

# Baulkham Hills High Newsletter

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



## Jessie Wong and Chapman Tai

Sports Captains – nominated for Olympic Change-Maker Award – page 3

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

### From the principal's desk:

Students in mainstream completed **Consolidation Day** last Friday. This was an opportunity for students to catch up outstanding work and assignments, and to focus on their mental health and wellbeing. Thank you to staff for the continued support of our students.

### HSC students continue completing practice exams

this week. Year 12 students should receive Mathematics and PDHPE examinations by express post on Monday 6 September (or possibly Tuesday 7 September). A reminder to the HSC students to express post (if you live in an LGA of concern) or return in the BHHS mailbox (if you do not) your completed exams as soon as possible.

Year 11 assessments are coming up very soon. Further schedules will also be published in the coming weeks for Years 7 to 10. Please ensure you stay tuned to your teachers for information about assessments.

The NSW Department of Education **return to school dates** have been published.

Cont. P2

6 September 2021



## Calendar 2021

This calendar is subject to change so please check carefully each week for any alterations. A whole year calendar is on the school website at [www.baulkhamhillshighschool.com.au](http://www.baulkhamhillshighschool.com.au)

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

### Term 3

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

### Term 4

<b>Week 1</b>
<b>Monday 4 October</b> Labour Day PUBLIC HOLIDAY
<b>Tuesday 5 October</b>
<b>Wednesday 6 October</b>
<b>Thursday 7 October</b>
<b>Friday 8 October</b>
<b>Week 2</b>
<b>Monday 11 October</b>
<b>Tuesday 12 October</b> P&C Executive Committee Meeting 7.30pm ONLINE
<b>Wednesday 13 October</b>
<b>Thursday 14 October</b>
<b>Friday 15 October</b>

BHHS is awaiting further information from NESA about the updated HSC timetable and COVID-safe rules that will be required. This information will go towards the school's final plan for returning students. I would ask for your patience as we await further information in this area.

Most students are engaging effectively with **online learning**. Some students, for a variety of reasons, are not. If a student does not attend a zoom lesson, or is not submitting tasks, their teacher will first communicate with the student via email or google classroom. If this continues for multiple lessons or over a week (for example, lack of attendance at zoom or not submitting work), the classroom teacher will communicate with the student's parent or carer via email or a phone call. This discussion between teacher and parent will be around supporting the student to complete assigned tasks.

May I encourage parents and carers to be proactive in checking that your students are engaged in online tasks? You may need to sit and discuss with your student the outline of the work they are completing, not just assume that because the student is sitting in front of a laptop that they are always completing school work.

As always, if you are concerned about your student's subject work, please contact their teacher. If you are concerned about their wellbeing, please contact their Year Adviser.

**Wayne Humphreys**  
Principal

## Baulko News

### Sports Captains – nominated for Olympic Change-Maker Award

On Thursday 2<sup>nd</sup> September Jessie Wong and Chapman Tai attended the virtual Olympic Change-Maker Forum after being nominated with 900+ students from across Australia for this award which recognises students who are demonstrating the Olympic spirit - friendship, sportsmanship and striving for excellence – both on and off the playing field, through leadership and driving positive change in their school or local community. Jessie and Chapman were nominated not only for their individual sporting achievements but also for their work demonstrating the Olympic spirit by promoting health and fitness in the BHHS community, especially with the Push Up Challenge this year - with the school raising \$3313 for Headspace Castle Hill with students and staff completing a total of 303,669 push ups in June.

The forum was hosted on the Gold Coast by former Olympic swimmer [Brooke Hanson OAM](#) and streamed live across the nation to award recipients and their families who heard from returning Olympic medallists about their experiences and Olympic values - swimmer [Zac Stubblety-Cook](#), beach volleyballers [Mariafe Artacho del Solar](#) and [Taliqwa Clancy](#) as well as Indigenous athlete [Kyle Vander-Kuyp](#) (Australia's greatest men's 110m hurdler) who was an ambassador to the Tokyo Olympics, supporting the Australian team.

