Textiles Technology – 'Skirts and Short' and 'Embroidery Project'



Year 7 Technology Mandatory - 'Sustainable Shopping Bags'



More Food Technology Photos



Wethmi



Shivani



Dhruv



Darsh



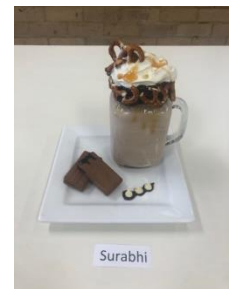
Daniel



Thaddrea



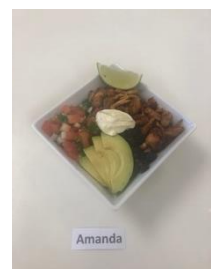
Eddy



Surabhi



Joy



Amanda

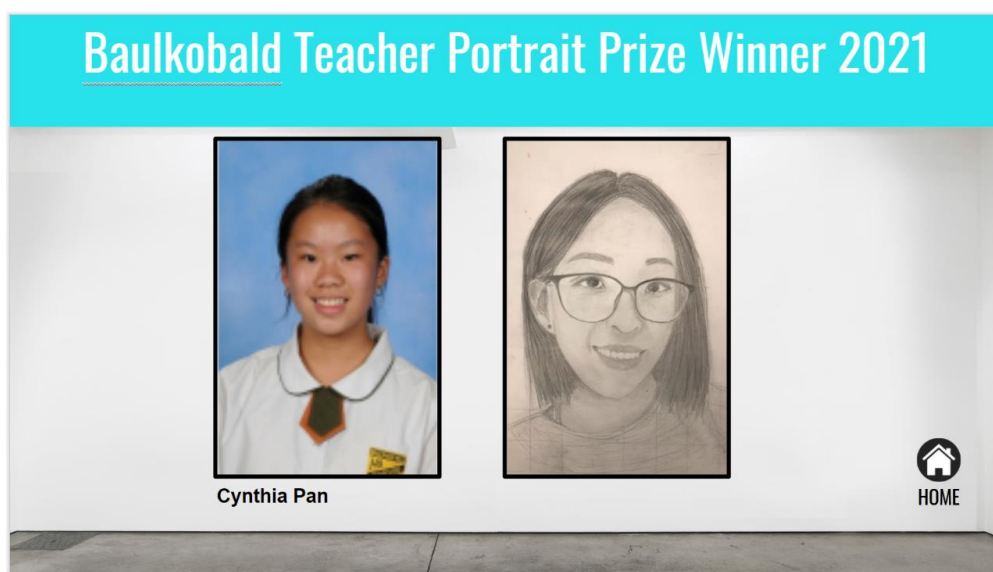


The Creative and Performing Arts Faculty have been working towards our CAPA Virtual Showcase for 2021. CAPA students have been framing artworks, practicing their repertoire and rehearsing lines and have now recorded their performances and artworks in a Google slide exhibition. The CAPA showcase celebrates students from the Creative and Performing Arts and demonstrates all their hard work from 2021. We celebrate all the learning of new skills our talented students have been engaging in to put together such a spectacular online exhibition.

The CAPA showcase is a vibrant example of the power of Public Education and the opportunities that the arts brings to the students of Baulkham Hills High School. Not only do we have teachers who love to share the talent and promote the skills of our students across a variety of subject areas, but we also have Quality teaching happening inside every classroom, every day. I would like to thank the CAPA staff for their hard work and dedication to their students and their passion for the arts. Thank you Ms Kim, Mrs Meagher, Mrs Chisholm, Mrs Fong, Mr Li, Mrs Eisermann, Mr Papandrea and Mr Egan.

We are so proud of what our students have produced and would love for the Baulkham Hills community look at what our students have been achieving this year. The link will become available via email on Tuesday 14th December and will also be sent out via the school Facebook page.

In addition to the Showcase every year, Year 8 students participate in the 'BaulkoBald Teacher Portrait Prize' based of the Archibald Prize. Students are awarded an overall winner and a peoples choice award. We are very excited to announce our winners in today's newsletter. People's choice was voted by the teachers at Baulkham Hills High School:





To view exhibition, click this link:

<https://docs.google.com/presentation/d/1mdyhAqhu9zAHRfb4hd7afBeZovndKU-tSaFo-4s81fQ/edit?usp=sharing>

The 2021 Creative and Performing Arts Faculty Award recipients are:

Stage awards for Excellence in Music-

Stage 4:

Year 7- Daniel Zhang and Yining Sun

Year 8- Amaya Chandrasekera and Alexander Ho

Stage 5:

Year 9- Cathrine Kim and Catherine He

Accelerated Year 9- Hayley Jung and Sajani Samarasinghe

Year 10- Nicole Min Chen & Aditya Patel

Accelerated Year 10- David Ahn

Stage 6:

