

Baulkham Hills High Newsletter

www.baulkhamhillshighschool.com.au



Naidoc Week

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

From the principal's desk:

Tonight (Tuesday, 15 June) at 6 pm is the **Year 8 into 9 Subject Information Evening** being held in the TLC. COVID-19 protocols are in place for these events. Please, only one parent or caregiver in attendance.

Thank you to all students and staff who have been involved over the past week in NAIDOC celebrations. Our students, as always, have thrown themselves passionately into their involvement in NAIDOC. Well done – and thank you. Further thanks to students and staff involved in Live Aid last Friday night. This is another example of the fun and passion that our students bring to all they do.

Our school has been successful in gaining a grant to be involved in the **Cooling the Schools Tree Planting Program** (<https://www.greeningaustralia.org.au/cooling-your-school/>)

15 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 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. 6.00pm-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 9-10 Mural Art Club. Every Wednesday after school (Pugliano) Yr 8-11 Dance Ensemble Rehearsal (every Wed after school) 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 Choir Rehearsals – 7.30 to 8.30am in G14. Every Thur morning (Li) 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)
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
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)
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)
Wednesday 21 July O/C Testing – 8am to 1pm
Thursday, 22 July Yr 7 & 10 Parent/Teacher interviews
Friday 23 July Yr 8 & 9 Reports Issued Support – Wicked the Musical. All Day (Simpson)

Thank you to Mrs Kuksal, Mr Papandrea and our Green Group for their initiative in applying for support in making our school environment a better, “cooler” place to be.

Year 12 Buffer Week protocols are in place this week as final preparations for Assessments take place prior to the final week of Term 2.

Wayne Humphreys
Principal

Baulko News

NAIDOC WEEK

During Week 8 we celebrated NAIDOC Week at Baulkham Hills High School. The NAIDOC 2021 theme – Heal Country! – calls for all of us to continue to seek greater protections for our lands, our waters, our sacred sites and our cultural heritage from exploitation, desecration, and destruction.

Baulko students celebrated with a dedicated ceremony during assembly on Monday morning. We had the Koomurri performers play the didgeridoo and conduct a smoking ceremony. The smoking ceremony was a very special moment that all students got to be involved in. A sacred smoking ceremony has many purposes but often it is used as a welcome to a particular area and /or it may cleanse an area or person and shows a sign of respect for people past and present and also the passing over of elders – to rest the spirit.

Students also engaged in Aboriginal Mural painting workshops and Acknowledgment of Country workshops.

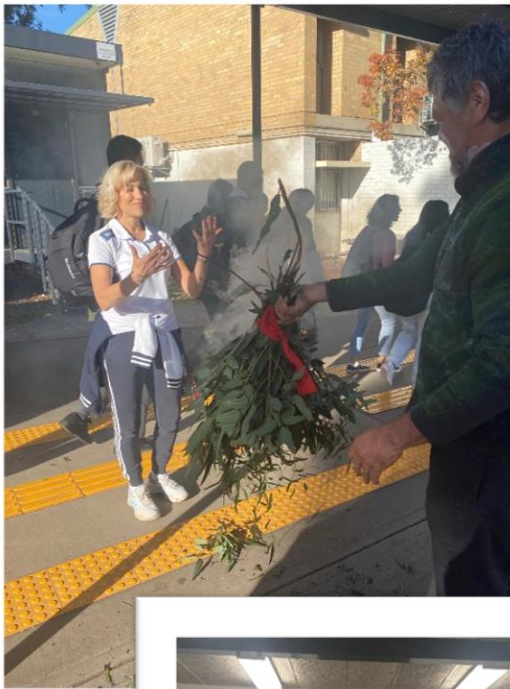
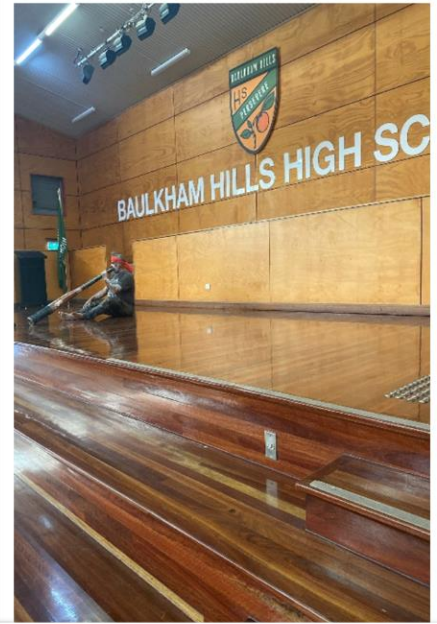
Thank you to the Prefects and the SRC for the help and hard work to make this week possible. Thank you to Ms Kite and the Aboriginal Education Team whose ideas, dedication and work allowed for NAIDOC Week to be such a success.

