Baulkham Hills High Newsletter



www. baulkhamhillshighschool.com.au



AAA Week - World's Greatest Shave

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

From the principal's desk:

Do you read our **newsletter**? If you are reading this, you obviously do. The school wants to assess the reach of our weekly newsletter. Please click this link https://www.surveymonkey.com/r/BHHSNL2021 to let us know how you access the newsletter (e.g. email, BHHS website, Facebook, or another way).

Congratulations to the many students who have progressed to Hills Zone Swimming. The team is Julie Shin, Fei Shen, Tavishi Fotedar, Lydia Lin, Yuecheng Jacky Zhang, Benjamin Marcellino, Rachel Kim and Patrick Yi. They will represent BHHS and our Zone at Sydney West Carnival on Tuesday 23 March. Well done to Ananya Madabhushanam who has been successful in the audition process and we been offered a position in the 2021 PULSE Senior Dance Ensemble.

Thank you to our wonderful community members who did amazing work on a very

Cont. P2

15 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.baulkhamhillshiahschool.com.au

Term 1

Week 8

Monday, 15 March

Y10 Commerce Task Submission due in class (Morales) Y7 Geography Assessment in class (Huang)

Tuesday, 16 March

Year 10 Maths assessment. Test 1. Pds 3&4. (Ribbans)
Wednesday, 17 March
Thursday, 18 March

Y8 Maths assessment. Test 1. Pds 7&8 (Ribbans) Y7 History in class essay. 7B P5&6, 7K P1&2, 7U P3&4 (Thurlow) Y9, 10 and Y12 Geography – Australian Geography Competition Y9B Science Prac Assessment P1&2 (Hallal)

Friday 19 March

Yr 9 Maths Assessment. Test 1. Pds 7&8 (Ribbans) Y10 English Assessment Reading Task P1&2 (Ambler) Y9 English Reading Task P5&6 (Poole)

Y9A Science Prac Assessment P5&6 (Hallal)

Week 9

Monday, 22 March Y12 Buffer Week 22/3 to 25/3 incl. Y7 Maths Assessment Test 1 P5&6 (Ribbans)

Y8 Commerce final exam P1-2 (laconis)

Y10 Elective Geography Task Due in class (Morales) Y9 Science K,L,H,O Prac Assessment P5&6 (Hallal)

Tuesday, 23 March

Y7-12 Sydney West Swimming Carnival (Filewood)

P&C General Meeting 7.30pm

Y9U Science Prac Assessment P1&2 (Hallal)

Y8 B,L,K,O and H Science Prac Exam Task 2 in class (Ramachandran)

Wednesday 24 March

Thursday 25 March

Y7&8 Vaccinations P1-6 (Fletcher)
Y9 History Source test P3, 5, 6 & 7 (Kite)
Y8A Science Prac Exam Task 2 in class P1&2 (Ramachandran)
Y10 Brain Bee Challenge. Pds 1&2 (Vasram)

Friday 26 March

Y12 Ássessment

Y8 Vikings Source Test in class (Dhall)

Y8U Science Prac Exam Task 2 in class P5&6 (Ramachandran)

Week 10

Monday, 29 March Y11 Buffer Week 29/3 to 1/4 incl.

Y11/12 Assessments 29/3 to 1/4 incl.

Y9 RAW Challenge P1-8 (Cardiff)
Y11 & Y9 Acc Society & Culture Assessment Task in class (Morales)
Y11 SDD Assessment Task 1 in class P1&2 and 5&6 (Dunne)

Tuesday, 30 March

Y10 History Source Test P1.2.6&8 (Reid)

Wednesday 31 March

Y7 Interim Reports Issued

Y8-11 Term 2 Grade Trials and Rec Sport Selections P5-8 (Filewood)

Thursday 1 April

Y7 History Source Test (Thurlow)

Friday 2 April - GOOD FRIDAY

Term 2

Week 1

Monday, 19 April - Staff Development Day (Pupil Free Day) Tuesday, 20 April

Students commence

Y9 History Oral Task in class 20/4 to 23/4 incl. (Kite)

Wednesday, 21 April Thursday, 22 April

Friday 23 April

Prefect run Anzac Day Ceremony P7&8 (Kite)

warm Saturday at our first Working **Bee** in over a year. 50 community volunteers, plus staff members Mr Papandrea, Mr Gough and Mrs Greenlees, checked and followed COVID-19 safety guidelines, and then planted over 200 shrubs to complete and revitalise gardens adjacent to the Houliston Centre, Shed and F Block, as well as near the Outdoor Gym and new demountable P4. The Carver Crescent access path overhanging cleared of and branches, high pressure cleaned. The school is looking great - thank you.

