



BAULKHAM HILLS HIGH SCHOOL

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Newsletter 2

Term 3 Week 2

Monday 26 July 2010

FROM THE PRINCIPAL'S DESK



Last week saw our Year 11 PDHPE students enjoy a challenging but fun trip to the snow where they learnt how to ski. They were congratulated on their excellent behaviour and manner and were fortunate to stay safe and injury free.

The Year 10 parent information night regarding subject selection for Year 11 in 2011 was very well attended. Parents were addressed by Ms Margot Braithwaite who is the Board of Studies Liaison officer. She was able to describe all the regulations associated with the completion of the HSC. Parents are reminded that not all subjects will run in 2011.

Welcome to exchange student Felix Meuer from Germany who will be here until next April. Felix is the guest of Stuart McBurney in Year 10. Also welcome to Winnie Han who is visiting from China for a few days. Winnie is staying with Jessica Wen.

Congratulations to:

- Our victorious Brain Bee team and particularly Wasiul Hoque - NSW champions.
- Our mock trial team which defeated Model Farms High School

Jeanne Bathgate, Principal

P & C REPORT



40th Anniversary Celebration

Thanks to all the students, staff and parents who made a huge effort to make our celebration such a great success. We have received a lot of positive feedback and all our contributions were well appreciated. The P&C also conducted the 'Know Your Baulko' competition to encourage visitors to learn more about the school and to make new friends. The winners of the competition were Maxine Ward, Danny Chen, Adeline Teoh, Diana Lundgren and Dinusha Wijesuriya. Their names will be engraved on commemorative pavers to be placed within the school.

General Meeting

Our next meeting will be held next month Tues 24th August. If you would like to contact P&C, please email us directly on bhspandc@hotmail.com

Romy Chan, P&C President



RECOGNITION ASSEMBLY

The Y7 Recognition Assembly will be held on Wednesday 28 July in the Tiered Learning Centre commencing at 9.15 am and will run for approximately one hour. All parents are welcome to attend if their child is receiving an award. The names are made available on the student noticeboard a couple of days before each event. If you wish to make arrangements to attend the ceremony please ask your child to check if their name is on the noticeboard.

Castle Hill Softball Club Inc

is registering for **Teeball** and **Softball** NOW.
Come & play with a friendly locally-based club this summer.
We have vacancies for boys & girls under 10 to play Teeball and girls & boys aged 10 and over and adults to play softball.
All games are played at the same time, same location every week commencing approx 9th October.
For more information contact **Natalie Blanning** on **0411 286 308** or at castlehillsoftball@yahoo.com.au

CALENDAR - TERM 3



The calendar in this newsletter is subject to change so please check carefully each week for any alterations. A full calendar for the whole year is available on the school website at www.baulkhamhillshighschool.com.au

Week 2

Monday 26 July

- Yrs 9 & 10 NSW Geography Comp, in classes, all week
- Y11 Study Skills Day (Pigram)
- Y11 Year Assembly, Initial Surveys & Forum Details at TLC
- Y7 Reports issued to students
- Boys KO Netball Gala Day, Jamieson Park, (Renwick)

Tuesday 27 July

- Y7 HPV (2) + HepB (1), Period 1-6 (Johnstone)
- Y11 Ancient History Research & Oral, 27/7 to 2/8 incl.
- Public Speaking Finals TLC Periods 2-5, Y9 audience
- Y8G French breakfast (Bishop)

Wednesday 28 July

- Y7 Recognition Assembly
- OC Placement Test in Exam Centre

Thursday 29 July

- Area Athletics at Blacktown, 29-30 July inclusive
- Yrs 7, 8 & 9 Parent/Teacher Evening

Friday 30 July

- State Shakespeare Festival, all day (McAlister)

