

Baulkham Hills High Newsletter



www.baulkhamhillshighschool.com.au



Vanessa Ozols and Krystal Jessen

In this issue:

From the Principal's Desk
 Baulko News - Reminders
 All School Swimming Report
 Yr 9 Textiles Technology
 Parent Workshop and BBQ
 Wellbeing News: Online workshops for parents
 Competitions
 Careers News – Update for Year 12 parents
 Careers News

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

From the principal's desk:

COVID-19 Updates from DoE. The NSW DoE is working closely with the Australian Health Protection Principal Committee (AHPPC), NSW Health and other agencies to ensure schools continue to operate in the safest ways possible in the COVID-19 environment.

The latest updates are available at <https://education.nsw.gov.au/covid-19/advice-for-families>. This site is regularly updated, so bookmark this link, and check it regularly.

Years 8 and 9 commence their formal **half yearly assessment** period this week. Best wishes to all students as they prepare for these assessments – study hard, look after yourself, and do your very best. I will be issuing Year 12 with their reports in individual interviews this week. If your child has not yet made an appointment to receive me, please encourage them to do so as soon as possible.

There are clear requirements and expectations for students in the wearing of **school uniform** at BHHS.



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 7
Monday 31 May Yr 8 – half yearly exams (31 May – 4 June incl) Yr 9 – half yearly exams (31 May – 4 June incl) Yr 9 PASS Squash. Pds 1&2 (Cardiff/Tran)
Tuesday 1 June Yr 12 reports issued Zone Athletics Carnival. SOPA. All Day (Filewood) Yr 10, 11 & 12 WSU talk. Lunchtime (Hardy) Support and SRC Aboriginal Darug Culture Excursion. All Day Yr 9 PASS Squash. Pds 3&4 (Cardiff/Tran)
Wednesday 2 June Yr 12 reports issued Yr 9-10 Mural Art Club. Every Wednesday after School Yr 8-11 Dance Ensemble Rehearsal. Every Wed. 2.30-3.30pm Zone Athletics Carnival Day 2 SOPA – All Day (Filewood) Boys Knockout Volleyball (Zhu)
Thursday 3 June Yr 12 reports issued Yr 10, 11 & 12 UNSW Med lunch talk. Lunchtime (Hardy) Choir Rehearsals. Every Thursday 7.30 to 8.30am
Friday 4 June Yr 11 reports issued Yr 12 Economics & Yr 11 Accel. Economics HSC Economics Conference. Pds 2-8 (Craft)
Week 8
Monday 7 June NAIDOC Week – 7 to 11 June (incl) Yr 9-11 French Excursion (Andrawis) Yr 12 Recognition Assembly – Pds 5&6 Yr 9 PASS Squash. Pds 1&2 (Cardiff/Tran) Wellbeing parent workshop – 5pm – TLC (Fletcher)
Tuesday 8 June Yr 11 and 12 Parent/Teacher interviews Yr 10 into 11 Information Evening. 6-7.30pm TLC P&C Executive Committee meeting 7.30pm Yr 9 PASS Exam. Pds 7&8. Houliston Centre (Cardiff) Yr 9 PASS Squash. Pds 3&4 (Cardiff/Tran)
Wednesday 9 June Yr 7-12 Sydney West Cross Country. Pds 1-8 (Filewood) Yr 7-12 UNSW Maths Competition. Pds 1-5 (Ribbons)
Thursday 10 June Yr 12 and Accel. Yr 10 HSC Composition master class (whole day) Yr 10 & 12 HSC Geography assessment – task 3 (in class) pds 1&2
Friday 11 June Year 12 Business Studies HSC Conference. Pds 3-8. (Mogoko) Yr 10 & 12 HSC Geography fieldwork excursion to Featherdale farm SRE Seminars – Yrs 10, 11 & 12 Pds 1&2. Yrs 7, 8 & 9 Pds 3&4 Live Aid - Outreach. whole school – after school Yr 12 Modern History Oral Assessment Task 3 (Yassa)
Week 9
Monday 14 June Queen's Birthday Public Holiday
Tuesday 15 June Yr 12 Buffer Week 15 to 18 June (Incl) Yr 9 PASS – Squash. Pds 3&4 (Cardiff/Tran) Yr 8 into 9 Information Evening. 6-7.30pm TLC Green Group – Cooling the Schools tree planting. Lunch, Pd 7&8 Yr 11 Bio Depth Study assessment, in class (Hallal)
Wednesday 16 June Yr 10 & 12 HSC Geography to Taronga Zoo. All Day (Filewood) Yr 7&8 APSMO Maths Competition. In Class (Hoang) Yr 12 HSC Business Studies research task 2. Pds 1&2 (Mogoko)
Thursday 17 June Yr 11 Bio Depth Study assessment, in class (Hallal)
Friday 18 June Yr 9-12 UNSW Prog Comp. Pd 7 to after school (Dunne) Yr 9-10 Mock Mediation round 2. After school. (Dhall)

