

Baulkham Hills High Newsletter

www.baulkhamhillshighschool.com.au



Food Tech Semester 1

In this issue:

From the Principal's Desk

Baulko News - Featherdale Wildlife Park

Relay for Life Update

Public Speaking Successes

Food Technology – Semester 1

P&C News

BHHS NAIDOC Art Competition

Wellbeing News

Competitions

Careers News

School Zone Parking Rules

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

From the principal's desk:

On behalf of the students, staff and community of BHHS, I would like to thank Mrs Greenlees and Mr Egan who have skilfully, proficiently and dedicatedly supported our staff, students and our community in their roles this year. They will both conclude their respective roles as Relieving Deputy Principal and Relieving Head Teacher – Teaching and Learning (HT – T & L) at the end of this term. The school will have a new, permanent Deputy Principal commencing the first day of Term 3. Mrs Greenlees will return to the role of HT T & L. The school says farewell to Mrs Reid in the History Faculty. Mrs Reid has been supporting our students in a long-term temporary position, which will be filled by a permanent staff member next term. Thank you to Mrs Reid for her work in supporting our students.

Over the last week, COVID-19 issues have again become more prevalent in parts of the Greater Sydney area. Please use this as an opportunity to **reinforce with your student the need to always employ safe hygiene practices.**

22 June 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 10
Monday 21 June Yr 11/12 Assessments 21 to 25 June incl Yr 11 Buffer Week 21 to 25 June incl Yr 8 French Crepe Making incursion 8H Pds 3&4 8O Pds 5&6 (Andrawis) Yr 9 PASS – squash, Pds 1&2 (Cardiff/Tran)
Tuesday 22 June P&C General Meeting 7.30pm Yr 8 Future Proofing Study Pds 3-5 (Fletcher) Yr 9 PASS – squash, Pds 3&4 (Cardiff/Tran)
Wednesday 23 June Yr 9-10 Mural Art Club. Every Wednesday after school (Pugliano) Yr 8-11 Dance Ensemble rehearsal. Every Wed after school
Thursday, 24 June Yr 10 Vaccinations Pds 1-6 (Fletcher) Yr 7 Vaccinations Pds 1-8 (Fletcher) Yrs 7-10 + Support Dance Ensemble –Eisteddfod Pds 1-8 (Pugliano) Choir Rehearsals 7.30 to 8.30am (Li)
Friday 25 June Yr 10 Reports Issued Yr 11 & 12 Quad Schools – Penrith and James Ruse. Pds 1-8 (Fisher)
Week 1 TERM 3
Monday 12 July – School Development Day
Tuesday 13 July – Students Return Yr 11/12 Assessments – 13 to 16 July incl Yr 8 Depth Study test (in class) Pds 1-8 (Trkulja/Blunden)
Wednesday 14 July Yr 9-10 Mural Art Club – every Wed after school (Pugliano) Yr 8-11 Dance Ensemble rehearsal – every Wed after school
Thursday, 15 July
Friday 16 July Y7 and Support Reports Issued All Cadets mid-year dinner dance – after school TLC (Iaconis)
Week 2 TERM 3
Monday 19 July Yr 12 Buffer week – 19 to 23 July Incl
Tuesday 20 July – Students Return Yr 10 & 12 HSC Geography to Taronga Zoo. All Day (Filewood) Yr 12 & 10 HSC Music2 and Extension assessment (Kim)
Wednesday 21 July O/C Testing – 8am to 1pm Yr 9 Food Tech prac exam - in class. Pds 1&2 (Parnell)
Thursday, 22 July Yr 7 & 10 Parent/Teacher interviews Yr 9 Food Tech prac exam - in class. Pds 7&8 (Parnell)
Friday 23 July Yr 8 & 9 Reports Issued Support – Wicked the Musical. All Day (Simpson)
Week 3 TERM 3
Monday 26 July Yr 12 Buffer week – 26 to 29 July Incl Yr 8&9 parent teacher interviews Yr 10 Food Tech prac exam Pds 3&4 (Parnell)
Tuesday 27 July – Students Return P&C General Meeting 7.30pm
Wednesday 28 July Yr 7 & 8 APSMO Maths Competition. In Class (Hoang)
Thursday, 29 July Yr 9 & 10 Miss Peony Theatre Excursion. Pd 6 to 4pm (Egan)
Friday 30 July Yr 12 Assessments – 30 July to 13 August incl

NSW Health has been advised of venues of concern, associated with the confirmed cases of COVID-19, in regional NSW (1 June to 5 June) and in Greater Sydney (13 June to 17 June). Please regularly check the NSW Government COVID-19 news and updates (<https://www.nsw.gov.au/covid-19/latest-news-and-updates?deliveryName=DM147666>) for the venues and locations and adhere to advice where required.

