



From the Principal Welcome Back

Welcome to all new students and parents, starting at High for the first time this year. Welcome back to returning students, staff, parents and Old Boys. There were a lot of positives about our all-round outcomes last year but this year we hope to improve on both our academics and our co-curricular achievements. We are starting a new 5 period per day, threeweek cycle timetable. I am sure that the High community will adjust rapidly and productively to what is a major change to our organisation. The focal priority for 2013 is building personal capacity in gifted boys. We will be adjusting to the pedagogical style of the National Curriculum and further developing our skills in process-based teaching and twenty-first century skill development.

High Talent

Oliver Kirk (Year 12), Shobhan Baranwal (Year 11) and Shaleen Baranwal (Year 10) have gained places in The Performing Arts Unit's NSW Public Schools Symphonic Wind Ensemble. They will be competing in the Open C Grade the National Band Championships at Perth in March. Congratulations, boys! Bailey Musulin (Year 10) won a silver medal at the U16 national championships for baseball, representing NSW in the final. A great job as catcher, Bailey! Well done to second grade basketball for their great results over the holidays in winning a championship at Newington.

Staff Changes

Ms Collignon (visual arts), Ms Dunk (English) and Ms Lim (music) are all returning from maternity leave on a two-day a week basis. There will be some job sharing occurring as a result. Mr Dunne is filling the mathematics vacancy until an appointment is made for Mr Kourtesis' position. Mr Perre is filling the science

vacancy until an appointment is made for Mr Webb's position. Ms Kim is filling the music vacancy until an appointment is made for Mr Crouch's position. Mr Benett is replacing Mr Kay who is on long service leave.

Sick Bay and Sport

Parents are advised that boys who desire to go to sick bay rather than participate in sport must supply an acceptable reason or medical certificate by first period of the day of the sport afternoon. Students without a note who fall sick during the day that sport is scheduled will be processed like any other student and if they do not recover, parents will be called and asked to take the student home.

Year 7 Welcome and Summer Sports Assembly

This year we combined the Year 7 Welcome Assembly with the Summer Sports Assembly for Tennis, Swimming and Sailing. Special guest, Michael Tebbutt, described his personal journey through high school to university in the United States as a tennis player / scholar and his transition into a successful career in professional tennis. He reiterated the virtues of perseverance in a career path. My address to the assembly is reprinted below:

Special guest, Michael Tebbutt, Year 7 boys, new students to Years 8 to11, GPS team members in tennis, swimming and sailing, parents, coaches, staff and students – welcome to our assembly this morning. Today we are celebrating the arrival of 211 new boys to the High community, as well as honouring the summer GPS sports teams from tennis, swimming and sailing. Competition for most of these teams starts this Saturday.

One of our traditional rites of passage at this school is the clapping-in ceremony for Year 7. This is an acknowledgement by the High community of the academic success of each student who earns a Year 7 place at High. You were all selected by means of a test. We

understand that each one of you is an academically gifted person with a range of natural abilities. Our task is to turn your demonstrated natural abilities into talented performance in all areas of school life. I expect that in the years ahead you will all adopt our all-rounder culture and take advantage of life at High. We want you to work hard, train hard and play hard. We will also expect you to give some of your time and effort back into school and community service. Our High ritual comes full circle with a clapping-out of Year 12 at their final assembly. By then we will all be acclaiming what you have become. By then we can celebrate your growth and achievement as secondary students. By then you will realise what the High experience means to you.

To the new students joining us in Years 8-11, I extend a special welcome to you from the High family. You were selected because of your all-rounder achievements in secondary school so far. You have demonstrated talent in a variety of activities or excellence in one and competence in others. We welcome you and expect you to add value to the High culture.

Swimming is quite a competitive sport at High. Our junior squads have had some good results in recent years. Thanks to Mr Loizou's organisation, our program runs smoothly. Thank you to Ms Crothers for her caretaking MIC role last year. With the addition of quite a few accomplished swimmers this year, I look forward to even stronger results in 2013

Sailing had a great year in 2012, thanks to Graham Moody as MIC and Adam South as coach, with assistance from Alex, our teams were successful at CHS and qualified at the NSW teams racing competition for entry into the Australian Schools teams championships in Melbourne. Thank you to the Sailing Committee, particularly Richard and Sachiyo James and Nick Evans, for all their work for the sport. The refurbished Double Bay Sailing Club is a great venue. With an expanded fleet of Pacers, our program is popular and increasingly competitive. GPS tennis has gained in strength over the past couple of seasons. Thanks to the organisation of MIC Paul Wright and the coordination of coaches by David Deep, the program is building its competitive capacity.

