## From the Principal

High Talent


Our open volleyball team won the Sydney East Region Knockout Volleyball Competition. Regional representatives selected were: Sunny Xu as setter and captain, Kevin Robinson, Sean McKenna, Nick Phillis and Supan Arudselvan (Year 12); with Aidin Karahasan, Harry Park and Ryan Seong (Year 11). Congratulations to the team and the players for their selection. At the Head of the River, the $1^{\text {st }} \mathrm{VIII}$ recorded a time 2.6 seconds faster than the long term average. At winner's time $+8 \%$, it was the best row since 2012. The $2^{\text {nd }}$ VIII were 46.62 seconds after the winner @ $7.85 \%$, the best row performance in five years. The first and second Year 10 VIIIs were off the pace at winner's time $+12.8 \%$ and $+11.56 \%$.

Our School Plan 2015-17. 3 - Teacher Practice and the Pursuit of Excellence
The third and most important target area for the next three years is teacher practice. In order to meet our demanding targets our teachers will need to polish their practice so that more of our boys can reach more of their learning goals. We aim to modify teaching practice in positive ways to improve the learning outcomes, engagement and wellbeing of every student. We will need to differentiate our curriculum even further and update our pedagogy in the interests of personalising learning to make it even more effective. We have a complementary goal - building character and preparing our boys for the world of work. Important future-focussed earning skills are: problem solving, evaluating, working in teams, communicating ideas and creating and innovating. Employers want these skills. They can be developed at school. We will work towards adapting our assessment and reporting practices to accommodate reporting on the growth of these skills, particularly in Years 7-9.
'Better is the enemy of good'. If we want to pursue excellence, we must intercept entropy wherever we find it. Complacency and cruising behaviours need to be targeted by a refreshed approach to improvement. Teachers take pride in the rigour of their work, the stimulating and challenging nature of their task and the participation in the learning process, negotiated with their students. Excellence is nurtured when teachers challenge students, encourage deep learning, monitor the learning process and provide detailed, timely, positive feedback. Each teacher will engage in structured lesson observations based around the Australian Teaching Standards. Faculties will have more targeted professional discussions and will generate more action research data about how students learn well.

## Rowing Assembly 2015

Daniel O'Keefe outlined the great benefits
 he derived from the co-curricular programs while at High and told how those experiences particularly in rowing, influenced his tertiary academic life and career. My speech to the assembly is reprinted below:

Special guest, Daniel O'Keefe (SHS 2008), crews representing High, coaches, parents, teachers, students; welcome to our 2015 rowing assembly. The Head of the River is a uniquely important event for our school because of its long tradition, its high profile in the Sydney sports calendar and its strong recognition in the wider community. Winning premierships in any GPS sport has always been a real struggle for High boys since 1906. On the rare occasions when they happen it's a great day for our school. Ironically, they have happened more in rowing than in any other GPS sport - but we have not won an event at the Head of the River since the stunning victory of the first IV in the Yaralla Cup in 1976. The love
of the sport and the desire to work really hard together in a common cause have sustained our crews over the many seasons since. Our boys have endured another long season and have all learned about hard work...and a lot about themselves. They have also had tremendous support from a great many people.

## Tharblyw

I want to thank Julie Blomberg for her enduring commitment to High as MIC rowing. Thank you again to Beryl Crockford for her oversight of the rowing program as Head and first VIII Coach, assisted by Matthew Dignan. Thank you to Daniel Tam (SHS 2013) for coaching our $2^{\text {nd }}$ VIII, with the help of Geoff Noonan and James Barr. Hayden Schilling (SHS 2010) worked with the Year 10 1st VIII. Thanks Hayden. Well done to Alan Low (SHS 2010) for his effort with the Year 10 second VIII. The Year 9 quads were coordinated by James Barr, assisted by James Lee (SHS 2010), Walter Santucci (SHS 2010) and Daniel Tam (SHS 2013), Thank you to Ken Ambler for his coordination of the Year 8 quads, assisted by Ashley Chan (SHS 2013), Daniel Keogh (SHS 2013) and Kin Pan (SHS 2013). The Year 7 quads were trained by recent Old Boys Ray Fang, and Kenneth Liu (SHS 2014), with assistance from Steve Comninos, Dan Tran, Terry Fong and Alan Qi (SHS 2014). Thank you all for putting effort back into the High program.

As with every season, the rowing program relied on its indispensable parental input this year to make the administration of the training regime possible. Whatever their roles, whether as dormitory supervisors, cooks, kitchen hands, stall holders, drivers or fund raisers, they always give a great deal. Thank you to the Rowing Committee, particularly: Tracy Whittaker as President, Michael Schanzer, Sylvia Peng, Zixiu Guo, Frances Liu, Zarir Karanjia, Sharon Wang, Ron Trent and Tevita Katafano. Without your great efforts and those of other parents who helped out on occasions with parking or at regattas and camps, we could never deliver the high quality rowing program that we do.

In any organisation, its culture provides the greatest source of competitive advantage or disadvantage. People in thriving cultures know what they have to do and why they are doing it. Winning cultures develop a unique personality and an individual spirt that are not capable of replication.
When high performance values and behaviours are combined with unique personality and spirit, a winning culture can develop. Traditions are also important to
culture - rituals, heroes and language. Strong cultures exhibit six key behaviours. They aim high to challenge their members. Energy is focussed externally on training and competition not internally on power struggles or process. Everyone behaves like they own the organisation - they take personal responsibility for performance overall. They get on with the job. They are team players. They exhibit passion and commitment to the cause. The test of the strength of a culture is whether these six behaviours are understood, believed and widely practised.

