The background of the cover is a photograph of a large, dark metal bell hanging from a horizontal bar within a stone archway. The arch is set into a light-colored wall. At the base of the arch, there is a dense arrangement of green succulent plants. The title 'Student Survival Guide' is overlaid in large white text.

# Student Survival Guide

THE NEW STUDENT'S GUIDE TO  
SYDNEY BOYS HIGH SCHOOL

EDITION 2 • 2022

# Student Survival Guide

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# Editors' Note



Congratulations and welcome to your first year at Sydney Boys High School.

You may be feeling nervous, excited, anxious, overwhelmed or a mixture of all three. High school is an enormous step in your life. You are thrust into a labyrinth of corridors, a sea of alien faces, and more classrooms than you can possibly keep track of. Many of you will only know a few people, some, nobody at all. At times, to keep on top of it all, you'll need to be informed and organised - to adapt to new routines, make new friends, and explore new hobbies. High school can be confusing, but we'll help you navigate its curves and creases.

That is why we've made this guide. Within it, you'll find photos of the school's confusing places; tips on how to study and get on top of everything; ways to get involved in activities you'll enjoy; and how to get help whenever you need.

Although high school may be intimidating and confusing, it is one of the most important parts of your life where you not only gain new knowledge, but also how to interact with others and make new friends. It is here that you find your passions, work hard, and try to manage your time to become the best person you can be. It is here that you will develop as a person and to do so, you'll need to make the most of the opportunities you're given.

We hope you find our handbook useful over the coming year.

Dean Nguyen & Yu Ming Lee  
**COORDINATING EDITORS**



# *Orientation*



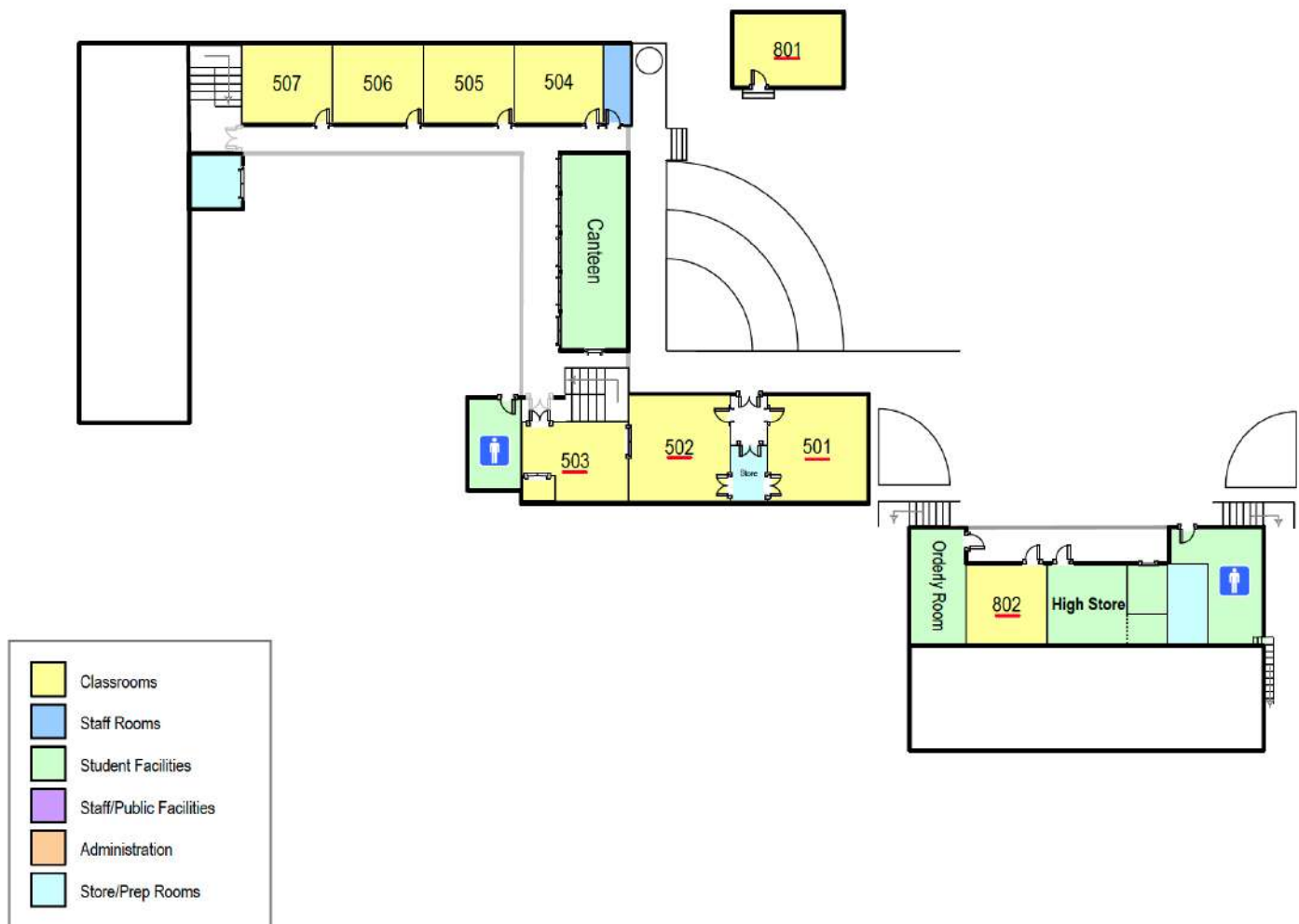


# the school maps



We have underlined the tricky rooms in red and have placed photos of them on the next few pages

