

# Baulkham Hills High Newsletter

[www.baulkhamhillshighschool.com.au](http://www.baulkhamhillshighschool.com.au)



## Cadet Bivouac 19-20 June

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

### From the principal's desk:

Welcome to Term 3, 2021 at Baulkham Hills High School. Once again, we find ourselves in a "Learning from Home" environment. Guides were emailed to parents and carers of mainstream and support students yesterday afternoon with instructions as to how "Learning from Home" will look for this week. The school is awaiting further guidance as to the plans for Week 2 and beyond. You will be informed as soon as this information is confirmed, and arrangements have been settled at school. Don't forget that much of our communication is via the BHHS Facebook page, the BHHS app, and via direct email.

On behalf of the school community, I would like to welcome our new Deputy Principal, Mrs Alexia Martin, to BHHS. Mrs Martin brings a wealth of experience to this role, having been in the position of Deputy Principal for over 6 years at her previous school. I would also

13 July 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](http://www.baulkhamhillshighschool.com.au)

## Dates on the Calendar will be updated as further advice regarding COVID-19 comes to hand

Term 3

<b>Week 1</b>
<b>Monday 12 July – School Development Day</b>
<b>Tuesday 13 July</b> Yr 8 Depth Study test (in class) Pds 1-8 (Trkulja/Blunden)
<b>Wednesday 14 July</b>
<b>Thursday, 15 July</b>
<b>Friday 16 July</b> Y7 and Support Reports Issued All Cadets mid-year dinner dance – after school TLC CANCELLED
<b>Week 2</b>
<b>Monday 19 July</b> Yr 11/12 Assessments – 19/7 to 23/7 incl. Yr 12 Buffer week – 19/7 to 23/7 incl.
<b>Tuesday 20 July</b> Yr 10 & 12 HSC Geography to Taronga Zoo. All Day POSTPONED Yr 12 & 10 HSC Music2 and Extension assessment POSTPONED
<b>Wednesday 21 July</b> O/C Testing – 8am to 1pm POSTPONED Yr 9 Food Tech prac exam - in class. Pds 1&2 (Parnell)
<b>Thursday, 22 July</b> Yr 7 & 10 Parent/Teacher interviews POSTPONED Yr 9 Food Tech prac exam - in class. Pds 7&8 (Parnell)
<b>Friday 23 July</b> Yr 8 & 9 Reports Issued Support – Wicked the Musical. All Day (Simpson)
<b>Week 3</b>
<b>Monday 26 July</b> Yr 12 Buffer week – 26/7 to 29/7 incl. Yr 8&9 parent teacher interviews Yr 10 Food Tech prac exam Pds 3&4 (Parnell)
<b>Tuesday 27 July – Students Return</b> <b>P&amp;C General Meeting 7.30pm</b>
<b>Wednesday 28 July</b> Yr 7 & 8 APSMO Maths Competition. In Class (Hoang)
<b>Thursday, 29 July</b> Yr 9 & 10 Miss Peony Theatre Excursion. Pd 6 to 4pm (Egan)
<b>Friday 30 July</b> Yr 12 Assessments – 30/7 to 13/8 incl.

like to welcome Mr Matthew O'Shea to the position of History teacher.

In terms of COVID-19 arrangements, can I please emphasize that all students follow NSW Health guidelines. The school is working diligently to enable the stay at home orders to be supported. The school does remain open for students whose parents and carers are in essential workplaces. Please continue to reinforce with your student the need to always employ safe hygiene practices.