Week 3

Monday 2 August

- Blood Bank at school 2-3 August inclusive
- Y11 Physics Assessment Prac due & Prac Test in class
- Japanese students homestay, Konosu HS, 2-6 Aug inclusive
- Y11 Ancient History Research & Oral, in class 27/7 - 2 Aug
- Y11 Drama Met West Drama Festival, 2-3 August incl.
- Y10 into 11 final selection distributed in TLC
- Y9 Motivational Day (Barkas/Bishop)
- Education Week, 2-6 August inclusive

Tuesday 3 August

- UNSW English Competition

Wednesday 4 August

Thursday 5 August

- Australian Mathematics Competition
- Y8 into Y9 Info Evening, TLC, 6.30 pm

Friday 6 August

Sunday 8 August

- Beginner Band workshop

Week 4

Monday 9 August

- Y12 Trials Exams commence (9-20 Aug inclusive)
- Y9 PASS Gridiron Coaching, P3 & 4 (Chapman)

Tuesday 10 August

- Y10 Interviews for subjects, over 2 days, 10-11 Aug incl.
- Y9 PASS Gridiron Coaching, P1 & 2 (Renwick)

Wednesday 11 August

- Y10 Interviews for subjects
- Y8 Initial survey due

Thursday 12 August

- Y11 Ryda Road Safety, all day (G Smith)

Friday 13 August

- Y9 PASS Gridiron coaching, P3 & 4 (Chapman)
- Y10 into Y11 Final selections due

Saturday 14th and Sunday 15th August

- State Band C'ships (Jnr, Snr, Stage, Concert & Beginner)

SCIENCE NEWS



Baulko Brains Best & Brightest Brains in Brain Bee

Earlier this year students from Baulko attempted Round 1 of the Brain Bee, an online multiple-choice exam. A total of 3000 students around NSW participated. From their results eight Baulko students were selected to participate in Round 2, the NSW State final held at UWS Campbelltown on 20th July. On the day, the eight Baulko students, **Wasiul Hoque, Jacky Yu, Laura Hu, Thuvarahan Jegathees, Mark Seatang, Jyotsana Bhasker, Matthew Kan and Harry Hong** competed against the other 122 students selected for the finals.

The day began with all students participating in the individual challenge and answering a number of short answer questions, then answering questions based on images from the current 80 page edition of Brain Facts. The next activity was the team challenge in which schools with four or more students at the finals competed against each other. The Baulko team consisted of Wasiul, Jacky, Thuvarahan and Jyotsana. By exhaustive testing the twelve teams were reduced to three. The three final teams were Baulko, James Ruse and PLC Pymble. The final was very tense with all teams showing great knowledge, but Baulko quickly took the lead and was a clear winner, from PLC Pymble and James Ruse.

From the individual challenge activity earlier in the day the top 12 students were selected to compete in the penultimate round of the State Final. Representing Baulko were Wasiul Hoque and Thuvarahan Jegathees. By exhaustive testing this number was reduced to three finalists with Wasiul representing Baulko. He was competing against a student from PLC and a student from James Ruse.

The final of the Individual Quiz was very tense, but it was Wasiul who took the lead and was a convincing winner, ahead of, once again, PLC and James Ruse.

Wasiul will now compete against other state finalists in the Australian Final and if successful there will represent Australia in the World finals in San Diego in 2011.

Colin McAuliffe, Head Teacher Science

VOLLEYBALL NEWS



As mentioned in previous newsletters, our senior girls' volleyball team had made it through to the State finals with the other remaining 15 teams.

On Wednesday 30 June our first game was against the Sydney South West No.2 team, James Meehan HS. This was a tough and exciting game. After losing the first 2 sets, the girls settled down and proceeded to win the next 3 closely fought sets. This meant that our next opponents were Blayney HS, everyone's favourite to win the tournament. Blayney played very well and our girls tried very hard but in the end Blayney were too good, winning 3-0. (They also won the final on Thursday by the same score line). This meant that the Baulko girls were in the 5th – 8th playoffs against Great Lakes (Hunter), Bomaderry (South Coast) and Airs (Sydney South West). On the Thursday morning the first game was against Bomaderry (our opponents in the last two KO finals). Our girls won 2-0 after coming back from 13-19 in the 2nd set. The final game was against Airs who defeated Great Lakes 2-1. We had eleven players in our squad so we played six girls in the first set and only one of them plus the other five, in the 2nd set. With the score at one set all, we used the same system in the 3rd set (1/2) a set each. After we had two unsuccessful match points, Airs finally prevailed 16-14 in the 3rd set to win the game 2-1.

