

# Baulkham Hills High Newsletter

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



## Wellbeing Team – Year 8 Advisers Ms Chapman and Mr Mak Welcoming New Students

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

### From the principal's desk:

Our **Cadet Unit** has returned from their first camp following COVID-19. Thank you to Mr Iaconis, our Cadet Coordinator, and all other staff, parents and carers whose support in large and small ways makes these activities possible. The school is very proud of the role and history of our Cadet Unit, one of the largest in NSW.

The school is currently developing our school plan for the next four years. This is known as a **Strategic Improvement Plan** (or SIP). This working document details the steps our school will take to improve learning outcomes and the achievement and growth of all students. The first stage – a Situational Analysis – is complete, which collected, collated and interpreted data from a range of sources across the school, and included survey data from students, staff and the community. Over the past week, students, staff and our community (through the P & C) have been reflecting on

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1 March 2021



## Calendar 2021

This calendar is subject to change so please check carefully each week for any alterations. A whole year calendar is on the school website at [www.baulkhamhillshighschool.com.au](http://www.baulkhamhillshighschool.com.au)

### Term 1

<b>Week 6</b>
<b>Monday, 1 March</b> Y8-12 Cadet Camp (Iaconis) Y7-9 Sydney West Touch Football U/15s. All Day (Filewood)
<b>Tuesday 2 March</b> Y12 Welfare Day (Adams)
<b>Wednesday 3 March</b> 7A & 7L Science Assessment Task 1 Skills Test in class (Ramachandran)
<b>Thursday 4 March</b> SRE Seminars. All Years. (Humphreys) 7B,7U,7K,7O Science Assessment Task 1 Skills Test in class Y9 Science skills test in class (Trkulja) Outreach Yard Sale Lunchtime (Dhall)
<b>Friday 5 March</b> Y10 & 12 HSC Geography to Barangaroo and CBD. All Day Y8 Science Task in class (Mudaliar) Green group – Clean up Australia Day P7&8 (Kuksal)
<b>Week 7</b>
<b>Monday, 8 March</b> Y8B History Research Essay Pds 1 & 2 (Dhall) Y10 History in class essay. 10.2 Pds 5&6. 10.6 Pds 3&4 (Reid)
<b>Tuesday, 9 March</b> P&C Executive Committee Meeting 7.30pm
<b>Wednesday, 10 March</b> Y8H History Research Essay Pds 4 & 5 (Dhall)
<b>Thursday, 11 March</b> Selective Schools Test 8am to 2.30pm Y8U History Research Essay Pd 6 (Dhall) Y10 History in class essay. 10.4 P1&2 (Reid)
<b>Friday 12 March</b> Y8K History Research Essay. Pds 5&6 (Dhall) Y10 History in class essay. 10.5 Pds 7&8 (Reid) World's Greatest Shave (SRC)
<b>Saturday 13 March - P&amp;C Working Bee 9am to 1pm</b>
<b>Week 8</b>
<b>Monday, 15 March</b> Y10 Commerce Task Submission due in class (Morales)
<b>Tuesday, 16 March</b> Year 10 Maths assessment. Test 1. Pds 3&4. (Ribbans)
<b>Wednesday, 17 March</b>
<b>Thursday, 18 March</b> Y8 Maths assessment. Test 1. Pds 7&8 (Ribbans) Y10 Brain Bee Challenge. Pds 1&2 (Vasram) Y7 History in class essay. 7B P5&6, 7K P1&2, 7U P3&4 (Thurlow) Y9, 10 and Y12 Geography – Australian Geography Competition
<b>Friday 19 March</b> Yr 9 Maths Assessment. Test 1. Pds 7&8 (Ribbans)
<b>Week 9</b>
<b>Monday, 22 March</b> Y12 Buffer Week 22/3 to 25/3 incl. Y7 Maths Assessment Test 1 P5&6 (Ribbans) Y8 Commerce final exam P1-2 (Iaconis) Y10 Elective Geography Task Due in class (Morales)
<b>Tuesday, 23 March</b> Y7-12 Sydney West Swimming Carnival (Filewood) <b>P&amp;C General Meeting 7.30pm</b>
<b>Wednesday 24 March</b>
<b>Thursday 25 March</b> Y7&8 Vaccinations P1-6 (Fletcher)
<b>Friday 26 March</b> Y12 Assessment Block 26/3 to 1/4 incl. Y8 Vikings Source Test in class (Dhall)

the Situational Analysis, and examining the school's draft Strategic Directions of Student Growth and Attainment, Quality Classroom Practice, and Connectedness. This information will frame the BHHS SIP. It will clearly identify the expected improvement in learning, teaching and leading aligned to specific strategies, initiatives, resources and professional learning. Further, it will demonstrate our school's commitment to excellence and equity as part of NSW public education.

Thank you to the outgoing **BHHS P & C** office bearers of 2020. Our BHHS P & C continues to strongly support the school, especially in the context of a COVID-19 world. For example, the P & C provided individual faculty morning teas on a number of occasions for school staff during 2020 – what a wonderful initiative! Right at the start of the first lockdown, the school had a working bee organised – with 200 plants ready to put into the ground already on site. An SOS message saw the P & C Executive come to school on a Saturday, pick up shovels, and plant plant plant!! The P & C continues to contribute financially to the school environment, which was especially relevant in their funding of the construction of two temporary walls in our examination centre to ensure that Year 12 HSC students were COVID-19 compliant and also minimally disrupted during their examinations.

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## Baulko News

### Principal's Desk Continued

Thank you to Mrs Sau Wan Lieu, outgoing P & C President, the P & C Executive Team, and all members and supporters of our dedicated P & C. Congratulations and welcome to the 2021 P & C Executive Team. Over 125 people joined the P & C AGM last Tuesday evening via Microsoft Teams. Welcome to Raymund Wong as our new P & C President. A reminder that our first Working Bee is on Saturday 13 March – and you need to register to be able to attend.

**Wayne Humphreys**  
Acting Principal

### *Study Space - B12*

*Lunch time – Tuesdays and Thursdays*

Tuition, homework help, preparation for exams it all happens in the Study Space. Specially selected Y12 students are available at lunch time to help. We also have regular attendance by staff from Maths, English and Science that would love to answer your questions.



Yr 12 Students are also running workshops on selected subjects prior to assessments. There was great attendance last week at the Chemistry workshop run by Felix Wong and Chapman Tai. If you are interested in running a specialist workshop please see Mrs Greenlees.





## P&C News

### Working Bee (Saturday 13 March 2021)

The school's first Working Bee of the year will be held on **Saturday 13 March (9am-1pm)** following COVID-19 guidelines and can only accept 50 **parents & kids** on school ground.

P&C will provide morning tea and our school principal will organise lunch from our new canteen so participating parents can try the food themselves (lunch will include kebabs, sushi and vegetarian options).

If you can help on the day, please sign up online at [www.volunteersignup.org/9MQYF](http://www.volunteersignup.org/9MQYF). Remember to register your child as well if you plan to bring them along.

Your attendance at the Working Bee would be greatly appreciated as there is a lot of work to be done around the school. It is a great opportunity to meet other parents and get into the Baulko spirit.

Please bring along some **gardening gloves** and **gardening tools** if you have any.