## Lower Floors



## Middle Floors



## Upper Floors





# Location Gallery



**01** Room 103 (open door on the left) outside of the Main Building

**02** Room 801, a demountable by the amphitheatre

**03** High Store (right) and Room 802 (left)

**04** The Junior Quad and the Main Building; the skybridge connecting to 300s and 400s is on the far right

**05** Taken from the gym. Theory Room: 901 (open door upstairs)  
Change Rooms:  
Room 902 (leftmost door),  
Room 903 (door next to red board)



# Location Gallery



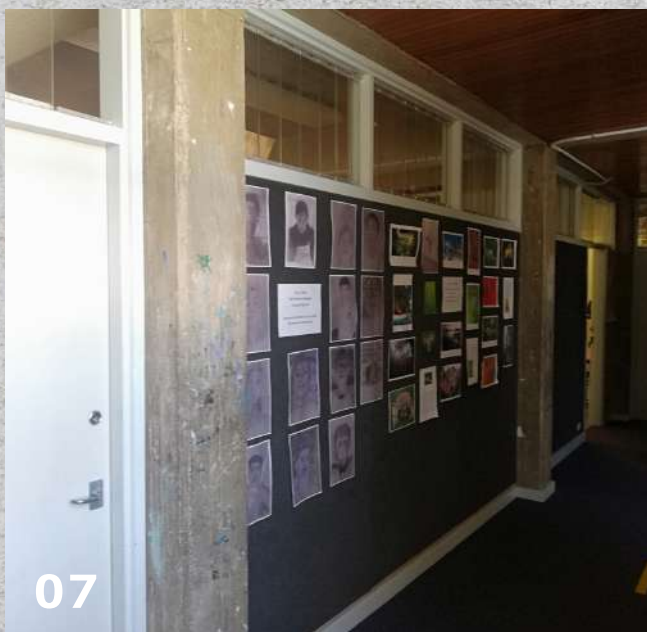
06



08



09



07



10

**06** Entrance to Room 704 and Room 705 by the stairwell with Judy Cassab's paintings

**07** Art Rooms: 706 on the left and 707 of the right. They're on the top floor of the MacDonald Wing

**08** Rooms 502 and 503, DT Workshops by the amphitheatre

**09** Entrance to Room 705 through the Senior Library

**10** The Lost Property Office near 602 in the Macdonald Wing corridor



# School Life



## TIMETABLE

In school, you have 5 periods per day consisting of 1 hour classes. On Thursdays for Juniors and Wednesday for Seniors, periods 4 and 5 are blank as you have sport.

The school operates on a three-week cycle system, rotating between weeks A, B, and C. Our lunchtimes and recesses vary during the week. Here's what you need to remember:

- On Monday and Tuesday, recess is after period 2 and lunch is after period 4
- On Wednesday, Thursday and Friday, recess is after period 2 and lunch is after period 3

You have the option to study scripture every Friday, which runs from 8:50am to 9:25am. We recommend you memorise your timetable for each day or set your timetable as your phone's wallpaper - it makes school a lot easier.

## WHAT TO BRING

It depends on the day and subjects, but this is a general overview of what you need to bring:

- Pencil Case
- Laptop
- Books & Textbooks (alternatively, you can access a PDF version of most textbooks)
- Recess & Lunch (Although there is a school canteen)
- Sport Uniform if you have sport or PDHPE
- Art book and equipment for art class
- DT apron

Especially in junior years, all your stuff can get really heavy to carry, so use your locker when you need it! You can put your PE bag, sport equipment, projects, and textbooks there. Mr Cipolla (Careers Office) will come to your classes regarding lockers. If you have queries, please contact him at [cipollaa@sbhs.nsw.edu.au](mailto:cipollaa@sbhs.nsw.edu.au)





# FAQS

## **When do I choose electives?**

Electives are subjects you get to choose to study. You have the option to continue with both languages in Year 8 or choose to drop one. You choose 2 electives in Year 9 and 3 in Year 10 (because you no longer have to study History and Geography). We offer a wide range of electives such as Robotics, Drama, Filmmaking, and Architecture.

## **How should I decide what electives to choose?**

It's very simple: choose the subject you enjoy the most. If your elective is something you enjoy learning about, it'll be easier to concentrate in class and hand in homework - and it'll be more fun as well!

## **Do I stay with the same students all day in Year 7?**

Not at all! The great thing about high school is that you get to meet a lot of people in your cohort. While you're split into classes at first, you'll get to know everyone over time.

## **When can I wear a sports uniform to school?**

Sport day is Wednesday for Seniors and Thursday for Juniors, so you can wear your sports uniform then. You're also permitted to wear sports uniform on Swimming or Athletics Carnivals and it's compulsory for PDHPE.



**How many sports does Sydney High have?**

Sydney Boys High School offers 16 GPS Sports. Playing a summer and winter sport is compulsory and you'll need to compete on Saturday. Don't worry if you don't think you're fit or experienced - most of us weren't when we started! What matters is challenging yourself, gaining skills and making friends along the way.

**How are exams split up at High?**

The main exams at High are the "Half-Yearlies" and the "Yearlies" which are weeklong exams of your subjects. Your teachers may also assign assessment tasks throughout the year.

**Where can I find help?**

At High, you can usually ask anyone for help or directions and they'll be happy to answer. You also have Year Advisors, teachers who have specifically been allocated to your year to help and advise you.

**Where can I find the dates for school events?**

You can find a comprehensive list of events at [www.sydneyboyshigh.com/publications/calendar](http://www.sydneyboyshigh.com/publications/calendar).