Year 11- Kevin Li

Most improved in Music: Michael Chang

Encouragement Award in Music: Jasper Yang

Stage awards for Excellence in Drama

Stage 5:

Year 9 100 Hour - Vaishnavi Yohananda

Year 9 200 Hour - Charlotte Cheng

Year 10 100 Hour - Sussana Charles

Year 10 200 Hour - Andy Garg

Encouragement Award in Drama: Karthikan Logathan and Srutheesha Rajendran

Outstanding contribution to Drama: Harasis Kaur

Creative Arts:

Stage awards for Excellence in Visual Arts-

Stage 4:

Year 7 – Mihika Kulkarni and Amanda Chen

Year 8 – Chelsea Tran and Maureen Del Rosario

Stage 5:

Year 9- Chelsea Tong and Yxaak Dino

Year 10 – James Koe and Christine Park

Stage 6:

Year 11- William Zheng and Amy Liu

Year 12- Susan Wen and Chelsea Tang

Most improved in Visual Arts: Harasis Kaur and Hannah Lee

Encouragement Award in Visual Arts: Tharuki Wataraka Gamage

Stage awards for Excellence in Photography-

Stage 5:

Year 9- Erin Tran and Wishah Junaid

Year 10- Kabir Wankhede and Kevin Zou

Most improved in Photography: Arya Wadhvani



14 December 2021

Encouragement Award in Photography: Selin Cakir Year 9 and Deljin Javadi Year 10.

Stage awards for Excellence in Visual Design:

Stage 5:

Year 9- Zoe Wu and Grace Charoensri

Year 10- Kabir Wankhede and Sophia Xia

Most improved in Visual Design: Wethmi Rupasinghe Arachchige

Encouragement Award in Design: Luc Du Toit

Stage Awards for Support Faculty

Visual Arts:

Excellence Award in Support Visual Arts:

S1- Hafsa Samir

S2- Joshua Hutchings

S3- Dee Kenny

S5- Thomas Cooper

S6- Jonathan Sunarho

Most Improved in Support Visual Arts: Nitai Sharma

Outstanding achievement in Support Visual Arts: Salah Sbeti

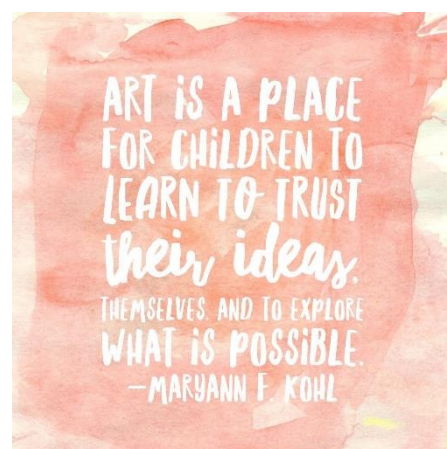
Congratulations to all of our award recipients as well as all of our CAPA students for their diligence, creativity and enthusiasm

Have a Happy and safe holidays and we look forward to what 2022 will bring in the Creative and Performing Arts world.

Thank you

Miss Pugliano

Head Teacher Creative and Performing Arts



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





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.

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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%

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GERRIC: gifted education

The leaders of gifted education research in the southern hemisphere.



Dear parents/carers,

We are excited to confirm that GERRIC Student Programs will be running online from 12-14 January 2022.

Registrations are now open for both our junior and secondary programs.

Please visit our website [here](#) to secure your ticket now.

Feel free to get in touch with any further questions. We look forward to seeing you online soon.

Best regards,
UNSW Professional Learning Team

To purchase tickets

https://www.eventbrite.com.au/e/2022-gerric-student-programs-tickets-207681289327?aff=odeimcmailchimp&mc_cid=56fd349c85&mc_eid=f344d35b9e

January 2022 Student Programs Secondary

Six workshops confirmed for our senior programs

We're thrilled to be able to go ahead in January. You will be able to choose from 12 workshops in total.

For our secondary audience. You will be able to choose from the following six programs for your child.

To participate in the program, students will select **one three-day workshop** from a range of options in the following years 7-10:

Scientia Challenge workshops Years 7-8

- Study in scribe school to become Ancient Egyptian mathematician with Tatiana Bonch-Osmolovskaya
- DARTA: The art of data and information with Faye Alexandria Nichols
- Sydney Academy of Chess Workshop with Benjamin Encel

Scientia Challenge workshops Years 9-10

- Design Thinking and Cinematic Storytelling with Dean Utian
- Introduction to Artificial Intelligence and Machine Learning Techniques with Vladimir Tomic
- Read, write and research like a scholar: essential skills for university and beyond with Maja Milatovic

Expand your mind in a fun & challenging setting

Our GERRIC for Gifted Students program is offered to gifted and talented students (generally students who are capable of performing 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.