Rowing has a long and proud history at High. It has its heroes - Olympic athletes, world champions and legendary coaches - but it has lost its winning culture over the last twenty-five years. One reason is that it has been worn down by the years of poor results, given the much hyped glories of the past. Another is the change of clientele at High since de-zoning in the late 1980s.
To rebuild a winning culture at High we need to reassess what winning looks like in our context. We have to set realistic and manageable goals that should be really motivating for crews because, with passion and commitment, they can be achieved. We have to want to be a part of the history of the sport at High. We have to really want to uphold its traditions. Every crew dreams of winning the Head of the River, yet so few in any GPS school realise their dreams. Nonetheless, they try their utmost all the way down the course. We are not expecting our crews to win but we are expecting them to show true grit and to put their bodies on the line for the cause. We expect them to show character. It starts in the head - thinking like a winner.

To rebuild a winning culture we must take small steps. The times you row prove what the quality of your season was like. The analogy is the time trial cyclist with a time to beat, striving on his own. The first VIII has 6.25.15 as its first challenge. Executing a reasonable race plan with manageable splits is what we require. If you do that you will feel like winners whatever place you finish. In the eyes of those who have gone before, you are members of an elite club to compete is the honour. Keep the dream alive through your actions on Saturday. Help to rebuild a competitive culture that raises the bar - one race at a time.


Congratulations to all boys who have been selected to represent the school on Saturday
to carry forward this great sporting tradition.

## Dr K A Jaggar <br> Principal

## From the Canteen

Thank you to our volunteers last week:


MON: Yoshi K-Leong, Usha Arvind, Karin Hasse.
TUES: Xingrang(Fiona) Wang, Long Nguyen, Lynn Chen.
WED: Cindy Tseu, Jenny Chiu.
THURS: Xing Ping Zang, Annie Jiang, Pit Trent.
FRI: Zoe James, Electra Manikakis, Sabrina Xu.

## Sharon Hughes <br> President Canteen Committee

## World Challenge: an unexpected journey

After what seemed like a 10 hour bus ride we finally arrived at what had been built up to be one of the great sight-seeing destinations of Africa - Chobe National Park. It did not disappoint. After our arrival we met with our team leaders for


Aboard the ferry overlooking the beautiful Chobe River a quick
discussion before jumping into the pool for a relaxing swim. We then received a 2 hour talk from our In-country agent about everything from rhinos to her dogs, Ketchup and Chips. When it was time to go to bed we all settled down, extremely tired from our long journey.


We woke up early at 5 in order to head out on the morning safari.


The elephant getting ready to charae at us

A moment clearly etched into mind was when we were nearly attacked by a wild elephant after one of our leaders sneezed aggressively at it. The game drive was capped off with the spotting of a lion. Afterwards, some of our group went shopping for more food, while the rest of us lay around or got incredibly badly burned swimming in the pool.

Unfortunately, we were not prepared to leave for the river cruise and had to leave the food in the middle of the camp. While we were out enjoying the sights of hippos and crocs and meeting others on the cruise, our food was being savaged by animals. Thankfully a local came and saved most of it. We were triumphant at the animals we had seen, but also disappointed at not being able to go fishing (which was deemed unsafe) and losing our food. All in all, it was a great time as we were able to experience Africa's wildlife and see many of their native animals.

Stay tuned for: A taste of African community life in Mwandi Village.

## By Eli Hall

## LOST PROPERTY



There is still plenty of lost property up in the McDonald Wing Office. If you have lost anything please see the staff in the McDonald Wing. Towards the end of the term all existing clothing or items will be given to charities or thrown away.

## What's up in the McDonald Senior Library? $13^{\text {th }}$ March, 2015

The beginning of 2015 has been a busy one for the Senior Library with more students than ever choosing to study and utilise the resources available. Wide Reading classes are booking the library with more regularity and all Year 10 students have joined and been issued with a State Library card so that they can access a wider range of top quality resources available through the State Library e-resources site.

We are currently preparing to change over to a new Library Management system (Oliver) and at last saying goodbye to Oasis, which has been used in NSW school libraries for the last 25 years! Oliver offers many advantages for both librarians, classroom teachers and of course students. Some of the advances Oliver offer students are an accessible search function with predictive text, cover images, summaries and first chapters of resources and links to interactive resources. Federated search function enables searching of both our library collection and subscription databases. Subject searches will deliver results from both sources. Borrowers will be able to reserve, renew, request, receive alerts and save results.

As mentioned by Ms Crothers this system will enable borrowers to access E-resources including E-books which will be added to our collections from this year. At present links to online resources are not integrated into our Library site and are separately accessed through the school website. Once Oliver is installed we will be adding many new applications to assist students in their studies and for their lifelong learning and interests in general.

The librarians are very excited at the capabilities of this new software for both its library management functionality and for the educational benefit for our students. By Term 2 the new system should be up and running. The librarians will be learning much to ensure that students will gain as much as possible during their years using the libraries at SBH.