For the boys heading into competition this weekend, I want you to think about an insight from a famous competitor. Kieran Perkins was a champion swimmer in the most gruelling event, the 1500metres. He lifted himself when it counted – Olympic finals. He said: "Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves..[Being your best has] everything to do with having the vision to dream, the courage to recover from adversity and the determination never to be shifted from your goals". Kieran's insights apply to academic life as much as to sporting life. I urge boys to have the vision to develop goals for personal bests and to persevere until you have achieved them.

I congratulate all boys selected in teams to represent our school at the highest level.

Dr K A Jaggar



Cash Register Opening Times

Due to the change of bell times the cash register will be closed at 2.00pm on Mondays, Tuesdays & Fridays. Before school and first break register times (be it recess or lunch) remain the same on these days.

There are now 2 cash registers open on Monday, Tuesday, Wednesday & Friday. The second register is located opposite the Deputy's Office (Mr Barris). Sharon Kearns

Sharon Kearns



HIGH NOTES

As a service to the High Family, A FULL PAGE ADVERTISEMENT can be placed for a fee of \$45.00 (GST incl.) for a full page ad in two weeks publication. Whether it be a business service, educational course/s or something for sale.

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N.B. Content is subject to approval



Happy New Year and welcome to Term One 2013 Rowing!

It was great to see so many boys attend and enjoy the January holiday rowing and strength & conditioning sessions. These sessions help prepare the boys adequately for the upcoming GPS regattas. The boys will compete in a series of regattas scheduled for each Saturday during Term One, outlined in the table below -

Date	Junior Regatta	Y10 Regatta	Senior/Y10 Regatta	
February 2	Newington - Hen&Chicken	Newington - Hen&Chicken	Newington -	
	Bay		Hen&Chicken	
February 9	High Regatta -	Kings/PLC – SIRC	Kings/PLC – SIRC	
	Hen&Chicken Bay			
February 16	Scots Regatta – Hen &	Melbourne	NSW Championships -	
	Chicken		SIRC	
February23	Shore - Hen & Chicken Bay	Shore – Hen&Chicken	SRC Regatta - SIRC	
March 2	Riverview – Lane Cove			
March 9			AAGPS Head of the	
			River - SIRC	

Note -

- Sydney High Rowing will host the Junior Regatta on Saturday 9 February. George Comninos is organising parents to help with this event.
- The GPS Head of the River will be held at Sydney International Regatta Centre on Saturday 9 March. All rowers and families are encouraged to attend this prestigious event.
- All regatta entries and results can be found on the Rowing NSW website www.rowingnsw.asn.au

Other Events this Term -

- Year 10 rowers will be going to Melbourne with Mr Con Barris, and coaches Ollie Wilson and Gareth Deacon on Tuesday 12 February returning Saturday 16 February. The boys will be billeted with Melbourne High families, and experience rowing and racing with MHS on the Yarra River.
- School Rowing Assembly is in the Great Hall on Friday 8 March.
- Rowing Boatshed Dinner is in the Great Hall on Saturday 9 March.

Exciting News -

- We welcome Beryl Crockford, triple Olympic rower, experienced teacher, and international rowing coach, as our new Head Coach. Beryl started just before the holidays and is developing programs and skills with our coaches and rowers.
- Our newly purchased Sykes Quad/ IV has arrived and will be named towards the end of the season.
- SHS Foundation have continued to upgrade the High Rowing Shed facility during the holidays with the boat ramp being repaired, the seawall capped, new whiteboards in all rooms, new boatshed roller doors to come, plus many more small maintenance jobs and storage solutions. Thank you Geoff Andrews, Cam Lyon and Brett Harrison.

Thank you

- Tam Tran and the team of parents and boys who helped park cars at the school in during January.
 'Parking' is an important fundraiser and all rowing families should make an effort to help at least once during the year please.
- Thank you to all parents who have made a donation towards rowing equipment through the ASF. We continually need to purchase new rowing equipment for the boys, and donations can be made via the tax deductible ASF forms found on the school website.

