Baulkham Hills High Newsletter



www. baulkhamhillshighschool.com.au



Model United Nations Assembly (MUNA) in Canberra

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

From the principal's desk:

It is Spirit Week at BHHS this week – a week to celebrate all things Baulko. There will be several activities ongoing during this week, including scavenger hunts, joke competitions, staff vs student trivia and streetball finals. The finale will be a Dance Party in the main quad Friday evening. Thank you to our SRC for leading and coordinating this week.

Congratulations students who represented BHHS at the National MUNA (Model United **Nations** Assembly) this past weekend Canberra. Dulya Heiyanthuduwage, James Lee and Harry Xie (Year 11) qualified earlier this year for MUNA. Thank you to Mr O'Shea for his time and energy in mentoring our students and supporting this program.

Krystal Jessen (Year 10) had a wonderful time over the weekend in Brisbane at the School Sport Swimming Championships. She competed in 11 different

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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

Term 3

Week 6

Monday 22 August

SRC Spirit Week 22/8 - 26/8 incl.

P&C Virtual General Meeting – 7.30pm
Prelim Geography – Task 2 hand in
Y11 and Y12 Luna Park Bound the Thrills Excursion

<u>Prelim Geography – Task 2 hand in</u>

Tuesday 23 August Y9 to Y12 French Excursion

Wednesday 24 August

ICAS Science Online Test

Thursday 25 August

Y7 Geography Assessment – Research Task 1 Y9/10 History Elective Maritime Museum Excursion Y11/12 Volléyball School Cup 25/8-26/8 incl.

Friday 26 August

Y10 History Elective Research Task Y8 Music Composition Due

Y7 Wellbeing Day

Sunday 28 August – Australian School Band & Orchestra Festival (ASBOF)

Week 7

Monday 29 August

Y9 Duké of Ed Camp 29/8-31/8 incl. Y10 Geography fieldwork at Chowder Bay

Tuesday 30 August

Y12 Elevate HSC Seminar Wednesday 31 August

Thursday 1 September

Y7 Mathematics Test 3

Y8 History Research Task due Y7/8/9/10 Volleyball School Cup 1/9-2/9 incl.

Friday 2 September

Y10 International Studies Task 3 – Culture in Film & Literature Task

Y7 History Research booklet due

Y10 Engineering – Tour of new Western Sydney Airport

Prefect Induction Ceremony

Variety Night - Prefects (5pm-9.20pm)

Saturday 3 September – P&C WORKING BEE

Week 8

Monday 5 September

Year 11 Buffer Week 5/9-9/9 incl.

Y8 Science Depth Study test

Tuesday 6 September

Y8 Commerce Task 1
Wednesday 7 September

Y10 Mathematics Test 3

Australian Problem Solving Mathematics Olympiad (APSMO) 7/9-9/9 incl

Thursday 8 September

Y10 Commerce Task 3

Y9 Mathematics Test 3

Australian Intermediate Mathematical Olympiad (AIMO)

RU OK DAY Assembly P3

Friday 9 September

events and came home with 8 medals. The majority of her swims were personal best times and the highlight for her was winning gold in the 200m Freestyle. Congratulations on your success and outstanding leadership as part of this team Krystal. Her results include:

200m Freestyle, 1 st 200m Freestyle Relay, 2nd 50m Butterfly, 2nd 100m Butterfly, 2nd 200m Medley Relay, 3rd 200m Individual Medley, 3rd 100m Backstroke and 3rd 50m Freestyle.





Krystal Jessen

School uniform - a reminder.

Correct school uniform is expected to be worn at all times by students. If, for any reason, your student is unable to wear school uniform on a particular day, they are required to bring a note from a parent or carer to be sighted and signed by a Deputy Principal before school. The student will be issued a Uniform Pass for the day.

Wayne Humphreys Principal



Baulko News

BHHSACU Awards

The BHHSCAU each year presents an award for both a recruit of the year and cadet of the year. These are awarded to recruits and cadets who demonstrate the values of service, courage, respect, integrity and excellence during the course of the year. Unfortunately due to Covid19 these awards had been postponed until now.

On Thursday 18 August the OC of our cadet unit, CAPT (AAC) C Charlton, presented the following awards to the following cadets:

2021 Cadet of the Year – Krishi Raghupathi

2021 Best Recruit - Amelia Tranlam

2020 Best Recruit – Cynthia Pan

Congratulations to each of you on your well deserved award.