**What co-curricular activities does High offer?**

We have a variety of co-curricular activities, including debating, public speaking, chess, cadets, orchestras and much more! For more info, check out the Zenith handbook we've made, available on the student portal.





# Getting to School



## LIGHT RAIL

- You can use the Light Rail to travel between school and Central
- The Light Rail is located at the ANZAC Parade exit and across the Dr Agnes Bennett Footbridge (see photo)
- The light rail also goes towards Randwick and Kingsford

## BUSES

You can take buses at almost all hours.

- To school from Cent, you can take 372 and any route starting with "39"
- Buses to Central are located opposite Cleveland Street (near the gym) and on ANZAC Parade
- Buses towards the Eastern Suburbs are located near the intersection of ANZAC Parade and Cleveland Street

With the arrival of the light rail, buses to and from Central have reduced.





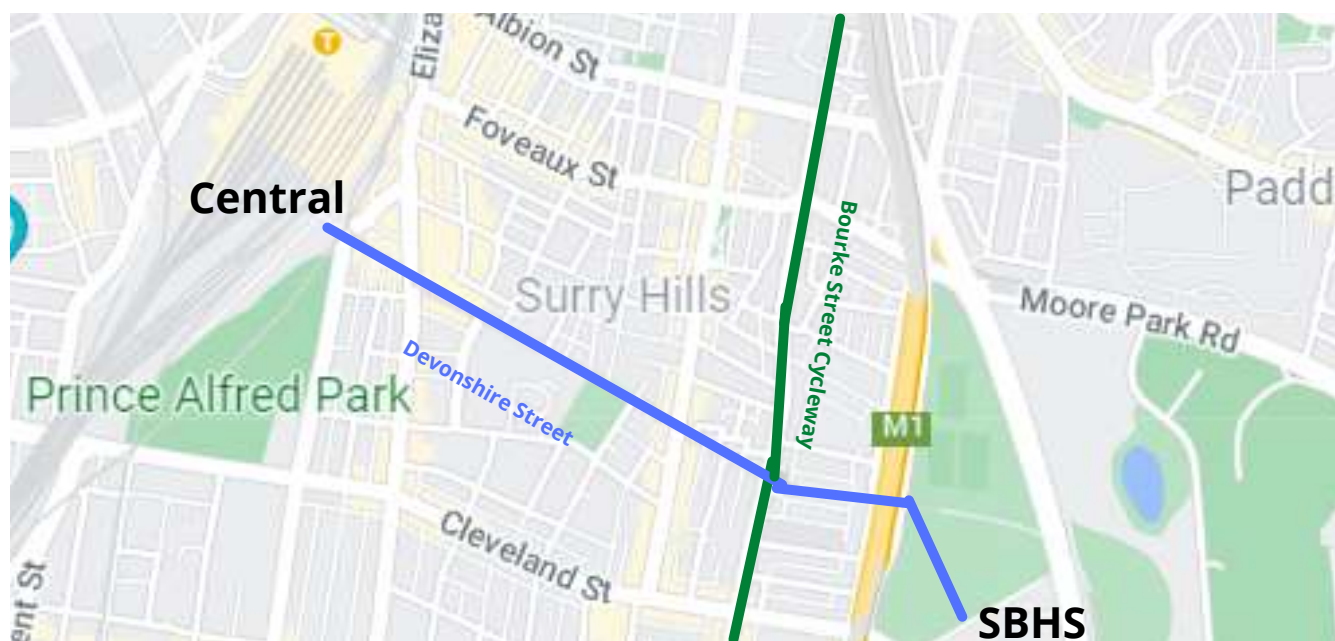
## WALKING

- Walking can be a great alternative to the Light Rail when it is crowded (such as before or after school)
- Walking to/from Central along Devonshire Street usually takes 20 minutes
- We suggest that you walk with your friends to make it more enjoyable



## CYCLING

- For those who are feeling up to it, you can also cycle to school
- There are many great paths in the area, such as along Bourke Street and in the Centennial Parklands
- The school has bike parking facilities near the junior quad, but you will need to bring your own lock







# A Word From The Prefects

## **ASHWIN BARRETT - YEAR 7 PREFECT**

Sydney Boys offers an extensive range of extra-curricular activities and student-led groups. There are three seasons of sports throughout the year, as well as clubs and societies. You'll almost definitely find one that matches your interests, so join as many as you like to make the most of it!

## **THOMAS BRITTON - YEAR 7 PREFECT**

My best advice would be to do everything you can at High. The school offers almost every single different activity be it sports or music or debating or chess. Try as much as you can! Find what you love and test yourself, the opportunities are endless.

## **ADISON CHEN - YEAR 7 PREFECT**

It may difficult navigating across the school grounds on the first days. It might be challenging to connect with new schoolmates and to adapt into the unfamiliar environment of high school. As Year 7 Prefects, we have our arms open, offering guidance and assistance to make sure your first year runs smoothly. By setting an example of the values and culture of High, Year 7 will be the beginning of the learning curve in becoming scholar sportsmen.