NSW Health has advised that **masks will be mandatory on public transport** until 12.01am Thursday, 1 July 2021 for people in the Sydney and Blue Mountains (excluding the Central Coast, Wollongong and the Illawarra) areas. This includes students aged 12 years and over, and school staff when travelling to and from school, and during school excursions by public transport or by chartered or private transport services. Masks are also strongly encouraged in all public indoor venues, such as retail, theatre, hospitals and aged care facilities. People in these areas are also asked to avoid non-essential visits to aged care and disability facilities, but if visiting, wear a mask and limit visits to two people per day.

I would like to wish everyone a safe and refreshing break from the usual busyness of a school term during the upcoming holidays. School staff will resume on Monday 12 July 2021. Classes resume for all students on Tuesday 13 July 2021.

Wayne Humphreys
Principal

Baulko News

FEATHERDALE WILDLIFE PARK

On Friday, 11 June, the HSC Geography class visited Featherdale Wildlife Park. This provided an excellent local case study for the People & Economic Activity - Tourism topic. The class received expert information & a specialised lesson from their education officer Lauren. This covered all features of the Featherdale business and the economic and geographical challenges faced by Featherdale. The park will provide a contrast to our other case study, Taronga Zoo, which we will visit in the second week of term 3. As always, the class was lucky enough to be introduced to a number of native animals. (pictured). Thanks to Lauren for assisting us with our visit and case study material.



Relay for Life Update

During this term a fantastic group of students have been working behind the scenes to create a memorable and impactful event to contribute to the Hills Relay for Life. This culminated in a bake sale, change of colour that could be worn and hair colouring in support of those living with cancer and their careers. Many of the students spent most of the weekend cooking in preparation for the bake sale which was a great success. The money raised on the day through the different activities has been added to the Baulkham Hills Team.



Thank you to those families that have supported with online donations, it is much appreciated.

James Butler from the Hills Relay Committee presented the school a framed certificate of appreciation and the dedicated student team were honoured with school certificates.

Thanks again to Mrs Robinson for her enthusiasm and help in making this fundraising activity happen.

Mrs Greenlees
Relieving Deputy Principal



Part of our team receiving their certificates (apologies to those that did not get their names read out- you all did a fantastic job)

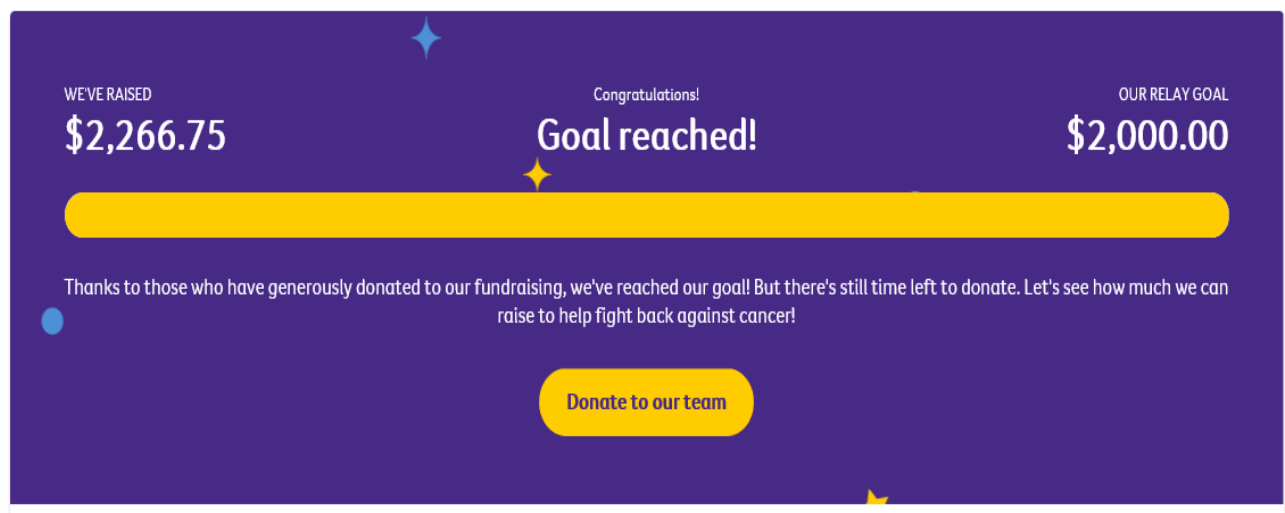
Our Team

Vipushanaa Theeban
Wethmi Rupasinghe
Harasis Kaur
Harini Paranthaman
Losanie Jasenthuliyana
Aakriti Gur
Tharika Sureshalingam
Shayan Bidiwale
Braveen Mohanathas



