

Baulkham Hills High Newsletter

www.baulkhamhillshighschool.com.au



New Prefects 2022/2023

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

From the principal's desk:

Thanks to the SRC and supporting students and teachers – especially Mr Mudaliar and Ms Swancott – for making the annual BHHS Spirit Week a great success. Culminating in the COVID safe dance party last Friday night, students had a chance to really enjoy themselves in this setting for the first time in a long time.

Congratulations to the newly elected prefects of 2022/2023. These students will be officially inducted on Thursday 1 September, including our students, staff and guests. The new prefects are Tasmia Ali, Diya Arora, Hazel Bektas, Shayan Bidiwale, Elina Bir, Cindy Chen, Lucy Chen, Kritin Desai, Asmita Kaur, Kuval Lamba, James Lee, Emma Liang, Brian Park, Krithika Raghupathi, Raaghav Raguramankumar, Jesse Vella, Grace Xia, Daniel Xu, Joel Yoffe and Kevin Zou. Captains, vice captains and sports captains will be published next week.

29 August 2022



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 7
Monday 29 August Y9 Duke 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
Week 9
Monday 12 September Y11 Assessments 12/9 to 23/9 incl.
Tuesday 13 September
Wednesday 14 September Winter Grade Sport Grand Finals Model UN Rotary Dinner 6.25pm-8.30pm
Thursday 15 September Y7 Geography Excursion to Penrith Lakes
Friday 16 September 2022 Quad Schools Sports Gala Day
Week 10
Monday 19 September Y11 Assessments 12/9 to 23/9 incl.
Tuesday 20 September Y12 Picnic Day @ Bicentennial Park Y8 French Crepe Making Incursion
Wednesday 21 September Term 4 Grade Trials and Recreational Sport Selections
Thursday 22 September
Friday 23 September Y12 Graduation commence at 9am

Saanvi Kashyap Year 8 has been selected to progress through two regional finals rounds and has now made it to the state semi-finals of the Arts Unit Legacy public speaking awards to be held at NSW Parliament House in September. In addition, she has been selected as a finalist for the Whitlam Institute 'What Matters' writing competition. More information following next week.

Well done to the Year 11 & 12 Boys and Year 12 Girls teams who competed at last week's Volleyball Senior School Cup championships. Both teams performed admirably, achieving second place. Thanks to Ms Zhu for her coaching prowess in supporting our students.

20 students are rehearsing today and performing tonight at the In Concert – Secondary Choral Festival at the Sydney Opera House with over 1000 musicians and vocalists from NSW public schools featuring guest artist Lior. I am looking forward to hearing this amazing group of young people perform.

Wayne Humphreys
Principal

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.

Baulko News

INTER-SCHOOL CHESS – TWO MET WEST CHAMPIONS!

The Met West finals series for the 2022 Metropolitan Inter-School Chess competition has now concluded – and Baulkham Hills High has two newly-crowned Met West champions.

The Senior team (Winston Zhao Chen (Year 12, captain), Shivam Pant, Jonathan Yap, Dhvani Patel and Kaibing Qi (all Year 11)) travelled to Richmond High for the semi-final and won 3-1, then faced Oakhill at home in the final and achieved a 4-0 clean sweep to claim the Met West championship in emphatic fashion.

The Junior A team (Sayum Rupasinghe (captain), Abinash Janarthanan (both Year 8), Benjamin Jiang, Terry Gao and Jamie Hao (all Year 7)) also took no prisoners in their march to the Met West title; they faced two James Ruse teams in their finals series, defeating James Ruse B 3.5-0.5 in the semi-final and James Ruse A with a clean 4-0 in the final.

Congratulations to our two regional champions! Both these teams will now compete in the Inter-Region finals against the champion teams from other parts of Sydney.

The Intermediate B team (Roy Liu (captain), Daniel Toole, Taehoon Kim (all Year 10) and Andy Liu (Year 9)) went very close to making it a clean sweep for BHHS in this year's Met West competition, but after a 3-1 win over Wollemi College in the semi-final they fell at the final hurdle to the powerful King's A team, which had already edged past our Intermediate A team (Joshua Seo (captain), Judy Huang, Daniel Lukins (all Year 10) and Ethan Gao (Year 9)) in the semi-final.