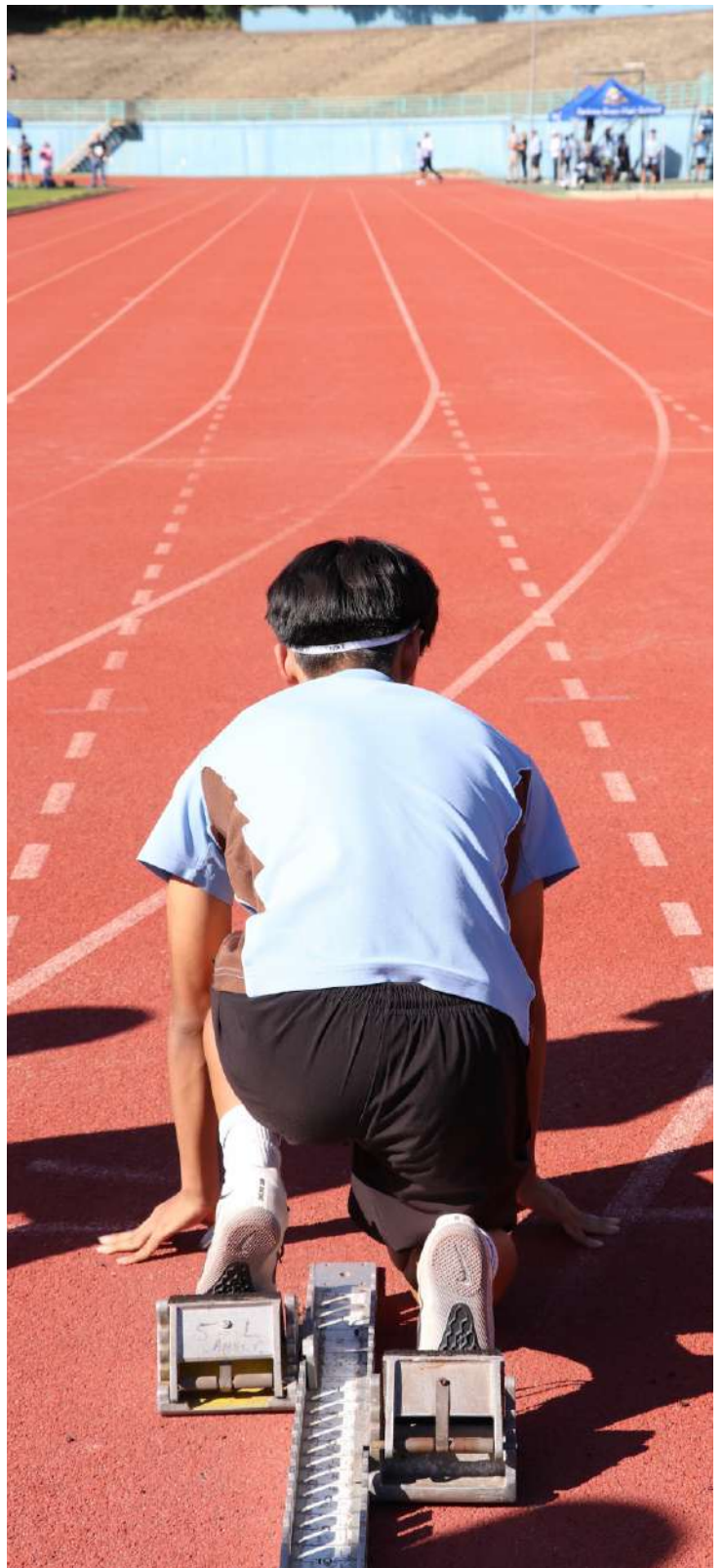


## **CADEN MA - YEAR 7 PREFECT**

As a scholar sportsman, I encourage you to immerse yourself within and explore all of the opportunities High has to offer. High offers an environment that caters for all your interests and needs from music, sport, community services, debating, cadets and so on. This abundance of activities is run by eager teachers and coaches who willingly spend their time to provide the best experience for students at High.

## **NICHOLAS FRANCIS - INDUCTION PREFECT**

Sydney Boys offers a diverse range of extracurricular activities for students to participate in throughout their high school years. These experiences expand the friendships formed within the classroom into stronger bonds with their peers. The supportive network of both students and teachers can assist your personal growth to achieve your academic, sporting and individual goals. Strive to involve yourself in as many aspects of schooling life that you can manage and always feel free to approach the Prefects for help.





study







## Getting Organised

Not all apps work for everyone, but a few of the apps we've used to help organise our lives include:

### Google Drive



Google Drive is a file storage service developed by Google. It's great for storing files as the app allows you to access them from any device. Using your school account, you get unlimited storage too!

### Todoist



Todoist is a free task management app which allows you to create, prioritise and divide tasks into different categories, although there's a premium version as well.

### Google Calendar



There's absolutely nothing wrong with using your diary - in fact, it's got a lot of useful stuff like bell times - but Google Calendar is a digital alternative.

## Taking Notes

While it's recommended to take notes in your book, (research shows taking notes by hand helps you remember better!) it's probably also helpful to have a note-taking app as well. Here are a few we've used:

### Notion



Notion is an all-in-one workspace app which is great for projects. You can embed videos, create links between your pages, and collaborate with other users.

### Agenda



For Mac users, Agenda can integrate notes with a calendar, allowing you to do things like set a due date for your homework, and has a clean, minimalist aesthetic.

### Microsoft OneNote



OneNote comes with your Microsoft Office bundle. It's great for making your notes organised and for writing a lot of words.



# Study Apps

There many numerous apps available online to help elevate your study. Below are some of our favourite ones:

## Khan Academy



Khan Academy is a free and comprehensive learning platform. It has outstanding content on maths and science and is a great resource to check if you don't understand something in class.

## Anki



Anki is a free flashcard app which utilises spaced repetition. You can create your own and download other people's flashcards to help remember content.

## Youtube



You might think of Youtube just as pure entertainment, but it's got excellent learning resources. 'Crash Course' helps you revise content quickly and Eddie Woo teaches maths while making it intuitive and approachable. There's also an amazing variety of channels whatever your interests are - Computerphile for computer science, Braincraft for psychology, Osmosis for health sciences, Nativlang for linguistics, MinuteEarth and Extra Credits and Wireless Philosophy and Kurzgesagt and many more!

