

Baulkham Hills High Newsletter

www.baulkhamhillshighschool.com.au



Support Unit Classrooms – New Blinds

The support unit has new scenic blinds – more photos on page 3

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

From the principal's desk:

As you may be aware, both the NSW Premier and the NSW Department of Education have provided plans detailing the **Return to School schedule** for students in NSW. A preliminary summary of the information includes

- From Monday 1 November, students in Year 11 will return to school sites under Level 3 plus settings. (See [https://education.nsw.gov.au/content/dam/main-education/en/home/inside-the-department/covid-19/information-for-staff/COVID safe school operations.pdf](https://education.nsw.gov.au/content/dam/main-education/en/home/inside-the-department/covid-19/information-for-staff/COVID_safe_school_operations.pdf))
- From Monday 8 November, students in Years 7, 8, 9 and 10 return to school sites under Level 3 plus settings.
- Students in Year 12 and those completing their HSC are already able to return in a limited way, and this will continue for the remainder of Term 3. From 25 October, these students will have full-time access to school campuses and their teachers.
- HSC exams will be delayed until 9 November

Cont. P2

30 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

with a revised timetable and guidelines for a COVID-safe HSC to be released by NESA in early September.

The school will begin to work through this information over the next few days, and provide details specific to our school's context early next week.

This week Year 7 will be **choosing the language** they wish to study in Year 8. Students have been sent their username, password and a link to the online selections for this task. Submissions are due by next Monday 6 September. Year 7 will commence studying this language in Term 4 this year.

Wellbeing Days - Support Unit staff and students have completed this day last Friday – a “non-screen” day involving a range of activities across the curriculum, not involving screen time. Mainstream students will complete their day on this Friday, 3 September. This will not be a “day off” from class. Survey data from students and the community revealed that a significant percentage of students require time to consolidate upon their learning. As such, no new learning will take place on this day. The normal school timetable will be in place for students to access their teachers. Students may use this time to check in and ask questions of their teacher. They may also use the time to consolidate new or more difficult work, and ensure they catch up any outstanding projects or assignment. Students will also be provided with optional wellbeing activities to support this mental and physical health.

Wayne Humphreys
Principal

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

Term 3

Week 8
Monday 30 August
Tuesday 31 August Ancient History Accelerated HSC Alternate task 31/8-1/9 incl.
Wednesday 1 September
Thursday 2 September
Friday 3 September Y10 History Online Submission (Reid)
Week 9
Monday 6 September Y11 Assessments 6/9 to 17/9 incl. Y7 History in class essay (Thurlow) Y7 Parent Teacher Interviews 12pm – 4pm
Tuesday 7 September
Wednesday 8 September
Thursday 9 September Accelerated Prelim Ancient History alternative task Opens
Friday 10 September Accelerated Prelim Ancient History alternative task Closes Y8 History Source Test 8L Pd7, 8A Pd 3, 8O Pd5 (Dhall)
Week 10
Monday 13 September Y11 Assessments 6/9 to 17/9 incl.
Tuesday 14 September Y10 History Source Test Pds 1,2,6&7 (Reid)
Wednesday 15 September Y8-11 Term 4 Rec Sport Online Selections 7.30pm Y9 History online assessment 1.50pm-3pm
Thursday 16 September
Friday 17 September

Term 4

Week 1
Monday 4 October Labour Day PUBLIC HOLIDAY
Tuesday 5 October
Wednesday 6 October
Thursday 7 October
Friday 8 October

Baulko News

Support Unit – New Blinds



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

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



Another great week in the Creative and Performing Arts Faculty whilst we are learning from home. Students are regularly attending zoom meetings and keeping up to date with both their practical and theory tasks. We are so proud of how flexible our CAPA students are being and learning new technologies to ensure they continue to keep their skills developing and growing.

