



From the Principal Scholarships



I am pleased to announce that the Scholarships Committee (comprising K. Jaggar, J. Chan and R. Gifford) has met to appraise the encouraging number of applications for our two school scholarships. The Phillip Day Memorial Scholarship was awarded to Alexander De Araujo (10R). Alexander will receive a voucher of credit on his school account to the value of \$1500. Congratulations, Alexander! The Sir Roden and Lady Cutler Foundation Scholarship for 2017-18 was awarded to Nishant Suriyadeepan (10F) who receives school vouchers for \$1500 for two years. Well done, Nishant! Jack Horton (10M) was recognised by the Committee and given an Encouragement Award of \$200.

Thank you to all those boys who applied. It was certainly hard to pick a winner from among the impressive applications. Boys in junior years are invited to apply again next year.

Collection of Reports

All boys, except those in Year 10, should have collected their reports. Regrettably, there are still many boys who have not fulfilled their commitments and completed their Clearance Forms and booked an appointment time to see me to discuss their progress at school. This is an important step in our feedback loop and I insist on speaking to boys personally. Boys can come and get their reports before or after school and at lunch or recess on most days. There are also sheets provided for 'Stragglers Reports' for an hour or so on selected days. Boys just need to make an effort to comply with policy and come and see me. Once I have had a short feedback session with each boy, his report is loaded online against his personal file on Find a Student. Parents are urged to sort out any outstanding issues and encourage their sons to book a time to discuss their learning before the opportunity for this year is lost.

Weights Room

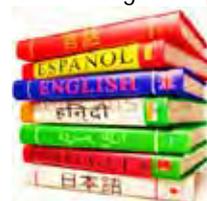
A reminder to all boys who might have weights training as a requirement in their regime for a GPS sport. As was the case for 2016 it is proposed that **no term memberships** will be offered in 2017 for the Weights Room. Boys who restart after absences of a term in the Weights Room have to be retrained by Kurt when he should be concentrating on adding value to the experience of existing members. **Students requiring memberships should pay \$240 by February 28, 2017.** No further membership opportunities will be offered after that date.

Summer Sport Co-payments: Term 4

The rolls for summer sports and activities have now been finalised. In many activities co-payments are levied for the season – in this case Term 4, 2016 and Term 1, 2017. Other sports have a policy of fixing co-payments on a term-by-term basis. In either case, invoices have now been posted. For Years 7-10 this means that the summer invoice will be included on individual *Clearance Forms*. These will need to be cleared prior to boys receiving their reports. The base co-payment for sport for a season is \$152 for 2016-17, as adjusted for on costs. Higher charges are levied by individual sports as a result of a resolution by the P & C Sub-Committee responsible for supporting that particular sport. It would help the MICs for these sports greatly if families could pay for their sports in the next ten days.

Why Learning a Second Language is Vital to our Global Future - R Vukovic (Australian Teacher, February 2016)

Learning a second language improves the brain's cognitive processes. More than 350 languages are spoken in Australia. The number of Year 12 students studying a language has dropped from 40% in the 1960s to 12% this year.



Victoria plans to make studying a language to Year 10 compulsory by 2025. Regrettably, with no land borders as an

Year 9 Students Senior Uniform

Purchase your senior uniform NOW to avoid long queues.

Senior Tie \$29.50

Senior Trousers \$75

Short Sleeve White Shirt 14-22 \$29, 24-28 \$31

Long Sleeve White Shirt 14-22 \$31, 24-28 \$33.

High Store

Cash Register Receipts

Cash register receipts for all items (except for General Contributions and Tax deductible receipts) will no longer be sent to classrooms. Receipts for payments made via telephone, the new online payment system or left with the office for processing will need to be collected by the student before the end of each term.



Receipts will be available for collection from the McDonald Wing Office during the following times:

Monday to Friday
Before school
Recess
Lunch

Uncollected receipts will be destroyed at the end of each term and copies will not be reissued.

Sharon Kearns
SAM

From the Canteen

As we bid adieu to 2016, P&C canteen would like to thank staff, students and families for their ongoing support. High Canteen is privileged to have a dependable network of volunteers, who assist managers Karen & Tracey. This helps reduce operating costs and return all profits generated by daily sales towards meaningful school projects. Canteen has contributed \$80,000 this year.



Thanks to Christina Chow for efficiently managing stocks and canteen accounts once again. Thank you, Eirini, for ably helping Karen and Tracey run the canteen during the week and for stepping up when they are away.

We are very grateful to our Year 12 parents, who have continued to work in the canteen although their boys have officially completed school. We value their contribution over the last six years and commitment to the High ethos.

Thank you to all staff and volunteers who attended the P&C end of year celebrations earlier this week. Sailing committee yet again offered a sumptuous selection of festive foods. We hope to increase the attendance next year.