The screenshot shows the Khan Academy interface for the 'Math Trigonometry' course. It lists four main topics with their respective mastery points:

- Right triangles & trigonometry** (0/700 Mastery points)
  - Ratios in right triangles
  - Solving for an angle in a right triangle using...
  - Introduction to the trigonometric ratios
  - Sine and cosine of complementary angles
  - Solving for a side in a right triangle using t...
  - Modeling with right triangles
  - The reciprocal trigonometric ratios
- Trigonometric functions** (0/1700 Mastery points)
  - Unit circle introduction
  - Amplitude, midline, and period
  - Radians
  - Transforming sinusoidal graphs
  - The Pythagorean identity
  - Graphing sinusoidal functions
  - Trigonometric values of special angles
  - Sinusoidal models
  - Graphs of  $\sin(x)$ ,  $\cos(x)$ , and  $\tan(x)$
  - Long live Tau
- Non-right triangles & trigonometry** (0/300 Mastery points)
  - Law of sines
  - Law of cosines
  - Solving general triangles
- Trigonometric equations and identities** (0/600 Mastery points)
  - Inverse trigonometric functions
  - Trigonometric identities
  - Sinusoidal equations
  - Angle addition identities
  - Sinusoidal models
  - Using trigonometric identities
  - Challenging trigonometry problems


At the bottom, there is a section titled 'Up next for you:' with a 'Course challenge' button and a description: 'Test your knowledge of the skills in this course. Have a test coming up? The Course challenge can help you understand what you need to review.' Below this is a blue button labeled 'Start Course challenge'.



## Student Run Apps

Sydney Boys High School has many quality of life services created by students. Students may develop their own apps to by requesting an App ID and Key from the Student Portal, giving them access to the school's data. Below are a few useful student-run apps:

### Paragon

Paragon (<https://web-paragon.web.app>)  website designed to make life easier for SBHS students. It displays the daily notices, the school calendar as well as your periods for the day. You can take notes on the website as well

Roll Call  
in  
— 6 Days —

Classical Greek Continuers A3 <small>at 9:00 with A. Geras</small>	212
English Advanced A1 <small>at 10:10 with M. Jany</small>	202
Roll Call <small>at 11:10</small>	11:10
Mathematics Advanced <small>at 11:30 with A. Pater</small>	102
Physics A5 <small>at 12:30 with A. Geras</small>	602
MTL1	13:35
MTL2	13:55
Chemistry A2 <small>at 14:10 with R. O'Donoghue</small>	602

MON A	TUE A	WED A	THU A	FRI A
1 PHY A5	CGK A3	CHE A2	ENA A1	ENG C6
2 MAA	ENA A1	MAA	PHY A5	CGK A3
3	MAA	CGK A3	CGK A3	CHE A2
4 ENG C6	PHY A5		MAX	MAA
5 ENA A1	CHE A2		CHE A2	PHY A5

MON B	TUE B	WED B	THU B	FRI B
1	ENA A1	CGK A3	ENA A1	MAX
2 PHY A5		MAA	PHY A5	CHE A2
3 ENA A1	MAX	ENA A1	CGK A3	CGK A3
4 MAA	PHY A5		MAX	MAA
5 ENG C6	CHE A2		CHE A2	PHY A5

MON C	TUE C	WED C	THU C	FRI C
1	PHY A5	CHE A2	ENA A1	MAX
2 ENG C6	MAA	MAA	PHY A5	CHE A2
3 PHY A5	CHE A2	ENA A1		ENG C6
4 ENA A1	CGK A3		MAX	CGK A3
5 MAA	ENA A1		CHE A2	MAA

## Seeking Additional Resources

When we talk about studying, it is not just about getting the work done in the classroom, taking your notes in class and doing your homework, it is also about finding additional resources outside of the classroom to facilitate your learning. There are multiple resources on the web which will help you greatly if you use them wisely. Make sure to extend yourself on the subjects you like.

For those who want to extend their learning in Maths:

- Australian Math Competition (<https://www.amt.edu.au/australian-mathematics-competition>)
- Australian Intermediate Mathematical Olympiad (<https://www.amt.edu.au/australian-mathematics-competition/australian-mathematics-olympiad>)
- Computational and Algorithmic thinking). (<https://www.amt.edu.au/cat-competition>)

For those who want to extend their learning in English:

- Matrix Education Articles (<https://www.matrix.edu.au/beginners-guide-year-7-8-english>)
- Goodreads (<https://www.goodreads.com/>)
- ThoughtCo Articles (<https://www.thoughtco.com/writing-topics-process-analysis-1690538>)



# studying effectively



## Plan It Out

### Take breaks during study sessions

Studying for excessive, continuous periods of time will make you feel tired and can decrease your work productivity and efficiency. Having short breaks when you start to tire allows you to clear your mind, allowing you to work more effectively.

### Avoid cramming

Revising over a long period of time helps you recall content and stops you from feeling worried about not being able to finish everything on time.

### Be organised

Organising your workflow by doing things such as creating a daily todo list and memorising your timetable for each school day makes you feel in control of everything and stops you from feeling overwhelmed by all your tasks.

## Work-Life Balance

### Exercise

Exercising helps to reduce the stress hormones in your body such as cortisol and adrenaline. It also prompts your body to release hormones such as endorphins which make you feel good.

### Remove all distractions

Put your phone well away from your desk, especially if you tend to get distracted by notifications. Ask your family to keep the noise level to a minimum when you're studying.

### Create a Study Environment

Keep your desk clean and have a quiet space in order to easily transition into the vibe of studying. By creating a dedicated study space, you create environmental cues that nudge you towards studying when you're there.

