



From the Principal

Ukraine

Given the desperate and heroic efforts by Ukrainians to defend their homelands from naked aggression, we stand with our Ukrainian-heritage students and their families and support them in their time of national peril. When commenting on the conflict we ought to remember that the Ukrainian diaspora includes High families and be sensitive to their feelings.

High Talent

Our swimmers have performed well at the first



Matthew Chen

three GPS carnivals with multiple first places. Jiazi (Matthew) Chen (8T) won the 14 years 50m freestyle (3), 50m backstroke (3), and 50m butterfly (3); Ryan Chai (7S) won the 12 years 50m breaststroke, the 50m backstroke (2) and the 50m freestyle division

(2); Jaden Yi (11T) won the 17 years 50m breaststroke (2); Kester Jan (7S) won the 12 years 50m breaststroke (2), the 50m butterfly (2) and the 50m backstroke; Jinu Shin (9S) won the 15 years 50m butterfly (2) and the 50m breaststroke; John Hong (9F) won the 15 years 50m freestyle (div.), Mark Yan (8F) won the 13 years butterfly; Brian Cho (10S) won the 16 years 50m backstroke; David Kim (10E) won the 15 years 50m backstroke; Adam Davies (12R) won the 18 years breaststroke; Edwin Cho (11S) won the 17 years freestyle (Div.). Jinu Shin, David Kim, John Hong and Jason Yu (9S) won the 15 years 4x50 medley relay. Congratulations to our successful swimmers!

Community Service

'Kids Giving Back is a charity whose mission is to create the next Generation of Generosity. Our programs are delivered for children 6-18 years old and their families and offer opportunities to assist vulnerable people in the community. Over 5000 meals, care packs and new backpacks of school supplies for those in need were prepared and distributed. 11 charities were assisted as a result of their work which supports the homeless and vulnerable in the community. Your student, **Arjuna**

Thiagalingam (9R) has undertaken these opportunities in their leisure time and program facilitators have been unanimous in their praise for the enthusiasm and engagement of all our young participants'. Well done indeed, Arjuna!

Positive Comments on Our Boys on Public Transport



I was pleased to receive this email from a Sydney Trains employee. "My name is A.C. I am the Community Engagement Officer with Sydney Trains School Program. I was travelling on the train last week from Ingleburn to the City when a cohort of Sydney Boys High School got on the train. I was observing their behaviour as part of my job is to investigate unruly and unsafe behaviours on our platforms and trains and to report our findings to their school principal. The reason I am reaching out to you is to inform you about the student's exceptional behaviour while riding on Sydney trains. The level of respect showed to the other passengers can only be describe as outstanding as I witness one student offer his seat to an elderly passenger, I was more than impressed with this level of respect. I just wanted to let you know so you can pass on this feedback to your students. As you can imagine, 98% of our emails to High School Principals is about unsafe negative behaviour.' To those boys on the Ingleburn line, keep up your great behaviour while travelling on our free public transport.

Early Bird Discount Ends on Friday 11 March



In order to help all areas of the school we offer a **substantial discount** to parents who pay their complete invoices before Friday 11 March. Having substantial funds early in the year allows

us to make sure that orders are made promptly and that the boys get the maximum benefit out of equipment and services deployed for them. Capital contributed to the Building Fund can be invested or applied immediately to projects such as the new science lab, junior library air conditioning and equipment for the Governors Centre. Our aim is to encourage at least 65% of parents to make this financial commitment to the school early in the year. Please support us as we carry on High's self-help culture to put our fundraising money to work as soon as possible! Don't forget that the Weights Room membership opportunity also expires on March 11.

