



## From the Principal

### Rowing Assembly



It was an upbeat atmosphere at the rowing assembly last Friday. The crews were eagerly awaiting their big day of the year. They received a rousing reception from the assembly when they were introduced. The text of my address is reproduced below:

“Distinguished guests, special guest Mr Rob Walker, staff, parents, coaches and students, on this important occasion of our annual special assembly to honour the efforts of our rowing crews and to thank all the people who have supported them in their preparations, I have to say how pleased I am at what has been achieved so far this year in the sport. Whether we think it is rational or not, GPS schools are still judged by the media and public at large by their performances in rowing and rugby. The first VIII this year has lived up to its promise. After the Head of the River last year, Dave Luscombe told me that the VIII would row under 6 minutes for 2k. They have achieved that by rowing 5:56. They have medals for 3<sup>rd</sup> at the NSW schools titles. They have a third in the Riverview Gold Cup. Their season’s form is at third or close fourth. We will all be cheering for them to bring home a third in the Head of the River. The second VIII has shown solid form all season. They are weakened a little at present by sickness, but with a good race plan they could get a fifth in their event.

The rowing program is one of the two largest sporting undertakings we attempt. It is fitting that such a dedicated team of people is honoured by a special occasion. This assembly is also a traditional prelude to the Head of the River to be held tomorrow at the Sydney International Regatta Centre. I

am gratified that so many of you have decided to come along and cheer on our crews. It is certainly one of the greatest spectacles in school sport anywhere in the world.

The design and administration of our rowing program is a complex and time consuming task. Of a staff of 23, 19 were Old Boys. I hope this culture of ongoing involvement after school life continues among our current senior rowers. I would like to thank Mr Barris, MIC for Rowing, for his support in our policy of training our coaches through our expert rowing coordinator, Michael Doyle. The Coaching Manual and published Selection Policy enhanced a tighter coordination of our ‘train the trainer’ model at High. Con and Michael have combined well to bed down this strategy. Maintaining enthusiasm and personal motivation to strive hard is difficult for coaches in any sport, but particularly so in rowing, where winning is so difficult and the benchmark for excellent performance at schoolboy level is so high. Importantly, Con’s organisation of trips for the rowers adds a dimension to participation in the sport that is highly valued. These excursions are not treated as substitutes for success but as experiences that help to make all the relentless hard work of training worthwhile.

The first and second VIIIs were trained together by David Luscombe and Mark Prater. Their teamwork in coaching and the competitive selection policy adopted are models I commend to other sports administrators. We are confident that we have the right people in the correct seats in our boats. Our senior squad is cohesive and prepared to perform. Oliver Wilson trained the first IV and ran several ‘Learn to Row’ courses on behalf of the Foundation. Tim Glass handled the 2<sup>nd</sup> IV and Kelvin Leung the 3<sup>rd</sup> IV.

George Barris guided the 1<sup>st</sup> Year 10 VIII and Simon and Peter Wilson looked after the second Year 10 VIII. On the teaching staff Messrs Barris, Gainford, Coan and Hespe were efficient managers as usual for our junior crews. Year 9 quads were coached by Mr Gainford 1<sup>st</sup>, Louis Charalambous 2<sup>nd</sup>, Andrew Simpson 3<sup>rd</sup>, Matthew Louie 4<sup>th</sup> and Richard Zhou 5<sup>th</sup>. Thank you to all these coaches for their efforts. The Year 8 quads had a successful year. Mr Coan took 1<sup>st</sup> quad, Mark Prater backed up on Thursdays to take the 2<sup>nd</sup>, Kerry Barris (Andrew Forsyth) 3<sup>rd</sup>, Troy Polis 4<sup>th</sup> and Mr Hespe the 5<sup>th</sup>. I look forward to this group improving further next season. There is some simple arithmetic about rowing competition. Strong rowing schools boat 3 senior VIIIs and 4 IVs (47 competitors). To have senior crews who know how to row you need depth in the junior school. We really need to have 3 Year 10 VIIIs and 6 strong quads for next year's team in Year 9, so I urge boys in Years 8 and 9 to get their friends to try out next season. This school needs to promote the culture that boys will be culled out of rowing because we have too many wanting to compete and only 6 quads in each junior year and a selection policy. No GPS school starts off with an advantage over us in rowing because no prep schools do rowing for sport – unlike rugby, soccer, tennis, cricket, basketball.



