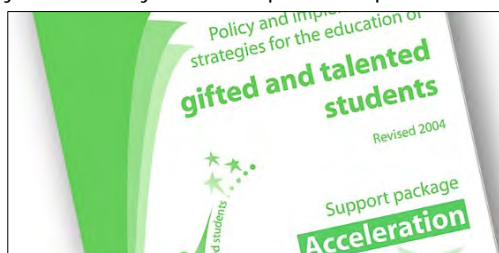




From the Principal Parent Information Evening

Thank you to the 287 participants in Tuesday evening's subject selection information session for Year 10 2022. I presented the policy, processes, qualifying rules, and history of subject acceleration at High in the last five years. Mr Kay followed up with his presentation



about the subject selection processes, options, and protocols. Many questions were posted and with Mr Kay managing the responses, we worked our way through most of them. Both presentations are available at:

<http://www.sydneyboyshigh.com/curriculum/subject-acceleration> for subject choices.

COVID-19 Return to School – What We Know Now

Year 12 students will have onsite access from 25 October. It is **not** our intention to run normal lessons for Year 12 when they return. They will need formal, extended time examination practice. We will devise and publish our proposed structure as soon as the new HSC timetable is published. Ahead of their return, we would like to know how many of our students have been double vaccinated. This information is accessible through your MyGov or Medicare accounts. Failing those avenues, there is a service available through the Australian Immunisation Register. Call 1800 653 809. They will post the immunisation record within two weeks.



We are going ahead with Year 12 reports with the marks due on Thursday 16 September and comments on Friday 17 September. The marks

will be assessment marks and will be scaled (for internal analysis) against last year's HSC results for High. HSC Assessment marks are due to NESA by 8 October. Teacher-provided marks for COVID-19 Special Consideration Program are due on 22 October. HSC written papers commence on 9 November.

Our Timeline Going Forward

Term 3

- Week 9
 - 6 September, Monday: Regular online classes Year 7 –10 and Year 12
- Week 9 - 10
 - 6-17 September, Year 11 online assessments, so no online classes.
- Week 10
 - Email will be sent to Year 11 about online meeting on first day Term 4 about HSC subjects

Term 4

- Week 1
 - 5 October, Tuesday: Year 11 online meeting
 - 6 October, Wednesday: Year 11 to resolve all their warning letters
- Week 2
 - 11-15 October: Year 9 exams, so no online classes.
- Week 3
 - 18-21 October: Year 7 exams, so no online classes
 - **Wellbeing Day 2:** No lessons for all years on 22 October.
- Week 5
 - 1 November, Monday: Year 11 resume on site classes
 - 1-5 November: Year 8 exams, so no online classes
- Week 6
 - 8 November, Monday: Year 7 – 9, resume on site classes. Year 10 mathematics examination on site
 - 8-12 November, Year 10 online assessments, so no online classes.

What We Do Not Yet Know

We await the publication of the revised HSC examination timetable. HSC results will now be published in mid-January. A new timeline for ATARs and offers from UAC is being constructed. Universities are working on adjustments to their admissions practices in collaboration with NESA. NESA will offer advice by September 9. We do not know which LGAs will be at level 4 at the time of the proposed return to school dates. We do not know all the details of what attending school under what level of restrictions looks like. We have been told there will be mask wearing mandated indoors and outside and that no external visitors will be allowed on site. We do not yet have the social distancing protocols for on-site examinations. More details on social distancing or staggered start/recess/lunch times can be expected.

Keeping Families Safe

Remember, 12-15-year-olds will be able to book appointments to be Pfizer vaccinated from 13 September. <https://www.nsw.gov.au/covid-19/health-and-wellbeing/covid-19-vaccination-nsw/priority-covid-19-vaccination-booking-for-16>

Booking immediately is recommended as the vaccine takes 2-3 weeks to show benefits

What You Can Do in NSW.

<https://www.nsw.gov.au/covid-19/rules/what-you-can-do-nsw#stay-at-home-rules>

What Schools Can Do

<https://education.nsw.gov.au/noticeboard/2021/08/covid-19-updates-from-this-week?deliveryName=DM17971>

Dr K A Jaggard
Principal

The Importance of Relationships

As we continue through this current period of lockdowns and online learning, maintaining our wellbeing is as important as ever. During this time, it's essential we maintain our positive connections with others using whatever means possible.

