



From the Principal High Talent

Congratulations to our HSC students from 2021 who achieved state rankings in their courses



and to Hanyang Zheng and Ryan Lee for their maximum ATARs. In chemistry – Ryan Lee (1), Eric Ho (7), Auguste McNally (10), Richard Bao (13). In Mathematics Advanced – Sarfaraz Ahmed (1) & Andy Xia (14) from Year 11. In

Mathematics Extension 1 – Hanyang Zheng (1). In Physics – Hanyang Zheng (2). In Latin Extension – Nicholas Arvanitellis (2). In Chinese in Context -Yifei Wu (2). In Software Design and Development - Cyril Vivek Subramanian (6). In Engineering Studies – Ryan Lee (10). In Biology – Julian Waring (17). Well done to Isaac Ayoubi (12F) for his quadruple double (points, rebounds, assists, steals) against Shore and for his selection as starting point guard for the U18 Metropolitan Sydney basketball team.

Welcome to New Students and Summer Sports Assembly

At the end of week one, we welcomed new students and their parents to High. The students were addressed by the Principal, Deputy Principal – Junior Shool Mr Kay, Mr Smith HT sport, Ms Chan HT Wellbeing and by Mr Wang and Ms Millar, the Year 7 Student Advisers. There was a great deal of information given to them in a short space of time. Over the next few weeks, the boys will process it all and settle into school life well.

Last week, witnessed by other cohorts, the Year 7 group were formally recognised with a 'clapping in' ceremony, coinciding with our summer sports assembly. I welcomed them more formally to the school without their parents in attendance, as did School Captain, Joshua Suto. We outlined what the school could offer them over the next six years and what they could do to maximise their opportunities. Guest speaker Maquis Navarre shared his journey as a professional athlete who overcame physical and athletic limitations to pursue a successful



ahead of the first round of the GPS.

career in basketball. We also had our team captains or MICs introduce our first and second grade summer GPS teams and present them with their gifts of team apparel

Welcome to New Parents

Thank you to Andrew Hybler (P & C President), Saheel Hafiz, Binh Johnsun, Andrew Chan, Paul Harapin, Diana Chan, Luc Tran (10M), David Smith and Dan Johnsun, who contributed to our virtual welcome to new parents evening. I shared information with parents about the history, institutions and culture of the school. Jamie Kay ran through our processes, procedures and portals, to broaden and deepen parental understanding about how High operates. Andrew Hybler made a presentation on High's organisations, followed by Andrew Chan on behalf of the Sydney High School Foundation Inc. Paul Harapin outlined the objects, events, functions and benefits of the Sydney High School Old Boys Union and explained the Student Life Membership Scheme. Diana Chan shared a recent parent perspective of the ups and downs of transition into life at High, with advice about how to manage the inevitable anxiety of transitioning into a new school. Luc Tran offered a student perspective, emphasising how High Spirit grows as 'a collective mindset of resolve and resilience'. Binh & Jamie coordinated a Q & A session on Slido which grouped many questions together to assist getting through as many answers as possible. At the height of the Q & A session, 207 people were logged on, some with multiple people viewing at some locations. Despite the lack of important face-to-face socialising, my sense was that those who logged on had plenty of opportunity to share comments or ask questions. Thank you to all concerned.



**WELCOME
TO HIGH**

Weights Room for 2022



WEIGHTS ROOM

High's weights room offers exceptional value for money. The room has appropriate equipment for preparing the bodies of teenage boys and crucially, it is constantly supervised. When handling weights, technique is vitally important, and boys need to learn the correct way to lift. Kurt Rich, our Head Strength and Conditioning Coach, is a well-credentialed and experienced trainer. His presence ensures that the boys are training safely and sensibly. So, as well as getting gym facilities, **members have a trained supervisor and adviser to help them during their unlimited visits.** *The Weights Room* operates much more effectively if all boys get their training in how to use the various pieces of equipment and in proper lifting technique, as soon as possible. Kurt Rich provides this service at the beginning of each year and can tailor individual programs for members after the introductory sessions. Having a fixed clientele makes his job more productive and leads to a better training experience for members and better strength outcomes for participants. Hence, we decided to close off memberships by the end of March each year. Boys who have not paid by that time can no longer attend the weights room.

Costs for this service are held down to a minimum and reduced by boys taking out a full year's membership. For 2021, **a full year** Weights Room membership costs **just \$275**. As an incentive to **Year 7 students**, an introductory one-year membership is available for a mere \$155. Boys wishing to have full year membership must register and pay by **Friday 11 March 2022**. There will be no extensions of time. In semester 2, half-year memberships will be offered to students for a short period of time at a cost of \$155.

Early Bird Discounts



For much of what we do as a six-day school, particularly on Saturdays, High is a self-help, self-funded organisation. In order to help maintain all of our many activities we offer a **substantial discount** to parents who pay all their invoices in full **before Friday 11 March**. It is not only a great demonstration by them of their commitment to the ethos of the school but also it's an encouragement for others to follow their lead and it helps to create a critical mass of financial support for our programs. The annual cash contribution by the DoE finances **less than one quarter** of our co-curricular programs at High. The rest comes

from the support of parents and the efforts made by School family volunteers, helping in fund raising. Having substantial funds early in the year allows us to make sure that capital works are completed in the holidays, orders are made promptly and that the boys get the maximum benefit out of equipment and services deployed for them this year. Quality services, extra staff and high standards come at a price. A very large number of parents see the package as value for money and contribute in full.

The early bird discount is available for students who were invoiced in 2022 and doesn't apply to new students who were invoiced in October 2021 and subsequently came to Orientation Day in November and had the opportunity to pay all invoices on that day and obtain the discount. New Year 7-11 boys who **were not made offers before Orientation Day** and hence could not attend, are eligible for the discount. Existing students in Years 8-12 have the chance to make a saving by paying in full by Friday, 11 March.

Last year, **61.79% of families** saw the benefit of supporting the school in **all of its activities** early in the year and thereby earned **the early bird discount**. Together they saved \$160,000. I thank them sincerely for their support and reset our target to attract 65% of parents this year. Let's carry on High's self-help culture to make sure we achieve our goals for your sons in 2022 and beyond!