**Wayne Humphreys**  
Principal



## Baulko News

### **BHHS NAIDOC Art Competition**

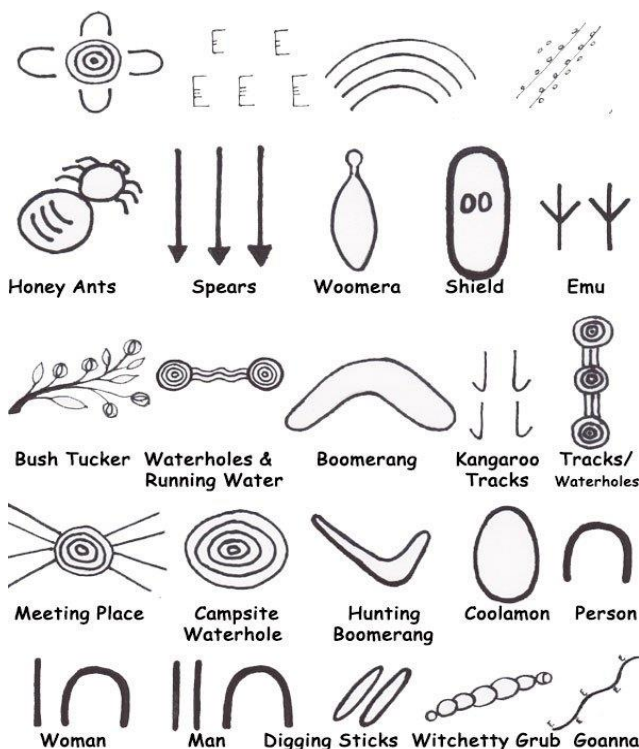
**Enter your artwork for Naidoc Day using Aboriginal and Torres Strait Islander signs and symbols.**

**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.



## BHHSACU biv with JRAHSACU CADETS 19-20 June 2021

On 19 June Saturday morning, 13 cadets from Baulkham Hills High School Army Cadet Unit arrived at school ready to join James Ruse Agricultural High School Army Cadet Unit on their bivouac at Marramarra Creek. All food was from ration packs and we prepared them in the field. When we arrived, we quickly acquainted ourselves with the JRAHSACU NCOs and we separated into our sections.

After a 45-minute hike to our base camp, we set up our tents and hootchies (an army issue waterproof material that is strung up with cord). For many of us, this would be our first times sleeping overnight in a hootchie so we tried our best to make sure it would be warm. We knew it was going to be very cold that night so we slept together to make the hootchie warmer.

We did a navigation exercise in which we explored the local area and located navigation points by using a map, radioing in codes that were written on CDs at the point. At night, we had to locate the senior commanding team of James Ruse as they hid undercover and the sections that were able to find them were given glow sticks as points. We also had a talent competition by the campfire and the "among us" play won by a landslide.

The next day we had a zone control activity in which we located capture points and defended them from opposing forces by making use of squirt guns. At 2 pm we had our lunch and then packed up and prepared to leave.

Overall, the collaboration between the two cadet units was smooth and successful with many great experiences and relationships being forged through the combined misery of the cold, wet weekend in the field. I really enjoyed this experience and I can speak on behalf of the rest of the cadets that went that they did too.

We would like to thank JRAHSACU for extending the invitation and also to BHHSACU for allowing us to participate. Thank you also to LT (AAC) Tang who spent the weekend with us and to LT (AAC) Iaconis who transported us to and from the venue.

Eric Pan, CSM BHHSACU





13 July 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](mailto: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](mailto:support@butterfly.org.au)