Thanks to our photographers - Kevin Zou & Raine Park for the wonderful photos

Our Impact



22 June 2021



Public speaking successes

Several talented public speakers have been chosen to represent the school in public speaking competitions this semester. The following students, Rishit Singh from Year 8, Joy Thevasaeyan and Rhecha Pathak from year 9, Sussana Charles from Year 10, Munira Ahmed and Teagan Nguyen from Year 11 were chosen to enter the Rostrum Public speaking competition in March. All are talented public speakers and Rhecha and Sussana were successful in being selected for the Regional Finals. All students who entered are to be congratulated on their excellent presentations.

The Department of Education Arts Unit Plain English Speaking competition was also held this term and Year 12 students, Parth Aggarwal and Justina Devaranjith represented our school at this prestigious competition. Congratulations to both these students. Justina successfully progressed through two rounds of the competition to compete in the state semi-finals against students from public and private schools across NSW. She was complimented by several teachers and coaches from other schools on her outstanding speech.



Sussana – Runner-Up Rostrum Regional Final



Justina gained a place in the state semi final of the Arts Unit competition

Year 7 – Grow and Thrive and Sustainable Bag design

This semester Year 7 have been growing their own seedlings and caring for them at home. Students have been recording their care and learning how to grow food. The recipes we have been cooking in our technology lessons have used fresh produce that can be grown in our gardens. Our end of term assessment task involved designing a bruschetta recipe and cooking it in class. They were outstanding.

Year 7 teachers are impressed by the enthusiasm and skill their students are applying to their practical lessons. So far we have cooked pizza perfection, mother nature's tasty pasta, cookies, thankyou burgers and crunchy lemon muffins.

Students have learnt the tie dye process and mastered some of the skills needed to construct textiles items. The creativity they are displaying in their projects is of a high standard and we commend them on the effort they are putting into their finished designs, using stencilling, paint, photo images and other decorations.

To see more of what students are cooking each week please follow our 'Baulkofoodtechfrenzy' Instagram page.

Mrs Parnell and Ms Payne
Technology Mandatory Teachers



22 June 2021



22 June 2021



22 June 2021



Year 8 – Fantastic Food and Baulko Bucket Hats

For the past semester students have been learning about nutrition in the unit 'Fantastic Food'. We are looking at the needs our bodies require to grow and remain healthy. Year 8 are learning many different skills in preparing a range of recipes such as fruit salad, cheesy gozleme, and low GI brownies. The food styling within our practicals are very impressive. We have some very talented students amongst our classes.

In Technology Mandatory students are gaining a variety of skills from threading the sewing machine to sewing curved seams. The skills students have learnt have been applied to creating a wearable bucket hat which is fully reversible. We are proud of our students and the perseverance they have applied to this project. To see more of what students are cooking each week please follow our 'Baulkofoodtechfrenzy' Instagram page.

Mrs Parnell and Ms Payne
Technology Mandatory Teachers





P&C NEWS

June General Meeting

Due to recent COVID-19 situations developing in Sydney and a couple of affected local venues, the P&C Exec team has decided to change the June meeting into a Virtual meeting to keep everyone safe.

If you have registered your email with the P&C, you should have received an email invitation with the details, if not, please reference the info below:

Date: Tuesday, 22 June 2021

Time: 7:30pm

Venue: Virtual via Microsoft Teams

QR code Link to join:



Please don't scan with WeChat, it won't work

We look forward to seeing you there!