### P&C AGM 2021

Thank you to everyone who has attended the P&C AGM 2021. We had 125 attendees in our virtual AGM.

Below is a list of elected P&C Office Bearers, Executive and Committee Members for 2021.

<b>President:</b>	Raymund Wong	<b>Vice President:</b>	Ria Mizan
<b>Vice President:</b>	Jing Liu	<b>Secretary:</b>	Maggie Wang
<b>Treasurer:</b>	Vonny Suyono	<b>Assistant Treasurer:</b>	Jane Hou
<b>Assistant Secretary:</b>	Shasi Dharan		

**Committee members:** Maninder Rai, Adam Moy, Dan Rupasinghe, Louise Liu, Gayathiri Subendran, Ravi Samarasinghe, Philip Zhuang, Jane Ying, Suresh Sureshwaran, Lakshami Chennapragade, Vasan Srinivasan, Aveneet Arora, Judy Mo, Carol Ma and Dorothy Hong.

There are a lot of parents who put their hands up to join the committee on the night and due to the numbers of positions available, we cannot accommodate everyone. However, this does not mean you cannot help us! We count on every parents at Baulko to support the school.

The new committee thanks the outgoing executives and committee members for their effort, enthusiasm and commitment in contributing to the running of the P&C for 2020.

Raymund Wong  
P&C President



## Band News

Please find the below band structure, time and location for the rehearsals:

**Symphonic Wind Ensemble** - Steve Clark (Mon 7.20am @ TLC)

**String Ensemble** - Ruth Choong (Mon 7.20am @ Drama Room)

**Intermediate Band** - Luis Madrid (Mon 3.15pm @ TLC)

**Orchestra** - Luis Madrid (Tues 7.20am @ TLC)

**Concert Band** - Luis Madrid (Wed 7.20am @ TLC)

**Big Band** - Alvin Mak (Wed 7.20am @ G14)

**Junior Band** - Yvonne Brown (Thu 7.20am @ Drama Room)

**Senior Band** - Yvonne Brown (Fri 7.20am @ TLC)

## Band Camp

We will be having our band camp from **30 Apr 2021 to 2 May 2021**. More details will be updated on FB as well as the newsletter, watch this space! 😊

## Band Parent Volunteer

For any parents who can assist with running the band program, please reach out to Bindu George or Hoa Lam via the Baulko Band email.

Minimal time commitment and it will be greatly appreciated.

BHHS Band Committee

## Hills Zone Swimming Carnival – Support Unit

Two of our Support Unit Students Krystal Jessen and Vanessa Ozols at the Hills Zone Swimming Carnival on Wednesday, 24 February.

Ms Simpson  
HT Support



## Wellbeing News: Welcoming our New Students to Baulko!

The Wellbeing Team wanted to officially welcome all our new transfer students to Baulko. To do such, we hosted a series of morning teas for our new Year 8, 9, 10 and 11 students, to see how things were going and how their transition has progressed. The Year Advisers, Deputy Principal and myself all attended and spent time getting to know our new students better.

It was lovely to meet all of the new students and hear about their experiences at Baulko so far. The feedback was overwhelmingly positive and we hope their time at Baulko continues to be enjoyable.

A reminder that if your child needs any kind of support, I encourage you to reach out to the relevant Year Advisers or myself. We know it can be daunting starting at a new school, but the Wellbeing Team is here to support you and your child in any way we can, so never hesitate to make contact.

### Year Advisers:

Year 7 – Ms Thurlow and Mr Huang

Year 8 – Ms Bovard and Ms Daher

Year 9 – Mr Poole and Ms Hallal

Year 10 – Mr Mak and Ms Chapman

Year 11 – Mr Dunne and Mr Iaconis

Year 12 – Ms Trkulja and Ms Adams

The Wellbeing Team is looking forward to a productive and positive 2021!

Warm Regards,  
*Ms Terryanne Fletcher*

Head Teacher Wellbeing

[terryanne.fletcher1@det.nsw.edu.au](mailto:terryanne.fletcher1@det.nsw.edu.au)





## Update from BHHS Outreach

To the community of Baulkham Hills High School,

BHHS Outreach have decided to support Youth off the Streets by holding a yard sale.

From today until the Tuesday of Week 6 (2nd March), Outreach will be setting up donation stations around the school where students will be bringing in unworn/unused items they would like to contribute towards the sale, to take place on Thursday 4<sup>th</sup> of March.

Any unsold items will be donated to charity. I would like to open the offer to members of the school community who have books, clothing, household items, small plants, toys, stationery etc that they would like to contribute to the yard sale.

If you or your child would like to contribute to the sale, please ensure they join the Outreach BHHS google classroom, the code is "w7ze7yo". On the google classroom there is a linked document that has relevant information for the type of items and a COVID plan that must be followed by any persons donating.

Warm regards,  
Aja Dhall,  
BHHS Outreach

**OUTREACH**  
**Yard Sale!**

**LUNCH ON THURSDAY WEEK 6 (4TH OF MARCH)**  
**IN FRONT OF THE TLC**

**BRING THINGS TO DONATE!**

TOP 3 DONATORS FROM EACH GRADE WILL  
RECEIVE DISCOUNTS AT THE YARD SALE :)

PLEASE ENSURE ALL DONATIONS MEET  
THE CLEANING GUIDELINES ON OUTREACH  
GOOGLE CLASSROOM!

**ALL MONEY RAISED WILL BE DONATED  
TO YOUTH OFF THE STREETS**

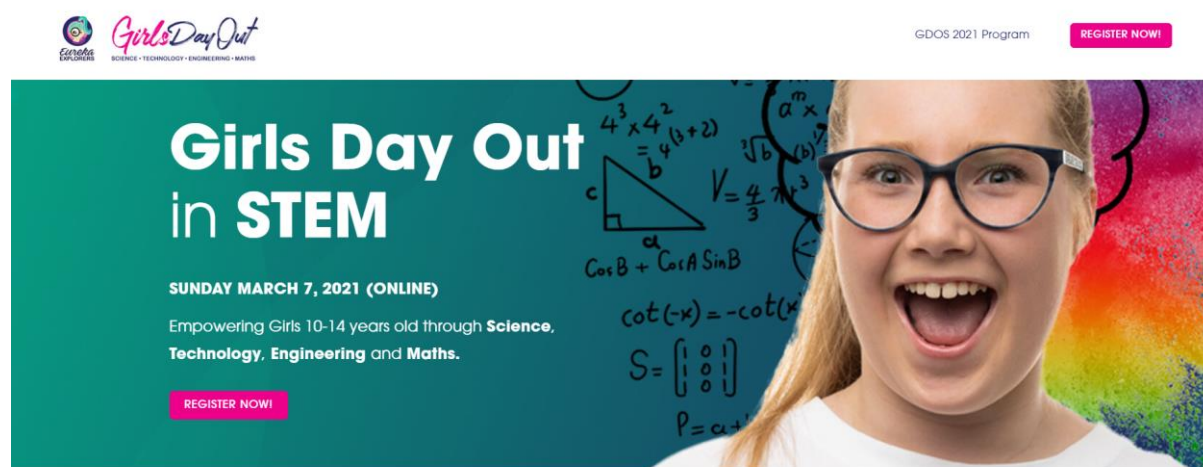
**youth**  
off the streets®

## Empowering girls in Stem

### Free Event

#### STEM 2021 – Online Event!

Girls Day Out in STEM (GDOS) empowers and inspires girls aged 10-14 years with Science, Technology, Engineering and Maths (STEM) in a fun, safe and engaging environment.

