

Baulkham Hills High Newsletter

www.baulkhamhillshighschool.com.au



Yr 12 Breakfast

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

From the principal's desk:

Welcome back to Term 2 2021 at Baulkham Hills High School.

The school welcomes Mr Kieran Fisher as the newly appointed Head Teacher - PDHPE. Mrs Sara Yassa, an experienced teacher who has relieved as head teacher for many years, has been successful in the merit selection process for the position of Head Teacher - History. Congratulations to both of these staff.

Our Term 2 **School Development Day** was held on Monday 19 April. Professional learning for staff on this day included BHHS Strategic Improvement Plan (SIP) and Self-Assessment Surveys, Literacy Workshops and Faculty Planning. The completed SIP can be viewed on the school website at <https://baulkham-h.schools.nsw.gov.au/about-our-school/school-planning-and-reporting.html>

A reminder to check both the calendar and website for regular updates on all "things" happening at BHHS. This Friday we will pause to remember **ANZAC Day**, prior to the official public holiday this Sunday.

Cont. P2

20 April 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 2

Week 1
Monday 19 April - Staff Development Day (Pupil Free Day)
Tuesday, 20 April Students commence Y11/12 Assessments 20/4 to 23/4 incl. Y9 History Oral Task in class 20/4 to 29/4 incl. (Kite)
Wednesday, 21 April
Thursday, 22 April Y7 and Peer Support Leaders P6 (Iaconis)
Friday 23 April Prefect run Anzac Day Ceremony P7&8 (Kite)
Sunday 25 April ANZAC Day Dawn Service (Cadets)
Week 2
Monday, 26 April Y11 Assessments Y8-11 Shakespeare Carnival Rehearsal & Performance P1-8 Y9 History Oral Task in class 20/4 to 29/4 incl. (Kite) Y8 Check-in Assessment (Greenlees)
Tuesday, 27 April P&C General Meeting 7.30pm
Wednesday, 28 April
Thursday, 29 April Y12 Camp 29/4 to 30/4 incl.
Friday 30 April Y10 Minimum Standards Testing P1-6 (Simmons) Y10.5 Food Tech Practical Exam P7&8 (Payne)
Week 3
Monday, 3 May Y7 and Peer Support Leaders session P6 (Iaconis) Y8 Visual Arts Exam in class 3/5 to 7/5 incl. (Pugliano) Yr 11 & 12 Korean excursion – Korean Hana Centre (Jin)
Tuesday, 4 May Yr 8 Future Proofing Study. Pds 3-6 (Fletcher) Yr 10, 11 & 12 ACU Physio practical demo – lunchtime (Hardy)
Wednesday, 5 May Yr 9-10 Mural Art Club. Every Wednesday after school (Pugliano) Yr 8-11 Dance Ensemble Rehearsal every Wednesday after school Yrs 7-12 Hillzone Cross Country. Pds 1-8 (Filewood)
Thursday, 6 May APSMO Maths Competition in class (Hoang)
Friday 7 May Cadets Night Owl Cadet Camp 7/5-9/5 incl Yrs 7-12 Sydney West Table Tennis
Week 4
Monday 10 May Yr 9 Commerce excursion – Police & Justice Museum & NSW Parliament (Mogoko) Yr 9&10 Mural for a Day (Pugliano)l.
Tuesday 11 May NAPLAN Day 1 P&C Exec Committee meeting 7.30pm Yr 10, 11 & 12 Macqu lunch talk (Hardy)
Wednesday 12 May NAPLAN Day 2
Thursday, 13 May NAPLAN Day 3)
Friday 14 May NAPLAN Day 4 Catch up day Yr 7 & PSL Peer Support Session Pd 8 (Iaconis))

The school captains, P & C representative Mr Shasidharan and myself will represent the school at the Castle Hill & District RSL sub-Branch ANZAC Dawn Service at Bella Vista Farm.

Congratulations to Munira Ahmed (Year 11) who has been announced as one of this year's **Sydney Hills Youth Ambassadors**. The ambassadors play an important role in representing young people in the Hills Shire. Further details can be read at

<https://www.thehills.nsw.gov.au/News-and-Publications/Hills-Shire-Youth-Ambassadors-announced>

BHHS annually collects information from students and the community via the **Tell Them From Me Survey**. This survey is an important tool that provides information as to what is working well, and what areas may need further development across a range of areas of the school. Students will complete this survey over the next two weeks.