Canteen would like to acknowledge the following helpers:

MON: Minhua Zhang, Ling Cui

TUES: Mary Chan, Malin Wongthaveevatana, Phan Nguyen

WED: Thajeewa Pingamage, Xiao Ping Lu (Laura), Yan Liu, Dimi Barlas

THU: Pit Trent, Xing Ping Zhang

FRI: Sabrina Xu, Usha Arvind

A reminder that canteen will only be open for breakfast and recess on the last day of term.

We look forward to your support next year and value suggestions or feedback. Wishing everyone a merry festive season, safe holidays and restful break.



Usha Arvind
President Canteen Committee



HIGH WATER POLO

First Grade Report

The Thomas Whalan Cup

A good day overall for our first-grade water polo team who competed in the Thomas Whalan Cup on Saturday. We started the day with a hard earned 7-4 win over Riverview, followed shortly after with a great game against Scots whom we held at 4-4 well into the second half before eventually conceding a goal for an unfortunate loss. We then went on to comfortably beat Joeys before playing the last game of the day against Newington and again succumbing to pressure in the remaining minutes leading to a loss.

Dominic Leal Smith (11F)

14s Report

Last week the 14s water polo team continued their winning streak. This time against The King's School with a 13-7 win. Despite the early game time of 9am, the whole team were committed to turning up at least half an hour early for warm up. Ryan and Khalil easily had midfield on lockdown, whilst Irvin and I secured the left side and David and William dominated the right side. Within the first twenty seconds, we were on the board due to a great pass from Ryan putting Irvin through their defence. Before King's had a chance to strike back, Khalil was able to notch up a few points of his own. Near the end of the first quarter our defence held back an onslaught of shots by King's and kept them off the board. Our bench then carried the momentum from the first quarter and was also able to replicate a great performance, racking up points. Into the second half our team allowed some over confidence to seep in which led to a defensive error giving King's an advantage. This they took with both hands and began a comeback. Inspired by our coach, we tightened up in the final quarter and held back a concerted King's effort and eventually came away with the win. Congratulations to Khalil on his final game and an excellent career. He also deserves a mention with a successful five metre penalty shot that easily put his previous penalty to shame. To conclude, I would like to encourage the boys to gain confidence from an undefeated 2016 and carry the momentum into next year. Train hard in the holidays.

Jeffrey Lin (8E)

What's Up in the MacDonald Senior Library

As the end of the school year approaches the Senior Library would like to say farewell to our Year 12 graduates. The boys have been visiting to finalise all their loans and have their clearance forms signed. It is also an opportunity to have a chat about what they have been doing since completing their HSC and what their plans are for the future. Many are planning trips, some starting casual jobs and some just relaxing after a very demanding final school year.

They will be receiving their final reports and some will attend the final HSC brunch and sharing their ATAR results. They have been a fantastic cohort and we wish them all happiness and success in their future lives.



Of course, the current Year 11 students are already occupied with their first term of HSC studies. We've put together a couple of lists of resources which may be useful in finding related texts for their English studies especially.

Related Texts for Discovery and Short Stories Display

The list of related texts for the concept of "Discovery" is available by clicking on the link in the Senior Library Homepage. We have also taken all the short story collections off the shelves and created a list of titles which has a link as well on the Senior Library Homepage in Oliver for "Senior Short Stories". The titles are also on display in the Senior Library and are available for loan. Please see our new library spinner display which gives easy access to all the titles for both lists!

State Library Program

All Year 9 students have visited the Senior Library to sign up for a State Library card and have been given a lesson showing them how to access the eResources available to all members and a brief introduction to using these fantastic resources. They will be given their cards early in their studies in Year 10 next year. Joining the State Library is the beginning of their senior studies and lead up to the HSC and the start of learning not necessarily tied to their school studies.