LT (AAC) Iaconis







P&C News

P&C August General Meeting

The P&C meeting is on Tuesday, 22 August 2022 @ 7:30pm.

This will be a virtual event.

The link to Teams meeting is located below:

https://teams.microsoft.com/l/meetup-

join/19%3ameeting ZGIwYTI1MTUtZDZmMS00MzhiLThjYzUtNjFjZTFiZTdhNzM2%40thread.v2/0?context =%7b%22Tid%22%3a%2202600150-0c82-4176-a911-

dade54c05a95%22%2c%22Oid%22%3a%22246a9596-27d5-4c69-a587-8cd29b07c698%22%7d

I look forward to seeing you all there!

Working Bee - 3rd September

Working Bee is now back on for this year, for new parents, this is an opportunities to see the school and help the school. While you are helping to clean up and pretty up the school ground, you also get to meet parents from all other years.

The objective of the working bee this time is to clean up the garden, plant new trees so our kids can enjoy the school ground.

To sign up, click on the link below:

https://volunteersignup.org/QMKEJ

P&C will provide morning tea and lunch on the day.

Details are:

Date: 3rd September 2022

Time: 9am to 1pm

What to bring: shovels and gloves, wear comfortable clothing for gardening work.

I would love to see you all there!

Raymund Wong P&C President



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BHHSACU farewells RSM Novkovic

The 11th of August marked the last day of RSM Alexander Novkovic's enlistment in the Baulkham Hills High School Army Cadet Unit. It was a sad day; many of us senior NCOS and cadets who knew Alex well already miss him. Alex started cadets in 2018 and was awarded Recruit of the Year.

This set him up for success in our cadet unit, resulting in him becoming the Regimental Sergeant-Major of our unit by the middle of his fifth year in the unit. He was passionate, compassionate, diligent, understanding, outward, pleasant and—most importantly, to his role—quite loud. His presence was one of the elements that made Thursday parades and unit bivouacs all the better, and his absence will speak for itself. We will miss Sergeant Novkovic. He was a great mentor, officer, cadet, and friend.

- CDTSGT Karim, Aadie



Procedure for Sick Students

Students who are sick in class should see a teacher for written permission to go to sick bay. They must go to sick bay (which is in the Front Office) and follow instructions from the office staff, who will contact a parent/guardian when necessary. Sick bay is used for a short time only. Students should not call their parents first. Please be advised the school does not supply any medication (panadol).

If students are sick please stay home until you are well. Please provide a Medical Certificate if you are absent from school for 3 days or more.



Model United Nations National Competition in Canberra

Between 19-21 August, myself and my two teammates, James and Harry, competed in the National Model United Nations Assembly at Old Parliament House, Canberra!

We left early on Friday morning, arriving at Canberra at 9am to meet the High Commissioner of the United Kingdom to Australia, her excellency, Victoria Treadell, at Westminster House. It was an incredibly thrilling and eye-opening experience to be able to discuss global issues from climate change to Indigenous rights over tea and cake. We greatly appreciate the time, advice and hospitality offered to us which assisted us significantly for our competition. We then went sightseeing around Canberra, visiting the war memorial and Questacon. We arrived at our accommodation in the evening to meet all the other contestants, during which we played fruits basket and learned more about each other. Making close friends with people from across the country was certainly one of the biggest highlights of the weekend. We went into bloc meetings - that is, discussing your positions on different topics with countries in the same region as your team - after dinner and, after a chaotic discussion, came to a conclusion about what we would be debating.

The following day would commence the first four debating sessions. Sitting down in the House of Representatives Chamber at Old Parliament House was one of the most surreal experiences I've ever had, knowing that our nation's politicians were once gathered in the same place. We heard a plethora of stimulating perspectives regarding the structure of the United Nations, the South China Sea, journalists and democracy. After concluding our final session of the day, we returned to our accommodation, where we enjoyed a wonderful formal dinner with ANU lecturer and ABC radio presenter, Dr Kim Huynh, as well as the Australian Human Rights Commissioner, Ms Lorraine Finlay, guest speaking.

The final day came by in a flash, with all of us frantically dressing into our countries' national dresses and packing up to leave. We entered the Old Parliament House to debate our final two resolutions on disinformation and worldwide food security. Though we did not place in the competition, it was such a thrilling and insightful experience that I couldn't have possibly had it any other way. We're all incredibly grateful to Mr O'Shea, who took the time to drive us down to Canberra and train us over the last few weeks. It could not have been possible without his efforts!