If you would like to receive information via email please email your details to sbhs.rowing@qmail.com

TRY ROWING DAY 2013

High Rowing held a Try Rowing Day for new 2013 students at the High Boatshed on the Parramatta River at Abbotsford on Tuesday. It was fantastic to have 41 new Y7 to Y10 boys turn up to learn about rowing and boats.







HIGH vs. JOEY'S: Term 1, 2012

TEAM RESULT SCORE TOP SCORER LOSS 96-77 J.HUTCHISON 1st 2nd WIN 50-42 **B.MUSULIN 17** 3rd WIN 34-29 W.KOSLOWSKI 8 WIN 34-18 TEAM EFFORT 4th 5th WIN 36-20 A.KUANG 15 TEAM EFFORT 6th WIN 52-12 WIN TEAM EFFORT 7th 36-16 8TH WIN 36-12 J.CAO 16A WIN 22-15 A.SO 6 S.MALOLO 8 16B WIN 24-19 26-15 16C WIN M.NG 5 15A WIN 28-24 J.HONG MVP 15B WIN 51-16 J.SONG 10 C.SHI 13 15C WIN 28-23 15D LOSS 16-24 TEAM EFFORT 15E WIN 33-19 N.LEE 10 14A WIN 37-28 J.KUROSAWA 11 14B WIN 19-14 R.NGUYEN 8 LOSS TEAM EFFORT 14C 7-20 14D WIN 26-22 D.XIAN 12 29-9 P.YU 11 14E WIN

HIGH vs. JOEY'S: Term 4, 2012

TEAM	RESULT	SCORE	TOP SCORER
1st	WIN	79-57	G.GERLACH 29
2nd	WIN	57-55	B.CHEN 15
3rd	WIN	30-16	J.PALLANDI 9
4th	RAIN		CANCELLED
5th	WIN	33-20	A.KUANG 9
6th	WIN	31-29	H.GU 14
7th	RAIN		CANCELLED
8TH	RAIN		CANCELLED
16A	WIN	27-24	A.SO 10
16B	WIN(O T)	37-33	B.TRAN 2 FTS TO SEAL THE WIN
16C	WIN	30-21	I.CHANG 6
16D	WIN	60-17	C.WANG 21
16E	WIN	37-17	H.LUI 10
16F	WIN	55-9	J.CAI 14
15A	LOSS	30-25	J.HONG MVP
15B	WIN	23-8	R.SEONG 15
15C	RAIN		
15D	RAIN		
15E	RAIN		
14A	LOSS	31-30	A.LI 8
14B	LOSS	31-28	R.GU 10
14C	WIN	18-14	J.LUO 6
14D	WIN	32-18	D.NGUYEN-JARIV 8
14E	WIN	39-22	P.YU 14
14F	WIN	42-0	J.TRAN 12

AAGPS 1st Grade

	Played	Won	Lost	For	Against	Points
Scots	8	8	0	821	427	16
Newington	8	7	1	628	335	15
Shore	8	5	3	550	494	13
High	8	4	4	562	529	12
St. Joseph's	8	3	5	532	649	11
St. Ignatius'	8	3	5	471	594	11
Kings	8	2	6	401	520	10
Grammar	8	0	8	328	745	8

AAGPS 2nd Grade

	Played	Won	Lost	For	Against	Points
High	8	8	0	435	320	16
St. Ignatius'	8	7	1	453	325	15
St. Joseph's	8	5	3	426	407	13
Shore	8	3	5	323	339	11
Grammar	8	3	5	326	360	11
Scots	8	3	5	307	360	11
Kings	8	2	6	353	407	10
Newington	8	1	7	269	374	9

Welcome back to a new school year everyone! We had our last game of 2012 against Joeys, and similar to our last encounter with Joeys, High's teams throughout all age groups showed many wins and few, a very positive effort from the school. In the conclusion of the first half of the season, the AAGPS 1st and 2nd Grade tables show the most promising results. 1st Grade ended this half of the season with a top 4 finish, as per Mr Ben Hayman's aims for 1st Grade this season. The High 2nd Grade team this first half of the season can be said to be one of the strongest 2nd Grade teams High has ever had. High 2nd Grade ended up undefeated, scoring the 2nd highest number of points in the league and the least points scored against. Well done to 2nd Grade!

In our other news Christian Jurlina, currently training with the Sydney Kings, has been selected in the Under 20 State Basketball side; congratulations to him! Powerhouse Geoffrey Gerlach also holds the record for both the most field goals made and highest field goal percentage at the Australian All Schools Basketball Championships 2012.

