



From the Principal High Talent



Congratulations to Ikko Arimoto (7S) who was a member of the U12 Metro Far South Football Team. They travelled to Griffith to compete in the State

Titles. They played 8 games in 5 days against the best U12 boys in NSW and came away undefeated to claim the State Football Champions title for 2015. Well done also to all our water polo teams. They had clean sweeps in all five matches last Saturday – a first for High!

Parent and Teacher Survey Deadline

The survey window for the parent and teacher surveys for *Tell Them From Me* has been extended, the surveys will now close on **Friday 23 October 2015**. Please contribute to our feedback data so that we can analyse our context more accurately and learn better how to meet the needs of students, teachers and parents.

Scholarships Offered at High

SBHS offers only two scholarships/bursaries – the Phillip Day Memorial Scholarship and the Sir Roden and Lady Cutler Foundation Scholarship. All enrolled or enrolling students are eligible to apply for the **Phillip Day Memorial Scholarship**. It is a *one-year* credit on the school account for \$1,500. The Selection Criteria covers talented boys in an academic area or a co-curricular endeavour. **Good all-rounders** qualify as do students with special needs – financial or otherwise. There are many boys in the school who would



make good candidates for this award. I urge them to take the trouble to download and complete the application form. The **Sir Roden and Lady Cutler Foundation Inc Scholarship** is a *two-year* award with a credit at the school account for \$1,500 for each Year – 11 and 12. Only boys currently

enrolled in Year 10 or enrolling in the school in Year 11 are eligible to apply. The criteria for this scholarship are different. It has an emphasis on a prior **record of service to others**, to the school and / or the community. Boys with initiative, compassion and leadership skills are invited to apply.

Look for the details on the website www.sydneyboyshigh.com/scholarships. Do not assume that you are not worthy or eligible. Applications close on Friday, November 27.

Year 9, 2015 Mentors

In 2016, there will be 31 new enrolments into Year 9. It is always difficult to transition to a new school, so we need people to help us make the orientation to High as smooth as possible. In past years, current Year 8 boys have volunteered to act as **Peer Mentors** for the incoming students. Some High boys already know students enrolling in Year 9 as they have played with them in a sports team



or went to the same primary school, or live in the same suburb or know them socially. Some new boys have had visits to the school or have had holiday training sessions with our boys. The role of Peer Mentor is not very onerous. We need boys familiar with the routines and policies of High to share these with new boys and to act as a contact when information is needed. Usually boys swap phone numbers and the Mentor makes contact before school starts and then is available in the first few weeks of term to act as a support person for the new enrolment. **School Service Award Scheme** points are issued in recognition of the efforts made by **effective** Mentors. If you would like to help, please contact your Year 8 Adviser – Ms Rigby, Mr Higgins or Ms Reemst. Alternatively, you may wish to let Ms Chan know that you would like to help.

Altrac Light Rail Meeting

At SGHS on Wednesday the two schools were briefed on developments in the light rail project. The site compound on Moore Park West has been reconfigured to allow the retention of five usable playing fields – a big improvement on previous planning. In early November the site compound works will commence. The area is expected to be fully enclosed by mid-December. The cut and cover tunnel across Anzac Parade will require a 'slew' or diversionary road to be established which will affect Anzac Parade access at gates 9 and 10. It is expected to commence in May, 2016. A bridge will be built over the eastern distributor, with work to commence over the long school holidays. The Community Engagement Team were very responsive to the needs of the schools and both the Precinct Manager and the Project Manager were well briefed and thoughtful about possible future issues for the schools. We are confident at this stage that the impact from construction on the normal operation of SBHS will be minimal this term and manageable in term 1, 2016. Thereafter, there will be some challenges but we have considerable time to have input into the process to minimise disruptions.

Dr K A Jaggar
Principal

From the Canteen

fresh
TASTES
healthy food at school

Thank you to Year 12 for their gift to the canteen of a sandwich maker. It will be put to good use. We wish the boys well in their exams and future life after High.

Thank you to our volunteers last week:

TUES: Penny Chan, Yu Liu (Frank) and Long Nguyen.

WED: Cindy Tseu, Kunti Ranade, Faidha Razmi and Jenny Chiu.

THUR: Sue Ren and Rita Wu.

FRI: Thajeewa Pingamage, Sam Guo and Kevin Eadie.

