



From the Principal High Talent

Our GPS firsts debating team ensured that High will retain the Louat Shield for another year with a victory over Scots last Friday. Alex De Araujo (11R), David Wu (12S), Hugh Bartley (12R) and Louis Saunders (12R) will at least be co-premiers. A win this Friday would clinch championship status. Great job, boys! Guy Suttner (11T), Symeon Ziegler (11M) and Alex De Araujo (11R), won the Sydney University United States Study Centre Debating Final, winning three i-pads. Well done indeed! Congratulations to Andrew Guang (11S) who was declared a National Winner (\$400) in the Australian Business Studies Competition. Aland Goran (11F) won \$100 in the competition. There were seven boys who won \$50 prizes. In the Australian Economics Competition Ashwin Muthayya (11E) won \$100. There were three \$50 prize winners. Well done to Benjamin Kernohan (9S) for his second place in the NSW State Robocup Championship for Open rescue.



ILLUMINATE

Our students' works were highlighted this week in our *Illuminate* festival. My speech to open the event is reprinted below:

"Welcome to our second *Illuminate* Festival. The aim of *Illuminate* is to shine a collective light on the creativity of our boys. Our school's overarching pedagogical framework (IPEC) has two special components that help us direct our efforts in the domain of creativity and innovation – emotional intelligence (EQ) and cultural intelligence (CQ). We try to build capacity in our students to innovate by giving them resources and by training them in necessary skills. We try to nurture their creative instincts by offering opportunities for them to express themselves in drama, visual arts, photography, film-making, visual design,

design and technology, public speaking, English extension projects, robotics, music performance and composition.

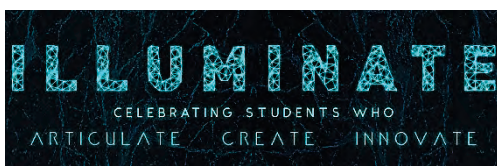
Our emotional intelligence is developed by the frequency and quality of our relationships with others. At school, many of these are vicarious, virtual or intellectual, as we engage with the philosophers, writers, artists, composers, leaders, change makers, writings or artefacts of our international heritage. Often, we recognise our own and other's emotions more clearly through the medium of music or art. Plays and speeches move us and inspire us too.



As we move from characters to contexts, we expand our cultural intelligence by appreciating the diversity and richness of human experience around the world. As mythology is exposed, empathy can be substituted in our collective knowledge and attitudes towards those of other cultures. The promotion of Intercultural understanding is one of our goals.

This evening we want to demonstrate how our students have responded to the challenge to know themselves and to express their ideas and emotions through art, music, speech or products. We are celebrating those who can articulate, create and innovate. It is important, particularly in this school so heavily weighted towards mathematics and science, that there is a forum for oracy, an audience for recital and performance and appreciative appraisers of student products. We are proud to showcase the achievements of our students during the week of celebration of creativity.

Illuminate is a very collaborative festival. It was made possible only due to the hard work and dedication of many staff members from the Visual Arts, music, industrial arts, drama and English staff at High. Thank you to Rebecca Dam, Paul Scrivener, Daniel Comben, Dat Huynh; Jenni May, Lynnea Stewart, Claire Reemst, Elianna Apostolides; Rita Miller; Michael Cinquetti, Joanne Curry, Xannon Shirley, Courtney Powell, and Teresa Tate-Britten. In particular, I want to thank Sarah Kim for her co-ordination and planning of the event.



Our thanks go also to Jim Crampton for his set-up assistance, Hieu Bui and the Sailing Committee for the catering, Matthew Cotton, Louise Gaul, David Isaacs and James Rudd. Thank you to Dimas Sanjoyo, Year 11, for his service as MC this evening. I welcome you all here this evening and hope that you enjoy the displays and performances our boys have prepared."

Parent Information Evening – Year 10 Acceleration and MOOCs

Next Tuesday in the Great Hall (1800-1900) there will be a presentation on the availability of **Subject Acceleration** for qualifying students going into Year 10. We will also present our **MOOCs Elective** option for self-selected, self-managed online learning modules (aggregated indicative time of 120 hours) as a potential third elective option for Year 10 students in 2017. The proposed Elective will be restricted to a maximum of 20 places in 2018, supervised by Careers Adviser, Mr Cipolla. Access to special Electives is dependent upon the completion of an Independent Learning Plan and selection interview. There are also academic pre-qualifications for acceleration but for MOOCs technological proficiency, a strong interest in an area to investigate and research capability will be important.