The latest **COVID-19 advice** for families from the Department of Education is available at

<https://education.nsw.gov.au/covid-19/advice-for-families> .

Whilst there is a further easing of restrictions, students are still strongly encouraged to adhere to safe hygiene protocols to minimise possible infection.

Wayne Humphreys
Principal

Baulko News

Uniform Shop Update

The P&C Uniform Shop has relocated to a new location in the new shed near the back gate to Carver Crescent. Besides the P&C and Uniform Shop staff, we had a lot of parents who helped with the move. I would like to extend special thanks to:

Jane Hou & husband, Vonny Suyono, Louise Liu, Carol, Belinda, Ying Jian, Avneet, Ravi, Suresh, Max and Hong for their efforts and hard work to get this completed.

I would also like to thank Mr Humphreys for his work in the past 2 years in getting the shed completed with a good modern uniform shop ready to serve the community.

Raymund Wong
P&C President

2021 National Assessment Program Literacy and Numeracy (NAPLAN)

Tuesday 11 May to Friday 14 May will see students from Years 7 and 9 across Australia take part in the testing for the National Assessment Program – Literacy and Numeracy.

The NAPLAN test is another way of finding out what students can and cannot do, so that future programs can help them. It should be noted that there is no pass/fail mark in the tests, the NAPLAN tests is purely an indication of what an individual student can do.

As the test is marked mainly by computer the test must be completed using a pencil and an eraser, under no circumstances should a student use pens or liquid paper. We advise students to bring to the exam:

- at least two sharpened 2B pencils, not mechanical pencils such as *Pacers*
- a pencil sharpener, with something to collect the shavings in
- an eraser
- a calculator for the Numeracy Test
- some quiet activity to go on with if they should finish early, all other equipment for the test will be supplied.

The program of events for NAPLAN is as follows:

Tuesday 11 May

Year 7	Year 9
Roll Call: Students attend Roll Call as usual	Roll Call to 11:06 a.m.: Students attend Roll Call to Period 3 as usual
Conclusion of Roll Call: Students to proceed to the Houlston Centre	Conclusion of Period 3: Students to proceed to the Houlston Centre
9:00 a.m. to 9:50 a.m.: Language Conventions Test	11:15 a.m. to 12:05 p.m.: Language Conventions Test
9:50 a.m. to 10:10 a.m.: Break	12:05 p.m. to 12:25 p.m.: Break
10:10 a.m. to 10:55 a.m.: Writing Test	12:25 p.m. to 1:10 p.m.: Writing Test
10:55 a.m. to 11:06 a.m.: Recess	Periods 7 to 8: Students attend normal lessons
Periods 4 to 8: Students attend normal lessons	

Wednesday 12 May

Year 7	Year 9
Roll Call: Students attend Roll Call as usual	Roll Call to 10:14 a.m.: Students attend Roll Call to Period 2 as usual
Conclusion of Roll Call: Students to proceed to the Houlston Centre	Conclusion of Recess: Students to proceed to the Houlston Centre
8:49 a.m. to 9:59 a.m.: Reading Test	10:18 a.m. to 11:28 a.m.: Reading Test
Periods 3 to 8: Students attend normal lessons	Periods 5 to 8: Students attend normal lessons

Thursday 13 May

Year 7	Year 9
Roll Call: Students attend Roll Call as usual	Roll Call to 10:26 a.m.: Students attend Roll Call to Period 2 as usual
Conclusion of Roll Call: Students to proceed to the Houlston Centre	Conclusion of Recess: Students to proceed to the Houlston Centre
8:55 a.m. to 10:05 a.m.: Numeracy Test	10:35 a.m. to 11:45 a.m.: Numeracy Test
Periods 3 to 8: Students attend normal lessons	Periods 5 to 8: Students attend normal lessons

During the breaks students may go to the canteen or the toilet, otherwise they are to remain in the COLA area next to the canteen or on the grassed area next to the Houlston Centre.

Friday 14 May

Friday is a catch up day for any student who was absent for **one** of the previous three days.