Thank you to Mr Fisher for working closely with Jessie and Chapman to help them produce engaging, high quality video submissions which were required for this award. Clips from both students' videos were shown in the session, chosen from 900+ videos which is also an achievement!

Big congratulations to Jessie and Chapman for being nominated for this award and good luck for the national competition!



Ms Hardy



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](mailto: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

## Music:

It has been a tricky third term for our school community this year with all the lockdowns and learning from home happening. Nevertheless, our students have been working hard with their studies at home and Music is no exception. I've been pleasantly surprised with many of our students' tenacity and diligence towards their learning during these difficult times where there has been a lack of direct face to face communication and learning.

I would like to take this opportunity to share with you all what students in Year 7 have been learning and working on during this term with a few samples of student Music composition works from some of my classes. They have worked hard to learn the craft of composing music and writing songs using music notation programs this term. I'm positive with further time and development we will have many gifted Music students expressing themselves through this art form in which they can be very proud of.

You may listen and view some of their Music composition works with the Google Drive link below:

<https://drive.google.com/drive/folders/1uOEKzKC1rZpSyl63p1pA0NTQAYQGpRQ?usp=sharing>

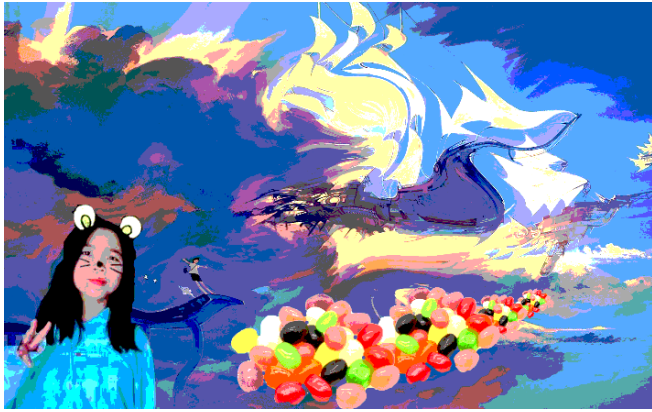
Wishing everyone in the community well during these times and hope you are all staying safe and looking after your loved ones.

Mr Li  
Music Teacher



### Visual Arts:

Mrs Meagher's Year 7 Visual Art students have been enjoying creating imaginative Layered Artwork's. The artworks were created through combining a series of student photoshopped artworks with new images, new tools and skills. Culminating in a series of excellent, fun, fantastic, engaging and unique artworks .



Sally Xiao



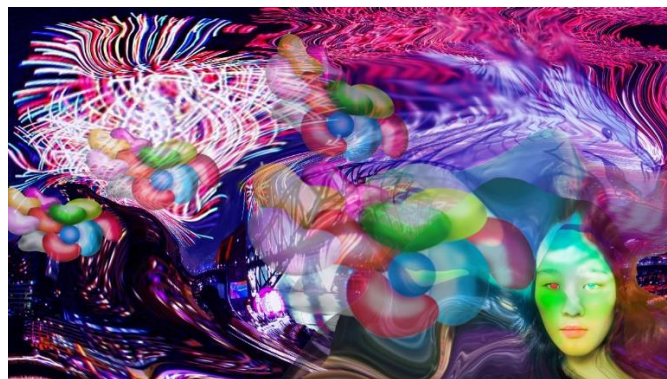
Yash Gupta



Margaret Zhao " Attack of the Margaret and the evil



Madhav Karthikeyan Lollies at the distorted but still great Wall of China"



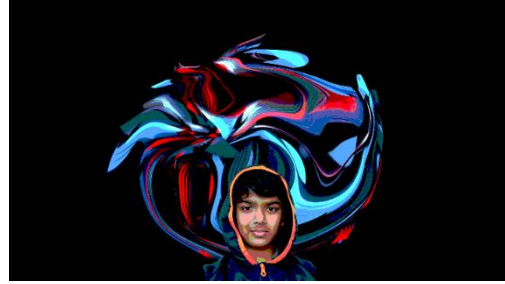
Amanda Chen " The Madmans Dream"



