



From the Principal Welcome to 2006



On behalf of the Sydney Boys High School family I extend a warm welcome to staff, students and parents joining us for the first time and welcome back everyone else to another year of promise and productivity at High. This year we are focusing on improving our 'blended delivery' of curriculum. This term refers to the considered and appropriate incorporation of information and communication technology into teaching and learning programs, units and lessons. So chalk, talk, overheads and paper hand outs have their places but technology can enhance their impact considerably and often replace them. We are phasing in electronic whiteboards and data projectors linked to our network to empower our most ICT literate teachers. This represents a major investment in the learning environment that will require significant school community financial support.

Our companion priority this year is student literacy. We are going to make a school wide effort to raise the level of confidence and expertise in writing for various purposes by our boys. To achieve this we are building a multidisciplinary Literacy Team, headed up by Ms Trompetter, to improve the frequency, fluency and variety of student writing. Again, large resources in teacher time and professional development have been scheduled to achieve this goal.

Staff Changes

We welcome back from extended leave Jenni May (Head Teacher Welfare), Sonya Gorney (Science Teacher), Julie Eggleton (English Teacher) and Debra Gilmore (Music Teacher). Richard Ayre (Head Teacher

Sport) has taken up his position officially. Ms Taryn Evans replaces Patrick Parker (Mathematics) who has transferred to North Sydney Girls. Ms Lucianne Watson replaces Ray Scheibel (LOTE). Rachel Howland continues to relieve for Max Jones (English). Mr George Barris is relieving in Term 1 for Mark Jones (History) who is on leave.

Australian Sports Foundation

The Sydney Boys High School Sports Development Project (2001-2005) has been renewed for 2006-10. The Foundation has approved our plan to buy school buses ('equipment') and develop the tennis courts, cricket nets and basketball courts ('facilities'). Along with the usual opportunities to donate to particular sports for their equipment needs, there is on the *Sports Equipment and Facility Donation Form* the 'sports museum' category used to develop our sports memorabilia (preservation and display). On the *Sports Development Donation Form* donations may be made to support the specialist coaching of various sports. Parents or relatives of students cannot make tax deductible contributions to sports development in sports where their sons receive a direct benefit from the contribution. Included on this form is the 'sports scholarship' category, that aims to raise funds to help disadvantaged students to represent the school in any sport.

This year marks the centenary of High's membership of the Association of Great Public Schools. Our tennis court redevelopment has commenced. We are confident that later this month our cricket nets and basketball courts project will receive \$150k under the 'Investing in Our Schools' program. However, to complete our renewal of sporting facilities on site at Moore Park, extra funds will be needed. I urge the wider High community to get behind our centenary year fund raising project. Help us to have the sporting facilities

to maximise our teams' potential. Anyone can access the approved new forms on www.sydneyboyshigh.com. Go to Sport / Sports Donations and click on the appropriate form at the bottom of the page.

Construction Site



A significant area of the school grounds has been fenced off for the construction of our new tennis courts. The temporary fencing is scheduled to be in place for 12 weeks. This area is accessed via a gate near gate 2. Please leave the entrance to this gate clear

so that our contractors can get their vehicles and equipment into the compound. Should overflow parking spaces need to be determined, Mr Beringer will nominate areas of The Flat in due course for student and displaced staff parking.

Mitchell Seow

It was with a sense of profound sadness that I had to inform staff and students of the sudden death of Mitchell Seow (Class of 2005) during January this year. His funeral was held on Thursday last. He was an exceptional student and a great all rounder.

Dr K Jaggar

Premier's Honour Roll



We are proud to make known that the following boys from our 2005 Year 12 classes were included in the Premier's Honour Roll:

Nicholas Bull
Xingyu Cai
Anthony Chau
Hae-Sang Chung
Damitha Fonseka
James Kang
Shaheen Kumar
Tajinder Kumar
Gabriel McManus
Benjamin Nam
Viraj Patel
Jason Phung

Omar Salem
Manusha Samaraweera
Anik Sarkar
Mitchell Seow
Victor Sirinopakul
Mischa Steen
Atif Syed
Mitchell Taylor
Philip Tian
Philip Tripp
Jim Tsao
Tom Wei
Paul Wong
Ronald Yu
Zhong Zhang

Making a Dramatic Difference to Your Son's Education...