Research undertaken by various individuals and institutions since the early 20th century indicates that the quality of our relationships has the greatest impact on our wellbeing, affecting both our mental and physical health. These effects commence as early as our childhood and lead to significantly higher levels of life satisfaction and happiness for those with strong connections, even impacting how long we live due to the long-term health effects of positive relationships.

Considered one of the longest studies of human development, Harvard University followed 724 participants to determine what makes humans both happy and successful. Exploring everything from physical, psychological, social and even intellectual traits, their 2012 findings showed that happiness and health stem not from wealth, fame or other material factor, but from the quality of our relationships.

Healthy relationships naturally bring pleasure into our lives along with the accompanying psychological benefits. These include higher levels of self-esteem, greater empathy, cooperation skills and improved levels of trust. However, physiological benefits also occur through the release of stress-reducing hormones, a strengthened immune system, improved gut function, reduced inflammation, improvements to sleep patterns and recovery from injury (Harvard Health Publishing, Victorian Department of Health). Hence, quality relationships are considered by many to be more important than diet or exercise for our overall wellbeing.

Interestingly, Berkman and Syme's research found that these impacts occur regardless of other factors including socioeconomic status. Even underlying health conditions and mental health problems were shown to not hinder the positive effect of strong and positive relationships. A study of over 21,000 individuals also demonstrated that social connectedness is a stronger predictor of mental health than an individual's mental health was on their ability to form connections with others.

Importantly, the benefits of relationships aren't based on how many friends we have or whether we're in a romantic relationship, or even the type of family structure we're in. It's more about the quality of our close relationships with friends, family, communities, or interest groups.

A significant point is that unhappy relationships are shown to be more damaging to our mental and physical health than being alone. For this reason, recognising an association as being healthy or unhealthy and acting as needed is a vital part of maintaining our wellbeing. This could involve working to improve a connection with others or in some cases, removing negative relationships from our immediate lives.

Evidence also indicates that there are clear differences in relationships between the sexes. The UK Mental Health Foundation found women tend to have more intimate relationships than men. As a result, men are less likely to discuss personal matters with their friends than women and may be less socially and emotionally supported during stressful and challenging times.

Being part of a community such as a school, interest group or sporting team helps individuals feel connected and supported, providing a sense of belonging. We must recognise the importance of these relationships and consciously invest time and energy into maintaining them.

Thankfully, there are numerous actions we can take to develop closer bonds with those around us. These include:

- being present by actively listening to others and their needs in that moment (e.g. not checking our phone while being spoken to)
- contributing positively to relationships, putting aside time to connect
- encouraging those having difficulties with an activity, rather than criticising or nagging them
- showing we care for someone through our actions and words, without ignoring their needs
- supporting those around us and allowing ourselves to be supported
- showing we can trust others and can be trusted ourselves
- negotiating solutions instead of having a win at all costs mentality
- respecting others' space, opinions or perspectives in each situation
- accepting others while also recognising unhealthy relationships that may leave us unhappy

Undertaking any of these actions will not only enhance our happiness and health, but significantly affect those around us, creating a positive environment for the social, emotional and physical health of all.

So, let's not forget the importance of connecting with others during what's an undoubtedly challenging time in our lives. While we may not be able to hang out with friends, attend a family get-together, or gather in person with likeminded others, we can be creative in how to maintain our connections. Be it a facetime party, online games, zoom trivia or even just a household dinner, each of these activities will not only bring a bit of joy to our lives, but create a number of physical and mental health benefits to all those around us!

Jamie Kay

Deputy Principal Junior School

**WE'RE NOT
SAFE
UNTIL WE'RE
ALL SAFE**

Thousands of General Practices and vaccination clinics are currently providing services across the country.

Find out when it's your turn and where you can be vaccinated at australia.gov.au

**COVID-19
VACCINATION**

KEEPING AUSTRALIA COVIDSAFE



Book here

DEBATING

Debating Report

The GPS Debating Competition continues. Last week we faced Riverview, which was a very hard-fought round.