6 September 2021



Hilary Nguyen



Abhay Thota



Anthony Kanthan



Marisa Tan



Daniel Zhang



Saambavi Sutharsana



6 September 2021



Danah Kim



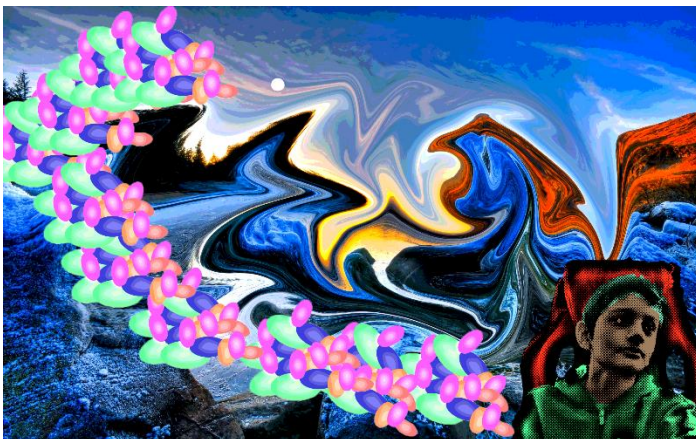
Ronak Matharu



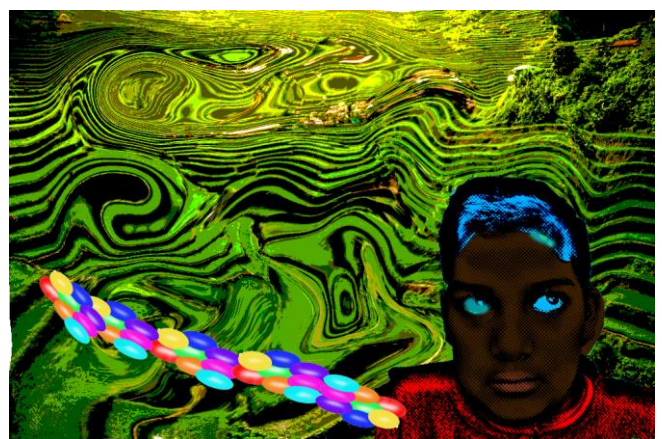
Lydia Lin



Andy Chen



Abhay Ramnath



Aryn Vinod



### Year 10 PDM

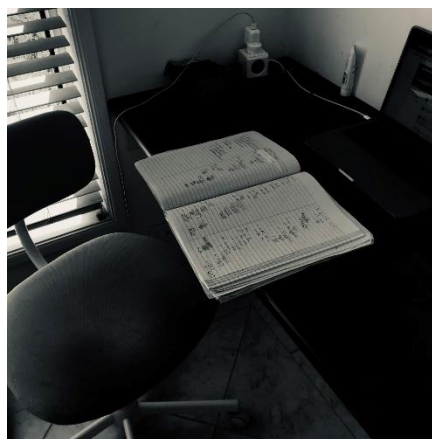
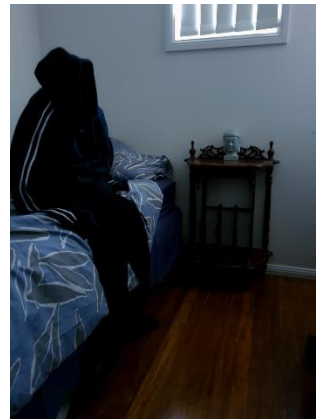
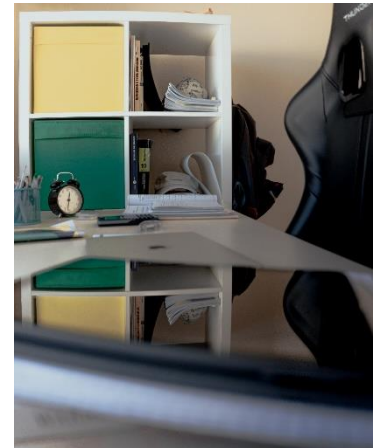
This term, we've been exploring photojournalism as well as what constitutes 'ethical' and 'unethical' editing, given the prevalence of technological advances in photo editing. Students explored this through looking at the history of magazine covers, and discussions on what is acceptable, as well as how they are used to portray historical events. Students were then tasked to create their own magazine covers, portraying recent news events from the past 5 years; the importance of a slogan, manipulation of images to highlight important points and their use together to create discussion. Year 10 PDM have also been working on a photo series where they document their own lives during lockdown through 2 types of photojournalistic practices; a raw unedited approach, and a subjective approach to bring light to specific ideas and thoughts.