NAIDOC Week (outside of BHHS) 2021 will be held from Sunday 4 July to Sunday 11 July. Lots of events run within your communities. Get involved!

Each year NAIDOC week grows in stature and depth of celebrations at community, state and national level. It is an opportunity for all Australians to come together to celebrate the rich history, diverse cultures and achievements of Aboriginal and Torres Strait Islander peoples as the oldest continuing cultures on the planet.

We encourage all Baulko students to participate in the NAIDOC Art Competition. See flyer in this newsletter for further details.

15 June 2021



BHHS NAIDOC Art Competition

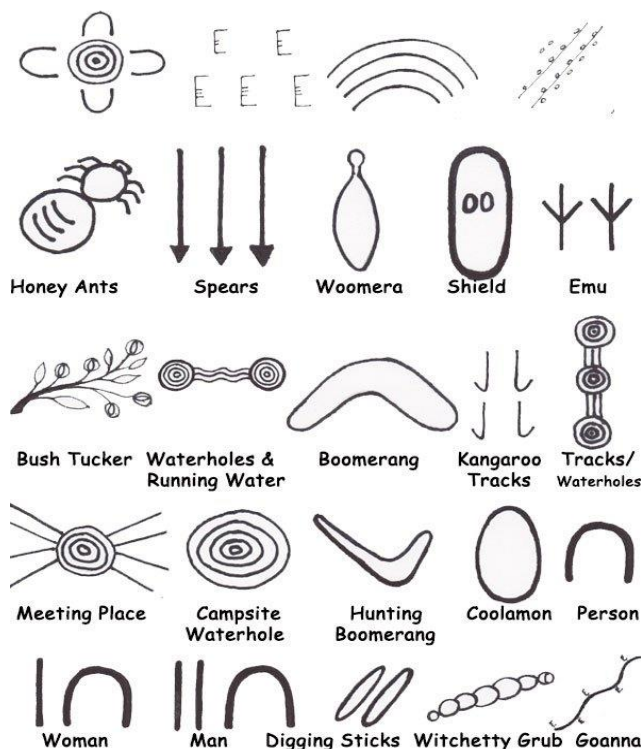
**Enter your artwork for
Naidoc Day using Aboriginal
and Torres Strait Islander signs
and symbols.**

**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 Monday 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.

2021 HILLS ZONE ATHLETICS CARNIVAL

BAULKO BOYS TOP 5 RESULTS TRACK & FIELD

Shaurya Patel	3 rd - 12 years boys shot put
Gavin Dennis	5 th - 12 years boys 100m
Sidhanth Shyam	5 th - 12 years boys long jump
Gurjivan Chahal	Equal 4 th - 12 years boys high jump 6 th - 12 years boys high jump
Gurteer Rai	2 nd - 13 years boys shot put
Anthony Li	3 rd - 13 years boys 200m 4 th - 13 years boys high jump 4 th - 13 years boys long jump
Aryan Ryan	1 st - 14 years boys high jump 3 rd - 14 years boys hurdles
Pratheish Sureshwaran	3 rd - 14 years boys discus
Sam Hoh	5 th - 12 – 14 years boys 400m 5 th - 14 years boys 1500m
Faris Khan	1 st - 15 years boys 200m 1 st - 15 years boys 400m 1 st - 15 years boys triple jump 3 rd - 15 years boys high jump 3 rd - 15 years boys long jump
Neelesh Shrestha	1 st - 15 years boys hurdles 2 nd - 15 years boys 100m 2 nd - 15 years boys 200m 2 nd - 15 years boys triple jump 4 th - 15 years boys long jump
Sumeet Dasgupta	2 nd - 15 years boys 800m 3 rd - 15 years boys 100m 4 th - 15 years boys 400m 5 th - 15 years boys hurdles
Nelson Chen	1 st - 15 years boys shot put
Zachary Casey	2 nd - 15 years boys 1500m
Zuhair Hasan	2 nd - 15 years boys long jump
Matej Groombridge	Equal 5 th - 15 years boys high jump 5 th - 15 years boys javelin