Students who have to catch up an exam should make their way to the Houlston Centre **at the start of Period 1** where the organisation of the day will be explained to them.

NOTE: Students who were absent for **more than one** of the previous three days will **NOT** be required to sit a catch up exam.

NAPLAN on paper – information for parents and carers

2021

Your child will do the NAPLAN tests on paper

Federal, state and territory education ministers agreed that all schools will gradually transition from the current paper-based NAPLAN to NAPLAN Online in order to provide a better and more precise assessment that is more engaging for students.

State and territory education authorities will determine when their schools move online. The current plan is for all schools to transition to NAPLAN Online by 2022.

Why do students do NAPLAN?

The National Assessment Program – Literacy and Numeracy (NAPLAN) assesses literacy and numeracy skills that are essential for every child to progress through school and life.

Students in Years 3, 5, 7 and 9 participate in the annual NAPLAN tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy.

The assessment provides parents and schools with an understanding of how individual students are performing at the time of the tests. NAPLAN is just one aspect of a school's assessment and reporting process – it does not replace ongoing assessments made by teachers about student performance.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working and whether young Australians are achieving important educational outcomes in literacy and numeracy.

What does NAPLAN assess?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum. All government and non-government education authorities have contributed to the development of NAPLAN materials.

Students are assessed on the same literacy and numeracy curriculum content, regardless of whether they complete the tests online or on paper. Results for both formats can be reported on the same NAPLAN assessment scale.

What can I do to support my child?

On its own, NAPLAN is not a test that can be studied for and students are not expected to do so.

You can support your child by reassuring them that NAPLAN is just one part of their school program, and by reminding them on the day to simply do their best.

ACARA does not recommend excessive preparation for NAPLAN or the use of services by coaching providers.

Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance.

See examples of NAPLAN questions at nap.edu.au/naplan

Participation in NAPLAN

All students in Years 3, 5, 7 and 9 are expected to participate in the annual NAPLAN assessment. Students with disability may qualify for adjustments that reflect the support normally provided for classroom assessments. You should discuss the use of any adjustments for your child with your child's teacher.

A student with a disability that severely limits their capacity to participate in the assessment, or a student who has recently arrived in Australia and has a non-English speaking background, may be granted a formal exemption.

Your school principal and your local test administration authority can give you more information on special provisions or the process required to gain a formal exemption.

What if my child is absent from school on NAPLAN days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the testing week.

How is my child's performance reported?

Individual student performance is shown on a national achievement scale for each assessment. A result at the national minimum standard indicates that the student has demonstrated the basic literacy and numeracy skills needed to participate fully in that year level.

A NAPLAN individual student report will be issued by your child's school later in the year. If you do not receive a report, you should contact your child's school.

NAPLAN timetable

The NAPLAN assessment window starts on Tuesday 11 May and finishes on Thursday 13 May 2021.

The paper test scheduling requirements are detailed in the table below.

How are NAPLAN results used?

- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to better identify students who would benefit from greater challenges or extra support.
- Schools use results to identify strengths and areas to improve in teaching programs, and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- The community can see average school NAPLAN results at myschool.edu.au

Where can I get more information?

For more information about NAPLAN:

- contact your child's school
- contact your local test administration authority at nap.edu.au/TAA
- visit nap.edu.au

To learn how ACARA handles personal information for NAPLAN, visit nap.edu.au/naplan/privacy

Paper test	Tuesday 11 May	Wednesday 12 May	Thursday 13 May
Language conventions This test assesses spelling, grammar and punctuation	Year 3: 45 min. Year 5: 45 min. Year 7: 45 min. Year 9: 45 min.		
Writing Students are provided with a 'writing stimulus' (sometimes called a 'prompt' – an idea or topic) and asked to write a response in a particular genre (narrative or persuasive writing)	Year 3: 40 min. Year 5: 40 min. Year 7: 40 min. Year 9: 40 min.		
Reading Students read a range of informative, imaginative and persuasive texts and answer related questions		Year 3: 45 min. Year 5: 50 min. Year 7: 65 min. Year 9: 65 min.	
Numeracy This test assesses number and algebra, measurement and geometry, and statistics and probability			Year 3: 45 min. Year 5: 50 min. Year 7: 65 min. Year 9: 65 min.