Year 12 References Assembly

Year 12 boys attended the Great Hall at on Friday, 1 September to be briefed on the system of personal reference preparation. The type of information that is required and the sequencing of it in the document needed every boy to be there. References for many boys need to be finalised during the holidays and uploaded onto the UNSW Co-op Scholarship site, so it is important that the process has all relevant data available by the end of term. Any student who missed the meeting is responsible for liaising with the Principal to obtain a reference form and instructions.

Student Leave Requests – Reminder

Too many parents are ignoring or pleading ignorance about the school policy on **Student Leave of Absence – Extended Leave Travel** requests. This applies to leave that is **five school days or more** in duration. Parents are reminded that as a matter of policy leave will not be processed or approved unless **four weeks'** notice has been given. Also, cogent reasons for travelling during school term need to be supplied. The effect of this decision is that all leave requests that involve the last four weeks of term must be lodged with me for approval by the end of week 6, each term. If you are planning to travel during the school term you need to download, complete and submit the form for my approval by the closing date. As it is now week 7, I am inclined to apply the rule quite strictly.

Support Sir Roden and Lady Cutler Foundation - our Year 11 Project

I would like to offer you an amazing opportunity of winning one(1) of five(5) prizes to the exclusive Pre-Opening event of the newest 5 Star hotel in Sydney on Tuesday the 3rd October 2017. The Sofitel Sydney Darling Harbour. The Foundation has been selected as one of 28 Charities to feature in this "First in a Millennium Event". *We have 5 Rooms to give away to this exclusive event which includes: Overnight Accommodation in either a Luxury or Superior Room; early check in at 12 Noon; Complimentary Breakfast; and Exclusive Invitation to the Ballroom Event on the Night.*

You will be the first to stay at Sydney's Newest and most glamorous hotel. This pre-opening night event will be one of the most high profile events the City has seen. Sofitel Sydney Darling Harbour is the first 5 star hotel to be built since the Sydney Olympics in 2000.

Raffle Tickets are on sale now! Just follow the link <https://www.raffletix.com.au/?ref=kef5z> for more information & to buy your Tickets on-line. Please

note there are only 250 Tickets available so be in quick to have a chance of winning a room at this fantastic new Hotel and for this once in a lifetime opportunity.



Dr K A Jaggar
Principal

The High Store

HIGH STORE WILL BE CLOSED

Monday 28 August through to Thursday 7 September.

Lesa Katsillis & Cherelene Maniaci have kindly volunteered to open the store on my behalf, on Friday 1 September 10.30am – 1.30pm for your convenience.

No exchanges or blazer orders can be processed on this day.

The store will re-open on Friday 8 September.

Parent Information Evenings

Year 9 2018 Parent Information Evening

A Parent Information Evening will be held on **Tuesday 12 September** in the Great Hall at 6:00 pm to discuss the subjects studied by boys in Year 9 2018.

Year 10 2018 Parent Information Evening

A Parent Information Evening will be held on **Tuesday 5 September** in the Great Hall at 6:00 pm to discuss the subjects studied by boys in Year 10 2018. Subject

Acceleration (in subjects such as Modern History, Geography, Music etc) has been offered to Year 10 boys in past years. In 2018 Year 10 boys will study 3 electives, possibly including an Acceleration subject and/or a MOOC. The MOOC Elective option is for self-selected, self-managed online learning modules (aggregated indicative time of 120 hours). The Elective will be restricted to a maximum of 20 places. The options available to boys for 2018 will be discussed at the meeting. **The main focus of the meeting will be relevant for boys interested in subject acceleration or a MOOC.**

Year 11 2018 Parent Information Evening

A Parent Information Evening will be held on **Tuesday 12 September** in the Great Hall at 7:00 pm to discuss the subjects studied by boys in Year 11 2018.

R Dowdell



CHESS NEWS

Congratulations to our Junior A team players in the NSW Junior Chess League Inter-School Competition for 2017.

Last Friday night Dean Nguyen (Yr. 7), Harry Wu (Yr. 8), Ryan Lee (Yr. 8) and Jack Keating (Yr. 7) won their games against Newington College to become Metropolitan East Regional Champions.

Good luck to our team who will play Sefton High School this Friday afternoon in the Inter-Regional Semi Finals.