This summer's *Sydney Festival* was full of fantastic theatre experiences that I wish had been excursions for English and Drama. We are extraordinarily lucky to live in a city which provides our boys with so many wonderful opportunities for enriching understanding of theatre and language.



We know that parents are keen to seize valuable opportunities to take their sons to productions throughout the year. Right now you can enjoy *Shakespeare Under the Stars - A Midsummer Night's Dream* which is

running as part of the Coogee Arts Festival in Grant Reserve (50 metres south of Coogee Surf Club) on February 3, 4, 10, 11, 14, 17, 18, 24 and 25. Adult mortals can dress as they please, but magical kids might wish to dress as fairies – there are auditions each night and some of them will be in the play! Year 7 are studying *The Dream* in Term 4 – this would be a great experience to prepare for their first Shakespeare unit. Drama students should pack a picnic and head off to this one too. Adults \$15, kids free. Seek further details at www.coogeeartsfestival.com.au.

Another Shakespearean event is *Macbeth* now on down at the new Sydney Theatre for a strictly limited number of shows. Haunting the stage and crackling with supernatural energy, Stephen Dillane's compelling one man performance incorporates each individual character as if they are sliding in and out of Macbeth's disturbed conscience. "It is the performance of a single actor, Stephen Dillane, and it is a performance that defies belief." Thus spake the good people at the Los Angeles Times.

This would be great for Year 9 students who will be studying the play in a few weeks and for the Drama students who will be able to appreciate what is supposed to be an incredible performance. Performances are from Wednesday February 15 to Wednesday March 1. Phone the ST box office on 92501999 to book now!!



The Bard is also playing at Balmoral for our Year 8s. *Shakespeare by the Sea* is performing *Much Ado about Nothing* and *The Merchant of Venice* until Sunday March 5. Performances begin at 8pm in the rotunda. Call 9590 8305 for more

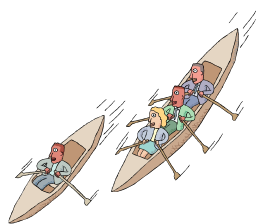
details (make sure you get the right show – they play on alternate days).

Shakespeare – more fun than you can poke a stick at, and good for you too.

Sixth Annual Country School Conference Proposals Invited

The Country School Association of America is hosting its 6th annual conference, June 19-21, 2006 at Northern Illinois University, DeKalb, IL. Proposals for individual papers, demonstrations, workshops, and panel discussions on historic and operating country schools are welcome. For details, visit <http://www.cedu.niu.edu/blackwell/> or contact Lucy Townsend, curator, Blackwell History of Education Museum, at: Ltownsend@niu.edu.

Rowing News



The rowers had a busy time over the break as the following report by Captain of Boats Blake Angell indicates:

The 12th of December, 2005, saw the christening of the second of the two new sculls to make the High sheds home last year, the 'Tim Wilson'. The speakers of the day, Mr. Barris (MIC Rowing) and Mr Tiedgen (Rowing Committee President) spoke of Tim's selfless commitment to Sydney High and Sydney High Rowing, which has led to him becoming an invaluable asset to the Sydney High Rowing family.

The summer holidays have seen a continued effort from the rowers, particularly the senior A and B squads who resumed training in early January, in preparation for selections, held on the 16th and 17th of the month. All senior rowers underwent a rigorous selection process over these two days to determine the fastest combinations for the eights and fours. After some promising and competitive results, congratulations to the rowers selected for the 1st VIII – Tiedgen, Cunningham, Szabo, Gribble, Angell, Shao, Farrow-Palmer, Pham, with the coxswain yet to be selected.

Following selections the senior A squad (1st and 2nd Vllls) were in camp almost continuously for the two weeks until the end of the holidays, climaxing in a three day camp out at the Sydney International Regatta Centre in Penrith from Friday to Sunday last week. The squad spent many invaluable hours rowing the Head of the River course using different techniques to maximise speed and efficiency in preparation of the upcoming racing season.

The 1st and 2nd IV's and the Year Ten Vllls have also been training hard, concluding a week long camp at the sheds last Saturday, as they too prepare for the scheduled races.

This Saturday sees the beginning of the 2006 racing season, starting with the Shore regatta in Hen and Chicken Bay. All crews have been working hard and are eager to see how they will fare against the other GPS crews.

