

# Baulkham Hills High Newsletter



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



## Visual Arts

Year 7 have been enjoying creating animal hybrids using photoshop  
more details on page 6

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Careers News

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

## From the principal's desk:

As has been communicated last Friday, in order to support the safety, health and wellbeing of students, staff and our community, the BHHS Trial HSC Examinations for 2021 have been cancelled. Current BHHS HSC students who live in one of the 8 Greater Sydney LGA hotspots are not permitted to return to the school site, with no date set as yet as to when this direction will change. As such, completed assessments will be used to provide final rankings to NESA. Some subjects will require students to complete alternate tasks for assessment purposes. Students will be notified whether this affects them. Plans are underway to arrange "practice" Trial HSC examinations for our HSC students, in which students will be provided THSC-style examinations to complete at home. Arrangements for this process are being finalised. HSC students will be informed next week as to the

Cont. P2



## 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 5</b>
<b>Monday 9 August</b> Y12 Buffer Week 9/8 to 13/8 incl. Y10 English Online Exam 9.00am-10.10am
<b>Tuesday 10 August</b> P&C Executive Committee Meeting ONLINE 7.30pm Y12 Music Trial Examinations
<b>Wednesday 11 August</b> Duke of Ed Camp (Hallal/Poole) 11/8 – 13/8 incl. POSTPONED
<b>Thursday 12 August</b>
<b>Friday 13 August</b>
<b>Week 6</b>
<b>Monday 16 August</b> Y12 Assessments 16/8 to 27/8 incl.
<b>Tuesday 17 August</b>
<b>Wednesday 18 August</b>
<b>Thursday 19 August</b>
<b>Friday 20 August</b>
<b>Week 7</b>
<b>Monday 23 August</b> Y12 Assessments 16/8 to 27/8 incl.
<b>Tuesday 24 August</b> P&C General Meeting ONLINE 7.30pm
<b>Wednesday 25 August</b>
<b>Thursday 26 August</b>
<b>Friday 27 August</b>
<b>Week 8</b>
<b>Monday 30 August</b> Y11 Buffer Week 30/8 to 3 September incl. Y10 History in class essay 10.6 Pds3&4 10.7 Pds 5&6 (Reid)
<b>Tuesday 31 August</b>
<b>Wednesday 1 September</b>
<b>Thursday 2 September</b> Y8 Maths Assessment – Test 3 Pds 7&8 (Ribbons) Y10 History 10.4 in class essay Pds1&2 (Reid)
<b>Friday 3 September</b> Y8 Commerce final exam Pds1&2 (Iaconis) Y9 Maths Assessment – Test 3 Pds7&8 (Ribbons) Y10 History 10.5 in class essay Pds7&8 (Reid)

dates of these alternate tasks and “practice” trial examinations. Arrangements for Years 7 to 11 students in terms of assessment are currently being discussed.

### Reminders

- Eligible HSC students are able to receive vaccinations at Qudos Bank Arena this week. As has been communicated previously, eligible students will be contacted directly by NSW Health as regards an appointment. This is a key strategy in preparing students for the HSC in October.
- The P & C supported Digital Nutrition Workshop is on tomorrow night. So far, nearly 300 people have registered. See full details later in this newsletter.
- As noted later in this newsletter, all Busways Western Sydney school bus services resume from Monday 9 August 2021. Please read the details in full.
- The latest DoE Advice for Families is at <https://education.nsw.gov.au/covid-19/advice-for-families>
- Please ensure any changes to address, email and phone numbers is communicated to the school ASAP.

**Wayne Humphreys**  
Principal

## Baulko News

### *Update of Address and Contact Details*

*If there have been any changes to your home address, phone number or email address, please email the school with any changes asap*

*It is important that parents/guardians keep the school informed of any changes*

[baulkham-h.school@det.nsw.edu.au](mailto:baulkham-h.school@det.nsw.edu.au)

*If your preferred email address is a hotmail/yahoo address please check your spam/junk folder*



### **All Busways Western Sydney school bus services resume from Monday 9 August 2021**

Dear Principal and/or School Bus Coordinator,

We are pleased to let you know that all dedicated Busways school bus services in Western Sydney will resume normal operations from Monday 9 August 2021.