R. Barr

MIC Chess



From the Canteen

Did you know that High Canteen is an initiative of the SBHS P&C?

Managed by Tracey Trompp and Karen Barry, canteen offers an extensive range of healthy foods, most of which is prepared on site. Freshly cut sandwiches, salads, toasties, burgers, wraps, rolls, focaccia, soup, rice and pasta are among the fast moving items on the menu. We also stock pies, pides, sushi, don and drinks. All items are reasonably priced.

This is only possible due to the wonderful network of parent volunteers, who help with daily preparation and sales. Our school prefects serve at canteen windows during recess and lunch. We are therefore able to return all profits back to the school community.

We would like to acknowledge the following parent helpers for last week:

MON: Lisa Fackender, Penny Chan,
TUE: Yan Ge (Tara), Ariel Kim, Thajeewa Pingamage,
WED: Stephanie Fung, Si Angela Hi, Tina Xie, Fan Chen,
THUR: Likang Wang, Wee Lynn Teo, Cheun Chan,
FRI: Sudipta Pal, Kathryn Cook, Lien Tran

Karen and Tracey are always eager for feedback (Ph: 9662 9350). Speak to them about special dietary needs.

New on the winter menu - Vegetarian Nachos, Pumpkin Soup, Chicken/Vegetable Fried Rice, Spaghetti with Meatballs, or Meatball Panini yet? Don't forget to pre-order!!

Usha Arvind

President Canteen Committee

Parent Volunteers needed on the School Staff Selection Panel

Dear Parents & Carers,

Can we please have some volunteers to be on the school's staff selection panel? It is a requirement for 2 parents to be on the staff selection panel whenever interviews are conducted - one male and one female and at least one from a non-English speaking background to reflect the diversity of our school. We are currently short of males, especially from a non-English speaking background. We need sufficient volunteers so that if one person is not available, we can select another volunteer. If you are unsure if you have time to commit in 2017, please consider coming to the initial training by Dr. Jaggar to qualify yourself for the staff selection panel in future years. Please email me (elianortan1@gmail.com) with your name, email, phone number and your son's year. This is an important way to shape the quality of teaching staff at SBHS.

**Eleanor
P&C**



SYDNEY BOYS HIGH LIBRARIES UPCOMING EVENT



Sydney Boys High Libraries are pleased to announce a visit by exciting multi-award winning Slam Poet **Philip Wilcox** to perform for students in Years 9 and 10. Philip Wilcox, is the current Australian Poetry Slam National Champion (2015) and a two time NSW Poetry Slam Champion. Philip hosts and co-organises Three Poets Speak – a Sydney showcase of the finest spoken word artists from around Australia. Philip recently released his debut collection of poems 'Beetle Prayer' on a literary tour of China. He works teaching and performing poetry in schools and festivals in Australia and abroad.

Performances will include tips and tricks for boys to write and perform their own poetry. Students will attend in their English classes **on Friday 1 September for Year 10 and Tuesday 5 September for Year 9**. We are sure this will inspire students to perform themselves in the upcoming Slam Poetry competition to be held here at Sydney Boys High.



P&C SUBCOMMITTEES

Annual Information Meeting

When
Monday 11 September 2017

6.00 – 8.00 pm
Junior Library

What will be discussed at the meeting?

- Roles and responsibilities for P&C Subcommittees
- Financing co-curricular activities
- Governance and reporting
- Examples of how subcommittees operate
- Network and exchange ideas
- Opportunity to informally thank any leaving parents

[Register Now](#)

This meeting is open to all parents of SBHS – those currently in subcommittees and those who would like to learn more about subcommittees. **Your boy's co-curricular sports, camps, canteen fundraising for equipment and end of season dinners are all catered and co-ordinated by parent helpers in these subcommittees. So please plan to come and see how easy it is to contribute and make it even better.**

Organiser
Sydney Boys High School P&C

The meeting will be catered

For more information:

Carrie Waring & Hieu Bui
sbhs.pandc@gmail.com

<https://www.eventbrite.com/e/sbhs-pc-subcommittee-meeting-tickets-36097813532>

Athletics Results from 2nd invitational Athletics Carnival 2017

The Second week of GPS athletics has come and gone. This year Athletics is a 5 week season in the GPS calendar. Being such a short season, Athletes and coaches need to work very hard and remain focused to give the school athletics program the best chance of high performance come 16th September.