## A wide-angle photograph of a modern library interior. The space is filled with bookshelves, study tables, and large windows. Several students are seated at tables, some working on laptops. A prominent white cursive text "taking notes" is overlaid on the upper half of the image.

Formulate questions based off the content learned in class. When revising, answer the questions with the content gathered from textbooks, teacher powerpoints and other sources. This helps you remember content by challenging you to answer questions.

## The Role of Business P1

- ▶ Define firm and industry
- ▶ Explain the firms production decisions
- ▼ Outline the goals of the firm
  1. List the goals of the firm.
    - ▼ Answer
      - Maximise profit
      - Maximise growth
      - Increase market share
      - Meet shareholder expectations
      - Achieve satisficing behaviour
  2. How do firms maximise profit?
    - ▶ Answer



# stopping procrastination

A close-up photograph of a chess game in progress. In the foreground, a dual-clock timer with two white faces and black hands sits on a wooden chessboard. A hand is visible, moving a white chess piece. The background is blurred, showing other people and chessboards, suggesting a tournament or a busy study environment.

## Studying Methods

### Doing the Hardest Task First

Find the hardest, most important task of the day and do it first. You're usually most refreshed in the morning so you feel more motivated to complete hard tasks compared to later in the day when you're more tired.

### Pomodoro

Pomodoro is a method that splits up your study time into 25 minute intervals with 5 minute rests in between each interval. Studies show students often begin to lose focus after around 25 minutes of studying, so taking breaks refreshes your mind to help refocus.

### Social Studying

Studying with a group of friends in person or through a social platform makes the studying experience more fun, causing you to want to study. Also, having friends around you discourages you from getting distracted, and you can help each other out with questions you don't understand.

## Healthy Workflow

### Sticking to a Set Timetable

Timetables help you maximise your efficiency and plan out your work, but they only work well when you actually follow them. Be sure to make your timetables realistic and schedule breaks as well.

### Reward Method

You can give yourself a reward after you've finished the homework you've set yourself for the day. It's something to look forward to and gives you motivation to finish your work.

### Setting Time Limits on Apps

You can set a limit on how much time you can spend using an app each day. After you've reached that limit, you are restricted from using that app for the rest of the day. It helps stop you from using certain apps excessively and eliminates distractions, making it easier to start working.



*involvement*





# getting involved



## Engage With Your Passions

*What are you interested in? What do you love doing? What do you want to learn?*

If you're not sure what to choose, reflect on what you're interested in. If you've longed to speak publicly with confidence, try out public speaking or debating. If you find helping others fulfilling, become a library monitor or check out the environment committee. If film is your passion, join the Media Team to socialise with other producers. If you love playing music, then consider joining one of the school orchestras! High has a variety of extracurricular and co-curricular activities that you should try.

## Stay Open-minded

*Are there any activities you haven't thought of doing? You'll find many other things to do if you're willing to step into the unknown.*

One of the biggest mistakes in high school is not trying anything new. While it's ok to stick with your current interests, high school is a place to explore new things and expand the horizons of what you could be doing. Almost no-one walks into High having done rowing, rugby or cadets, but they join because they want to try something new. One of the best parts of high school is getting involved in everything and finding novel interests. Starting a new hobby or joining an unfamiliar group can be intimidating, but High will help you build your confidence over time. The new skills and experiences you'll gain will stay with you well beyond high school.

Whatever activities you choose or try out, we hope you'll find them fun and fulfilling. What makes high school really meaningful is not just the academics but all of the various activities you choose to do outside of the classroom.







# The Model Student

AN INTERVIEW WITH JOSHUA SUTO BY YU MING LEE  
AND DEAN NGUYEN

**Joshua Suto is the 2022 School Captain. Regarded as a true “scholar sportsman”, he has achieved numerous accolades in academics, sports and co-curricular. In this interview, he talks to us about juggling extracurriculars, school life, and the things you can do here.**

**Hi Josh! Thanks for sitting down with us. To start off, can you tell us about the activities you have done at High and what you liked about them?**

In all the activities I've participated in, from SRC to debating to GPS sport and athletics, each provides its own set of challenges to succeed. Admittedly, at times these challenges seemed overbearing, yet that is exactly what drives us to improve and

ultimately progress. While many others may have found High's competitive nature stressful, I loved it, and thrived in the competitions large and small – each activity at High pushes you to perform at, and beyond, your best and is what I enjoyed most.

**You're clearly a very busy with school, co-curricular and sporting commitments; how do you juggle everything?**

At High, you soon realise that there are enough hours in a day to achieve everything and more that you'd want to. If you commit yourself to many activities early on, it might temporarily make you uncomfortable, but you become aware of how important discipline is. Once participating for even a couple of weeks,

you realise how accustomed you've become to this new 'busier' life. Ask myself or anyone else in my year, six years is a short time and flies past quickly, so fill the time with as many memories and friendships to make it the best six years. challenges seemed overbearing, yet that is exactly what drives us to improve and

### **Why do you think it is important to get involved into school life, especially in junior years?**

Getting involved in school life in junior years is the best way to develop life skills. Pushing yourself across multiple cocurricular activities or out-of-school commitments is best in Year 7, when you don't have as much homework or study each week. While building time management skills, you develop early friendships and memories that last the years of high school and beyond – school life may present you with new opportunities or hobbies you never thought of exploring. And even if you don't enjoy something you've taken on, it's okay, there's no stigma around cutting an activity because it shows your character and discipline in pushing and striving to become your best.

