



From the Principal High Talent

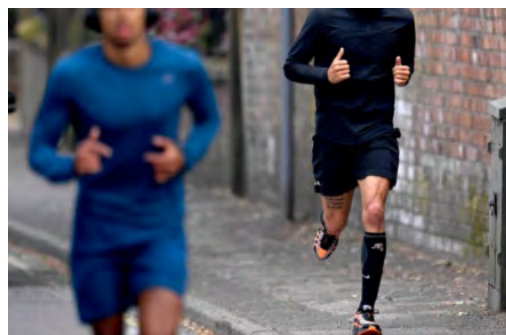


Congratulations to Auguste McNally (12T) and Harry Wu (12R) on their selection in the CHS first grade debating Team, and to Thomas Zheng (12T), who made it into second grade.

Online Learning Week Three

My sympathies go out to all students and staff who are trying to manage the teaching-learning process in an online mode. We have the versatility on CANVAS of using the Big Blue Button for conferencing or making the transition to zoom if needed or even Microsoft teams. The feedback I'm getting is that students and teachers are finding ways to get the job done. Concepts and content are being taught right across classes and Year groups. Even chemistry experiments are being delivered! I am very proud of the manner in which the staff and students are managing this second major lockdown.

I hope every student is taking time to care for himself as well as making sure he meets his learning and assessment obligations. Psychological wellbeing is important as a precursor to learning. When we are stressed, we secrete chemicals which narrow our focus and make us ineffective in our thinking and analysing. Make sure you get exercise every



morning before starting your online day and try to get some more each afternoon. A change of scene usually refreshes us.

I need to warn you that we are following up on students who miss online lessons or who are fractional truants for part of lessons. Ms Ilic is ringing and emailing parents when multiple lessons have been missed or when partial attendance is frequent. This information is fed back to Year Advisers. Some teachers are putting secret questions or online quizzes into their lessons to ensure student attendance.

HSC Trial Examinations

Since the Premier's announcement of an extended lockdown, Years 7-11 will stay in online mode until the end of August. The HSC Trial Examinations will be held in the Great Hall and other venues on site, depending on the distancing protocols that may be in place at that time. Year 12 students should be prepared to have different venues assigned according to their name or enrolment number. We had assumed a lockdown extension and planned to commence HSC Trials on 16 August, so the examination timetable as distributed by Ms Kim is still the latest and most current one.

We will run a References Assembly for Year 12 by zoom on the afternoon of the last scheduled Trial Examination on Friday 3 September at 1430. We will send Year 12 the references package as an email with an attachment. As Year 12 will not have physical contact with their teachers, at this stage, we will send all teachers electronic versions of the Teacher's Reference Form. Year 12 students then only have to email to Dr Pinnington-Wilson the names of the three teachers who they wish to complete reference sheets for them. (An electronic register of names might be used.) They also have to complete and lodge their personal paragraphs. As usual, the Valete form will have to be completed and emailed to Pinnington-WilsonL@sbhs.nsw.edu.au

Year 12 Reports will not be available on the usual date this year. Due to the delayed commencement of the Trial Examinations, examination marks will not be due until 17 September, which is the last day of term. Soft copies of the reports will be available from

September 22. Hard copies will be included in the farewell Portfolio, available from the day of the last HSC examination in November.

I will follow up this commencement communication with a letter to Year 12 students and parents next week.

Dr K A Jaggar
Principal



FROM THE ANDREWS LIBRARY

If you have read **any** 20 books since last September you can email me proof of reading and enter The Premiers Reading Challenge.

I am checking Oliver and ebook records for good readers right now and issuing email invitations to enter the Challenge.

Please **check your DET emails over this next week if you are a GOOD READER.**

2021 Premier's Reading Challenge

To all students and coordinators to complete this task, the Premier's Reading Challenge will be extended for a further two weeks.

Thank you for your understanding and support.

Visit the PRC Student Site!
<http://online.det.nsw.edu.au/prc/StudentExperience.html#/>

The banner has a red background. On the left is a circular seal with intricate patterns. The text is in white and yellow.

The 2021 Challenge dates are as follows:

Challenge opened: Monday 1 March 2021

Challenge closes for students: Friday 3 September 2021

Challenge closes for coordinators: Friday 17 September 2021

Stay Safe. Read lots

Mrs Crothers

Sydney Boys High Andrews Library

Teacher and Librarian

NSW GOVERNMENT | Health

LOCKDOWN EXTENDED 4 WEEKS

The Greater Sydney stay at home order will be extended until 28 August at least.