Also during the break some other notable events occurred. The annual Shed race could not take place as a thunderstorm front moved in and made conditions unsafe on December 17. Over 110 rowers waited patiently at 6.30 am for the conditions to improve but to no avail. We cleaned our boats and then waited for the boat naming.

This year for the first time we rowed twice on Junior camp days and this meant that food had to be provided. A sausage sizzle was provided on the Wednesday and Friday by Julie Blomberg, Katherine Deacon, Deborah Schilling, Cheryl Bow and the entire Phillis family.

We also had two very successful parking days during January. Thanks to all those who made rowing work over the break, that is the coaches, the parents David Daish the boatman , and Chris Watson.

Words of Wisdom



"Obstacles are those frightful things you see when you take your eyes off your goal."
(Henry Ford 1863 -1947)

"One's mind, once stretched by a new idea, never regains its original dimensions."
(Oliver Wendell Holmes 1809-1894)

If we wonder often, the gift of knowledge will come.
American Indian Proverb

"Curiosity is one of the permanent and certain characteristics of a vigorous mind."
(Samuel Johnson 1709-1784)

SBHS Debating 2006

Registrations for Debating will open shortly on-line at
www.sydneyhigh.org.au/debating

ALL students wishing to debate in 2006 will be required to register.

No experience is necessary as we will train you in all aspects of the sport (!) and students may start debating at any year level (up until Year 10).

Coaching is due to commence in **week 3 or 4**, however because debating is technically a winter sport, you may start coaching in term 2, if it clashes with your summer sporting commitments.

Students can get more information about coaching times and location from the daily notices in the coming weeks.

Our first debate of the year is in **The Eastside Competition** which starts on **Friday March 3** and runs on every Friday in March.

Full details of this year's debating events can be found on the website.

A **parent's information meeting** to answer all your questions about debating at High will be held in the Staff Common Room at **6.30pm on Wednesday February 15th** (just before the P&C meeting). Any parent of a student wishing to start debating this year is encouraged to attend.

The first **Debating Supporters Group (DSG)** meeting of the year will be held on **Tuesday 7 March** at 6.30 pm in the Staff Common Room. This is an opportunity for parents to become involved in fundraising and events that assist us in further strengthening the Debating teams at High.

Further information can be obtained from **Ms Jocelyn Brewer, MIC Debating** by emailing sbhsdebating@gmail.com.

This announcement has been brought to you by the letter P (for PARTICIPATION!!)

SYDNEY BOYS' HIGH SCHOOL

Canteen Price List	Open Hours 8:30am - 1:40pm
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8:30 to 9:00 a.m. * a time to place lunch orders * breakfast is available

It is to your advantage to pre-order lunches: it saves waiting in queues and ensures you get what you want.

Sandwiches and Rolls

Filling	Sandwiches	Rolls
Orders only:		
cheese & salad	\$ 2.20	\$ 2.80
chicken & salad	\$ 3.20	\$ 3.80
corned beef & salad	\$ 2.60	\$ 3.40
curried egg & lettuce	\$ 2.20	\$ 2.50
egg & lettuce	\$ 2.20	\$ 2.50
egg & salad	\$ 2.50	\$ 3.00
ham & tomato	\$ 2.40	\$ 2.80
ham & salad	\$ 2.60	\$ 3.40
roast beef & salad	\$ 3.00	\$ 3.50
salmon & salad	\$ 2.80	\$ 3.50
vegemite	\$ 1.20	\$ 1.50

Orders and over-counter sales:		
buttered roll	-	\$ 1.20
cheese & tomato	\$ 1.50	\$ 2.00
chicken & coleslaw	\$ 2.80	\$ 3.50
chicken & lettuce	\$ 2.80	\$ 3.50
corned beef & tomato	\$ 2.40	\$ 2.80
dagwood		\$ 3.00
roast beef & tomato	\$ 2.50	\$ 3.00
roast beef, seeded mustard & lettuce	\$ 2.50	\$ 3.00
salad	\$ 2.00	\$ 2.50
chicken or lamb yeeros wrap		\$ 4.00
Mini wrap		
- chicken & coleslaw		\$ 2.50
- beef & tabouleh		\$ 2.50
Available in brown/white bread; extras 20c		
Sushi		
- beef		
- salmon		
- tuna		
- veg		
	\$2.40	