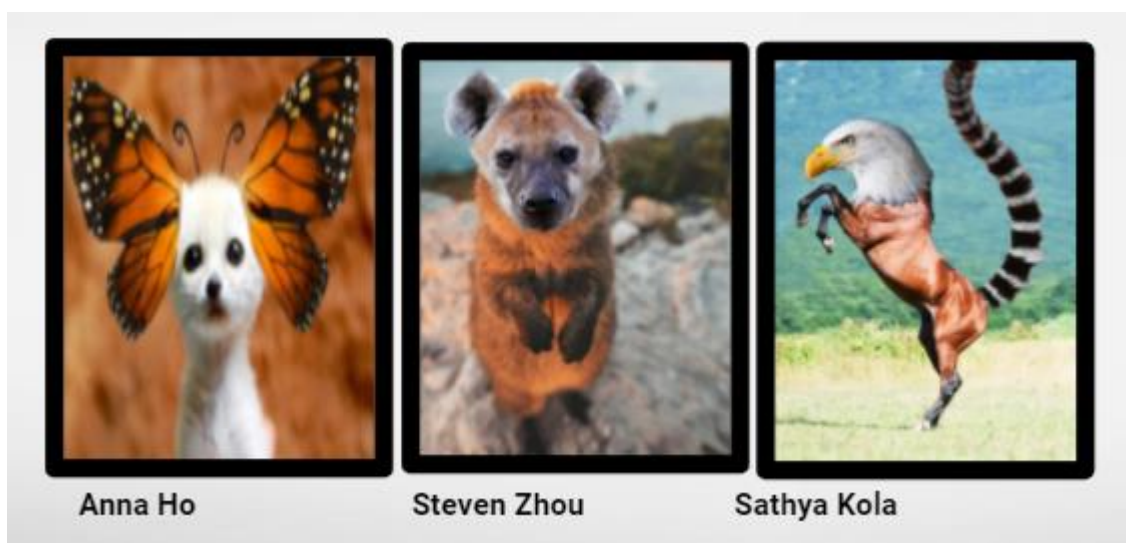
We encourage all BHHS students to embrace their inner artist or performer during this time. Get away from the screen and create some magic! Even if you don't study a CAPA subject we would love to see your creations! If you or your family have created or performed something you are very proud of please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

Have a great week everyone!

Thank you

Miss Pugliano
Head Teacher Creative and Performing Arts

Visual Arts:



30 August 2021



Esther Choi



Alan Chandralal Prabu



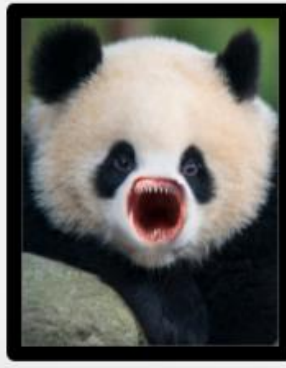
Kevin Fan



Anthony Gu



Vanshika Kumar



Bella Liu



Sienna Mao



Ishita Pandey



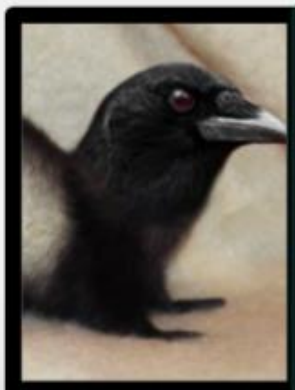
Thareen Rangedera



Ronin Rois



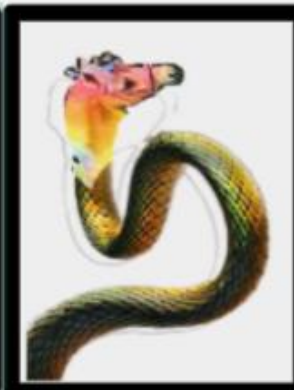
Ishan Sharma



Amani Sheikh



Julie Shin

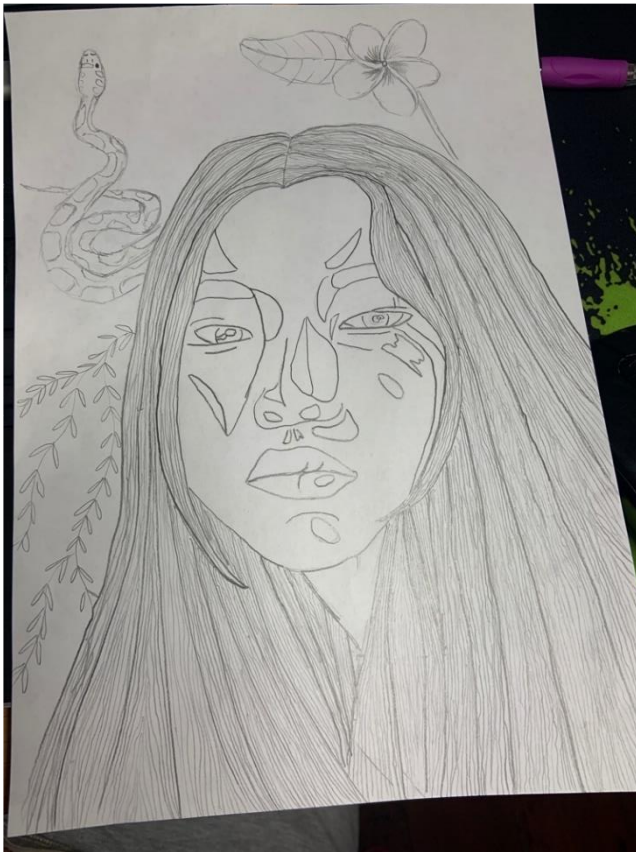


Sean Shivdasani

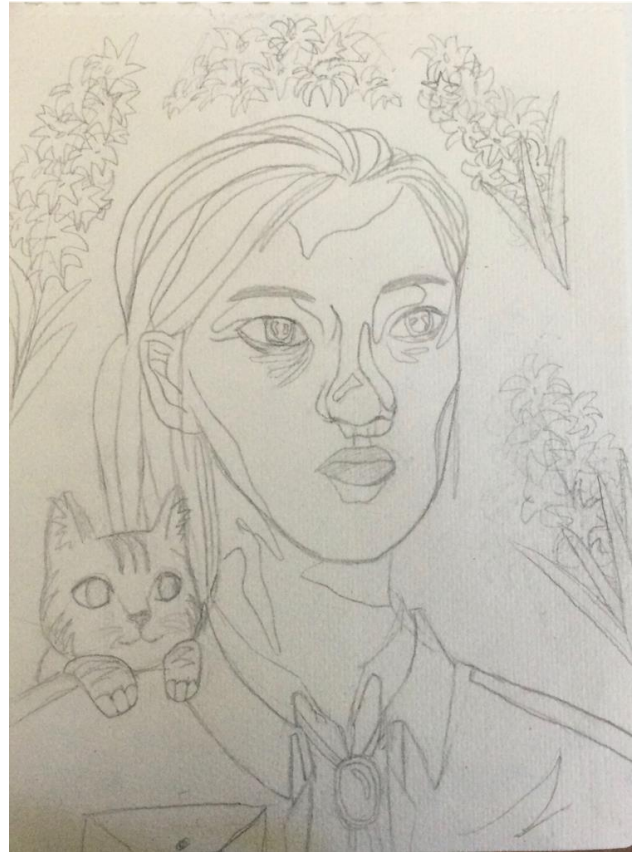


Dhanya Singh

Year 8: Del Kathryn Barton inspired self-portraits in progress.