Eddy Yue	1 st - 16 years boys hurdles 2 nd - 16 years boys 400m
Jasper Wu	1 st - 16 years boys triple jump
Kieran Teh	3 rd - 16 years boys 100m
Leonels Tan	4 th - 16 years boys 1500m
Yechan Yu	5 th - 16 years boys high jump
Methin Ginige	1 st - 17+ years boys hurdles 1 st - 17+ years boys triple jump 3 rd - 17+ years boys 200m 2 nd - 17+ years boys 400m
Ashvin Gajendra	1 st - 17+ years boys 400m 2 nd - 17+ years boys hurdles
Etash Roy	1 st - 17+ years boys 100m 3 rd - 17+ boys 200m
Aaron Taylor	Equal 3 rd - 17+ years boys high jump
Aathan Arunaharan	2 nd - 17+ years boys discus
Athavan Sathasivan	4 th - 17+ years boys discus
16 years boys 4x100m relay team finished 2 nd	
17+ years boys 4x100m relay team finished 2 nd	

BAULKO GIRLS TOP 5 RESULTS TRACK & FIELD

Dhruti Pagadala	2 nd - 12 years girls hurdles
Suvi Shrestha	2 nd - 12 years girls shot put 2 nd - 12 years girls shot put
Fei Shen	3 rd - 12 years girls hurdles
Lydia Lin	5 th - 12 years girls shot put
Melanie Tan	2 nd i-n 13 years girls high jump
Sophia Song	3 rd - 13 years girls hurdles 5 th - 13 years girls 100m
Chelsea Tran	4 th - 14 years girls hurdles
Cynthia Pan	5 th - 14 years girls hurdles



15 June 2021

Thinaya Jayasinghe	3 rd - 15 years girls discus
Nithya Seella	3 rd - 15 years girls discus
Saleena Khan	4 th - 15 years girls long jump 4 th - 15 years girls hurdles 5 th - 15 years girls high jump
Sapna Muhunthan	4 th - 15 years girls 200m 5 th - 15 years girls 100m
Maggie Yu	4 th - 15 years girls 800m 5 th - 15 years girls hurdles
Rhecha Pathak	5 th - 15 years girls 800m
Harini Paranthaman	16 years girls zone age champion 1 st - 16 girls 400m 1 st - 16 years girls discus 2 nd - 16 years girls shot put 3 rd - the 16 years girls hurdles 3 rd - 16 years girls long jump 3 rd - 16 years girls javelin 5 th - 16 years girls triple jump
Ivy Bi	3 rd - 16 years girls 1500m
Losanie Jasenthuliyana	3 rd - 16 years girls 800m
Jessie Wong	1 st – New Zone Record 17+ Girls Triple Jump – 11m (Previous record 1996 – 10.78m) 1 st - 17+ girls 100m 1 st - 17+ years girls hurdles 2 nd - the 17+ years girls high jump 4 th - 17+ girls 400m 5 th - 17+ years girls shot put

Girls 15 years 4x100m relay team - 2nd

Girls 16 years 4x100m relay team – 1st



Food Technology – Semester 1

Year 10- Food Product Development

Our Year 10 students were required to create a movie snack as a part of this unit and they didn't fail to disappoint. The packages and the food produced were of a very high standard which displays their commitment to the task. We were especially proud of the creativity they displayed in the food they presented. Creating brand new products for today's current movies was a huge task but we are pleased with the effort each student put in to their movie snacks.

Students are always out to impress their teachers in their weekly practicals. We have made a wide array of recipes including Pineapple upside down cake for Coeliacs, High Protein Flank Steak with Quinoa, Paleo Peri Peri Chicken and sweet potato fries, Keto Ricotta Pancakes, Vegan Carrot cupcakes and Hi Fibre Banoffee Chia puddings, whilst learning about how food affects people within our communities with a range of different dietary disorders.

