



## From the Principal

### Welcome back to Term 4



By the middle of the term High will look and feel like a school again as students make a graduated return after lockdown. I hope that students and staff took time out during the holidays to relax and get away from their screens for a while. The wider society is taking more and more interest in the wellbeing and mental health of its people. The realisation that it is OK not to be OK is hard for some people to come to terms with. We will all be working hard during the term to restore the sense of belonging and personal efficacy which are vital to students' wellbeing.

### Properties Update

*The Cooler Classrooms* program. Every learning space that will have Air-conditioning has had a control box installed into the room as part of initial works. The basketball courts are being resurfaced over the next two weeks. *Classroom Technology Upgrade Project.* By next week our AV upgrades in 605, Senior Library, Junior Library and in the Common Room will be finalised. Room 611 has had a complete refurnishing and new layout, 802 and 704 have had upgrades to some cabinetry. We are near the end of our two-and-a-half-year \$800k project funded by the *Sydney High School Building Fund* managed by the Sydney High School Foundation. The Governors Centre Wall of Gratitude has been built and landscaping will commence soon. I want to extend my thanks to John Prorellis, David Isaacs, Jim Crampton, Michael Silva, James Rudd and Stewart Carlyle for all their hard work in completing these projects.

### Term 4 Planning

During our first week, all years remained online for their learning. Year 12 students were able to contact their teachers and visit the school by appointment.

### Week 2 11-15 October

No change to online learning is envisaged. Year 9 will be on their examination block using online platforms. They will have no online lessons during the week. Year 12 arrangements are still in place. Online lessons for the rest of the years.

### Week 3 18-22 October

No change to online learning is envisaged. Year 7 will have online examinations. They will not have online lessons during the week. Year 12 mock examination week. Optional one paper of your choice per day – 0930-1230. Exam conditions with invigilators. Accelerants may do one mock examination. Year 10 online physics test on Thursday 21.10. For everyone's wellbeing, we will be holding our second Wellbeing Day on Friday 22 October. Staff and students will have a screen free day.

***Screen-free  
day.***

### Week 4 25-29 October

All school years return onsite for a full timetable of face-to-face lessons with their teachers. All other years will stay with online classes.

### Week 5 1-5 November

Year 12 commence their 'stuvac'. Year 8 will do their scheduled examinations online and will not have scheduled classes during their examination week. Years 7, 9 10 & 11 will have their full timetable of classes at school.



### Week 6 8-12 November

All years back on site for full timetabled lessons except Year 10. Year 12 HSC Examinations commence 9 November. Year 10 will have an onsite mathematics examination in the Great Hall on 8 November. Year 10 have online examinations and no lessons for the week.

### Week 7 15-19 November

HSC continues. All years back for face-to-face lessons – full timetable.



We will keep everybody informed as to the specific COVID safe staggered return to school plan as we get closer to the school resumption date.

**Dr K A Jagger**  
Principal

## SURVEY

### Parents and Carers,

We are busy planning for the staged return to school from 18 October. We understand the importance of knowing in advance the level of concern among parents and carers regarding their child's return to face-to-face learning and have developed a 2-minute survey, asking about your intentions for your child's return to school. This is an optional survey that is distributed to your school community. We will coordinate the survey and provide the school's findings to you.

### Your school's survey link:

[https://research.det.nsw.edu.au/jfe/form/SV\\_5BAxh4fuj5wnsWO?RID=CGC\\_dIGGrTvgYDOEMU6&Q\\_CHL=email](https://research.det.nsw.edu.au/jfe/form/SV_5BAxh4fuj5wnsWO?RID=CGC_dIGGrTvgYDOEMU6&Q_CHL=email)

We will be able to provide an overview of survey findings to support planning for our students' return to school by Friday 15 October.

**Dr K A Jagger**  
Principal

# Music NOTES

## Term 4 Music Performance Program

Welcome Back to our final term of 2021!