Funds Held for the Benefit of High Boys

The *Sydney High School Foundation Ltd* holds funds for the benefit of the school. The *SHS Advancement Fund* enables tax-deductible donations to be made for the purposes of *school buildings, scholarships and student support by way of bursaries*. The *Endowment Fund* is designed to hold monies from non-tax deductible sources – bequests, trusts, gifts and the like. Accounts for the Foundation show that as of 31 January 2022 there were the following balances within the *Endowment Fund*: \$120,753 for the *Ethel Killip Memorial Sub-Fund*; \$150,388 for *Prizes*; \$130,191 for the *Phil Day Memorial Scholarship Fund*; \$105,833 for the *Student Participation Account* and \$9,201 for the *Mitchell Seow Memorial Prize*. In total, SHSF manages \$516,368 in funds for the school. Artworks on loan to the school from the Ethel Killip Memorial Art Collection are valued at c\$200,000. Usually, half of the interest earned on these managed funds is donated to the school for uses as determined by the Fund Deeds. However, due to a sustained period of very low interest rates, interest has been retained 2014-22, in the interests of maintaining the real capital value of the funds. *The Seow Fund* is a specific prize commemorating the sudden death from unknown causes of a much-loved student who had just completed his HSC. *The Student Support Fund* supplements the DoE Student Equity Funds with direct financial help to students in necessitous circumstances. The *Phil Day Memorial Fund* finances an annual scholarship, worth \$1,500, in memory of an Old Boy and long serving teacher, Head Teacher and Swimming MIC. The *Prizes Fund* helps to pay for some of the >\$30,000 worth of prizes awarded each year to students. The *Ethel Killip Memorial Fund* pays for the replacement and upkeep of honour boards, memorabilia of Old Boys, photographs on walls and the school artworks collection. The *Ethel Killip Memorial Fund* purchased >\$35k (2014-19) of indigenous artworks for our Na Ngara collection in McDonald Wing. We are always seeking donations for any of these fund purposes. If you would like to help, contact 96629300 or manager@shsfoundation.org.au

Dr K A Jaggar
Principal

Meet The Prefect



What do you like about High?

My favourite thing about High is the camaraderie between each student at our school. Ever since I was clapped in as a Year 7, I have felt a sense of belonging from all my peers and the school environment. There has never been a dull moment with friends and other students. Another brilliant thing is that the opportunities that the school provides are almost endless. I have taken part in most extracurricular activities available and have thoroughly enjoyed each one, using them as an avenue to learn new skills and make new friends. Another thing I enjoy is the Saturday sport, where I go out onto a field with all my mates and compete against other schools. No matter the result at the end of the day, I have always found sport to be an excellent retreat from student life.

What is High Spirit to you?

For me, High Spirit is all about encouraging and challenging each other, whether it be in the classroom or on the sports field. Hundreds of High students cheering each other on during AAGPS athletics or swimming carnivals; that is high spirit. The exhilarating atmosphere during a High vs Grammar game, that is High Spirit. Having High Spirit means trying our best for the school, our peers and ourselves.

What being a prefect means to you?

I have wanted to be a prefect since I was in Year 7 because the prefects have always been excellent role models for me along the years. Being a prefect, I wish to instil those same values in younger students that were passed on to me by the previous prefects. Encouraging students to become involved in in-house championships, school competitions and events is what being a prefect means to me.

Mithilesh Lekhi
Eedy House Captain



SBHS P&C – Notice of General Meeting 6.30pm, Monday 14 March 2022 Online via Zoom Meeting

Special Presentation by Dr Jaggar on 2021 HSC Results

All parents and friends of SBHS are invited to our next P&C meeting on **Monday 14 March at 6:30pm** where Dr Jaggar will present a detailed analysis of the school's 2021 HSC results. In this presentation, he will share his insightful interpretation of our results from last year, ATAR in general and our school's performance compared against other schools and our past performance for over a decade. Dr Jaggar's presentation will be of interest to all parents, and those with boys in Years 10 – 12 are particularly encouraged to attend.

The meeting will be online using Zoom and you will also have ample opportunity to ask any questions you may have.

To join our March P&C meeting on Monday 14 March, please register at the following link:

https://au01web.zoom.us/meeting/register/u5wodu-rqzwiE9XO323lqs4eURWrVYzM0t_L

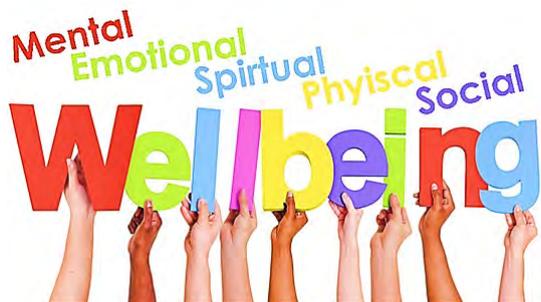
After registering, you will receive a confirmation email containing information about joining the meeting. Please also note that the agenda, last minutes and other documents are available on the parent portal under "P&C Association".