Minimum Standards Testing – Yr 10 and 11



2021 HSC and after

To show they meet the standard, students need to:

- Achieve Level 3 or 4 in the online reading test and
- Achieve Level 3 or 4 in the online writing test and
- Achieve Level 3 or 4 in the online numeracy test.

There are three 45 minute online tests:

- an adaptive, multiple choice reading test
- an adaptive, multiple choice numeracy test
- a test for writing based on a written or visual prompt

The online tests will be administered by schools under supervision, using a lockdown browser.

Yr 10 will attempt their tasks on the 30th April in the Houlston Centre P 1-6

Yr 11 will attempt their tasks on the 18th May in the Houlston Centre P 1-6

Only students who meet the HSC minimum standard will receive a Higher School Certificate testamur.

- Laptops need to be fully charged and functional for the test.
- Further student instructions will be given at school. Please ensure that they are completed to enable students to complete the task on the day.

with thanks for your help

L. Greenlees
Rel. DP

Check-in assessment for Year 8

Dear parents and carers,

Year 8 students will participate in a reading and numeracy check-in assessment.

The check-in assessment is a NSW Department of Education online reading and numeracy assessment available to support schools to assess and monitor Year 8 student learning following the period of learning from home last year.

The check-in assessments can supplement existing school practices to identify how students are performing in literacy and numeracy and to help teachers tailor their teaching more specifically to student needs.

The assessment will be scheduled for our Year 8 students during Term 2 Week 2 (Monday 26th April P1-4)

Students with disability may receive the same level of support during the assessment that they would normally receive in the classroom.

Students will be asked to bring headphones or earbuds that plug into a computer to enable them to hear audio during the assessment. Earbuds used for mobile phones or other portable devices may be suitable for use during the assessment.

Students need to test their device prior to Monday 26th April by visiting

<https://valid.nsw.edu.au/pages/diagnostics>

and seek support from IT at school if it is needed.

With thanks

L. Greenlees
Rel DP

Wellbeing News

Welcome back Year 12 & Good Luck Year 11!

I hope all our students had a restful and enjoyable break! We welcome them back eagerly and look forward to a positive Term 2!

A special welcome back to Year 12, who completed their second round of exams at the end of Term 1. We know that all students performed to their best and managed a very stressful week of exams! As a reminder that the Wellbeing Team was thinking of them and supporting them – we threw Year 12 a special breakfast after their English exam. The students seemed to enjoy taking a much needed break, eating some comfort food and chatting with friends.

We encourage Year 12 to make use of the feedback they will receive when their exam results are returned this term. Rather than dwelling on any disappointment or perceived 'failures', we encourage students to reframe their thinking and ask themselves:

1. What did I do well in these exams?
2. What could I have done better?
3. What will I do now to improve upon my results in the next assessment?
4. How can I better take care of myself so I am better prepared for stressful situations?

Similarly, we encourage parents to be gentle in discussing any results with students, and remember that results do not define people, they are simply a snapshot of one moment in time. Rather than focusing on the result itself, we encourage parents to focus on the process and supporting students to continue refining their habits and processes.

As Year 11 enter their half yearly examination period, we wish them the best of luck! Similarly, we remind Year 11 to take care of themselves and to ensure they are balancing their studies with adequate self-care. It is important for students to have breaks and allocated down time every single day, so that their mental and emotional wellbeing is not strained during this stressful period of time. Students are reminded that adequate sleep is also crucial for memory retention and general wellbeing, and so we encourage students to ensure they retain balance and healthy habits during their assessment period.

As always, we remind all students that if they feel like they need some support or someone to talk to, please approach a Year Adviser, Counsellor or myself. The

20 April 2021

Wellbeing Team is passionate about supporting the wellbeing of students and we look forward to doing so once again this term!

Ms Terryanne Fletcher

Head Teacher Wellbeing

Terryanne.fletcher1@det.nsw.edu.au



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>

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 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



Year 8 Geography Landscapes and Landforms Excursion

Wattamolla Royal National Park – 29 March



20 April 2021







Band News

Band Camp

The band camp will be held from **30th April to 2nd May** at **Crusaders Galston Gorge at Galston**.