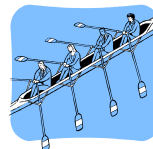
The two afternoon sports policy has been hailed generally as a productive change. Now in its second year, it will continue to increase opportunities for access to venues, facilities coaches and equipment. This year is the first that High has run a rowing program for Year 7s. Our aim is to spend term 1 getting boys used to the water, the equipment, the safety routines and experiencing the basics of rowing. Hopefully, by term 4 our boys will return to the sport and will be able to learn to row from the first week. The time saved should enable higher technical skill levels to be achieved during Year 8. 3 Year 7 quads were boated on Thursdays. James Gerofi looked after the 1<sup>st</sup> quad, Robbie Girdler the 2<sup>nd</sup> and Liam Bennett the 3<sup>rd</sup>. Thank you to those recent old boys for their support.

Mr David Daish and Mr Chris Watson have made great contributions to High rowing over many years keeping the shed, the shells and the machinery running and transporting equipment to regattas and interstate on school visits. Thank you both for your tireless support. Thank you to Mr Sean Creer for his commitment to the rowing program in various capacities over many years.

It is my pleasure to introduce our special guest this morning, Mr Rob Walker. Rob started his rowing at Cranbrook and was highly successful as an Australian Schoolboy Champion and Australian Representative in the double scull in 1991. During the next two years he was a member of the NSW Youth VIII which won the Australian Championships (1992-93). In World Rowing Championships, Rob rowed in the men's pair. He won Silver in 1995 and Bronze Medals in 1994 and 1997. Rob was a member of Australia's Olympic team at Atlanta in 1996, where the men's VIII finished 6<sup>th</sup>. Rob took time out in 1998 to complete his Bachelor of Physical Education degree. During the 1999-2000 season, Rob suffered a recurring back injury that forced his retirement from rowing. He now works as National Sales and Marketing Manager for Australian Rowing Technology. As a noteworthy example of high achievement in sport and in life, let's welcome Mr Rob Walker."

### Head of the River Regatta

After a week of south-easterlies and frequent showers, Saturday dawned fine and the International Regatta Centre was



sunny with a swirling breeze across the race course. A large and vocal crowd cheered home their favoured crews. Our Year 10 second VIII had a solid row in the sheltered lane 2 and finished 7<sup>th</sup> in 7.19.91 (10.5%). The first Year 10 VIII struggled in lane nine, battling a slanting head breeze for the second thousand metres, to finish at the rear of the field in 7.04.31 (11.1%). The third IV acquitted themselves quite well, finishing a game 7<sup>th</sup> in a testing lane 8 in 7.48.10 (11.3%). The second IV had a good race, again in the difficult lane 8. They finished a very creditable 5<sup>th</sup> in 7.21.72 (6.5%). The first IV started well but could not maintain the fast pace of the leaders to finish 8<sup>th</sup> in 7.19.46 (6.3%). The second VIII rowed gamely in lane 7 for a 7<sup>th</sup> place in 6.27.42 (5.1%). Much was expected of the first VIII and they did not let themselves or the school down. There was a lot of pace put on early by the Shore crew. The High boys in lane 7 lifted and were third by a narrow margin at the 500m mark. The second 500 was solid but King's surged past to take 3<sup>rd</sup>. The crew hung on in the third 500 but could not respond in the last 250 as Shore took out the race from the fancied St Joseph's crew with King's third. The time was fast at 5.56.07 given the conditions. Our boys were a very gallant 4<sup>th</sup> in 6.06.62 (2.85%) giving High its best Head of the River performance since 1994. My thanks to students and staff who came out to support their school, particularly Ms Berger who had nearly an hour's walk to catch the bus out to Penrith.

### High Talent

Congratulations to Dejan Bodrozic and Brian Ly who were selected as No 1 and 2 singles players in the combined GPS team which beat CAS at White City last Wednesday. A belated well done to Andrew Reis who won a bronze medal in NSW open competition for breaststroke last month.