SBHS P&C Association
sbhs.pandc@gmail.com



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



Wellbeing Day Dodgeball

On Friday 25 February, we (Tahmid and Jarif) as Wellbeing Prefects took on an initiative to promote the wellbeing services available to students both within and outside the school. The way in which we decided to promote this was through a Prefects vs Teachers dodgeball game which operated on the theme of "Reach out" and the catchphrase "Who's on your team?", drawing a direct comparison to a sports team which is a very familiar situation to a High boy. Although the location was forced to the gym due to the persistent rain during the week and on the day, the event ran incredibly smoothly with the teachers taking part including Ms Rojas, Mr Chapple, Mr Rich, Mr Ormsby, Mr Ohlback, Ms Harcourt, Ms Luu, Ms O'Driscoll, Mr Fuller, Mr Higgins, Mr Brockmann, Mr Paul, Mr Matto, Mr Huynh and Mr Taylor. The turnout of the audience was huge with the stands of the gym filled from top to bottom with students from all year groups. The event was filled with loud cheers and immense enthusiasm from both those watching and those playing and was overall a huge success. We would like to relay a big thank you to all those who participated and also to those who came to watch. We hope that initiatives like these are not only engaging but are able to raise awareness about the stigma surrounding reaching out for help. We want to relay how important it is that students reach out whenever they need help as they navigate through stressful times of their lives. Remember, if you ever need help, do not be afraid to contact our Student Support Officer Mr Ormsby, the School Counsellors (Ms Harman & Ms Noakes), your Year Advisors or external services such as Headspace, Kids Helpline and Reach Out.

Tahmid Choudhury (12E)

Jarif Asad (12E)

Wellbeing Prefects

This article was submitted on behalf of Tahmid & Jarif by Mr Ormsby.

OrmsbyM@sbhs.nsw.edu.au

Supporting
STUDENT
Wellbeing



DEBATING

DEBATING

Last week saw the reintroduction of face-to-face debating in both FED and Eastside.

We were at home to Riverview in FED, and it was fabulous to be able to welcome the Riverview teams to High. In FED we had wins in Years 10, Senior A and Senior B. Thanks to Ms Cook for organising everything.

In Eastside we were away at Scots. Again, the boys enjoyed getting back to face to face debating and we had wins in Years 9, 10, 11 and 12. Thanks to Mr Wiramihardja for accompanying the boys to Scots.

This week we have a double hosting event: Trinity is coming to debate in FED and Cranbrook for Eastside. It will be a very busy night of debating and parents are allowed to come on site and watch.

A reminder of times – parents are welcome to watch the debates and should arrive 5 minutes before. Rooms and maps will be available in the foyer. Make sure you know which competition your son is debating in.

FED	Prep	Debate	Finish
Year 7	4.45pm	5.30pm	6.30pm
Years 8 and 9	5.45pm	6.30pm	7.30pm
Year 10, Senior A & B	6.45pm	7.30pm	8.45pm
EASTSIDE			
Years 7, 8 and 9	5.30pm	6.15pm	7.15pm
Years 10, 11 and 12	6.30pm	7.15pm	8.45pm

Just an explanation of how the Debating program works at High.

Firstly, every student who signs up to Debating participates in coaching every Friday afternoon from 3.15pm to 4.15pm. During the first term, the coaches for each year group conduct debating Trials – where they run debates to choose who will eventually make the team.

While these Trials are happening, keen debaters are able to see me on Tuesday and Wednesday at recess and volunteer to be in the Eastside and FED teams. When the Trials are concluded, there will be an A, B and C team. The A team will be in Eastside. The B and C teams will be in FED and they will all be in the GPS Debating competition in Term 3.