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

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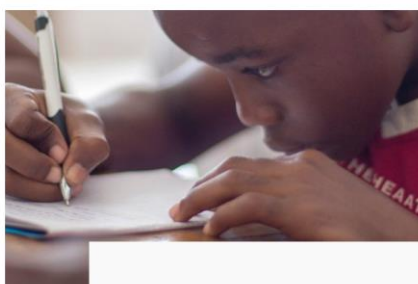
Our
Research

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

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://kidsline.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





Jack Tropea

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!

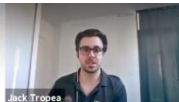
HSC/IB results and ATAR released

Close of preferences Dec Round 2

Majority of offers made

Further offers made

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



Jack Tropea

The University of Sydney
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Careers News - Update for Year 12 Parents

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

Face-to-face/individual support

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

Speaker sessions

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

Subscription Services

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

Online/informational Support

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

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

*Key Dates

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

*Resources/Events



REAL WORLD JOB INTERVIEW SKILLS VIDEO COURSE

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



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



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

4 INTERVIEW PREPARATION MODULES

16 Videos | 4 Downloadable Workbooks | 10 Practical Tasks



CONFIDENCE & HOW TO TALK ABOUT YOU





FINDING STRENGTHS & WEAKNESSES





JOB SEARCHING & HANDLING REJECTIONS





APPLYING FOR JOBS & UNI + RESUMES



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

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

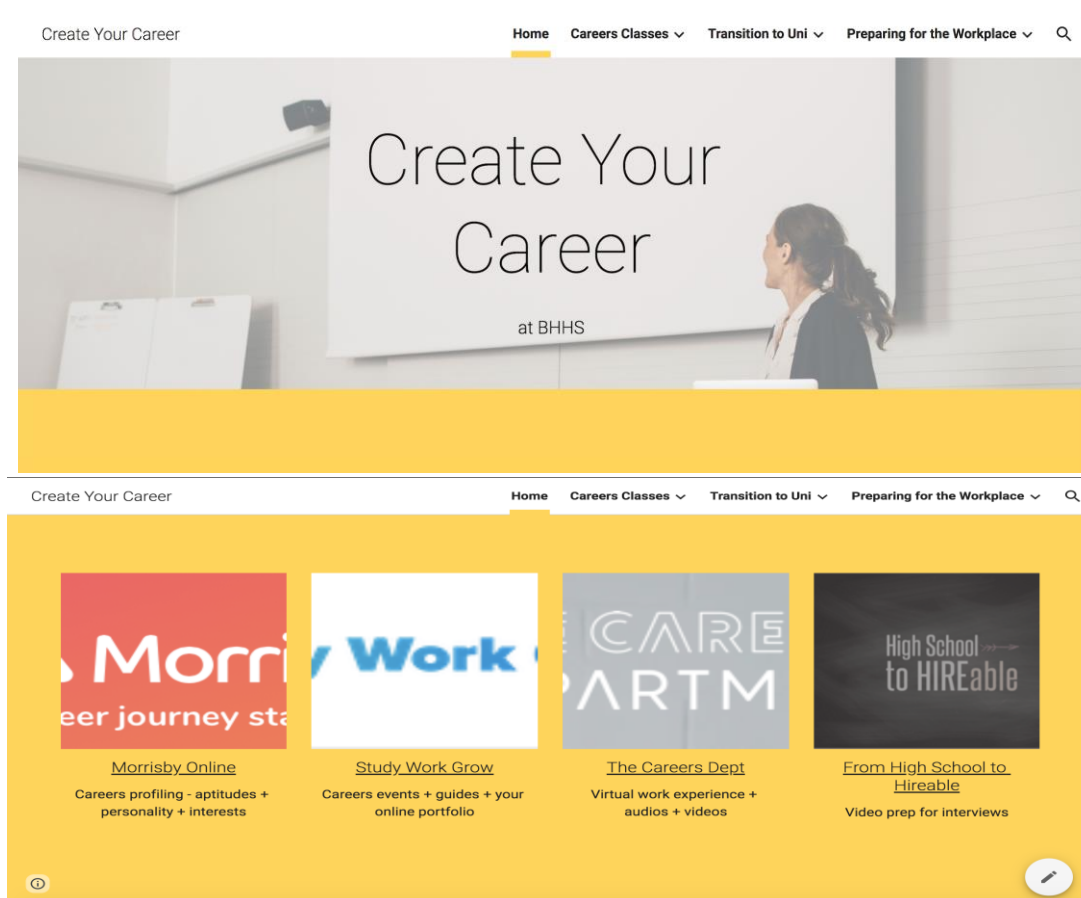
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