Mrs Parnell and Ms Payne

Stage 5 Food Technology Teachers





Year 9- Food Selection and Health

We have some very enthusiastic and talented students in our three Year 9 Food Technology classes this year. Each class continually exceed their teachers' expectations. Some of the recipes which have been prepared in classes have included Zucchini singapore noodles, Rice paper rolls, Chilli con carne, Bubble tea and Cauliflower pizza. This semester's practical exam consisted of developing a 'Hello Fresh' cook at home healthy meal. The foods that were produced were some very creatively designed recipes. We are always impressed by their commitment to designing and creating beautiful food.

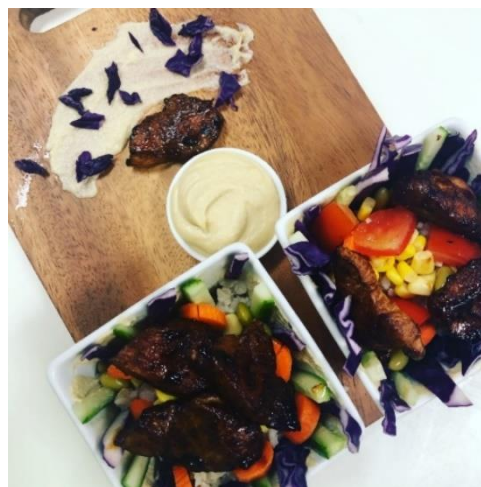
Students have just started a new unit on Food Trends where they learnt how to mindfully eat. It was an experience where they treated food like they were taking part in a meditation. We look forward to starting our Food Trends assessment on Freak Shakes in Week 10.

Mrs Parnell and Ms Payne

Stage 5 Food Technology Teachers



15 June 2021



Wellbeing News

Great Turn Out to Parent Wellbeing Workshop on Body Image!

On Monday 7th June, the Wellbeing Team hosted its first parent workshop of the year, and had a fantastic turn out!

We were very fortunate to have a psychologist from the Butterfly Foundation present to parents on how to better understand the factors affecting body image in young people, as well as how to best support body positivity at home.

Parents were spoken to about the impact of social media, societal expectations and internal self-perception on body image and disordered eating habits. Parents were also encouraged to shift their conversations with young people, to remove focus from appearance-centred feedback or comments.

If any parent has concerns for their child or has noticed recent changes in their eating habits, self-perception and/or behaviours around appearance, please do not hesitate to seek further advice from the Butterfly Foundation:

<https://butterfly.org.au/>

Some further support services and useful websites to gain further information on body image, eating disorders and early interventions include:

National Eating Disorder Collaboration: www.nedc.com.au

How Far is Too Far (early intervention site): www.howfaristooofar.org.au

Reach out and Recover (early intervention site): www.reachoutandrecover.com.au

Body Positive Australia: www.bodypositiveaustralia.com.au

E-Safety Commission (e-safety site): www.esafety.gov.au/parents

A Parents Guide to Instagram: help.instagram.com



I have also included some tip fact sheets from the Butterfly Foundation in this newsletter. Please feel free to contact the Wellbeing Team at school if you have further questions or concerns for your child.

We look forward to the next parent workshop!

Kindest Regards,

Ms Terryanne Fletcher

Head Teacher Wellbeing

Terryanne.fletcher1@det.nsw.edu.au



Wellbeing News

Online Workshops for Parents to Support Student Wellbeing

Tuesday 16 June: Stress & 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.

Register at the following link:

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

The final Term 2 Webinar Workshop is as follows:

- **June 16th - Stress and Wellbeing.** How parents can support their child in tougher periods and manage school-related stress.

Webinars are run live online from 7pm – 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

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

Wellbeing News

Student Wellbeing Conference Friday, 11 June

On Friday 11th June, 8 students from Baulko attended the Student Wellbeing Conference, held at Knox Grammar School. This event saw many schools from around the Sydney region participating in a student-led wellbeing symposium, with students partaking in several different workshops during the day.

Students participated in workshops that focused on the following topics:

- How to manage stress
- How to be your best self
- How to be there and support someone going through a difficult time
- The importance of mindset
- All-round wellbeing strategies
- Finding purpose and fulfillment in life

Students from Baulko actively contributed to these workshops, not only working productively with students from other schools, but also offering insightful and informed opinions to group discussions.