All Junior, Intermediate and Strings ensemble band members are invited to attend the band camp. Permission slips will be sent out soon via email and google classroom. The cost for the band camp is \$275. More details will be given in the permission slips. The last date to submit the permission slips is **2nd of April 2021**.

We urgently need parent helpers to help out with the band camp and interested parents can please reach out to bhhsbandcom@gmail.com

Reminder: please return permission note and provide payment ASAP so we can finalise the numbers.

PART TIME BAND ADMIN ROLE

The Baulkham Hills High School band program has a position vacant for a band administrator. The role is salaried, averaging 10 hours work per week as there are very busy times at the start and end of the school year and less work during latter part of Terms 2 and 3. Great flexibility working from home. Must have own computer. Excellent communication and organisational skills required.

Role involves:

- Responding to email enquiries in a timely manner
- organising band camps and registering events as required
- Liaising with band committee and Conductors
- maintaining accurate band rolls
- maintaining accurate contact data base
- attending band meetings (usually once per term)
- scheduling audition days

Musical knowledge is not essential.

Applications and CV to be emailed to The Band Administrator bhhsbandcom@gmail.com.

Applications close 7th June,2021. Start date 12th July

Thank you,
Band Committee

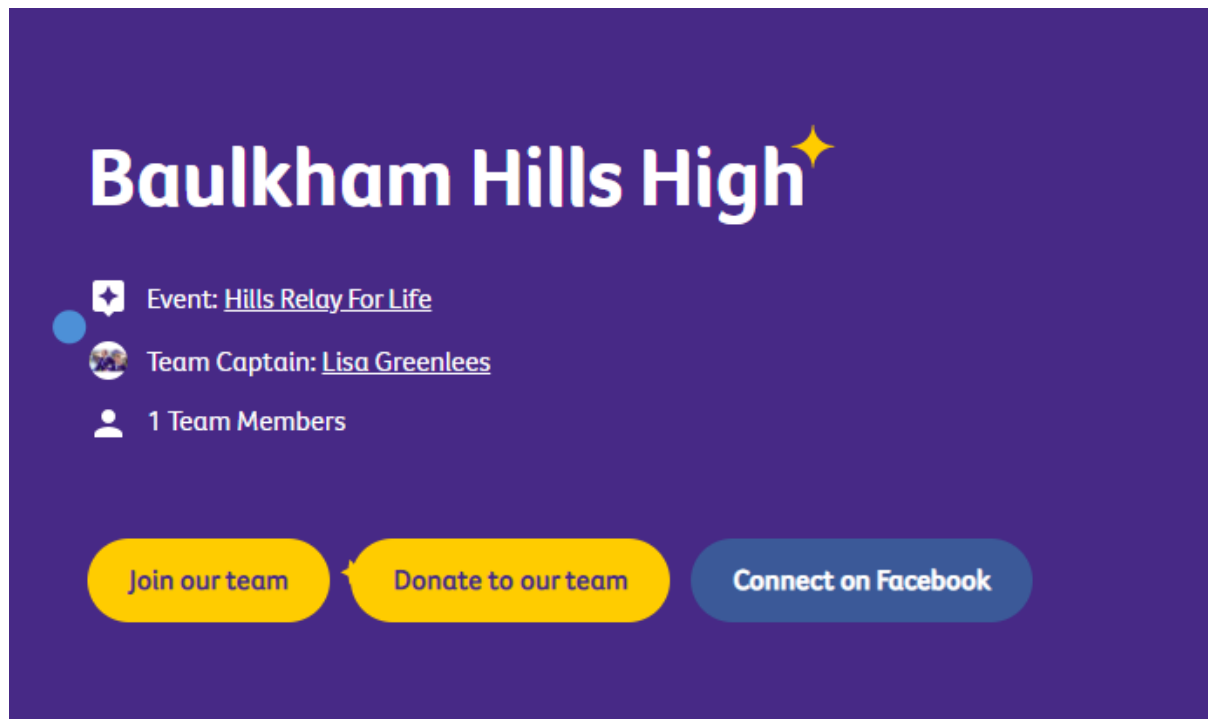


Relay for Life

May 15th 3-8 pm

Register for the event and join our school team

<https://www.cancercouncil.org.au/relayforlife/teams/ei00213415/>



Classroom code : bj4b313

Permission note and more information about the event is here. If you cannot go then you can still be part of the team by registering help organise events that will happen at school.