A promotional banner for the 'Girls Day Out in STEM' event. On the left, the text 'Girls Day Out in STEM' is prominently displayed in white on a teal background. Below it, smaller text states 'SUNDAY MARCH 7, 2021 (ONLINE)' and 'Empowering Girls 10-14 years old through Science, Technology, Engineering and Maths.' A pink 'REGISTER NOW!' button is at the bottom left. On the right, a smiling girl with glasses is shown against a background of mathematical formulas and a rainbow. Logos for 'Girls Day Out' and 'GDOS 2021 Program' are in the top left and right corners respectively, with another 'REGISTER NOW!' button in the top right.

Register here: <https://www.eventbrite.com.au/e/girls-day-out-in-stem-online-registration-133046857733>

Our program for this event celebrates International Women's Day showcasing the amazing things that women and girls are achieving in STEM. Girls will hear from leading role models in their field of expertise – from the senior director of Queensland Health to the Westpac Future Leaders Scholar who is the 2020 Queensland Women in STEM prize award winning searcher in molecular bioscience. By popular demand we have brought back some masterclasses that were voted the most favourite: Selfie Workshop, Engineering Sound, Essential Oils and Cristy Burne's Science Writing class. Learn also about how to take part in amazing STEM competitions, hackathons, book signings and entrepreneurial opportunities. Engage in STEM learning activities matching your interests, meet role models on a range of STEM pathways, build your knowledge, skills and mindset for entrepreneurial success. And most importantly have fun: dance, make friends, play games... enjoy our Prize Wheel where fun x maths intersect to have a chance to win heaps of prizes! Prizes, prizes and more prizes.

L. Greenlees

Relieving Deputy Principal

HT T&L





### Head Teacher Creative and Performing Arts Report:

Welcome back to all our CAPA students who have already demonstrated in 2020 they are looking forward to a year of imagination, creativity, hard work and boundless opportunities.

A very special mention to our HSC Music and Visual Arts students who during 2020 exceeded our expectations and achieved exemplary results in the HSC. We are beyond proud and wish you all the best of luck in the future. Also congratulations to Linda Ye who will have her HSC Body of Works on display at the Armory Gallery as part of Art Express 2021.

Please encourage your children to get involved and have a go at the variety of programs we have running in the Creative and Performing Arts faculty to expand and strengthen their skills across all the arts. Interested in joining a CAPA club? Why not join one the following?

- \*Mural Club
- \* Events Team
- \* Choir (In Concert/ Schools Spectacular) pending COVID restrictions
- \* Acapella Group
- \* Dance Ensemble
- \* Drama Ensemble
- \* Schools Spectacular

If you are interested and not already involved please send your child to the CAPA staffroom to sign up.

We would like to welcome two new staff to the CAPA faculty in 2021. If you see them around please introduce yourself!

Mrs Fong is teaching Visual Arts Tuesday-Friday whilst Mrs Lockley is on Maternity Leave and Mr Li will be teaching Music Mon, Tues, Thurs, & Friday.



We aim for extraordinary results with all of our students in the Creative and Performing Arts Faculty. To assist us developing your sons and daughters, it is essential that each student in our classes has the appropriate equipment for each lesson. Please check with your child to ensure that all students are prepared for each lesson.

Miss Kristy Pugliano

Head Teacher of Creative and Performing Arts

### Visual Arts

#### Year 10

This term, Year 10 Visual Arts students have been participating in some challenging and rewarding lessons learning about appropriation in art. Adopting this practice that has been used by artists for millennia, the students' task was to appropriate Leonardo da Vinci's Mona Lisa. This iconic image is recognised universally and was therefore an ideal choice for year 10 to practice borrowing, copying and altering it for our 21st century context. Their impressive efforts will be exhibited in the CAPA showcase at the end of the year.



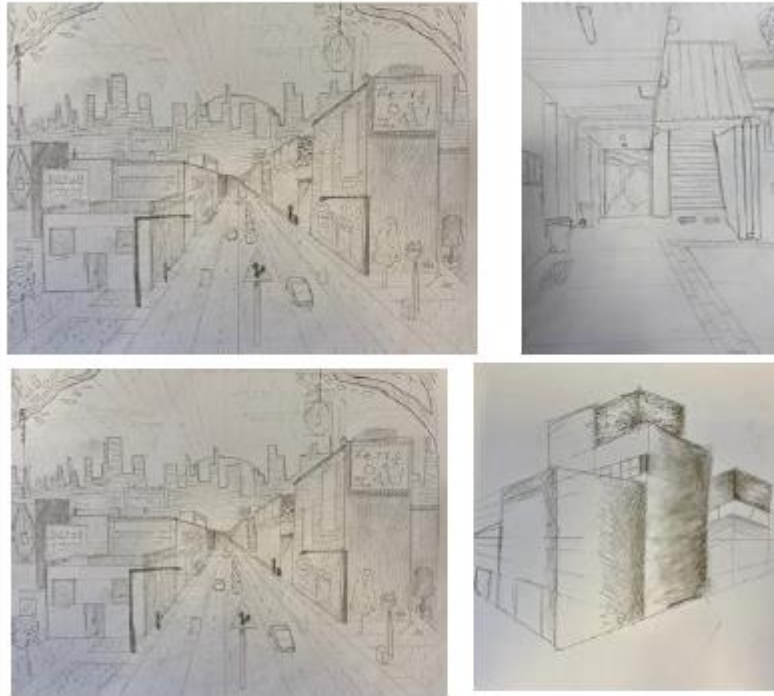
#### Year 9

Year 9 Visual Arts have been working diligently on developing charcoal and pencil techniques, creating a greater understanding of tonal hues to create hyper-realistic works. Students have volunteered their lunch times to work on their drawings, and their dedication to their works can be seen through excellent progress throughout the term.



### Year 8

Year 8 have returned to art and are using their knowledge of the Elements of art to start exploring the fantastical artworks of M.C. Escher. I look forward to seeing their skills develop as they create their own perspective drawings. They have started by creating some excellent drawings using one and two point perspective.



### Year 7

In their first High School Visual Arts lessons, Year 7 have been refining their skills and understanding of watercolour painting. Students have been engaging in a unit called "Light up the city" which considers such questions as, "Is their beauty in architectural structures or are they purely functional?"

One task involved students learning how to create a tonal scale and required them to apply this knowledge to bring an image of the Sydney Opera House to life. As evident below, the students did a brilliant job working with the constraints of just one colour.





### Support 3

Below are some images of our enthusiastic students from Support Class 3 who have been enjoying creating their "Transport" themed unit. Our first task has been creating an outer space artwork featuring a rocket.

Students used a variety of media including oil pastels, watercolour and collage.

Students had a lot of fun creating these vibrant and dynamic images and in the process saw how their oil-pastel planets resisted their watercolour wash.



