

Baulkham Hills High Newsletter



www.baulkhamhillshighschool.com.au



Visual Arts

Year 9 Visual Arts students have been working on creating
Still Life Vanitas oil paintings – page 4

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

From the principal's desk:

Welcome to Week 6 of Term 3 at Baulkham Hills HS. It is hard to believe that we have reached halfway through the Term. "Learning from Home" continues to be the means by which students will receive their teaching and learning for the foreseeable future. I would encourage you to check in regularly with your student ... to see how they are managing and coping with their school work commitments. If you have questions or concerns about the wellbeing of your student, please contact their Year Adviser. If you have questions about their learning, please contact their classroom teacher.

NSW Health has announced that stay-at-home rules are extended to all of regional NSW from 5pm, 14 August to 12:01 am 22 August. This does not have any change on how teaching and learning will continue at BHHS, as our school is in Greater Sydney under Level 4 restrictions already.

16 August 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

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

Term 3

Week 6
Monday 16 August Y12 Assessments 16/8 to 27/8 CANCELLED
Tuesday 17 August
Wednesday 18 August
Thursday 19 August
Friday 20 August
Week 7
Monday 23 August Y12 Assessments 16/8 to 27/8 CANCELLED
Tuesday 24 August P&C General Meeting ONLINE 7.30pm
Wednesday 25 August
Thursday 26 August
Friday 27 August
Week 8
Monday 30 August Y10 History in class essay 10.6 Pds3&4 10.7 Pds 5&6 (Reid)
Tuesday 31 August Ancient History Accelerated HSC Alternate task 31/8-1/9 incl.
Wednesday 1 September
Thursday 2 September Y8 Maths Assessment – Test 3 Pds 7&8 (Ribbans) Y10 History 10.4 in class essay Pds1&2 (Reid)
Friday 3 September Y8 Commerce final exam Pds1&2 (Iaconis) Y9 Maths Assessment – Test 3 Pds7&8 (Ribbans) Y10 History 10.5 in class essay Pds7&8 (Reid)

I would like to complement our students for their resilience in managing the challenges they are facing in the current lockdown. The feedback the school is receiving is positive concerning the learning experiences of our students. I would also like to thank our teaching and non-teaching staff for the consistent, professional, supportive manner in which they have continued to support our students. Their critical role at this time is ensuring that students' learning and wellbeing are supported.

HSC students will receive notification early this week about the schedule for alternate assessment tasks and "practice" Trial HSC examinations. Part of this process may involve the posting of resources to students. If you have not ensured you and your students' contact details (from all years) are up to date, please update the information at https://docs.google.com/forms/d/e/1FAIpQLScvvXP3316dQ_Nw01X7m1tmgM65BnEJUjAfbkarrCbYZkuQA/viewform

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

or

https://docs.google.com/forms/d/e/1FAIpQLScvvXP33l6dQ_Nw01X7m1tm_gM65BnEJUjjAfbkarrCbYZkuQA/viewform

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.



Creative and Performing Arts students have continued to impress us during this term with their ability to take a difficult situation and create stunning artworks! We are so very proud and would love to share their brilliance with you.

We encourage all BHHS students to embrace their inner artist or performer during this time. Get away from the screen and create some magic! Even if you don't study a CAPA subject we would love to see your creations! If you or your family have created or performed something you are very proud of please send to Head Teacher CAPA at puglianok@bhhs.com.au. We cannot wait to see what you have been working on!