Mr Salter



Baulkham Hills High School Senior team - 2022 Metropolitan West champions. From left to right: Jonathan Yap (Y11), Winston Zhao Chen (Y12), Shivam Pant (Y11), Kaibing Qi (Y11)



Baulkham Hills High School Junior A team - 2022 Metropolitan West champions. From left to right: Sayum Rupasinghe (Y8), Benjamin Jiang (Y7), Abinash Janarthanan (Y8), Terry Gao (Y7)



Band News

Band performances are back!

String Ensemble and Concert Band competed in the 2022 Australian School Band and Orchestra Festival (ASBOF) on Sunday at the NSW Conservatorium of Music, Sydney.

Symphonic Wind Ensemble also competed in the 2022 NSW State Band Championships at The Joan Sutherland Performing Arts Centre, Penrith.

All students should be very proud of their performances and playing to a very high standard.

String Ensemble collected Silver and Concert Band collected Gold in their respective categories.

Symphonic Wind Ensemble collected 2nd place.

Well done to our wonderful band students and conductors, their dedication and performances shone!

Junior and Senior Band will be performing in ASBOF in September, all the very best - keep rehearsing!

A huge shout out and thank you to Ms Kim, Mr Mak for their support.

Facebook page

Check out the Baulko Band Facebook page. [\(2\) Baulko Band and Orchestra | Facebook](#). We will be loading more content soon and if you have any suggestions drop us an email.

29 August 2022



Year 7 Wellbeing Day

This year's Wellbeing Day on 26 August, 2022 has been a tremendous enjoyment for students in Year 7. It's been a day filled with peer interaction, mingled with information on how to tackle mental health issues and cyberbullying, as well as taking care of our wellbeing in day-to-day life. The advice given has been a great help for people, whilst still being engaging and fun to watch and listen to. The only negative aspect was that it ended far too soon, as the day flew by after watching and listening to people speak, act and represent their experiences and information to us from Black Dog Institute and Brainstorm Productions. This is also an opportunity to give a huge shout-out to the teachers and students who organised and helped with the set-up of the activities and food. This has been an enormous breath of fresh air between the usual weekly routine and is a fantastic way to ease the pressure on Year 7 students at Baulko.

The day began with the Year 7 students participating in the "I wish my teacher knew that..." activity, each student was encouraged to write something that they wished their teacher would have known about their lives anonymously. The next activity followed by this was an engaging lecture by Gaya (Gayathri) from the Black Dog Institute talking about wellbeing. The time in the TLC was given a break as recess was next. After recess there was a spectacular performance by Brainstorm Productions surrounding the storyline of two friends growing up but they were each faced with different problems, though it may seem serious throughout the period a few laughs came upon us. This wonderful experience was followed by an informative speech on how to face cyberbullying. After all this the Year 7 students finally received what they most awaited throughout the day: pizza! There was a large variety from which the student chose from early last month, and the meal was topped off with a drink of choice. The ending to this day was a loud and chaotic Kahoot! The questions included a range of topics which the students joyfully answered and were stumbled by. Overall, I think we can all agree that the day was a very educational and cherishable occasion. (Especially the pizza!)

By Veronica Shao and Ahana Sharma (7L)

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.

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 www.advancedlife.com.au 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.

More advice for Study

Things you should avoid in your study habits

1. Don't highlight or underline.

"Oh no, don't highlight!" Multiple studies and research tests have shown that highlighting and underlining text doesn't help you remember information. In fact, some surveys have found that it can hinder your learning and students who highlight have a worse recall than students who don't. It can also harm your learning as you're remembering a small piece of information and not making connections about the whole text.

2. Don't cram

Cramming for exams or tests the night before is never a good idea. And it's been shown to place too much stress on the brain. Studies have found that students who cram don't even remember the information they crammed in the long term. Avoid cramming by treating study as a long term marathon and set aside enough time each day. Having a well structured study timetable will help avoid last minute cramming.