New Books Out for the End of The Year and Holiday Reading

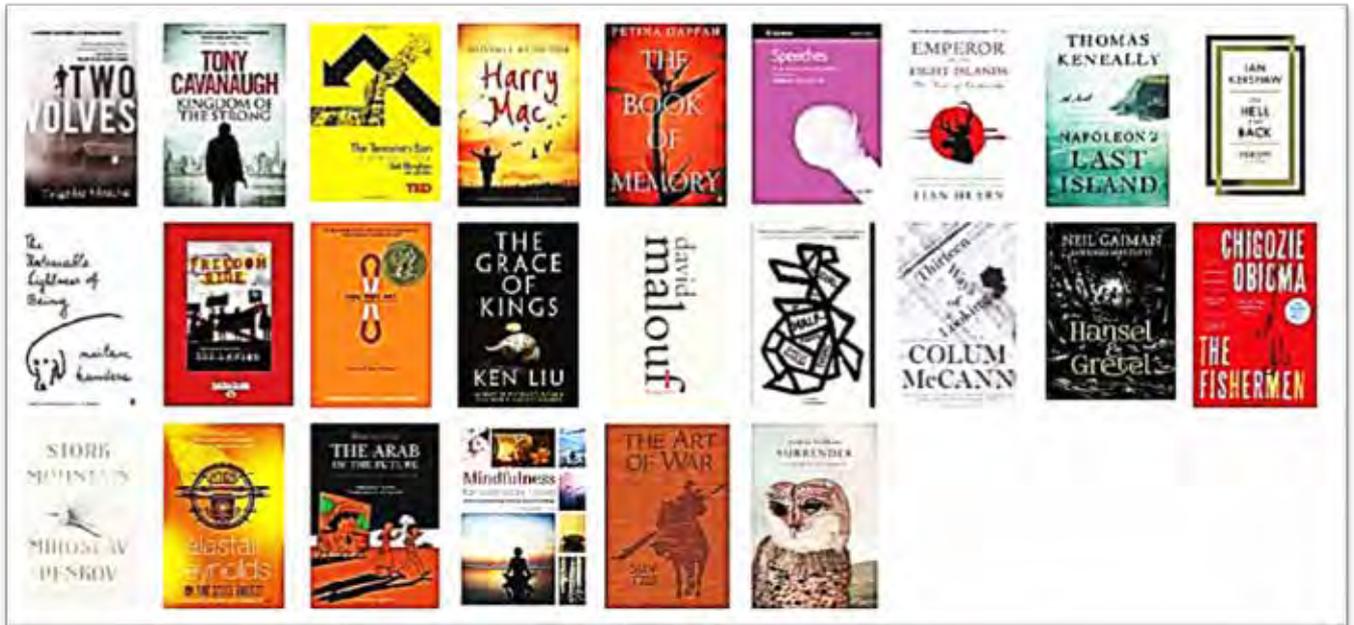
Have a look at our lovely new list of books on display and available to borrow right now for the holidays!

EBooks also available during the break

Don't forget if you are looking for holiday reading, run out of reading or just prefer eBooks then remember we have a large collection of eBooks to choose from and available 24/7! Just log in to your Oliver library in your portal which is accessible through the school website from anywhere, click on the links to the eBook collections which are on the library homepage and you can browse, search and borrow your preferred titles here. Both *Overdrive* and *Wheelers* links will also provide information about the correct application you will need to read the titles depending on whether it is an Apple, Android or Microsoft device.

On behalf of the libraries at SBH our staff wish students, their families and school community a safe and happy holiday season.

Suzanne Gordon
Teacher Librarian



SAILING

MIC Report

With the conclusion of competitive fleet racing due to Scots, Cranbrook and Ascham starting their holidays early, High will run an intra-school regatta this week. With six boats, we could rotate two sets of crews throughout the day to give everybody a chance at sailing against each other, while skippers remained consistent to reduce the time spent on shore switching over. Skippers, Patrick Han, Dallas Yan, Alex de Araujo, Jarrod Khaw, Nicholas Palmer, and Ben Kernohan, skippered well throughout the two races each. With changing wind conditions, ranging from 9 knots to a moderate 14 knots, skippers and crews coped well with the SSE wind at Rose Bay. Racing in the bay allowed crews and skippers to have fun, nearing the end of season, enjoying their time in a friendly, less-competitive environment. Although crews

and skippers were initially a bit slow in getting onto the water, cooperation and teamwork ultimately allowed sailors to get a lot of sailing in. With the close of sailing for 2016, we hope to further improve sailors and their boat handling skills for sailing in 2017.

A reminder for our 2016 Annual Sailing Celebrations which will be on at the Woollahra Sailing Cub Saturday 10 December at 8.00am. Bring the whole family along and enjoy the day with fellow sailors and parents. Please bring along a contribution of food/fruit/drinks etc. See you all there bright and early.

M Cotton
MIC of Sailing

2016 ANNUAL SAILING CELEBRATION



Saturday 10 December

8am-11am Woollahra Sailing Club

SBHS Sailing invites all sailing boys, parents and families to the annual Christmas gathering and sail fest.

This great event is an opportunity for us all to get together and for the parents to get out on to the water and try sailing for themselves. 2020 Tokyo Olympic berths are still up for grabs.....

Please bring a contribution such as a platter of food/fruits/drinks etc....

We look forward to seeing you all there!!

Any questions please contact Matt Cotton on cottonm@sbhs.nsw.edu.au

SHOOTIN' HOOPS

207

A week off for High Basketball; we hope you've all had a great week! Make sure to start planning your off-season training in advance of the upcoming official GPS basketball season.

Those interested in the USA basketball tour at the start of 2018 are to bring their parents along to Room 901 at 7pm on Thursday 15 December for a briefing on what the trip will entail. This trip will include stops at the Grand Canyon and Disneyland, so please come along! Even if the cost scares you, or the time commitment, or something else; check it out anyway, just to get more details.