Even if students do not make a team this year, they still participate in coaching on Friday afternoons for Terms 1,

2 and 3. We have had students in our GPS Firsts team in the past who have not made a team until Year 10 but have continued in coaching.

In terms of competitions, Eastside and FED are on throughout Term 1 and part way through Term 2 – depending on if we make the finals. The GPS Competition runs through Term 3.

Madeleine Rigby
Head Teacher History and Libraries
MIC Prefects, MIC Debating

Summer Sport Photos Wednesday 9 March

Students are to meet at outdoor courts 15 minutes prior to photo time. If raining the photos will be taken in the great hall.

Period	Time	Group
1	9am	Tennis Open's 2 nd -8 th Grade
	9:15am	Tennis 16's
	9:20am	Tennis 15's
	9:25am	Tennis 14's
	9:30am	Tennis 13's
	9:40am	Summer Smallbore
	9:55am	Swimming
2	10:05am	Cricket Opens (2 nd -6 th Grade)
	10:20am	Cricket 16's (2 Teams)
	10:25am	Cricket 15's (2 Teams)
	10:30am	Cricket 14's (3 Teams)
	10:40am	Cricket 13's (2 Teams)
	10:50am	2 nd Grade Sailing
	10:55am	Sailing Seniors
	11:05am	Sailing Juniors
Recess	11:10am	Water Polo 13's
	11:10am	Water Polo 14's
	11:15am	Water Polo 15's (2 Teams)
	11:20am	Water Polo 16's
	11:25am	Water Polo Opens (1 st - 3 rd Grade)
3	11:30am	Opens Basketball (2 nd -10 th Grade)
	11:45am	Basketball 16's (6 Teams)
	12pm	Basketball 15's (6 Teams)
	12:15pm	Basketball 14's (6 Teams)
	12:30pm	Basketball 13's (6 Teams)

With the exception of Waterpolo, all other 1st Grade photos will be taken on 29 August

Photos will become available via -

www.melbastudios.com.au

select: School Orders

Password: High

Kurt Rich



Healthy Menu

High Canteen is so proud of our healthy menu and earning the certificate and badge of being an accredited "Healthy School Canteen".

Sydney Boys website > About > Parents and Students > Canteen

(www.sydneyboyshigh.com/school/canteen)



Canteen Lunch Orders

Lunch orders can be placed between 8:30am and 9:00am in person or online via flexischools.com.au.



To speed up lunch order collections, have your Student ID card ready to show the canteen staff.

Flexischools

When setting up your Flexischools account, it is better to increase the automatic top up trigger amount – suggested

amount is \$10. This will ensure the student have sufficient funds to make purchases at the canteen window.

STEP 1: Register for Flexischools
*Add your student, their year level and link an ID card to get started.

STEP 2: Top-Up your Account
*Choose from Visa, Mastercard, PayPal or direct deposit. Auto top-ups ensure available funds.

STEP 3: Add Daily Spend Limit
*Limit access to your Flexischools funds by adding a daily spend limit per student.

STEP 4: Student Pays with ID Card
*Funds are debited from your Flexischools balance to make on-campus purchases. There is no need to transfer funds to the card.

flexischools.com.au

Committee News

A special thanks is extended this week to Tania Kirkland (Matthew 12R and Ryan 9S), who stepped down as the President of the High Canteen Committee at the end of 2021 to further her studies and career. We are so deeply grateful for the commitment and time she graciously dedicated to making certain High Canteen ran like clockwork – thank you lovely lady!

We are still seeking expressions of interest for the President and Vice-President positions for 2022. Please email canteen@sbhs.nsw.edu.au if you are interested.

Everyone is welcome to join our next Canteen Committee meeting which is on Wednesday 9 March at 6pm via Zoom!



Heartfelt THANKS TO OUR VOLUNTEERS!

Appreciation

This week the High Canteen says thank you to the following wonderful group of dedicated volunteers:

14-Feb

Lisa Fackender (Yu Ming Lee 12T), Jessica Tam (Kayden Jay Santoso 8M), Grace Guan (Ethan Paw 8F), Kerrie Lane (Oscar Greville yr11).