While this is welcomed news for schools and parents, we would like to reiterate that **public transport should only be used by students of essential working parents** in line with current COVID-19 advice. 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.

No student will be turned away from public transport under any circumstance. We encourage parents to only send their child on the bus if it is absolutely essential.

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.

Kind regards,  
Busways.

## P&C News

### Digital Nutrition Seminar

**Today is last day of registration! Don't Miss it! 😊**

The P&C has organised and paid for an online seminar helping parents and students to manage their digital life. It will be held on 10<sup>th</sup> August at 7:30pm over Zoom.

This seminar is free and open to all Baulkham Hills High Parents, students, and staff. I feel it is a perfect time for every parents and students in our community now that we are in lockdown and digital life is an essential part of our learning.

To register, head to the link below, please register ASAP as this is not an automatic registration and someone from Digital Nutrition will have to approve your request before your registration is completed.

Registration link: [https://us02web.zoom.us/meeting/register/tZYtc-6sqTkqE9GUw\\_4yUHURPod2xqeVCZSV](https://us02web.zoom.us/meeting/register/tZYtc-6sqTkqE9GUw_4yUHURPod2xqeVCZSV)



Presented by psychologist  
**Jocelyn Brewer**

### **UNTANGLING TEENS FROM TECH: practical strategies to empower parents**



A 90-minute webinar for parents at Baulkham Hills High School  
**Tuesday August 10<sup>th</sup> at 7:30pm. Free registration.**  
A recording is provided for those who can not attend live.



I wish to see you all there! 😊

Raymund Wong  
P&C President



## UNTANGLING TEENS FROM TECH: practical + positive strategies to empower parents



**A 90-minute webinar for Baulkham Hills High parents  
Presented by psychologist Jocelyn Brewer  
Tuesday, August 10th 2021 at 7:30pm**

**Free registration**

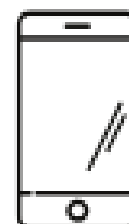
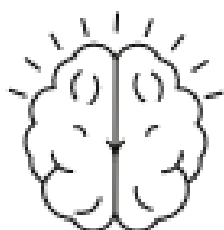
Please click below:

[Meeting Registration - Zoom](#)

Jocelyn's factful and fear-free, practical approach will help parents build skills to communicate with their tweens and teens, implement boundaries and consequences for behaviours (both online and off) and assist young people to identify and manage their emotions, time and choices (without banning devices).

The seminar will also explore the ways young people use technology, some of the features of tech design that makes it so alluring and hard to put down, and the impacts on young people's wellbeing.

Jocelyn will introduce her concept of Digital Nutrition™ as a positive framework for shaping healthy tech habits and a diverse digital diet, as well as how to apply the 3M's (mindful, meaningful and moderate) to online activities and identify 'Virtual Vitamins'.



[www.digitalnutrition.com.au](http://www.digitalnutrition.com.au)  
in conjunction with Baulkham Hills High P&C

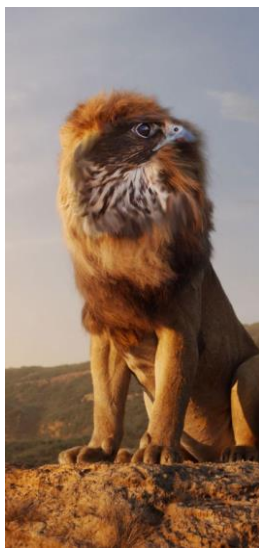




We are so proud of all CAPA students who have shown great resilience and determination to be the best artist, designer, photographer, musician and actors they can be! With so much change to our normal schooling our CAPA students have been working diligently, creatively, and always using their talents to continue to improve and shine. They are encouraged to keep up this high standard of work!