Mr Shirley's 3-point shootout brings the best 3 point shooters in the school together for a lunchtime showdown to determine who is the best. On Tuesday 13 December, please come along at lunchtime to witness the best shooters in the school facing off!

If you have Instagram, don't forget to follow @sbhsbball, for cool posts showing the past, present and future of High Basketball!

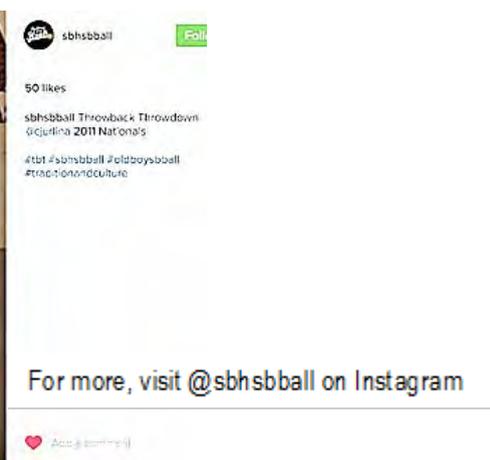
Mr Hayman and Firsts are currently playing in the National Championships in U20 Senior Division 1 pool, where they are standing at second in the whole nation! Their last game was against the Shore School, also in the GPS, where High won 60-46. For updates on later games visit:

http://websites.sportstg.com/comp_info.cgi?c=1-8979-0-434310-0&pool=1&a=LADDER

Mr Hayman has led Firsts to claim a top four position for six years in a row, let's see if we can make it seven years in a row! High is the only school ever to do this, so hats off to Mr Hayman.

In other news, the Sydney Kings are still sitting at the top of the NBL ladder; let's hope they can continue this run, and maybe see a bit of game time for Old Boy Craig Moller.

Play Hard, Play Smart, Play Together. Go High!



Go HIGH!
Play Hard, Play Smart and Play Together!
Thanks to everyone who makes Shootin' Hoops possible
Brought to you by Adam Gordon and Alex Zhou



VERITATE ET
VIRTUTE



Cricket Results – 2016 Term 4 Week 8:

East Coast Cup – Monday 28 – Wednesday 30 November

Team	Score	Result	Highlights
Year 8 (50/50)	SBHS 5 – 188 v BSHS 6 – 175	Won	Saarangan Arvind 57, Harris Memon 38, Run-outs (3)
Year 8 (20/20)	SBHS 4 – 85 v BSHS 11 – 84	Won	Menuja Goonaratne 37, Aleksei Maksymow 4-9
Year 8 (40/40)	SBSH 8 – 178 v BSHS 11 – 126	Won	Vivek Mahajan 69, Saarangan Arvind 36
Year 7 (40/40)	SBHS 10 – 122 v BSHS 10 – 139	Lost	
Year 7 (20/20)	SBHS 9 – 61 v BSHS 1 – 62	Lost	
Year 7 (40/40)	SBHS 11 – 88 v BSHS 9 – 159	Lost	Gautama Desaraju 30

Cricket Report

For 1st and 2nd XI GPS points ladder please go to:

<http://aagps.nsw.edu.au/summer-sports/cricket/>

The GPS Competition may have come to a break for the summer holidays, but cricket continues for SBHS and this week we had the Year 7A team and the Year 8A team fly to Brisbane to play in the annual East Coast Cup against Brisbane State High School (BSHS). Although there is no official trophy that we play for, as far as we are aware, BSHS have earned the right to the title and have been the holder for many years. We felt that this time we had a decent chance to challenge them with a strong Year 8 team and an improving Year 7 team.

We arrived at the airport where BSHS personnel met us and transported us directly to their playing fields at Fursden Road. Upon arrival, we were greeted warmly by our billeting families with some very welcome refreshments and a BBQ.

Over the next three days our boys had a very enjoyable time playing high quality cricket. Highlights from the Year 7 team were Jivan Naganathan, Ohm Bandari and Yeongmeng Li all posting their highest ever individual scores. Whereas, the Year 8s were in full control of all their three games with Vivek Mahajan posting the highest score for the week and Saarangan Arvind also knocking up a half century. Harris Memon also scored a very mature 30 that helped the team post a near unbeatable target to chase.



Year 7s post-match debrief by Mr Walters



Year 8s walking out to bowl

On the Tuesday, the boys played a quick game of T20 to finish the day early. This allowed them some free time to take a tour of the Brisbane State High School, then head down to South Bank where there is a man-made beach to swim for the remainder of the afternoon.

I would like to thank all High families for allowing their sons to go on the tour. We would also like to thank BSHS for hosting a great, fun packed week and the BSHS families for billeting our boys. They all had an amazing time. Some boys even got to experience living in a house with a swimming pool, which was a highlight for them.