Private instrumental lessons will resume ONLINE from Week 1 i.e. from Tuesday 5 October, unless advised otherwise by the instrumental tutor.

Due to ongoing covid restrictions, all music ensemble rehearsals are suspended until further notice.

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](mailto:music@sbhs.nsw.edu.au)

Please note: Students will also be notified of any music related events during ensemble rehearsals





## SBHS P&C – Notice of General Meeting 6.30pm, Monday 11 October 2021 Online via Zoom Meeting

All parents and friends are invited to our next P&C meeting on **Monday 11 October at 6:30pm**. Please register in advanced at the following link:

<https://au01web.zoom.us/meeting/register/u5UrcuqrrD0sGNA92wZ1JDX5qDFt2tTNJUam>

After registering, you will receive a confirmation email containing information about joining the meeting.

At this P&C meeting school principal Dr Kim Jaggar will provide his regular update and short presentations by the Sport and School councils and the SHS Foundation will follow.

The agenda, last minutes and other documents for this meeting are available on the school portal under "P&C Association".

**SBHS P&C Association**

[sbhs.pandc@gmail.com](mailto:sbhs.pandc@gmail.com)



Sydney Boys High School P&C have a page on Facebook. Please like our Facebook page to view updates on the latest news and events of interest to the High community:

<https://www.facebook.com/sbhspandc>



## Summary of Positions Available in SBHS P&C Committee Come join us!

On **Monday 8th November 2021**, SBHS P&C will hold its Annual General Meeting (AGM). All positions in the P&C Committee will become vacant, nominations and election of parents/guardians to those positions will occur at the AGM.

Taking up a position in the P&C Committee is a great way to engage with the school executive team, contribute to the direction of P&C activities as well assist parents in their journey at High.

Below are the available positions in SBHS P&C. If you would like to find out more about taking on one of these positions, please email P&C at [sbhs.pandc@gmail.com](mailto:sbhs.pandc@gmail.com)

An **Office Bearer** is a signatory to the P&C bank account, all transactions require two approvals and are executed online. Cheques are the exception for the school as this is the only means they can accept money from the P&C.

The **P&C Executive Team** includes the Office Bearers and Chairs of Sub Committees. The team meets the week prior to the monthly general meeting to set the agenda.

The P&C Federation of NSW has guidelines on the roles and operations for a P&C.

Position	Short Description
President – Office Bearer	<ul style="list-style-type: none"> <li>- Part of P&amp;C Executive Team</li> <li>- Be spokesperson for P&amp;C at key events (eg Presentation Night, New Parent Welcome Evening)</li> <li>- Set strategic directions/topics for P&amp;C monthly meetings</li> <li>- Chair monthly P&amp;C online meetings</li> <li>- Develop working relationships with Principal &amp; Deputy Principals, School Office</li> <li>- Ask teaching staff to present at P&amp;C Meetings</li> <li>- Submit articles to Flying Higher Magazine</li> <li>- Submit article for The Record</li> </ul>
Vice President (Compliance) – Office Bearer	<ul style="list-style-type: none"> <li>- Part of P&amp;C Executive Team</li> <li>- Co-host online Meetings with President</li> <li>- Compliance for events, sub-committees</li> <li>- Compliance for insurance (risk/liabilities assessment, notice of events to insurance company)</li> </ul>
Vice President (Child Protection & Canteen) – Office Bearer	<ul style="list-style-type: none"> <li>- Part of P&amp;C Executive Team</li> <li>- Child protection compliance and reporting</li> <li>- Canteen compliance (eg employee contracts)</li> <li>- Service NSW account holder</li> </ul>
Treasurer – Office Bearer	<ul style="list-style-type: none"> <li>- Part of P&amp;C Executive Team</li> <li>- Monthly report at P&amp;C meetings</li> <li>- Annual Audit with external auditor</li> <li>- Payments and collections</li> </ul>
Secretary – Office Bearer	<ul style="list-style-type: none"> <li>- Part of P&amp;C Executive Team</li> <li>- Take minutes of meetings</li> <li>- Co-host online Meetings with President</li> <li>- Set up online meetings, polls</li> <li>- Monitor emails to SBHS email address and physical mail</li> <li>- Mail chimp email blasts</li> <li>- Maintain Parent Contact List</li> </ul>