Careers News

Careers News – Create Your Career Google Site

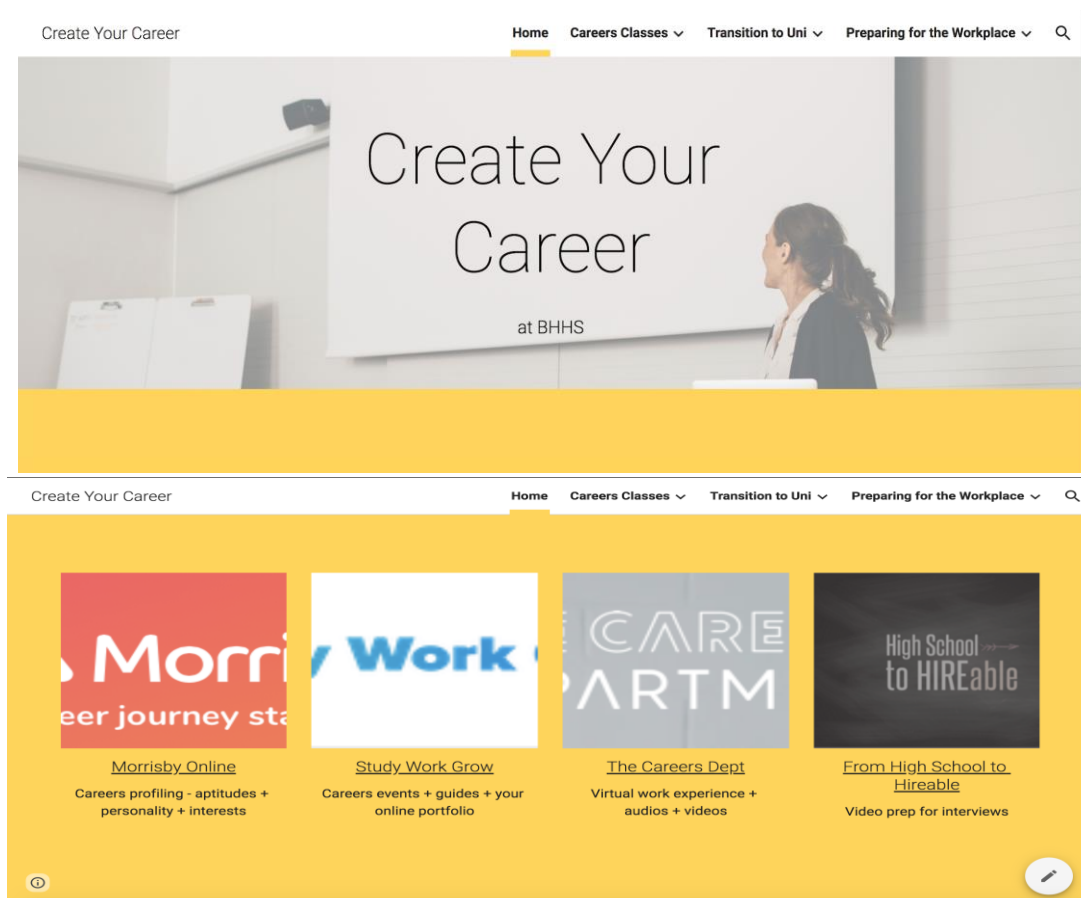
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

