

# Baulkham Hills High Newsletter



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



**Halloween @ Baulko**

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

## From the principal's desk:

All students have returned to school, and are back in usual classes. **COVID-19 protocols are in place**, including masks being worn by students and staff inside all buildings, separately assigned playgrounds during breaks by student cohort, whole school assemblies via zoom, masks on public transport to and from school, and windows and doors of all spaces being open. Over 98% of our students have returned to classes.

Guidelines from the DoE are changing quickly, particularly in terms of school sport and community use of BHHS facilities. We will provide updates as they are available. Please remind students to bring their own masks each day, and ensure that non-disposable masks are regularly washed. If you are dropping off your child in the bus bay, please plan to arrive a little earlier than you would normally do to avoid traffic congestion in this area. Please follow all road rules in the Carver Crescent drop off area, particularly in terms of not blocking driveways **Cont. P2**



## 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 4

<b>Week 5</b>
<b>Monday 1 November</b>
<b>Tuesday 2 November</b>
<b>Wednesday 3 November</b>
<b>Thursday 4 November</b>
<b>Friday 5 November</b>
<b>Week 6</b>
<b>Monday 8 November</b>
<b>Tuesday 9 November</b> HSC Exams 9/11 to 30/11 incl.
<b>Wednesday 10 November</b>
<b>Thursday 11 November</b>
<b>Friday 12 November</b>
<b>Week 7</b>
<b>Monday 15 November</b> HSC Exams 9/11 to 30/11 incl.
<b>Tuesday 16 November</b> Y7 Vaccinations P1-6 (Fletcher) SRE Seminars 2021 – All Years (Humphreys)
<b>Wednesday 17 November</b>
<b>Thursday 18 November</b>
<b>Friday 19 November</b> Y7 (incl support) Wellbeing Day (Huang/Thurlow)
<b>Week 8</b>
<b>Monday 22 November</b> HSC Exams 9/11 to 30/11 incl. Y11 Buffer Week 22/11 to 26/11 incl.
<b>Tuesday 23 November</b> P&C General Meeting 7.30pm Year 7 in 2022 - Virtual Orientation Day 9.30am
<b>Wednesday 24 November</b>
<b>Thursday 25 November</b>
<b>Friday 26 November</b>
<b>Week 9</b>
<b>Monday 29 November</b> HSC Exams 9/11 to 30/11 incl. Y11 Assessments 29/11 to 3/12 incl.
<b>Tuesday 30 November</b>
<b>Wednesday 1 December</b>
<b>Thursday 2 December</b> Y9&10 History Elective Excursion P1-8 (Reid)
<b>Friday 3 December</b> Y10 Reports Issued

of local residents. If you do need to come to the school office, you are required to check in and check out using the Service NSW QR code.

The **HSC Examinations commence on Tuesday 9 November**. As has been previously outlined, these exams will be held this year in the Gym in order to follow COVID guidelines for the HSC. The Year 12 Graduation and Formal are both on. Information has been distributed to Year 12 concerning the Formal. Further information will soon be distributed about Graduation.

You may have noticed that the school is **transitioning to more online services**. This has already occurred though the use of the parent portal. Some permission notes are being distributed electronically, allowing you to complete approval for your student to attend various events online. Later this term, Years 7 to 10 and Support will receive their reports via the parent portal. These are all in trialling stages. As such, it is most important that your contact details (especially email) is up to date for accurate and timely communication. If you have changed your email, please contact the school via [baulkham-h.school@det.nsw.edu.au](mailto:baulkham-h.school@det.nsw.edu.au), with the subject "New Email – STUDENT NAME", and provide the appropriate information.

Thanks to our **Prefects and SRC** for their initiative in coordinating some **whole school fun for Halloween** last Friday. After being in lockdown for so long, it was great to see our students getting up to some good-natured mischief!

**Wayne Humphreys**  
Principal

## Baulko News

### Sentral Parent Portal

Dear Parents,

The BHHS Sentral for Parents app is now available. This can be found in the app store on both apple and android devices by searching "Sentral for parents".

If you haven't already created an account previously with Baulkham Hills High you will need to register for the first time. New family codes will be emailed out later this week with instructions on how to register.

If you have already used the BHHS parent portal and registered, you don't have to do anything extra except sign in with your existing account.

The Parent portal can still be accessed by browsing to <https://baulkham-h.sentral.com.au/portal> alongside the new app.

Using the Sentral parent portal and Sentral for parents app you will be able to see your students:

- Timetable
- Merits
- Absence history
- Applying for future absences – for 1 or 2 days only (3 days requires a Medical Certificate)
- Notifications
- As well as having easy access to the school calendar and newsletters
- There will be more features coming, keep an eye out for updates

Further details are available here: <https://info.sentral.com.au/new-app-getting-started>

Regards,  
Andrew Lorbach  
ICT Manager



### Applications to join Minister's Student Council in 2022 for Years 7-9 (2021)

Applications to join the Minister's Student Council in 2022 are open now and close on **Monday 22 November 2021**.