## Drama

### Year 10 - 200 hrs

The students are working towards a Shakespearean performance that can either be a direct reproduction of an extract from one of Shakespeare's play, or a group devised ensemble piece that utilises Shakespeare's works. As we familiarise ourselves with the different type of plays that the famous bard produced such as Comedies, Tragedies and Histories, we are also learning about the stylistic features of Naturalistic Drama. The students are also learning to use the Stanislavsky method of acting which gives the actor tools to enhance the believability of their characters when performing. With this is the use of emotional and muscular recall, and annotating the script into units and beats, and discerning the superobjective and immediate objectives of the character.



Practical workshops also involve teaching the students how to create suspense when devising a scene. Year 10 have delved into how to convey subtext in dialogue by utilizing facial expressions, tone of voice, stance, spatial considerations, direct eye contact with the audience, and pauses. It has been a very busy and productive start to the year. This elective class will all perform at the Shakespeare Carnival Performance Evening next term.

### Year 10 - 100 hrs

Students having been learning how to use approaches the development of character including strategies from LeCoq, Stanislavski and Strasberg. They have been focusing on how to draw forth three-dimensional characters by imbuing characters with their own experiences. Practical workshops involved students devising and presenting a short creative monologue to demonstrate the development of their skills and ability to engage with character objectives and tactics within scenes.

The students in the 100 hour course will also working towards a Shakespearean performance in preparation for the Shakespeare Carnival Performance Evening, but with a focus on love & murder duologues.



Students have demonstrated themselves to be extremely talented performers and the possibilities of what they will produce over the course of the year are exciting.

### Year 9 - 200 hrs

As an introduction to drama students in year 9 have been developing their skills and confidence through improvisation using activities from the NSW Theatresports association. They have been engaging with the use of props, audience orientation, and how to make and accept dramatic offers to further the narrative of a scene. At the completion of the unit students also participated in the Time Warp 3 minute game, where they perform a scene specified by the audience who call out when the narrative must shift forwards or back in time. They then reviewed and considered how to improve



their skills by watching footage of their performances. As a result, many of the students have chosen to audition for the school's new Theatresports Team. As part of their studies they also researched and considered how improvisation as a performance method has shifted and evolved over time.

It has been a fun and engaging start to the term with students building their confidence in preparation for their core project of developing a film for the International Youth Silent Film

Festival.



### Year 9 - 100 hrs

The 100 hour course have also been introduced to drama via improvisation, learning about props, audience and offers as components to creating dramatic meaning. At the completion of the unit students also participated in the Stunt Doubles game, where teams are issued a scenario by the audience and in moments of actions, they call for 'stunt doubles' to perform dangerous events in slow motion - everything from escaping explosions to making the bed. As a result many of the students have chosen to audition for the school's new Theatresports Team.

Students are now moving onto the art of physical theatre and clowning in preparation for a cross curricular film project where they will create music videos for the Music student compositions, before refining their work for the STUFFit Film Festival.



## Music

### Year 8 - Rock Music



8B- Rehearsing 50's Rock and roll, Rock Around the Clock as a class



String Quartet: David Ahn, Ethan Wijaja, Elin Wei and Elizabeth seo, rehearsing for the presentation night

### A New Grand Piano has arrived!



### CAPA Newsletter article – Music

After a long and unusual year of 2020, Music at Baulkham Hills High is returning in 2021 with more fun and exciting activities! Students in Stage 4 Music have been back in the music rooms experiencing new reworked programs and a renewed taste of practical activities involving keyboard, guitar and percussion instruments, as well as limited amounts of vocal singing opportunities.

Once again students have the opportunity to engage and interact with their peers to develop key musical skills and ensemble awareness in practical activities.

**Year 7 Music students** are currently studying the 'Concepts of Music' unit where they are on a journey of discovery about the fundamental elements of Music. Through a diverse range of musical genres, online resources and practical experiences, students are learning about Music as a form of communication and will gradually understand how each unique element offers different effects in sound and how this can affect their musical experiences.

**Year 8 Music students** are currently studying the 'Rock Music' unit and have been regularly performing songs as a class and individual 'Rock band' groups as they learn about what made Rock Music so popular and fun starting from the 1950s. Many students have been enjoying themselves in the practical work and have been keen and eager to demonstrate their talent on the keyboard, drums and amplified bass and electric guitar. Keep up the good work everyone!

As adjustments to Covid-19 slowly become more solidified, more music-related school events and activities are also gradually emerging. Please keep an eye out for further information in regards to the restart of Choir 2021. Any inquiries about ensembles and music-related activities can be directed to Ms. Kim and Mr. Li down in the CAPA staffroom in G-Block.

I look forward to all the content and events we will be experiencing together throughout the year for Music!

Mr. Li

Music Teacher

### Procedure for Sick Students

Students who are sick in class should see a teacher for written permission to go to sick bay. They must go to sick bay (which is in the Front Office) and follow instructions from the office staff, who will contact a parent/guardian when necessary. Sick bay is used for a short time only. Students should not call their parents first. Please be advised the school does not supply any medication (panadol).

If students are sick please stay home until you are well. Please provide a Medical Certificate if you are absent from school for 3 days or more.

### Wellbeing News: Opportunity for Year 8 Students: 'Future Proofing' Study

Supporting the mental health of our students is a top priority at Baulko. As a result, I am thrilled to announce that our school is taking part in Australia's largest ever wellbeing study for high school students – the 'Future Proofing' Study. We'll be working with the Black Dog Institute and UNSW, along with 170+ other schools, to improve the mental health and wellbeing of Australian teenagers.

We all know 2020 was a difficult year and the wellbeing of our students has never been so important. That's why we're encouraging all Year 8 students to participate in this study.

Participating students will try out new mental health apps and complete 2 surveys about their health and wellbeing at school, each year until they are in Year 12. The surveys will ask about a wide range of issues important to young people, including health, emotions, friendships, school, and the impact of the COVID-19 pandemic. This program will also track student progress and better support their wellbeing.

Participation in this program will not impede on student's workload or class time, and will be overseen by myself and assigned supervisors from the Black Dog Institute.

**Students need parent permission and a smartphone to participate. Please follow this link to read the study information sheet and complete the consent form:**  
<https://www.fpstudy.org.au/Baulk>

We hope you consider your child's participation in this study. Even before COVID-19, research was showing that mental health concerns in teenagers are on the rise. Our school is keen to be part of the solution!

If you'd like to learn more, please feel free to watch this short information video from the research team: <https://youtu.be/Mf2OsMfKSs>

Similarly, if you have any further questions, please contact me on [Terryanne.fletcher1@det.nsw.edu.au](mailto:Terryanne.fletcher1@det.nsw.edu.au). I have also included the parent information pamphlet, which follows this, for more information.

Kindest Regards,

*Ms Terryanne Fletcher*  
Head Teacher Wellbeing







Dear Parents and Carers,

**The Black Dog Institute invites you to enrol your Year 8 child in our largest ever research initiative, the Future Proofing Study. A world-first, this study aims to discover how we can put teenagers' smartphones to positive use to drive mental health and wellbeing on a large scale.**

### **What is the Black Dog Institute?**

Founded in 2002, the Black Dog Institute is the only medical research institute in Australia dedicated to improving mental wellbeing across the lifespan. As leaders in app-based healthcare tools, we're a driving force in making help seeking and intervention accessible to all. Our research has a strong focus on youth and early intervention, where we use prevention programs to reach young people before mental health problems take hold.