Mrs Fong





6 September 2021



## 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](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)





# 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 who 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

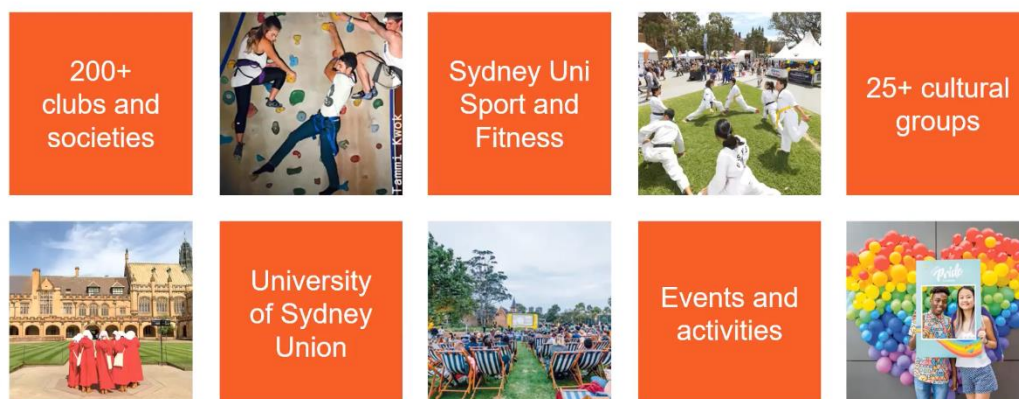
### Careers Term 3 News – Uni Zoom Lunch Sessions

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

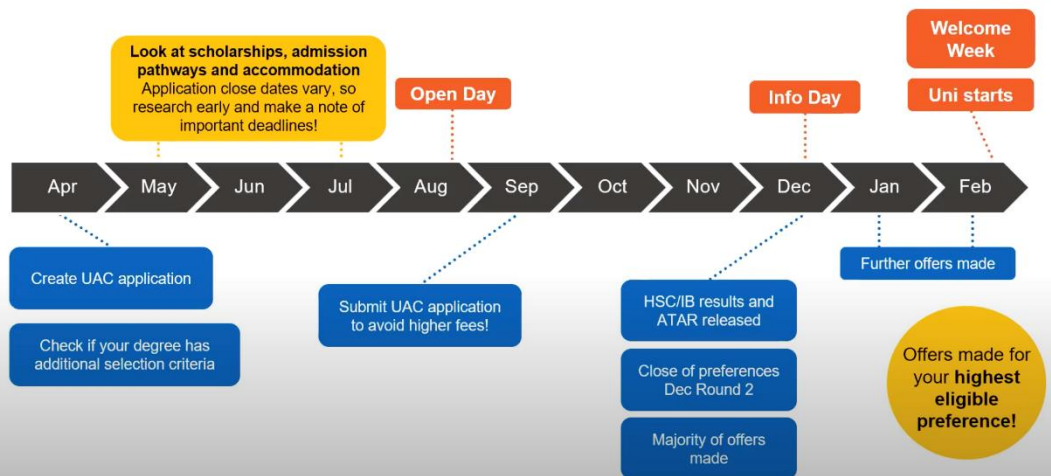
### University life



The University of Sydney

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### Admissions timeline



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)