Training will continue for the rest of the term during sport time then re-commence first week back of Term 1 with Saturday 4 February being the first Saturday fixture.

Have a safe and wonderful summer holidays.
Geoff Tesoriero
MIC of Cricket



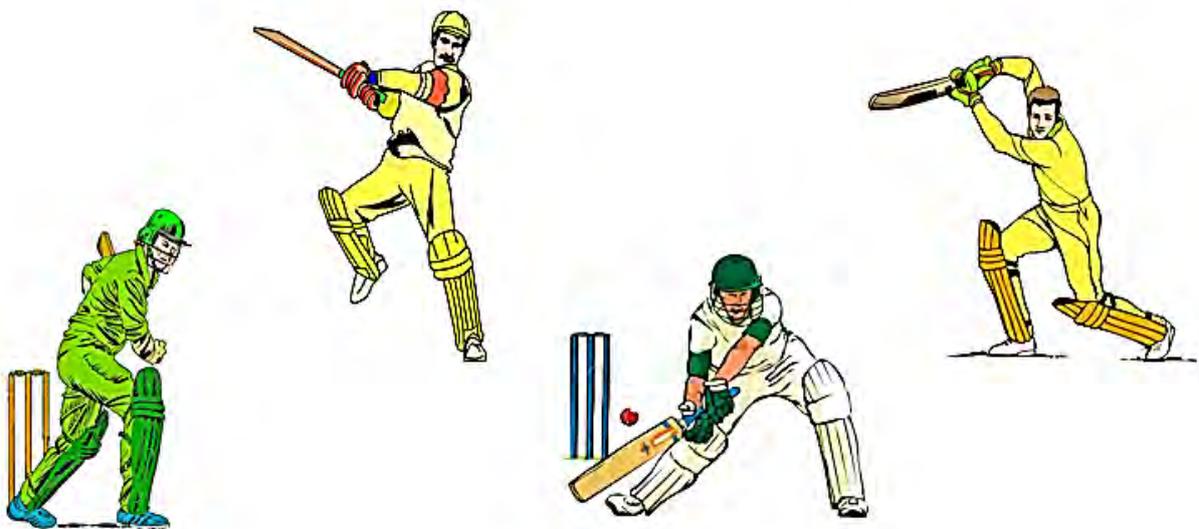
Ohm Bandari bowling for Year 7



Year 7 and Year 8 SBHS and BSHS



Vivek Mahajan on his way to 69



'Bring Your Own Device' Program: Advice for 2017

Application of this Advice

The Sydney Boys High School Bring Your Own Device (BYOD) program applies across all year groups and all students are expected to bring a device of their own choosing and ownership to school each day. If you're looking at replacing your existing BYOD in 2017, then the following applies to you.

Selecting a technology device is not simple, and the school's *Device Specification* is particular. Our recommended devices are designed to simplify your choices and purchasing processes.

For 2017, Sydney Boys High School has partnered with JB Hi-Fi Education Solutions to make our recommended devices available to you. Compared to previous years, JB Hi-Fi Education brings the following benefits:

- **More competitive pricing** – the devices still have a 3-year warranty, but the price point is better.
- **Better availability** – you can pick up your device at any JB Hi-Fi store across Sydney. If you order in the new school year, the device will be delivered to school.
- **New payment options** – you can pay by **BPay** or take out **12 Month Interest-Free Finance** on all devices, as well as pay by credit card.

Available Recommended Devices

Microsoft Surface Pro 4



- 12.3" **Touch** Screen
- 6rd Generation Intel Core Processor – Core m3 and Core i5 options available
- 4GB RAM, 64GB/128GB Solid State Disk
- Surface Pro 4 Type Cover
- 3 Year Warranty

The Microsoft Surface Pro is the best convertible multi-touch device available on the market and has been a very popular device for BYOD. The device has an excellent quality screen and is supplied with the Surface Pro 'Type Cover'.

Lenovo ThinkPad X260



- 12.5" Screen – HD and FHD options available
- 6th Generation Intel Core Processor – Core i3 and Core i5 options available
- 4GB or 8GB RAM, 128GB or 256MB Solid State Disk
- 3 Year On-site Warranty

The ThinkPad X260 is a thin and very light device that fits well in a school bag. Battery life is excellent. It is a very well-regarded traditional-type laptop. Looked after, the X260 should readily complete four years of high school service.

Lenovo ThinkPad 13



- 13.3" HD Screen
- 6th Generation Intel Core i3 Processor
- 4GB RAM, 128GB Solid State Disk
- 3 Year On-site Warranty

The ThinkPad 13 is a little larger and heavier – and cheaper – than the ThinkPad X260. Apart from that it should perform similarly to the Core i3 version of its X-series sibling while sharing some of the exterior features of the designed-for-education ThinkPad 11e.