AAA Week was again a huge success. Activities led by our **Prefects** and SRC included multicultural day, the world's areatest shave, activities acknowledge LGBTQ+, and raising awareness of students disability. Thanks to the organising staff, and all students for aettina involved in this special week at Baulko.

Wayne Humphreys Principal



Free Canteen Tasting -Organised by the Canteen



Baulko News

Outreach Group

The Outreach extra-curricula group has worked diligently throughout the term to raise funds for the charity Youth Off The Streets. They creatively decided to conduct a Yard Sale on the Thursday of Week 6, selling donated clothing, books, household items, technology projects and toys in order to raise funds for a cause.

Not only were they able to do this, but they created and strictly adhered to COVIDSafe Protocol to ensure the safety of all people involved.

The items sold raised revenue of \$574 - a fantastic achievement of the Outreach group. All proceeds will be donated and Outreach will look forward to the next challenge of supporting a different charity. The unsold goods will be donated to a range of charities.

Outreach would like to thank all of the Baulkham Hills High School community who were involved in the organisation, donation and purchase of items on the day. It is to the credit of the community that the school is willing and able to passionately support great causes such





P&C News

Thank You! - Working Bee (Saturday 13 March 2021)

The school's first Working Bee of the year was on <u>Saturday 13 March (9am-1pm)</u> following COVID-19 guidelines and 50 <u>parents & kids</u> were on school ground. The P&C would like to thank you all who managed to registered in helping as well as those who tried to register after the 50 spots were filled.





The new P&C committee has been formed. We are still needing a **Support Unit Coordinator** to ensure our P&C is representing all parents. If you are a support unit parent and would like to join us, please reach out to myself at bhhspandc@hotmail.com

P&C March General Meeting

The P&C March General Meeting will be on <u>Tuesday</u>, <u>23rd March</u>, we will have this meeting in a Virtual environment. P&C will email the invitations to registered parents prior to the meeting with the Agenda for your info. We look forward to see you there, virtually with the webcam on!

P&C General Meetings for 2021 format:

After a year of COVID-19 and remote General Meetings in 2020, we are ready to embrace the new normal! During 2020, the P&C Exec committee learnt a lot about our parents and trialed Virtual meetings. We understand there are groups of parents who prefer in-school physical meetings and there are parents prefer virtual meetings.

In order to be inclusive to all parents the P&C committee have decided to run alternate month of General Meetings in Virtual and Physical format. Please refer to the following schedule for your information.



15 March 2021

P&C General Meeting 2021 schedule

March 23rd – P&C General Meeting @ 7:30pm – Virtual

April 27th – P&C General Meeting @ 7:30pm – Physical (school library)

May 25th - P&C General Meeting @ 7:30pm - Virtual

June 22nd – P&C General Meeting @ 7:30pm – **Physical (school library)**

July 27th – P&C General Meeting @ 7:30pm – Virtual

August 24th – P&C General Meeting @ 7:30pm – Physical (school library)

Sept 14th – P&C General Meeting @ 7:30pm – Virtual

Oct 26th – P&C General Meeting @ 7:30pm – Physical (school library)

Nov 23rd - P&C General Meeting @ 7:30pm - Virtual

Raymund Wong P&C President

AAA Week Photos





World's Greatest Shave

Last Friday, Baulko's SRC held the annual World's Greatest Shave event. This year the event was yet again a huge success, and the participation and support from the school community was tremendous. So many fantastic students volunteered to sacrifice their hair to raise awareness and funds (over \$21,000) which will go directly to the Leukaemia Foundation in support of research and families affected by blood cancer. There was also hairspraying available at recess and lunch for students who made a gold coin donation. We would especially like to give a huge thank you to the hairdressers who continue to volunteer their time each year to help: Mr Pinks Barber Shop and Boyz II Men Barber Co. Without their support this shave would not have been possible. Also, a huge thank you to the Year 9 SRC who worked tirelessly to organise the event.