2. Don't multitask while studying

While we often multitask in our day to day lives, especially switching between multiple electronic devices, the experts say that multitasking impacts your ability to retain information. You'll not only have problems remembering information but you may also remember irrelevant or wrong information. For your brain to work properly it needs complete focus on the task at hand.

4. Turn off your phone at night

Your phone can be a major distraction when you're trying to study. But research has also found that using an electronic device late at night interferes with your sleep patterns and the quality of sleep you get. People who use phones or devices late at night can feel depleted and disengaged the next day. So if you want to be more productive and switched on - switch off your phone!

Seek help early. Study space is a great place to ask questions. Available Tuesday's 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.

CROSS COUNTRY CHALLENGE

Castle Hill
Rotary
Club

Supporting youth mental
health in the Hills

**SUNDAY 11 SEPTEMBER
BELLA VISTA FARM**

Cnr Westwood Way &
Bella Vista Drive, Bella Vista

**REGISTER NOW AT
CROSSCOUNTRYCHALLENGE.COM.AU**



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)

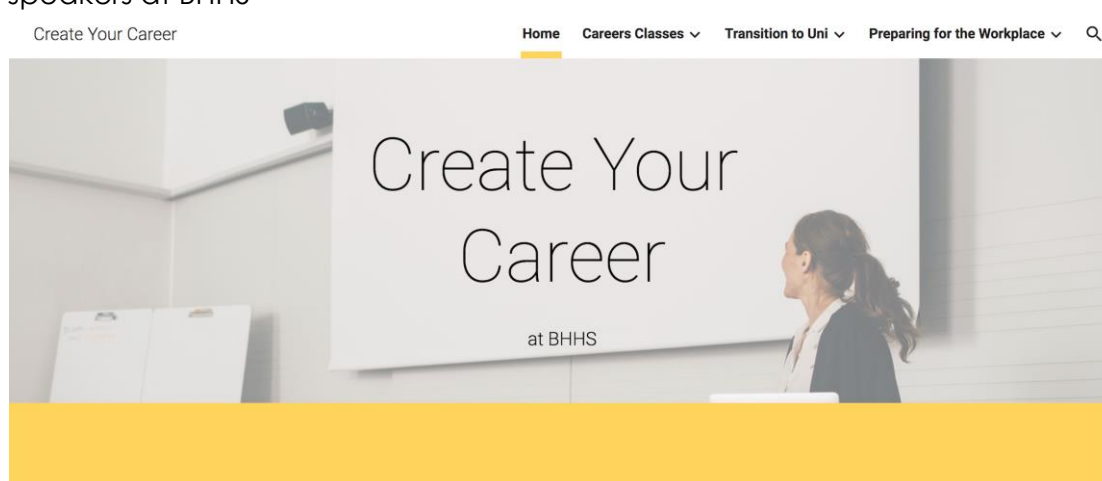
Year 12

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



Create Your Career

Home Careers Classes Transition to Uni Preparing for the Workplace

Careers

- Morrisby Online Profile
- Written Applications
- Work Experience
- Future Work Skills
- Strengths
- Subject Selection
- Open Days
- Transition to University
- Interview Skills
- World of Work

Year 10 Careers Classes

Term 1 (Self Awareness) - Overview of Careers Education/Morrisby Online Careers Profiling/Work Experience/CV Writing

Students are introduced to resources and opportunities available to them (Google Classroom)

Create Your Career

Home Careers Classes Transition to Uni Preparing for the Workplace

Transition to

- Finding a uni course
- Open Days
- ☒ Studying in NSW (UAC)
- Studying interstate
- Studying overseas
- Scholarships
- How to pay for uni
- Elite Athletes/Perform...
- Tips for Transition

Transition to uni tips for Year 12 - things you may not know!

<https://sites.google.com/bhhs.com.au/create-your-career-at-bhhs/transition-to-uni>

Create Your Career

Home Careers Classes Transition to Uni Preparing for the Workplace

Preparing for the Workplace

- Portfolios
- Written Applications
- Interview Skills
- Work Experience
- Industry Info
- Labour Market Info
- Future of Work
- Entrepreneurship
- Lifelong Learning

INTERESTS

SKILLS

EDUCATION & TRAINING

myfuture

www.myfuture.edu.au



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 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 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)



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 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>

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.