We did have wins in the 7A, 10A, 10B and Seconds.

The Seconds and 10A are both still undefeated with two rounds to go!

This week we are the Affirmative against The Scots College (3 September). The final round is against Grammar on 10 September.

Well done to all teams!

This week we have a photo of the 10As post-debate with their fabulous coach, Kat Cheng.

Madeleine Rigby
MIC Debating



Athletics

Training at Home Updates

Hello everyone, I hope you are doing well.

Monday's live training session on CANVAS Conferences continues with me on Monday 6 September (Next Monday) at 3:20pm. It has been great to have students training live with me the past two weeks. Students are encouraged to join in, the session goes for 40 mins and I provide varying levels of movements to allow for all levels.

Participants will need:

- to be in training attire
- have floor space long enough to lie down with hands above head
- ceiling high enough you can reach hands above head
- water

A reminder:

Currently we are in the **Athletics** season, there are general preparation running programs that the students can access. To access, students need to go to the 'Athletics' Module on CANVAS – Sport.

There are also some **skill development** programs for a few sports which are in the 'Training at Home' Module. This is in addition to the training at home programs.

Weights room members are encouraged to seek out my help through the Weights Training CANVAS title or directly. So far, I have been able to provide technique analysis (through videos), program design/advice, equipment purchase advice etc.

All the best
Kurt Rich
MIC Athletics



The 2021 Judy Cassab Art Prize

HERE and NOW



Entry deadline extended to 5pm 8 October

Students presently enrolled at Sydney Girls and Sydney Boys are eligible to enter one drawing or painting for consideration in the
Judy Cassab Art Prize 2021.

Thirty artworks will be short-listed by Visual Arts teachers before final judging.

One prize of two thousand dollars will be awarded to the successful entrant.

Entries will be due by 5:00 Friday 8 October 2021.

Conditions:

Only one artwork per entrant

No HSC artworks

Entries are flat works, being paintings or drawings.

Size should not exceed A1

Works should be representations of the theme "*Here and Now*"

The winning work will be exhibited at SBHS or SGHS for one year and then returned to the student.

The shortlist process and judging is final.

ENTER online <https://forms.gle/CfGxXa12Z5ms5eox8>

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**



Stop COVID-19

Break the chain of infection



CLEAN
hands frequently



STAY HOME
if you feel unwell



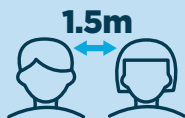
COVER
coughs & sneezes with a
tissue or your inner elbow



DISPOSE
used tissues in
bin immediately



CLEAN
frequently
touched surfaces



PRACTISE
social distancing



WEAR
a mask as
recommended

WAYS VACATION CARE SPRING SCHEDULE



This information would be relevant for families with younger siblings in primary school and/or Year 7 students.

EVERYDAY FROM 8AM - 6PM

WEEK 1: 20TH SEP - 25TH SEP

MON 20th SEP
AM

'Little Succers' Build your own Terrarium Kit.



PM

Paint your own flowers pots
OR
Movies & Popcorn



TUES 21st SEP
AM

Laser Tag on the Rooftop



PM

Giant Yard Games on the Rooftop



WED 23rd SEP
AM

Sydney Chocolate and Coco Workshop



PM

Making Edible slime and Marshmallows



THURS 24th SEP
AM

MasterChef Masterclass
-Pizza and Pasta



PM

Making desserts and slices
OR
Movie & Popcorn



FRI 25th SEP
AM

Cinema Experience
(Disney+ Premier Access)



PM

WAYS
Amazing Race &
Scavenger Hunt



WEEK 2: 27TH SEP - 1ST OCT

MON 27th SEP
AM

RollerFit Workshop on the Rooftop



PM

Rooftop DIY Arcade Fun



TUES 28th SEP
AM

STEM Robotics Workshop



PM

Science Experiments
OR
Tye Dye Experience



WED 29th SEP
AM

Pablo & Picasso Art Workshop



PM

Rock Painting
OR
Making Slime



THURS 30th SEP
AM

Clay Kit Workshop



PM

Candle Making
OR
Tye Dye Experience



FRI 1st OCT
AM

CODE4FUN Coding Workshop



PM

E-Sports Gaming Comp
OR
Basketball Workshop



Contact us at oosh@ways.org.au or fill out our enquiry form that can be found via the QR code