On the day, students were also fortunate enough to hear a presentation from Eddie Jaku, author of *The Happiest Man of Earth*. Eddie is a Holocaust survivor who has led an extraordinary life, and was generous enough to discuss his experiences with students on Friday. Above all else, Eddie encouraged students to actively listen to people and to be patient and kind in life. Eddie also encouraged students to make the most of opportunities and their lives. Students were profoundly moved by Eddie's wisdom and life experiences, and certainly took valuable advice away from this presentation.

The day concluded with students creating their own action plan for how to implement positive change around wellbeing initiatives within their own school context. The students from Baulko had some excellent ideas, and I strongly look forward to working with them to ensure their visions come to fruition!

A big thank you to: Josiah Prasad, Harasis Kaur, Ginger Morandin, Elizabeth Seo, Natalie Widjaja, Teagan Nguyen, Eric Huang and Hiya Mody for representing Baulko so well on Friday! These students certainly are a credit to the school, and acted as superb advocates for the wellbeing of the Baulko Community at this event!

Kindest Regards

Ms Terryanne Fletcher



15 June 2021



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.**



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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/>



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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

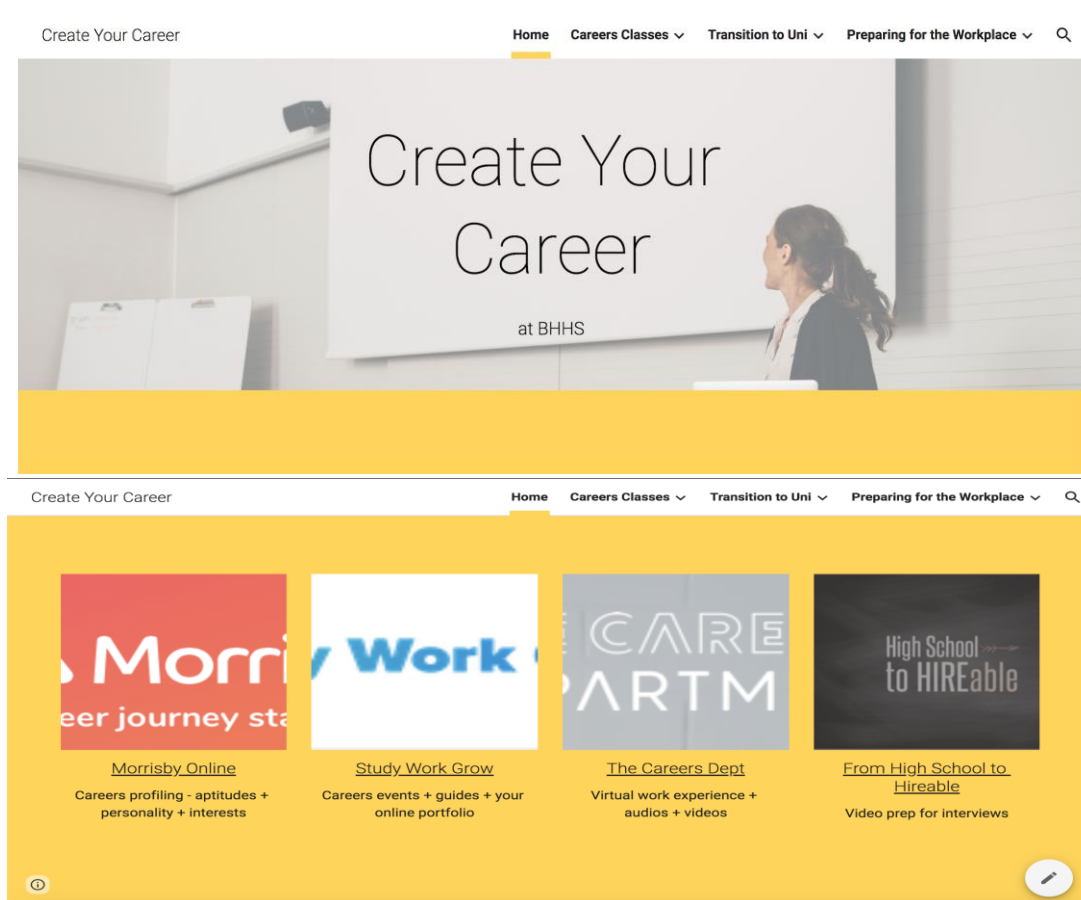
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