1st and 2nds trained all holidays and concluded their training entering the Newington and Trinity Grammar all NSW School Tournaments. High 2nd Grade won all their games despite being behind in the first five minutes of every game to be premiers for the first time in school history. 1st Grade side ended up fourth after being knocked out by Scots College by a single point. This game proved that the High side has really improved over the summer as no other opponent has come close to defeating Scots during the tournament.

This Saturday we will have a game on the first week back, so make sure you mentally and physically prepare yourself to shake off the holiday laze. Good luck, everyone!

~ Go HIGH!

~Play Hard, Play Smart and Play Together!
~ Brought to you by the Editor Glanden Zheng

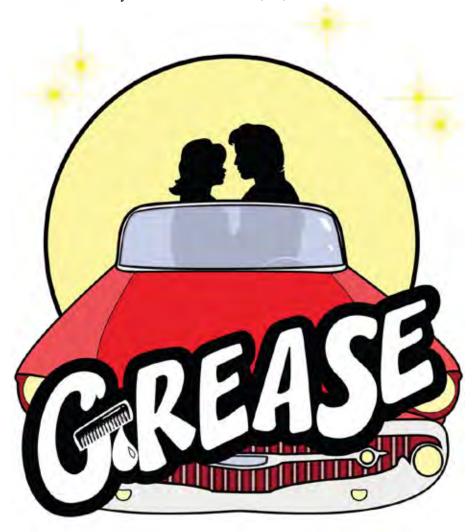
~Thank you to Mr B Hayman for all his contributions to HIGH Basketball

The 2013 Combined SGHS & SBHS Senior Production

First Round Auditions Tuesday 5 February 3:30pm - 5:00pm - The Great Hall SBHS

Calling for expressions of interest from all Musicians, Dancers, Actors, Singers and...PERFORMERS!

Only students from Years 9, 10, 11 & 12



Call Back Auditions will occur on Tuesday 12 February at the Great Hall. Rehearsals will take place on Tuesday afternoons and some Sundays in Campbell Hall, SGHS.

Attendance at all rehearsals is compulsory and not negotiable.

A nominal participation fee will apply to successful candidates to help cover costs. The production will be staged in Week 6, Term 2 2013.

Dear Parent/Guardian,

Each year NSW Health offers the vaccines recommended by the National health and Medical Research Council (NHMRC) for adolescents as part of the school-based vaccination program.

In 2013 the following vaccines with be offered free:

Year 7 students (male and female students)

- Hepatitis B vaccine who have <u>not</u> received 3 doses of hepatitis B vaccine when they were a baby
- Varicella (chicken pox) vaccine for those who have <u>not</u> previously received chicken pox vaccine or had chicken pox disease.
- · Human Papillomavirus (HPV) vaccine
- Diphtheria, Tetanus and Whooping cough vaccine. This is a routine adolescent booster for students.

Year 9 (male only students)

 Human Papillomavirus (HPV) vaccine as a catch-up vaccination program. The girls in this year group were offered and should have received vaccination when they were in year 7; they are not eligible to receive the vaccine whilst in year 9 at school.

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of your child you are advised to read all the information provided, complete the consent form and return it to your child's school.

Parent/guardians who wish to withdraw their consent for any reason after returning a signed consent form to the school may do so in writing to the school Principal. The procedure for withdrawal of consent can be obtained from the school and is also available on the NSW Health website at www.health.nsw.gov.au/immunisation.

A record of vaccination will be given to your child to take home for each dose of vaccine they are given. Please keep these records in a safe place as your child will need them as a record of immunisation for future employment, travel and work experience. It is also recommended that you inform your local doctor that the vaccines have been given so they can update their patient records.

To improve vaccine course completion, students who have returned a consent form will be offered missing doses at any of the scheduled clinics throughout the year at school. Catchup vaccination for missed doses will not be offered by your GP through the year whilst your child remains in the eligible year group at school.

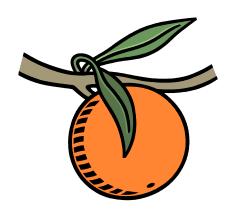
A letter will be sent home at the end of the year informing you if your child has not received a vaccine that you consented for.