### SMS and Cyber bullying

The Premier, Mr Bob Carr released the *Respect in Our Schools* Plan a couple of weeks ago. It aims to combat cyber bullying – the use by people of technology to harass others. Typically, mobile phones are used inappropriately by cyber bullies. Parents and carers are to give written permission for students to have mobile phones at school. Schools are to keep a register of mobile phone users. A raft of other student welfare measures is contained in the Plan. High has a policy that tolerates mobile phones in the hands of students. However, students have been suspended for cyber bullying and improper use of mobile phones. Parents and students should be aware that this school has a strong anti-bullying policy.



### Truancy from classes

Boys in Certificate years need to accept responsibility for their own learning. It was agreed at the Executive Meeting on Tuesday 15 March 2005 that, as from Wednesday 16 March, boys in Years 10, 11 and 12 who truant from a lesson will receive a **Warning Letter** about their progress in the subject concerned. Each such Warning Letter will also involve a one hour before school detention. Repeat offenders will face the possibility of removal from the course for non-compliance.

### Uniform

Sydney Boys High has a full uniform policy. Non-compliant boys need to be reminded that negative consequences flow from being out of uniform. Boys who are in uniform are to be given priority at the Canteen and at bus lines. (NOTE: If a boy's shirt is out or his tie is not done up, he is not in uniform.) Boys who are incorrectly dressed are to be asked to leave the Canteen line, bus queue or Study Centre and can return when they are in correct uniform. Boys without ties or with incorrect footwear etc are only to be served at the Canteen or allowed to join bus queues when all boys in uniform have been served. If a boy has a parental note, countersigned by a Deputy Principal, explaining why he is out of uniform he will be regarded as being in uniform.

### Study Centre

The Study Centre is reserved for boys who have made a commitment to study at school. Boys who wish to use the study centre are required to pay \$11 at the school office. This \$11 is returned (by cheque) when the boy leaves school if he is still in possession of his Study Centre Authority. The Study Centre will only be available to boys who have a Study Centre Authority and who are in uniform. Boys are expected to use the Study Centre only as a place of study. Other areas are available for boys who wish to study in a group, socialise, eat or drink.



**Dr K Jaggar**

### *An Extraordinary meeting of the P&C will be held*

**4<sup>th</sup> April 2005, at 7:30pm  
The Great Hall**

**Dr Kim Jaggar will present:  
'Review and Analysis of the  
2004 Higher School Certificate  
Results'**

This presentation will inform parents and their sons of the SBHS results and emerging trends from the 2004 HSC.

*Mark in your diaries as "Not to be missed"*

### SCIENCE NEWS

#### Results of Science Quiz No. 1

Questions about Mass, Length and Time were asked in the first quiz of the year. Congratulations to Tom Sun (9F) and Aditya Hatle (8S) who both submitted correct answers:

#### The Questions:

1. The definition of a kilogram has remained unchanged since 1791.
  - a. How is the kilogram defined?
  - b. How many standard kilograms are there in the world?
  - c. Outline why scientists want to change the way the kilogram is defined. (refer to [www.guardian.co.uk](http://www.guardian.co.uk) and do a search for "kilogram" in the science section – date 15/2/05)
2. Length – How is the metre defined?

3. Time
- What is G.M.T.?
  - How is it measured?
  - What is going to replace it in New South Wales?

## RUGBY COMMITTEE 2005

The first meeting for the year  
will be held in Room 901  
(1<sup>st</sup> floor of the gymnasium)  
at 6pm, Wednesday 30<sup>th</sup> March.

### REMINDER TO ALL

Our Web Address is:

[www.sydneyboyshigh.com](http://www.sydneyboyshigh.com)

Log on to find out what's NEW!!

- School Plan
- You'll find a NEW Debating site – just click on the High Communities Link

Check the calendar for the upcoming events or Term dates to plan holidays.

- Come and meet other rugby parents
- Discuss the coming season's fixtures
- Organise our home game commitments
- Support the school's best winter sport
- All parents are welcome

## CRICKET DINNER & AWARD NIGHT

2<sup>ND</sup> APRIL 2005

6:30

GREAT HALL

*door prize*

*quiz*

*not many speeches*

*awards*

*raffle*

**Come and support SBHS cricket at its annual blue (and brown) ribbon event**

**\$30 adults      \$25 players**

*Soft drinks provided, wine for sale, BYO*

**Money to the office by 29<sup>th</sup> March 2005**

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### SYDNEY HIGH CRICKET DINNER

