

# Baulkham Hills High Newsletter

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



Year 10 Food Technology

## From the principal's desk:

Congratulations to all students and staff who were involved in large or small ways in our **CAPA Showcase** at Parramatta Riverside Theatre last week. The quality, professionalism and dedication of students and staff involved was clearly evident in the evening's showcase. Special thanks to Ms Kim and the team of staff who brought the evening together.

The school has a number of teams competing this week on the Gold Coast at the **Australian Volleyball Schools Cup**. Best wishes to our students and thank you to the staff who are attending to ensure the success of this event.

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## Calendar 2022

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)

### Term 4

<b>Week 9</b>
<b>Monday 5 December</b> Australian Volleyball Schools Cup (Qld) 4/12 – 10/12 incl. Outreach/Prefects Toy Drive 5/12 to 9/12 incl.
<b>Tuesday 6 December</b>
<b>Wednesday 7 December</b> Term 4 Grade Sport Grand Finals SRC Movie Night 6.15pm – 9.30pm
<b>Thursday 8 December</b>
<b>Friday 9 December</b> Y10 Great Start Day (Greenlees) 2022 Support Celebration 6pm to 9pm
<b>Week 10</b>
<b>Monday 12 December</b> Christmas Prefect Week 12/12-16/12 incl. Y7 Recognition Assembly P1&2 Y8 Recognition Assembly P5&6
<b>Tuesday 13 December</b> Y9 Recognition Assembly P1&2 Y10 Recognition Assembly P3&4
<b>Wednesday 14 December</b>
<b>Thursday 15 December</b> Y12 Back to Baulko Day Last Cadet parade day
<b>Friday 16 December</b> Students last day of school End of year Cadets dinner (evening)

### Term 1, 2023

<b>Week 1</b>
<b>Monday 30 January</b> Staff only – Pupil Free Day
<b>Tuesday 31 January</b> Y7, Y11 and Y12 (& Y10 Support leaders) return to school Year 7 O Week 31/1 to 2/2 incl.
<b>Wednesday 1 February</b> Y8, Y9 and Y10 return to school
<b>Thursday 2 February</b>
<b>Friday 3 February</b>
<b>Week 2</b>
<b>Monday 6 February</b> Y7 Camp 6/2 to 7/2 incl (Fletcher)
<b>Tuesday 7 February</b>
<b>Wednesday 8 February</b> Band Audition
<b>Thursday 9 February</b>
<b>Friday 10 February</b>
<b>Week 3</b>
<b>Monday 13 February</b>
<b>Tuesday 14 February</b>
<b>Wednesday 15 February</b>
<b>Thursday 16 February</b>
<b>Friday 17 February</b>

Drama students are in final preparation for the **Greek Mythology Olympiaganza Performance**, coming on Wednesday, 14 and Thursday 15 December. Please book your tickets!

**Wayne Humphreys**  
Principal

## Baulko News

### Generation Entrepreneur

On the 25 October, Ananya Sharma, Sarah Leeken, Sowon Lee, Sravani Jujjuru and Georgios Anastasiadis formed Pluto, a company using the scientific process of alkaline hydrolysis to create an environmentally and financially friendly option for cremation. This was to compete in the First Round at Baulkham Hills High School, to be the team to go on and represent Baulkham Hills in Round 2 and Round 3 of the Generation Entrepreneur School Entrepreneur of the Year for 2022. After winning the First Round at school (pictured) and the Second Round online, Team Pluto was ready for the Third and Final Round, which took place at the UNSW Michael Crouch Innovation Centre.

On the 19 & 20 November, Team Pluto competed and pitched their business model to the CEO and co-founder of Finder, CEO of Finder Australia and the Business Operations manager of Finder as one of the top ten ideas in Australia. This competition was an amazing opportunity, and not only furthered our skills in entrepreneurship, but helped our growth as a team, as public speakers and as problem solvers. We were able to meet so many other inspiring young people, both mentors and fellow competitors, and will continue to treasure the connections, advice and skills we were able to gain from the competition.

Ultimately, we learnt skills such as how to develop a product, how to increase traction, deal with the financials and so much more. School Entrepreneur of the Year is held annually, and we strongly encourage our peers to take part in such an invaluable opportunity. We will be back next year to win it all!