Do you feel like you have voice to make a difference in making decisions and are in years 7-9.

Please see the following attachment for how you can apply

[https://education.nsw.gov.au/student-wellbeing/student-voices/minister-s-student-council/apply-to-be-involved?fbclid=IwAR0jFw90I2COFTpHSGY8u4KcKR9gkCo6pVpFTyN\\_AMJnslIcbbchUJXvBdA](https://education.nsw.gov.au/student-wellbeing/student-voices/minister-s-student-council/apply-to-be-involved?fbclid=IwAR0jFw90I2COFTpHSGY8u4KcKR9gkCo6pVpFTyN_AMJnslIcbbchUJXvBdA)

Lisa Greenlees  
*HT Teaching and Learning*

### Halloween Fun with Support Unit



## Band News

### Parent Group

The band committee is now seeking two parent helpers to join the parent group. We would like a volunteer to oversee the school owned instrument assets. This involves yearly stocktake of instruments, organising servicing of instruments with our service provider and allocation of instruments and band lockers to students as required. Most of the work is at the end and start of the school year but does not involve too much time commitment.

We are also seeking someone who would be interested in the Band President role for 2023. The current President, Mr Hoa Lam will be leaving at the end of 2022 and this is an opportune time to join the committee to see how everything runs over the next year. Meetings are generally held in the first week of each term.

The band program is not able to run without the all important parent committee.

**Flute Workshop** organised by Ms Brown for **Symphonic Wind Ensemble and Senior Band members**. Place this exciting event in your diaries!

"Sunday Flute Flow Evening Practical Live from the UK - 1 hour to activate the journey to unlocking your true potential" is being held on Sunday 7th November, 6:30pm online with International flautist, Belinda Gough. Link to join will be emailed during the week.

### **Baulko Big Band**

Opportunities now exist to join the Baulko Big Band. Auditions will be held on Saturday, 29th Jan. The Baulko Big Band consists of traditional big band instrumentation including saxophones, trumpets, trombones, piano, guitar, bass guitar (electric or acoustic) and drums. Rehearsals are on Wednesday mornings with Conductor Mr Alvin Mak. There is a focus on a jazz-styled repertoire and is designed for students who have a high degree of musicianship (min Grade 5 AMEB or equivalent). We are looking for committed players to join the big band family in 2022 and currently have openings in:

- alto sax
- tenor sax
- baritone sax
- trumpet (accepted from Grade 3 to "pair up" with more senior player)
- trombone
- percussion (accepted from Grade 3 to "pair up" with more senior player)
- bass guitar (you do not need to already be a part of the band program, however annual band fees will apply)

**Alto sax players are able to easily transition over to the tenor and baritone sax positions**, so this is a fabulous opportunity to extend your musicianship and to try a different style of music. You will not need to own your own instrument, you are able to use a school owned one without any additional charge. There is also no additional cost above the annual band membership fee. You will develop soloing and improvisation skills!

Interested players must also continue playing in their current band.

Woodwind and brass players filling openings must have a working understanding of your instrument and good musicianship as you will be playing an individual part. Ability to improvise musical passage(s) is ideal but not essential, with the understanding that improvised sections will occasionally appear on your part if your audition is successful.



1 November 2021

Performance opportunities may include Festivals, Jazz at the Pines or Sunday afternoon jazz at a local cafe.

Contact the band administrator [bhhsbandcom@gmail.com](mailto:bhhsbandcom@gmail.com) to register interest and audition requirements.

Head over to the facebook "Baulko Band and Orchestra" Facebook page to view some great past performances

[Big Band Cotton Club Rome](#)

[2017 Sunday afternoon jazz in cafe](#)

### **Orchestra opportunity**

The following positions to join the Orchestra are now available to start in 2022. Conducted by Dr Luis Madrid, the orchestra rehearses on Tuesdays 7:20am in the TLC. Expected level of playing is minimum Grade 5, and you will need to continue commitments to your current band. There is no additional band fee.

- oboe
- flute
- clarinet
- sax
- french horn
- trumpet
- trombone
- tuba
- percussion

Applications can be made by emailing the band administrator at [bhhsbandcom@gmail.com](mailto:bhhsbandcom@gmail.com) with your name and band you currently play in, current level music e.g. AMEB Grade and most recent results (or equivalent level if not doing exams).

Audition requirements will be sent to you. Audition Day will be Sat 29th Jan, but you will need to register interest no later than Nov 30th.