Lenovo ThinkPad 11e (Windows)



- 11.6" HD Screen
- 4th Generation Intel Processor
- 4GB RAM, 128GB Solid State Disk
- 3 Year On-site Warranty

The ThinkPad 11e is Lenovo's speciality education product. It features rubber bumpers and a thicker screen surround to help it withstand the bumps inherent with bringing a device to school. It's heavier and a slower device than the other options, but is well positioned for our BYOD program.

Apple MacBook Air 13"



- 13.3" 1440x900 resolution screen
- 5th Generation Intel Core i5 Processor
- 4GB RAM, 128GB or 256GB Solid State Disk
- 3 Year On-site Warranty

The MacBook Air is the most comparable device to (though physically larger than) the Lenovo ThinkPad X250 in specification and price point. It's a good all-round choice if you prefer the Apple platform.

Why Purchase a Recommended Device?

All our recommended devices are configured to meet the device specification comfortably. All feature solid state disks and so have no moving parts. Warranties are a minimum of 3 years. Devices feature an on-site warranty which means the device can be fixed by a technician at school, ensuring its maximum availability

Additionally, Accidental Damage Protection insurance is available as an option for your peace of mind.

Recommended devices are available at a discount from their retail pricing through our device purchasing portal.

How to Purchase a Recommended Device

Visit the Sydney Boys High School BYOD Purchasing Portal at:

<https://sbhs.co/bp>

You need the following code to register for the Purchasing Portal:

SBHS2017

Note the code is CASE-SENSITIVE. Devices ordered through the Purchasing Portal will take **two to three weeks** for to become available. You can select your local JB Hi-Fi store to pick up your order, or order in Term 1 next year and the device will be delivered direct to school.

Other Device Options

If you're looking at other devices, take care to ensure your chosen device meets the Device Specification. Ensuring it meets the requirements for Wireless Network connectivity can be difficult when buying in store.

Find Out More

All information is now available on the Bring Your Own Device website – <http://www.sydneyboyshigh.com/byod>.

If you have questions which have not been addressed in any documentation, or you wish to make comment, please email the project team at:

byod.feedback@sbhs.nsw.edu.au

DEC 2016 - JAN 2017

SCHOOL HOLIDAY COURSES!



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HIGH SCHOOL HOLIDAY PROGRAM

FOR YOUNG PEOPLE AGED 13—18 years (Or younger if in high school)

MONDAY 2	MONDAY 9	MONDAY 16	MONDAY 23
<p>PUBLIC HOLIDAY</p> <p>NO PROGRAM</p>	<p>10.30am—4:00pm ARCHERY AT HOME BUSH</p> <p>COST: \$20. Cost includes 2 hour lesson, bring your own lunch Please wear enclosed shoes</p>	<p>10:30am—4:00pm</p> <p>COST: \$8 SKYZONE AT ALEXANDRIA Bring your socks, lunch and or money to buy</p>	<p>10.30AM—4:00PM</p> <p>COST: \$10. INDOOR ROCK CLIMBING AT ST PETERS Bring your own lunch or money to buy. Please wear enclosed shoes</p>
TUESDAY 3	TUESDAY 10	TUESDAY 17	TUESDAY 24
<p>9:30am—4:00pm</p> <p>COST: \$25. PADDLE BOARDING AT BALMORAL BEACH Bring your own lunch or money to buy, also sunscreen, hat and towel</p>	<p>9:00am—5:00pm</p> <p>COST: \$25. JAMBEROO RECREATIONAL PARK Bring your own lunch or money to buy, some rides require enclosed shoes</p>	<p>9:30am—4:30pm</p> <p>COST: FREE TOUCH FOOTBALL AT COOGEE BEACH Wet weather alternative Cook Philip Park, bring your own lunch or money to buy</p>	<p>9:00am—5:00pm</p> <p>COST: \$25. WET 'N' WILD Bring your own lunch or money to buy, also sunscreen, hat and towel</p>
WEDNESDAY 4	WEDNESDAY 11	WEDNESDAY 18	WEDNESDAY 25
<p>10:30am—4:00pm</p> <p>COST: \$12. MOVIE AT FOX STUDIO, Movie to be decided by group on the day, bring your own lunch or money to buy</p>	<p>10:30am—4:00pm</p> <p>COST: \$10. "STAND UP" COMEDY WORKSHOP AT REDFERN COMMUNITY CENTRE Lunch provided</p>	<p>10:30am—5:00pm</p> <p>COST: \$20. URBAN JUNGLE AT HOME BUSH and SWIMMING AT AQUATIC CENTRE Bring your own lunch or money to buy, also towel, sunscreen and hat</p>	<p>9:30am—5:00pm</p> <p>COST: FREE SNORKLING AT CLOVELLY BEACH Wet weather alternative Cook Philip Park, bring your own lunch or money to buy</p>
THURSDAY 5	THURSDAY 12	THURSDAY 19	THURSDAY 26
<p>10:30am—4:00pm</p> <p>COST: \$8. PUTT PUTT GOLF Cost includes 2 games of 18 holes, bring your own lunch or money to buy.</p>	<p>10:30am—4:00pm</p> <p>COST: \$25. LUNA PARK Cost includes unlimited rides pass, bring your own lunch or money to buy</p>	<p>10:30am—4:00pm</p> <p>COST: FREE BASKETBALL AND HEALTHY COOKING PROGRAM Charity Bounce At Ultimo Community Centre, lunch provided</p>	<p>PUBLIC HOLIDAY</p> <p>NO PROGRAM</p>
FRIDAY 6	FRIDAY 13	FRIDAY 20	FRIDAY 27
<p>9.30am—4:00pm</p> <p>COST: FREE SNORKLING AT CLOVELLY BEACH Wet weather alternative Cook Philip Park, bring your own lunch or money to buy</p>	<p>9:30am—4:30pm</p> <p>COST: FREE CRICKET AT COOGEE BEACH Wet weather alternative Cook Philip Park, bring your own lunch or money to buy</p>	<p>9:30am—5:00pm</p> <p>COST: \$3. SWIMMING AT BOTANY POOL, Bring towel, sunscreen, hat, lunch or money to buy.</p>	<p>9:30am—5:00pm</p> <p>COST: FREE BEACH VOLLEYBALL AT COOGEE BEACH Wet weather alternative Cook Philip Park, bring your own lunch or money to buy</p>