### **Why do we need this study?**

We know that 50% of all mental health problems emerge in adolescence, yet teenagers are unlikely to get help until these problems have an impact on school attendance, academic results and relationships. Even when these problems become obvious, many teens avoid seeking help due to cost, stigma and trouble finding the right services. By using app-based healthcare tools, we can put evidence-based mental health programs into the hands of all young people, whenever they need them and wherever they are.

### **What does the study involve?**

Students in the study will complete online surveys about their mental health and wellbeing at school. There are two surveys in Year 8, and then one each year until Year 12. Students will also use apps to teach them skills to manage their wellbeing, and to teach us about the early signs of changing mental health. All students in the study will have their mental health screened and if they need support, we'll link them in with the school counsellor.

### **How is privacy protected?**

The Future Proofing Study has been approved by university and education ethics bodies. We adhere to strict ethical and privacy guidelines to run a study of this nature, where the participants' wellbeing and data is of paramount importance. Your child's information will be stored in a way that will not identify them.

### **How does my child sign up?**

**Students require consent from a parent or guardian to take part in the study. You can register your consent via a short online form here: <https://www.fpstudy.org.au/Baulk> or complete the form at the end of this document and return it to your child's school.**

Please refer to the attached [Information Sheet for Parents](#) for detailed information about the study. If you have any questions or concerns at all, please contact us at [futureproofing@blackdog.org.au](mailto:futureproofing@blackdog.org.au).

Yours sincerely,

A handwritten signature in black ink that reads "Helen Christensen".

Professor Helen Christensen  
Director and Chief Scientist  
Black Dog Institute



## Information Sheet for Parents

We know we can prevent depression in 22% of young people. However, a major problem is providing these prevention programs easily to everyone. At the Black Dog Institute, we are investigating mobile applications (apps) that could be used to help prevent depression in young people on a large scale. We are also interested in learning more about the health, wellbeing and experiences of young people to identify the factors that lead to depression and mental health problems. This landmark study is going to involve up to 20,000 young people across 400 schools in Australia. Your child's school has enrolled to participate, and it is now up to you and your child to decide if your child will take part.

### What are the benefits? Who can participate?

Information from the Future Proofing Study will lead to important new findings about the health and wellbeing of Australian young people, with the ultimate goal of helping future generations to experience improved mental health. Students who take part in the study may benefit directly by receiving interventions that prevent depression. We will also identify students in need of support and let the school counsellor know. All participating students will receive a \$20 gift card.

To take part, your child is required to:

1. Be in Year 8
2. Have their own smartphone (Android or iOS)
3. Have permission from a parent or guardian



### What does it involve?

Aware of busy lives and the pressure and importance of schoolwork, our study has been designed to minimise impact on time required by students both in and out of school. Participating students will:

1. **Complete online surveys during school or in own time** three times in the first year and then once each year until Year 12. The surveys will ask about depression, anxiety, suicide, self-harm, drug and alcohol use, traumatic experiences, bullying, puberty, and from Year 10 onwards, sex. A final online survey will be sent to students one year after they complete high school. **The security of your child's information is our priority.** All data will be non-identifiable and stored securely in accordance with UNSW research ethics requirements.
2. **Use the 'Future Proofing' app** which collects information about thinking skills, speech, mood and movement. Research shows that changes to cognition (thinking skills), speech, physical activity and sleep might be early indicators of deteriorating mental health. Collecting this information will help us work out ways to identify mental health problems at the earliest possible opportunity. For the most part, the app will run in the background and students will only be asked to actively use it for 10 minutes at a time to complete logic games

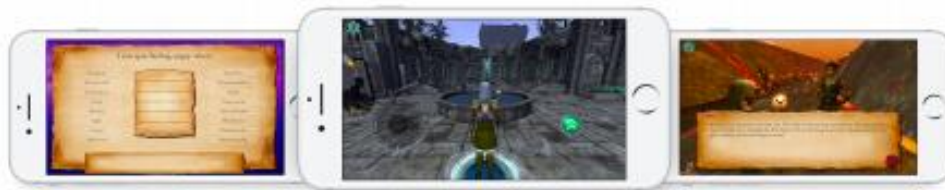


Baulkham Hills High School: Parent Information Sheet and Consent Form (Version 6.1, 9.7.2020)  
HREC number: HC180836 | SERAP2019201



and mood ratings. This will happen weekly for the first 6 weeks of the study, and then once each time they complete a study survey as described above in Step 1. Please see the **Apps Information Sheet** on [our website](#) to learn how your child's privacy will be protected within the app.

3. **Half of participating schools will be randomly assigned to use an additional app** called SPARX-FP for 6 weeks during Year 8. SPARX-FP is a game designed for teenagers where users learn about psychological strategies to manage emotions. When these students are in Year 9, they may also be invited to use another app designed to help with their sleep. Please see the **Apps Information Sheet** on [our website](#) for more details about both of these apps.



### Does my child have to take part?

No. Participation in this study is entirely **voluntary**. We encourage you to discuss this study with your child. A student information sheet is provided on [our website](#) for you to download and read together. If you or your child decide to take part and later change your mind, you are free to withdraw from the study at any time, without explanation.

### Are there any risks?

We don't anticipate any risks to your child from taking part in this study. The online surveys ask about sensitive topics including suicide and trauma. Research shows that asking about suicide does not increase suicidal thinking or behaviour, rather, participation in suicide-related research reduces suicidal thinking. In the unlikely event your child expresses thoughts or plans about suicide we will notify their school counsellor or nominated school staff member immediately so they can check in with your child. If your child changes schools between now and Year 12, we will notify you about this information instead and provide you with details of support services in your area.

When your child is in Year 12, the survey content will also include questions about sexual abuse. Of course if your child indicates any abuse we are legally required to let their school know so that a report can be made to the Department of Family and Community Services. If they are no longer attending the same school as when they started the study, we will inform you instead.



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### What information will be collected?

**Information will be collected via the online surveys and the Future Proofing app.** The Future Proofing app collects information from your child about their mood, their performance on two logic games, a typing task, and audio recordings of their voice while they read out simple sounds (e.g., 'Pa, Ka, Ta'). Their voice is only recorded when they activate and complete the inbuilt reading tasks. We have no ability to listen to or monitor calls or messages.

If and only if you and your child give specific permission on the consent form, the app will also use the phone's sensors to take measurements of location (via GPS) and movement (via accelerometer and gyroscope sensors) over the first three months of the study. Collection of this sensor information is optional and does not affect your child's ability to take part in the rest of the study.

We're doing this because we think that these signals about behaviour – such as daily movement rhythms – could help us predict the risk of mental health problems and offer early intervention. If you do choose to opt in, we may ask your child for permission to collect further phone sensor information later in the study. This is also optional. We will treat any data we collect in the strictest confidence. This means we will anonymise the data and, for GPS data, will process it so that no-one in the research team is able to identify the true locations measured by the phone.