Position		Short Description
Canteen President		<ul style="list-style-type: none"> <li>- Manage canteen employees</li> <li>- Manage parent canteen volunteers</li> <li>- Chair monthly canteen committee meetings with canteen employees and Principal</li> <li>- Monthly report to Vice President (Child Protection &amp; Canteen)</li> </ul>
Communications Committee	Chairperson	<ul style="list-style-type: none"> <li>- Part of P&amp;C Executive Team</li> <li>- SZapp, P&amp;C Facebook, online meeting pre-reel, Annual P&amp;C Survey</li> <li>- Create and manage Year 7 WhatsApp Parents Group Chat</li> <li>- Update forms, flyers for Open Day, Orientation Day, New Parent Welcome Evening</li> <li>- Chair regular communications committee meetings</li> <li>- Provide regular update to P&amp;C Executive Team</li> </ul>
	Year Group Reps Coordinator	<ul style="list-style-type: none"> <li>- Post in Parent Year Group Chats</li> <li>- Manage year reps' participation in Year Parent Group Chats</li> </ul>
Events Committee	Chairperson	<ul style="list-style-type: none"> <li>- Part of P&amp;C Executive Team</li> <li>- Open Day, Orientation Day, New Parent Welcome Evening, Y12 Farewell Tea</li> <li>- Develop project plans, run sheet, event budget</li> <li>- Liaise with P&amp;C Executive Team, Principal, Deputy Principals, School Admin</li> <li>- Chair regular events committee meetings</li> <li>- Provide regular update to P&amp;C Executive Team</li> </ul>
	Catering Coordinator	<ul style="list-style-type: none"> <li>- Sourcing supplier &amp; budgeting for catering for each event</li> </ul>
	Events Coordinator	<ul style="list-style-type: none"> <li>- Recruit and manage volunteers for each event</li> </ul>
Parking Events Coordinator		<ul style="list-style-type: none"> <li>- Recruit and manage volunteers for the parking events allocated to P&amp;C</li> </ul>
P&C Rep to School Council		<ul style="list-style-type: none"> <li>- P&amp;C President or a nominee + 4 other P&amp;C representatives</li> <li>- Attend monthly school council meetings</li> <li>- One of the 4 representatives to regularly report back to P&amp;C after attending a Foundation meeting</li> </ul>
P&C Rep to Sports Council		<ul style="list-style-type: none"> <li>- P&amp;C President or a nominee + 3 other P&amp;C representatives</li> <li>- Attend sports council meetings</li> <li>- Regular report back to P&amp;C after attending a Sports Council meeting</li> </ul>
P&C Rep to Sydney High School Foundation Ltd		<ul style="list-style-type: none"> <li>- P&amp;C President or a nominee + 3 other P&amp;C representatives</li> <li>- Company director position so governance duties</li> <li>- Ensure parent donations to building fund are used for building, renovations and maintenance as required by School Building Fund taxation office requirements TR 2013/2.</li> <li>- Attend Sydney High School Foundation meetings</li> <li>- Participate on one of their subcommittees such as fundraising or rowing facility.</li> <li>- Represent P&amp;C views in meetings</li> <li>- One of the 3 representatives to report back to P&amp;C after attending a Foundation meeting</li> </ul>
P&C Rep to Governors Centre Ltd		<ul style="list-style-type: none"> <li>- 1 P&amp;C representative</li> <li>- Company director position so governance duties</li> <li>- Help manage Governors Centre use and maintenance with SGHS representatives.</li> <li>- Represent P&amp;C views in meetings</li> <li>- Regular report back to P&amp;C</li> </ul>
Library and Literacy Coordinator		<ul style="list-style-type: none"> <li>- Meet with librarian to decide where library needs parent help.</li> <li>- Work with Deputy Principal (Seniors) and Head of English to support literacy among boys.</li> </ul>
Sub- Committees Coordinator		<ul style="list-style-type: none"> <li>- Manage reports from sports/co-curricular activity presidents</li> <li>- Provide support for co-curricular sub committees (how to's, manage insurance risk etc)</li> <li>- Facilitate requests from sub-committees into the P&amp;C for funding (events, equipment etc)</li> </ul>
Working with Children Check Compliance Coordinator		<ul style="list-style-type: none"> <li>- Assist Vice President (Child Protection &amp; Canteen)</li> </ul>