## Literacy at SBHS

Dr Jaggar's statement in last week's High Notes focused on Our School Plan 2015-17 on Sophistication and skill in reading and writing. Both libraries and librarians have maintained the importance of reading in improving literacy skills across the board for students. Research confirms that those who read for pleasure as well as information will be more successful in their studies and indeed in life. There is no shortage of articles and papers supporting this idea. Our libraries subscribe to the philosophy of the vital role that reading plays in learning and life success and will be continuing to support and promote all kinds of reading for both information and research and pleasure. A recent American study discussing the role of institutions such as museums and libraries has found that libraries can nurture and expand learning in several ways.
Libraries and museums are trusted, welcoming places where children make discoveries, deepen common interests, expand words and knowledge, and connect their natural curiosity to the wider world. Neuroscientists tell us that the type of learning that occurs in these institutions-selfdirected, experiential, content rich- promotes executive function skills that can shape a child's success in school and life. The experiences, resources, and interactions provided by libraries and museums build brains and fuel a love of learning. (From report "Growing young minds: How museums and libraries create lifelong learners" Institute of Museum and Library Services, Washington DC, 2013)

And finally on reading, one well known writer and creator Stephen King states:
"If you don't have time to read, you don't have the time (or the tools) to write. Simple as that."
Thank you to Cindy Tseu parent of Oliver Tseu for a generous donation of study guides to both libraries. We will be making good use of these when they are added to our collections.

## Cricket Results - 2015 Term 1 Week 6

 MIC of Cricket ReportDue to the Head of the River there were no fixtures played last Saturday. On that note, just want to congratulate our rowers for putting in a very courageous effort on the day. They should be very proud of themselves and it was great to see a strong turn out from the boys.

On a positive note with the excitement of the $1^{\text {st }} \mathrm{XI}$ winning their first match in over three years word has gotten around town and made it to the "Fitzy Files" over the weekend. Here is a snap shot of the article and below that is the link.

```
\bullet0000 Telstra 4G %- 10:28 am
```

Jarryd Hayne, you've got a way... $\uparrow$

## The Suidneu \#lorning Therald

yeat mithouatic Un oatuluay Hight.
Mitchell Starc. Had one of the best ever one-day bowling performances against NZ, making a fool of Shane Warne, who recently opined that he was "a bit soft."

Sydney Boys High. Last week had their first win in the GPS ist X1 cricket competition since February 2012, taking down the highly regarded Joeys firsts.

RIP. Earl Lloyd. The NBA's first black player, died this week at the age of 86 . His breakthrough came on October 31, 1950, when he turned out as a 196-centimetre forward with the Washington Capitols.

RIP. Terry Fearnley. 1933-2015. The legendary and much-loved rugby league coach - at his height in the 7os and early $80 s$ - died this week. His fame came mostly

Sydney Boys High School 1 ${ }^{\text {st }}$ XI Cricket getting a mention in Peter FitzSimons "Fitzy Files"
http://www.smh.com.au/sportthe-fitz-files/jarryd-hayne-youve-got-a-way-to-go-to-make-it-with-the-san-francisco-49ers-20150306-13x9ek.htm

In the July holidays 2015 we are aiming to participate in a once in a life time opportunity to play in a cricket tournament hosted in Sri Lanka. We will be representing our school and Australia in the "World Premier Schools Cricket Challenge" Tournament. This is open to anyone in the current U15s-Opens cricket teams. If you are interested in attending please notify me by email.

I have created a Twitter account for regular updates in results, information and wet weather. This does not replace the school wet weather website. The link can be accessed by phone or web browser without signing in or having a twitter account. https://twitter.com/SydHighCricket

To all parents and players, don't forget to go through the points below:

- Please make sure that all the boys wear SBHS logo hats, tops and long white pants.
- They are not to wear thongs to and from their fixtures.
- Apply plenty of sunscreen throughout the day.
- Make sure they drink plenty of water and carry a drink bottle with them to training and fixtures.
- Please notify their coaches if they are unable to attend training or their fixture.


## Geoff Tesoriero <br> MIC of Cricket

## AAGPS Head of the River Results

1 ${ }^{\text {st }}$ VIII Report
The 2015 Head of the River was a successful day for Sydney High. In the last GPS race of the season, the $1^{\text {st }}$ VIII put together a personal best and highly competitive time of 6.22 .98 , that placed us only 6 sec behind Kings.


SBHS 1st VIII 2015 at AAGPS Head of the River
Despite an incredibly fast year, our efforts at Head of the River from all crews, signified the beginning of a new culture at the High boat shed, as we get closer to the pack every year. The race was what we had all been working towards after 12 months of training, and as we crossed the line we could honestly say we gave it $100 \%$.

With the help of the roar of the Sydney High crowd, we proved to ourselves, and each man in the crew, that High was not to be discarded. The $1^{\text {st }} \mathrm{VIIII}$ 's quickest time in over 3 years was a testament to the value of hard work, dedication and commitment as we strove to prepare for the final six minutes of physical exertion. James Tinker, Stroke $1^{\text {st }}$ VIII

The Y10 $2^{\text {nd }}$ VIII also had a great race as they battled canvas with canvas against Grammar along the entire 2000m course. They were just pipped by Grammar on the line by 0.63 , finishing 8 th in 7.13 .37 . Well done to all Sydney High crews.