### **Now, can you tell us a bit about your study routine – what strategies do you use?**

Diaries. It doesn't matter whether you're old-schooled like me and use a physical book, or use a software app, either way allows you to reduce stress in trying to remember and prepare for what homework or assignment is due when. But more significantly, my routine







*“At High, you soon realise that there are enough hours in a day to achieve everything and more that you’d want to”*

---

involves efficient study breaks – instead of watching Netflix for an hour, I’ll go for a run or do some training. This allows for a proper mental break and makes me productive both during and between study sessions, and when I come back to study again it doesn’t feel like I’ve wasted time, thus I’m more motivated and less stressed.

**Finally, what is the most important lesson High has taught you?**

Being at High has taught me many important things, but the most important would be the ability for fellow friends and peers to support one another. Even if you feel like you only have one or two good friends, those at High all have a common goal of success, and thus uplift each other so that everyone can achieve what they want to. But this extends beyond the pursuit of upholding a school’s name, as even outside of school, those who care for you – family and friends – can help you push through struggling times and achieve what you’ve set out to.



*support*







# When You Need Help

**While it's usually quite fun, school can at times get overwhelming, exhausting and even frustrating. We get it - we've been through it as well. But you don't need to worry - High has an extensive welfare network of prefects and mentors, year advisors, and counsellors to help students get back on track.**

- Ms Chan is the Head of Welfare for Sydney Boys. She organises wellbeing programs such as workshops, helps individual students and manages Values Education among various other duties.
- There are 2 Year Advisors for every year group - 12 in total. They're great to turn to for advice and will help you with whatever's on your mind.
- The Transition Coordinators look after new students from year 8 to year 11.
- The Student Support Officer mentors and coaches young people. He teaches students about wellbeing and mindfulness
- The School Counsellor provides counselling to students, assists the school and their parents in providing for their wellbeing and liaises with other support agencies.
- There are many outside agencies that can help; Many of them are aimed at teens. We'll go over three in particular: Headspace, Kids Helpline, and Reachout.com



# The School Counsellor

AN INTERVIEW WITH MS ESTELLE HARMAN  
BY HARRY WU AND YIFEI WU

*Ms Estelle Harman is one of the School Counsellors for Sydney Boys High School. She is also a qualified psychologist and was previously a teacher. In this interview, she sheds light on an important aspect of student support.*

**Hello Ms Harman! Thank you for agreeing to an interview - we appreciate your time. So let's get started. What is the role of the school counsellor - what do you do?**

I should give you some background first. Every government school in NSW has access to counselling, but Sydney Boys High is lucky to get 5 days of counselling service a week. I work with the other counsellor, Ms Noakes.

We provide a counselling service to the students of the school. This involves counselling students (direct counselling), but also includes assisting parents and the school in making decisions about the student's wellbeing and liaising with other agencies.

Discussions with the school counsellor are confidential, except only when there are legal obligations or when the student is at risk.

**How can students arrange to see you?**

Students can ask their Year Advisor or the Head Teacher of Welfare to make an appointment, or they can make an appointment themselves via the office.



*"A counselling relationship is a non-judgemental one. It's very personal and it's important you find a counsellor you're comfortable with."*

**That's interesting, but can you explain more specifically what a counselling session looks like?**

It's very hard to say what a typical counselling session looks like because the agenda is almost entirely set by the student. Some are long and some are short, and in the first session, I like to focus on what the student wants to talk about.

**What problems do students come to discuss with you?**

There's a variety of issues students face, but the most common ones would be anxiety from the pressure of their schoolwork, conflicts with their family or friends, being in trouble, or just feeling down.

**What other services are there for students, and how do you fit into this picture?**

Fortunately, mental health is gradually being destigmatised and there's a growing

awareness of the needs of adolescents.

Agencies such as Headspace and Kids Helpline are available for students to turn for help - we work with Headspace a lot. We work within the school day (it would be inappropriate for us to have contact with a student at 10pm!) so services like Kids Helpline help bridge that gap. There are also many specialist support groups, such as for LGBTIQ+ teens, that we can recommend.

**How many students use your services each year?**

While an important aspect of our work is direct counselling, we're also involved in consultations with other staff members about student welfare. As a rule of thumb, school counsellors will usually get involved with around 10% of the student body.

**What is one piece of information you wished students would know when they first walk into your office?**

The counselling relationship is different to other relationships. A counselling relationship is a non-judgemental one. It's very personal and it's important you find a counsellor you're comfortable with. If you don't want to continue with the school counsellor, that's perfectly fine, and we can help you find other support people. The important thing is that you feel relaxed about seeing a counsellor.



# Student Support Officer

AN INTERVIEW WITH MR MICHAEL ORMSBY  
BY DEAN NGUYEN AND YU MING LEE

*Mr Michael Ormsby is the new Student Support Officer. He joined Sydney Boys in 2021. In this interview, he tell us about his past experience and current role at High.*

**Hello Mr Ormsby! Thank you for taking time out of day to do this interview with us. Firstly, Can you tell us a bit about your career prior to coming to High?**

Prior to coming to High, I've worked in a range of different organisations and education related roles across my career. Some of my roles have involved managing leadership development and youth mentoring programs, teaching mindfulness, youth work, sports coaching (swimming) and supporting young people with their transitions from school to

university. The University of NSW, Macquarie University, the University of Technology Sydney, the Smith Family, the Sydney Cricket and Sports Ground Trust and WAYS Youth Services are examples of organisations that I have worked.

**How have your experiences helped you in your role as Student Support Officer?**

My past experience has helped me to develop a range of skills, knowledge and attributes that are relevant for my role as Student Support Officer. Some of these include mentoring and coaching young people, facilitating groups, running youth led programs, teaching mindfulness programs and youth transitions.