**For this study it would be ideal to access health and education records**, which are already routinely collected by the Australian government (e.g. administrative records about your child's birth, healthcare, and school results). These records are **confidential** and will be accessed in a format that will not identify your child.

We want to include these records to learn more about how changes to mental health affects physical health, health system usage and school results. Because it is time consuming to collect this type of information using traditional methods like surveys, researchers can instead use a procedure called 'Record Linkage' which involves submitting an application directly to a specialist linkage agency (e.g. [Centre for Health Record Linkage](#), [Australian Institute of Health and Welfare](#), and [NSW Education Standards Authority](#)) to request records of interest for a particular group of research participants. Requesting this type of information involves a rigorous application process that requires researchers to justify the necessity of using this information in their research, as well as providing research ethics approval.

Record linkage is a one-way process. This means that the Future Proofing research team may receive your child's birth, health, and education records from these linkage agencies, however, they will not share information provided by your child from the study surveys or app with these agencies or anyone else. For more details about this, please see the **Requesting Health and Education Records Information Sheet** on [our website](#). You can choose to opt your child in or out of the 'Record Linkage' aspect of the study.



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### How will the study data be stored?

All of your child's data will be stored and managed for 15 years according to the relevant privacy laws. In all cases, your child's information will be stored in a way that will not allow them to be identified.

**At the end of the study, the research team would like to store your child's de-identified data in a databank** called the 'Black Dog Institute Data Bank - Future Proofing Study'. This allows for all the data to be stored in one place and accessed in the future for other research studies that address questions about mental health in young people. If other researchers would like to access this databank, they would have to apply to the Black Dog Institute Research Review and Advisory Group to be granted access. Any data provided would be de-identified so that your child's identity remains unknown. You can choose not to include your child's data in the databank.

### When will the findings be published?

A summary of the research findings will be published in your child's school newsletter and/or on the school's website. It will also appear on [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au) and [www.futureproofing.org.au](http://www.futureproofing.org.au). In these publications, your child will not be identifiable from the information presented as data is shown in an aggregate format. Throughout the study, the research team will provide regular updates about the study's progress to your child's school, who will keep you updated.



### What if I have more questions or a complaint?

More detailed information about the study apps and requesting access to health and education records can be found on the [Future Proofing Study website](http://Future Proofing Study website).

**If you have any questions or would like more information, feel free to contact the Trial Manager, Kate Maston, at any time by email at [futureproofing@blackdog.org.au](mailto:futureproofing@blackdog.org.au) or phone 02 9382 8506.**

If you wish to make a complaint, please contact the UNSW Human Research Ethics Committee by email: [humanethics@unsw.edu.au](mailto:humanethics@unsw.edu.au) or phone: 02 9385 6222 and quote the HC reference number: HC180836.



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### What if I want to withdraw my child's participation?

If you would like to withdraw your child's participation in the study after it has commenced, please fill in and return the withdrawal of consent form which you can find on our website. You may also write an email to the lead investigator of the trial, Dr Aliza Werner-Seidler, at [futureproofing@blackdog.org.au](mailto:futureproofing@blackdog.org.au) to withdraw. This will not affect yours or your child's relationship with the Black Dog Institute or UNSW now or in the future.

### Driving a mentally healthier world

Taking part in this study is an incredible opportunity to be part of a research project that has the potential to support young people and change the future landscape for young people's mental health. Thank you for taking the time to read through this information sheet. We hope you consider your child's participation in the Future Proofing Study.

#### If you would like your child to participate in the Future Proofing Study:

Please visit our secure online portal and complete the consent form:

<https://www.fpstudy.org.au/Baulk> OR

Complete the form on the next page and return to your child's school.

If you do not want your child to participate, we also encourage you to visit our online portal or return the paper form to register your decision to ensure we don't contact you again about this study.







## Parent Consent Form

*Child's Full Name	
*Child's Date of Birth	

Would you like your child to participate in the Future Proofing study? (Please tick)

☐ Yes

☐ No

**IF NO:** Please stop here and return this form to your child's school so they know of your decision.

**IF YES:** Please read the statements below and tick them if you agree:

- ☐ I understand my child must be in Year 8 and own their own smartphone (Android or iOS) to participate
- ☐ I understand I am being asked to provide consent to allow my child to participate in this research study
- ☐ I understand the purposes, tasks and risks of this research study
- ☐ I have had an opportunity to ask questions and am satisfied with the answers I have received
- ☐ I freely agree for my child to participate in this research study and understand that my child will also be asked to provide consent at school to participate
- ☐ I understand my child is free to withdraw at any time during this study at my initiation or theirs and withdrawal will not affect my or their relationship with any of the named organisations and/or research team members
- ☐ I understand that my contact details below might be used by the research team to contact me to support the continued participation of my child in this study

Please indicate your decision regarding the following three optional components of the study:

I agree to allow the Future Proofing App to collect information from my child's smartphone sensors about their location and movement for the first three months of the study.	<input type="checkbox"/> Yes <input type="checkbox"/> No
I consent to the study accessing existing records about my child's birth, healthcare and schooling for research purposes.	<input type="checkbox"/> Yes <input type="checkbox"/> No
I consent for my child's anonymised data to be stored in a secure databank for future research purposes.	<input type="checkbox"/> Yes <input type="checkbox"/> No

Please fill in your and your child's details below (required fields are marked with\*):

*Parent Full Name	
*Parent Mobile Number	
*Parent Email Address	
*Home Address	
*Your Child's Mobile Number (Note that your child must have their own mobile number to participate in the study)	
Signature	Date