# Stay up to date with SZapp

Download this App to be kept up to date with everything that is happening at **Sydney Boys High School**. It features School Calendar, School Newsletters, School Contacts, Documents, and Push Notification Alerts. Messages can be translated through the app into many different languages.

## Installation Instructions



### 1. DOWNLOAD SZAPP

Search the App Store / Play Store for **SZapp**.  
Download and install SZapp. **Install is Free.**



### 2. FIND OUR SCHOOL

Select Region: Asia Pacific  
Sydney Boys High School

### 3. REGISTER A USER

You will need to register a user with your email or sign in with Google or Facebook.



### 4. MANAGE NOTIFICATIONS

Choose which group/s you would like to receive notifications from. Groups with arrows indicate that there are sub-groups which you can join.



### 5. CHECK SETTINGS FOR APP NOTIFICATIONS

Check your phone settings to allow for push notifications from SZapp.

For any further information see:

<http://www.schoolzineplus.com/app-faq>



**Is your child struggling at school but financially unable to access external tutoring?**

## **WE'RE HERE TO HELP.**

### **WHAT WE DO**

- Connect students who struggle with school but are not able to afford tutoring otherwise to our dedicated volunteer tutors for free.
- Our tutors can assist Kindergarten to Year 9 students with English, Reading (K-2), Mathematics and Science.

### **OUR MISSION**

eTutors Project connects students who are having learning difficulties with access to free weekly tutoring lessons to help them succeed, regardless of their financial capability.



# 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](https://sydneyboyshigh.com/scholarships)**

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



# 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](http://www.sydneyboyshigh.com/scholarships)**

Applications Close **30 November 2021**

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

# Effective parenting for teens and family wellbeing during COVID-19 and beyond



## A seminar for parents

This seminar is designed for parents and carers of tweens and teens (aged 10-17) who want practical information and strategies for effective communication, healthy relationships, and to better understand and manage adolescent behaviour.

The seminar will be led by clinical psychologist, Dr Terri Said, CEO of WAYS Youth & Family and WAYS Secondary Principal, who will cover topics including:

- Understanding adolescent development and brain function
- Effective communication, managing conflict and challenging behaviours
- Helping young people stay connected with education
- Building resilience and managing social media

**When:** Tuesday 26 October, 6.00 - 7.00pm

**Where:** Online via Zoom - Free

**Bookings free:** <https://teenstalk.eventbrite.com.au>

**Further information:** 9083 8936



WAVERLEY  
COUNCIL





# NSW parent and carer mental health education sessions

headspace National is hosting free mental health education sessions in New South Wales, for Parents, Carers and Community Members, on ways they can support their young person when they are concerned about their mental health.

## The sessions aim to:

- Strengthen your understanding of mental health and mental health difficulties.
- Increase awareness of the impacts of COVID-19 on wellbeing.
- Strengthen your understanding and skills in how to have a conversation with your young person.
- Build awareness of local services and the various supports available.
- Strengthen relationships between local area mental health services, local schools, headspace centres and other community organisations.

Proudly funded by the NSW Government and delivered by headspace National Youth Mental Health Foundation Ltd.