Sharon Hughes
President Canteen Committee

Year 9 Filmmaking - Adobe Day

On Tuesday 13 October, 22 Year 9 Filmmaking students spent the day at the Adobe office in Sydney with Dr Tim Kitchen the Adobe Senior Education Consultant for Asia Pacific. After an introduction to

Adobe and the task, the boys spent the day planning, shooting and editing a two minute video based on their visit to the Adobe Office. The resulting films were diverse and creative. Dr Kitchen has posted a blog about the day including a student film at the link below.
<http://timkitchen.net/2015/10/13/sydney-boys-high2015/>



Reach OUT, Reach HIGH

This Tuesday, the 2016 Prefect Interns had the privilege of training with members from Burn Bright Organisation in leadership skills at the Outterside Centre. This training day was a diverse and valuable



experience in which the Prefects bonded as a team and reflected on our roles in our school. Perhaps most excitingly, we outlined the initiatives and goals that we aim to achieve over the course of the next year. As a group, we entitled our approach under the motto "Reach out, Reach

High", which encompasses our aims as a Prefect body. Early on, it was established that the Prefects feel strongly about maintaining High culture, spirit and awareness of social issues. Through a variety of activities and group discussions - some fun and some profound - we feel ready to tackle the challenges ahead. Special thanks must go to Ms Rigby for organising the valuable event, as well as Layton and Andy from Burn Bright for providing us great advice. We're looking forward to 2016.

William Chen
School Captain

Security of Valuables During PE Lessons

We have had an increased incidence of money being stolen from the PE change rooms during practical lessons this year. The last incident occurred on Friday 9 October during period 1. A number of measures have been introduced by the school to keep students' valuables as safe as possible. One option is the teachers' secure lockers available for the students to leave their wallets. If students intend to use this facility they should give their valuables to the teacher at the start of the lesson. Individual PE teachers have adopted other strategies, which their classes have been told about and are currently using.

Students and parents need to take some responsibility concerning this issue, as well as the staff. Some suggestions are:

- Not to bring large amounts of money to school. If possible, use electronic means for financial transactions.
- Use the available security lockers for your valuables, during practical PE periods.
- Tell a staff member about any suspicious behaviour you witness, in the gym or in any part of the school.

In any large population there will be a dishonest element. It is the responsibility of everyone to ensure that our school is a safe and happy environment for all.

Amendment:

I would like to add the name of Vasco Santos-Dwyer to the list of goal achievers for this year. Vasco ran a personal best of 5m 35s in his final run. Again my congratulations to Vasco and all the goal achievers for this year.

G. Stein
HT PDHPE

Water Polo Report 10 October



First game back in the pool! First win back in the pool! Our adrenaline was pumping and Sydney High was keen for some wins. First grade had a wicked game against Kings to start off the season strong. With a confident win of 10-5 the team gelled well, putting together some great individual and team plays. You could say that we dethroned the Kings School. With some of the more experienced players mixed with some fresh blood, the

upcoming season is looking quite strong, especially under the tutelage of Head Coach Harrison Pullinger. A great overall win for High School with 5 wins out of 5 games. Let's keep it up boys.

Still much to work on it was a great start for the 2015-2016 season.

Jayden Forday

First Grade Captain

2nd Grade played Kings in the first game of the 2015-2016 season, coming away with a pleasing 11-1 victory, with goals scored by Simon, Dominic, Kevin, and Nick. The team played excellently, keeping up strong defence, endurance and ball skills throughout the game, despite only having two reserve players. After such an excellent start to the season, the boys are looking forward to continuing to improve on their strategy and play excellent games.

Simon Shields
2nd Grade Captain

On 10 October, High's 16A's Waterpolo team went up against the fresh 16A's Kings Team. With a new configuration of players as well as rules, we went into the game determined to prove ourselves to be a force to be reckoned with. Many of our players were already experienced, with a few newcomers, although they proved themselves worthy of a spot on the team. We started the game with determination, and managed to score a goal within the first two minutes. However, the opposition were not going to give up so easily, and retaliated with a goal of their own. Untroubled by this, Jack Horton pulled us back in the lead. Jonathon Zheng displayed spectacular skills as the goal keeper in the first half, successfully defending against multiple shots by the opposition. The team played flawlessly in the first three quarters, only letting in 2 goals in exchange for 7. Despite our best efforts, our teams fatigue began to show in the last quarter, trading 3 goals for only 1.