Dr K A Jaggar
Principal





SBHS P&C Welcomes and Invites Parents to Participate in P&C Activities in 2022

The P&C Team and I warmly welcome all parents, both new and those returning for another year at SBHS. On the evening of Tuesday 8 February, we formally welcomed new parents at our first event for the year at our New Parents Info & Welcome Evening. Unfortunately, this year due to COVID, we could not hold the event in the Governors Centre as originally intended where normally parents and staff could mingle over finger food and refreshments. However, we still had a fantastic turnout with the online format, having over 200 participants attending this 2-hour event. We would like to thank all the presenters including Dr Jaggar, Jamie Kay, Heidi Yuen (Canteen), Andrew Chan (SHS Foundation), Paul Harapin (President SHSOBU), Dianna Chan (Year 8 Parent) and Luc Tran (Year 10) for their presentations on how the school works, how new students can make the most of their education and numerous opportunities at High and how new parents can participate in the school community, the High family.

We'd love to see you in our first P&C Meeting for 2022 on **Monday 14 February at 6:30pm**. The meeting will be online using Zoom. Principal Dr Kim Jaggar and Deputy Principal, Junior School, Jamie Kay will welcome new and returning parents to the new school year. The meeting is to outline the P&C objectives for 2022. All parents are invited to attend, ask questions and suggest priorities for the P&C this year.

Attending the P&C meetings is a great way to hear about what is going on at the school, meet other parents and staff and also an opportunity for you to contribute your opinions and ideas.

To join our February P&C meeting next Monday 14 February, please register at the following link:
<https://au01web.zoom.us/meeting/register/u5cod--sqTkpHdaA-XajqTaCKi5GlvfJOYwv>

Andrew Hybler
P&C President
SBHS P&C Association
sbhs.pandc@gmail.com



OUTDOOR EDUCATION CAMPS

Outdoor Education Camps

The Outdoor Education Program is an integral part of High's co-curricular program incorporating camps in Years 7, 8, 9 and 10. The program involves physically and mentally challenging activities which are outdoor, and adventure based. They are designed to be sequential but are structured so that the students can participate at their own level. Attendance at all junior camps (i.e. Years 7, 8 and 9) is compulsory.

The program aims to develop the student's teamwork, leadership and initiative skills. Students participate in challenging activities to increase self-esteem, self-reliance and self-confidence while promoting an appreciation of the natural environment. This in turn gives students the opportunity to develop kinaesthetic awareness, coordination and physical strength as well as build on teamwork and foster a greater sense of cooperation to create a more cohesive and integrated school community.

Dates

- Year 7: 6 – 8 June 2022 (3 days, 2 nights)
Broken Bay Sport and Rec.
- Year 8: 7 – 9 September 2022 (3 days, 2 nights)
Narrabeen Sport and Rec.
- Year 9: 7 – 9 December 2022 (3 days, 2 nights)
Biloela OEG (expedition) and
Nepean River (centre)
- Year 10: 28 Nov – 2 Dec 2022 (5 days, 4 nights)
Biloela OEG (expedition)

Electronic Devices at camp



All Sydney Boys High School camps are technology free camps. Students are not to bring any gaming, tablet or laptop devices. If any such devices are found on camp they will be confiscated for the duration of the camp and

returned once we get back to school. Mobile phones will be allowed, but not chargers as there are no power points in the dormitories. The same applies for any electrical appliances/power boards.

Kerryn Ibbott
Coordinator Outdoor Education
ibbottk@sbhs.nsw.edu.au

Updated Sydney Boys High School Payment Portal

A new version of the Sydney Boys High School has launched this year. While it looks a bit different, it continues to allow you to select the items to pay from your son's account as you need, at any time, using credit card. If you have multiple children attending the school, you will need to make a separate transaction for each, same as previously.

To simplify our meeting payment security compliance requirements, payments are **charged and finalised as soon as you click Submit Payment**.

If you accidentally double-pay an item, the school's finance team will make contact and arrange to refund.

Date Added	Item Name	Amount	Paid	Balance (\$)
09/12/2021	2022 School Contribution - Early Bird Spec...	\$2,400.00	\$0.00	2400.00
09/12/2021	Building Fund for Sch Contrib - Related Do...	\$660.00	\$0.00	660.00
09/12/2021	Do-Our Levy for Sch Contrib - Levies (Seni...	\$180.00	\$0.00	180.00
09/12/2021	P&C Cont&Memb for Sch Contrib - Related...	\$100.00	\$0.00	100.00
09/12/2021	Tech Levy for Sch Contrib - Levies (Senior...	\$355.00	\$0.00	355.00
09/12/2021	Vol Sch Cont for Sch Contrib - General (Se...	\$1,175.00	\$0.00	1175.00

Grand Total: \$2400.00

Access the payment portal from the [\$] button on the school website or through the parent portal. You will need either your parent portal login, your email address or your son's student ID number.

Select the items you wish to pay for and enter your name and contact information.

Once you click Next, a new payment form is displayed for your card details.

Make a payment for John Smith

Cardholder name: Penny Smith

Credit card number: [VISA]

Expiry date: [Month] / [Year]

CVN: [CVN]

Grand Total: \$2400.00

This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Payments can take up to a minute to be processed after clicking submit. Do not close your browser during this time.

Close Submit Payment

Early Bird Discount School Contributions

If you are eligible for the Early Bird Discount for school contributions, this continues to be available online on the payment portal:

Date Added	Item Name	Amount	Paid	Balance (\$)
09/12/2021	2022 School Contribution - Early Bird Spec...	\$2,400.00	\$0.00	2400.00

Select just this item, *instead of the individual components*, to take up the offer.

Emailing of Statements of Account

Please contact the school to change the financially responsible parent, or to request that an additional parent's email receive the statement.

Telephone and Mail/Fax Payments

We can no longer take credit card payments via telephone, fax, or paper form. Card payments can only be made in person or online.

Meet The Prefect



What advice you would give to a Year 7?

Firstly, welcome to Sydney High! 6 years may seem really long, even daunting, but I assure you that with the busy lifestyle at High, time will fly and before you know it, you'll be reminiscing on your time here. I urge each and every one of you to make the most of the multitude of opportunities at High. From the numerous sports to cadets to debating and a variety of other clubs and groups, your participation within the school is what will make your next 6 years the most rewarding. I advise that you are not afraid to try out things that are new, to gauge where your interests lie, as this will allow you to excel in all areas of school life. On the topic of your academics, although important, don't allow them to be a barrier and a cause of stress, as you will have plenty of time to navigate your way through them as you progress through High school. As you transition into this unfamiliar environment, I will say that there is no guarantee that everything will be smooth sailing or easy but the support each and every one of you provide to each other will be crucial and incredibly valuable in every stage of school life. From the classroom to the sports field on Saturday, stand as rocks for each other and provide support to all your peers as the friendships you form will build to a 6 years that you will cherish forever.