## Session format

The format of the sessions will include the delivery of mental health-related content, followed by a panel of community stakeholders sharing information about the supports available to young people and how to access their services.

## Mode of delivery

Sessions will be held online via Zoom or face to face.

## Duration

Lunchtime sessions are 1hr and 15mins. Evening sessions are 1hr and 15mins with a panel.

## How to register

Click on or copy the following URL into a web browser to locate upcoming sessions in your community: <https://bit.ly/3lchh8U>

## Contact

For more information email:  
[programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)

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](mailto:highnotes@sbhs.nsw.edu.au)

**N.B. Content is subject to approval**



# Youth Services Virtual Drop-in

Age  
12+

Join in on a range of free online activities and virtual events for young people aged 12-25 living in Bayside  
Registrations with proof of age and residency are essential at <http://baysideyouthservices.eventbrite.com>

**OCTOBER 2021**

## MONDAY

**1** OCT  
**11** OCT  
**18** OCT  
**25** OCT

### Yoga & Meditation 5:30pm - 6:00pm

Start your week with movement, meditation, and breathing techniques. Improve your flexibility, balance, and strength through Yoga.



## TUESDAY

**5** OCT  
**12** OCT  
**19** OCT  
**26** OCT

### Fit @ Home 5:30pm - 6:00pm

Fun, high energy and strengthening fitness classes. These will include HIIT, pilates, zumba, and tabata.



## THURSDAY

**7** OCT  
**14** OCT  
**21** OCT  
**28** OCT

### Filmmaking on your Phone 5:30pm - 6:30pm

Filmmaking on your phone. Learn the fundamentals of filmmaking, character creation, storytelling, acting and editing.



## FRIDAY NIGHT VIRTUAL EVENTS



### **8** OCT Escape Hunt 5:30pm - 6:30pm

Escape the room in the new adventure! You have been identified as having the perfect skill set to take part in one of the most daring heists of all time.

### **15** OCT Magic Show 6:30pm - 7:00pm

A professional magician live on your screen, enjoy an entertaining and interactive magic show.

### **22** OCT Virtual Escape Room

**6:15pm - 7:30pm**

As a team, you will solve riddles and complete puzzles against the clock, with the goal of 'escaping the room'. You will need to work with your team to crack the code.



### **29** OCT Masterpiece in 60 Minutes 6:00pm - 7:00pm

Get creative and paint the Mona Lisa in an hour, art pack will be sent out. RSVP by 1pm Friday 15 October.

# October/November 2021

08-10-2021

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 B	11 Year 9 Yearly Exams, online 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 morning via zoom, 09:30-11:00 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	15 Year 9 Yearly Exams, online Year 7 History Summative task, CANVAS submission by 09:30	16	17
3 C	18 Year 7 Yearly Exams, online	19 Year 7 Yearly Exams, online Foundation meeting, 18:30-20:30	20 Year 7 Yearly Exams, online	21 Year 7 Yearly Exams, online Year 10 physics test - 09:00-09:30, online	22 Wellbeing Day, no online classes Peer mentoring: Celebration and reflection, selected Yr 8 and 10, lunch 1+2	23	24
4 A	25	26	27	28	29 Year 8 Meeting, Selected locations, 10:15-10:40 World Teachers' Day	30	31
5 B	1 Year 8 Yearly Exams, online, 09:00-15:15 Online Selective Schools Application for Year 7 2023 close (tbc) Prefect Investiture, 11:10-11:50	2 Year 8 Yearly Exams, online, 09:00-15:15	3 Year 8 Yearly Exams, online, 09:00-15:15 Rowing: Committee Meeting, Zoom, 19:00	4 Year 8 Yearly Exams, online, 09:00-15:15	5 Year 8 Yearly Exams, online, 09:00-15:15 Class tests: 10XRb-P1, 10ZRb-P2	6 Cricket: SHS v TSC Basketball/Tennis: SHS v TSC Rowing: SGS Regatta, SIRC, Seniors/Yr 10 VIIIs	7