All in all it has been a reasonably successful campaign. With all of our girls available next year, hopefully extra

experience and some decent practice games (next year) will once again see the Baulko girls back on top.

Congratulations and thanks to Stephanie Chan (C) Maggie Corrigan, Shirley Huang, Victoria Liu, Jennifer Sok, Erin Xu, Laura Hou, Belinda Lai, Danashi Medagoda, Cissy Zhu and Buddhima Fernando.

Noel Drew, Coordinator

Commemorative Pavers & History of the School Book

If you missed the opportunity to order a commemorative paver or a copy of our History of the School book at the 40th anniversary celebration day we have extended the closing date until Friday 13th August.

If you would like to have your personalised paver included in our commemorative walkway please complete the section on the attached form and return it with your payment of \$40.

If you would like to order a copy of the History of the School please complete the section on attached form and return it with your payment of \$30.

BAULKHAM HILLS CRICKET CLUB INC.

Baulkham Hills Cricket Club is a local club which plays in the Parramatta District Cricket Association. We have teams in all junior age groups from U10 to U16 and in seniors.

The club is holding its Junior Registration Day for 2010/ 2011 season on Saturday 31st July at Baulkham Hills Sports Club, Renown Rd, Baulkham Hills between 9.00 am and 2.00 pm.

For further information, visit www.baulkocricquet.com.au or contact secretary@baulkocricquet.com.au

Rouse Hill Rams
www.RamsLittleAthletics.com.au



LITTLE A's REGISTRATION
SPORTS CLUB
LITTLE ATHLETICS

Hills Centenary Park - Commercial Road, Rouse Hill:
Saturday 7th August 11am to 3pm
Saturday 14th August 11am to 3pm
Saturday 21st August 11am to 3pm

Online Regos from Aug 1st

Fees payable during registrations. Credit Cards accepted (1% surcharge).
Further info visit www.RamsLittleAthletics.com.au

Presented by ORION
OrionCreatives.com.au



Epping District Cricket Club - Juniors



Registration Days

In2Cricket "Have-a-Go" & "Have-a-Game" (Ages 5-8)
U9 Average
U10 to U16

Epping Oval
Norfolk Road, Epping
Sundays 1st August & 8th August 2010
11.00 a.m. - 1.00 p.m.

Registration Forms available for download at
www.eppingdistrict.nsw.cricket.com.au

Contact:

President Peter Tugwell 0418 453 429 pta@bigpond.net.au	Registrar Leanne Dries 0418 166 731 leannedries@bigpond.com
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INCREASE YOUR MOTIVATION

by Andrew Fuller

More students find it harder to remain motivated in third term than in any other. So this is the time to give yourself a mid-year tune up and rev up. The most important thing to know is that not feeling motivated hasn't really got much to do with motivation. It has more to do with feeling anxious and worried. In fact this is the formula:

Fear + Worry = Loss of Motivation

Motivation has more to do with overcoming your fears than anything else. It feels much easier to not put in than to risk failing at something. Fears loom larger if we try to avoid them.

Let's discuss the most powerful self-motivation techniques.

Set small goals and one large one

For each subject that you do at school set a small goal each week. For example a goal might read and understand chapter one. Write the goal down somewhere. When you have achieved that goal, give it a tick.

Decide to make your favourite subject at school the one that you will "go for broke in". In this subject your aim is to top the class. This is the subject that you will use to judge yourself by.