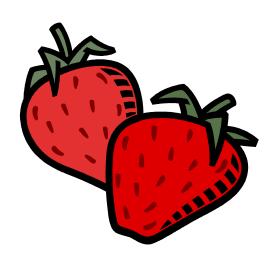
Please note that the free vaccination is only offered to the above year groups. Vaccination outside these year groups will not be free.

Yours sincerely School immunisation team

CANTEEN PRICE LIST 2013						
Cakes/muffins/fruit	Drinks	Drinks				
banana bread	\$2.20	300 ml plain milk	\$1.20			
chelsea bun/ finger bun	\$2.50	300 ml flavoured milk	\$1.80			
choc chip/anzac cookie	\$1.20	600 ml plain milk \$3				
cupcake	\$2.80	600ml flavoured milk \$2				
custard ball doughnut	\$2.80	Up & Go	\$2.00			
custard tart	\$2.80	spring water	\$1.50			
doughnut	\$3.00	Pumped water	\$2.80			
fruit - apple/orange/banana	\$0.80	Deep Spring mineral water	\$2.50			
fruit salad	\$2.80	Berrie Long Juice	\$2.40			
muffins	\$3.00	Cans 375ml	\$2.20			
Hot Food		Bottled diet coke 600ml Aroona carbonated water	\$3.40 \$1.80			
Chicken Bites	\$2.00	Powerade	\$3.40			
chicken fingers	\$1.50	Iced tea	\$3.40			
Chicken migers	ψ1.50	loca loa	ψ5.40			
chicken & corn roll chicken burger	\$1.50 \$4.00	Sandwiches & Rolls	Sandwiches	Rolls		
ornerten barger	ψ1.00	buttered roll	\$1.20			
chicken mayo roll(hot)	\$3.80	cheese & tomato	\$1.50	\$2.00		
chicken mayo sandwich(hot)	\$3.00	cheese & salad	\$2.40	\$3.00		
chicken schnitzel roll	\$3.80	chicken & coleslaw	\$3.40	\$4.00		
foccacia	\$4.00	chicken & lettuce	\$3.20	\$4.00		
garlic bread	\$1.50	chicken & salad	\$3.40	\$4.00		
lasagne/ravioli/twista/mac cheese	\$3.20	corned beef & tomato	\$2.80	\$3.40		
noodles in a cup(orders only)	\$2.20	corned beef & pickle	\$2.80	\$3.40		
pasta - homemade	\$3.50	corned beef & salad	\$3.00	\$3.60		
pie - cruizer/Traveller	\$3.20	curried egg & lettuce \$2.50		\$3.00		
pie - meat	\$3.20	dagwood roll		\$3.50		
pie -Vili's	\$4.20	egg & lettuce	\$2.50	\$3.00		
pie - potato	\$4.20	egg & salad	\$2.80	\$3.40		
pie - pizza	\$3.40	ham & tomato	\$2.80	\$3.40		
		ham & salad	\$3.20	\$3.60		
pizza rounda	\$2.20	roast beef & tomato	\$2.80	\$3.40		
pizza slab	\$2.60	roast beef/mustard/lettuce	\$2.80	\$3.40		
rice box - homemade	\$4.50	roast beef & salad	\$3.20	\$4.00		
sausage roll	\$2.40	salad	\$2.20	\$2.80		
spinach and ricotta roll	\$2.60	salmon & salad	\$3.40	\$4.00		
sweet chilli chicken sub/wrap	\$4.00	vegemite	\$1.20	\$1.50		
Breakfast		Salad boxes		\$4.50		
Cereal bowl	\$2.00	Wraps				
Hot chocolate(terms 2 & 3 only)	\$1.00					
Cheese toast	\$1.20	Sushi		\$2.60		
Cheese & tomato toast	\$1.50					

Croissant - ham & cheese	\$2.50		
Bacon & egg muffin	\$3.00	Vietnamese rolls	\$4.20
Tissues	\$0.60		
Ice Creams			
Fruities	\$0.60		
Icy Twist	\$1.50		
Chocolate thick shake	\$2.50		
Cyclone	\$2.00		
Frozen yoghurt	\$1.80		
Fruit tube	\$0.50		
Paddle pop	\$2.00		
Splice	\$2.50		







SYDNEY BOYS HIGH SCHOOL BUSES AVAILABLE FOR HIRE



53 SEATER BUS

From \$220 (plus GST) for half day travel within a 20 km radius

20 SEATER BUS

From \$125 (plus GST) for half day travel within a 20 km radius

Call us for a comprehensive price schedule!