The 2nd invitational was held at SOPAC Athletics Track on the 26th August, hosted by Newington and St Patricks College. There was a mixture of 4 GPS schools and CAS Schools attending the meet. To see and compete against the likes of Trinity Grammar and Barker make the day quite exciting given their impressive Athletics Programs. An invitational meet is an opportunity for coaches, athletes and MIC's to practice in competition. It is common for boys to enter events for specific training purposes or refrain from events to manage load throughout the program. The High Athletics Program uses a combination of results, training attendance and attitude to select the team for the final GPS athletics carnival.

There have been some massive improvements in just 2 weeks. Well done to the u14's who have stepped up and are working hard to fill in the missing spots.

Below is the summary of the Top 3 placings from the meet.

Opens -

Athlete	Event	Place	Time/Distance
David Chen	200m	2 nd	22.85
	Long Jump	1 st	6.43m
Adam Yang, Ben Nguyen (17's), David Chen, John Zhao	4x100m	2 nd	45.52

16's

Athlete	Event	Place	Time/Distance
Pico Dos Santos Lee	110m Hurdles	3 rd	15.8
Julian Markworth-Scott	Long Jump	1 st	6.16
Oliver Gao, Pico Dos Santos Lee, Indigo Urbina & Noah Casaclang	4x100m	3 rd	45.57

15's

Athlete	Event	Place	Time/Distance
Raghav Ramanathan	High Jump	3 rd	1.7m

14's

Athlete	Event	Place	Time/Distance
Rhys Shariff	800m	3 rd	2:15
	1500m	2 nd	4:37

13's

Athlete	Event	Place	Time/Distance
Justin Lee Nonis	100m	3 rd	12.23
Kane Shields	800m	3 rd	2:16
Rowan Tan	Long Jump	3 rd	4.85m
Nathan Wang, Justin Lee Nonis, Rowan Tan & Josh Suto	4x100m	1 st	50.04

Pictured below is 4 year 7 boys (Jack Yoon u12, Isaac Cheer u12, Adison Chen u12 & Jason Yan u13) who were our 2nd u13 relay on the weekend. These boys are really enjoying themselves and are training hard. They came 3rd in the 2nd u13 4x100m race.



DEBATING DINNER 2017

Sydney Boys High School Great Hall

8TH SEPTEMBER @ 6PM

ALL WELCOME

\$40 Per Person

Ticket sale concludes on September 5th with tickets available at The Front Office.

ALL BOYS TO WEAR SCHOOL UNIFORM

RSVP: 2017 DEBATING DINNER

STUDENT NAME:.....

GRADE/DEBATING TEAM:.....

NUMBER OF \$40 TICKETS:.....

PAYMENT METHOD:.....CASH/CHEQUE/CREDIT CARD.....

CARD TYPE:.....VISA/MASTERCARD.....EXPIRY DATE:.....

CARD HOLDER'S NAME:.....

CARD HOLDER'S SIGNATURE:.....

NUMBER OF VEGETARIAN MEALS REQUIRED:.....



SYDNEY BOYS
HIGH SCHOOL

FENCING DINNER 2017

The Great Hall
Sydney Boys High School
Thursday, 21st September
5.30 pm - 9.00 pm

*Come along for a night of
fun, food & awards.*

All welcome.



TICKETS \$40 PP | PERMISSION FORMS AVAILABLE OUTSIDE THE IA STAFFROOM
PLEASE PAY AT THE FRONT OFFICE BY 1ST SEPTEMBER 2017

Getting to school and staying at school

INFORMATION FOR PARENTS AND CARERS

This handout has been created to share information and some strategies that you can use in assisting your child or adolescent who is refusing to attend school. School refusal is a complex issue, and many parents aren't sure what to do and it can become a source of enormous stress for the whole family. Talking with your child's teacher is the best place to start, so that you can work together on understanding the issues involved and coming up with a plan for getting your child back to school as soon as possible. If you are feeling uncertain and overwhelmed by the challenges, it could be beneficial for you to seek some support for yourself. You might find it helpful to also seek support through your family doctor, the school counsellor at your child's school, family friend, community based support worker, a religious or spiritual leader.

What is school refusal?