## Visual Arts:

Year 7 have been enjoying creating animal hybrids using Photoshop



Arron Joseph



Sophia Song



Liang Ma

## YEAR 9 VISUAL DESIGN- POLY ANIMAL GRAPHIC



Megan Chang



Grace Charoensri



Luc Du Toit



Melissa Gao

### Visual Design

Year 9 Visual Design students have been learning and experimenting with using Illustrator and Photoshop. They have produced excellent results!

## YEAR 9 VISUAL DESIGN- POLY ANIMAL GRAPHIC



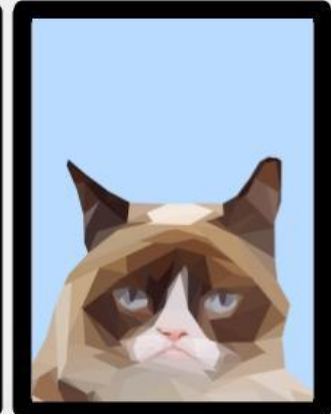
Ariel Kim



Thaddrea Kyaw Zwa



Leila Liu



Karthikan Logathanan

## YEAR 9 VISUAL DESIGN- POLY ANIMAL GRAPHIC



Alea Han



Thawda Htun



Ada Hu

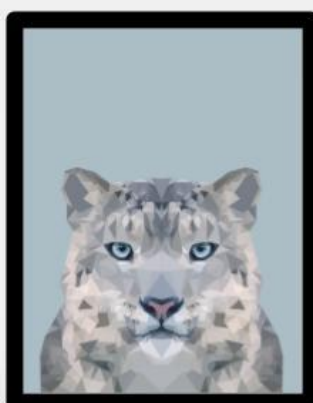


Milni Kariyawasam

## YEAR 9 VISUAL DESIGN- POLY ANIMAL GRAPHIC



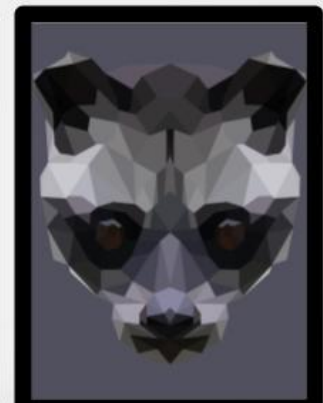
Bavishgar Paramoharan



Ashley Peng



Patrick Rejuso

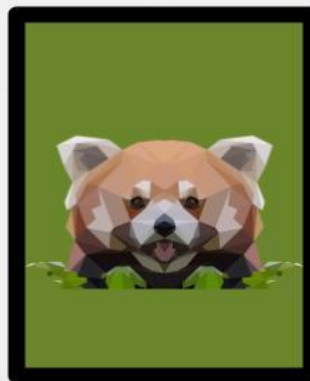


Iva Florhea Saqing

## YEAR 9 VISUAL DESIGN- POLY ANIMAL GRAPHIC



Lily Su



Zoe Wu



## A Message from the Wellbeing Team

Dear Parents/Guardians,

In the midst of uncertainty and ever-changing circumstances, it is especially important to support you and your child's mental, physical and emotional wellbeing. We understand that disruptions to routine can cause undue stress and anxiety, and we understand that the present circumstances surrounding Covid-19 are also likely to cause a mix of feelings and emotions.

The Wellbeing Team would like to remind you that there are many support services and information available to you and your child -24/7. We encourage you to be proactive in seeking information and/or support services when needed, and in safeguarding your child's mental health.

To assist you with this, the Wellbeing Team has put together a document containing details for a range of support services and information pertaining to mental health issues, parenting resources and more specifically to Covid-19.

Be proactive in supporting you and your child's mental health – access any of these resources when needed, and stay informed. Have regular conversations with your child about their wellbeing, and encourage them to engage with support services and open discussion about mental health.

If you have any questions or concerns, do not hesitate to contact one of your child's Year Advisers or myself.