- Everyone in Greater Sydney **must continue to stay home**. This includes the Central Coast, Blue Mountains and Wollongong.
- You **can only shop in your Local Government Area** or 10km from home.
- Authorised worker restrictions will be **expanded** to the Parramatta, Campbelltown and Georges River Local Government Areas. You **cannot** work outside your area unless you are an authorised worker.
- Non-occupied construction** can place outside the eight Local Government Areas of concern (the LGAs where authorised worker restrictions are in place).
- Home schooling continues for 4 weeks.** Face-to-face learning will recommence for Year 12 students from 16 August with students in Local Government Areas of concern being vaccinated with the Pfizer vaccine.

See the NSW Health website for latest COVID-19 news and updates.

The poster features the NSW Government logo (a red lotus flower) and the NSW Health logo. It has a blue header and a white body with icons for each restriction category.

Given low vaccination rates, the current stay at home orders will remain in place for another four weeks (until Saturday, 28 August at 12.01am) across Greater Sydney including the Central Coast, Blue Mountains, Wollongong and Shellharbour. See link below for latest update

<https://www.nsw.gov.au/media-releases/certainty-for-community-as-restrictions-adjusted-and-vaccines-ramped-up>

BEFORE CROSSING THE ROAD

LOOK OUT BEFORE YOU STEP OUT

NSW GOVERNMENT | CITY OF SYDNEY | TOWARDS ZERO

The poster has a yellow background with a road surface at the bottom. It features a large yellow eye graphic with the text "LOOK OUT BEFORE YOU STEP OUT" inside it. Logos for NSW Government, City of Sydney, and Towards Zero are at the bottom.



School Values - Dedication

Every year whether it be the Academy Awards, Grammys, Nobel Prize or sporting competitions, there are numerous (even billions in the case of the Olympics) watching those

TOKYO 2020



at the pinnacle of their field achieve success.

While these experts differ in their specialisations,

what's common across all is successful demonstration of a skill which at that point in time is second to none.

So how does one reach such a level of proficiency? A particular gift is undoubtedly evident in all those celebrated. However, without dedication and perseverance over many years, they would not have developed their talents to reach the same heights.

In 1993 Professor Anders Ericsson proposed 10,000 hours of practice was needed to become an expert in any field and is a figure often cited. More recent research by Ericsson and others has refined this concept to show mastery can be achieved through ongoing and effective practice, with individuals self-reflecting and learning from their mistakes. Additional research by Daniel Coyle showed that people who are committed to develop a skill over a long period of time will achieve higher levels of growth and performance compared to peers without a long-term commitment, even when they've had more experience and training.

Furthermore, having the mentality of applying yourself at every opportunity will develop your skillset at a faster rate. Talented individuals across multiple fields tend to treat every moment of their training and preparation with the same mindset and conditions as a competition. Coyle's findings even indicated that when taught something in a unique environment such as SCUBA diving, you will recall



the information better underwater than when on land - with 30% more words remembered underwater by participants in his study.

Many sports coaches refer to this concept as training with the same approach and settings as how you want to play. This method applies to every academic and co-curricular pursuit.

Another way dedicated individuals improve is to step out of their comfort zone - with success in 50-80% of attempts considered the ideal level to avoid frustration while still pushing yourself. At Sydney High we focus on students having the resilience and versatility to embrace challenges in all aspects of their schooling, as this is where real growth occurs. There will undoubtedly be setbacks along the way but through determination and a positive attitude the results will come.

On a final note, through dedication to fulfilling minor responsibilities within our lives, bigger impacts can be felt as this mindset spreads across multiple areas. This is often evident not only in the individual, but as this perseverance is viewed admirably by those around them the enthusiasm can spread like wildfire, energising others.

Sydney High's core value of dedication focuses on individuals reaching their full potential and is evident across the school in multiple forms. From the student who perseveres through challenging work to make his best attempt at all tasks. To the musician who continues to practice after a long day of study. Within the sportsman who maintains his focus and determination when falling behind in a match. Seen in the teacher who works through the challenges of online learning to ensure their students maintain their progress. And by the parent who makes many sacrifices for their child to become the best person they can be.