## 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](mailto:info@highschooltohireable.com.au)

HighSchool to Hireable  
BY INTERVIEW CHIX



### Careers News – Create Your Career Google Site

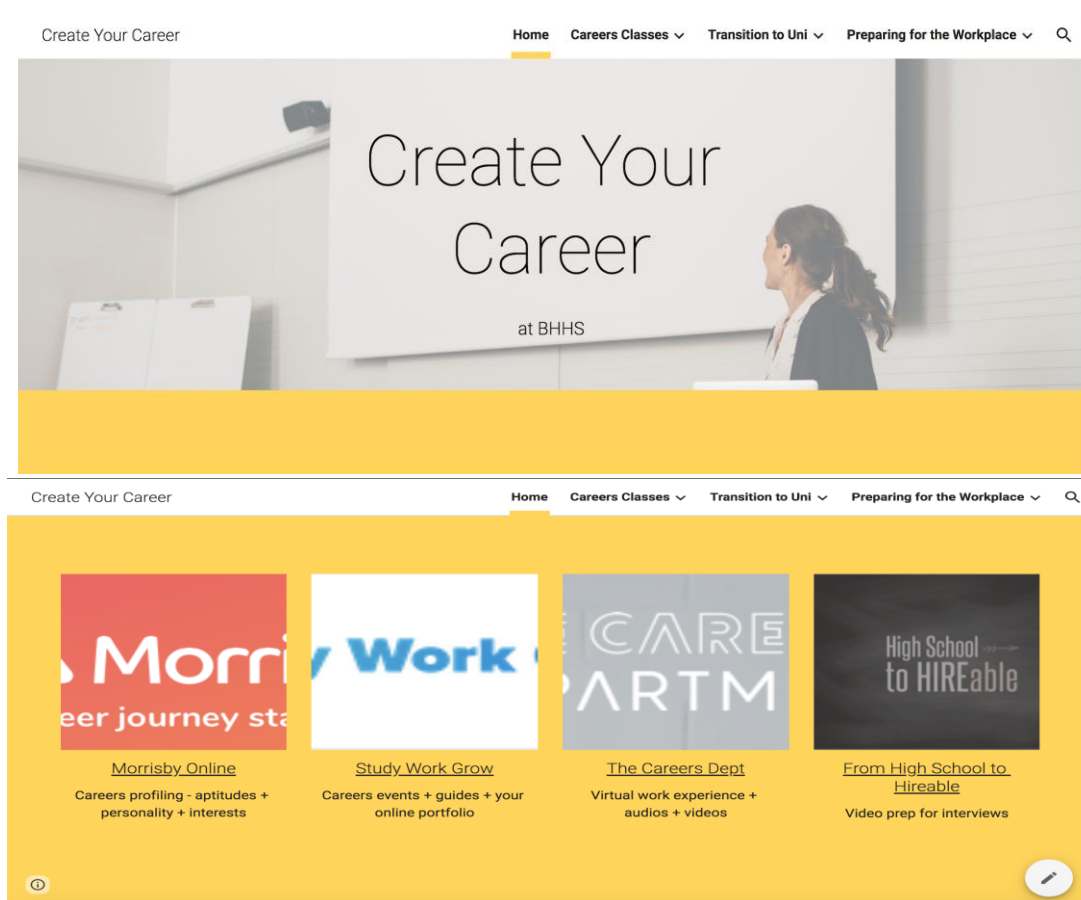
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

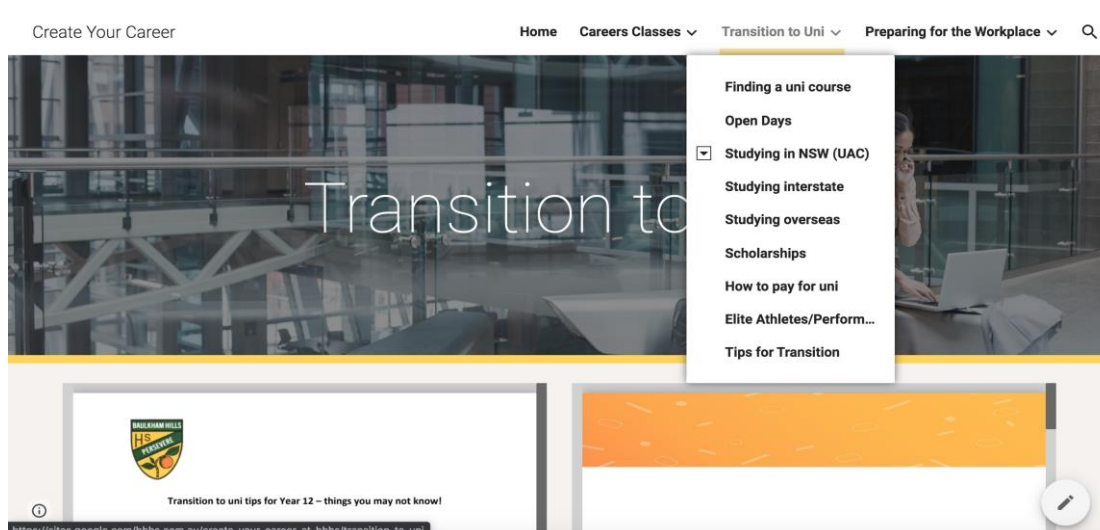
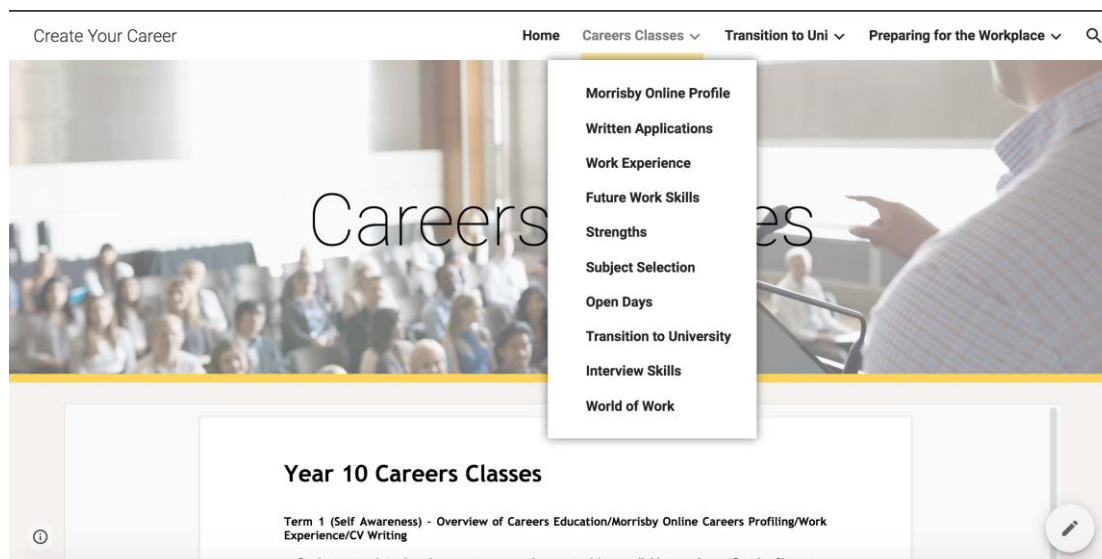
From the homepage, students can access all their subscription resources:

- 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>

## 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](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)

**The competition closes 5pm Friday 27 August.**



### 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.





## Update:

### All Busways school bus services will operate from Monday 12 July 2021

Further to our email yesterday, Busways would like to clarify that all school bus services will run from **Monday, 12 July 2021**.

There are currently no physical distancing restrictions on dedicated school bus services, however children over 12 years old are required to wear a face mask on public transport.

Rest assured, no student will be turned away from public transport under any circumstance.

Busways continues to ensure extra cleans of buses daily and follows all NSW Government's health advice..

If you need further advice or would like to seek clarification, please visit the Transport for NSW website.

Please share this information with your school community.

[Transport for NSW website](#)



Please find below the updated school bus advice for Hillsbus services commencing **26<sup>th</sup> July 2021**.

- Route 3160 is removed from school bus advice due to no demand.
- Route 2551 will terminate at Seven Hills Rd before Solar Ave, no longer via Merindah Rd

We remind students they must have a valid Opal card to travel on school buses, and must tap on and off morning and afternoon.



## School Travel Advice

For trip planning visit [www.transportnsw.info](http://www.transportnsw.info) or call 131 500.

For current Hillsbus school and route services visit [www.cdcbus.com.au](http://www.cdcbus.com.au) or call 02 8889 7000.

Conditions of Carriage: Students must have a valid Opal card and must tap on and off every trip. Further details about the SSTS are available at: [www.transportnsw.info](http://www.transportnsw.info)