Raymund Wong
P&C President



BHHS NAIDOC Art Competition

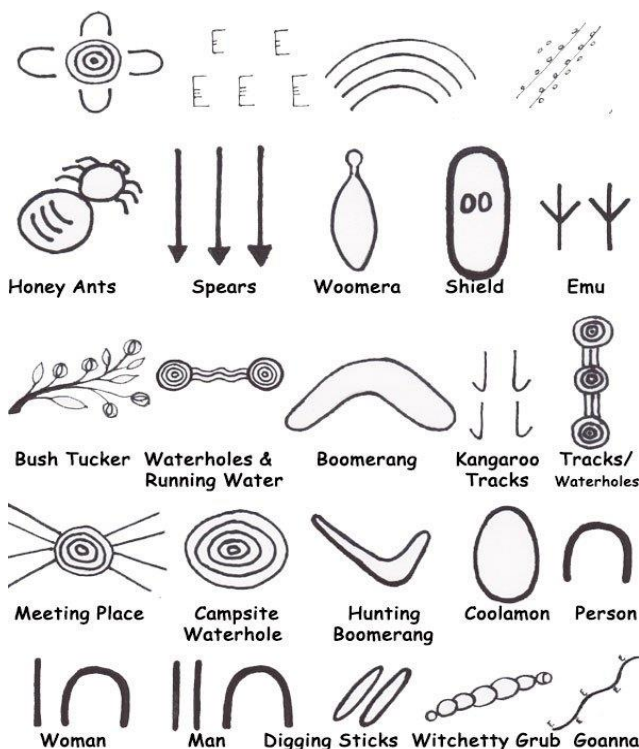
**Enter your artwork for
Naidoc Day using Aboriginal
and Torres Strait Islander signs
and symbols.**

**The theme for 2021 is
Heal Country!**

**Do your best to win a prize.
See all attached criteria for
terms and conditions.**

**All artworks are to be larger
than A4. Artworks must be
submitted to Ms Pugliano by**

FRIDAY TERM 3 WEEK 1



There is no written language for Australian Aboriginal and Torres Strait Islander People so in order to convey their important cultural stories through the generations it is portrayed by symbols/icons through their artwork.

It is imperative to pass on information to preserve their culture. These vary from region to region. They are generally understood and form an important part of Australian Indigenous art.

The Aboriginal people have for thousands of years used artistic designs and symbols to convey stories and messages which are incredibly important in their culture.

TERMS AND CONDITIONS

1. You must submit your artwork to Miss Pugliano in the CAPA staffroom by Friday Week 1 Term 3.
2. All artworks must be A4 or larger.
3. On the back of your artwork clearly label your first and last name, year group and email address.
4. In your NAIDOC Poster Design you are required to use the above signs and symbols to create your poster or artwork.
5. By submitting an artwork, you give permission for your design and artwork to be used in future Naidoc merchandise and advertising.
6. The theme to be incorporated and considered when creating your poster/ artwork is Heal Country, heal our nation.
Heal Country! – calls for stronger measures to recognise, protect, and maintain all aspects of Aboriginal and Torres Strait Islander culture and heritage. You do not need to include the text but rather represent this theme through signs and symbols.
7. Be creative and have fun.
8. All students that participate will receive a certificate and a merit. The Prefects and Senior Executive will determine year group and overall winners. Winners will be announced via the Baulkham Hills High School Newsletter.

BODY IMAGE *Tips* YOUNG PEOPLE

Did you know that body image is how you FEEL and THINK about your body? It's actually not about what you look like!

No two people were born to look or be the same. Celebrating and embracing our differences is really important. There isn't a right or a wrong way to look.

Beauty and appearance ideals exist in all societies and they are all unhelpful! These ideals don't encourage uniqueness but instead suggest that everyone 'should' and 'could' look a certain way, which is unrealistic! Spending time, money and energy on changing your appearance is exhausting and research tells us that altering your appearance won't help your body confidence or self-esteem in the long run. What will help, is reminding yourself that you have the power to change the way you see, think and feel about how you look.

Here are some positive tips to help you:

You are so much more than your appearance. You are not an 'object' or a 'thing'. You are a human being. Your weight, body shape, muscles, hair/skin colour, complexion, height does not define you. Your appearance does not determine your worth.

Avoid making unhelpful comparisons. The more you compare your appearance to siblings, friends, celebs, sport stars or anyone, the more unhappy you'll feel. It's ok to admire beauty in others, but avoid devaluing your own body if you do.

Treat your body well. Your body is the only one you're ever going to get. It might not look exactly as you'd like, but it does so many amazing things for you. Speaking kindly, finding exercise and activities that you love, eating mindfully and taking time out to rest, demonstrates body respect. It's really important that you avoid any kind of restrictive diet and excessive exercise plans. They do not work or help your body confidence (no matter how much advertisers try to make us think otherwise).

Keep yourself media and social media savvy.

What you see may not always be! It's important that you stay savvy when looking at media and social media images. Photoshop, hair and make-up, endless filters and editing tools work to create the highly stylised and perfect images that you see – on celebrities and our friends. You never really know what is going on behind the image, remember, no one is perfect.