Bernice Wu



Cynthia Pan

Year 7 Digital Imaging- Hybrid Animals

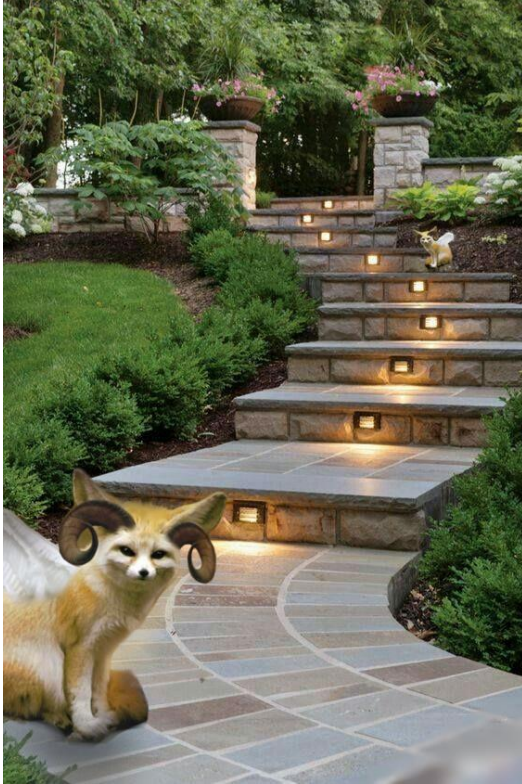


Cecilia Yang



Jackie Wang

30 August 2021



Luchy Lu



Anaya Singh



Moulik Chaudhary



Veronica Lu

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.

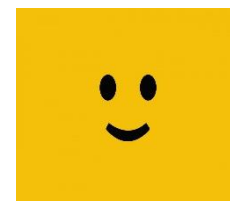
On Behalf of the Wellbeing Team 2021 - Take care of yourselves!

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



SELF CARE

THE ART OF PAYING ATTENTION TO
YOU AND YOUR NEEDS

EAT WELL



REFRESH

Take mini breaks
throughout the day



QUALITY TIME

Spend quality time with
special people will need to be
online or with immediate family



WIND DOWN

Engage in calming
activities to decompress
after school



REST



FEED YOUR SPIRITUAL SELF



KNOW YOURSELF

Do more of what brings
you joy



<https://kidshelpline.com.au/teens/issues/self-care>

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

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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

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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)



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Careers News – Create Your Career Google Site

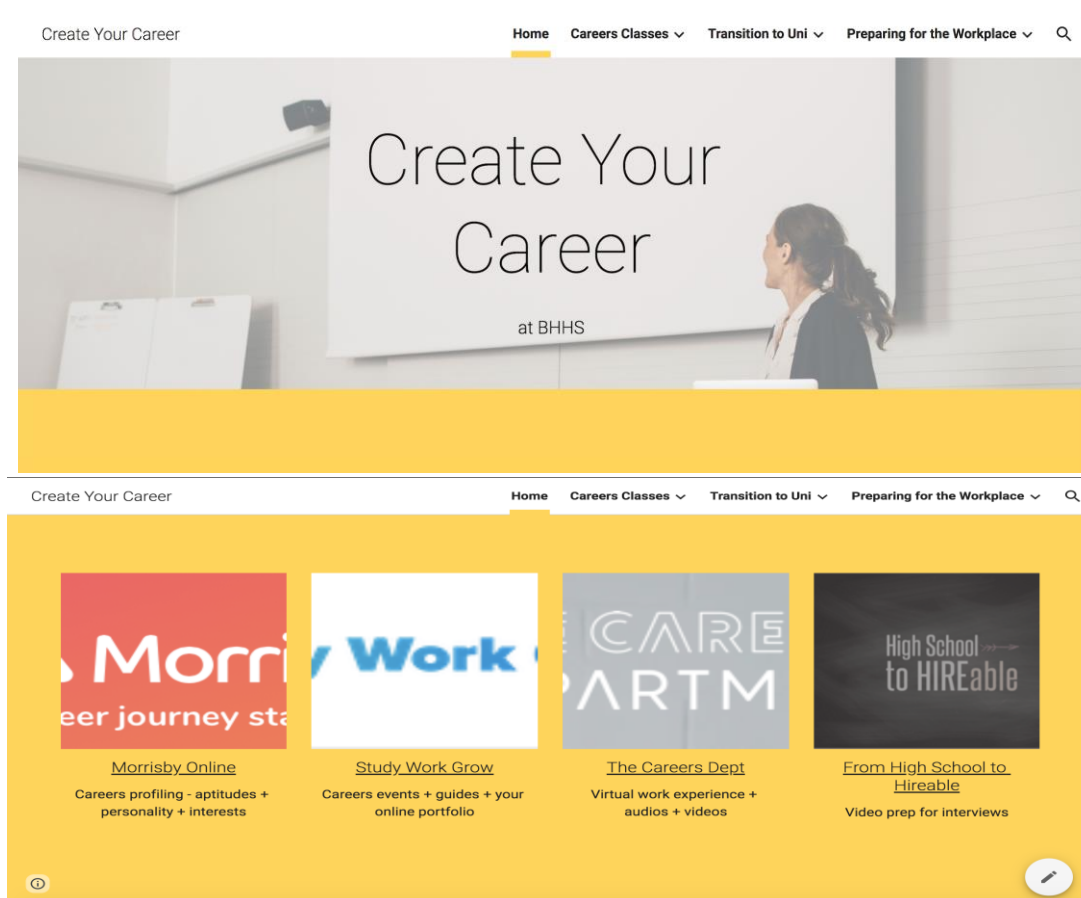
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