What does High spirit mean to you?

Soon after walking through the gates of Sydney High, I came to learn of High spirit. The two words which encompass the camaraderie, the competitiveness and the reason why boys stand tall through thick and thin within the school. High spirit is the trust in each other, the relentless support on the sports field on Saturdays, and the enthusiasm within the classroom. The bonds I formed with the boys through attending school and then training 3 times a week, before turning up on Saturdays, proved invaluable and enabled me to see the brotherhood formed by High spirit. High spirit has driven me to chase after the

football on the off chance that it may not go out, to comeback stronger every time something didn't go my way and to fight and be resilient regardless of inevitability of a bad result. As I've seen it since joining High, the Prefects were the boys who were given a once in a lifetime opportunity to give back to the school whilst still attending it. They were the boys who fostered High spirit, worked and gave back to the community and overall, were committed to all aspects of school life. I am forever grateful for what High has provided me with so far and look forward to this final year blessed with this incredible opportunity. I hope that we as a prefect cohort continue to foster High spirit and that we are able to stand as role models who will inspire boys in both blue and white shirts, just like the Prefects in the past have.

Tahmid Choudhury

Year 7 Prefect & Welfare Prefect

Meet The Prefect



What is most important for a student at High?

Sydney Boys students are in their most formative years due to the everlasting impacts of their decisions during their six years at High. Their choices in subjects, sports, friendships, and life will shape who they are and what their lives will become. While our studies and GPS sports will always be a vital part of life at High, what's truly most important is our self discovery. Each young boy must understand themselves, their desires, their motivations and beliefs, in order to become young men who can live their best lives. To do so is to succeed in life in a most immeasurable manner. Perhaps few people will appreciate this sentiment, but it is necessary to form oneself.

What did you learn from the Duke of Edinburgh program?

The Duke of Edinburgh, or Duke of Ed for short, encompasses a range of personal activities, but it's most important facet is it's leadership skills development. With

Mr Fuller as the Award Leader at High, my experience with the bronze and silver awards and their respective expeditions were unforgettable. Each group of students completing the expedition were arranged into groups with various roles; Leadership, Cooking, Sanitation, and it was up to us to manage and lead each other effectively. On the silver expedition, leading our troupe from the front was the most challenging physical activity I'd ever undertaken. We had to push through bush twice our heights and thicker than anything I'd ever seen before. It was like wading through organic fences that fought back against our every moment, yet together we pushed forward, supporting each other by taking note of each person's limits and capabilities in order to best facilitate our efficient travel to our campsite.

How is GPS sport important to your journey at High?

I remember being mildly aggravated at the thought of having to dedicate my free Saturdays to *sport* when I joined High in year 7. The thought of having to wake up early on Saturday and attend regular training sessions sounded *boring*. Now, I'm incredibly grateful for the opportunities our sport programs provided me, instilling a sense of personal responsibility and dedication that will last me a lifetime. In a team sport, my actions not only impacted me but my fellow teammates as well, motivating me to be my best self through hard work. Now, I'm satisfied with how I can apply these philosophies to my greater life.

David Cranic

McKay House Captain & the Environment Prefect



Parents Book Club 2022

Encouraging teenagers to read more fiction is a genuine challenge when there are so many demands on our time. But it is precisely because of these challenges that the immersive and sustained quality of reading fiction is needed more than ever.

Here at High, we run a Book Club especially for parents. It has had a rough couple of years due to COVID, but it feels like 2022 is the year we return! The way it runs is this:

1. Interested parents contact Cassandra Pride in the English Department to register their interest at pridec@sbhs.nsw.edu.au.

2. A book is chosen for its ability to engage both parents *and* students.
3. The student receives a copy of the book to take home. This book is logged against the student's school library card (this will need to be returned to the school after the book club meets).
4. Parents read the book in their own time over the course of the term.
5. Feel free to share the book with other members of your household and discuss opinions and perspectives at home.
6. Time for Book Club to meet is organised.
7. We meet, discuss and chat.

There is no pressure or expectation that people will like the book, have 'big' or 'impressive' things to say about it or that you have a high level of personal reading. We welcome everyone! The non-readers, the hesitant readers, the constant readers – all of you, please feel welcome.

Our novel for Term 1 2022 is *The Ocean at the End of the Lane* by Neil Gaiman. I will receive emails about being involved in book club for the next few weeks and then allocate books to students to take home to you. If you are interested, please contact me with the following information:

- Your name
- Your son's name and year group
- A little bit about why you're joining the Book Club (optional)

I am looking forward to having conversations with all of you about books, reading and your son's interest in reading over the course of this year.

Cassandra Pride, English Department



Music NOTES

Music Performance Program (MPP) – Term 1

*Music Ensembles commence from Week 2 this term i.e. from Tuesday 8th February (no ensembles on Monday 7th February due to the school's swimming carnival).

Please note: The following music ensembles will commence from Week 3:

- Intermediate Concert Band
- Guitar Ensemble
- Senior Concert Band
- ^Percussion Ensemble
- Symphony Orchestra
- Junior Stage Band
- Senior Stage Band
- Junior Strings Ensemble
- Senior Strings Ensemble
- Chamber Choir
- Marching Band (first marching band rehearsal will commence on Friday 18/2).

(^Percussion Ensemble will rehearse on Tuesday's after school. No longer on Wednesday)

The music Ensemble schedule has been posted up on the school's high notes, music noticeboard (outside Music Department), Room 101 & 201 noticeboards, MPP Student Canvas Page.

*Private Instrumental Lessons commence from Week 2 this term i.e. from Tuesday 8th February (no private instrumental lessons on Monday 7/2/22 due to the school's swimming carnival) - students and parents will need to contact their tutor regarding lesson times.

*Please note: New students to SBHS can start attending ensemble rehearsals and/or private instrumental lessons after the Music Information Night (and not prior). Only current students in Years 8-12 attend ensembles and/or private instrumental lessons from Week 2.

IMPORTANT COVID REQUIREMENTS

*Students who do not feel well should NOT be at school and therefore should not be attending ensemble rehearsals and/or private instrumental lessons.