Cakes, Muffins and Fruit

custard tart	\$ 2.10
choc chip/anzac cookies	\$ 0.80
chelsea bun/cupcake	\$ 1.80
muffin	\$ 2.50
apple, orange, banana	\$ 0.80
fresh fruit salad	\$ 1.80
fun bun	\$ 1.30
banana bread	\$ 1.30

Hot Food

Orders and over-counter sales:	
cheese & spinach puff	\$ 2.30
chicken & corn roll	\$ 1.30
chicken puff	\$ 2.50
chilli pie	\$ 3.50
garlic bread	\$ 1.50
lasagne/ravioli/spaghetti/macaroni & cheese	\$ 3.00
meat pie (sauce + 20c extra)	\$ 2.60
pizza pocket	\$ 1.60
pizza rounda	\$ 1.80
pizza slab	\$ 2.20
potato pie	\$ 3.20
sausage roll	\$ 1.80
steak sandwich w/sauce	\$ 2.50
sweet chilli chicken sub w/sauce	\$ 3.50
hot chicken/mayo roll	\$ 3.50
hot chicken/mayo sandwich	\$ 2.80

Drinks

300ml plain milk	\$ 1.10
300ml flavoured milk	\$ 1.70
600ml plain milk	\$ 1.70
600ml flavoured milk	\$ 2.30
mineral water	\$ 1.40
Powerade TM	\$ 2.50
400ml 100% orange juice with iron	\$ 2.20
Diet 375ml Coke/Lift/Sprite Zero TM	\$ 1.70
Diet 600ml Coke/Sprite Zero TM	\$ 2.40
Aroona-carbonated spring fruits water	\$ 1.50
Berri – Long Life Juices	\$ 1.50
Switch – flavoured water	\$ 2.00

Sweets and ice creams/blocks over counter

Prices effective 30/1/06

Minor price changes will occur as a direct result of increases by suppliers

All canteen profits are returned to the school for the benefit of the boys' education and development.

SYDNEY BOYS HIGH STORE & CLOTHING POOL

Spring Summer Price List 2005-06

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

SHORTS: Grey \$45.00

BELTS: Black Leather \$16.50

SHIRTS: Sky Blue & White, Short Sleeve
Sizes 10 - 14 \$19.00
Sizes 16 - 22 \$21.00
Sizes 24 - 28 \$23.00

Sky Blue & White, Long Sleeve
Sizes 10 - 14 \$20.00
Sizes 16 - 22 \$22.00
Sizes 24 - 28 \$25.00

BLUE WOOLEN JUMPERS:
Up to Size 16 \$71.50
Size 18 - 22 \$77.00
Size 24 - 26 \$82.50

SOCKS:
Cotton Knee High \$10.50
Cotton Ankle Sock in S.H.S. Col \$8.50

TIES: Junior \$18.50
Senior \$25.00
Prefect \$17.50
Old Boys \$27.50
G.P.S. Old Boy \$36.00

CAPS: Sky Flexifit \$20.00

BAGS: Backpack \$65.00
Sports Bag \$55.00
Satchel Bag \$20.00

MATHS: Grid Book A4 \$5.50
Calculator \$33.00
Protractor \$0.55
Compass \$1.55

MUSIC: Music Book \$1.95

ART: Artist Paints \$22.00
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

SPORTS UNIFORM

P.E./HOUSE SPORT:
Polo (house colours) \$22.00

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

SWIMMING:
High Swimming Costume \$35.00

TENNIS:
Junior Polo Shirt \$38.50
2nd to 5th Grade Polo Shirt \$40.00
Socks with S.H.S. Colours \$8.50

BASKETBALL:
Singlet (New Design with no.) \$45.00
Short (New Design) \$45.00
Socks (White S.H.S. Colours) \$8.50
Numbers - Small Vinyl Sky ea \$2.00
Numbers - Large Vinyl Sky ea \$3.00
Water Bottle - S.H.S. Crest \$8.00

CRICKET:
Polo Shirt (White with Crest)
Short Sleeve \$27.50
Long Sleeve \$33.00
Caps (Brown) Baggy Style \$50.00
Hat (Natural) - Greg Chappell \$22.00

VOLLEYBALL:
Polo Shirt (White S.H.S. Trim) \$38.50
Short (Black with S.H.S.) \$22.00