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## Career News

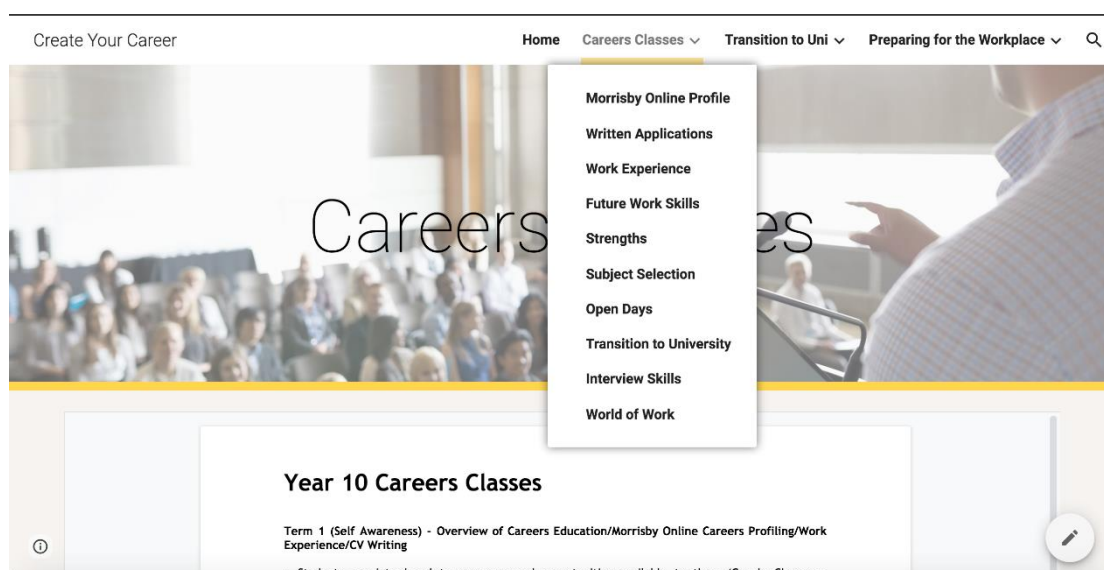
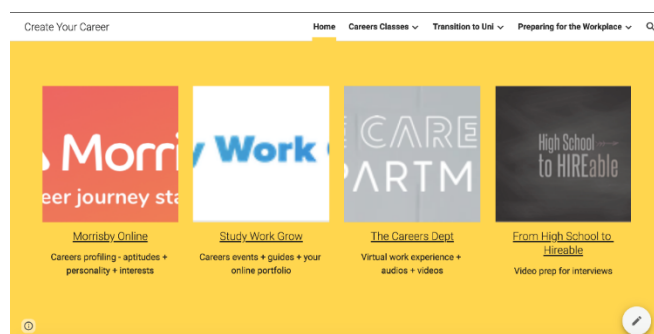
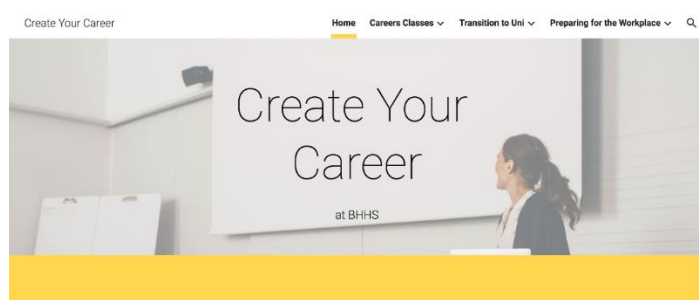
Due to the increasing volume of Careers info, a new Google Site (**Create Your Career at BHHS**) has been created along with a new corresponding Google Classroom for regular updates. Students can access this content via their @bhhs Google accounts. To help your child with their career development process, 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>



### BHHS CANTEEN MENU (New Canteen 2021) (Check out our New Canteen)

BAULKHAM HILLS HIGH SCHOOL CANTEEN MENU			
 <b>HEALTHY GOURMET CANTEENS AUSTRALIA</b>	<b>COLD FOOD</b>		
	FRESH FRUIT SALAD	\$4.00	
	WATERMELON (CUP)	\$3.50	
<b>BREAKFAST</b>	BANANA & YOGHURT	\$4.00	
	BERRIES & YOGHURT	\$4.00	
	MUESLI & YOGHURT	\$4.00	
<b>TOASTED SANDWICH</b>	<b>SANDWICH BAR</b>		
	TUNA, CORN & AVACADO	\$4.00	
	SALAD SANDWICH	\$4.00	
<b>EGG ROLL</b> \$3.50 <b>BACON ROLL</b> \$3.50 <b>BACON &amp; EGG ROLL</b> \$4.00 <b>TURKISH SAUSAGE &amp; EGG ROLL</b> \$4.50	SMOKED HAM	\$4.00	
	CHICKEN, HOMOUM & TABOULI	\$4.00	
	EGG, LETTUCE & MAYO-NAISE	\$3.50	
<b>EGG ROLL</b> \$3.50 <b>BACON ROLL</b> \$3.50 <b>BACON &amp; EGG ROLL</b> \$4.00 <b>TURKISH SAUSAGE &amp; EGG ROLL</b> \$4.50	FALAFEL	\$4.00	
	CHICKEN GOURMET SANDWICH WITH ROAST VEGETABLES	\$4.50	
<b>SUSHI</b>			
CHICKEN TERIYAKI \$3.50			
CRAB & AVACADO \$3.50			
TUNA \$3.50			
<b>TURKISH BREAD</b>			
GOURMET DELIGHT ROAST VEGETABLES, FETTA & HOMOUM \$5.50			
CHICKEN GOURMET \$5.50			
FALAFEL \$5.50			
MEDITERREAN DELIGHT \$5.50			
GOURMET TUNA \$5.50			
HOMOUM & TABOULI \$5.00			
<b>MEDITERREAN MENU</b>			
VINE LEAVES (4 PIECE) \$4.00			
CABBAGE ROLLS (1 PIECE) \$4.00			
STUFFED CAPSCUM \$4.00			
STUFFED EGGPLANT \$4.00			
VEGGIE PATTIE \$4.00			
<b>GOZLEME</b>			
SPINACH & CHEESE \$5.50			
SPINACH & MUSHROOM \$5.50			
BANANA & CINNAMON \$5.00			
SPICY BEEF \$5.50			
<b>TURKISH KEBAB</b>			
BEEF LETTUCE, TOMATO, ONION, CHEESE, BBQ SAUCE, GARLIC SAUCE \$6.50			
CHICKEN LETTUCE, TOMATO, ONION, CHEESE, BBQ SAUCE, GARLIC SAUCE \$7.00			
<b>TURKISH PIDE</b>			
VEGETARIAN \$5.50			
SPICY BEEF \$5.50			
CHICKEN, CHEESE & MUSHROOM \$5.50			
SPINACH & CHEESE \$5.50			
TURKISH SAUSAGE, CHEESE & EGG \$5.50			