Y10 2nd VIII in a close race with Grammar for 7th and 8th spots

NSW Combined High Schools Championship Regatta 2015
A team of High Rowers from Y8 to Y12 have been selected to travel to Taree to compete in the NSW Combined High School Championship Regatta this coming weekend, Saturday 14 and Sunday 15 March.

SYDNEY BOYS HIGH SCHOOL ROWING COMMITTEE

## Rowing Dinner Saturday 21 March 2015

The Great Hall
6.00pm

The Rowing Committee invites you to the traditional 'Boatshed' Dinner
It is a very special opportunity to celebrate the efforts and achievements of all our boys as well as acknowledge staff, coaches and supporters.

All crews will be introduced on the stage and there will be speeches by -

- Stroke of Year $81^{\text {st }}$ Quad - Marcus Borscz
- Captain of Year 9 Quads - Tim Trent
- Captain of Year 10 crews - Shane Wei
- Captain of Boats - Josh Maloof


## All rowers are required to attend and should wear full school uniform.

The evening is both a formal introduction of our representative crews for the season and a great opportunity to socialise and show support for the boys after their efforts in the GPS Head of the River and the NSW CHS Championships.

The cost of the dinner is $\$ 30$ for adults and $\$ 30$ for students.
Soft drink and mineral water will be provided.

We look forward to a full house with all boys and their parents attending.

| Kind regards |  |
| :--- | :--- |
| Tracy Whittaker | Julie Blomberg |
| President Rowing Committee | MIC Rowing |

BOOK AND PAY FOR YOUR TICKETS ON LINE AT http://www.trybooking.com/123102
OR YOU CAN COMPLETE FORM BELOW AND HAND IN TO THE MAIN OFFICE BY MONDAY 16 MARCH.

## 2015 ROWING DINNER

| Student Name ................................................................... Roll class ......... Crew |  |
| :---: | :---: |
| TOTAL Number of adults ........................ @ \$30 per adult | \$................... |
| TOTAL Number of students ........................ @ \$30 per studen | \$ ................... |
| TOTAL \$ |  |
| Type of payment - cheque ___ cash ___ visa | _ mastercard |
| Card Number | Card Expiry Date _ _ _ - |
| Business hours contact phone |  |
| Do you have any special Dietary Requirements? |  |

## FITNESS ASSESSMENT FEBRUARY 2015

The PDHPE Department has again assessed the physical fitness levels of our students, Years $7-10$. The most important health-related test is the 1.6 km run for cardiovascular endurance. Our standard Moore Park West course was used for the assessment.

An assessment of $90 \%$ or better required a student to run the 1.6 km in a time of 6 mins 30 secs, approximately, depending on the age of the student. An assessment of $50 \%$ or better, required a time of between 7 and 8 minutes, depending on age. A result of $10 \%$ or less means the 1.6 km run was completed in a time greater than 9 mins 30 seconds. Each student in Years $7-9$ should have a copy of their assessment schedule and results for February 2015 in their PDHPE theory books. Parents are encouraged to review their son's results with them.

There were some outstanding performances again this semester including, Ehode Arimoto (7S) 6m 09s, Eric Holstrom (8.4) 5m 10s (New record), Ryan Ho-Shon (9.5) 5m 40s, Conor McGrath (9.6) and Stephen Young (10.3) 5 m 12s.

* Fastest times are held by Year 10 Luke Schofield (2014) 4m 49s, Year 9 Sam Lane (2008) 4m 53s, Year 8 Eugene Lee (2010) 5m 12s and Year 7 Eric Holstrom (2014) 5m 12s.
1.6km results for February 2015

| Percentile band | No. of students in each percentile band |  |  |  |
| :--- | :--- | :--- | :--- | :--- |
|  | Year 7 | Year 8 | Year 9 | Year 10 |
| $90-99$ | 3 | 10 | 18 | 22 |
| $80-89$ | 4 | 10 | 15 | 15 |
| $70-79$ | 9 | 4 | 13 | 13 |
| $60-69$ | 9 | 11 | 19 | 10 |
| $50-59$ | 5 | 14 | 26 | 17 |
| $40-49$ | 8 | 18 | 13 | 15 |
| $30-39$ | 17 | 13 | 29 | 28 |
| $20-29$ | 20 | 21 | 24 | 29 |
| $10-19$ | 35 | 37 | 28 | 38 |
| $0-9$ | 60 | 38 | 17 | 11 |
| Non-starters | 10 | 4 | 8 | 12 |

Mean results for each year group 2012, 2013, 2014 and 2015

|  | Feb '12 | Sept '12 | Feb '13 | Sept '13 | Feb '14 | Sept '14 | Feb '15 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :---: |
| Year 10 | $49 \%$ | $55 \%$ | $46 \%$ | $53 \%$ | $51 \%$ | $50 \%$ | $50 \%$ |
| Year 9 | $51 \%$ | $66 \%$ | $49 \%$ | $69 \%$ | $50 \%$ | $68 \%$ | $51 \%$ |
| Year 8 | $42 \%$ | $60 \%$ | $38 \%$ | $60 \%$ | $47 \%$ | $61 \%$ | $40 \%$ |
| Year 7 | $31 \%$ | $56 \%$ | $32 \%$ | $62 \%$ | $34 \%$ | $53 \%$ | $31 \%$ |

It is interesting to compare a Year group over time against themselves, as well as against previous Year groups. The highest Year mean recorded was $72 \%$ by Year 10 in 2003. This year's Year 10 was very close at the end of Year 9 with a mean of $68 \%$. Hopefully they can go one better in September, something Year 92013 could not achieve.