Visual Arts:



Wishah Junaid



Sarah Liu



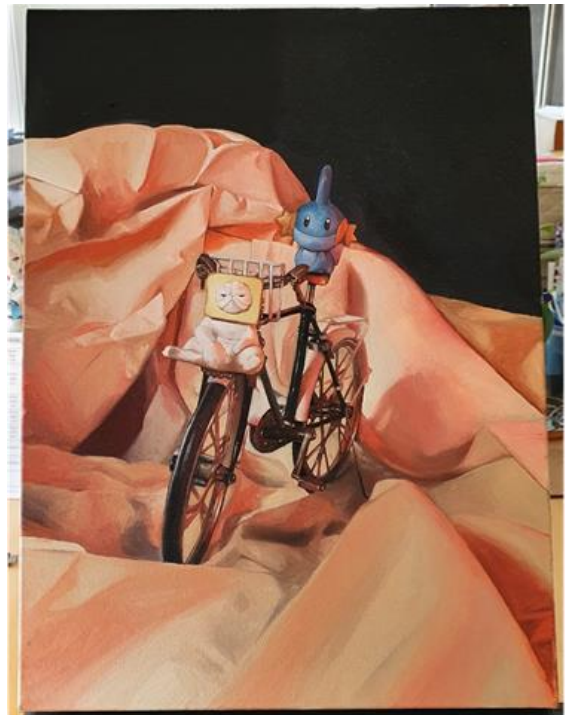
Leila Liu



Jessie Ma



Stephanie Quan



Grace Charoensri



Xuha Noman



Enya Huang-Ding



Chelsea Tong

Year 9 Visual Arts students have been working on creating Still Life Vanitas oil paintings, using items that are personal to them within their compositions. They have been able to adapt to all challenges thrown their way, including painting all the folds in the tablecloth, and the use of coloured gel lighting in their compositions to create complex shadows. Their hard work and persistence has paid off in these amazing works.

Mrs Fong



HOME

GET INVOLVED ▾

SCHOOLS

RESOURCES ▾

NEWS

STATES ▾

Some great opportunities exist to see some great presentations to celebrate Science and its importance in Australia.

All are **free** you just need to register to get the link to the presentation you are interested in

<https://www.scienceweek.net.au/find-events/?location-string=&location-id=&location-postcode=&location-suburb=&location-state=&location-type=&location-lat=&location-lng=&event-type=online&event-list-page=1&keyword=&date-range=>

This years theme is '**Food: different by Design**'

If you are interested in baking – have a look and register for the Girls day out in Stem challenge and do the bake off- make a Cakie (50% bread and 50% cookie).



Or if you want to do some chemistry with the ingredients you have in your kitchen sign up for the YSA Virtual Science Show.

Or if you like Dr Karl sign up for the Q & A about Science space.

Enjoy the fun experiences from your own home.

Lisa Greenlees

HT T & L

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!

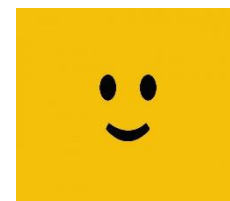
Ms Terryanne Fletcher
Head Teacher Wellbeing
Baulkham Hills High School
Ph: 9639 8699





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>



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



Supporting Conversation



We are in this together

We are spending a lot of time at home together, make use of the time to talk, cook together, go for a walk, play a board game, declutter etc

Family time

Conversation starters-

- if you had a superpower what would it be and how would you use it to help people



Catch up with each other

- If you were a teacher and could teach anything at all what would you teach someone

Reconnect

- Talk about two things which you are grateful or thankful for today



Opportunity to grow strong relationships

- Share family history and memories together- talk about a holiday or history of the family

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 [in](https://www.linkedin.com/company/highschooltohireable) [f](https://www.facebook.com/highschooltohireable) [@](https://www.instagram.com/highschooltohireable) info@highschooltohireable.com.au

HighSchool to Hireable
BY INTERVIEW @ CHIX

Career planning and transition for young people on the autism spectrum | Thursday 2 September, 4.00pm (AEST)

In this 60 minute live and interactive webinar, our presenters, Associate Professor Marina Ciccarelli, Cheryl Mangan, and Brendan James will provide information for parents about:

- The Better Outcomes and Successful Transitions for Autism (BOOST-A) research;
- The role of parents and supporters in youth focused, strengths-based career planning; and
- How myWAY Employability career planner can support young people on the autism spectrum to build a customised profile and goals to plan for future career pathways.