Harvey Luo
16As Captain

Saturday's match at Kings against Kings was an outstanding performance by the 16Bs. Phillipe Tung and Ryan Dow (from the 14s), stepped in as goalkeeper whilst our usual goalkeeper was absent. Their efforts significantly contributed to our strong defence which led to our 9-5 victory. Roy Yi, Daniel Ma, Adam Feng and Eric Chen worked together in another outstanding defensive effort. Offensively, a combination between Connor Fischer and Cameron Ma led to a goal by each, Connor on his debut. Apart from the team, the coaches should also be applauded for

their tireless efforts to perpetually improve the team's performance. Big thanks to Ned, Katie, Harrison and Lachlan.

Telly Tselonis
16Bs Captain

The 14's team comprised a mix of Year 7 – 9 players. The older boys displayed leadership and encouraged the younger boys throughout – helping them with rules and understanding the game. This ensured us to come away with a win of 9 – 6 over Kings. Thank you to William, Khalil, Allen, Michael, Jeffrey, Tim, Louis, Max and both Ryans. Looking forward to developing skills further in the coming season.

Ryan Dow
14As Captain

Sydney High Tennis



High vs St Joseph's College (GPS Trial Round 1)

	1st Grade	Result (WIN)	2nd Grade (LOSS)	Result
D1	1 + 2	L 6-2 7-5	1 + 2	L 7-5 4-6 5-10
D2	3 + 6	W 7-5 3-6 10-6	3 + 5	W 6-7 6-2 13-11
D3	4 + 5	W 6-4 6-2	4 + 6	L 5-7 1-6
S1	Adam Smagarinsky	W 7-5 6-0	George Ge	L 5-7 6-3 6-7
S2	Matthew O'Sullivan	W 7-5 6-3	Kinzey Rahardja	Forfeit
S3	Daniel Zhang	L 7-5 6-7 2-6	Ting Li	W 7-5 6-4
S4	Wanyu Tang	W 6-4 7-5	Adrian Panas	L 7-5 3-6 6-3
S5	Danny Yu	W 6-4 6-4	Charlie Wang	L 6-1 6-2
S6	Antonio Li	W 6-2 6-0	Vishesh Sarda	L 6-2 6-2

1st Grade

For the 1st Game of the 2015 trial season, Sydney



High hosted St Joseph's College. The sizzling day made great circumstances to test our fitness and our tennis abilities early on in the season. Our consistently strong line up from position 1 to 6 again proved too strong for our opposition as our on court fitness sessions including 45 minutes of shuttle runs have conditioned us well. In the doubles, pairs 2 and 3 won while Matthew and I were rusty in our match, however I have no doubt, come the real season, we will be firing on all cylinders. In the singles we managed to win 5/6. Stand out being Yr 7 Antonio Li who made minced meat of his opposition showcasing his advanced all court game and prolific striking of the ball. Daniel was unlucky in his match being defeated in a war of attrition, being outdone by a crafty St Joseph's number 3. We look forward to having Stevie in the team in the coming trial rounds.

Adam Smagarinsky
First Grade Captain

2nd Grade

On Saturday 10 October, the boys of Sydney High's second grade tennis team began their trial season against St Joseph College. The weather was perfect to play tennis in, with little or no wind, and there was some cloud cover to provide some respite during our play. In the first doubles pair consisting of Kinzey Rahardja and myself, we won the first set, lost the second and finally lost the match in a super tie-breaker 5-10. The second doubles pair of Ting Li and Adrian Panas were slightly more fortunate. Down one set, they were able to come back with a convincing 6-2 win in the second combined with a narrow win in the super tie-breaker 13-11 to seal the match. Charlie Weng and Vishesh Sarda, our third doubles pair didn't have as much success. However, they went down fighting with true High spirit. In the first singles, I lost the first set, but was able to come back in the second, only to lose

the third in a tie-breaker 8-10. Our second singles had to forfeit under unfortunate circumstances and our fifth and sixth singles both lost in straight sets. The fourth singles was close as well, going over three sets too. However, that ended in a loss as well. In the third singles, Ting Li was able to win in straight sets over his opponent 7-5 and 6-4. There were many highlights during all nine matches, but there are still many things that we can improve on.