Go easy on yourself... AND your friends! Body bullying and food shaming is never ok. Speaking kindly to yourself and your friends – face to face and online – is the only way. If you wouldn't say it to a friend, avoid saying it to yourself. If you couldn't say it to someone's face, don't say it to them online. Words can build people up or tear them down. Use your words carefully (to yourself and to others).

Have fun with your appearance but don't let it rule your life. It's ok to take pride in your appearance and have fun with fashion and styling (if that's what interests you), but obsessing and worrying about how you look is not good for us. Remember, you are more than your appearance, so spend time doing the things that make you feel good.

Surround yourself with people who accept you as you are. Changing your appearance to fit in won't make you a better, more lovable person. If a person or group doesn't like YOU for who YOU are, then it's time to find some new people to spend time with. You are enough just as you are.

If your body image is getting you down or you are worried about a friend, talking helps and Butterfly is here to listen:

National Helpline on 1800 ED HOPE (1800 33 4673) or support@thebutterflyfoundation.org.au



BODY IMAGE *Tips* FOR PARENTS

Children are very sensitive to messages about body image and appearance from their parents. Often you may not even be aware of the messages your child is hearing from you. Parents can have a very positive impact on the way a child feels about the way they look and their self esteem. Helping your child develop a healthy body image is important as it can also strengthen their relationship with eating and exercise and reduce the risk of developing disordered eating and eating disorders.

Here are some tips on ways you can be a good body image role model for your child:

Reflect on your own relationship with your body.

This may not be easy but being aware of your attitude towards your own body will help you be conscious of the messages you send to your kids. Try to avoid looking in the mirror and making negative comments about the way you look. If your child sees that you feel comfortable and happy with your body, this can help them feel comfortable in their own skin.

Avoid talking about diets. Dieting is the biggest risk factor for an eating disorder. Try to avoid talking about diets, your "naughty" eating habits, or your weight and size. This can give kids the impression that weight and size are highly valued by you and they might feel pressure to look a certain way or be a certain size. Celebrate diversity and emphasise how loved and valued your child is no matter what their weight, shape or size.

Talk to your child about the way they feel about the way they look. Encourage your child to talk with you about their feelings. Create space to talk about things on a daily basis including what is happening with their friends. If your child feels safe to talk to you, then they are likely to share feelings about their bodies with you.

Help your child stay body confident when using social media. Talk to your child about the realities of digital manipulation and that what they see in the media and online is not always real. Encourage them to reflect on how their social media experiences make them feel and if it's not positive then they need to change it up.

Despite best parenting efforts serious body image issues and eating disorders do develop. It's important to recognise the warning signs of body dissatisfaction and low self esteem as early as possible. There are certain cues you can pick up on in your child once you know what to look for.

Here are some warning signs to keep an eye on in your child:

- Withdrawal from social events and activities that they used to enjoy
- A focus on diets, calories, health and particular foods. They might talk about wanting to be healthier or fitter and become obsessive about checking the nutritional content of what they are eating.
- They might become irritable or anxious around dinner time. They may refuse to eat certain foods or whole food groups.
- Complaints about the way they look, e.g. "I'm ugly" or "I'm fat", or negative comments about their abilities, e.g. "I'm hopeless"
- Frequent self scrutiny – such as weighing themselves or excessively looking at their reflection.
- Change in clothing style such as wearing baggy or oversized clothing

If you notice any of these signs in your child it is important to seek help as early as possible. You know your child best, so trust your instincts. If you are finding it hard to be accepting of your own body, remember it's never too late to seek help.

Butterfly can support you. Call our National Helpline on **1800 ED HOPE (1800 33 4673)** or email us at support@butterfly.org.au



Interested in writing and science here is a competition for you

https://careerswithstem.com.au/bragg-student-science-prize-2/?utm_source=Refraction+Media&utm_campaign=8b6f7ca6bf-EMAIL_CAMPAIGN_2018_04_04_COPY_01&utm_medium=email&utm_term=0_20dc88b9ea-8b6f7ca6bf-148757961&mc_cid=8b6f7ca6bf&mc_eid=29252fcee



UNSW Bragg Student Prize for Science Writing

The UNSW Bragg Student Prize for Science Writing is a competition for Year 7-10 students in Australia.

Topic: The STEM in Everyday Life

Science, technology, engineering and maths is part of everything around us, from our response to the pandemic, to the tech we use for play. Mobile phones, traffic lights and TikTok, your food, health, the climate, the built environment and the natural world around you – STEM has had a part to play in understanding, refining and creating so much of the world we take for granted everyday.