Head to our Facebook page to watch [Orchestra Performance ASBOF](#)

**Save the Date: Audition Day** will be held Sat 29th Jan for students wishing to progress to the next level of band. Details and audition requirements will be emailed soon.

Please note String Ensemble players will not need to audition, progression to the Orchestra will be via recommendation from Mrs Choong when you have become proficient. There are opportunities to advance during the year as well. Members are welcome to remain playing in the String Ensemble in addition.

*Kind Regards,*

Margaret Howard  
Band Administrator  
Baulkham Hills High School





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at BHHS ¶

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## Australia will celebrate and thank the teaching profession on World Teachers' Day on Friday 29 October 2021. ¶

¶ Teachers (with support from parents and carers) have ensured education continues across the country this year, despite major challenges. It's reinforced the significant role teachers play in the lives of children and students, their families, and communities. ¶

Here are just a few of our fantastic staff wearing their sunglasses for this year's theme: Bright Future for Education ¶



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Or show your support by Grab an apple at

<https://www.worldteachersday.edu.au/>







## School Tractor For Sale

Our beloved school tractor (pictured above) is currently being offered for sale. Tractor + slasher (as shown above), plus a rear attached scoop / bucket mechanism and scraping blade: all being offered in one bundle.

Enquiries can be made to the School Bursar (Ian Parnaby) at [ian.parnaby@det.nsw.edu.au](mailto:ian.parnaby@det.nsw.edu.au). Inspection of these items can be arranged by contacting the bursar on mobile 0438 159 297.

Given the current COVID restrictions limiting school site access, should you wish to make an offer to the school with a tendered price for all 3 implements (tractor, slasher, "rear bucket / scoop", scraping blade), please forward this bid to [ian.parnaby@det.nsw.edu.au](mailto:ian.parnaby@det.nsw.edu.au) (*placing "tractor bid" in the subject line*). Alternatively, a written tender can be inserted into an envelope (marked **"Tractor tender" ... attention School Bursar**) and placed in the orange school letterbox (situated in the central part of the front school bus bay).

**All items are in very fine working order: the tractor is surplus to our current needs.**

The successful bidder will be responsible for the cartage / removal from the school site. The school intends to expedite the decision process soon after the close of tenders.

All bids will be recognised and responded to with the final outcome.

**Tenders close at 9am Tuesday 9<sup>th</sup> November 2021**

## School Travel for 2022



[Baulkham-h.school@det.nsw.edu.au](mailto:Baulkham-h.school@det.nsw.edu.au)

### 2022 school travel applications are now open

Students who need a School Opal card or travel pass for 2022 can [apply](#) now. A new application will need to be submitted if they are applying for a school travel pass for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, or who have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before **the end of term 4**. This will ensure that schools can endorse applications and current entitlements are updated and remain valid. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2022.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

## School Student Transport Scheme site change

On 1 October 2021 the School Student Transport Scheme (SSTS) information and application portal was moved to [transportnsw.info](https://transportnsw.info). This will assist families to find all their travel information in the one place.

## Travel from Term 1 2022

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for the School Student Transport Scheme (SSTS) open at the start of Term 4 2021 for travel in 2022, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a difficult period for local bus operators, and students travelling without a valid ticket make service planning and operations increasingly difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel on a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Please also remember that students using Opal cards must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



Further information can be found at [transportnsw.info/travel-info/using-public-transport/school-travel](https://transportnsw.info/travel-info/using-public-transport/school-travel)

Enquiries can be submitted at [transportnsw.info/contact-us/feedback/passes-concessions-feedback](https://transportnsw.info/contact-us/feedback/passes-concessions-feedback)



## 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)



## Careers News

# Year 12 2021 Final Checklist!!

Use this checklist to keep you on track for uni applications.

Good luck with receiving an offer and please share via email if you receive a scholarship/cadetship!

### 1. I have:

*Check all that apply.*

- Prepared for an interview by watching the videos, doing online course, mock interview etc.
- By 1 Nov - sent my EAS documentation to Ms Hardy via email including code (e.g. F01K)
- By 4 Nov - updated my preferences/contacted universities for my SRS application
- On 12 Nov - checked my SRS offers & accepted any offers (can reject later)
- Attended uni Info Days online or F2F in Dec/Jan to help me make my final choices
- By 17 Dec - uploaded all my EAS documentation to my UAC EAS portal (school to send EIS)
- 20 Jan (ATARs) until midnight 21 Jan - checked my UAC preferences and made any changes
- On 26 Jan 7:30 checked and accepted my offer [most offers will be made in this offer round]
- [if wanting another offer in later round] - checked UAC vacancy lists and re-ordered prefs
- Celebrate getting into university!