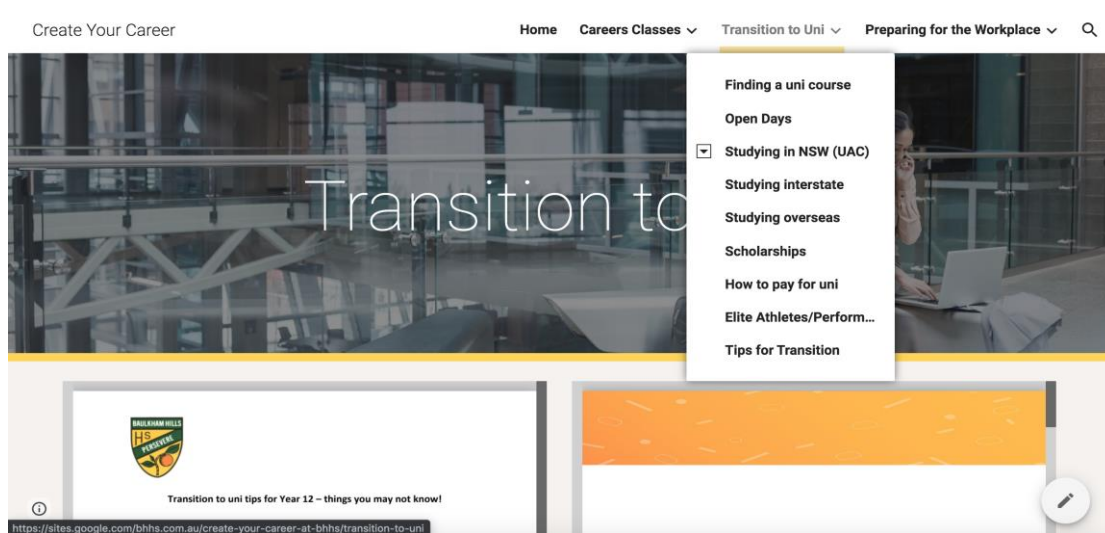
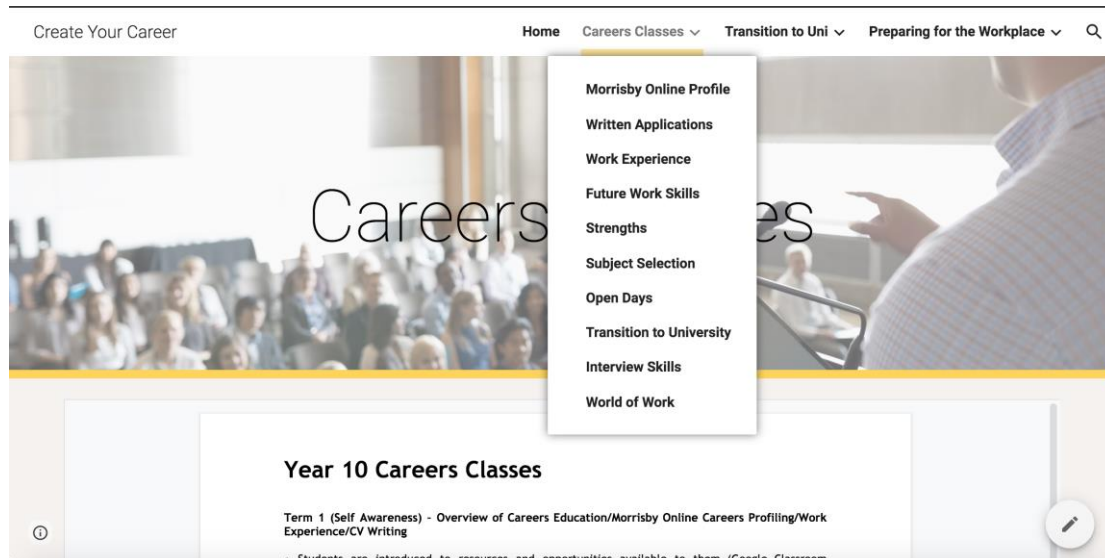
From the homepage, students can access all their subscription resources:

- 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>

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.