*Students will need to bring their own instrument(s)/equipment/accessories (e.g. guitar

picks/drum sticks/guitar leads etc.) - items will NOT be loaned and/or supplied by the Music Department

*Masks must be worn indoors, however, removal of masks will be permitted for the playing of woodwind and brass instruments but must be worn immediately before and after playing.

*Parents and Guardians will not be allowed on school site

Music Storage Room

A reminder to all students to not block the pathway when leaving their instrument(s) in the Music Storage Room. Please make sure to place your instruments neatly in the appropriate bay(s). Please ensure students have a clear name tag with their name/year on their instrument case. Students and parents are reminded that SBHS does not provide instrument insurance or cover. The Music Department will not take responsibility for loss or damage whether on or off the school property.

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.



2022 Music Ensemble Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Intermediate Concert Band 7.45am – 8.45am Governors Centre	Senior Concert Band & Symphony Orchestra 7.45am – 8.45am Governors Centre	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 201		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>Term 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 Governors Centre		Jazz Ensemble 3.30pm – 4.30pm Room 201

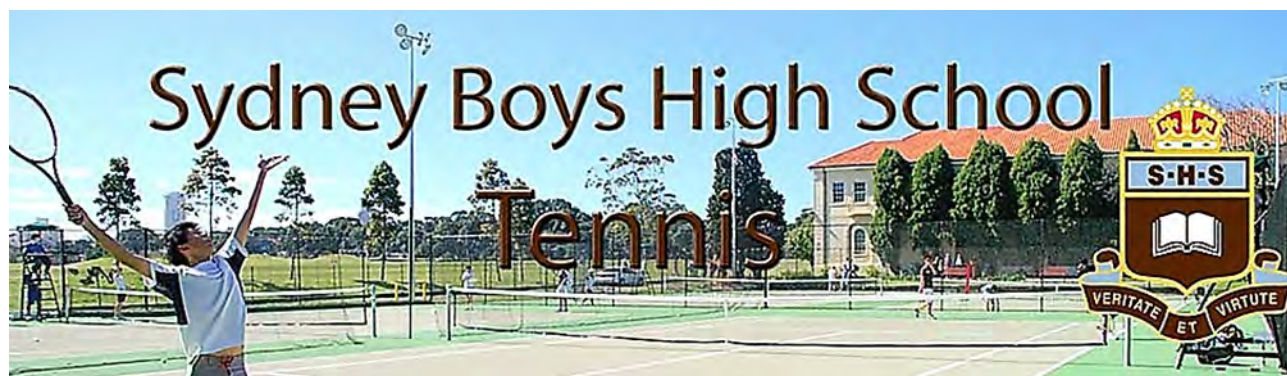
Please note:

- * The above schedule is subject to change. The Music Department will inform students asap via the CANVAS Music Performance Page and the school's daily notices if there are any changes
- * Guitar Ensemble: Students who are unable to attend one of the rehearsals can join the alternate session
- * Marching Band: Rehearsals only run in Terms 1 and 4 only. Compulsory attendance is required for students in Concert Band, Stage Band and selected Percussion Studently (no piano students)
- * Students must schedule private instrumental lessons at a different time to music ensemble rehearsals
- * An attendance rate of 80% is required per semester to obtain Award Scheme Points
- * Music Pocket: Attendance of 5 full years is required. New students in Years 8-11 will need to speak with the Music Department

2022 Term 1 Music Events Calendar

WEEK	DATE	EVENT	MUSIC STUDENTS INVOLVED
Week 2B	Thursday 10 th February	Music Recruitment Night, 6.30pm via ZOOM	Music Prefects: Nicholas Francis (12R), Yu Ming Lee (12T), Jordan Wong (12F)
Week 3C	Tuesday 15 th February	Year 10, 11 & 12 Awards Assembly, 9.55am Great Hall	Matthew Kirkland (12R) Don Tran (12M)
Week 3C	Tuesday 15 th February	Presentation Night, 7pm Governors Centre	Matthew Kirkland (12R) Don Tran (12M)
Week 3C	Wednesday 16 th February	Year 7, 8 & 9 Awards Assembly, 9.55am Great Hall	Matthew Kirkland (12R) Don Tran (12M)
Week 4A	Monday 21 st February	HSC Encore, Angel Place (time TBC)	Elective Music Students in Years 10 – 12
Week 7A	Friday 18 th March	Head of the River Assembly, 10.15am Great Hall	Elective Music Students TBC
Week 10	Friday 8 th April	Anzac Day Service, 10.55am	Trumpet Student TBC

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



Tennis Week 2 Update


Some promising results from our junior's vs Shore over the weekend. In the seniors, Shore proved to be a lot more polished and consistent than our boys. Boys are reminded to evaluate their performance with the coach/teacher at the end of each match and work to improve week to week.

There are new year 9 students joining the Tennis program so the 15's will have new boys introduced, trialled and ranked in their squad. Year 7's will have their squad finalised after Thursday's sport time session (week 2).

Selection criteria can be found on the Canvas – Sport Page

A reminder that rankings can be changed week to week.

Week 1 Results –

<i>Trials Week 1. Saturday 5 February 2022 - High v Shore</i>			
	Total Matches Won	Total Matches Lost	Winning Percentage
1st Grade	0	9	0%
2nd Grade	1	8	11%
3rd Grade	3	3	50%
4th Grade	3	3	50%
5th Grade	0	6	0%
6th Grade	2	4	33%
16 A	3	3	50%
16 B	1	5	17%
16 C	1	5	17%
16 D	3	3	50%
15 A	3	1	75%
15 B	5	0	100%
15 C	6	0	100%
15 D	4	2	67%
14 A	4	2	67%
14 B	4	2	67%
14 C	4	2	67%

14 D	5	1	83%
Total	52	59	47%

Please see the training schedule below, if your son is unable to attend a training session please email me richk@sbhs.nsw.edu.au & Absences.Sport@sbhs.nsw.edu.au by 5pm Thursday. If your son cannot attend his Saturday fixture, please email before the start of the match.

A reminder that when it is raining in the morning, tennis training will be on in the gymnasium gallery steps.