Get organised

Get yourself up to date. If you have fallen behind in any subject, have a working bee to catch up. Ask others to help you. Ask teachers to help you by saying something like *I lost my motivation for a while in this subject but now I'd really like to catch up*. If you have not been in the practice of taking notes, start. If you have become embarrassed about asking questions in class, set a goal of asking one question per class. If that is too embarrassing, ask the teacher after class. If you've missed notes, ask for copies of them. Write a revision summary for the subject to date, topic by topic. If your study area has become a mess, clean it up. Use post-it notes to organise the steps towards a successful outcome.

On the first post-it note write the successful outcome you have in mind for that subject.

Write the step before that

And the step before that

And the first step you could take

You wouldn't enter a marathon without doing a series of shorter training runs first and the same thing applies to doing well at school. Regaining your motivation is a step by step process.

Giving up believing that you know how smart you are

Most people who feel unmotivated think everyone else knows more, is more talented, is smarter and has a lot more brains than they do. My research shows that most students have absolutely no idea how well they are going to do at school. It is highly likely that you are more intelligent than you realise. It is also highly likely that most of the people around you in class are not quite as clever as they appear to be.

Build on your strengths forget about your weaknesses

Success in life is about doing more of what you are good at and less of the things you not good at. Serena Williams is not well known because she can do Maths, Einstein wasn't well known because he played soccer. When you focus on the things you find more enjoyable and interesting at school, even the things you find harder become easier.

Use your time in school well. Many people muck around in school and then wonder why they have to do so much work outside of school. Consider sitting towards the front in class. If you can focus and listen well while at school you can save yourself endless hours. This is valuable time saved that you can use for hanging out with friends and having fun.

Be honest with yourself. If you have felt unmotivated you may have done anything to avoid doing the study time. The world is full of excuses that you can make: "The dog needs a walk", "I have to finish this game and then I'll study", "I'll have a nap and study when I wake up". You have to be tough enough on yourself to do the work **BEFORE** you do the computer games/TV watching/chat room messaging etc.

Also, be honest enough to admit to yourself that lying in bed, with the computer on, listening to music, with a DVD in the background and messenger open to chat with friends, is not and will never be, studying. Have some study time sitting up at a desk or table with **NO** electronic distractions on.

Change your routine. If you've been finding it difficult to get yourself motivated, change your set pattern. For example, study in a local library rather than at home or change the room you will study in. Just as you learn to surf best by surfing, you learn to succeed in exams and essays by giving your undivided attention to your study. Practice in the same conditions you intend to perform in. There won't be electronics and music in the exam room.

Why should you care?

You might be able to dismiss all of the above points by saying "I can't do it" or "I can't be bothered" or "This sucks." That is just part of you that is scared that is talking you out of it. The scared part thinks that if you try and fail, it will be much worse than never having tried in the first place. Think about what would happen if you applied this type of thinking to the whole of your life. You wouldn't learn music and start a band because U2, Pink and 50 cent have already done it. You wouldn't talk to someone you like because they would reject you. You wouldn't go to a place you would really like because it would probably disappoint you. You wouldn't live the life you could live because you would lack the daring and courage.

Give up fear and gain motivation

You know the number one fear of all time?

Death?	No.
Speaking in public?	No.

The number one fear that people have is that other people will think badly of them.

And you know what the biggest and saddest joke about that fear is?

Most people don't think about you at all. Most people are so busy or so focused on themselves that they haven't got the interest or the energy to judge whether you are good at something or not.

So there is a chance that you could throw away a really successful, enjoyable life by worrying about something that doesn't even exist. So, as Yoda in Star Wars said, there is only do or not do. It is up to you. But don't make what other people might think of you if you stuff up, a reason for giving up on yourself.

So why listen to me?

I spend a lot of my time talking to adults who gave up on themselves at school and spend their lives doing boring jobs that don't pay very well.

I also spend even more of my time talking to students who have done really well in school, after not being thought of as clever, or talented, or gifted or smart in any way. These students have taught me the ingredients of success. Now you have them too. What you do with them is up to you.