Again this year there is an incentive for boys to achieve and maintain a higher level of aerobic fitness. If a student can reach his personal goal time on the fourth 1.6 k run or run under 6 minutes, he will receive an extra $10 \%$ towards his final PDHPE grade which equates to one assessment grade. All goal times are posted in Room 901. Year 10 students have been given the opportunity to control their own destiny by setting their own personal goal this year.

## G Stein <br> HT PDHPE

Sydney Boys High School Annual Athletics Carnival
ES Marks 16 ${ }^{\text {th }}$ March 2015

| Time | Track Event \#1 | Time | Field Event |
| :---: | :---: | :---: | :---: |
| 8:30am | 1500 m $\&$ Hurdles Panel A | 8:30am | 12s High Jump 13s Shot Put 14s Long Jump 15s Javelin 16s Triple Jump 17s Discus Panel A |
| 9:30am | 100 m heats <br> Panel B | 9:30am | 12s Shot put 13s Long Jump 14s Javelin 15s Triple Jump 16s Discus 17+ High Jump Panel B |
| 11am | 800m <br> Panel A | 10:30am | $\begin{array}{\|l\|} \hline \text { 12s Long Jump } \\ \text { 13s Javelin } \\ \text { 14s - } \\ \text { 15s Discus } \\ \text { 16s High Jump } \\ \text { 17+ Shot Put } \\ \text { Panel A } \\ \hline \end{array}$ |
| 12pm | 200m <br> Panel B | 11:30am | 12s Javelin 13s - <br> 14s Discus 15s High Jump 16s Shot put 17+ Long Jump Panel B |
| 1pm | 400m <br> Panel A | 12:30pm | 12s - <br> 13s Discus <br> 14s High Jump <br> 15s Shot Put <br> 16s Long Jump <br> 17+ Javelin <br> Panel A |
| 2pm | 100m finals <br> Panel B | 1:30pm | $\begin{aligned} & \text { 12s Discus } \\ & \text { 13s High Jump } \\ & \text { 14s Shot Put } \\ & \text { 15s Long Jump } \\ & \text { 16s Javelin } \\ & \text { 17+ Triple Jump } \\ & \text { Panel B } \\ & \hline \end{aligned}$ |
| 2:30pm | 4x100m House Relay <br> Panel B |  |  |