Many children and adolescents will express reluctance to go to school at some point. However, there are a number of children and adolescents who find going to school so difficult that they refuse to go. The term 'school refusal' is often used when the poor attendance is related to some anxiety or worry that the child or adolescent has about going to school. Parents or carers are usually aware that their child is not going, and have been making efforts to alleviate the anxiety and to encourage the young person to attend school (Kearney & Albano, 2004). The student's themselves are often upset about what they are missing. This is different from truancy, which is a term more often used for students who generally hide their absences from their parents or carers, may be involved in antisocial activities, and are less likely to show emotional distress about attending or missing school (Wimmer, 2004).

School refusal can occur at all ages but has been found to occur more frequently during major changes in children's lives such as beginning kindergarten or the transition from primary to high school. Children and adolescents who are having problems with attending school may show more signs of school refusal following holidays, school camps, sports days and weekends, but in general could refuse to go to school any day of the week. There is no single cause for school refusal, and reasons will differ from child to child. Some children and adolescents are more sensitive and particularly vulnerable to emotional distress. School refusal can also be a sign of a developing mental health problem, such as anxiety or depression.

School issues such as bullying, academic difficulties, a change in schools, or problems with teachers and peers

are common reasons that may contribute to school refusal. Other triggers for school refusal might be related to events at home. Examples of potentially stressful events that have been associated with school refusal include moving house, the death of a loved one, undertaking caring roles for unwell family members, parental separation, and exposure to family violence (Wimmer, 2004).

What are the signs of school refusal?

If your child has missed school 2-3 times over a two-week period, especially if related to some of the behaviours described below, your child may be developing a pattern of school refusal:

- Tearfulness before school or repeated pleas to stay at home resulting in frequent lateness or absences
- Tantrums, clinginess, dawdling or running away before school or during drop off
- Frequent complaints of illness before or during school such as stomach aches, headaches, dizziness or fatigue
- Difficulty attending school after weekends, holidays, school camps or sports days
- Long periods spent in sick bay or in principal's office.

What are the consequences of school refusal?

School refusal is a serious issue and needs to be managed early, as long absences mean that children miss out on important parts of the curriculum. Children and adolescents who school refuse can very quickly become entrenched in a long-term pattern of school refusal, which can have major long-term impacts for them and their family. Missing one day of school each week

adds up to 2 months' worth of learning missed over a year, and it has been shown that every day absent in high school has an impact on numeracy skills (Queensland Department of Education, Training and Employment, 2013).

Missing out on education is detrimental to lifelong learning and development in many ways. A week is a long time in the playground, so frequent absences might jeopardise children's social relationships. School refusal can also create conflict and strained relationships within families as a result of disruptions to routines, and might even affect income as parents or carers forgo work to stay home with the child. Some research has shown that school refusal has been associated with a higher chance of having problems later in life with mental health and social relationships, in addition to affecting the ability to get employment (Queensland Department of Education, Training and Employment, 2013; Silove et al., 2002; Flakierska-Praquin et al., 1997).

How can you help at home?

As challenging as the situation may be, it is important to try and remain calm and not make too big a deal of the school refusal as this could inadvertently prolong the school refusal behaviour. Keep up with extra-curricular and family activities to support resilience and give your child the experience of enjoyment and success. Some of the following tips may be useful (Bernstein, 2014):

- It is important to listen to your child's concerns and fears of going to school. Some of the reasons for refusing to attend school may include a peer who is bullying them, problems on the bus or carpool ride to school, or fears of inability to keep up with the other students in the classroom. These issues can be addressed if they are known.
- If your child is complaining of illness, it is recommended that you visit your family doctor to have this checked out.
- School refusal can be a sign of developing mental health problems like anxiety and depression. If your child or adolescent tells you they are having problems like this, or if you have noticed they have had other changes in mood or behaviour, it would be good to discuss these with the school counsellor or your child's family doctor. They can help advise whether these kinds of problems could be playing a role and, if so, what to do next.
- Being firm and kind in getting your child to school regularly and on time will help, including not prolonging the goodbyes.
- Reassure your child that you will be at home upon their return from school. Keep your message consistent.
- Let your child know that you will be doing "boring stuff" at home during the school day, or going to work, so they don't think they are missing out on something.
- If your child simply refuses to go to school, some parents have found that decreasing the reward for staying home helps e.g. if they stay at home, do not allow video games, television, toys, snacking, parental attention.
- Find out what subjects/work is being done at school and provide similar education at home, when possible. This is especially relevant if your child's reported "sickness" seems to disappear once they are allowed to stay at home.
- Praise your child's positive behaviours while ignoring the negative behaviour.
- Seek professional help for yourself and your child.