### 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.facebook.com/highschoolhireable) [f](https://www.facebook.com/highschoolhireable) [@](https://www.facebook.com/highschoolhireable) [info@highschoolhireable.com.au](mailto:info@highschoolhireable.com.au)

**HighSchoolHireable**  
BY INTERVIEW@CHIX

## *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



### Careers News – Create Your Career Google Site

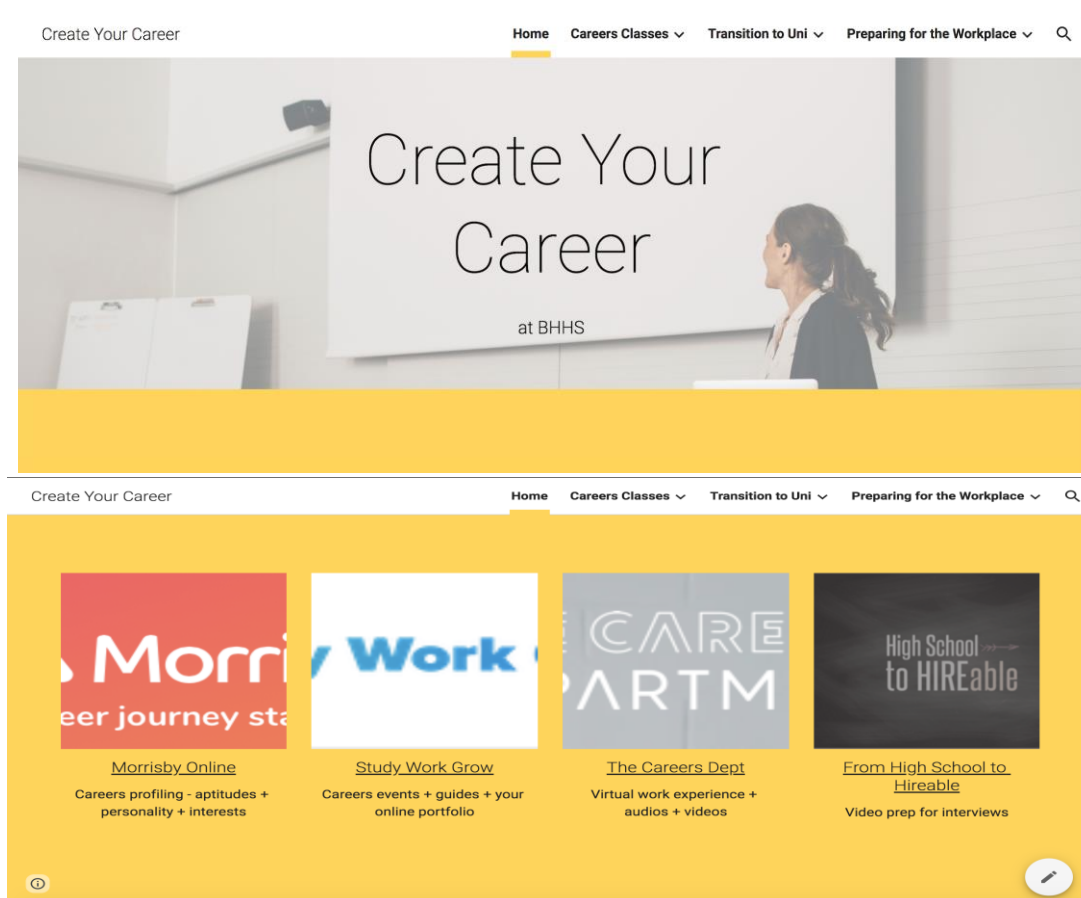
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