**STUDENT NAME** \_\_\_\_\_ **ROLL CLASS** \_\_\_\_\_

Type of payment: Cheque    Cash

Credit Card

Card Type:

Bankcard

Mastercard

Visa

Expiry Date: \_\_\_\_/\_\_\_\_

**PAYMENT FOR:**      \_\_\_\_\_ **Adults**      \_\_\_\_\_ **Player's Team** \_\_\_\_\_

**TOTAL AMOUNT PAID: \$** \_\_\_\_\_

Card Number: \_ \_ \_ \_ \_

Cardholder's Name: \_\_\_\_\_ (please print)

Cardholder's Signature: \_\_\_\_\_

Bus.Phone: \_\_\_\_\_

\_ \_ \_ \_ \_ (Office Use Only)

# **SYDNEY BOYS HIGH STORE & CLOTHING POOL**

## **Autumn/Winter Price List – 2005**

### **SCHOOL UNIFORM**

**BLAZERS** From - \$252.00

*Please arrange for boys to be fitted as early as possible: 6-8 weeks delivery from order)*

**PANTS** Trousers – Junior, Dark Grey w/w \$59.00

Trousers – Senior, Light Grey w/w

\$59.00

**BELTS:** Black leather \$15.00

**SHIRTS:** Sky Blue and White, Short Sleeve

Sizes 10-14 \$19.00

Sizes 16-22 \$21.00

Sizes 24-26 \$23.00

Size 28 \$24.00

Sky Blue and White, Long Sleeve

Sizes 10-14 \$20.00

Sizes 16-22 \$22.00

Sizes 24-26 \$24.00

Size 28 \$26.00

### **BLUE WOOLLEN JUMPERS:**

Up to size 16 \$70.00

Size 18-22 \$75.00

Size 24-26 \$80.00

**SOCKS:** Woollen or Cotton Knee High \$9.90

Cotton Anklet Sock in S.H.S. colours \$7.50

**TIES:** Junior \$18.50

Senior \$22.00

Prefect \$17.50

Old Boys \$27.50

G.P.S. Old Boy \$36.00

**CAPS:** Flexifit \$20.00

Beanie \$20.00

**BAGS:** Backpack \$65.00

Sports Bag \$55.00

Satchel Bag \$20.00

**MATHS** Grid Book \$2.85

Calculator \$27.50

Protractor \$0.55

Compass \$1.55

**MUSIC** Music Book \$1.75

**ART:** Artist Paints \$20.00

Canvas 18" x 24" \$22.00

Visual Art Diary \$6.00

### **DESIGN & TECHNOLOGY:**

D.T. Apron \$9.00

### **UMBRELLAS:**

Folding \$16.50

Golf \$27.50

### **CHAIRS:**

Action Caribee Folding Chair \$49.50

### **OTHER:**

Water Bottle with S.H.S. logo \$8.80

Brita Water Filtration Bottle \$12.95

Brita Filters \$6.95

### **SPORTS UNIFORM:**

### **PE/HOUSE SPORT:**

Polo (house colours) \$20.00

Black Long Leg Rugger \$18.50

Black Baggy with S.H.S. print \$22.00

Sport Socks \$8.50

### **TRACKSUITS: (sold as separates)**

Taslon Jacket \$80.00

Taslon Pant \$40.00

### **ATHLETICS: (new design)**

Singlet (3 colour design) \$27.50

Short \$22.00

HIGH Training Top \$27.50

Socks white with S.H.S. colour \$8.50

### **SOCCER:**

Jersey (sky with brown collar) \$40.00

Shorts Brown Baggy \$25.00

Socks \$10.00

Shinpads Youths \$22.00

Senior \$25.00

### **RUGBY:**

Jersey up Size 12 \$66.00

Size 14-22 \$75.00

Size 24-28 \$80.00

Shorts (new style rugby) \$25.00

Socks \$10.00

Scarves knitted in S.H.S. colour \$22.00

### **GENERAL – WITH S.H.S. CREST BADGES**

Book Cloth Badges \$5.05

House Badge \$8.50

S.H.S. (metal) \$6.50

Rowing (metal) \$7.50

Orchestra (metal) \$4.50

Rifle (metal) \$5.50

Rifle (cloth) \$9.00

S.B.H. Lapel Pin (metal) \$2.75

## **SYDNEY BOYS HIGH STORE & CLOTHING POOL**

### **Autumn/Winter Price List – 2005**

#### **MEMORABILIA**

Mug with S.H.S. crest	\$8.80	S.H.S. Sticker	\$1.00
Bridge Scorers	\$11.00	Address Book	\$12.00
Double Pack Playing Cards	\$24.00	School Centenary Book	\$15.00
Single Pack Playing Cards	\$14.00	Silverware: sugar or fluted spoon	\$5.50
Pencil Case (school crest)	\$8.00	Ashtrays	\$8.00
S.H.S Pen	\$8.00	Hatbands	\$8.00
Letter Openers	\$6.50	S.H.S Plaque	\$49.50
S.H.S. Jotter with Pen	\$6.00	Coat hanger	\$5.00
S.H.S. Pad	\$3.00	S.H.S. Cufflinks	\$15.00
Car Sticker	\$4.50	S.H.S. Lanyards	\$6.00

#### **OLD BOYS MEMORABILIA**

Polo Shirt	\$49.50