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January/February 2013

01-02-2013

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 A	28 Australia Day - Public Holiday	29 Staff Development Day Rowing: Year 7 Try Rowing Day, Outterside Centre	30 Years 7, 11 and 12 resume school Rowing: Committee Meeting, Staff Common Room, 19:00	Years 8, 9 and 10 resume school Summer Sports Assembly (Tennis, Swimming, Sailing) and Welcome Year 7, Great Hall, P2, years 7,11,12 Welcome to New Parents of Incoming Students 2013, Great Hall, Set Up 16:00-18:00 Welcome to New Parents of Incoming Students 2013, Great Hall, 18:00-20:00	1	Sport: Group 1 SHS v SJC, Group 2 SHS v SIC Rowing: NC Junior Regatta, Hen and Chicken Bay	
2 B	A School Swimming Carnival, Des Renford (Heffron Park) Pool, Maroubra PDHPE: 1600m Run, Years 7 to 10 Swimming: GPS Captains Dinner, Shore, 17:30	Competition McKay vs Torrington, Gym,	6 Basketball: Raschke Cup Pool Rounds	7 Year 7 Music Recruitment Night, Great Hall, 18:30	8 Marching Band Rehearsal, 08:00-09:00 High Resolves Year 10 Advanced Project Leadership training, Room 301, 11:00-15:00 Debating: Show Debate for Juniors, Great Hall, lunchtime Parking: One Day Cricket: Australia v West Indies, School	Sport: Group 1 NC v SHS, Group 2 NC v SHS Rowing: TKS Regatta (Senior, Year 10), SIRC Rowing: SHS Junior Regatta, Hen and Chicken Bay	10 Parking: A-League: Sydney FC v Brisbane Roar FC, Debating
3 C	11 Year 7 Outdoor Education Camp (Morisett) P and C Executive Meeting, Board Room 18:00-19:30 P and C Meeting, Staff Common Room, 19:30	12 Year 7 Outdoor Education Camp (Morisett) Basketball: Senior House Competition Rubie vs Saxby, Gym, lunchtime Rowing: Year 10 trip to Melbourne depart 13:00 Marching Band Rehearsal, 15:30-16:30 Drama: Grease Auditions, Great Hall, 15:20-18:00 Sports Council Meeting, Board Room, 16:00	13 Year 7 Outdoor Education Camp (Morisett) Rowing: Year 10 trip to Melbourne Basketball: Raschke Cup Final	14 Rowing: Year 10 trip to Melbourne	15 Marching Band Rehearsal, 08:00-09:00 Debating: Compulsory Meeting for Juniors, Great Hall, lunchtime Rowing: Year 10 trip to Melbourne Drama: Year 11 & 12 ATYP, The Voices Project Swimming: GPS Carnival (Qual 1), Newington, 19:00	16 Sport: Group 1 NC v SHS, Group 2 SHS v Shore Rowing: Year 10 trip to Melbourne Rowing: State Championships, SIRC Rowing: TSC Junior Regatta, Hen and Chicken Bay Parking: A-League: Sydney FC v Adelaide United FC, Tennis	
4 A	18 Extension 2 English, Viva Voce Assessment Week Years 10, 11 and 12 Awards Assembly, Great Hall, Time to be confirmed Rugby: Committee Meeting, Staff Common Room, 18:00 OCMC meeting, Board Room, 17:30 to 18:30 Foundation Meeting, Board Room, 18:30	Assembly, Great Hall, Time to be confirmed Tennis: Sydney East CHS Individuals Trials Basketball: Senior House Competition Eedy vs McKay, Gym, lunchtime Marching Band Rehearsal, 15:30-16:30	20 Year 11 Study Skills (Elevate) Morning, Great Hall, P1-3 Rowing: Committee Meeting, Staff Common Room, 19:00	Prainstorm Productions - Cyberia (Year 10), Great Hall, P5 Debating Support Group: Information for Parents of Debaters, Staff Common Room	22 Marching Band Rehearsal, 08:00-09:00 AGNSW all day excursion Art Express, Francis Bacon and MCA Years 9-12 Swimming: GPS Carnival (Comp 1), SOPAC, Homebush, 19:00	23 Sport: Group 1 TSC v SHS, Group 2 TSC v SHS Rowing: SRC Regatta, SIRC Rowing: Shore Junior Regatta, Hen and Chicken Bay	