Explain the Brain Challenge

Opportunity for those creative students to put their knowledge into practice

Enter through Education Perfect Prizes

\$300 GiftPay voucher for overall winning entry

3 x \$150 GiftPay vouchers for outstanding entries

\$500 GiftPay voucher for the school with the most valid entries

Explain the Brain Challenge 2021

2021 Theme

Brain Myths

Register now!



Students are invited to create a 90-second video or infographic to explore 'Brain Myths'.



Prizes are available for individual students and the school with the most valid entries. Every student will receive a digital badge to show their participation.

The final date for submissions will be on **Tuesday, June 22nd 2021.**



GENAZZANO INSTITUTE
of LEARNING & BRAIN SCIENCES

Proudly supported by:



Education Perfect



EVERITAS



ASI SOLUTIONS

educationperfect.com support@educationperfect.com

MEDICAL RESEARCH SCHOOL QUIZ



1st May to 1st July 2021



Open to Year 7 – 12 students

Great prizes to be won!

30 multiple choice questions will test your knowledge and inspire your imagination (+ one bonus question)

Enter online @ asmr.org.au/asmr-mrw/asmr-mrw-schools-quiz/



<https://www.facebook.com/theASMR/>



@TheASMR1



Australian Government

National Health and Medical Research Council

National Supporter of ASMR MRW®

The Australian Society for Medical Research ACN 000599235 - ABN 18 000 599 235 Level 7, 37 Bligh Street, Sydney, 2000
Ph: (02) 9230 0333, Fax: (02) 9230 0339 Email: asmr@asmr.org.au Website: www.asmr.org.au Snr Executive Officer: Catherine West

Careers News

Careers News - Update for Year 12 Parents

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

Face-to-face/individual support

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

Speaker sessions

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

Subscription Services

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

Online/informational Support

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



REAL WORLD JOB INTERVIEW SKILLS VIDEO COURSE

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



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



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

4 INTERVIEW PREPARATION MODULES

16 Videos | 4 Downloadable Workbooks | 10 Practical Tasks

CONFIDENCE & HOW TO TALK ABOUT YOU



FINDING STRENGTHS & WEAKNESSES

JOB SEARCHING & HANDLING REJECTIONS



APPLYING FOR JOBS & UNI + RESUMES

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

Follow us and get FREE resources at [in](#) [f](#) [@](#) info@highschooltohireable.com.au

HighSchooltoHireable
BY INTERVIEW CHIX

Careers News – Create Your Career Google Site

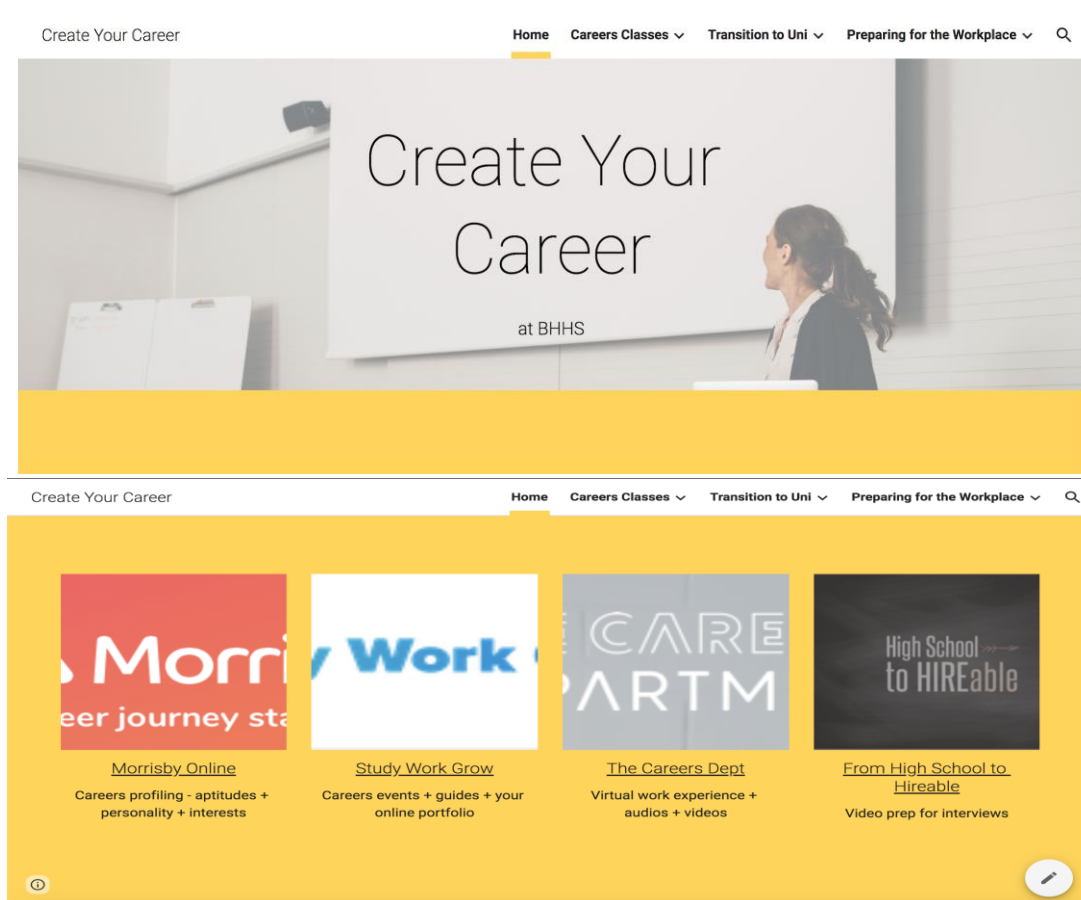
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