NEW BOOKING AND PAYMENT SYSTEM:

TO BOOK ONLINE : WWW.CITYOFSYDNEY.NSW.GOV.AU

FOLLOW THE LINKS: [COMMUNITY/YOUNG PEOPLE/SCHOOL HOLIDAYS](http://WWW.CITYOFSYDNEY.NSW.GOV.AU/COMMUNITY/YOUNG%20PEOPLE/SCHOOL%20HOLIDAYS)

<http://WWW.CITYOFSYDNEY.NSW.GOV.AU/SCHOOL-HOLIDAYS>

FOR MORE INFORMATION CONTACT 8512 8771

Several convenient pick up and drop off locations for the School Holiday Program:-
Sydney, Erskineville, Redfern, and Ultimo

**Please note that bus pick up and drop off times may vary for each location*

HEALTHY KIDS PROGRAM



GO4FUN FOR FAMILIES

Go4Fun is a healthy kids program for kids aged 7-13 above a healthy weight and their families.

At Go4Fun kids and parents learn about healthy eating and exercise using fun, up-beat activities and games.

Go4Fun also helps build self-esteem and confidence in an encouraging and supportive environment.

Go4Fun runs after school during the school term for 10 weeks.

ACTIVITIES AT GO4FUN:

GAMES & FUN ACTIVITIES

BEING AN ACTIVE FAMILY

LEARNING DIFFERENT FOODS & INGREDIENTS

UNDERSTANDING FOOD FEELINGS AND TRIGGERS

BEING A 'FOOD DETECTIVE' AT THE SUPERMARKET TOUR

WHAT HAPPENS AT GO4FUN?



HOUR

1

PARENTS & KIDS TOGETHER:
NUTRITION & MIND THEORY SESSION

PARENTS DO:
NUTRITION & FAMILY LIFESTYLE CHAT SESSIONS

HOUR

2

KIDS DO:
FUN EXERCISE & GAMES SESSIONS





Healthy • Active • Happy • Kids



More info for families



WHY SHOULD KIDS DO GO4FUN?

Being overweight can contribute to health problems like asthma, diabetes and heart problems, as well as affect a child's self-esteem, willingness to participate in activities and can affect friendships with peers.

Poor body image may also prevent a child from reaching their full potential. A poor diet can affect concentration and therefore learning and school ability. Poor body image and self-esteem may also affect school attendance and behaviour.

WHAT IS ABOVE HEALTHY WEIGHT?

Approximately 25 per cent of children in NSW are overweight or obese. Kids who could be above a healthy weight include those that:

- Wear clothes sizes for an older age group
- Spend over two hours watching television (or using a computer) per day
- Are physically active for less than one hour per day
- Eat unbalanced meals, large portion sizes or more than one unhealthy snack per day.

BENEFITS OF GO4FUN?

- Builds self-esteem and confidence
- Improves sporting skills and fitness
- Builds team work and communication skills
- Balanced diet helping learning and mood
- A healthier child!

DOES GO4FUN WORK?

Independent clinical studies show Go4Fun can help children reach a healthier weight, increase time spent being active, improve fitness and help raise self-esteem.

Measurement of height and weight is collected before and after Go4Fun to help track improvements of children as a result of Go4Fun.