Ananya Sharma, Sarah Leeken, Sowon Lee, Sravani Jujjuru and Georgios Anastasiadis



## Year 10 Food Technology 2022

**Draws to an end!!!! Thanks for spending the last two years with us.**

This semester students studied the unit **Food for Special Needs**. Within this unit each student was given a dietary disorder and they were asked to design a meal that included specific nutrients to aid in the health of a person suffering from this disorder. Some of the lifestyle disorders we looked at were Type 2 diabetes, Coeliac, Lactose intolerance, Atherosclerosis, Osteoporosis etc. We were amazed by the meals that our students produced during this unit. They all took on the task head on and produced some very impressive meals that satisfied their design briefs. Practical exams can be very stressful due to many constraints involved, but students' planning and organisational skills ensured they were ready for the task and this is what produced their best work.

In term 4 we created a Food Truck recipe for **Food Service and Catering** which was voted on and prizes were awarded. Dinsath, YuanFei, Airi, Ariel, Alea and Byrne were our winners. The buffet style lesson was well received and a chance for students to taste test some very unique dishes.

As we reach the end of Stage 5 Food Technology we would like to wish all of our students the best for their senior studies and hope they remember fond memories they created within Food Technology over the past two years.

Don't forget to join the food tech instagram page **#Baulkofoodtechfrenzy**

Keep safe over the holidays and see you around Baulko.....

**Mrs Melanie Parnell and Mr Matthew Corfield**  
**Stage 5 Food Technology**













## Year 9 Food Technology

### Our Food Trending Year 9's.....

During year 9's second unit **Food Trends** they embarked on creating a freakshake. This creative process asked students to consider a theme they would work towards and design their shakes and its toppings around. The brief required each student to come up with a baked element that they could top their shake with. The colours, textures and place settings were of a very high standard. We were excited with the creativity they presented as well as the ability to organise their time in a practical exam environment. Students rose to the challenge and created some very unique designs that showed their ability to think outside of their comfort zone. We encourage our students to do their very best, and always extend themselves by learning new techniques that their designs can benefit from in their future desired recipes. As we end the year, we look forward to watching our students grow in their creativity and in their Food Technology skills.

During Food For Special Occasions in term 4 students designed and made a cake that was presented on Cake Day. We were impressed by all of the different ideas that came to fruition from this design brief. The students voted and won prizes according to their end products. Our winner was Ben, Bruce and Charlotte - well done to these students. We loved your designs.

We wish all our students a great holiday and look forward to seeing you all in Year 10, 2023.

Don't forget to join the food tech instagram page **#Baulkofoodtechfrenzy**

Keep safe over the break,

**Mrs Melanie Parnell and Mr Matthew Corfield**  
**Stage 5 Food Technology Teachers**



6 December 2022



6 December 2022





### Stem Community Partnership- CSIRO

This year, Year 10 Science, as part of their Independent Research Project were tasked with solving a local problem. At the time the community was flooding, agricultural areas were under water and so would not be able to produce vegetables for this season. They were tasked with choosing a problem, researching the issues and designing a possible solution.

Students used the scientific method to scaffold their report, but they could choose to build a model or perform experiments to test their solution. There were a large number of creative and innovative solutions to real world problems showcasing the expertise and ingenuity that our students have.



We were invited to showcase our solutions at Castle Hill Council Chambers to the Mayor and local businesses. It was a great opportunity to link with other schools and see what problems they had attempted to solve and how they went about finding a solution.

I would like to thank

Alisha Aggarwal  
Xuha Noman  
Vaishnavi Yohananda

For stepping outside of their comfort zone and giving up their personal time to showcase their ideas and mix with other like-minded students from other schools.

**Mrs Greenlees**  
**Rel Deputy Principal & Science Teacher**





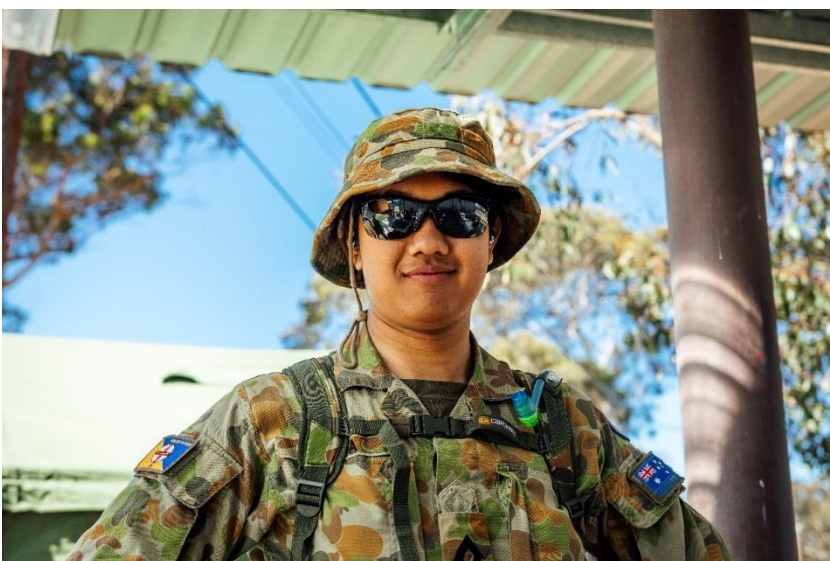
### BHHSACU Cadet Camp “AFX22” – 18 to 22 November 2022