***PLEASE NOTE THAT IF ANY OF THE ACTIVITIES HAVE TO BE CHANGED DUE TO LOCKDOWN AND COVID-19 RESTRICTIONS, ALL BOOKINGS WILL BE NOTIFIED AND AN ALTERNATIVE ACTIVITY WILL BE ARRANGED.**

As a service to the High Family

A FULL PAGE ADVERTISEMENT



can be placed for a fee of **\$50.00 (GST incl.)**
for a full page ad in two weeks' publication

Whether it be a business service,
educational course/s or something for sale.

Contact :

Dave Te Rata or Meredith Thomas - High Notes Editors

P: 9662 9300

F: 9662 9310

Email: highnotes@sbhs.nsw.edu.au

N.B. Content is subject to approval



Photographer J. J. Peter Lee

September/October 2021

03-09-2021

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 B	6 Music: HSC Practicals, Great Hall, Room 101, 201, 09:00-14:00	7 Year 11 Yearly Exams, 09:00-15:15, Modern History - 09:00-10:00, SoR - 12:00-13:00 Subject Selection Information Evening - Year 9 2022, zoom, 18:00-19:00	8 Year 11 Yearly Exams, 09:00-15:15, Geography - 09:00-10:00, Ancient History - 11:00-12:00, PDHPE - 11:00-13:00 Distance Ed Year 11 task, Ext 1 Maths	9 Year 11 Yearly Exams, 09:00-15:15, Legal Studies - 09:00-10:00, Engineering Studies - 11:00-12:00	10 Year 11 Yearly Exams, 09:00-15:15, Classical Greek - 09:30-11:00, Visual Arts - 09:30-11:00 Year 7 task: 7HF-P1, 7HT-P2, 7HR-P4 Debating: SGS v SHS	11	12
10 C	13 *** Year 11 Yearly Exams, 09:00-15:15, English - 09:00-10:00, Music 1+2 Written Exam - 14:00-15:30 Music: HSC Music 1, 2 + Extension Completion Submission Date Class assessment: Year 10 History: timed response, canvas submission, P1-10ZHs, P2-10XHs P+C Executive Meeting, Zoom video conference,	14 Year 11 Yearly Exams, 09:00-15:15, Economics - 09:00-10:20 Faculty and ENGLISH literary contributions to be submitted to W drive 2021 Record Reports School Council Meeting, Board Room, 17:30-19:00	15 Year 11 Yearly Exams, 09:00-15:15, Latin - 10:10-11:10, Business Studies - 13:00-14:00	16 Year 11 Yearly Exams, 09:00-15:15, SDD - 09:00-10:00	17 Class assessment: Year 9 History: Rights and Freedom Speech online submission, 09:30 Year 11 Yearly Exams, 09:00-15:15 LAST DAY TERM 3	18	19
1 A	4 Labour Day - Public Holiday	5 School resumes - staff and students Year 11 meeting: 09:35 Alternative assessment tasks: Year 9 Mathematics, P1 World Teachers' Day	6	7	8	9	10
2 B	11 Year 9 Yearly Exams, online Alternative assessment tasks: 7MaR-P2, 7MaS-P2, 7MaE-P3, 7MaF-P3, 7MaM-P4, 7MaT-P4 P+C Executive Meeting, Zoom video conference, 17:00 P+C Meeting, Zoom video conference, 18:30-20:00	12 Year 9 Yearly Exams, online Prefect Training Day, Outterside Centre School Council Meeting, Board Room, 17:30-19:00	13 Year 9 Yearly Exams, online Rowing: Committee Meeting, zoom, 19:00	14 Sports Council Meeting, Zoom, 07:30 Year 9 Yearly Exams, online Alternative assessment tasks: Year 8 Mathematics, P1	15 Year 9 Yearly Exams, online	16	17