ROWING:
Zoot Suit \$65.00
Colorado White L/S T-Shirt \$15.00
Rugby Socks \$10.00
Rugby Jersey 12 - 14 \$72.00
Rugby Jersey 16 - 22 \$75.00
Rugby Jersey 24 - 28 \$79.00

SYDNEY BOYS HIGH STORE & CLOTHING POOL

Spring Summer Price List 2005-06

MEMORABILIA

Mug with S.H.S. Crest	\$8.80	S.H.S. Sticker	\$1.10
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	Ashtray	\$8.00
S.H.S. Pen	\$8.00	Hatband	\$8.00
Letter Opener	\$6.50	S.H.S. Plaque	\$49.50
S.H.S. Pad	\$3.00	Coat hanger	\$5.00
Car Sticker	\$4.50	S.H.S. Cufflinks	\$15.00
S.H.S. Foldable Chair	\$49.50		

OLD BOYS MEMORABILIA

Polo Shirt with S.H.S. Logo	\$49.50
Supporter Jersey	\$75.00
Rugby Jersey (original)	\$60.00
Supporter Polo	\$35.00
O.B.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 High Store 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 donations.

PAYMENT

Cash, Eftpos, Bank Card, Visa, MasterCard, American Express or Cheque payable to the "HIGH STORE"

OPENING TIMES

Monday, Tuesday, Wednesday & Friday 10:30am to 1:30pm
Telephone 93317075

GOODS & SERVICES TAS (G.S.T.)

G.S.T. is included on all prices listed.

BLAZERS

G.P.S. Pocket	\$22.00
Music Pocket	\$22.00
Prefect Top Pocket	\$22.00
Prefect Bottom Pocket	\$38.50
Embroidery Line	\$15.00
Full Braiding	\$70.00
Dry Cleaning	\$9.35
Service Charge	\$30.00

GENERAL - with S.H.S. Crest Badge

House Badge	\$8.50
S.H.S. (metal)	\$6.00
Rowing (metal)	\$7.50
Orchestra (metal)	\$4.50
Rifle (metal)	\$5.50
S.B.H. Lapel Pin (metal)	\$2.75

First time in Australia!

THE SEDONA METHOD®

BASED ON THE NEW YORK TIMES BESTSELLER: THE SEDONA METHOD by HALE DWOSKIN

In Sydney

Do you want to...

- **ELIMINATE** stress and anxiety?
- **LET GO OF** destructive and unproductive habits?
- **DISSOLVE** grief, fear, anger and resistance?
- **IMPROVE** your personal relationships?
- **MANIFEST** your goals and desires?
- **ACHIEVE** lasting peace?



This life-transforming workshop will assist you in easily uncovering the peaceful core of your being. Learn this practical, experiential tool that will enable you to simply free yourself from **anything** that limits you.

The Sedona Method® is a POWERFUL self-administered releasing technique that allows you to feel confident and in control in any situation. This method is not intellectual: it's an experiential learning process. It will teach you how to tap your natural ability to LET GO of any unwanted thought or feeling on the spot. This method is non-religious, effective, safe and FUN to use!

The releasing process will enable you to enjoy freedom and empowerment in any area of life you choose, including relationships,

abundance, health and well being and goal achievement. If this sounds too good to be true, try the method and prove it to yourself! It will open the door to a more productive, satisfying and joyful life.

Course Dates: March 3-5, 2006 (Fri. 6:00- 9:30 pm, Sat. 9-5, Sun.10-5)

Fee: \$475.00 AUD **Place:** Sydney, T.B.A

Registration: Contact Suzanne Mark by email:

Suzanne Mark, Licensed Sedona Method Instructor, has been a teacher, trainer and healer for the past 20 years in the US, Europe and South America. She has used the Sedona Method for 16 years and has experienced remarkable benefits as a result, especially in the release of chronic pain and depression. In all of her experience and exploration of change and personal growth, the ease and efficiency of the Sedona Method never cease to amaze her

“The Sedona Method is an extremely powerful tool that will support you in finding inner balance and emotional freedom. The technique supports you in quickly shifting your state of consciousness from one of stress and resistance to one of relaxation and allowance. I highly recommend it”
Debbie Ford, best selling author of *The Right Questions* and *The Secret of the Shadow*

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P.S. Content is subject to approval