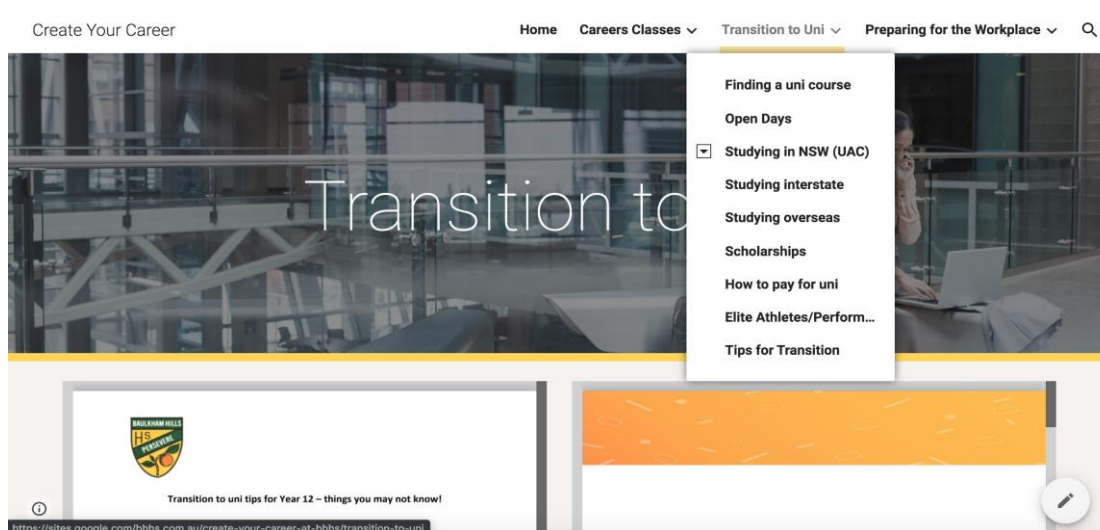
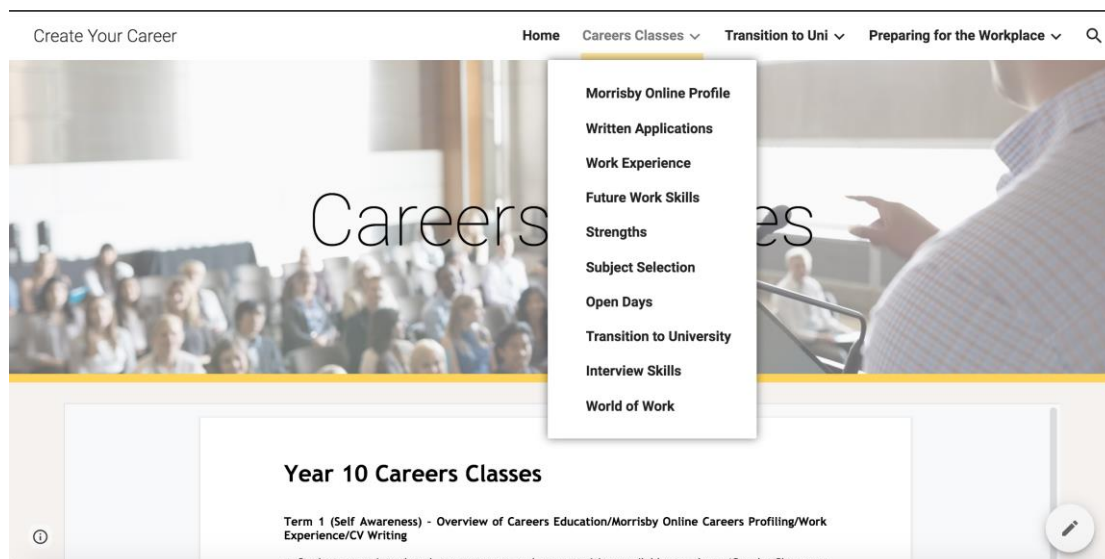
From the homepage, students can access all their subscription resources:

- 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>

20 April 2021

State-wide Career Expo



My Journey

Virtual Career Expo
28th April 2021 9^{am} - 5^{pm}

Sponsored by  Presented by  **careerlinks** young people, bright futures 

myjourney.vfairs.com



My Journey Virtual Career Expo is designed to connect young people with employers, post-school education and training providers and youth support services to help them make informed decisions about their future careers.

Featuring exhibitors from:

- Universities, Higher Education Colleges
- Accommodation and Education support services
- TAFE and Private Training Organisations
- Apprenticeship Centres
- Group Training Companies
- Employers from varied industries
- Youth services
- Career support organisations



Enter the virtual world, chat with the exhibitors and download information into your virtual Backpack. The information you collect will be emailed to you for future reference.

To register for the My Journey Virtual Career Expo:

- 1 Go to myjourney.vfairs.com and register as an attendee.
- 2 Log on during the event (28th April 9^{am} – 5^{pm}).
- 3 Explore the two exhibition halls.
- 4 Attend the webinars that are of interest to you.
- 5 Parents and carers are welcome to register for this event.

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.

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

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.