## Careers News Term 4 2022

### Year 12 Uni Applications

Information has been sent out about the Educational Access Scheme (EAS) to support students who have experienced disadvantages during Years 11 and/or 12 and applications are due by the end of October.

### Year 10 Google Classroom

Year 10 have access to a specialised Google Classroom and have been emailed the code to access. All Year 10 students have access to the Morrisby Online Careers Profiling which provides university course and career suggestions ahead of subject selection. Hard copies of the Steps to Uni for Year 10 Students publication from UAC have been provided to all students.

### Helping your child with their career development

To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>. There is also a National Careers Week on demand webinar for Parents & Guardians – [Help guide your child to a career path that is right for them](#).

### Careers Subscriptions

#### Years 7/8/9

Years 7/8/9 students have been emailed a code to complete the junior version of the Morrisby Profile (called Morrisby Careers).

#### Year 10 into 11

- Morrisby Online Career Profiling (aptitudes, personality, interests)
- Study Work Grow (guides, updates, portfolio) (parents can also sign up via code in Google Classroom)
- The Careers Department (virtual work experience, audios, videos)

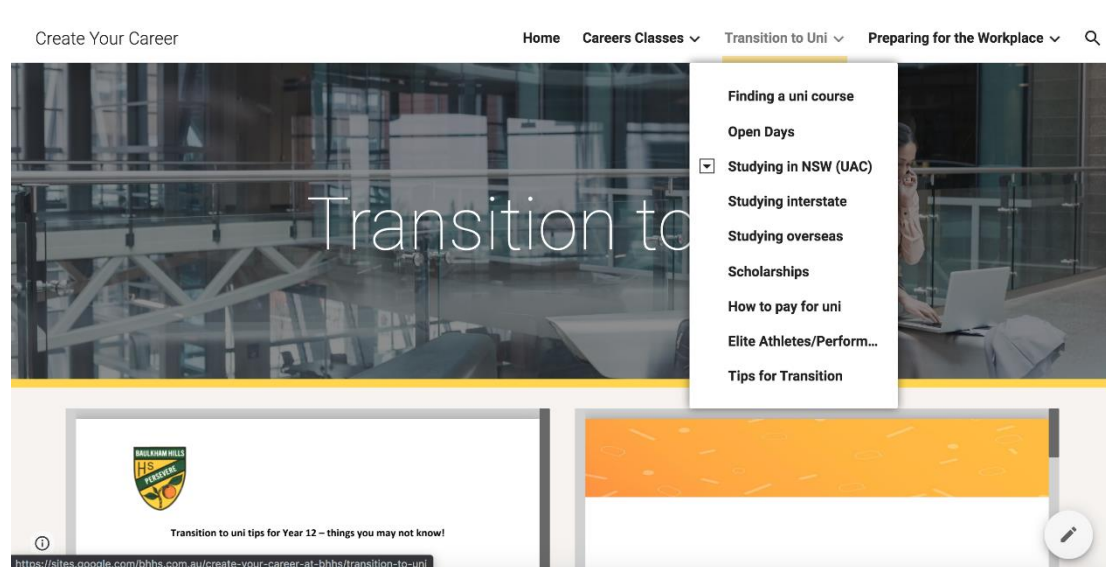
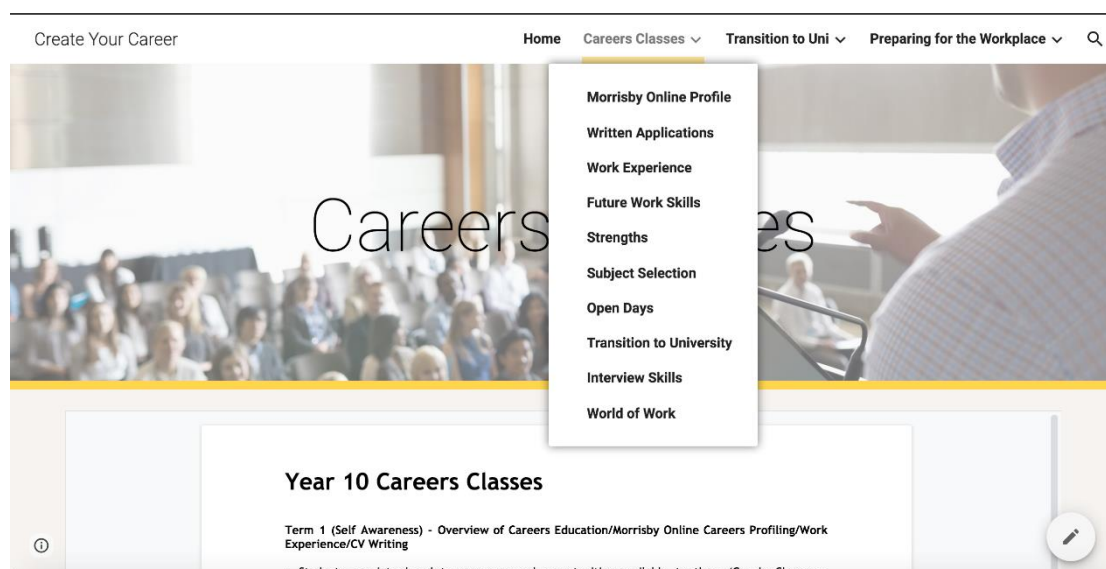
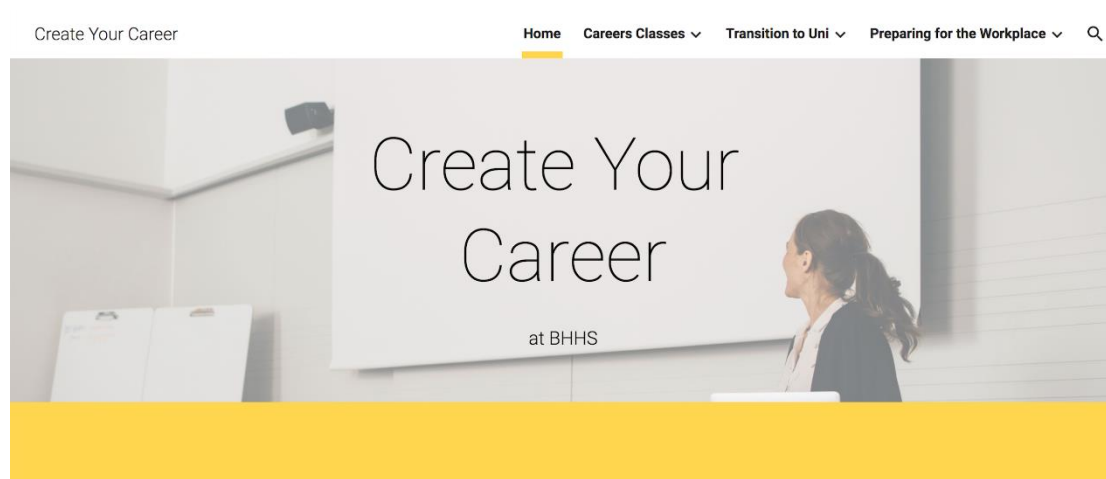
#### Year 12

Year 12 have access to all of the above subscriptions plus the following:

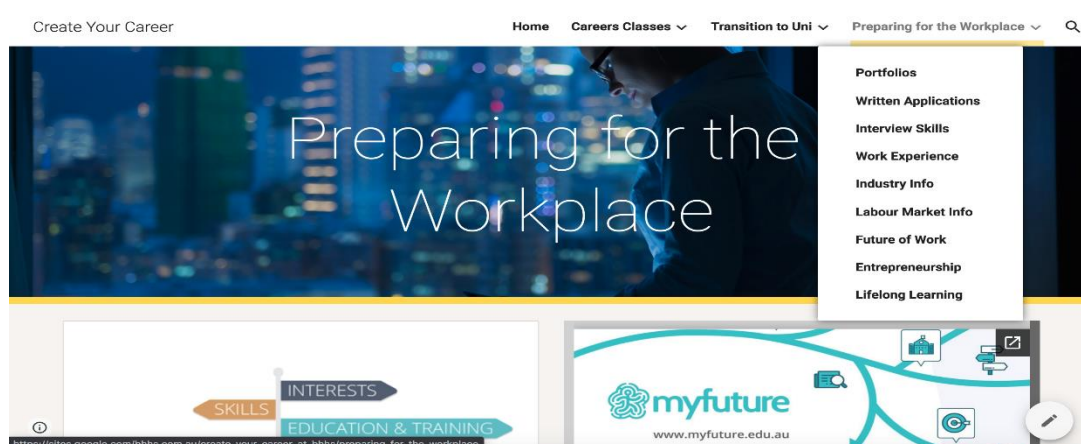
- From High School to Hireable (online interview skills course)