George Ge

Sports Physiotherapist Available for Sport Injuries

SBHS Sport is now offering to students a free Sports Physiotherapist service to cater for boys who have suffered an injury from playing or training for SBHS sport. The service will be available on most Monday mornings during the summer and winter seasons.



The specific details are:

- Location: Outside room 901 in the Gymnasium
- Time: Available from 7-9 am on Mondays
- Dates: There are certain dates the physiotherapist will be available. Please see the school calendar. A list of term 4 dates is below.
- Priority: Official SBHS AAGPS teams will get priority i.e. 1st and 2nd grade over other boys
- Follow up Report: A report will be submitted to the MIC of the specific sport
- Rehabilitation Program: A rehabilitation program will be devised whereby boys will be required to complete their rehabilitation within the SBHS Weights Room (free of charge)

Term 4 dates are below following the previous Saturday game days:

Event	Date	Start Time	Finish Time
Summer Sport	2 Nov 15	7.00 am	9.00 am
Summer Sport	9 Nov 15	7.00 am	9.00 am
Summer Sport	16 Nov 16	7.00 am	9.00 am
Summer Sport	23 Nov 15	7.00 am	9.00 am

Mr Mark Pavone
Sports Master

Ikko Arimoto



Ikko Arimoto (second from the top right) celebrating the State Title

Ikko was selected for the U12 Metro Far South Team, comprising boys from Sutherland and Wollongong. The team travelled to Griffith last week to compete in the State Titles. They played 8 games in 5 days against the best U12 boys in NSW and came away undefeated to claim the State Champions title for 2015. Overall the boys scored 25 goals and had 7 against to dominate a very strong competition.

Jason Hong

Jason Hong represented Concord in the Eric Appley Golf Shield. After regulation play the teams were locked at three games each. To decide the champion team a playoff was conducted with the number one players down at the 18th hole. Jason Hong, Concord's number one player squared the 1st playoff hole with a par and after playing the 18th hole for the 2nd time in the play off, won the Eric Apperly Shield for Concord.



Jason Hong (second from the top right) celebrating Eric Appley Shield

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N.B. Content is subject to approval



WELLNESS CENTRE



FREE five week course, facilitated by experienced clinicians specializing in adolescent development and behavior. The course will assist parents to improve parent-child relationships and manage and understand their adolescent's behavior. This is a skills building and educational program.

DATE: Monday 16th November – Monday 14th December 2015

TIME: 6:00 PM – 8:00 PM

LOCATION: 63A Wairoa Rd, North Bondi

To register or for more information contact Kelly or Sarah on (02) 9365 2500.

TOPIC AREAS INCLUDE:

- * Understanding your child - adolescent development
- * Reflecting on your parenting - the impact of various parenting styles
- * Setting limits and boundaries that stick
- * Effective communication and conflict resolution
- * Practical strategies for building resilience in your children
- * Special topics: alcohol and other drugs, sex, mental health and enhancing internal regulation