Written by: Dulya Heiyanthuduwage of Year 11







Sports & Co-Curricular Group Photos available 20% Discount until 31/08/2022

Dear Parents,

These school sports and co-curricular groups were photographed on 11/03/2022, 14/03/2022 and 5/05/2022:

Cadets	
Cadets (No Hats)	
Sport and House Captains	
Captains and Prefects	
SRC	

You can now view and purchase the group images listed above and if you place your order before 31/08/2022 you will get a 20% early order discount. Please note the discount will be automatically applied at checkout.

Images can be viewed by visiting <u>www.advancedlife.com.au</u> entering the code: M8W XEH MBB and clicking on "Group Photos"

Important

- Sports and co-curricular group photos can only be purchased online, PLEASE DO NOT return payment to your school.
- If your child's group or team is scheduled to be photographed at a later date, you will receive an additional email notification when the images are ready to be ordered.
- Photos will be returned to your school for distribution approximately six weeks after the discounted **early** order period has closed.

Past years' photographs including sports, co-curricular and representative groups are also available at your school's **advancedorder** and your child's **advancedyou** photo sites.

Advancedlife would like to express our appreciation to Baulkham Hills High School for placing your trust in us. Please remember we offer a 100% money-back guarantee on our products to ensure your peace of mind. We would also love to receive your feedback or resolve any issues you may experience, to ensure your satisfaction. If you have any questions, comments or feedback relating to your **advancedlife** experience, please contact us at www.advancedlife.com.au/contact.



Study Plan for Approaching Exams

Tips To Follow

1. Improve your memory through quizzes and tests

Research shows that doing quizzes or tests works far better than if you just passively read information, in terms of you being able to remember. This is called active recall. It means your brain stores information in your deeper memory and you're more likely to remember things in the long term.

2. Spaced repetition

Spaced repetition is another great way to keep important study information in your head.

When you repeat information multiple times, your brain takes it in. But, there's a catch. The repetition can't just be you saying a fact over and over in one short burst of time. It needs to be repeated in gradual intervals - usually over days. This helps strengthen your memory. Recent studies have looked into how many spaced intervals are needed to remember information and have generally agreed that information stays with you after a 24 hour period.

Scientist Hermann Ebbinghaus called it the Forgetting Curve. He found you can forget 70% of what you just learned within a day. But then, after that, it slowly tapers off. So you might only remember a few things 24 hours later, but then you'd remember them for a long time. His use of spaced repetition to slow down the 'forgetting curve' has been verified to this day.

3. Try memorisation techniques like Mnemonics

Mnemonics are visual or memory aids that help you remember key information. They have been shown to help with most tasks and come in all kinds of forms, such as acronyms.

Examples of Mnemonics

- "Every Good Boy Deserves Fruit" (to help remember the order of music notes EGBDF on the treble clef)
- "My Very Educated Mother Just Served Us Nuts" (based on the order of the planets Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune).

Mnemonics can also take the form of stories to help. This is sometimes known as the Linking Method. It means you give each thing you're trying to remember a fun backstory and put it together in a sentence. The more exaggerated and silly the story is, the more you're likely to remember it.

Examples of linking stories

• If you want to remember the names of the first four Australian Prime Ministers: Edmund Barton, Alfred Deakin, Christ Watson and George Reid. You could do a story sentence like: BART ON (Barton) a lake found a duck with a BEAK IN (Deakin) a net and asked WHAT'S ON (Watson) in the REEDS (Reid).



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As you can see from this example, it really doesn't have to make a lot of sense, just as long as it works for you. It can even be songs and jingles if that will help retain information in your head. Who knows: you could be the first person to come up with a catchy rap about fractals!

4.. Fight procrastination through intense focus

A great way to stave off procrastination and distraction is called the Pomodor Technique. It's like the mental version of a high energy, fitness exercise. This is all about intensive study and trying to force your brain to focus on just one activity. It's a really simple practice that works in sprints.

Firstly, it's important you put away any possible distractions such as phones or games. You set a timer (the inventor of this technique used a tomato-shaped kitchen timer) and dedicate 25 minutes to working non-stop on one assignment or piece of study or trial exam or whatever goal you set.

You do nothing else in that entire time.

At the end of 25 minutes you get a 5 minute break. Each of these 25 minute sprints is called a pomodoro. After four pomodoro you get a 15-30 minute break. During each sprint you can't do anything other than the task. It's a great way to beat both procrastination and distraction. And, just like being fit, it sharpens and focuses your brain, but you won't be all stinky and sweaty afterwards.