Google Classroom updates are posted for Year 12 including:

- Book a Careers appointment spreadsheet
- Careers Checklists & deadlines
- Uni speakers at BHHS







### Explore

- 9** My career profile activities
- 358** occupation profiles
- Approx. **15,000** courses
- 33** career bullseyes
- 300+** videos
- 100+** career stories
- 100+** career articles
- Join over **1 million** registered users (as at 31 December 2021)

### What is myfuture?

myfuture is Australia's National Career Information Service. It provides online resources to explore career pathways and tools to develop self-knowledge for career decision-making.

myfuture encourages students to consider how their interests, values and skills relate to a wide range of career pathways. It provides a complete and unbiased picture of opportunities, by showcasing both higher education and vocational education and training (VET) courses.

Resources are designed to support three key audiences:

- Students**  
 Complete the short My career profile activities to identify students' interests, skills and values and generate a list of suggested occupations, or use the Career bullseyes to discover occupations related to school learning areas. Open up new possibilities by researching industries, occupations and courses and by exploring career stories shared by young people and articles contributed by experts. Save and revisit favourite content and activity results.
- Teachers and career practitioners**  
 A special section of the site contains resources to support teachers and career practitioners. It includes video libraries, resources to embed career learning across the curriculum, myfuture's recent webinars, newsletters and insights papers, and a range of high-quality content and resources written by career development and education experts.
- Parents and carers**  
 The earliest and often the most powerful learning about careers is shaped by the adults in a child's life. The resources curated in the Parents and carers section of myfuture are designed to assist these key influencers to begin the conversation with their child about the world of work.

### How to access myfuture

myfuture is funded by Australian state and territory governments. Visit [www.myfuture.edu.au](http://www.myfuture.edu.au) to sign up for a free account and check the box to receive up-to-date career information via email.

- /findingmyfuture
- @myfutureAU
- myfuture\_australia
- [myfuture.edu.au](http://myfuture.edu.au)



## supporting young people in school holidays: practical tips for parents and carers

headspace National are hosting education sessions for parents and carers across NSW who are supporting young people during school holidays.

These sessions aim to:

- Identify challenges and opportunities of the school holiday period
- Offer practical ideas for parents and carers
- Provide information about additional support services
- Highlight the importance of self-care

### Where:

Online webinars.

### When:

We will be offering this session multiple times around the school holiday period. Sessions will be held at 12 - 1pm AEDT or 6 - 7pm AEDT.

Session dates will be listed on Eventbrite.

### How do I register?

Click the link to register for a session via Eventbrite: [bit.ly/3UVkYQM](https://bit.ly/3UVkYQM), or copy the URL into your web browser. Alternatively you can scan the QR code:



After registering, you'll receive a confirmation email which will include the Zoom webinar link.

You will receive a digital information pack after the session that includes key messages and links to resources and support services.

### Need more information?

Email us: [programsupport@headspace.org.au](mailto:programsupport@headspace.org.au).

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



# COLOUR RUN

## YOUTH FESTIVAL

**Run for a cause – 'All young people deserve a safe place to live'** #endyouthhomelessness

**Lock into your calendar this FREE event:**

**Thursday 22nd  
December 2022  
11am – 3pm**

**@ Castle Hill Showground,  
Showground rd, Castle Hill  
(Aub Juleff Arena)**

- DJ Short Star
- Free tshirts
- Entertainment
- Free food & drinks
- Hair braiding
- Giveaways
- Photobooth
- Market stalls

For more information  
contact the team on:  
[youthrez@saintscare.org.au](mailto:youthrez@saintscare.org.au)  
/ 1300 889 855

**For 12-25 years**  
**Drug & Alcohol Free Event**

 **Register Now!**

 **YOUTHREZ**  **YOUTHREZOLUTIONS**

 **YOUTH REZOLUTIONS**  **SaintsCare**  
Bringing hope, peace and justice  **THE HILLS**  
Sydney's Garden Shire



### School Opal Cards for bus travel

Busways has been conducting checks at your school regarding Opal card usage.