EFFECTIVE PARENTING COURSE
WWW.WAYS.ORG.AU

October/November 2015

16-10-2015

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 C	19 Sports Physiotherapist, 07:00-09:00, 901 HSC Exams HSC: Biology (34), 09:25-12:30 Year 9 Yearly Exams AAGPS General Committee Meeting, 13:45 Class test: 10MaC-P4 Water Polo: U/15 KO Final Rugby: Committee Annual General Meeting, Staff Common Room	20 *** HSC Exams HSC: English Ext 1 (28), 09:25-11:30 Year 9 Yearly Exams Cricket: 1st XI v Menai High School, CHS Alan Davidson Knockout, Round 3, Menai High School, 09:00-16:30 Class test: 8Ma3-P4 Fundraising Management Committee meeting, 17:30-18:30 Foundation meeting,	21 HSC Exams HSC: Maths (168), Maths Ext 2 (116), 13:55-17:00 Year 9 Yearly Exams	22 HSC Exams HSC: Legal Studies (22), 09:25-12:30, Senior Science (16), 13:55-17:00, German Ext (1), 14:00-16:00 Year 9 Yearly Exams	23 HSC Exams HSC: Chemistry (106), 09:25-12:30, Software Design (12), 13:55-17:00 Excursion: German Years 9-11, Entertainment Quarter, P3-5	24 Sport: Group 1 TSC v SHS, Group 2 TSC v SHS Parking: Sydney FC v Western Sydney, 19:30 (Football)	25
4 A	26 Sports Physiotherapist, 07:00-09:00, 901 HSC Exams HSC: Modern History (43), 09:25-12:30, Maths Ext 1 (165), 13:55-16:00 Year 7 Yearly Exams HSC Visual Arts Marking Class tests: P1-9YFM, P4-9XFM	27 HSC Exams HSC: Physics (111), 09:25-12:30 PD: Lead and Highly Accomplished meeting, planning for twilight session, 08:00, 205 Year 7 Yearly Exams 7ArB Yearly Assessment Quiz, P3, room 611 Excursion: Year 9 and 10 beginners Filmmaking students, 12:50-3:15, Palace Cinema	28 HSC Exams HSC: Business Studies (25), 09:25-12:30, Chinese (4), 14:00-17:00 Year 11 Meeting, Sir Roden Cutler information, 11.30-12.00 Year 7 Yearly Exams Cricket meeting, Great Hall, 15:15-16:30	29 HSC Exams HSC: SoR I (6), 09:25-11:00, SoR II (14), 09:25-12:30 Year 7 Yearly Exams	30 HSC Exams HSC: Chinese Ext (2), 09:30-11:30, French (2), 14:00-17:00 Cutler Foundation (external collection all Yr 11) Year 8 Meeting, Junior library, 10:15-10:40 Year 7 Yearly Exams	31 Sport: Group 1 NC v SHS, Group 2 NC v SHS	1
5 B	2 Sports Physiotherapist, 07:00-09:00, 901 Attendance and Progress Review (all Years) HSC: History Ext (11), 09:25-11:30, Design and Technology (5), 13:55-15:30 Year 8 Yearly Exams	3 HSC: Geography (15), 09:25-12:30, Drama (4), 13:55-15:30 Year 8 Yearly Exams Year 10 Peer Mediation Day, Room 203, 09:00-15:20 7ArC Yearly Assessment Quiz, P3, room 611	4 HSC: Visual Arts (8), 13:55-15:30 Year 8 Yearly Exams Basketball: CHS 15 years KO Final series, Terrigal Rowing: Committee Meeting, Staff Common Room, 18:00	5 Sports Council Meeting, Board Room, 07:30 Year 8 Yearly Exams Senior Film Festival, Senior Library, 12:30-13:10 Basketball: CHS 15 years KO Final series, Terrigal	6 Years 7 vaccinations, Years 8 and 11 catch up, Jnr Library, 09:30-13:00 Parking: Sydney FC v Brisbane Roar, 19:40 (Debating)	7 Sport: Group 1 SHS v TKS, Group 2 SHS v SIC OBU event: Class of 2000 Reunion, Great Hall, 17:00-23:00	8
6 C	9 Sports Physiotherapist, 07:00-09:00, 901 P+C Executive Meeting, Board Room 17:30 P+C Annual General Meeting, Staff Common Room, 18:30	10 Year 7 and other new students in 2016 Orientation Afternoon, 15:50-18:30 School Council Meeting, Board Room, 17:30-19:00 Music Awards Assembly, Great Hall, 09:55-10:40 (8, 10, 11) Music: Hero v Villain music marathon, Great Hall, 18:30-21:00	11 Remembrance Day Ceremony, 10:45 (all school) Junior Film Festival, Junior Library, 12:30-13:10 Meet the Music Concert: Sydney Opera House 18:30 Melbourne High Summer Exchange/Barberis Cup, Melbourne	12 Mandatory Science Assessment (Y8), 8Sc1, 8Sc2, 8Sc3, Periods 1 and 2 Melbourne High Summer Exchange/Barberis Cup, Melbourne Year 9 Meeting, Great Hall, 09:55-10:20 Year 7 Meeting, Great Hall, 10:45-11:10	13 Mandatory Science Assessment (Y8), 8Sc4, 8Sc5, 8Sc6, Periods 1 and 2 Year 10 Yearly Exams Melbourne High Summer Exchange/Barberis Cup, Melbourne Stewart House Day Mufti/BBQ (Y7 community service)(Junior Quad)	14 Sport: Group 1 SHS v TKS, Group 2 TKS v SHS Rowing: GPS Grammar Regatta, SIRC, Y9,Y10,Seniors Parking: Sydney FC v Melbourne Victory, 19:30 (Rowing)	15 Volleyball: Australian Schools Qualifying Tournament, Sydney Olympic Park