Students are expected to wear full school uniform every day to school. Mainstream students may wear sport uniform on Wednesday and Support students on Thursday. If a student is not wearing the appropriate uniform, they are to report to a Deputy Principal with a note from their parent or carer explaining the reason. The student will receive a Uniform Pass from a Deputy Principal. This will be noted on the school's record system.

A reminder about **OPAL card use of public transport**. It is a requirement that students using public transport tap on and tap off every trip. Besides this being required, doing so also provides data to NSW State Transit in regards to the numbers of students using public transport who travel to and from school. From this, decisions are made by NSW State Transit about the number of buses timetabled to service BHHS. Please remind your student that they are expected to tap on and tap off every journey.

Congratulations to Vanessa Ozols (Year 11) and Krystal Jessen (Year 9) for representing the school at the recent NSW All Schools Swimming Championships. Both students participated keenly in their events and achieved outstanding results. These are detailed later in this newsletter.

Well done Vanessa and Krystal.

Wayne Humphreys
Principal

Baulko News

Making Payments

Please remember that the preferred payment for fees is online. Please check our website for instructions. Fields marked with an Asterix (*) are mandatory. **Please note that payments for excursions must be made before 6pm the day BEFORE the due date on the permission note.** Please record the payment receipt number on the permission note.

Explanation of Absences

When your child is away from school it is important parents comply with the guidelines set out in the *Student Attendance Policy, Student Attendance in Government Schools Procedures*, as well as established school procedures.

Absence from School

Parents are required to provide an explanation of absence to the school **within seven (7) days** from the first day of any period of absence.

If a student is absent for three (3) days or more a medical certificate is required.

If your child has had a COVID test - please screenshot your COVID test result and email your result to baulkham-h.school@det.nsw.edu.au before your child comes back to school.

Lost Property on Buses

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



All School Swimming Report

Once again, our elite swimmers, Krystal Jessen and Vanessa Ozols have been performing at high levels, this time it was at the All Schools Swimming Carnival last week.

Krystal's results were

2 nd	12-15 MC 50m Freestyle
3 rd	12-15 MC 50m Butterfly
3 rd	12-15 MC 100m Freestyle
3 rd	12-15 MC 50m Backstroke
2 nd	12-15 MC 100m Backstroke

With these results Krystal has qualified for the NSW All Schools Swimming Merit Team

Vanessa's results were

8 th	16-19 MC 50m Freestyle
6 th	16-19 MC 100m Backstroke
1 st	16-19 MC relay team

Congratulations Krystal and Vanessa on your outstanding results.



Year 9 Textiles Technology

The Year 9 Textiles Technology class handed in their first project early this term in the focus area of 'Textile Arts' producing excellent results! The task was to make a Japanese-inspired equipment bag. All students experimented with shibori dyeing using traditional natural indigo dye, sashiko (hand embroidery) and block printing. All students made highly decorative and functional bags. Well done Year 9!

Ms Payne, Textiles Technology.