Term 1 Week 1 - 6 (Week 7 for 1st & 2nd Grade Only)					
All Tennis Athletes Year 8 and above are to attend 1 speed & agility session a week. Year 7 have their try sport rotation on Monday afternoon Week 3-5.					
Group	Monday	Tuesday	Wednesday	Thursday	Friday
1st-3rd	School 7-8:45am		School 1-3pm	Jnr 1st & 2nd Grade Eastcourts 1-3pm	School 7-9am
4-8th		School 7:15-8:45am	Moore Park 1-3pm	School 7:15-8:45am	
16's	Moore Park 7:15-8:45am		Eastcourts 1-3pm		
15's			School 7:15-8:45am	Eastcourts 1-3pm	
14's			Moore Park 7:15-8:45am	Moore Park 1-3pm	
13's		Moore Park 7:15-8:45am		School 1-3pm	
Development Squad		Development Squad are to train with the 4-8th grade in the mornings and their age groups during Sport Time. They will also have a session every Saturday at Moore Park 12-2pm			

A reminder that Tennis Athletes in Year 8 and above are to complete 1 speed & agility session as per the schedule below.

Speed & Agility	Monday	Tuesday	Wednesday	Thursday
	Year 9	Year 7 & 11	Year 8	Year 10

Weekend's fixtures – fixtures including updates (weather) can be found on the school website.

**13's (Year 7) are scheduled to play Saturday 12 February. Week 2*

Kurt Rich

MIC Tennis



Season Schedule (COVID pending):

Please check out the season schedule on the google sheets below.

<https://docs.google.com/spreadsheets/d/1csEJFOoFRVN0xbYIQUAvai8ehhg5w4G9jVEVHQvMsho/edit?usp=sharing>

Communication:

For parents – Szapp – rowing group

For students – The CANVAS rowing page

All communication will go through these channels so please ensure you are a part of these if you are rowing.

Season events:

Date/Event	Groups involved
February 12 – High Regatta	Year 9 Quads, Year 10 Vllls, Senior B
February 20-22 – CHS Regatta	Selected rowers
February 26 – All school Regatta (H+C)	Year 9 Quads
February 26 – Kings/PLC Regatta (SIRC)	Year 10 Vllls/Seniors
March 5 – All school Regatta (H+C)	Year 8/9 Quads
February 26 – SRC Regatta (SIRC)	1 st Year 10 VIII/Seniors
March 12 – All school Regatta (H+C)	Year 8/9 Quads
March 19 – Head of the River	Year 10 Vllls/Seniors

George Barris

MIC Rowing





Cricket Results – 2022 Term 1 Week 2 GPS Cricket Games 2021/22 vs. Shore

	Score	Result	Highlights
1 st XI	Shore 9/152 def. SBHS 10/98.	Loss	X Nath 4/25 A Giles 2/25
2 nd XI	Shore 10/84 def. by SBHS 3/85	WIN	A Ramakanth 4/8 A Sharma 2/14 I Raza 2/18
3 rd XI	Shore 6/137 def. SBHS 4/96	Loss	A Mahidadia 2/5
4 th XI	Shore 5/150 def. SBHS 10/91	Loss	H Mullen 26
5 th XI	SBHS win due to Shore Forfeit.	WIN	
16A		WIN	
16B	SBHS win due to Shore Forfeit.	WIN	
15A			
15B	SBHS 10/55 def. by Shore 0/57	Loss	
14A	Shore 9/105 def. by SBHS 9/106	WIN	A Nayani 63* A Anand 3/9
14B	Shore 7/136 def. SBHS 10/59	Loss	
13A	-		-
13B	-		-

1st XI Report

Gloomy and wet conditions at 'Northbridge A' saw High win the toss and send Shore into bat. With consecutive wickets in the first over of the match, Albert lead the charge with a fine display of fast bowling. And with Anay picking up a handy wicket on the mark of drinks HIGH took a commanding position in the match having the home side only 3/24. Our debut quick Udey held the opposition at bay with some tight bowling, but a resilient display of batting saw the opposition develop a partnership, but thanks to some crafty off-spin bowling, Raunak drew the breakthrough. The rest was taken care of by some express bowling by our all-round quick Xavier cleaning up, with outstanding figures of 4/25 off 10, backing up Albert's exceptional 2/25 off 10. SHORE finished 9/152 off their 50.

Unfortunately, our batting efforts were far from commendable. At just 5/37, it seemed as though HIGH's hopes had dwindled. A notable partnership between Xavier (28) and Anay (23) saw them consolidate, however, it appeared too big a task, with HIGH falling short of their target by 55 runs.

Anay Baruah

1st XI Captain

Team of the Week- 2nd XI

Our captain, R. Malhotra was injured so our vice-captain A. Sharma had to fill in the shoes and lead the team for the first GPS game against Shore at High's home ground, McKay Oval. With signs of early showers but cloud clearance later in the day, High won the toss and elected to bowl first. The game didn't start off to the greatest starts with constant showers over the first hour, resulting in a delayed start. After battling the rain delay, High managed to get a decent start in the first session with Shore 3/53, K. Maran picking the first and I. Raza following up with two. With the intension to get them all out under 150, High demonstrated some of the best bowling performances by wrapping up the Shore batting line up before the seconds drinks break. This was led by Z.Hakim's tight bowling who claimed one wicket, conceding only three runs, after 5 overs. This was followed by some great spin bowling by A. Ramakanth, with figures of 4/8 and A. Sharma with 2/14. High followed up their strong performance with the bat by playing out the opening spell with 30 on the board but eventually losing V. Taneja. After the early wicket of A. Marken, I. Raza and A. Hafiz managed to play safe and bring High a comfortable victory, bringing confidence to the team for the rest of the season.

Armaan Sharma

2nd XI Vice-Captain

1st and 2nd XI Holiday Training and Trial Games

After a brief break for Christmas and New Year's, the Opens Squad continued their demanding Strength training with Kevin Chevell (which we'd begun last term). This consisted of at home workouts, planned for us by Kevin, which all the boys diligently took part in. A special mention goes to Raghav Roy, who managed to get his workouts done whilst in India using sacks of flour. On top of this we also made three trips out to Insight Fitness Gym in Penrith, to supplement our training. A special thanks to Kevin for helping us out throughout these sessions.

These gym sessions were part of our preseason training, which led into four trial games for 1st XI. Out of these games we managed to win 3 of them; against Randwick-Petersham, St Aloysious and Grammar. 2nd XI also won their trial game against Linfield. In these games we really bonded as a team and gained momentum heading into the season. Shoutout to all the of the squad that put in

the effort during their break, and a special congratulations to the boys who have been selected in the Opens Teams.