5. Play fun brain games

Brain teaser games can be excellent vitamins for your brain. They help increase dopamine which is a neurotransmitter. Dopamine is a big part of how we feel pleasure. It helps us focus, work, plan and remember. So doing brain games like sudoku, crossword puzzles, or any great online brain test are great aids. You feel good when you solve the game and this gives you a rush of dopamine which, in turn, sharpens the key parts of your brain. Mind puzzle games help you focus and use your spatial sense. Plus, brain games are a nice reward after you've put in that time studying.

6. Sleep well

Sleep turns out to be highly important to your study. There's an established link between sleeping badly and not doing well academically. When your circadian rhythms get disrupted this directly affects your physical and mental well being. Irregular sleepers will not function as well during the day which affects how well they learn information or perform in exams. So - make sure you get a good night's sleep every night!

Seek help early. Study space is a great place to ask questions. Available Tuesdays and Thursday's at lunch time in B12.

Plan your study schedule don't leave it to the last minute and create more stress for yourself

Lisa Greenlees HT Teaching and Learning





Meet the Music – Sydney Symphony Orchestra, Ray Chen



Stage 5 and 6 Music students went on an excursion to the Opera House to attend Ray Chen's performance with Sydney Symphony Orchestra. He performed Mendelssohn's Violin Concerto in the newly renovated concert hall.







Year 9 Drama-200 hr course

This talented group of thespians are currently studying Australian Drama. We are looking at a variety of scripts including the indigenous play, "Stolen". In our study we are looking at Realism and symbolism, and how we can use the Dramatic Elements of space and movement to create meaning for the audience.















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Meagher's 7 Visual Arts classes enjoyed exploring and developing their drawing and watercolour skills through the subject of the Australian suburban house. Students began by creating impressive drawings of their chosen house before applying watercolour.





Navya Unnikrishna 7VAKO1

Serena Lee 7VAKO3





Olivia Xu 7VAKO3

Raya Karim 7VAKO3





Jyeshna Rajani 7VAKO3

Eunah Park 7VAKO3



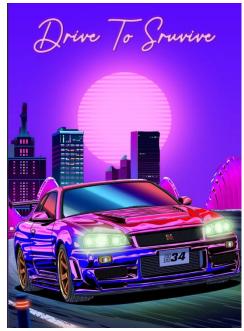


Calvin Zhao 7VAKO3

Ellena Daneshmand 7VAKO3



Year 9 Visual Design - Mural Designs



Raied Hasan



Danuli Kankanamge





Harry Kwok





Bruce Lin



Nethya Liyange



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Alston Mao



Imandi Rupasinghe Arachchige



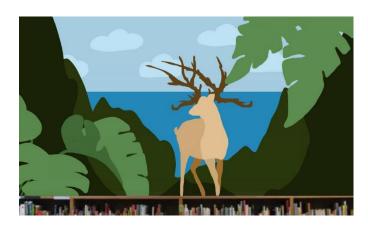
Annie Wang



Ella Wu



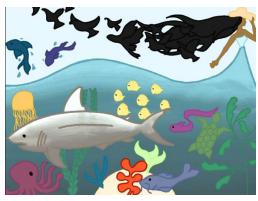
Aryan Suman



Dana Wan



Kayuri Yoshino



Jerusha Wilson

























Careers News Term 3 2022

Year 12 Uni Applications

Year 12 have been sent videos and PP slides of the UAC process. Uni/alumni speakers visit in Term 2.

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. Year 10 students have access to a hard copy of the Steps to Uni for Year 10 Students publication from UAC from May.

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)

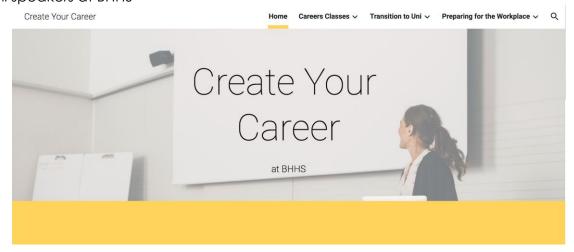
Year 12

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:

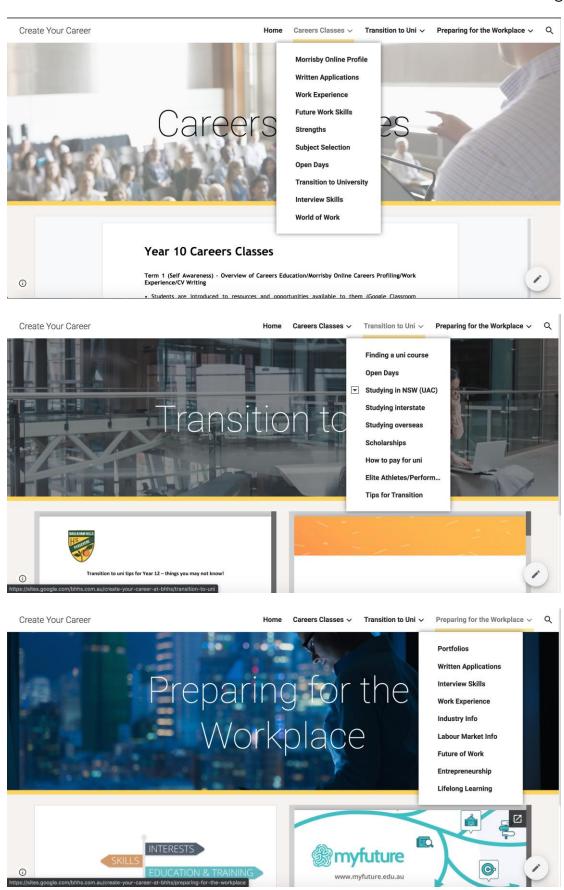
- Book a Careers appointment spreadsheet
- Careers Checklists & deadlines
- Uni speakers at BHHS





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Explore



9 My career profile activities



358 occupation profiles



Approx.

15,000



33 career bullseyes



300+



100+



100+



(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 builbeyes 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 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



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 arrange 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)



All Abilities Cricket Program (AACP)

For Players with Special Needs

Mission: To enrich social & physical wellbeing by promoting Cricket as an inclusive All Abilities sport for children and adolescents with special needs.

Come Play Cricket With Us – AACP

Age Group: 10 - 17 Years

Duration: 10 Weeks (Sept 23rd onwards)

Session Day & Timing: Fridays 5:30 PM - 7:00 PM

Location: Schofields Park (Near Schofields Public School)

What You Need: Basic Cricket Kit (Gloves, Pads, Guard, Helmet)

Cost: \$100 (Active Kids Voucher accepted)

Register Now:

Go to www.playhq.com → Search for Schofields Cricket Club → Click on 'Register' → Click on 'SCC AACP'

Contact Us - schofieldscricket@hotmail.com or 0434 083 057

Schofields Cricket Club - Est. 1924



COVID-smart measures to continue throughout Term 3. From Week 5, Monday 15 August, the following COVID-smart measures will remain in place in our schools:

- Students and staff must stay at home if unwell and not return to school until symptom-free.
- If a student or staff member is symptomatic, they should take a rapid antigen test (RAT) and isolate until they receive a negative test result. Further RAT kits will be distributed by the school in the coming days.
- Masks continue to be strongly encouraged for all staff, students and school visitors, particularly when indoors and when physical distancing is not possible.
- Household or close contacts who are symptom-free can attend mainstream schools if they receive a negative RAT result every day for 5 school days and wear a mask (staff and high school students) while on site.
- All staff and eligible students and their families are recommended to keep up-to-date with COVID-19 vaccinations, including getting a booster shot.
- Visitors, regardless of their vaccination status, are able to come to school sites but may be required to wear a mask if in close proximity to students at greater risk of severe illness if they were to get COVID-19.
- Natural ventilation and personal hygiene is, as always, encouraged.
- Events, gatherings and overnight excursions are able to go ahead. Schools consider the risks associated and make COVID-smart decisions based on the current situation with COVID-19 and other illnesses in their communities.

Transport for NSW Face Masks are Mandatory

This is a reminder to all students that face masks are mandatory whilst waiting for and travelling on public transport, including all school buses. It is also mandatory for all students to tap on and off using a valid Opal card or eftpos card, every time they travel.

It is important for students that failing to wear a mask or tap on/off risk a fine by transport inspectors.

I have added a link below to Transport for NSW showing travel offences and fines for your convenience and information.

https://transportnsw.info/travel-info/using-public-transport/travel-offences-fines-penalties

NSW Heath 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-encephalitisquestions-answered.pdf



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 thorough 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. Further to this, may I please remind all students that the wearing of masks on public transport remains compulsory in line with NSW Department of Health Public Health Order.

COVID-19 - A reminder that **regularly updated COVID guidelines** are available at https://education.nsw.gov.au/covid-19/advice-for-families

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.

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 (Not Covid)

a Medical Certificate is required.