Baulko 2021 shavers and our volunteer hairdressers





Before the Shave







Our Year 12 role models! Photographed from top left are Steve, Vahin, Vasu, Aryan, Aidan and Girish.





Multicultural Day Photos





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/Mf2OsMfFKSs

Further information can be found at the following link: https://unsw-my.sharepoint.com/:b:/g/personal/z3450507 ad unsw edu au/EXJg-4N4kJFCgFbiwyOOCgsBSW7b3mvnzJPAWXD7mt77zw?e=2raeeL

Similarly, if you have any further questions, please contact me on <u>Terryanne.fletcher1@det.nsw.edu.au</u>. I have also included the parent information pamphlet, which follows this, for more information.

Kindest regards,

Ms Terryanne Fletcher Head Teacher Wellbeing







Wellbeing News:

Tell Them From Me student feedback survey (Term 2, 2021)

I am delighted that this year, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: https://education.nsw.gov.au/student-wellbeing/tell-them-from-me/information-for-parents-and-carers

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6,300 schools in Australia and around the world have used *Tell Them From Me* to survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours in Weeks 1 and 2 of Term 2. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey can be read below. If you <u>do</u> <u>not</u> want your child or children to participate, please return the form to the front office by 29/3/21. Copies of the form and FAQs are available from: https://education.nsw.gov.au/student-wellbeing/tell-them-from-me/information-for-parents-and-carers

The consent form and FAQs are available in 23 languages.

If you have any questions, please do not hesitate to contact me. Your support of this initiative is greatly appreciated!

Kindest Regards,

Ms Terryanne Fletcher
Head Teacher Wellbeing
Terryanne.fletcher1@det.nsw.edu.au



15 March 2021



Tell Them From Me student survey: Information and consent form for parents and carers



Dear Parents and Carers

In Term 2 2021, our school is taking part in the *Tell Them From Me* student survey. The survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help them improve. The survey is completed on-line and is run by an independent research company, **The Learning Bar**, which specialises in school-based surveys.

Staff in schools will <u>not</u> be able to identify individual students from their responses. To ensure confidentiality, participating students will receive a unique username and password. Where fewer than five students respond to a question, the results will be suppressed. The survey typically takes 30 minutes or less to complete and will be administered by the school during normal school hours. Once the surveys are completed by students, reports are prepared and in most cases are available to schools within three business days.

As well as schools getting student feedback, the Department of Education, through the Centre for Education Statistics and Evaluation (CESE), has access to data from across NSW and is running a research project to look at state-wide patterns of student wellbeing, engagement and effective teaching practices. The research is looking at how these things impact on student outcomes, including academic performance. Individual students will <u>not</u> be identified in any CESE publications, and all information will be handled in accordance with the relevant privacy legislation. Students' personal information will not be disclosed by the department to any other person or body other than as required by law.

This research will help schools in New South Wales to etter understand how to improve student wellbeing and engagement. It will also help teachers and principals discuss what works to improve student outcomes.

Participating in the survey is entirely voluntary. Your child will not take part if either you or your child do not wish. If, during the survey, your child is uncomfortable, he/she can choose to stop the survey at any time. The majority of questions in the survey can be skipped.

If you <u>do not want</u> your child to take part in the survey, please complete the attached form and return it to the front office by Monday 29th March, 2021.

More information about the survey and the research is available in English on the CESE website: https://education.nsw.gov.au/student-wellbeing/tell-them-from-me/information-for-parents-and-carers

Terryanne Fletcher Head Teacher Wellbeing Baulkham Hills High School Dr Jenny Donovan
Executive Director
Centre for Education Statistics and Evaluation

CENTRE FOR EDUCATION STATISTICS AND EVALUATION

E cese@det.nsw.edu.au www.cese.nsw.gov.au



Tell Them From Me Student Feedback Survey non-consent form

If you <u>do not want</u> your child to participate in the student feedback survey, please sign this form and return it to the front office by Monday 29th March 2021.