BHHS Wellbeing Team Presents

'Supporting Student Wellbeing: Body Confident Teens' Parent Workshop & BBQ

Monday, 7 June 2021 – 6:30 – 8:30 pm in the TLC

The Wellbeing Team is pleased to invite parents and guardians of Baulkham Hills High School students to attend a workshop focused around supporting student wellbeing. This will be the first in a series of parent workshops designed to empower parents with greater knowledge and strategies to support positive wellbeing in their child, and their performance at school. Each workshop will explore different themes related to mental health, wellbeing and positive habits for teens. We encourage you to attend them all! The program for the Term 2 workshop is as follows:

6:30 – 7:00 pm: BBQ with the Wellbeing Team

A BBQ will be provided by the Wellbeing Team, along with light refreshments for all parents attending. We look forward to meeting you all and answering any questions you may have.

7:00 – 8:30 pm: The Butterfly Foundation – *Body Confident Teens*

This is a seminar led by trained professionals, for parents to give knowledge, practical information and tips on promoting positive body image in the home throughout childhood and adolescence. Young people are the age group most vulnerable to developing an eating disorder or disordered eating, making body image such an important issue to educate parents and young people around!

This workshop explores why positive body esteem, non-dieting approaches and healthy behaviours in relation to food and exercise are strong protective factors in the development of eating disorders. It looks at the power of positive role modelling, reducing appearance-based talk and importantly how to respond when a child expresses negativity towards themselves or others. Whilst the session does aim to increase understanding of eating disorders the focus is on prevention and fostering positive body image and healthy behaviours.

- Background on body image and the importance of prevention
- The spectrum of behaviours from healthy, to unhealthy, to disordered eating through to eating disorders
- Key influences on body image, including social media and the importance of 'positive following'
- The dangers of diet culture and busting common myths around eating disorders
- Reducing appearance-based talk
- Helpful responses if your child says negative things about themselves or others, including when they are above their healthy weight
- The power of role modelling positive body image and healthy behaviours
- The importance of early intervention

Please RSVP

If you are planning to attend this evening, please RSVP via the following Google Form link (for catering and venue purposes). Please be advised that this event is designed for parents, not students.

<https://forms.gle/W6gQmgjkVdd8qxAT6>

We very much look forward to seeing you at this event!

If you have any questions please do not hesitate to contact Terryanne Fletcher (Head Teacher Wellbeing) on Terryanne.fletcher1@det.nsw.edu.au



Wellbeing News:

Online Workshops for Parents to Support Student Wellbeing

I am excited to announce that parents of Baulkham Hills High School have **exclusive, free access** to **Elevate Education's Parent Webinar Series for Term 2, 2021**. Elevate works with our students, delivering high impact workshops on study skills, motivation, wellbeing, and exam preparation. By tuning into their webinar series you will learn how to better support your children at home through reinforcing the skills they learn at school.

The webinars take place fortnightly across the term, beginning on **Wednesday, 5 May at 7pm** (AEST). Registration is essential and is **free** for parents of Baulkham Hills High School.

Register at the following link:

<https://get.elevatecoaching.info/au/register>

The Term 2 Webinar Workshops are as follows:

- **June 2 - Exam Preparation** to ensure students are prepared and confident going into the exam room.
- **June 16 - Stress and Wellbeing**. How parents can support their child in tougher periods and manage school-related stress.

Webinars are run live online from 7pm to 8pm (AEST) where the presenter will share Elevate's research findings and skills, and will conduct a live Q&A so you can ask them questions directly.

Should you have questions or would like to contact Elevate directly, their details are listed below.

☎ [1300 667 945](tel:1300667945) or ✉ auscoaching@elevateeducation.com

Similarly, if you have any questions, please feel free to contact me on: Terryanne.fletcher1@det.nsw.edu.au

I very much hope you are able to virtually attend some of these workshops, as they will provide essential support information and better equip you for supporting your child's wellbeing.

Kindest Regards

Terryanne Fletcher
Head Teacher Wellbeing
Terryanne.fletcher1@det.nsw.edu.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=29252fcea



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.**

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Proudly supported by: ep 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.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

**Australian Society for Medical Research
Medical Research Week®**

June 4th - June 11th 2021



High Schools Career Evening



**Tuesday 8th June 2021
6:30 – 8:00pm AEST**

Presented virtually via ZOOM

Are you interested in a career in a Health or Medical field?