Raunak Roy and Cody Robinson working hard in the gym

David Smith
MIC Cricket
Albert Giles Cricket
Prefect 2021/2022



WEIGHTS ROOM

Sydney Boys High School Weights Room

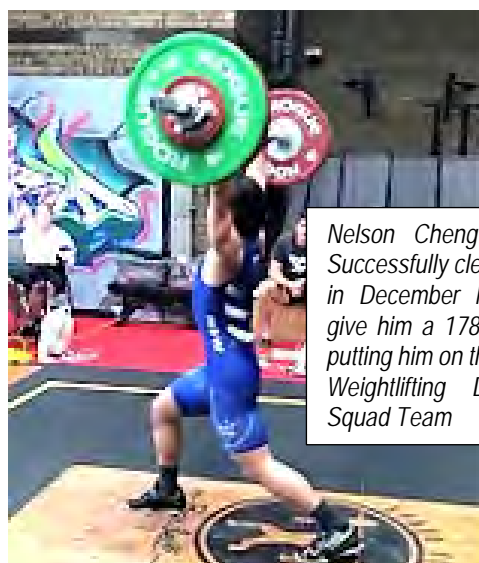
Please be aware that the school's weights room is open for trial until the 26th of March. The weights room is a great place for students to improve their movement competency, confidence and learn a great life skill. The weights room is always supervised, and programs are designed to progressively increase skill, strength & power.

The weights room is open 7-9am Monday – Friday and 3:15-5pm Monday & Wednesday. We also open the weights room up during the school holidays. ***When new to the weights room we ask that students arrive no later than 7:15am to allow for a smoother introduction to the weights room.*** There is no formal booking process when trialling, students just need to

arrive on time and introduce themselves to the coach.

Payments can be made at the office in person or on the phone/online.

Costs for this service are held down to a minimum and reduced by boys taking out a full year's membership. For 2022, a full year Weights Room membership costs just \$275. Boys wishing to have full year membership must register and pay by Friday, March 18, 2022. Year 7 only! For those who have qualified for an early bird discount by paying their invoices in full, there is an additional special introductory weights room offer of a full year's membership for just \$155. Don't miss out!



Nelson Cheng (Year 12) Successfully cleaning 100kg in December last year to give him a 178kg total and putting him on the Australian Weightlifting Development Squad Team

A message from Weights Room Prefect 2021

What lessons has weightlifting taught you?

The school weights room has come to instill the values I wish to strive for: perseverance and respect. Under the guidance of Mr Rich, who has done an extraordinary job of maintaining the legacy of the gym, boys from all year groups are provided with an equal opportunity to train for their own physical and mental growth. Beyond the programs, barbells and weights, our gym has taught us to always be aiming to learn and perfect our respective disciplines. No matter how experienced we may think we are, there is always knowledge we can gain. These principles further transition onto other facets of life, such as academics and family life. Through countless missed lifts, failures and early mornings where we wish we could just sleep that extra 30 minutes, we build our grit and appreciation of hard work. The gym and Mr Rich have reinforced the need to hold ourselves accountable for our failures and to accept ownership of our wrongdoings. These experiences, as with any other tough discipline or activity, will always stand as a fundamental aspect of my journey through my final year at Sydney High and beyond.

Kurt Rich
Head Strength & Conditioning Coach

SHOOTIN' HOOPS

283

Congratulations to the Firsts, beating Shore in a tough game last Saturday! This is a strong start to the second half of the season for them and it demonstrates a hard commitment during the off season. H Lau (year 10) topped the scoring with 24 points, and I Ayoubi achieved a triple double! Seconds and Thirds suffered unfortunate losses, but there are many more games to come before the end of the season. Well done, all of HIGH basketball for their efforts in the first game of the season. Let's keep working as per Mr Hayman's motto : Hard, Smart, Together.

In NBA news, there have been plenty of changes in the standings. In the Eastern Conference, Miami Heat is on top, with the Brooklyn Nets sliding from 1st to 7th after an 8 game losing streak with Melbourne-born Kyrie Irving returning to the court. In the Western Conference, the Phoenix Suns are just ahead of the Golden State Warriors. In both conferences, it is too close to call.

The Perth Wildcats and Melbourne United are neck and neck in the NBL, with Southeast Melbourne close behind, after snatching a 1 point victory over Illawarra on Monday night, pushing the Hawks into 5th place on the table. The Sydney Kings sit in 6th.

To all of our new basketballers starting in Year 7, welcome to High Basketball! We look forward to seeing you all showing the High Spirit.

This weekend, we will be up against Riverview, and looking forward to some strong results!

High	Vs	Shore	Term 1, 2022
1st	WIN	76-73	H.LAU 24 POINTS, I.AYOUBI TRIPLE DOUBLE
2nds	LOSS	58-36	ARYAN BHALBRAU 10
3rd	LOSS	49-32	C.MA 11
4th	LOSS	52-29	O.ZAPATA 12

5th	WIN	40-27	J.LIU 8
6th	LOSS	15-43	A.YANG 10
7th	WIN	38-35	B.CHAN 12
8th	WIN	31-16	TEAM EFFORT
9th	WIN	24-11	TEAM EFFORT
16A	LOSS	42-59	R.CHAE 8
16B	LOSS	26-40	J.LI 10
16C	LOSS	30-41	H.ZHANG 7
16D	LOSS	8-21	A.WONG 3
16E	LOSS	20-36	TEAM EFFORT
16F	LOSS	27-50	G.JIANG 16
15A	LOSS	33-41	S.CHEN 10
15B	LOSS	19-30	A.CHU 4
15C	LOSS	9-42	TEAM EFFORT
15D	WIN	30-19	TEAM EFFORT
15E	WIN	57-9	H.LIU 10
15F	LOSS	22-34	S.GUO 8
14A	LOSS	16-55	M.LAU MVP
14B	LOSS	22-48	E.PAW MVP
14C	LOSS	18-44	TEAM EFFORT
14D	LOSS	16-30	TEAM EFFORT
14E	LOSS	6-17	M.TJANDRAWIBAWA
14F	LOSS	6-32	TEAM EFFORT



NBA NEWS

Trade Deadline...OR not!

The clock is ticking on the NBA Trade deadline, as teams across the competition try to add the final piece of the puzzle that will propel them to a championship. Focus will undoubtedly be centred around wantaway Philadelphia 76ers star Ben Simmons, who has refused to suit up for the team since their acrimonious playoffs exit to the Atlanta Hawks last year. Simmons has been heavily linked with a move to the Nets in a trade that could send Brooklyn superstar James Harden to Philly.