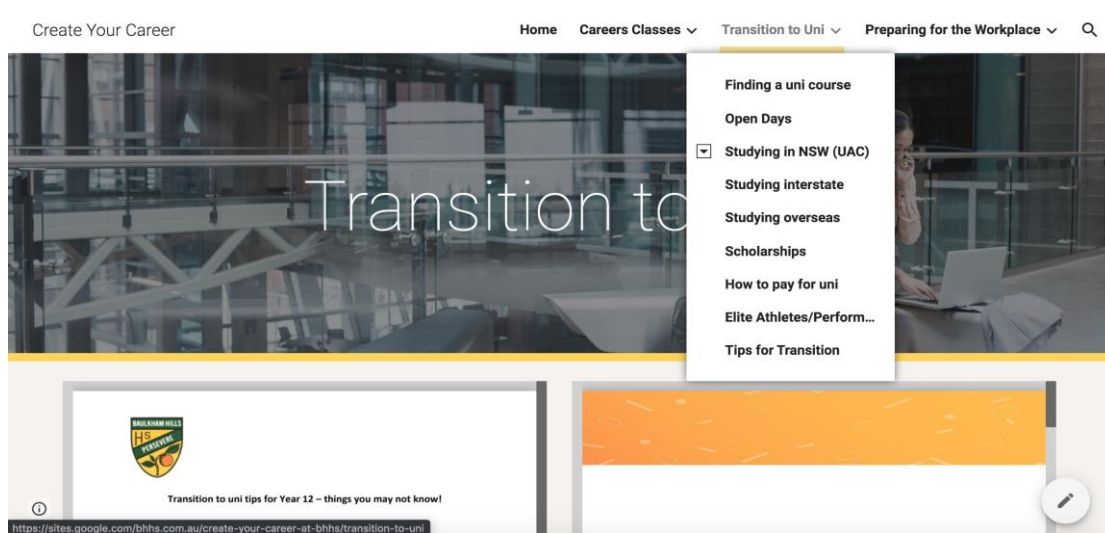
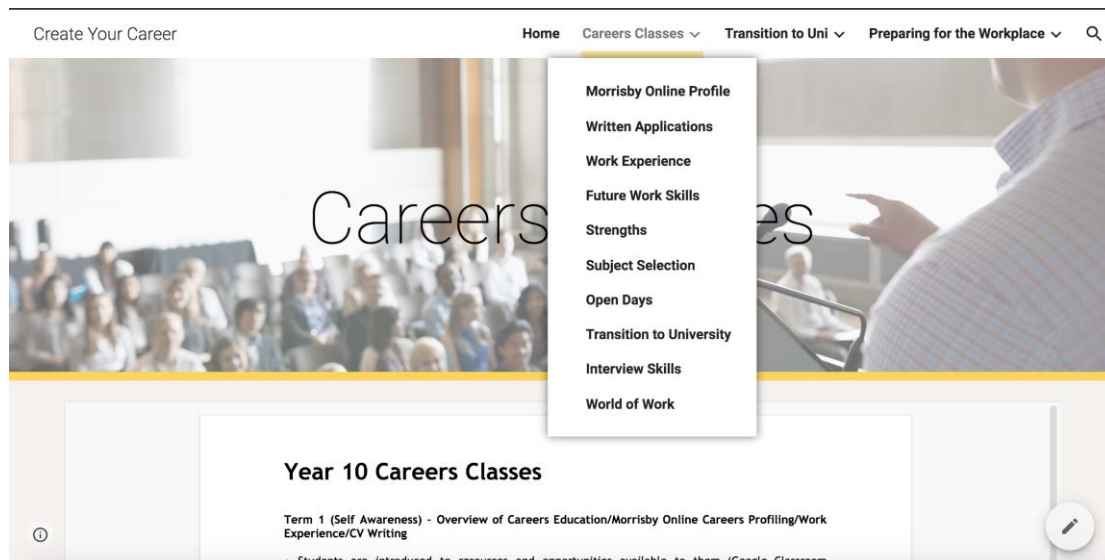
From the homepage, students can access all their subscription resources:

- 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>



Interested in Joining us in 2022?

The Northern Sydney Youth Orchestra (NSYO) is inviting young musicians to join its Symphony Orchestra, Wind Ensemble & String Orchestra. Our youth orchestras rehearse weekly at Beecroft on Wednesdays.

If you play brass, winds, strings or percussion, we are [auditioning new members to join](#) in Term 1 for [2022](#)

Auditions will be held [Wednesday 2nd February](#) between 4pm - 6pm at the Beecroft Presbyterian Church & Church Hall, Mary St, Beecroft.

For details, please feel free to contact us:
info@nsyo.org.au or katepalethorpe@gmail.com

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.