I DO NOT give consent for my child/children to participate in the *Tell Them From Me* student feedback survey.

Name of student 1	Roll class of student 1
Name of student 2	Roll class of student 2
Name of student 3	Roll class of student 3
Name of student 4	Roll class of student 4
Name of parent/carer	
Signature of parent/carer	
Date	



E cese@det.nsw.edu.au

www.cese.nsw.gov.au



RECREATIONAL SPORT COSTS Term 2 & 3 - 2021

(T2 - 9 weeks + T3 - 9 weeks) for Years 8-11

Venue Sport (no of students allowed) Cost						
Anytime Fitness	GYM 24	\$144				
Old Northern Road Baulkham Hills The Edge Castle Hill Rock Climbing	ROCK CLIMBING 24	\$270				
Peak Pursuits Castle Hill	CREATIVE CLIMBING CENTRE 55	\$270				
Fred Caterson Tennis Castle Hill	TENNIS 55	\$235				
Hills Stadium Fred Caterson, Caste Hill	BASKETBALL 55 (25/8 centre unavailable – no payment for this week)	\$170				
AUSTRALIAN TABLE TENNIS ACADEMY Annangrove Road Annangrove	TABLE TENNIS 55 Price includes x1 bat (paddle)	\$240				
THE CENTRE Dural	FUTSAL 55	\$235				
Baulkham Hills Indoor Sports Hills Street Baulkham Hills	SQUASH 24	\$144				
School – TLC	YOGA 20	\$10				
School – B1	CHESS CLUB 30	FREE				
School – DRAMA ROOM	THEATRE SPORTS 15	FREE				
Baulkham Hills Area	WALKING (unlimited)	FREE				
TORRY BURN RESERVE	RUN FIT (Ms Hardy) 20 BRAND NEW SPORT IN 2021	FREE				

Your Recreational Sport selection can only be made online at https://www.schoolinterviews.com.au/

The code for Term 2&3 is: vm54n. The site will be open for use Wednesday 31st March at 7:30pm and close Thursday 1st April at 7:30pm. Site may also close early if bookings are completed.

After you have made your selection payments are made online at: https://baulkham-h.schools.nsw.gov.au/ and must be received by Friday 23rd April (no student registration number or invoice number is needed for online payments. (Select the item 'sport' as the payment type). Numbers are limited in all sports. This is due to venue restrictions, availability of instructors & bus limitations. Only online registration will get you a place in your chosen sport. Payments made without online registration will not give you a place in that sport. All students doing walking will meet in the shed on Wednesday 21st April at the end of lunch to allocate teachers. Please still register online for walking to help us with understanding our numbers.

There are a lot of rec sport fees in Term 1 that remain unpaid.

Please pay as they are overdue. If you are not sure check at the Office for outstanding payments.



Career News

Careers News - Create Your Career Google Site

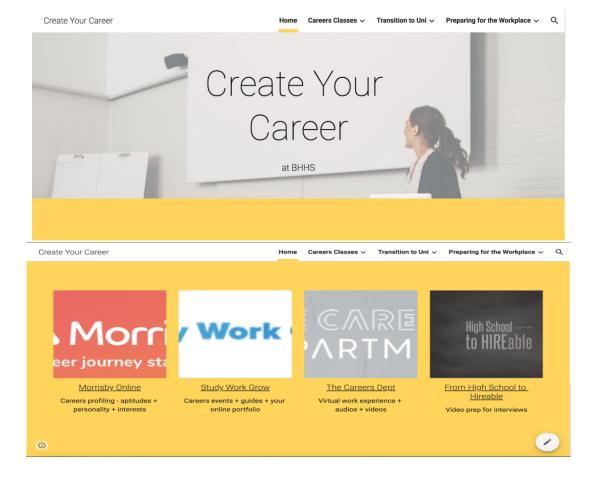
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: https://myfuture.edu.au/assist-your-child