Based on six years of research, myWAY Employability is a smart web platform that helps autistic individuals plan and prepare for working life. Autistic individuals co-produced content, design, and usability of the website. myWAY Employability matches an individual's interests and strengths to relevant careers and pathways. It encourages users to create big dreams, and smaller goals and tasks to track progress. [Register now](#)

<https://register.gotowebinar.com/register/7768242481529133837>

Careers News – Create Your Career Google Site

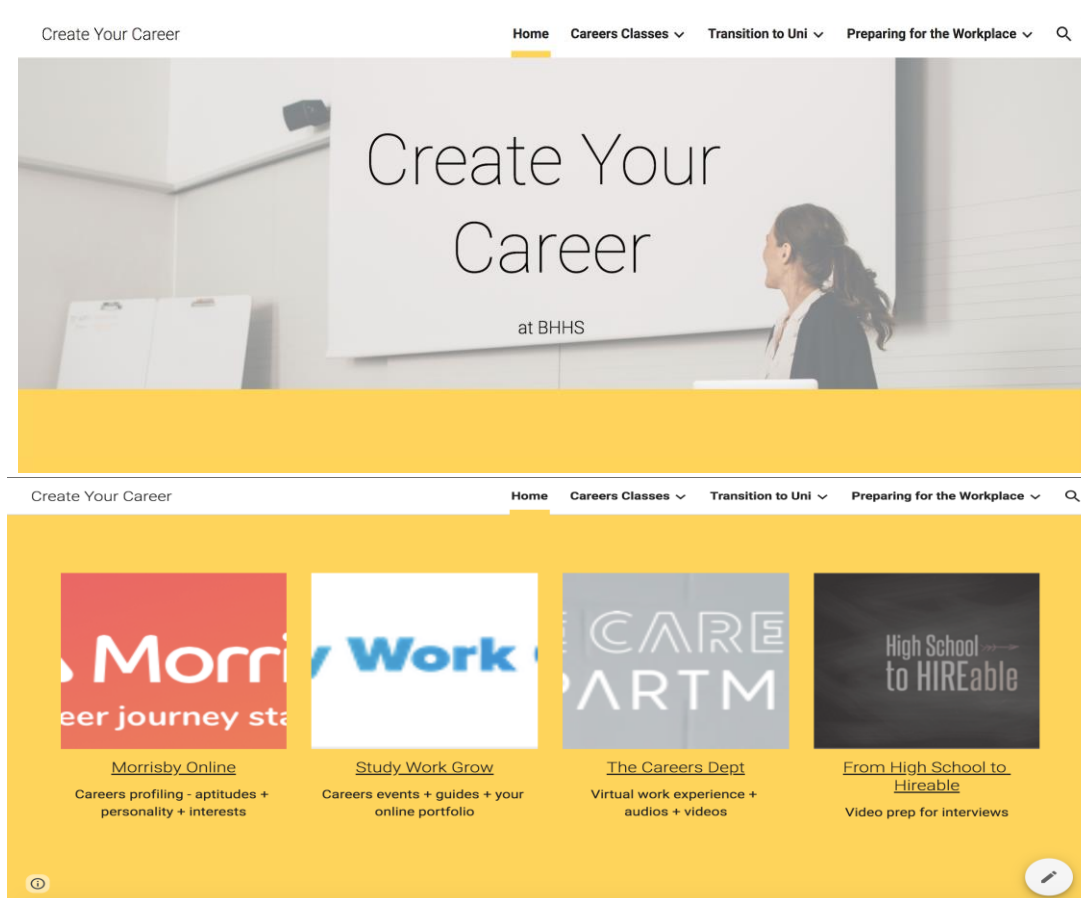
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

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

<https://sites.google.com/bhhs.com.au/create-your-career-at-bhhs/preparing-for-the-workplace>














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

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

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.