Key: L> Bus turns left; R> Bus turns right

## BAULKHAM HILLS HS

Bell Times

Morning: 08:40

Afternoon: 15:06

Effective 26/07/2021

MORNING BUSES		
Route	Time	Bus Route
3103	07:00	<b>EX CADWELLS</b> via Porters to Kenthurst Rd opp Pitt Town Rd Transfer to Route 639 due 07:23
626	07:00	<b>EX PENNANT HILLS STATION</b> via Railway, R>Pennant Hills, R>Boundary, L>Victoria, R>New Line, R>Boundary, L>Francis Greenway, L>Macquarie, R>Kenburn, R>Shepherds, L>Prichard, L>New Line, R>County, L>John, R>Franklin, R>Bradfield, R>Castle Hill Rd, L>Old Northern Rd to Castle Hill Station (07:41), Transfer to Route 8018 (due 07:47, see below)
651	07:07	<b>EX BEECROFT STATION</b> via Wongala, Copeland, R>York, L>Hannah, L>Cardinal, R>Copeland, R>Pennant Hills, L>Aiken, R>Taylor, Highs, L>Castle Hill, L>Old Northern, R>Castle Hill Station (07:30). Transfer to Route 8018 (due 07:47, see below)
639	07:08	<b>EX NEICH RD BEFORE BOUNDARY RD</b> via Pitt Town, R>Kenthurst (07:23), R>Old Northern, Oakhill College (07:40) Transfer to Route 2033 (due 07:56, see below)
600	07:12	<b>EX PENNANT HILLS STATION</b> via Railway, R>Pennant Hills Rd, R>Boundary, R>Francis Greenway, R>Macquarie, L>Shepherds, County, R>Castle Hill Rd, L>Old Northern Rd to Castle Hill Station (07:43), then via Old Northern Rd to opposite Baulkham Hills TAFE.
603	07:12	<b>EX KELLYVILLE STATION</b> via Samanatha Riley, L>Glenhaven, R>Mills, L>Carinda, L>Glenhaven, R>Old Glenhaven, L>Glenhaven R>Evans, L>Grange, R>Greenbank, via Greenbank Loop, R>Linksley, R>Ridgecrop, L>Gilbert, R>Old Northern to Oakhill College (07:55). Transfer to Route 8014 (due 08:03, see below)
638	07:14	<b>EX ARCADIA RD AND BLACKS RD</b> via Arcadia, R>Galston, L>Old Northern to Round Corner (07:34). Transfer to Route 637 (see below)
601	07:15	<b>EX PARRAMATTA STATION A4</b> via Station, Smith, Wilde, L>Victoria, R>O'Connell, Barney, L>Church, Windsor Rd to opposite school
632	07:15	<b>EX PENNANT HILLS STATION</b> via Railway, R>Pennant Hills, R>Castle Hill, R>Edward Bennett, L>Neale, L>Franklin, R>Bradfield, R>Castle Hill, R>County, L>Woodgrove, L>David, R>Anglican Retirement Village, L>Old Northern, R>Castle Hill Station Stand C (07:46). Transfer to Route 600 to Old Northern Rd opp Baulkham Hills TAFE
637	07:15	<b>EX GLENORIE</b> via Old Northern, Round Corner (07:34), Oakhill College (07:43). Transfer to Route 8014 (due 08:03, see below)
601	07:20	<b>EX ROUSE HILL STATION</b> via R>Rouse Hill Dr, L>Caddies Bld, R>Commercial, R>Withers, R>Hezlett, L>Sam Riley, R>Green, L>Showground, R>DeClambe, L>Doran, R>Carrington, L>Victoria, L>Windsor to school