Go4Fun meets current Australian guidelines and National Health and Medical Research Council (NHMRC) recommendations for managing overweight and obesity in children.

WHERE?

Held in sports and community centres, as well as schools in most council areas of NSW

WHEN?

Run after school in school term (10 weeks), usually starting at 4:00pm, 4:30pm or 5:00pm

COST?

FREE. Kids get a free t-shirt, drawstring bag, bouncy ball, water bottle and info folder

REGISTER ON **1800 780 900**
OR **SLHD.NSW.GOV.AU/GO4FUN**



Health
Sydney
Local Health District

Sydney Local Health District Health Promotion Service
Level 9 King George V Building | RPA Hospital | Camperdown | NSW 2050
P: 02 9515 9055 | F: 02 9515 9056

January/February 2017

09-12-2016

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0 C	23 Basketball: 1sts/2nds gym-training, 07:30-12:00 Basketball: Juniors, 11:00-15:00 (tbc) Rowing: Year 8 Camp, Abbotsford Cricket: 1st/2nds Trial match v CCNSW, McKay Oval, 12:00 - 17:30 The Great Hall, AV system upgrade	24 *** Basketball: 1sts/2nds gym-training, 07:30-12:00 Basketball: Newington/Trinity tournaments (1sts and 2nds), 09:00-15:00 Basketball: Juniors, 11:00-15:00 (tbc) Rowing: Year 8 Camp, Abbotsford Cricket: 1st/2nds Trial match v St Aloysius, McKay Oval, 10:00 -	25 Basketball: 1sts/2nds gym-training, 07:30-12:00 Basketball: Newington/Trinity tournaments (1sts and 2nds), 09:00-15:00 Basketball: Juniors, 11:00-15:00 (tbc) Rowing: Year 8 Camp, Abbotsford The Great Hall, AV system upgrade	26 Australia Day - Public Holiday	27 Staff Development Day Rowing: Year 7 Try Rowing Day, Outterside Centre, 08:45-13:30 Tennis: Year 7 Orientation, Tennis Courts, 14:45-16:00 Basketball: Year 7 Orientation, gym, 15:25-17:00	28 Cricket: Year 7 Orientation, School Cricket Nets, 10:00-13:00	29
1 A	30 Years 7, 11, 12, and new Year 9 students resume school Year 7 Transition Program	31 Years 8, 9 and 10 resume school Year 7 Transition Program Basketball: Training resumes for all teams	1 Assembly to Welcome Year 7, Great Hall, P3 (7, 10, 11)	2	3	4 Sport: Group 1 TSC v SHS, Group 2 TSC v SHS Parking: Rugby Sevens	5 Parking: Rugby Sevens
2 B	6 Medical Booklet Update School Swimming Carnival, Des Renford Pool (Heffron Park), Maroubra Swimming: GPS Captains Dinner, Riverview, 18:00 (tbc)	7 PDHPE: 1600m Run, Y7 to Y10 Welcome to New Parents of Incoming Students 2017, Great Hall, 18:00-20:00 Drama: HSC Australian Theatre Forum, 09:30	8 Rowing: Committee Meeting, 901, 19:00	9 Australian Mathematical Olympiad Year 7 Meeting, Great Hall, 09:55-10:20 Year 7 Music Recruitment Night, Great Hall, 18:30 Parking: Sydney FC v Wellington Phoenix, 19:50	10 Australian Mathematical Olympiad Debating: Show Debate for Juniors, Great Hall, 12:40-13:20 Swimming: GPS Competition 1, 19:00 (SOPAC)	11 Sport: Group 1 SHS v SIC, Group 2 SHS v SIC Rowing: High Regatta, Hen and Chicken Bay Rowing: State Championships, SIRC	12
3 C	13 Year 7 Outdoor Education Camp (Morisset) AAGPS meeting, St. Joseph's College, 13:45 P+C Executive Meeting, Board Room, 17:30 P+C Meeting, Staff Common Room, 18:30	14 Year 7 Outdoor Education Camp (Morisset) Marching Band Rehearsal, Great Hall, 15:30-16:30 School Council Meeting, Board Room, 17:30-19:00 Tennis: SE Tennis Boys' Trials	15 Year 7 Outdoor Education Camp (Morisset) Rowing: Year 10 Visit by Melbourne High Debating: DSG Meeting, Common Room, 18:00 Debating: Information evening for parents, Great Hall, 19:00-20:00	16 Rowing: Year 10 Visit by Melbourne High	17 Swimming: GPS Qualitfying 1, 19:00, Newington College Marching Band Rehearsal, MPW, 08:00-09:00 Rowing: Year 10 Visit by Melbourne High	18 Sport: Group 1 SHS v SIC, Group 2 SHS v SJC Rowing: Shore Regatta, Hen and Chicken Bay Rowing: Kings Regatta, SIRC	19