From the homepage, students can access all their <u>subscription resources</u>:

- 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)

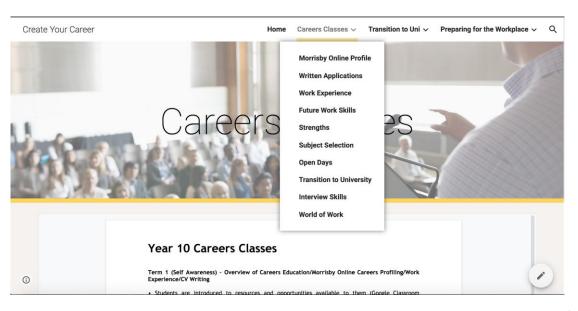
As well as content on <u>Careers Classes</u>, <u>Transition to Uni and the Workforce</u>, students have easy access to <u>useful tools</u>:

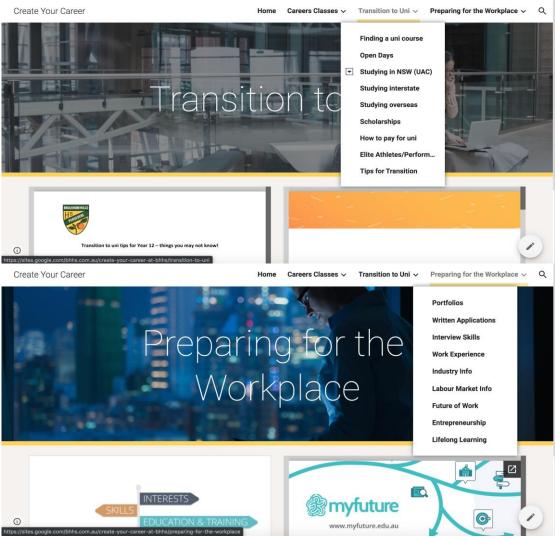
- Book a Careers appointment spreadsheet
- Careers Checklists
- Uni speakers at BHHS
- Year 12 Deadlines





15 March 2021









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.



Read <u>career articles</u> 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 <u>teachers and career practitioners</u>

Begin the conversation about the world of work as a <u>parent or carer</u>

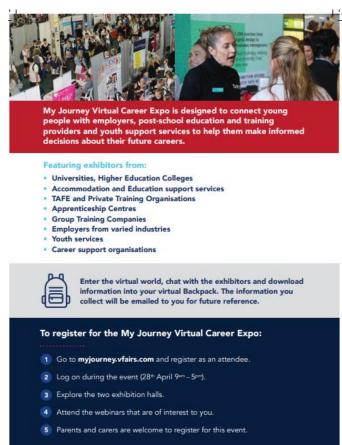
myfuture also offers targeted resources and professional development opportunities for those who support or influence career choices, such as teachers, career practitioners, parents and carers.

Explore the recent updates: https://bit.ly/myfuture20



15 March 2021





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



Issue #8

15 March 2021

(Check out our New Canteen)