We are here to support you, but there are also many resources and organisations available to support you beyond the school environment. We encourage you to engage with them.

On Behalf of the Wellbeing Team 2021 - Take care of yourselves!

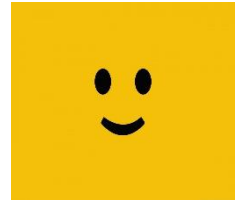
*Ms Terryanne Fletcher*  
Head Teacher Wellbeing  
Baulkham Hills High School  
Ph: 9639 8699





## Resources to Support Wellbeing

### Information for Parents!



#### Who can you call for support?

- In an emergency, always call triple zero (000)
- Mental Health Intake Line: 1800 011 511
- National Coronavirus Hotline: 1800 020 080
- Lifeline: 13 11 14 (24/7) (Webchat also available)
- Parent Line NSW: 1300 1300 52 (Webchat also available)
- Beyond Blue: 1300 22 4636 (Webchat also available)
- Suicide Call Back Service: 1300 659467 (24/7)
- Family Referral Service: 1300 403 373
- For support regarding domestic violence: 1800RESPECT

#### Resources on parenting

- <http://www.resourcingparents.nsw.gov.au/Parents>
- <https://raisingchildren.net.au/>
- <https://www.parentingideas.com.au/parent-resources/>
- <https://www.relationships.org.au/relationship-advice>
- <https://parenttv.com/>

#### How do you access external mental health support for your child?

- Talk to your local GP to obtain a referral to a psychologist.
- Online Psychologist Database: <https://www.psychology.org.au/Find-a-Psychologist>
- Headspace centres: <https://headspace.org.au/headspace-centres/>
- Mental Health Care Plan: <https://www.healthdirect.gov.au/mental-health-care-plan>

#### Online wellbeing programs for your child

- <https://www.cci.health.wa.gov.au/resources/looking-after-yourself> (self-help resources on various topics)
- <https://thiswayup.org.au/> (mood, anxiety, mindfulness, sleep, and stress)
- <https://brave4you.psy.uq.edu.au/> (anxiety)
- <https://moodgym.com.au/> (mood)

#### Apps your child can download

- Headspace (mental health support and guided relaxation strategies)
- Smilingmind (guided relaxation strategies)
- Virtual Hopebox (distraction techniques and relaxation strategies)
- What's up (for managing difficult thoughts and emotions associated with anxiety, depression etc)
- Self-Help for Anxiety Management (SAM) (build your own 24-hour anxiety toolkit)
- Daylio (mood and activity tracker, to help remind you which activities lift your mood)
- BeyondNow (create a safety plan to help you if ever at risk of harm)
- Mindshift (teaches the importance of changing how you think about anxiety)
- Calmharm (supports individuals with temptation to self-harm)



### Where can you learn more about mental health?

- Beyond Blue: <https://www.beyondblue.org.au/the-facts>
- Headspace: <https://headspace.org.au/>
- Kids Helpline: <https://kidshelpline.com.au/teens>
- Black Dog Institute: <https://www.blackdoginstitute.org.au/>
- Butterfly Foundation: 1800 33 4673 or <https://butterfly.org.au/get-support/chat-online/>

### Information about Covid 19

- World Health Organisation Q & A: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- World Health Organisation Advice for the Public: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- Australian Government Official Covid Website: <https://www.australia.gov.au/>

### Tips for supporting stress & anxiety around Covid

- Tips for Handling Coronavirus Anxiety & Stress: <https://www.blackdoginstitute.org.au/resources-support/coronavirus-resources-for-anxiety-stress/>
- Coronavirus Mental Wellbeing Support: <https://coronavirus.beyondblue.org.au/>
- CDC: Mental Health and Coping during Covid-19: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- How to cope with Covid-19 stress: <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>
- CDC: Helping Children Cope with Emergencies: <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>





### Digital Mental Health

Digital Mental Health (e-mental health) is services, programs or applications, delivered via online, mobile or phone based platforms, that may be self-driven or involve real time or delayed interaction with a clinician or other support person.