*"Meet as many people  
as you can and be  
open to making new  
friends"*

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**Can you tell us about the clubs/societies  
you currently run at High - What do you  
like about them?**

I am running the Community Services Committee (CSC) this year at High, a student led fundraising body that supports a range of different charities and community organisations through BBQs, mufti days and collection days. CSC is a great opportunity for students to develop leadership skills and to learn more about issues in the community. I really appreciate the team work and positive energy of the Committee and I'm really looking forward to seeing what impact we can have this year.

**Finally, what is the most important  
lesson High has taught you?**

I do have some emerging ideas for the future. I am still pretty new to High and learning about the school so these ideas will evolve further throughout this year. Stay tuned.





*“Aim to do one thing each day that is outside your comfort zone.”*

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**Finally, what tips would you give to the Year 7 cohort to maintain a positive wellbeing.**

Positive wellbeing is all about looking forward to coming to school each day, building good friendships, getting involved in sport and High life and achieving your academic and personal goals.

Starting Year 7 is a big step and period of change and it will take some time to adjust to high school.

My top tips are:

- (1) Try new things by getting involved in sport and co-curricular activities.
- (2) Meet as many people as you can and be open to making new friends.
- (3) It's okay to ask lots of questions (or to ask for help) as it will take a while to adjust to high school.
- (4) Aim to do one thing each day that is outside your comfort zone.
- (5) Have fun and enjoy your time at High.





# External Support

There are many different youth agencies you can turn to for help, but we'll check out three major ones - Reachout, Headspace, and Kids Helpline

## Headspace

### Who are they?

Headspace is a nonprofit organisation that focuses on issues affecting young people ages 12-25, such as feeling anxious and stressed, problems with family and friends, questions about sex and gender - basically anything really! Headspace provides expert support via consultations through various mediums including telephone calls, in-person conversations or online chats.

### How do I get in touch with them?

Headspace offer their services in many forms:

- Headspace Centres: there are over 40 centres across NSW, including in Hurstville, Chatswood and Parramatta.
- National Telehealth Service: If you cannot access a Headspace Centre, the national telehealth services provides access to highly-skilled psychiatrists via video consultations.
- E-headspace: E-headspace is an online and phone support service run by experienced youth mental health professionals.

# Kids Helpline

## Who are they?

Kids Helpline is another great organisation that can assist you when seeking guidance on managing any difficulties as you go through high school. Like Headspace, their focus on counselling teens ensures that they have a good understanding when it comes to the common issues facing young people.

## How do I get in touch with them?

The best way is to contact them by phone using the number 1800 55 1800.




# Reachout.com

## Who are they?


Reachout is an organisation dedicated to supporting young people in Australia. They have various resources on issues such as bullying, identity, and mental wellbeing. They're also home to peer support forums that let you work through your worries anonymously, and they've got a variety of tools and apps to help you look after your wellbeing.


## How do I get in touch with them?

Just check out [their website!](#)


COVID on your mind? We've got you covered here.


**1800 55 1800**  
 Anytime. Any Reason.




**Kids**  
aged 5 to 12

Enter!



**Teens**  
aged 13 to 17

Enter!



**Young Adults**  
aged 18 to 25

Enter!





# The Year Advisor

AN INTERVIEW WITH MR KURT RICH  
BY YU MING LEE AND DEAN NGUYEN

**Mr Rich is a member of the PDHPE faculty and was one of the Year 7 Year Advisors in 2021. In this interview, he talks about his role in supporting students and their transition to high school.**

**Hello Mr Rich! Thank you for taking time out of your day for this interview. First of all, what are your responsibilities as Year 7 Year Advisor?**

My main role as year advisor is to be a central and visible point of contact for my students and support for any wellbeing concerns. Responsibilities can be as simple as helping students navigate their way to the correct classroom or teacher or as detailed as developing ongoing learning strategies.

**Do you enjoy being a Year Advisor and why?**

I absolutely love my role as Year Advisor. I feel that I have a positive impact on the students and in return I am also learning lots from my students already (it has only been 1 year).

*"Not being at the top of the class can be unique and sometimes a challenging fact to face."*

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**What do you see as the most challenging aspect of the transition from Year 6 to 7?**

The biggest challenge is the level of self-autonomy that is expected in a high school like Sydney Boys High usually exceeds what is expected of a year 6 student.

**What advice would you give to students coming into Year 7?**

Best piece of advice would be to get involved in as many activities as possible. The reason I love working here is that we provide so many diverse opportunities for students. Students would be wise to make the most of these opportunities.

I would also strongly advise learning & developing organisation and management skills.

Ask questions if you are unsure.








### **What are some of the issues facing new Year 7 students?**

Many of the students have come from a primary school where they were the at the top academically. Not being at the top of the class can be unique and sometimes a challenging fact to face. Students need to be focused on their own development and work on skills that will help them in the long run.

### **What has been the most memorable moment as Year Advisor this year?**

It would have to be the Year 7 camp as a whole. Fantastic experience for students and staff, this year was my first time on year 7 camp including 'mudworld', scaring the students during 'Commando' night & many more activities, camps are one of the best things students and teachers could be involved in. Seeing how quickly the students were able to bond and form friendships/connections was very special. I have a video of the Year 7T class pulling my up on the giant swing before being released, great times that I will cherish forever.

reimagine  
what's  
possible

A small blue and white sailboat with three people on board is sailing on a body of water. In the background, a large bridge and a city skyline are visible under a cloudy sky. The text "reimagine what's possible" is overlaid in a white, cursive font.