In complete honesty, there's contrasting narratives being floated around by a myriad of reporters. [ESPN's Brian Windhorst](#) claims that "sources across the league said there absolutely is a chance of a James Harden-Ben Simmons trade happening" before the deadline. "The teams are absolutely engaged in trade discussions," While over at [HoopsHype](#), Michael Scotto claims that a Simmons-Harden trade isn't happening because the Nets

will "take their chances in the playoffs" and potentially "look to trade in the summer."

So, it's still on... "WATCH THIS SPACE" What!!!



NBA News-Courtesy of foxsports.com

Go HIGH!

Play Hard, Play Smart and Play Together!

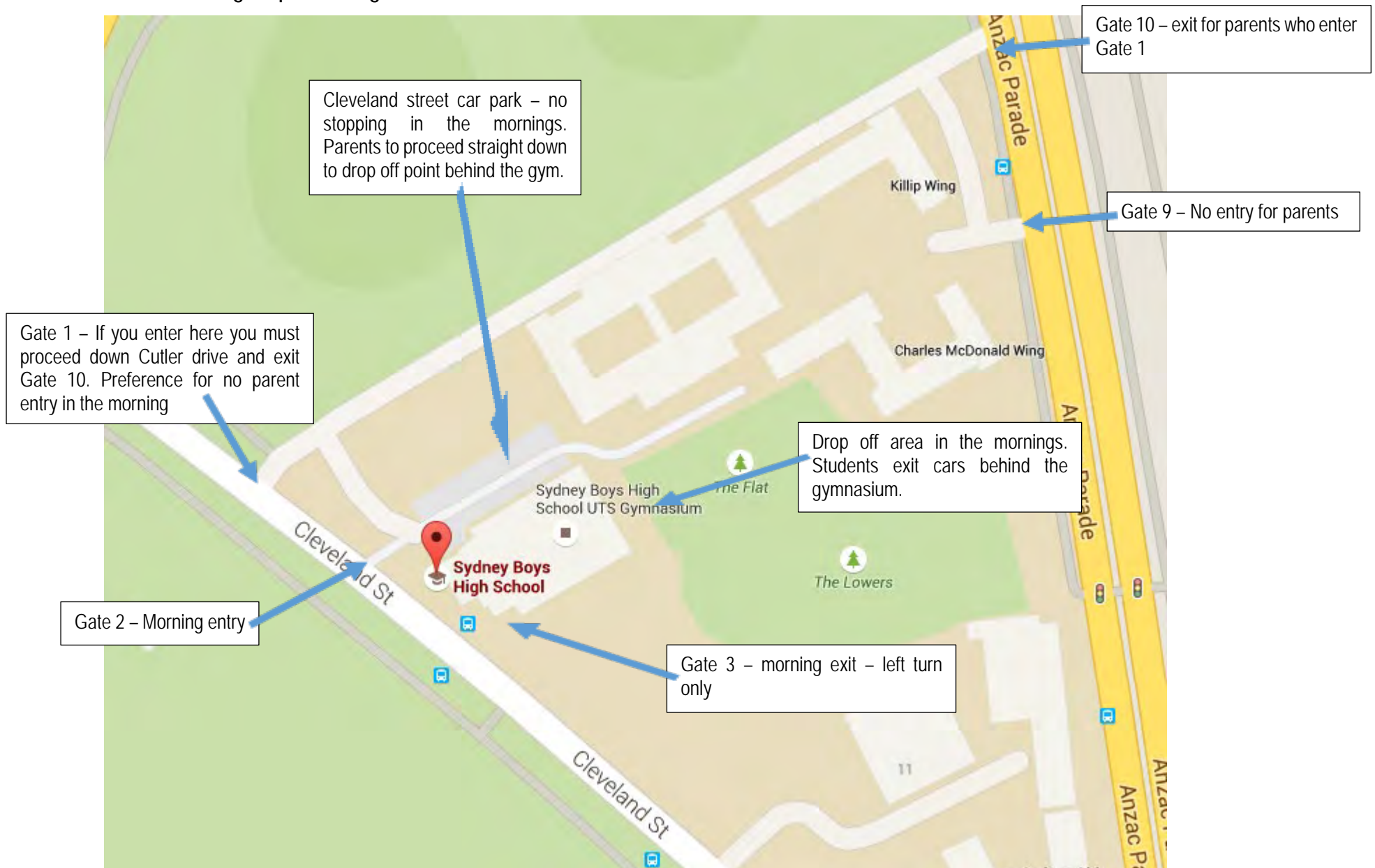
Thanks to everyone who makes Shootin' Hoops possible

Brought to you Xavier Perry and Lucas Adamson.