Digital Mental Health services and programs allow Australians to access mental health information and support at any time and from any place.

**DISCLAIMER:**

The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it or refer a user to it. The services and resources listed in this guide are not exhaustive and represent primarily Australian products.

eMHPrac is funded by the Australian Government



### Apps



**Recharge**  
A six-week program aiming to improve mood and energy levels by establishing a good sleep/wake routine.  
[au.recharge.com/tools-and-apps/recharge](http://au.recharge.com/tools-and-apps/recharge)



**The Check-in**  
An app to help young people take the fear out of having a conversation with a friend who might be struggling.  
[beyondblue.org.au/about-us/about-our-work/youthbeyondblue/the-check-in-app](http://beyondblue.org.au/about-us/about-our-work/youthbeyondblue/the-check-in-app)



**Niggle**  
A self-help toolkit for all things related to mental, social and emotional wellbeing.  
[kidshelpline.com.au/niggle](http://kidshelpline.com.au/niggle)



**MoodMission**  
An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping.  
[moodmission.com/](http://moodmission.com/)



**Ray's Night Out**  
An app to help youth (16-25yrs) increase their awareness of their drinking limits and promote safer drinking practices.  
[apps.apple.com/au/app/rays-night-out/id978589497](http://apps.apple.com/au/app/rays-night-out/id978589497)



**Breakup Shakeup**  
A behavioural activation app that provides fun, easy activities to do to help young people (14-25yrs) cope after a breakup.  
[au.reachout.com/tools-and-apps/breakup-shakeup](http://au.reachout.com/tools-and-apps/breakup-shakeup)



### A Brief Guide: Digital Mental Health Resources for Young People



### Digital Mental Health Gateway

**Head to Health**

**Head to Health**  
A website that links Australians to online and phone mental health services, information and resources.  
[headtohealth.gov.au](http://headtohealth.gov.au)

### Crisis Support



**Kids Helpline**  
Phone and real time web-based crisis support for youth (5-25yrs).  
[kidshelpline.com.au](http://kidshelpline.com.au)  
1800 55 1800 (24hrs)



**Lifeline**  
24/7 phone counselling, and online crisis support chat available each evening.  
[lifeline.org.au/Get-Help](http://lifeline.org.au/Get-Help)  
13 11 14 (24 hrs)



**1800RESPECT**  
Phone & online counselling for people seeking help for themselves or someone else in domestic violence situations.  
[1800respect.org.au](http://1800respect.org.au)  
1800 737 732 (24 hrs)

### Counselling Support



**Butterfly Foundation**  
Online and phone counselling, information, and support groups for people concerned about eating disorders.  
[butterfly.org.au/](http://butterfly.org.au/)  
1800 334 673



**CanTeen**  
Phone/email/online chat and forums to help young people (12-24yrs) with a range of issues.  
[support@canteen.org.au](http://support@canteen.org.au)  
1800 835 932



**ehheadsace**  
Phone/email/online chat for young people (12-25yrs) with a range of issues.  
[headsace.org.au](http://headsace.org.au)  
1800 650 890



**QLife**  
Online chat and phone counselling for LGBTI people.  
1800 184 527  
[qlife.org.au](http://qlife.org.au)

### Useful Programs & Websites



**ReachOut**  
Practical tools and support to help youth (under 25) get through everything from everyday issues to tough times. Includes toolbox of apps.  
[reachout.com](http://reachout.com)



**BITE BACK**  
Online activities, info and positive wellbeing and resilience in young people (12-25yrs).  
[biteback.org.au/](http://biteback.org.au/)



**The BRAVE Program**  
Prevention and treatment of anxiety in young people. Includes child (3-7 & 8-12yrs), teen (12-17yrs), and parent components.  
[brave4you.psyuq.edu.au](http://brave4you.psyuq.edu.au)



**The Desk**  
Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in students.  
[thedesk.org.au](http://thedesk.org.au)