HEALTHY GOURMET CANTEENS AUSTRALIA		ROAST DISHES		GOURMET BURGERS		SNACKS	
		ROAST CHICKEN WITH BAKED VEGGIE & GRAVY	\$6.00	PORTUGUESE BURGER FRESHLY MADE PORTUGUESE	\$5.50	CARROT STICKS WITH HOMMUS CELERY STICKS	\$4.00 \$4.00
		ROAST BEEF WITH BAKED VEGGIE & GRAY	\$6.00	CHICKEN, LETTUCE & SAUCE BEEF BURGER	\$5.50	CUCUMBER STICKS	\$4.00
HOT DISH	IES	ROAST CHICKEN & GRAVY ROLL	\$5.50	FISH BURGER	\$5.50	WITH HOMMUS MARINATED GARLIC KING	\$3.50
CHICKEN CURRY	\$5.50	ROAST BEEF & GRAVY	\$5.50	STEAK SANDWICH WITH LETUCE, ONION, BEETROOT &	\$5.00	PRAWN STICKS	
	\$5.50	ROLL	****	SAUCE		KAFTA STICKS	\$3.50
BEEF CURRY CHICKEN & CREAMY	\$5.50	CHICKEN NIBBLES WITH SALAD	\$5.50			MARINATED CHICKEN KEBAB STICKS	\$3.50
MUSHROOM SAUCE		11	-		Service .	At	
SPAGHETTI BOLO- GNAISE	\$5.50	ROLLS &		SALADS		DIPS	
LASAGNE BEEF OR VEGGIE	\$5.50	WRAPS				ASSORTED DIPS & TURKISH BREAD	\$5.50
VEGGIE CURRY &	\$5.50			GREEK	\$5.00	HOMMUS DIP & TURKISH	\$4.00
RICE	\$5.00	KOFTA WRAP KOFTA BEEF, TABOULI, HOMMUS	\$5.50	GARDEN CHICKEN CAESAR	\$5.00 \$5.50	BREAD	
FRIED RICE	\$4.00	BBO CHICKEN WRAP	\$5.50	PUMPKIN	\$5.00		
OVEN BAKED WEDGES	\$3.80	BBQ CHICKEN , TABOULI, HOMMUS WITH PICKLES & GARLIC SAUCE		POTATO & EGG	\$4.50	DRINKS	
WITH SWEET CHILLI SAUCE & SOUR CREAM	\$4.00	FALAFEL WRAP FALAFEL, HOMMUS, TABOULI & PICKLES	\$5.50	TABOULI & LENTILS	\$5.00	WATER 600ML WATER	\$2.50
LEAN SAUSAGE ROLLS		CHICKEN ROLL	*****	COUS COUS SALAD	\$5.00	1L WATER	\$4.00
	\$5.50	CHICKEN, LETTUCE & MAYO	\$5.50	THAI NOODLE SALAD	\$5.50		
LEAN BEEF PIE	\$7.00	FISH ROLL FISH, LETTUCE & MAYO	\$5.50	ROCKET & PULLED BEEF WITH YOUGURT-SAUCE	\$5.50	FLAVOURED MILKS	
MONGOLIAN BEEF	\$5.00	CHICKEN AIOLI WRAP CHICKEN, LETTUCE & AIOLI	\$5.50	BEETROOT & ROCKET	\$5.00	300ML CHOCOLATE, STRAWBERRY	\$2.50
NACHOS		SWEET CHICKEN WRAP	\$5.50			FRESHLY SQUEEZED JUICE SEASONAL FRUIT & VEGETABLE	\$4.50





There are now increased penalties and demerit points associated with all offences in School Zones.



bouble parking	\$345 & 2 deliterit politis
Stop on path or nature strip	\$349 & 2 demerit points
Stop on / near marked pedestrian/children's crossing	\$464 & 2 demerit points
Approach children's crossing too quickly to stop safely	\$581 & 4 demerit points
Illegal U turns	\$464 & 4 demerit points
Stop across driveway	\$349 & 2 demerit points
Drive using a hand held mobile phone	\$464 & 5 demerit points
Parallel park close to (within 3 metres) double centre line	\$349 & 2 demerit points

FINES CURRENT AS OF JULY 2020
For a complete list of school zones offences visit www.rms.nsw.gov.au

3 Columbia Court, Baulaham Hills NSW 2153 PO Bas 7064, Baulaham Hills 9C 2153 Phone 02 9843 0555 Email council@mehills.now.gov.au **HILLS**

Sport News – Sport Google Classroom

If you have represented in a specific sport or at any carnival you can register this using the google form provided. The link to this form is available on the **SPORT GOOGLE CLASSROOM** page.

This is for all specific sporting representations & carnivals, Hills Zone & beyond. This form is not for grade sport, knockout sport or school carnival representations.

If you do not register your sporting representation using this google form process you will not receive any type of award. There will be deadlines at various times throughout the year when year groups recognition ceremonies are being prepared. These deadlines will be announced publicly as they arise.

Mr Filewood, Sport Organiser



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

- fatique
- 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 <u>self-isolate</u> for 14 days.

You should prevent the spread of viruses, by keeping your <u>hands clean</u>, not touching your face and <u>keeping your distance</u> from other people.