## HIGH VS KING'S THIS SATURDAY AT THE KING'S SCHOOL

10am: 2nd Grade
11am: $1^{\text {st }}$ Grade

## BOTH TEAMS CAN WIN A PREMIERSHIP FOR OUR SCHOOL

## BE A SBHS TEAM PLAYER AND MAKE SOME NOISE FOR THE BOYS

## @SBHSBASKETBALL - INSTAGRAM

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~ Go HIGH!
~Play Hard, Play Smart and Play Together!
~ Brought to you by editor Archie Fox
~Thanks to Mr B Hayman for all his contributions to HIGH Basketball
```


## CHS Selection Trials

This year, the Cross Country event will involve a vastly smaller number of students and staff; the whole of Year 7, new students to the school, 20 students from each competing age group and 7 staff members. The carnival will be held at Centennial Park, across from McKay Oval and fields.
Students selection will be based on the top 10 places from the previous year's cross country event and a further 10 competitive students who would like to register and compete in this year's event.
Students interested in trialling for the CHS Cross Country representative team are to see Ms Dam in the IA Department.

| Parents: | Your son will be dismissed earlier than usual on Friday 20th March, 2015 |  |  |  |
| :--- | :--- | :--- | :--- | :--- |
| Program: | 1.00 pm | 17 \& 18 years | 4 km | 2 Loops |
|  | 1.20 pm | 16 years | 4 km | 2 Loops |
|  | 1.40 pm | 15 years | 4 km | 2 Loops |
|  | 2.00 pm | 14 years | 4 km | 2 Loops |
|  | 2.20 pm | 13 years | 2 km | 1 Loops |
|  | 2.35 pm | 12 years | 2 km | 1 Loops |

Directions: • Students are to attend regular classes for periods 1 and 2 (recess). Students leave for Centennial Park at the start of Period 3 for the Cross Country CHS Trials.

- On the day of the carnival, Year 7 students are to wear either PE gear or sportswear for the day.
- Students are to cross the road at lights only.
- Runners should eat their lunch at the recess break, so as not to get sick while competing in the race.
- New students will have a pre-race course walk to familiarise themselves with the course.
- Stay in supervised viewing area and watch the other Years until your race is called.
- When your race is called go to the starting area.
- 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 to have your position recorded, and then proceed to your House Roll Table.
- All runners to proceed with finish ticket to your House Roll Table to have your attendance marked.
- Tell the teacher your name, roll class and finishing position.
- After the race you will be dismissed by a teacher.

| Rules: | - You must run in shoes. <br> - Stay on the course and follow directions from course marshals. <br> - Spectators must stay within the viewing area and are not permitted on the course. <br> - Winning house determined by the lowest total of the first ten runners to finish. <br> - To qualify for the Award scheme you must compete and finish. <br> - Top ten runners will comprise the provisional school team to compete at the zone. <br> - Only the first 15 places will be timed. <br> - Cross Country Champions will be selected from this event. <br> - Any MIC ruling is final. |
| :---: | :---: |
| Additional Info: | The School Cross Country is the first qualifying event within the CHS Competition. <br> The first 10 runners for each age division will make up the school team for the Eastern Suburbs Zone Carnival. The first 10 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. |



## AUTUMN/WINTER PRICE LIST 2015

|  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| SCHOOL UNIFORM |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| BLAZERS: |  |  | From: | \$285.00 |  | ART: | Visual Art | Diary A4 |  | \$9.90 |
|  | Please arrange for boys to be fitted |  |  |  |  |  | Visual Art | Diary A3 |  | \$11.00 |
|  | as early as possible |  |  |  |  |  |  |  |  |  |
|  | ( $6-8$ weeks delivery from order) |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| PANTS: | Trousers - Junior, Dark Grey w/w |  |  | \$69.00 |  | DESIGN \& TECHNOLOGY: |  |  |  |  |
|  | Trousers - Senior, Light Grey w/v |  |  | \$69.00 |  |  | D.T. Apron |  |  | \$11.00 |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | UMBRELL | AS: |  |  |  |
| SHORTS: | Grey |  |  | \$48.00 |  |  | Golf |  |  | \$33.00 |
|  |  |  |  |  |  |  |  |  |  |  |
| BELTS: | Black Leather |  |  | \$17.50 |  | SPORTS UNIFORM |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| SHIRTS: | Sky Blue \& White, Short Sleeve |  |  | Crested |  | P.E.IHOUSE SPORT: |  |  |  |  |
|  | Sizes 10-14 |  |  | \$27.00 |  |  | Polo |  |  | \$38.50 |
|  | Sizes 16-22 |  |  | \$29.00 |  |  | Stretch Mi | crofibre |  |  |
|  | Sizes 24-28 |  |  | \$31.00 |  |  | Black Shot | rt with Syd | ney High | \$35.00 |
|  |  |  |  |  |  |  | Sport Sock |  |  | \$8.80 |
|  | Sky Blue \& White, Long Sleeve |  |  | Crested |  |  |  |  |  |  |
|  | Sizes 10-14 |  |  | \$29.00 |  | TRACKSU | ITS: ( sol | d as separ | ates) |  |
|  | Sizes 16-22 |  |  | \$31.00 |  |  | Microfibre | track jacke |  | \$88.00 |
|  | Sizes 24-28 |  |  | \$33.00 |  |  | Microfibre | track pant |  | \$49.50 |