**CanTeen Connect**  
An online community for young people dealing with their own or a close family member's cancer. There is also a separate 'CanTeen Connect: For Parents' community.  
[www.canteenconnect.org/](http://www.canteenconnect.org/)



**This Way Up**  
"Teen Mental Health Course"  
Free online course for teens transitioning into adulthood. Requires the supervision of a parent or carer and a prescription for a clinician.  
[thiswayup.org.au](http://thiswayup.org.au)



**MindSpot**  
"Mood Mechanic Course"  
An online program for stress, worry, anxiety and depression in people aged 18-25.  
[mindspot.org.au](http://mindspot.org.au)



**Centre for Clinical Interventions**  
Self-help workbooks and modules for a range of mental health issues.  
<http://www.cci.health.wa.gov.au/resources/consumers.cfm>



**MoodGYM**  
An online program teaching cognitive behaviour therapy skills to manage symptoms of depression and anxiety.  
[www.moodgym.com.au/](http://www.moodgym.com.au/)



**Smiling Mind**  
A website and app teaching Mindfulness Meditation to young people and adults.  
[smilingmind.com.au/](http://smilingmind.com.au/)



**OCD? Not Me!**  
Online program including information, practical skills and support for young people (12-18yrs) with OCD.  
[ocdnotme.com.au](http://ocdnotme.com.au)



**Livewire**  
Online community to help young people (12-20yrs) living with illness or disability.  
<https://livewire.org.au>



**ReachOut Next Step**  
An online tool designed to make help seeking easier for young people (18-25yrs), by recommending relevant support options based on their symptoms.  
[au.reachout.com/#nextstep](http://au.reachout.com/#nextstep)



## 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 Term 3 News – Uni Zoom Lunch Sessions

Both UNSW and the University of Sydney (the top 2 destinations for students for Baulkham Hills High School students) presented via Zoom in Week 4 at Tuesday and Thursday lunches to supplement the face-to-face presentations that were held in Term 2 for a range of universities.

Thank you to USyd and UNSW for adapting to the changing environment and presenting to Year 10, 11 and 12 students in engaging presentations, preparing students for life beyond high school, notifying them of upcoming Open Days and answering questions.

Ms Hardy

### University life



200+ clubs and societies



Sydney Uni Sport and Fitness



25+ cultural groups



University of Sydney Union




Events and activities



The University of Sydney 2021-08-05 13:20:13

### Admissions timeline



**Look at scholarships, admission pathways and accommodation**  
Application close dates vary, so research early and make a note of important deadlines!