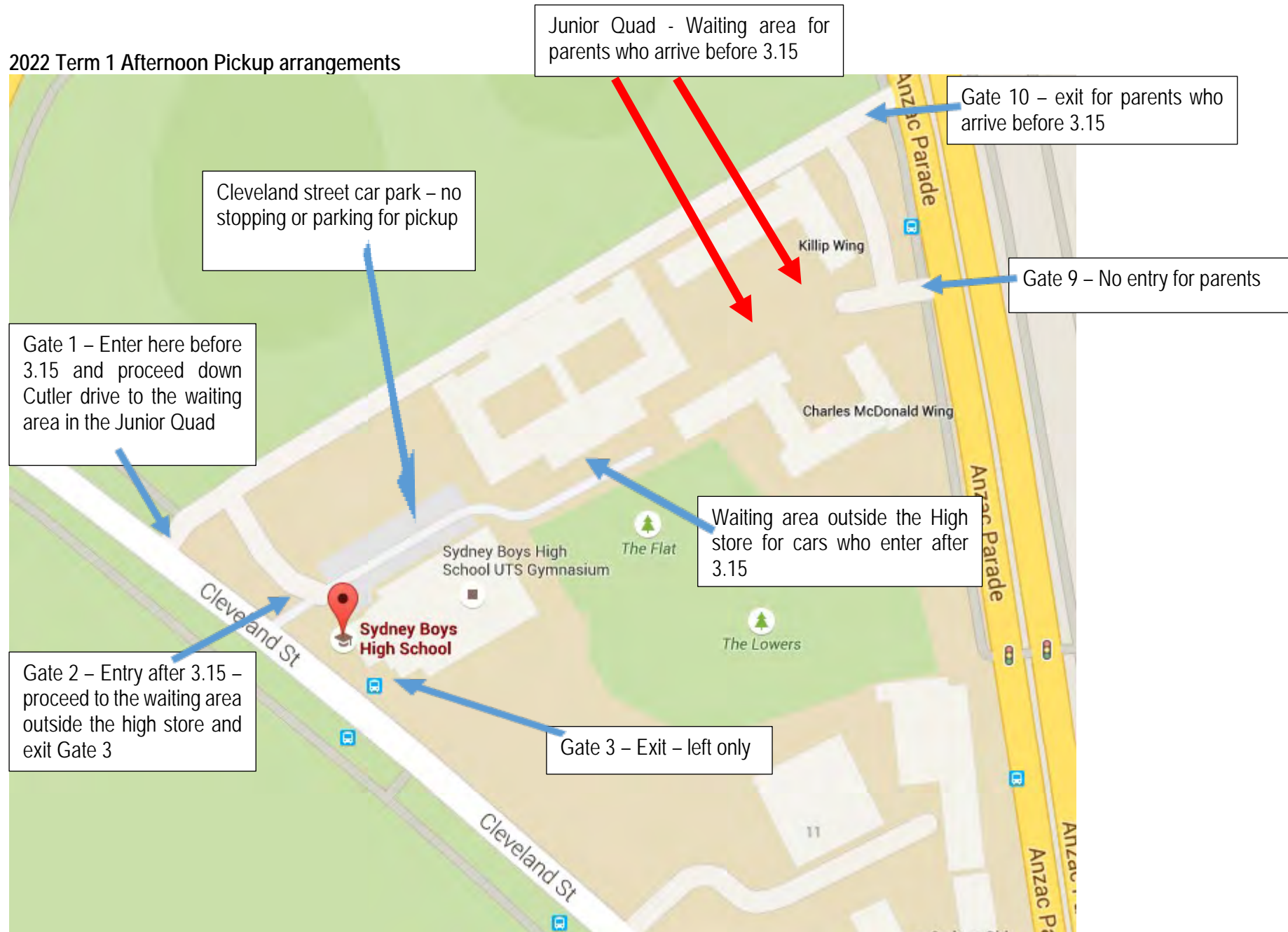
Cohort Areas before School and During Breaks



2022 Term 1 Morning drop off arrangements



2022 Term 1 Afternoon Pickup arrangements



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>

Canteen Price List 2022

Breakfast		Lunch and Recess Items			Hot Food	
Ham & Egg Muffin	\$3.20	*So you don't miss out on what you want for lunch, make sure you ORDER it before school			Butter Chicken - Homemade	\$5.00
Toast - Cheese	\$2.00				Chicken Burger	\$4.50
Toast - Cheese & Ham	\$2.50	Sandwiches / Rolls / Wraps	S/W	ROLL		
Toast - Cheese & Tomato	\$2.50	Buttered Roll		\$1.50	Chicken Fingers	\$2.00
Toast - Cheese Spinach & Tomato	\$2.50	Cheese & Tomato (v)	\$2.50	\$2.80	Chicken Mayo Roll (hot)	\$4.00
		Cheese & Salad (v)	\$3.20	\$3.60	Chicken Mayo Sandwich (hot)	\$3.50
Hot Chocolate (Term 3 only)	\$1.20	Chicken & Coleslaw	\$4.00	\$4.60	Chicken Schnitzel Roll	\$4.00
		Chicken & Lettuce	\$4.00	\$4.60		
		Chicken & Salad	\$4.00	\$4.60	Falafel Wrap	\$4.50
Fruit / Snacks		Curried Egg & Lettuce (v)	\$3.20	\$4.00	Garlic Bread (v)	\$2.00
Assorted Snacks @ Various Prices		Dagwood Roll		\$4.00		
		Egg & Lettuce (v)	\$3.20	\$4.00		
Banana Bread	\$1.20	Egg & Salad (v)	\$4.00	\$4.60		
		Ham & Tomato	\$3.40	\$4.00	Noodles In A Cup	\$2.80
Fruit - Apple/Orange/Banana	\$1.00	Ham & Salad	\$4.00	\$4.60		
Fruit Salad	\$3.00	Roast Beef & Tomato	\$3.40	\$4.00	Pasta - Homemade - Small	\$4.00
		Roast Beef & Mustard & Lettuce	\$3.40	\$4.00		
Drinks		Roast Beef & Salad	\$4.00	\$4.60	Pide - Sausage, Chicken/Mushroom	\$3.50
Chill - Aloe Vera or Ice Tea	\$3.50	Salad (v)	\$3.20	\$3.60	Pide - Spinach/Cheese (v)	\$3.50
				"		
Juice	\$2.50	Turkey Cranberry & Lettuce	\$3.80	\$4.40		
Juice Bomb	\$2.50				Pie - Traveller	\$4.20
					Pizza Wrap	\$4.00
LA Ice	\$2.50					
					Rice Box - Homemade	\$4.00
		Salads				
Milk Flavoured 300ml	\$2.30	Salad Box (meat) - Small		\$4.50	Sausage Roll	\$3.20
Milk Plain 600ml	\$2.20	Salad Box (meat or egg) - Large		\$6.00	Spinach Ricotta Roll (v)	\$3.20
Milk Flavoured 500ml	\$3.50	Salad Box (plain)		\$5.00	Sweet Chilli Chicken Wrap	\$4.50
Up & Go	\$2.00	Sushi & Rolls			Teriyaki Don, Noodles etc - Homemade	\$5.00
Water - Pump	\$3.00	Sushi - Homemade		\$3.00	Miscellaneous	
Water - Spring	\$1.50				Spoons / Forks - supplied free with meal purchase	\$0.10
Waterford	\$2.50					
		Nachos - Wednesdays & Fridays			Tissues	\$0.60
Special Orders		Nachos - Homemade		\$5.00	Seasonal Foods	
# If you have specific dietary needs or your favourite sandwich is not on the menu - all you have to do is ask! We may be able to make it for you. Make sure you order before school.						
					**NB Not all food items are available all the time. For example, home style lunch boxes - pasta, rice, salads, soup etc are all seasonal. Please check with the canteen before you order.	

2022 PRICE LIST

8.30 to 9.00 am *Breakfast is available * Time to place lunch orders

ALL CANTEEN PROFITS ARE RETURNED TO THE SCHOOL FOR THE BENEFIT OF THE BOYS' EDUCATION AND DEVELOPMENT