**Your child did not have an Opal card today when travelling on the school bus.**

Opal data gathered by tapping on and off is used to determine demand for bus services. If students don't tap on and tap off then school bus services will appear underutilised and may be considered for cancellation based on low passenger numbers.

**Please ensure that your child has a valid Opal card (either a School or Child/Youth Opal card) and taps on and off when travelling to and from school.**

For more information and to apply for a School Opal card call 13 67 25 (13 OPAL) or apply online at [www.opal.com.au/en/about-opal/opal-for-school-students/](http://www.opal.com.au/en/about-opal/opal-for-school-students/).

For other enquiries, our customer service team is happy to help. Call 1300 69 2929 (Monday to Friday 7am-5.30pm) or email [info@busways.com.au](mailto:info@busways.com.au).



## Application for Extended Leave – Travel (3 days or more)

Please click on the link below and fill in the form (4 pages) for extended leave – travel and certificate (for 3 days or more). A print of flight details or itinerary is also to be included. The student can bring the hard copy form to be signed and approved by the Principal before going on leave. The certificate of extended leave travel will be given to the student for the purpose of travel once approved.

<https://education.nsw.gov.au/content/dam/main-education/policy-library/associated-documents/pd-2005-0259-02-2.pdf>.

## NSW Health Updates

Please follow the link below to fact sheets from NSW Health as regards the linked topics.

- Japanese encephalitis - <https://www.health.nsw.gov.au/Infectious/factsheets/Pages/japanese-encephalitis.aspx>
- Mosquitoes - <https://www.health.nsw.gov.au/Infectious/factsheets/Pages/mosquito.aspx>
- Japanese encephalitis virus and mosquito bite avoidance - <https://www.health.nsw.gov.au/Infectious/factsheets/Factsheets/japanese-encephalitis-questions-answered.pdf>

## Absence Explanations

Parents are required to provide an explanation of absence to the school on the day of absence or **within seven (7) days** from the first day of any period of absence.

If a student is absent for three (3) days or more a **Medical Certificate** is required.

## Permission and Payment for Excursions, Sporting Events/Activities

Baulko is currently using “**School Bytes**” as a form for permissions and payments for various activities.

You will receive the required permissions and or payment via email. If it is not finalised by the deadline, your child will not be able to attend.

**Please check these emails are not going into your spam as they are named school bytes.**

Please email the school if your email address has changed.



### Support From Reachout

The challenges of supporting students as parents and carers is always present. The issues around COVID-19 have made this an even more difficult and uncertain path to tread. I will be giving students short ideas via assemblies over the next few weeks in which they can proactively support themselves.

The website Reachout.com also provides advice for parent and carers over a range of areas. It is worth having a look at <https://parents.au.reachout.com/> as a starting point.

For students, have a look at <https://au.reachout.com/articles/how-to-handle-fear-about-the-future-a-guide-for-year-12-students> (Dr Amy Burton, Clinical Psychologist)

### TAFE Use

Students are reminded that the use of the adjacent TAFE facility to walk to and from Old Northern Rd is a privilege and not a right. Students are reminded to walk safely, quietly and quickly through the facility. Parents and carers are **not** permitted to enter, drive into, or park in the TAFE to pick up or drop off students.

### Bus Travel

The **bus stop on Old Northern Rd in front of Baulkham Hills TAFE** is used each afternoon by approximately 100 students. Students have the privilege and responsibility of accessing this bus stop through the TAFE. I would remind students to be very careful and considerate when using and accessing this bus stop, waiting for a bus, and moving to the kerb to get on a bus. Buses sometimes approach the stop very quickly, with the front of the bus coming over the edge of the kerb. Please always demonstrate courtesy and safety, and remember that there is always another bus.

### Student pickup after school

A reminder about parking and picking up around our school in the afternoons, especially in the school bus bay, Carver Crescent, Christopher Street, Coronation Road, and Baulkham Hills TAFE areas.

Please ensure you follow all traffic rules (especially traffic lights and not parking across driveways) when you are in these areas. You could even have your student walk a little but further away from the school gate – to assist their physical health, and alleviate the heavy traffic at the end of the school day.

The Hills Shire Council will have compliance officers at various times in these locations to ensure all drivers are following required traffic rules.