**Open Day**

**Info Day**

**Welcome Week**

**Uni starts**

Apr → May → Jun → Jul → Aug → Sep → Oct → Nov → Dec → Jan → Feb

**Create UAC application**

Check if your degree has additional selection criteria

**Submit UAC application to avoid higher fees!**

**HSC/IB results and ATAR released**

**Close of preferences Dec Round 2**

**Majority of offers made**

**Further offers made**

**Offers made for your highest eligible preference!**

The University of Sydney Page 15  
2021-08-05 13:42:50

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

HighSchool to Hireable  
BY INTERVIEW CHIX

### Careers News – Create Your Career Google Site

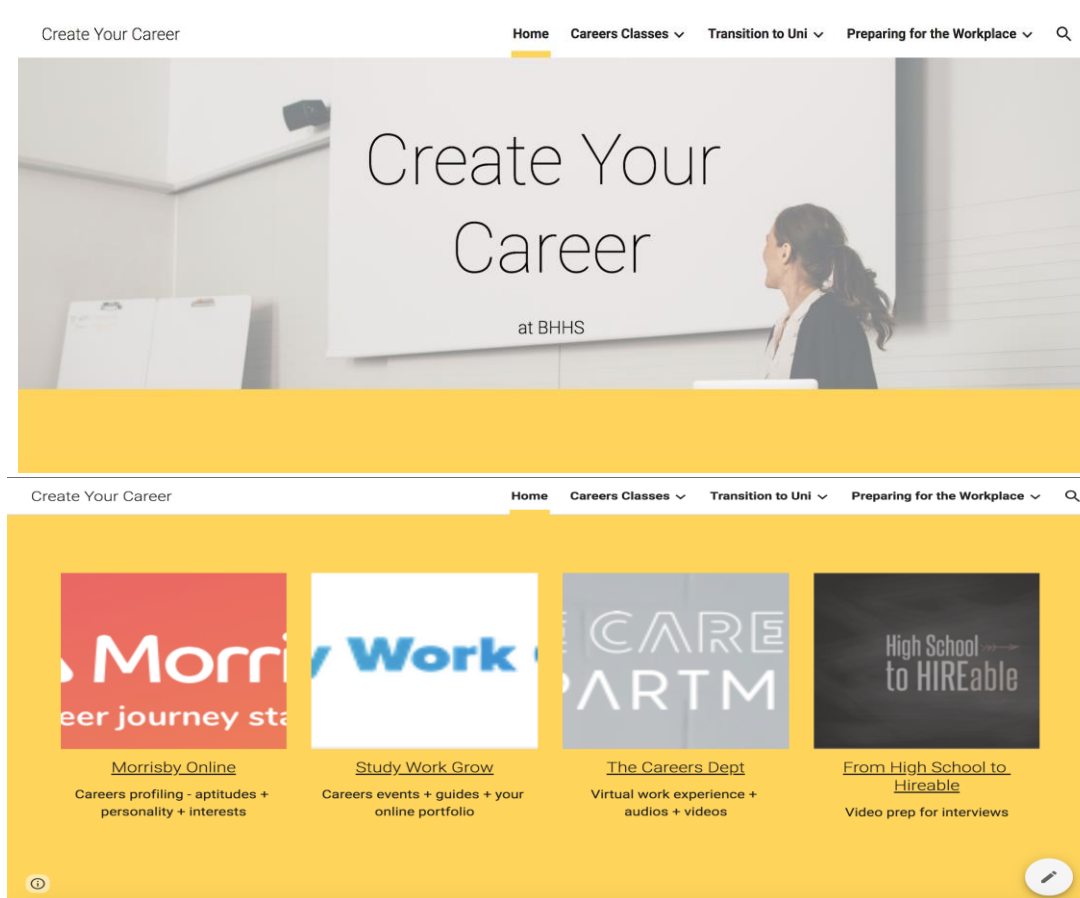
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

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





Create Your Career

Home Careers Classes Transition to Uni Preparing for the Workplace

## Careers

- Morrisby Online Profile
- Written Applications
- Work Experience
- Future Work Skills
- Strengths
- Subject Selection
- Open Days
- Transition to University
- Interview Skills
- World of Work

### Year 10 Careers Classes

Term 1 (Self Awareness) - Overview of Careers Education/Morrisby Online Careers Profiling/Work Experience/CV Writing

Students are introduced to resources and opportunities available to them. (Google Classroom)

Create Your Career

Home Careers Classes Transition to Uni Preparing for the Workplace

## Transition to Uni

- Finding a uni course
- Open Days
- Studying in NSW (UAC)
- Studying interstate
- Studying overseas
- Scholarships
- How to pay for uni
- Elite Athletes/Perform...
- Tips for Transition

### Transition to uni tips for Year 12 – things you may not know!

<https://sites.google.com/bhhs.com.au/create-your-career-at-bhhs/transition-to-uni>

Create Your Career

Home Careers Classes Transition to Uni Preparing for the Workplace

## Preparing for the Workplace

- Portfolios
- Written Applications
- Interview Skills
- Work Experience
- Industry Info
- Labour Market Info
- Future of Work
- Entrepreneurship
- Lifelong Learning

SKILLS INTERESTS EDUCATION & TRAINING

myfuture  
www.myfuture.edu.au














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=29252fcea](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)

**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.



## 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.