### School Travel Advice

Route	Time	Bus Route
2098	07:20	<b>EX CNR GREEN RD &amp; WRIGHTS RD</b> via Green L>Samantha Riley, R>Foxall, L>Withers, R>Hezlett, R>Samantha Riley, L>Windsor Rd, R>Barina Downs, L>Mackillop, L>Chapel, R>St Michaels, L>Merindah, R>Windsor to Baulkham Hills HS
608	07:21	<b>EX WINDSOR STATION</b> via Windsor Rd, McGraths Hill (07:28), L>Tway to Rouse Hill Station (07:46). Transfer to Sydney Metro to Castle Hill Station
615X	07:29	<b>EX STRINGER RD AFTER TIMBARRA AVE</b> via Route 615X to Windsor Rd opposite Coronation Rd.
601	07:30	<b>EX PARRAMATTA STATION A4</b> via Station, Smith, Wilde, L>Victoria, R>O'Connell, Barney, L>Church, Windsor Rd to opposite school
8009	07:30	<b>EX SEVEN HILLS STATION STAND A</b> via Prospect Hwy, Seven Hills Rd to Merindah Rd, then express to school
8018	07:30	<b>EX KNIGHTSBRIDGE SHOPS</b> via Ridgecrop (complete circuit), R>Gilbert, L>Tuckwell, R>Old Castle Hill, L>McMullen, R>Old Northern, R>Castle Hill Station Stand C (07:47), L>Crane, R>Terminus, Cecil, L>Old Northern, R>Parsonage, L>Marie, L>Excelsior, R>Roxborough Pk, L>Windsor Rd to school
2004	07:31	<b>EX MODEL FARMS RD OPPOSITE WLLMOTT AVE</b> via Model Farms Rd, L>Asquith, L>Junction, R>Watkins, R>Cropley, R>Seven Hills Rd, L>Jasper, L>Glanmire, R>Merindah, R>Windsor Rd to school
2007	07:34	<b>EX CHURCHILL DR AFTER WINDSOR RD</b> via Churchill, Caroline Chisholm, L>Voltaire, R>Lanham, L>Oakes, L>Barnetts, L>Reillys, Willmott, R>Model Farms, L>Asquith, L>Junction, R>Caroline Chisholm, R>Langdon, R>Gooden, R>Baulkham Hills Rd, R>Seven Hills Rd, L>Jasper, R>Palace, R>Windsor Rd to school
2032	07:35	<b>EX FREEMAN ST AFTER LUCAS RD</b> via Freeman, L>Northcott, L>Turner, R>Garden, R>Vardys, L>Capricorn, L>Parkinson, L>Sutherland, R>Keppel, L>Isaac Smith, R>Ravenhill, R>James Cook, L>Whitby, R>Joseph Banks, L>Seven Hills Rd, R>Old Windsor Rd, L>Gibbon, L>Langdon, R>Gooden, R>Baulkham Hills Rd, R>Seven Hills Rd, L>Jasper, R>Coronation, L>Windsor Rd to school
633	07:37	<b>EX PENNANT HILLS STATION</b> via Railway, R>Pennant Hills Rd, R>Boundary, L>Victoria, L>New Line, R>Castle Hill Rd, R>Franklin, L>Bradfield, R>Castle Hill Rd, L>Old Northern Rd to Castle Hill Station. Transfer to Route 600 to Old Northern Rd opp Baulkham Hills TAFE
2012	07:38	<b>EX SEVEN HILLS STATION</b> via Terminus, L>Prospect Hwy, Seven Hills Rd, L>Merindah Rd, R>Windsor Rd to school
601	07:45	<b>EX PARRAMATTA STATION A4</b> via Station, Smith, Wilde, L>Victoria, R>O'Connell, Barney, L>Church, Windsor Rd to opposite school
2101	07:50	<b>EX PARRAMATTA STATION A4 EXPRESS TO SCHOOL</b>
2033	07:56	<b>EX OAKHILL COLLEGE</b> via L>Old Northern, R>Castle Hill Station Stand C (08:04), L>Crane, R>Terminus, Cecil, L>Old Northern, R>Parsonage, L>Marie, L>Excelsior, R>Roxborough Pk, L>Windsor to school
2073	07:56	<b>EX NORBRIK T-WAY</b> via T-way, R>Celebration, R>Brighton, R>Edgewater, Westwood, L>Bella Vista, R>Bella Vista, R>Reston, R>Barina Downs, R>Mackillop, L>Chapel, L>Merindah, R>Windsor to school
3014	07:57	<b>EX EPPING STATION BEECROFT RD STAND F</b> express to Windsor Rd School Bus Bay
2020	08:02	<b>EX SEVEN HILLS RD AFTER ASTORIA PARK RD</b> via Seven Hills, R>Merindah, R>Glanmire, R>Jasper to Palace Rd then express to opposite school
3013	08:02	<b>EX EPPING STATION BEECROFT RD STAND F</b> express to Windsor Rd School Bus Bay
8014	08:03	<b>EX OAKHILL COLLEGE</b> via Old Castle Hill, L>(2nd) First Farm, R>Lynstock, R>Old Castle Hill, L>Tuckwell, L>Britannia, R>Bounty, L>Tuckwell, L>Gilbert, L>Showground, R>Carrington, L>Middleton, L>Parsonage, R>Coolong, L>Kerrs, R>Marie (08:19), L>Excelsior, R>Roxborough Pk, L>Windsor Rd to school

### AFTERNOON BUSES

Route	Time	Bus Route
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### School Travel Advice