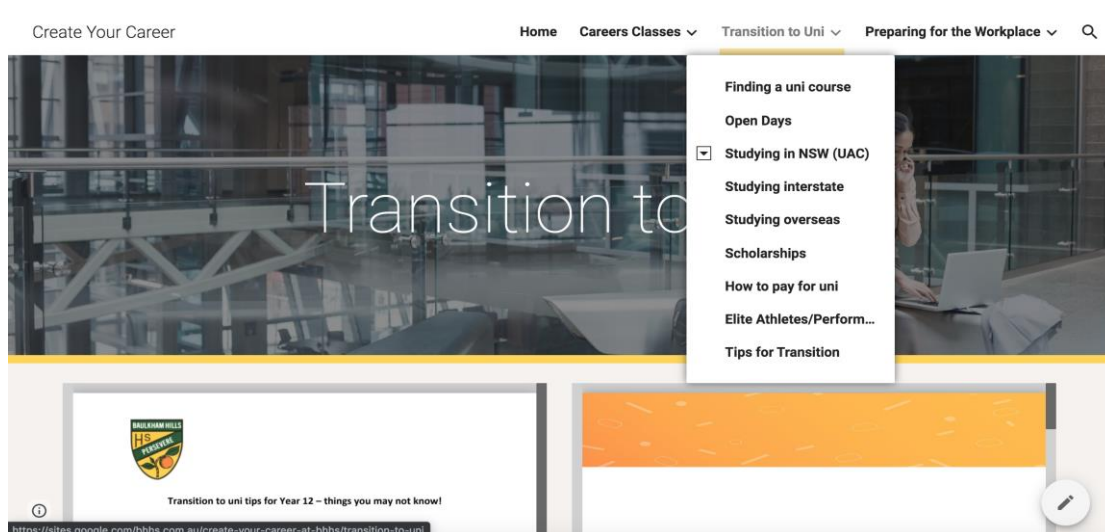
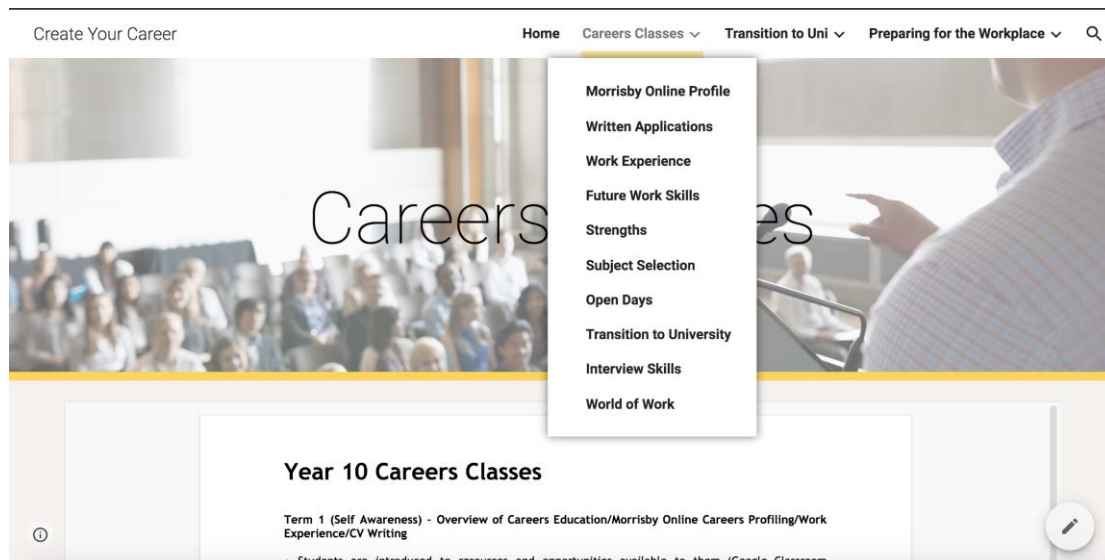
From the homepage, students can access all their subscription resources:

- Morrisby Online Career Profiling (aptitudes, personality, interests)
- Career Central (Career Management software)
- Study Work Grow (guides, updates, portfolio)
- The Careers Department (virtual work experience, audios, videos)
- From High School to Hireable (coming 2021 – online interview skills course)

As well as content on Careers Classes, Transition to Uni and the Workforce, students have easy access to useful tools:

- Book a Careers appointment spreadsheet
- Careers Checklists
- Uni speakers at BHHS
- Year 12 Deadlines







myfuture has a new look!

Informed by feedback from users and experts, myfuture's updated website continues to provide access to high-quality and reliable career information from official sources, but its tools and resources have been restructured to make them easier to explore. A number of new features have also been introduced, including a 'My Favourites' section, glossary terms and tips to help students uncover new information and options.

As a government-funded service, myfuture provides free online resources and tools to support students to develop self-knowledge for career decision-making.

myfuture's personalised features assist young Australians to explore how their values, interests and skills relate to a wide range of career options and vocational and higher education pathways.



Complete [My career profile](#) activities



Use [Career bullseyes](#) to learn about career pathways related to school learning areas



Explore over [350 occupations](#)



Discover higher education and vocational education and training (VET) [courses](#)



Access important [industry information](#), including employment prospects



Get tips and tricks by reading real-life [career stories](#)



Read [career articles](#) to discover practical information to support career exploration



Learn more about educational [institutions](#) and study options



Find out about [organisations](#), career resources, opportunities and career pathways



Explore resources for [teachers and career practitioners](#)



Begin the conversation about the world of work as a [parent or carer](#)

myfuture also offers targeted resources and professional development opportunities for those who support or influence career choices, such as teachers, career practitioners, parents and carers.

Explore the recent updates: <https://bit.ly/myfuture20>

Lost Property on Hills Bus

Lost Property Contact Details


For enquiries about lost items, please contact the relevant depot for further information.

Alternatively, if your matter is urgent please contact Transport for NSW on 131 500.

Not sure who to contact? Visit [Lost Property – Transport for NSW](#).

Hillsbus

 (02) 9890 0000

 customer.service@cdcbus.com.au

Symptoms of COVID-19

Symptoms of COVID-19 include:

- Fever (37.5°C or higher)
- cough
- sore/scratchy throat
- shortness of breath
- loss of smell or
- loss of taste

Other reported symptoms include:

- fatigue
- runny nose
- muscle pain
- joint pain
- headache
- diarrhoea
- nausea/vomiting
- loss of appetite

When COVID-19 symptoms appear

The amount of time between exposure to the virus and the first appearance of symptoms is usually 5 to 6 days, although it may range from 2 to 14 days.

People who might have been in contact with someone who is confirmed to have COVID-19 should [self-isolate](#) for 14 days.