Supporter Jersey High Spirit	\$75.00
Supporter Polo High Spirit	\$35.00
O.B.U. Plaque	\$30.00
OB.U. Tie	\$27.50

#### **CLOTHING POOL**

A recycled section operates within the High Store shop. Items such as blazers, shorts, trousers, jumpers, rugby/soccer tops & boots, tracksuits can be sold on a commission basis – the shop retaining 1/3 of the sale price.

Please ensure that when sending items for sale, you include your name and address.

All items sent should be clean and in good condition. Shirts are gladly accepted as a donation.

#### **BLAZERS** - Additions

G.P.S. Pocket	\$21.00
Music Pocket	\$21.00
Prefect Top Pocket	\$21.00
Prefect Bottom Pocket	\$38.50
Embroidery Line	\$15.00
Full Braiding	\$70.00
Dry Cleaning	\$9.35
Service Charge	\$30.00

#### **PAYMENT**

Cash, Bankcard, Visa, Mastercard, American Express, Eftpos or cheque made payable to the **“HIGH STORE”**

#### **OPENING TIMES**

Monday, Tuesday, Wednesday, Friday      10.30 am – 1.30 pm  
Telephone:      9331.7075

## Student Information

Parents:	Your son will be dismissed earlier than usual on Friday 8 <sup>th</sup> April 2005
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Program:	1.40 pm	17+ OPEN	3 km	3 Loops
	1.55 pm	16 years	3 km	3 Loops
	2.10 pm	15 years	3 km	3 Loops
	2.25 pm	14 years	2 km	2 Loops
	2.35 pm	13 years	2 km	2 Loops
	2.45 pm	12 years	2 km	2 Loops

Directions:	<p>After the Athletics Carnival, students are to walk back to school. Get changed at lunch time Stay in school grounds then move over to the venue when the bell rings When your race is called go to the starting area whether you are running or not. Non runners will stay in the starting area until directed to move by the Marshalls At the finish you will be given a place ticket If you are in the first 15 places you go to the first 15 table and have your name recorded All runners to proceed with finish ticket to your house table Tell the teacher your name and finishing position After the race you will be dismissed by a teacher Non runners will have names marked off at the end of the race Non runners will be dismissed at the conclusion of their race if they have a note</p>
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Rules:	<p>Everyone attends You must run in shoes You must wear house colours to qualify for points Stay on the course and follow directions from course marshalls Spectators must stay within 20m of Cleveland St and are not permitted on the course Winning house determined by the lowest total of the first ten runners to finish Award Scheme qualifying standard -compete &amp; finish Top ten runners will comprise the provisional school team to compete at the zone. Only the first 15 places will be timed</p>
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Additional Info:	<p>The School Cross Country is the first qualifying event within the CHS Competition. The First 10 runners for each age division will make up the school team for the Eastern Suburbs Zone Carnival. The first 12 runners at the Zone Carnival will compete at the Sydney East Regional Carnival and the first 10 runners from Regional Carnival go on to the NSW All Schools Carnival.</p>
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<p>You are also invited to join the Sydney High GPS Cross Country Team. GPS Cross Country is a Winter Sport and three age divisions ( U14, U16, Opens) compete on Saturday mornings. The season spans across terms 2 and 3 and involves 11 Saturday morning carnivals. All are welcome to join.</p>	
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