Route	Time	Bus Route
2594	15:12	<b>EX BUS BAY EXPRESS TO PARRRAMATTA INTERCHANGE</b>
2694	15:12	<b>EX BUS BAY EXPRESS TO PARRRAMATTA INTERCHANGE</b>
2794	15:12	<b>EX BUS BAY EXPRESS TO PARRRAMATTA INTERCHANGE</b>
2606	15:15	<b>EX BUS BAY TO CRESTWOOD &amp; BELLA VISTA</b> Express to Jasper Rd then via Jasper, L>Glanmire, L>Merindah, R>Peel, L>Chapel, R>Mackillop, L>Barina Downs, L>Reston, L>Bella Vista, L>Bella Vista, R>Westwood, Edgewater, L>Brighton, L>Celebration, L>T-Way to Norbrik
2531	15:17	<b>EX BUS BAY EXPRESS TO SEVEN HILLS STATION</b>
2551	15:17	<b>EX BUS BAY TO WINSTON HILLS &amp; WEST BAULKHAM HILLS</b> via Windsor Rd, R>Churchill, L>Voltaire, R>Lanham, R>Nestor, L>Caroline Chisholm, R>Langdon, R>Gooden, R>Tamboura North, L>Myallie, L>Cropley, L>Seven Hills, L>Baulkham Hills Rd, R>Marina, L>Seven Hills Rd to Solar Ave
2653	15:17	<b>EX BUS BAY EXPRESS TO SEVEN HILLS STATION</b>
2552	15:20	<b>EX BUS BAY EXPRESS TO EPPING STATION</b>
2568	15:20	<b>EX BUS BAY EXPRESS TO EPPING STATION</b>
600	15:20	<b>EX OLD NORTHERN RD</b> via Old Northern, L>Windsor, Church, R>Barney, O'Connell, L>Victoria, R>Wilde, Smith, Station, R>Argyle to Parramatta Station
2502	15:22	<b>EX BUS BAY TO KNIGHTSBRIDGE</b> via L>Windsor Rd, L>Chelsea, L>Old Northern Rd, R>Cecil, Terminus, L>Crane, R>Castle Hill Station Stand A, L>Old Northern Rd to Oakhill College (15:42), L>Old Castle Hill Rd, R>Tuckwell, R>Gilbert, L>Ridgecrop to end of loop
600	15:24	<b>EX OLD NORTHERN RD</b> via Old Northern, R>Cecil, Terminus, L>Crane, R>Castle Hill Station Stand A. Transfer to Route 660 to Castlewood (see below) and Route 651 to West Pennant Hills (see below)
8528	15:27	<b>EX BUS BAY TO ROGANS HILL</b> via Windsor Rd, L>Chelsea, L>Old Northern Rd to Oakhill College (15:44). Transfer to Routes 603 Glenhaven (see below).
601	15:28	<b>EX WINDSOR RD AT CORONATION RD</b> via Windsor, R>Victoria, R>Carrington, L>Doran, R>DeClambe, L>Showground, R>Green, L>Sam Riley, R>Hezlett, L>Withers, L>Commercial, L>Windsor, L>Tway to Rouse Hill Station
601	15:28	<b>EX WINDSOR RD TO PARRAMATTA</b> via Windsor, Church, R>Barney, O'Connell, L>Victoria, R>Wilde, Smith, Station, R>Argyle to Parramatta Station
2532	15:30	<b>EX BUS BAY TO KINGS LANGLEY &amp; SEVEN HILLS (FIRST STOP SEVEN HILLS RD &amp; BINGARA CR)</b> via Windsor Rd, R>Coronation, L>Jasper, R>Seven Hills Rd, R>Joseph Banks, R>Whitby, R>James Cook, L>Ravenhill, L>Isaac Smith, R>Keppel, L>Sutherland, R>Parkinson, L>Capricorn, R>Whitby, L>Vardys, R>Johnson, R>Prospect Hwy to Seven Hills Station
651	15:45	<b>EX CASTLE HILL STATION STAND A</b> via L>Old Northern, R>Castle Hill, R>Highs, R>Highs, Taylor, L>Aiken, R>Pennant Hills, L>Copeland, L>Cardinal, R>Hannah, R>Wongala to Beecroft Station
603	15:54	<b>EX OAKHILL COLLEGE WESTERN SIDE TO GLENHAVEN &amp; ROUSE HILL</b> via Old Northern, L>Gilbert, R>2nd Ridgecrop, L>Linksley, L>Greenbank loop, L>Greenbank, L>Grange, R>Evans, L>Glenhaven, R>Old Glenhaven, L>Glenhaven, R>Carinda, Mills, L>Glenhaven, R>Sam Riley to Kellyville Station, then L>Sam Riley, Newbury, R>Perfection, R>Merriville, L>Tway to Rouse Hill Station
660	16:16	<b>EX CASTLE HILL STATION STAND C</b> via Route 660 to Castlewood Estate

## 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](mailto: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.