 <b>HEALTHY GOURMET CANTEENS AUSTRALIA</b>	<b>ROAST DISHES</b>		
	ROAST CHICKEN WITH BAKED VEGGIE & GRAVY	\$6.00	
	ROAST BEEF WITH BAKED VEGGIE & GRAVY	\$6.00	
<b>HOT DISHES</b>	ROAST CHICKEN & GRAVY ROLL	\$5.50	
	ROAST BEEF & GRAVY ROLL	\$5.50	
	CHICKEN NIBBLES WITH SALAD	\$5.50	
<b>CHICKEN CURRY</b> \$5.50 <b>BEEF CURRY</b> \$5.50 <b>CHICKEN &amp; CREAMY MUSHROOM SAUCE</b> \$5.50 <b>SPAGHETTI BOLO-GNAISE</b> \$5.50 <b>LASAGNE BEEF OR VEGGIE</b> \$5.50 <b>VEGGIE CURRY &amp; RICE</b> \$5.50 <b>FRIED RICE</b> \$4.00 <b>OVEN BAKED WEDGES WITH SWEET CHILLI SAUCE &amp; SOUR CREAM</b> \$4.00 <b>LEAN SAUSAGE ROLLS</b> \$5.50 <b>LEAN BEEF PIE</b> \$7.00 <b>MONGOLIAN BEEF WITH RICE</b> \$5.00 <b>NACHOS WITH LETTUCE, TOMATO, GUACAMOLE &amp; SOUR CREAM</b> \$5.50 <b>JACK POTATO WITH BEEF, LETTUCE, TOMATO, GUACAMOLE &amp; SOUR CREAM</b> \$5.50	<b>ROLLS &amp; WRAPS</b>		
	KOFTA WRAP KOFTA BEEF, TABOULI, HOMOUM WITH PICKLES & GARLIC SAUCE	\$5.50	
	BBQ CHICKEN WRAP BBQ CHICKEN, TABOULI, HOMOUM WITH PICKLES & GARLIC SAUCE	\$5.50	
<b>CHICKEN CURRY</b> \$5.50 <b>BEEF CURRY</b> \$5.50 <b>CHICKEN &amp; CREAMY MUSHROOM SAUCE</b> \$5.50 <b>SPAGHETTI BOLO-GNAISE</b> \$5.50 <b>LASAGNE BEEF OR VEGGIE</b> \$5.50 <b>VEGGIE CURRY &amp; RICE</b> \$5.50 <b>FRIED RICE</b> \$4.00 <b>OVEN BAKED WEDGES WITH SWEET CHILLI SAUCE &amp; SOUR CREAM</b> \$4.00 <b>LEAN SAUSAGE ROLLS</b> \$5.50 <b>LEAN BEEF PIE</b> \$7.00 <b>MONGOLIAN BEEF WITH RICE</b> \$5.00 <b>NACHOS WITH LETTUCE, TOMATO, GUACAMOLE &amp; SOUR CREAM</b> \$5.50 <b>JACK POTATO WITH BEEF, LETTUCE, TOMATO, GUACAMOLE &amp; SOUR CREAM</b> \$5.50	FALAFEL WRAP FALAFEL, HOMOUM, TABOULI & PICKLES	\$5.50	
	CHICKEN ROLL CHICKEN, LETTUCE & MAYO	\$5.50	
<b>CHICKEN CURRY</b> \$5.50 <b>BEEF CURRY</b> \$5.50 <b>CHICKEN &amp; CREAMY MUSHROOM SAUCE</b> \$5.50 <b>SPAGHETTI BOLO-GNAISE</b> \$5.50 <b>LASAGNE BEEF OR VEGGIE</b> \$5.50 <b>VEGGIE CURRY &amp; RICE</b> \$5.50 <b>FRIED RICE</b> \$4.00 <b>OVEN BAKED WEDGES WITH SWEET CHILLI SAUCE &amp; SOUR CREAM</b> \$4.00 <b>LEAN SAUSAGE ROLLS</b> \$5.50 <b>LEAN BEEF PIE</b> \$7.00 <b>MONGOLIAN BEEF WITH RICE</b> \$5.00 <b>NACHOS WITH LETTUCE, TOMATO, GUACAMOLE &amp; SOUR CREAM</b> \$5.50 <b>JACK POTATO WITH BEEF, LETTUCE, TOMATO, GUACAMOLE &amp; SOUR CREAM</b> \$5.50	FISH ROLL FISH, LETTUCE & MAYO	\$5.50	
	CHICKEN AIOLI WRAP CHICKEN, LETTUCE & AIOLI	\$5.50	
<b>CHICKEN CURRY</b> \$5.50 <b>BEEF CURRY</b> \$5.50 <b>CHICKEN &amp; CREAMY MUSHROOM SAUCE</b> \$5.50 <b>SPAGHETTI BOLO-GNAISE</b> \$5.50 <b>LASAGNE BEEF OR VEGGIE</b> \$5.50 <b>VEGGIE CURRY &amp; RICE</b> \$5.50 <b>FRIED RICE</b> \$4.00 <b>OVEN BAKED WEDGES WITH SWEET CHILLI SAUCE &amp; SOUR CREAM</b> \$4.00 <b>LEAN SAUSAGE ROLLS</b> \$5.50 <b>LEAN BEEF PIE</b> \$7.00 <b>MONGOLIAN BEEF WITH RICE</b> \$5.00 <b>NACHOS WITH LETTUCE, TOMATO, GUACAMOLE &amp; SOUR CREAM</b> \$5.50 <b>JACK POTATO WITH BEEF, LETTUCE, TOMATO, GUACAMOLE &amp; SOUR CREAM</b> \$5.50	SWEET CHICKEN WRAP	\$5.50	
<b>GOURMET BURGERS</b>			
PORTUGUESE BURGER FRESHLY MADE PORTUGUESE CHICKEN, LETTUCE & SAUCE \$5.50			
BEEF BURGER \$5.50			
FISH BURGER \$5.50			
STEAK SANDWICH WITH LETTUCE, ONION, BEETROOT & SAUCE \$5.00			
<b>SALADS</b>			
GREEK \$5.00			
GARDEN \$5.00			
CHICKEN CAESAR \$5.50			
PUMPKIN \$5.00			
POTATO & EGG \$4.50			
TABOULI & LENTILS \$5.00			
COUS COUS SALAD \$5.00			
THAI NOODLE SALAD \$5.50			
ROCKET & PULLED BEEF WITH YOGURT SAUCE \$5.50			
BEETROOT & ROCKET WITH FETTA \$5.00			
<b>SNACKS</b>			
CARROT STICKS WITH HOMOUM \$4.00			
CELERY STICKS WITH HOMOUM \$4.00			
CUCUMBER STICKS WITH HOMOUM \$4.00			
MARINATED GARLIC KING PRAWN STICKS \$3.50			
KAFTA STICKS \$3.50			
MARINATED CHICKEN KEBAB STICKS \$3.50			
<b>DIPS</b>			
ASSORTED DIPS & TURKISH BREAD \$5.50			
HOMOUM DIP & TURKISH BREAD \$4.00			
<b>DRINKS</b>			
WATER 800ML WATER \$2.50 1L WATER \$4.00			
FLAVOURED MILKS			
300ML CHOCOLATE, STRAWBERRY \$2.50			
FRESHLY SQUEEZED JUICE SEASONAL FRUIT & VEGETABLE \$4.50			

## IMPORTANT REMINDERS

**Student Drop off/Pick up.** A reminder to follow all parking and traffic rules when dropping off or picking up your student from BHHS. Please allow your student to walk a few minutes from the gate to meet your vehicle at the end of the day – this helps to ease traffic congestion and improves safety in the afternoons. Students using the bus bay – remember to walk at all times in that area.

**Masks remain compulsory on public transport for staff and students in Greater Sydney** as per NSW Government guidelines. All staff and students over the age of 12 in the Greater Sydney area must wear masks when travelling to/from school or when travelling for school activities using public transport or charter bus services. There have been complaints raised by the public about students not wearing masks on public transport. I would ask that parents and carers please remind their students that they must have and wear a mask for these activities (unless the student has a health exemption). More information about wearing masks is available on the NSW Government website - check <https://rb.gy/fykkpp>

### Travelling Home from School by Bus using the Bus Bay

- Wait behind the white line leaving room for students to move down the walkway to their bus
- Don't cross the yellow line until you are ready to board a bus
- Always follow teacher directions
- Have your Opal card ready and wear your mask as per Covid 19 Govt regulations when boarding bus
- If catching the 601 on Windsor Rd beware of crossings, follow directions remember your manners

## BE BUS AWARE

22 February - 28 February 2021

**We all have a part  
to play in bus safety**



BeBusAware.com.au



## Symptoms of COVID-19

### Symptoms of COVID-19 include

- Fever (37.5 ° 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.

In more severe cases, infection can cause pneumonia with severe acute respiratory distress.

### 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.

You should prevent the spread of viruses, by keeping your [hands clean](#), not touching your face and [keeping your distance](#) from other people.