Are you a Year 9 - 12 student?

Then come along to the ASMR High School Careers Evening and listen to exciting and informative presentations from trainees and professionals in the sector.

Please register [here](#)

Registrations are essential and close at 2pm 8th June

Please forward any queries to emily.colvin@sydney.edu.au

National sponsor of ASMR
Medical Research Week® 2021



Australian Government
National Health and Medical Research Council

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Medical Research Week® 2021

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@alwaysonline.net.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    info@highschooltohireable.com.au

HighSchooltoHireable
BY INTERVIEW CHIX

Careers News – Create Your Career Google Site

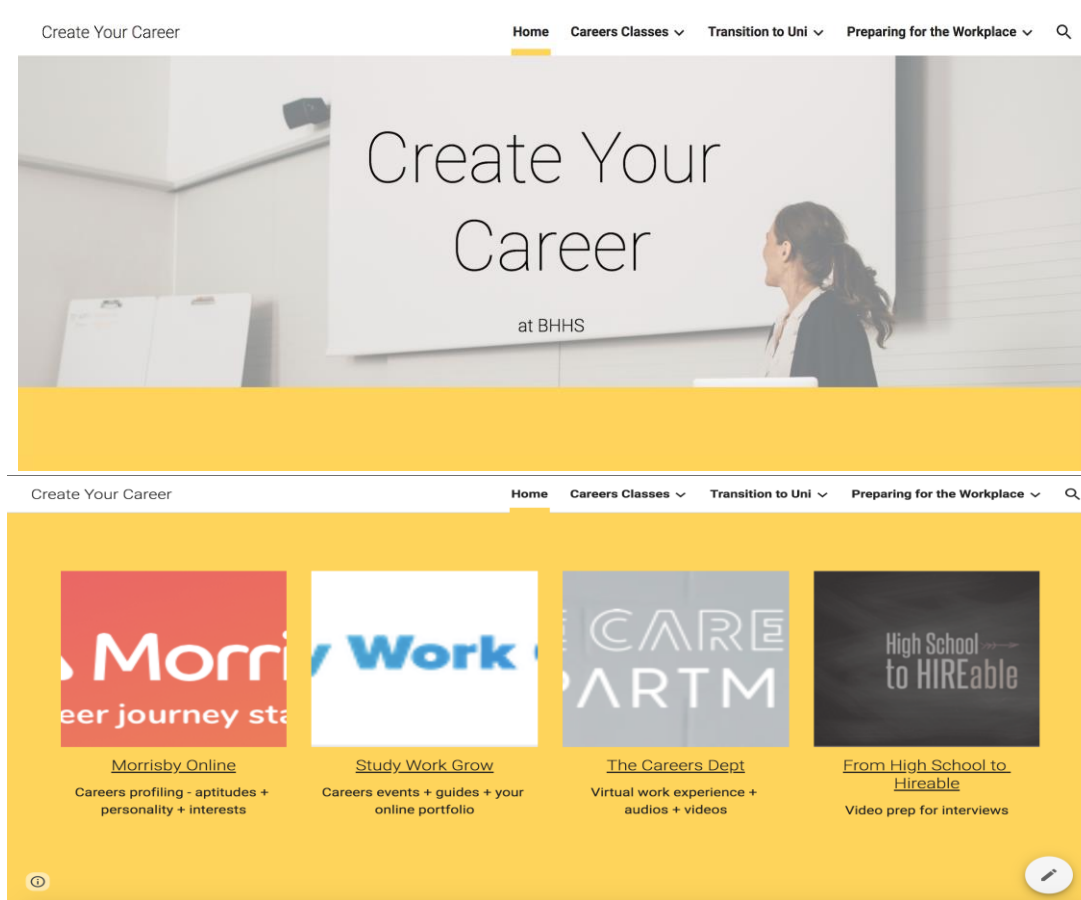
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