|  |  |  |  |  |  |  |  |  |  |  |
| BLUE WOOLLEN JUMPERS: |  |  |  |  |  | ATHLETICS: |  |  |  |  |
|  | Up to Size 14 |  |  | \$88.00 |  |  | Singlet |  |  | \$49.50 |
|  | Size 16-22 |  |  | \$90.00 |  |  | Short |  |  | \$45.50 |
|  | Size 22-26 |  |  | \$92.00 |  |  | HIGH Train | ing Top |  | \$77.00 |
| SOCKS: |  |  |  |  |  |  | . |  |  |  |
|  | Cotton Knee High |  |  | \$12.50 |  | CROSS CO | OUNTRY: |  |  |  |
|  | Cotton Anklet Sock in S.H.S. Co |  |  | \$8.80 |  |  | Top |  |  | \$60.50 |
|  |  |  |  |  |  |  |  |  |  |  |
| TIES: | Junior |  |  | \$25.50 |  | SOCCER: |  |  |  |  |
|  | Senior |  |  | \$28.50 |  |  | Jersey Sky \& Choc Stripe |  |  | \$58.00 |
|  | Prefect |  |  | \$23.50 |  |  | Short matching design |  |  | \$42.00 |
|  | Old Boys |  |  | \$27.50 |  |  | Socks |  |  | \$16.50 |
|  | SRC |  |  | \$28.50 |  |  |  |  |  |  |
|  |  |  |  |  |  | RUGBY: |  |  |  |  |
| CAPS: | SHS Cap |  |  | \$22.00 |  |  | Jersey Fitt |  |  | \$77.00 |
|  | Beanie | NEW DESIGN |  | \$22.00 |  |  | Training M | esh Jersey |  | \$55.00 |
|  |  |  |  |  |  |  | Titanium s | hort with S | H.S crest | \$38.50 |
| BAGS: | Backpack with laptop |  | section | \$79.50 |  |  | Jersey Original Cotton |  |  | \$80.00 |
|  | Sports Bag |  |  | \$55.00 |  |  | High Rugby Cap |  |  | \$20.00 |
|  | Hav A Sak |  |  | \$30.00 |  |  | High Rugby | y Bottle |  | \$9.90 |
| MATHS: |  |  |  |  |  |  | Socks |  |  | \$16.50 |
|  | Grid Book 96 page |  |  | \$2.95 |  |  |  |  |  |  |
|  | Calculator |  |  | \$35.00 |  | VOLLEYBALL: |  |  |  |  |
|  | Protractor |  |  | \$0.55 |  |  | Top polo | numbered |  | \$65.00 |
|  | Compass |  |  | \$1.55 |  |  | Short with | Sydney Hig |  | \$40.00 |
|  |  |  |  |  |  |  | Socks with | S.H.S. Co | olours | \$8.80 |
| MUSIC: | Music Book |  |  | \$2.95 |  |  |  |  |  |  |
|  |  |  |  |  |  | FENCING: |  |  |  |  |
|  |  |  |  |  |  |  | Top with S | .H.S sword | logo | \$55.00 |



## FHT OUT BIG NIGHT SUNDAY 22ND MARART

 relaxed night of food \& fun. There will be games \&competitions!TICKETS: presale at General Office $\$ 20$ or $\$ 25$ on the night
INCLUDES: 3 COUTSes and e rtainment Drinks available for purchase at the drink stall or Bar
.sydneyboyshigh.com



2015 PRICE LIST

### 8.30 to 9.00 am *Breakfast is available * Time to place lunch orders

# Teen School Holiday Activities 

## ${ }^{80} O_{K}$ Now!

## Monday 6 April - Friday 17 April

## Hama Beads

Wednesday 8 April, 2.00-3.30pm; Margaret Martin Library
For teens enrolled in Year 7 to Year 12; Cost: Free!
Create your own piece of art with iron-on beads. Make something practical like a coaster, or get your creativity flowing and go 80s retro or just plain funky - plus you can turn your creation into jewellery or a key-ring at home.


## Young Adult Writing Group

Wednesday 15 April, 4.00-5.30pm; Bowen Library
Ages: 12-20; Cost: Free!
Do you want to improve your writing skills and unleash your creativity in a judgementfree zone? Join fellow creative writing enthusiasts to discover your inner author. Learn tips to get a story flowing and skills to edit your work and polish your final story. If you are currently working on a project please bring it to the session with you.

## RPG Marathon

Friday 17 April, 10.30am - 4.00pm, Bowen Library
Ages: 12-25; Cost: \$10 for library members, $\$ 15$ for non-members (Library membership is free)

Total noobs and experienced players are invited to an all day event RPG. Lunch and snacks will be provided throughout the day and prizes may be awarded for the best 'Play of the Day'. Limited spaces are available in various RPG games such as: Dungeons \& Dragons, Lord Of The Rings, Pathfinder, and Savage Worlds.

## RPG - In the Library

Saturday 18 April, 12.30-3.30pm, Margaret Martin Library
Ages: 12-25; Cost: Free!
Love playing RPGs and table-top games? Want to continue the adventure from Friday's RPG Marathon? Join in one of the regular monthly Saturday games being played at the Margaret Martin Library.

## Bookings are essential through:

 www.randwick.nsw.gov.au/library Enquiries: 93144888Margaret Martin Library Royal Randwick Shopping Centre 73 Belmore Rd Randwick 93996966

Bowen Library and Community Centre 669-673 Anzac Parade Maroubra 93144888

Malabar Community Library
1203 Anzac Parade
Matraville 96616192



## Featuring comedians

## from Sydney and Melbourne International Comedy Festival

In support of:
Wairoa School for disabled children

## 8pm - April 17 <br> Coogee Bowling Club

Dolphin St Googee, NSW 2034
Ticket Price: \$35 http://www.trybooking.com/hcvn comedycause@gmail.com - 0421244288