Everybody has a responsibility to help children

Families, carers, the student, the school and the community

School refusal could be thought of as a symptom, like when a child develops a fever. Investigating to find out the cause early on and then taking appropriate steps is the best way to keep the situation from developing into something more serious.

Missing school matters and every day counts

If kids go to school...



Consent to reprint image given by Council of Catholic School Parents, Aboriginal and Torres Strait Islander Parent Committee 2014.

What to do at school?

- Talk to your child's class teacher or year advisor as soon as practical. It is important that parents and school staff share an understanding of the issue and are in agreement with how to develop strategies to address the school refusal behaviour. Don't be afraid to work with the school staff on this issue, as they will also be eager to work with you to help get your child back to class.
- Prolonged goodbyes in the playground may become difficult, so plan an exit strategy with the school staff, and stick to it, despite the upset that might ensue.
- Be on time to pick up your child from school if you provide transportation.

Despite the difficulties that school refusal brings to your family, it is important to have confidence that these behaviours can be resolved with appropriate support and time. This will help model to your child that they too can have confidence they will overcome this difficulty (Flakierska-Praquin et al., 1997).

Parents and carers can find it difficult to respond to their child's school refusal. You might find yourself becoming impatient and frustrated. It is also common that, when faced with parenting challenges, parents/carers find themselves disagreeing about how best to respond to their child's behaviour. Remember it will take patience and time, be open to getting support, and know that occasionally you might have to change your approach to find what will work for your child or adolescent.

Who can you approach for help?

At school

Seeking support from the staff at your child's school can be helpful as there are ways that they can help you turn this behaviour around. Schools and parents can work collaboratively to help the students to develop better coping skills, relax, and improve social skills. School personnel that can assist you include the class teacher, year advisor, welfare staff, home school liaison officers, Principal, Assistant Principal and the school counsellor. If you feel that you have not succeeded in getting the support you require, don't give up. Try approaching someone else at the school.

In the community

There are a variety of resources available in the community. Some of these may be able to help with different aspects of what might be contributing to your child's difficulty attending school, or with more general stresses on the family. A few are listed below, and many more can be found on the websites listed under "Useful links and resources".

If you, your child's school counsellor, or their family doctor thinks your child or adolescent may benefit from specialist community mental health services, you can find out more information about the mental health services in your local area by calling the NSW Mental Health Line: 1800 011 511.

Information specific to **Aboriginal or Torres Strait Islander services** can be found by visiting the following www.cesphn.org.au/programs/aboriginal-health

If you are new to Australia and would like some additional support around family life in a new country, you may wish to contact the organisations listed below. They will also have access to interpreter services and translated materials.

- **Ethnic Communities' Council of NSW**
www.eccnsw.org.au/Home.aspx
Phone (02) 9319 0288
- **Transcultural Mental Health Centre NSW**
www.dhi.health.nsw.gov.au/tmhc/
Phone 1800 648 911 (free call) or (02) 9912 3851
- **Asylum Seekers Centre**
www.asylumseekerscentre.org.au
Phone (02) 9078 1900

Useful links and resources

- **beyondblue**
www.beyondblue.org.au

The organisation provides a website with a large number of resources and links for answering questions and finding treatments for people with depression, anxiety disorders and related mental disorders. The website includes pages of content for parents/carers and for young people.

- **Black Dog Institute**
www.blackdoginstitute.org.au

The Black Dog Institute website has information on diagnosis, treatments and prevention of mood disorders such as depression and bipolar disorder.

- **Children of Parents with Mental Illness (COPMI)**
www.copmi.net.au

This national initiative promotes better outcomes for children and families where a parent experiences mental illness, by providing information and support to children and young people who have parents with mental illness, and their families and friends. The website has information on what to do when irregular school attendance is related to the child or young person's caring role for a parent or family member with a mental illness.

● Family Referral Service

www.familyreferralservice.com.au

The Family Referral Service (FRS) brings together families, support services and community resources to support families. Referrals can be made by young people, parents, or extended family members and helps with appropriate referral to a variety of public and private services dealing with a broad variety of issues, including family violence, housing, financial assistance, counselling and mediation, parenting, mental health, and finding culturally appropriate support.

● headspace

www.headspace.org.au

headspace is the National Youth Mental Health Foundation for young people aged 12-25 years. The foundation hosts an online support website: eheadspace.org.au and have over 70 headspace centres around Australia. headspace provides support in four main areas: physical health, mental health, education, employment and other services and alcohol and other drug services.