Therefore, in whatever endeavours await us, while no one becomes an expert overnight, through dedication we can have a significant impact not only on ourselves but create an environment that breeds success and is something we can all strive for.

Jamie Kay
Deputy Principal Junior School





Term 3 Music Performance Program

All music ensemble rehearsals are suspended until further notice.

Private Instrumental lessons are to continue online. (Please note: Private Lessons can not be scheduled during school hours during the school week as students must attend academic online lessons. Exception: free periods for senior students)

Updates regarding the Music Performance Program will be notified to parents and guardians via SZapp and High Notes. Students will be notified via the Music Performance Canvas page.

Parent/Guardian/Student Communication

Parents and Guardians: Please download **SZapp** from the Apple App Store or Google Play and subscribe to 'MUSIC.' Installation guide can be found in the school's

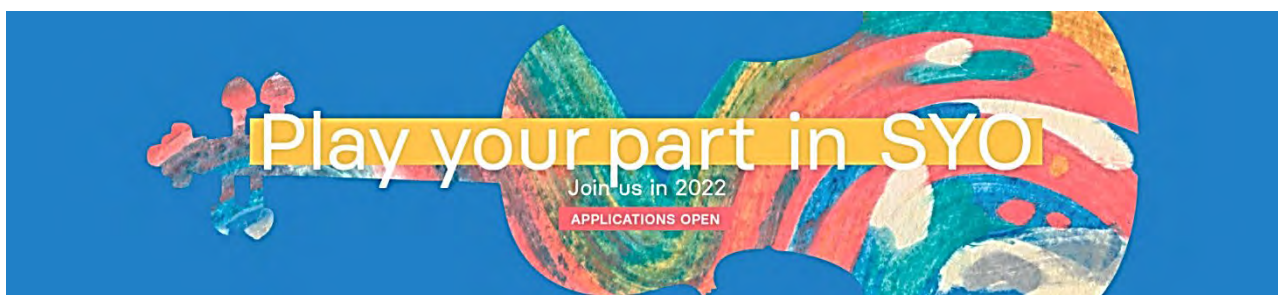
High Notes. Students will be notified of any music news and notifications via the Music Performance Program CANVAS page, school's daily notices and High Notes. Students are responsible to read and keep updated of any Music Performance Program related events/material on a regular basis.

Attention Music Ensemble Students: If you are in the Music Ensembles Program and have not yet received a Music Performance Program Canvas invitation, please email the Music Department: music@sbhs.nsw.edu.au Please note: Students will also be notified of any music related events during ensemble rehearsals.

Sydney Youth Orchestra (SYO)

Auditions for the SYO 2022 program are open. Applications close on Wednesday 1 September 2021. The SYO is the leading orchestral training and education programs provider in New South Wales. This is a comprehensive system that ensures musicians progress through the orchestras, developing individual and ensemble skills under the careful guidance of SYO's artistic staff.

For more information, please visit: <https://syo.com.au/>



ALL Music Ensembles are **SUSPENDED** until further notice
2021 Music Ensemble Schedule
2021 Term 2-Term 3 Music Events Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Intermediate Concert Band 7.45am – 8.45am Room 201	Senior Concert Band & Symphony Orchestra 7.45am – 8.45am Room 201	Junior Stage Band 7.45am – 8.45am Room 101	Intermediate Stage Band 7.45am – 8.45am Room 101	Senior Strings Ensemble 7.45am – 8.45am Room 101
Guitar Ensemble 7.45am – 8.45am Room 202		Senior Stage Band 7.45am – 8.45am Room 201	Philharmonic Orchestra 7.45am – 8.45am Room 201	Chamber Choir 8.00am – 9.00am Room 201
			Junior Strings Ensemble 7.45am – 8.45am Room 203 <i>Terms 1 & 2 only</i>	Marching Band 8.00am – 9.00am MPW <i>Terms 1 & 4 only</i>
Guitar Ensemble 3.20pm – 4.20pm Room 201	Marching Band 3.30pm – 4.30pm Great Hall <i>Terms 1 & 4 only</i>	Percussion Ensemble 3.20pm – 4.20pm Room 201		Jazz Ensemble 3.30pm – 4.30pm Room 201