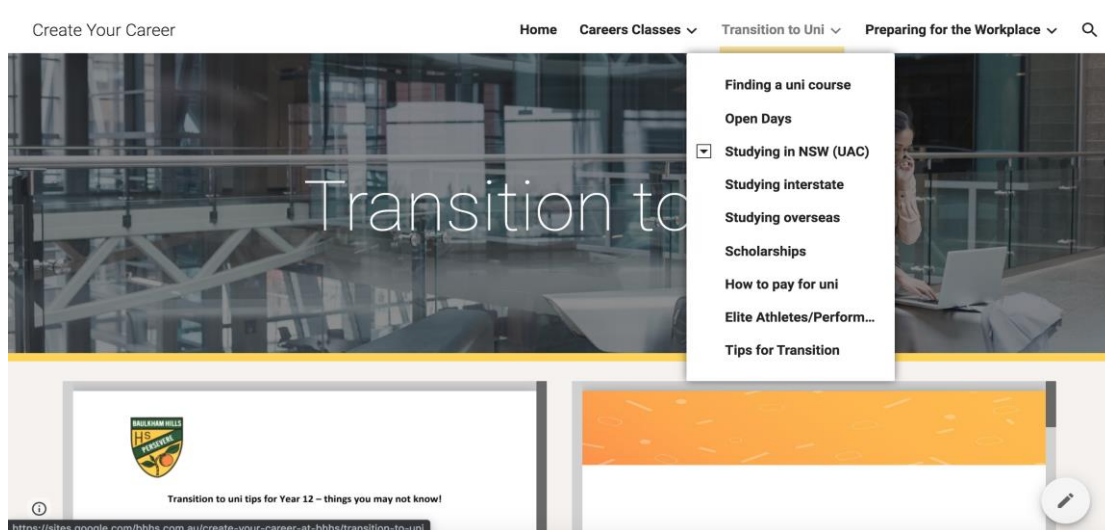
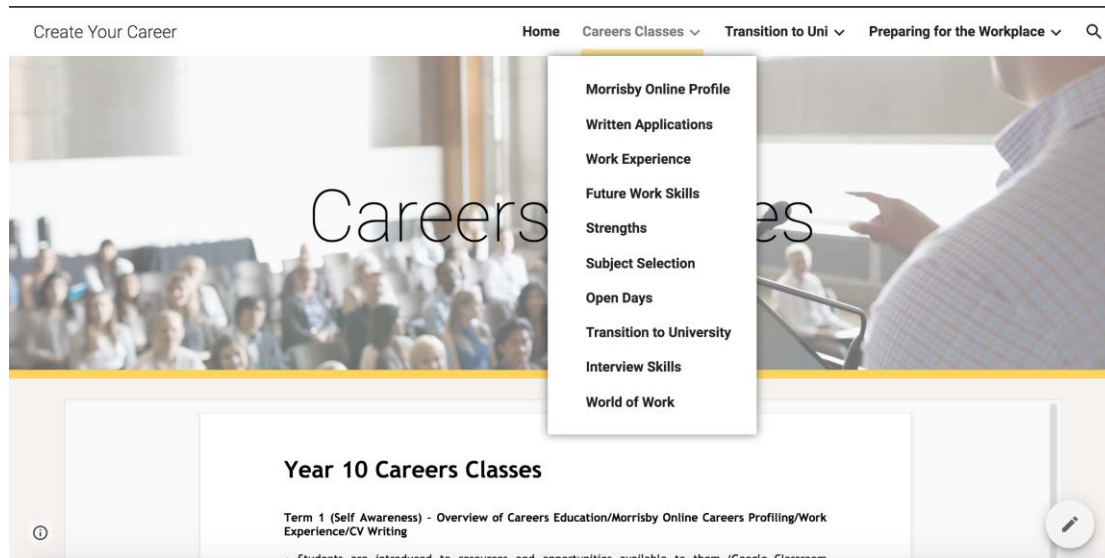
From the homepage, students can access all their subscription resources:

- 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>



SCHOOL ZONE PARKING RULES AND PENALTIES

COUNCIL'S COMPLIANCE OFFICERS ENFORCE PARKING SIGNS AT YOUR SCHOOL.

When it comes to the safety of vulnerable road users like school children, drivers found breaking the law will be met with zero tolerance. When an offence is detected, you will be fined.



NO STOPPING

You must not STOP at any time.

Stopping includes when the vehicle is not moving but the engine is still running.

SCHOOL ZONE

Penalty from \$344 and 2 demerit points



BUS ZONES

You must not stop your vehicle in a Bus Zone unless you are driving a public bus. Stopping includes when the vehicle is not moving but the engine is still running.

SCHOOL ZONE

Penalty from \$344 and 2 demerit points



NO PARKING

You can stop only to drop off or pick up passengers or goods and you must not stop for more than 2 minutes and The driver must stay within 3 metres of your vehicle. Stopping includes when the vehicle is not moving but the engine is still running.

SCHOOL ZONE

Penalty from \$191 and 2 demerit points



DRIVEWAYS

You must not park your car over or block access to a driveway. You can stop in a driveway to drop off or pick up passengers BUT only for less than 2 minutes AND the driver must stay with the car.

SCHOOL ZONE

Penalty from \$344 and 2 demerit points

www.thehills.nsw.gov.au | 9843 0555



THE HILLS
Sydney's Garden Shire

THERE ARE NOW INCREASED PENALTIES AND DEMERIT POINTS ASSOCIATED WITH ALL OFFENCES IN SCHOOL ZONES.



NO PARKING

You have no more than 2 minutes for drop-offs or pick-ups and must stay within 3 metres of your vehicle.

Penalty from \$191 and 2 demerit points



NO STOPPING

Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.

Penalty from \$344 and 2 demerit points



BUS ZONE

You must not stop your vehicle in the indicated zone unless you are driving a public bus.

Penalty from \$344 and 2 demerit points

Double parking

\$344 & 2 demerit points

Stop on path or nature strip

\$344 & 2 demerit points

Stop on / near marked pedestrian/children's crossing

\$457 & 2 demerit points

Approach children's crossing too quickly to stop safely

\$572 & 4 demerit points

Illegal U turns

\$457 & 4 demerit points

Stop across driveway

\$344 & 2 demerit points

Drive using a hand held mobile phone

\$457 & 5 demerit points

Parallel park close to (within 3 metres) double centre line

\$344 & 2 demerit points

FINES CURRENT AS OF JULY 2019

For a complete list of school zones offences visit www.rms.nsw.gov.au

www.thehills.nsw.gov.au | 9843 0555



THE HILLS
Sydney's Garden Shire

Lost Property on Hills Bus


Lost Property Contact Details


For enquiries about lost items, please contact the relevant depot for further information.

Alternatively, if your matter is urgent please contact Transport for NSW on 131 500.

Not sure who to contact? Visit [Lost Property – Transport for NSW](#).

Hillsbus

 (02) 9890 0000

 customer.service@cdcbus.com.au

Symptoms of COVID-19

Symptoms of COVID-19 include:

- Fever (37.5°C or higher)
- cough
- sore/scratchy throat
- shortness of breath
- loss of smell or
- loss of taste

Other reported symptoms include:

- fatigue
- runny nose
- muscle pain
- joint pain
- headache
- diarrhoea
- nausea/vomiting
- loss of appetite

When COVID-19 symptoms appear

The amount of time between exposure to the virus and the first appearance of symptoms is usually 5 to 6 days, although it may range from 2 to 14 days.

People who might have been in contact with someone who is confirmed to have COVID-19 should [self-isolate](#) for 14 days.