● Kids Help Line

www.kidshelp.com.au | 1800 55 1800

Kids Helpline is a free, 24 hour, private, confidential, telephone and online counselling service specifically for young people aged between 5-25 years.

● Mental Health Line | 1800 011 511

The Mental Health Line is a 24-hour telephone service operating seven days a week across NSW. The Mental Health Line is the centralised referral to NSW Health public mental health services.

● Parent Line NSW

www.parentline.org.au | 1300 1300 52

Parent Line is a telephone counselling, information and referral service for parents of children aged 0-18 years who live in New South Wales. The service includes the Early Childhood Intervention Information Line, which provides information for parents who are concerned about their child's development, or who have a child who has been diagnosed with a disability. The aim of Parent Line is to nurture and support positive, caring relationships between parents, children, teenagers and significant other people who are important to the well-being of families.

● Raising Children Network

raisingchildren.net.au

A website formed through a partnership with the Australian Government and a network of leading early childhood agencies to provide parents with reliable

information and resources to support them in the day-to-day work of raising children and looking after their own needs. The website is growing all the time and covers a range of parenting topics.

● Reach Out!

reachout.com

ReachOut.com is a large, nationwide online youth mental health service. It is available 24 hours a day, 365 days a year, to provide practical information, tools and support to young people from everyday troubles to really tough times.

● The Brave Program

braveonline.psy.uq.edu.au

The BRAVE Program is an interactive, online intervention for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are separate programs for children, teens, and parents.

● Young Carers NSW

www.youngcarersnsw.org.au | 1800 242 636

The Carers NSW Young Carer Program was developed to make a positive difference to the lives of young carers and their families. Young carers are children and young people, 25 years or under, who help to support a family member or friend who has a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail. This is a free service that can support any young carer.

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Parent Volunteers Needed

Sydney Boys High School Open Day

Thursday 7 September 2017

9.30am to 12.00pm

Please come and help **the P & C** to welcome prospective parents to the School.

We need volunteer parents to help serve morning tea and chat to visiting parents, answering their questions such as

"How did your son settle in?"

"What sport does your son play?"

"Is your son involved in music?"

It will be an enjoyable morning and all you need to bring is your friendly smile.

Please contact Stephanie Fung

via email funstep@gmail.com

or

0430 091 116

or

wechat (id: funstep)

if you can help

☺ Thank you ☺

SEPTEMBER-OCTOBER 2017

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SYDNEY BOYS HIGH SCHOOL OPEN DAY