WEEK	DATE	EVENT	MUSIC STUDENTS INVOLVED
Week 3B	Thursday 29 July	HSC Music 2 & Extension Composition Recording, 9.00am-3.15pm (Room 201)	HSC Music 2 & Extension Students
Week 4C	Monday 2 August	HSC Music 1, 2 & Extension Trial Practical Examination, Great Hall	HSC Music 1, 2 & Extension Students
Week 8A-9B	Monday 30 August – Friday 10 September TBC	HSC Music 1, 2 & Extension Practical Examination TBC-NESA to release dates	HSC Music 1, 2 & Extension Students

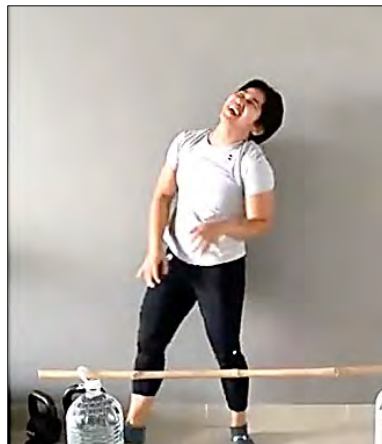
Music Events are continually added and/or are subject to change



Training-At-Home
Q&A Conference

I will be hosting a conference on CANVAS – Weights Training on Wednesday 4 August at Lunch time 12:30pm to field any Training-At-Home questions. All weights room members are encouraged to attend.

See images below, of Hidilyn Diaz of the Philippines making history on Monday at the 2020 Tokyo Olympics. The 30-year-old weightlifter finished in first place in the women's 55-kilogram category to win the first ever Olympic gold medal for her country and images of her making the most of lockdown in December as she continued training.



Kurt Rich
Head Strength & Conditioning
Coach

SYDNEY BOYS HIGH SCHOOL

Sir Roden Cutler and Lady Cutler Foundation
Scholarship



Nurturing scholar-sportsmen since 1883

To apply for a scholarship visit
www.sydneyboyshigh.com/scholarships
Applications Close **30 November 2021**

556 Cleveland St, Moore Park NSW 2021 | Ph: 9662 9300



SYDNEY BOYS HIGH SCHOOL

The Phillip Day Memorial Scholarship
Closing Date: **30 November 2021**



Nurturing scholar-sportsmen since 1883

Applications available at: sydneyboyshigh.com/scholarships

556 Cleveland St, Moore Park NSW 2021 | Ph: **9662 9300**

August 2021

30-07-2021

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 C	2 Year 12 presentation: UQ, 11:10, zoom Class tests: 8Mal-P4, 7MaM-P5 Music: HSC Music 1, 2 + Extension Performance Trial Examination, The Great Hall	3 Class test: 9MaP-P4 Music: HSC Music 1, 2 + Extension Performance Trial Examination, The Great Hall Year 12 Presentation, zoom, UTS, 15:45	4	5 Australian Mathematics Competition, p2	6 Debating: Shore v SHS	7	8
	9 Year 8 Meeting, selected locations, 09:55-10:20 P+C Executive Meeting, Zoom video conference, 17:00 P+C Meeting, Zoom video conference, 18:30-20:00	10 ICAS Science Competition, online (tbc) School Council Meeting, Zoom, 17:30-19:00	11 Winter sport Reports to be submitted to W drive winter sport record reports Preliminary HSC Mathematics assessment - P1, P2	12 Sports Council Meeting, Zoom, 07:30 Australian Informatics Olympiad, selected students Years 10-12 (tbc) The Great Hall: Entrance Test for 2022 Enrolment Applicants, 16:30-17:30	13 Year 7 Meeting, Selected Locations, 10:15-10:40 Debating: SHS v TKS	14	15
6 B	16 Years 11 and 12 Study Day Music: HSC Music 1, 2 + Extension Completion Submission Date	17 Trial HSC Foundation meeting, 18:30-20:30	18 Trial HSC	19 Trial HSC	20 Trial HSC Debating: SHS v SJC	21	22
	23 HSC Visual Arts Body of Work Completion and Hand In Date Trial HSC Year 11 Meeting, Snr Library, 09:55-10:20 Co-curricular photos	24 Trial HSC	25 Trial HSC	26 Trial HSC Australian Informatics Olympiad 9:00-12:30 (selected students) (tbc)	27 Trial HSC Debating: SIC v SHS GC event: 16:30-21:00	28 GC event: 12:00-21:00	29