# APRIL 2015 <br> SCHOOL HO LIDAY SHORT COURSES 

# HSC VIDEO INTENSIVE //GAME DESIGN THE REAL FILMMAKING WORKSHOP MUSIC FOR FILM \& TV // TV PRESENTING KIDS \& TEENS DIGI ANIMATION + MORE! 



## 1300065281 <br> PFTRS OPEN

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & 8 \\ & B \end{aligned}$ | ```16 Athletics: School Carnival, ES Marks (all day)``` | ```17 Year 9 History Canberra Excursion Year 12 Meeting, Great Hall, 09:55-10:20 Excursion: French, Film Festival, Yr 10+11 (selected students), 09:00-12:20 Year 11 Economics Assessment, 11EcC-P1, 11EcA-P4, 11EcB-P5 Class Test: 10MaC-P3, 8Ма3-P4 Marching Band Rehearsal,``` | 18 <br> Year 9 History Canberra Excursion <br> Year 11 Meeting, Great Hall, 09:55-10:20 <br> French incursion, Great Hall, P3 (Year 7 + Year 8 French students) Athletics Training + A/Bs Winter Sport Training Lower Grades Change to Winter Sport + Athletics (Years 10-12) Class test: 8MaB-P2, 8МаС-P5 | 19 <br> Basketball: Sydney East <br> Basketball CHS Opens <br> Knock Out <br> Class test: 11MaE-P2, 10MaD-P3 <br> Excursion: French, Film <br> Festival, Yr 9 (selected <br> students), 09:00-12:20 <br> Change to Winter Sport + <br> Athletics (Years 7-9) <br> Athletics Training + A/Bs <br> Winter Sport Training - <br> Lower Grades <br> Year 10 High Resolves | 20 <br> Class test: 7MaS-P1 Cross Country: CHS <br> Trials, Centennial <br> Parklands (Year 7 + <br> Select Students) (P3-5) <br> Marching Band Rehearsal, <br> 15:30-16:30 <br> Basketball: Dinner, Great <br> Hall, 18:30-21:00 <br> Debating: Eastside SGS v SBHS <br> Debating: FED SJC v SHS <br> Swimming: GPS Carnival 4, <br> North Sydney Pool, 19:00 | 21 <br> Athletics: Newington Invitation, ES Marks (am) <br> Rowing: Dinner, Great Hall, 18:30-21:00 | 22 <br> P+C Big Night Out, Great Hall Parking: Waratahs v Brumbies, 16:00 (Rugby) |
| $\begin{aligned} & 9 \\ & \mathrm{C} \end{aligned}$ | 23 <br> Year 8 Geography/History Excursion <br> Basketball: ISA v GPS Harmony Day: Cricket v Rowing Basketball Match, 11:10-11:50 <br> Art Camp Bundanoon Y10 VA, VD, Y11 VA Parking: Sydney Roosters v Penrith Panthers, 19:00 (Sailing) | ```24 Year 12 Study Day Art Camp Bundanoon Y10 VA, VD, Y11 VA Computational and Algorithmic Thinking Competition, p4, rooms 704+802, Y10, Y11 (selected students) Mufti Day BBQ - Lak Saviya/KRMV (Y10 Charity) Class test: 9MaD-P3, 9MaF-P3, 9MaG-P3 Marching Band Rehearsal,``` | 25 <br> Year 12 Assessment Exams Summer Sport Reports to be submitted to Record Committee <br> Class Tests: 10MaB-P2, 9XC-P3, 8МаА-P5 <br> Basketball: GPS v CAS Art Camp Bundanoon Y10 VA, VD, Y11 VA Rugby: SE SSA Trials | 26 <br> Year 12 Assessment Exams Class Test: 9YC-P3 <br> Sport: SE SSA Boys Hockey Trials <br> Parking: World Cup Semi Final | 27 <br> Geography Competition, All Years, P1 <br> Year 12 Assessment Exams Debating: Eastside Reddam v SHS <br> Debating: FED Redlands v SHS <br> Swimming: GPS Carnival 5, SOPAC, Homebush, 19:00 | 28 <br> Athletics: SHS <br> Invitation, ES Marks (am) <br> Rugby: 10 a side, Weigall <br> Parking: Waratahs v <br> Blues, 19:30 (Tennis) | $\begin{aligned} & 29 \\ & \text { Farewell } \\ & \text { Concert USA } \\ & \text { Music tour, } \\ & \text { Great Hall, } \\ & \text { 16:00-19:00 } \\ & \text { Parking: } \\ & \text { Sydney } \\ & \text { Roosters v } \\ & \text { Canberra } \\ & \text { Raiders, } \\ & \text { 14:00 (Music) } \end{aligned}$ |
| $\begin{gathered} 10 \\ \mathrm{~A} \end{gathered}$ | 30 <br> Attendance and Progress Review (all Years) <br> Year 12 Assessment Exams Harmony Day: Film Presentation, Junior and Senior Libraries, 11:10-11:50 <br> Class test: 11MaE-P5 | 31 <br> Year 12 Assessment Exams Elevate Workshop: Year 9 Selected Students, P1 Science: Year 8 Excursion, Australian Museum and Botanical Gardens, all day Basketball: Senior House Competition GRAND FINAL, Gym, lunchtime Harmony Day: Film Presentation, Junior and Senior Libraries, 11:10-11:50 | ```1 Year 12 Assessment Exams Year 11 Ancient History Assessment Task, P1,``` | $2$ <br> LAST DAY TERM 1 <br> Year 12 Assessment Exams | 3 <br> Good Friday - Public Holiday <br> Music: USA Music Tour | ```4 Easter Saturday - Public Holiday Music: USA Music Tour Parking: Sydney FC v Adelaide United, 19:30 (Basketball)``` | 5 <br> Easter Sunday <br> - Public <br> Holiday <br> Daylight <br> Saving ends <br> Music: USA <br> Music Tour <br> Parking: <br> Sydney <br> Roosters v Cronulla Sharks, 16:00 (Debating) |
| $\begin{aligned} & 1 \\ & B \end{aligned}$ | $20$ <br> Staff Development Day | 21 <br> School resumes <br> Year 9 Half Yearly Exams <br> PDHPE 1600m runs <br> Inter Regional Volleyball <br> Carnival, Orange <br> Fundraising Management Committee meeting, $17: 30-18: 30$ <br> Foundation meeting, 18:30-20:30 | 22 <br> Year 9 Half Yearly Exams PDHPE 1600m runs <br> Inter Regional Volleyball Carnival, Orange Meet the Music, Sydney Opera House 18:30 | 23 <br> Year 9 Half Yearly Exams Year 10 High Resolves Leadership, 13:10-15:15 (30 boys) <br> PDHPE 1600m runs <br> Inter Regional Volleyball <br> Carnival, Orange <br> Tennis Dinner: Year 12, <br> Room 204, 18:30 | 24 <br> Year 9 Half Yearly Exams Anzac Day Ceremony, Great <br> Hall, 10:15-11:00 <br> Debating: Eastside SHS v TSC <br> Debating: FED SHS v Newington <br> PDHPE 1600m runs Athletics: Twilight Carnival SOPAC 17:00-21:00 <br> Drama: Year 11 Major Production19:00 | 25 <br> Anzac Day <br> Marching Band Sydney City <br> March, 08:00-13:00 <br> Parking: St George Illawarra Dragons v Sydney Roosters, 16:00 (Cricket) | 26 |