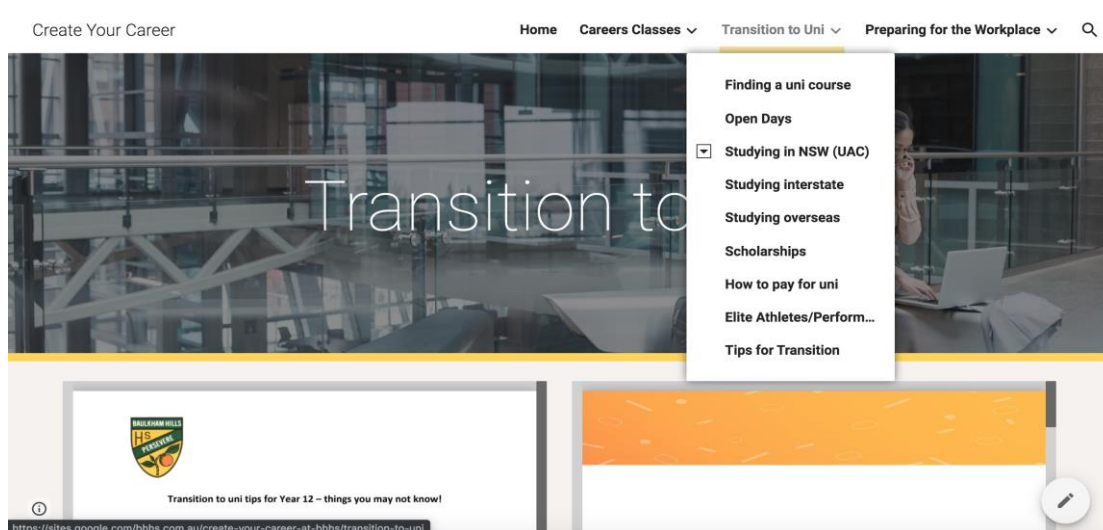
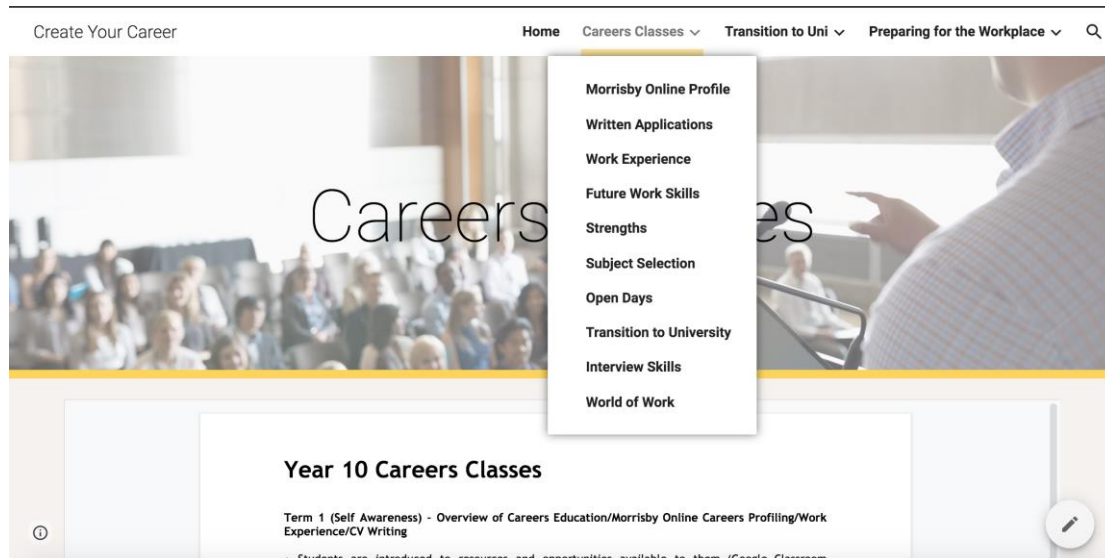
From the homepage, students can access all their subscription resources:

- 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](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.