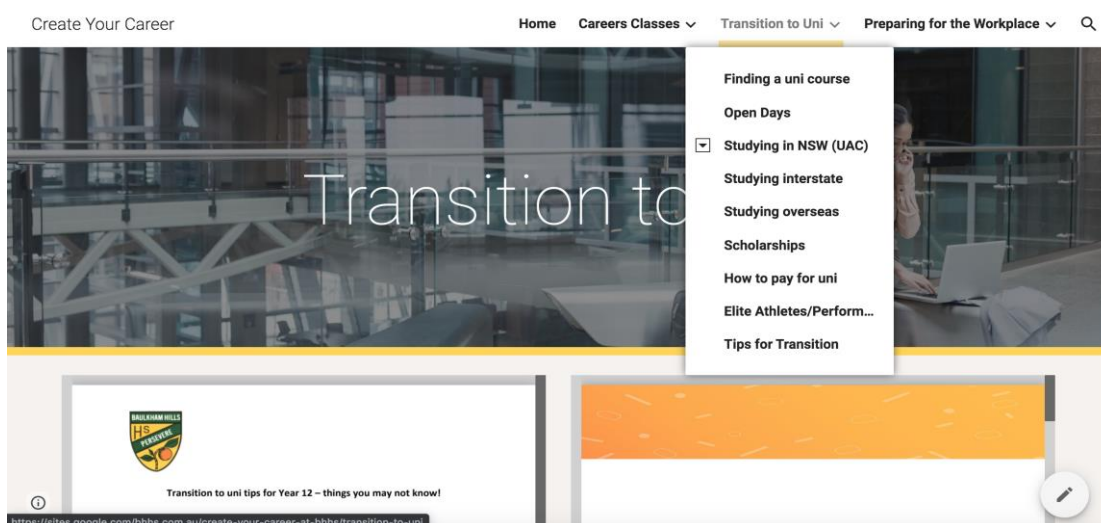
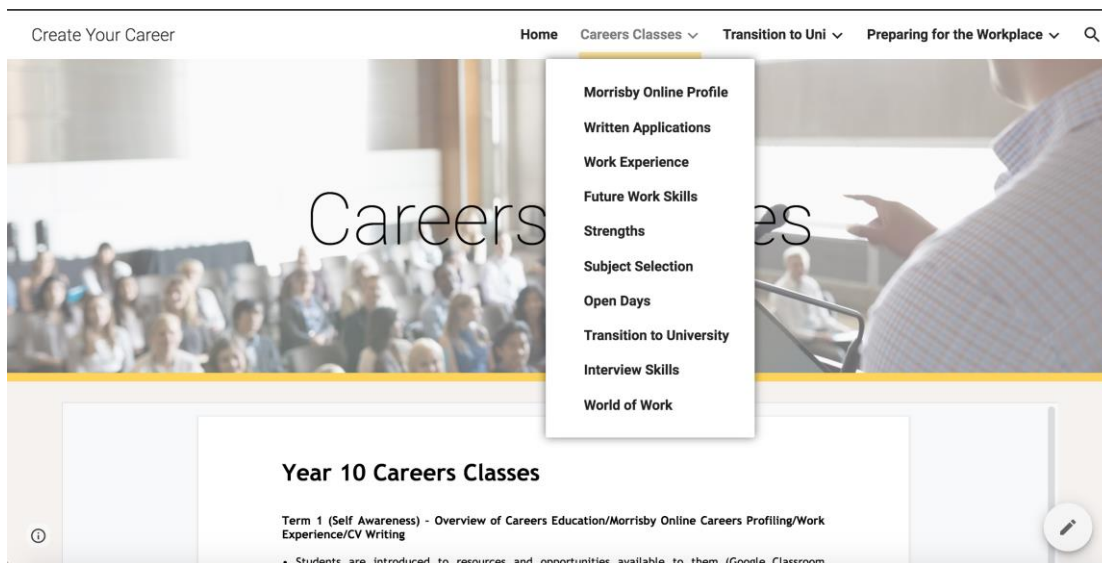
From the homepage, students can access all their subscription resources:

- 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>

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

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.