## Careers 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

2021-08-05 13:20:13

### Admissions timeline

The University of Sydney

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2021-08-05 13:42:50

## 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)

- EAS
  - \* Documentation due to school 1 Nov
  - \* Documentation uploaded by students to UAC 17 Dec (school to send EIS directly to UAC)
  - \* Eligibility letters released progressively from 21 Jan (for offers 26 Jan)
- SRS (Early Entry)
  - \* Change of preferences 4 Nov
  - \* Offers released 12 Nov
- ATARs 20 Jan
- HSC Results 24 Jan
- [Change of preferences Midnight 21 Jan]
- Uni Offers 7:30am 26 Jan (*most offers made in this round*)

## \*Key Dates

- \* *Please contact me via email to book a mock interview*
- \* **Attend Info Days online/F2F in Dec/Jan** to ask questions about preferences, courses
- \* **See Google Classroom/emails for:**
  - \* Co-op Interview Tips (video/guide)
  - \* Med Interview Tips (video/guide)
  - \* Study Skills Video (Dr Marie Hadley)
  - \* Interview Skills Online Course (From High School to Hireable)
  - \* EAS Video/Guides
  - \* UAC Digital recorded sessions (various topics)
  - \* Study Work Grow Choosing Preferences Guide

## \*Resources/Events



**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](#) [f](#) [@](#) [info@highschooltohireable.com.au](mailto:info@highschooltohireable.com.au)

**HighSchool to Hireable**  
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

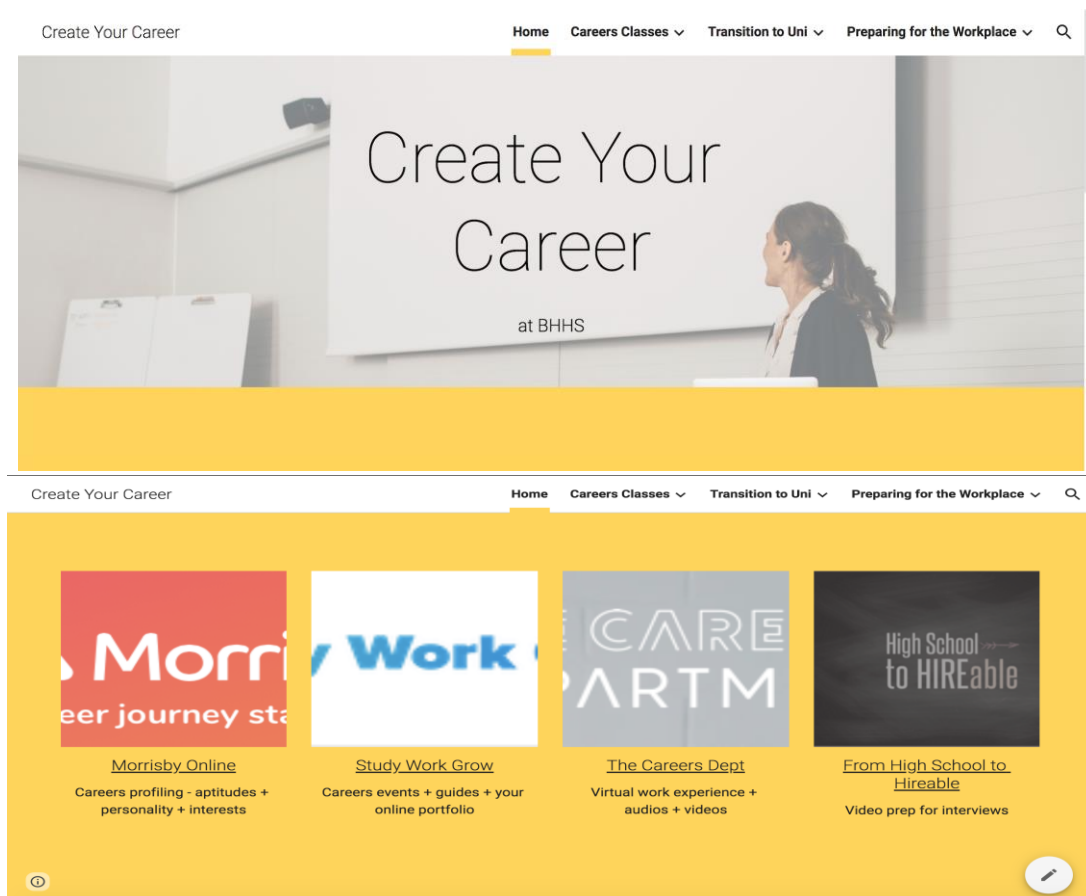
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

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



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 Uni

- 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

<https://sites.google.com/bhhs.com.au/create-your-career-at-bhhs/preparing-for-the-workplace>














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.