Thursday 7th September 2017
9:30am-12:00pm



NURTURING SCHOLAR SPORTSMEN SINCE 1883

Moore Park, Surry Hills, NSW, 2010 Ph: 9662 9300

September/October 2017

01-09-2017

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 A	4 Brainstorm Productions - Cheap Thrills (Year 9), Gym, 14:15 Year 9 Commerce report due, 09:00 Class tests: 8MaA-P1, 8MaL-P3 Music: HSC Practicals, Great Hall, room 201 Peer Support: P4-VE1, VE2	5 *** Year 11 Mathematics Yearly Examination, Great Hall, 09:00-11:00 Class tests: 7MaE-P1, 9MaP-P5, 10YBS-P5 Basketball: Year 9 House Competition Author event: Philip Wilcox Slam Poet, Year 9, Jnr Library Peer Support: P2-VE3 Music: HSC Practicals, Great Hall, room 201 Parent Information	6 Athletics: CHS Championships, Homebush Class Test: 11BSt-P1	7 Open Day, 09:30-12:00 Athletics: CHS Championships, Homebush Peer Support: P1-VE7, P2-VE9 Class test: 10MaC-P2 Trivia night: The Great Hall, 18:00-21:00	8 *** Year 9 Geography Excursion, Pyrmont Excursion: Year 11 Biology Evolution of Australian Biota workshop, Australian Museum Athletics: CHS Championships, Homebush Camp: Classical Languages Teachers Association Year 8 Camp, 19:00, Latin and Classical Greek students	9 Athletics: GPS Invitational 4, ES marks Chess: GPS Competition, Great Hall, 09:00-15:00 Camp: Classical Languages Teachers Association Year 8 Camp, Latin and Classical Greek students Parking: Sydney Swans v Essendon, 16:20	10 *** Basketball: Annual Old Boys Game and Coach Co-ord day (tbc) Camp: Classical Languages Teachers Association Year 8 Camp, Latin and Classical Greek
9 B	11 Basketball: Champion School of NSW Finals, Terrigal (07:00-15:00) Photos Representatives (GPS, CHS etc), all Music Groups Year 8 Meeting, Great Hall, 09:55-10:20 Peer Support: P2-VE5 P+C Subcommittees Annual Information meeting, Junior Library, 18:00-20:00	12 *** Year 11 Yearly Exams Australian Intermediate Mathematics Olympiad, 09:00-13:00, selected students from 7-10 GPS Athletics Assembly, Great Hall, 09:50-10:35 (7, 8, 12) Year 10 Meeting, Great Hall, subject selections, P3 Basketball: Year 9 House Competition Class Test: 9MaL-P2	13 Year 11 Yearly Exams Class Test: 10XHs-P3 Year 9 Meeting, Selected Locations, 09:55-10:20 Year 8 Outdoor Education Camp (Gosford) Philosophy, Regional Philosothon, St Andrew's cathedral, 17:00-21:00 Rowing: Committee Meeting, staff common room, 19:00 Cricket: Committee meeting, 901, 18:00	14 Year 11 Yearly Exams Year 8 Outdoor Education Camp (Gosford) Class Test: 10YHs-P1, 10ZHs-P3 Oasis meeting for Y12, Senior Library, P3 Class Test: 7MaS-P3	15 Year 11 Yearly Exams Volleyball: NSW Volleyball Schools Cup (teams tbc) Year 12 Oasis External Collection Year 8 Outdoor Education Camp (Gosford) Peer Support: P1-VE7, P3-VE8, P5-VE9 Class test: 9MaC-P4	16 Athletics: GPS Championships, SOPAC Volleyball: NSW Volleyball Schools Cup (teams tbc)	17 Volleyball: NSW Volleyball Schools Cup (teams tbc)
10 C	18 Attendance and Progress Review (all Years) Winter Sport Reports to be submitted to Record Committee Year 11 Yearly Exams Afternoon PD: The School Plan 2018-2020: Faculty Contributions and collaboration Basketball: Year 9 House Competition Rugby: Committee Annual General Meeting, 901	19 *** Year 11 Yearly Exams Year 12 Farewell Assembly and Afternoon Tea, Great Hall, 13:30-16:00 Excursion: Year 9 Science to Narrabeen and Long Reef Year 8 History Excursion, La Perouse Year 8 Geography Excursion, Bicentennial Park, Homebush, 08:45-15:15 Fundraising Management	20 Year 11 Yearly Exams	21 Year 11 Yearly Exams Debating: DSG AGM, Common Room, 18:00 Basketball: Sydney East CHS 15 years(tbc) Fencing Dinner, The Great Hall, 18:00-21:00	22 Year 11 Yearly Exams Excursion: Year 8 French, Little Snail restaurant, 11:00-20:00 LAST DAY TERM 3	23 Cadets: Annual Field Exercise, Singleton Army Range	24 Booking: The Great Hall, Classrooms, Common room Cadets: Annual Field Exercise, Singleton Army Range
1 A	9 School resumes - staff and students Pre-service teacher meeting, staff common room, 11:10 PDHPE 1600m runs P+C Executive Meeting, Board Room, 17:30 P+C Meeting, Staff Common Room, 18:30	10 PDHPE 1600m runs Basketball: Year 9 House Competition, lunchtime Online Selective Schools Application Forms for Year 7 2019 available Marching Band Rehearsal, Great Hall, 15:30-16:30 School Council Meeting, Board Room, 17:30-19:00	11 Foundation Day Assembly/Prefect Induction, Great Hall, (Guest Speaker from Class of 1966) 09:50-10:35 (7, 8, 11) Class test: 10MaB-P2 PDHPE 1600m runs Rowing: Committee Meeting, Staff Common Room, 19:00 Cricket: Committee meeting, 901, 18:00	12 PDHPE 1600m runs Cricket: Macquarie Cricket Leadership Day, SCG Nets, 09:00-15:00	13 PDHPE 1600m runs Marching Band Rehearsal, MPW, 08:00-09:00 Incursion: Year 9, English Performance, The Great Hall, 13:20-15:15	14 Sport: Group 1 SHS v TKS, Group 2 TKS v SHS	15 Parking: Sydney FC v Wellington Phoenix, 19:00 Boggabilla exchange, selected students