15-Feb

Chulamane Kow (Hoger 9T), Hanh Nguyen (Michael Truong 7M), Sandy Sha Sha (Kai Wen Wang yr7).

16-Feb

Emily Kuo (Joshua Harrison Kuo 7R), Juliet Zhu (Leqi Wu 8R), Likang Wang (Ethan and Glyn 12S & 12E), Jessica Pu (Jayden Chen 10F), Qihua Xu (Jiekai Miao 7E).

17-Feb

Sandra Jouravlev (Micah Jouravlev 9R), Victoria Panevin (Michael Lipa 8E), Angela Soo (Kenzie Max Yuan 7S), Anandalakshmi Thevampalaya (Thilak Velliangiri yr12).

18-Feb

Cynthia Leung (Lachlan Leung 9E), Kaddy Zhou (Ethan Yu 7F), Meilin Gao (Jerald Yu 9F).

21-Feb

Mook Kooi Loo (Ren-Shyan Balnave 11F), Jessica Tam (Kayden Jay Santoso 8M), Qi Hu (Hao Ran Shan yr9), Liqing (Michael Zhou 7M).

22-Feb

Heidi Yuen (Lachlan Yuen 8S), Lijie Rong (Ron Xian 7M), Sylvi Wang (Jarvi Dong 8F).

23-Feb

Cynthia Leung (Lachlan Leung 9E), Tom Denigan (Lance Denigan yr8).

24-Feb

Fan Ding (Aaron Jin 7R), Amy Xia (Bowen Yu 9S), Lynn Teo (Say Kirk Foo 12E).

25-Feb

Nicole Ma (Angelo Kwok 9M), Grace Guan (Ethan Paw 8F), Clara Qiao (Joseph Lee yr9).

Volunteers – Important

We ask all volunteers to please continue to check-in using both **Service NSW** and **Canteen QR Codes**. The Service NSW check-in is required for COVID regulations, and the school is required to keep a record of all volunteers on site.

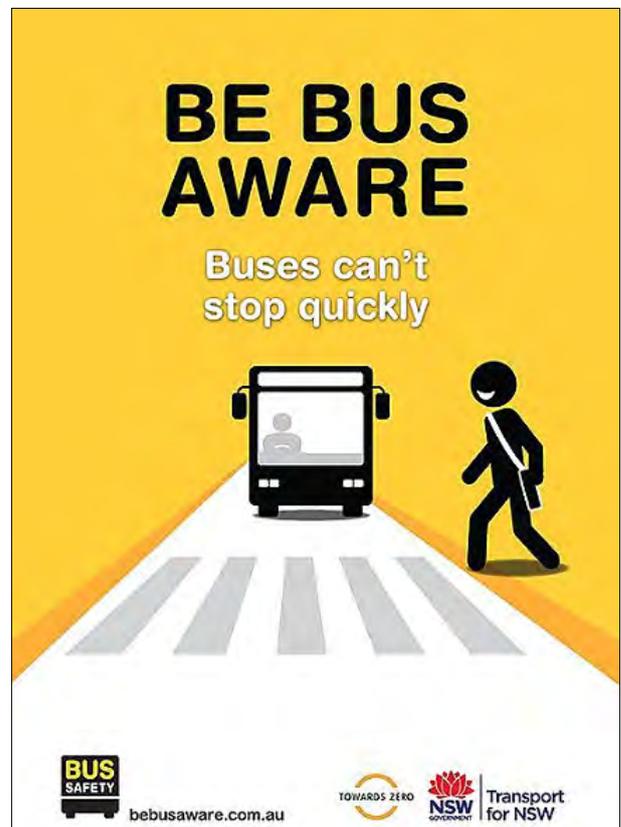
It is essential you do not attend the canteen if you:

- have tested positive to COVID-19.
- are a close contact of someone who has tested positive for COVID-19.
- have been tested for COVID-19 and are awaiting test results.

Please follow NSW Health guidelines on what you need to do before returning on site. Please inform the volunteer co-ordinator, before your scheduled shift, if you are unable to attend.

Heidi Yuen (Lachlan Yuen 8S)

Canteen Committee Representative

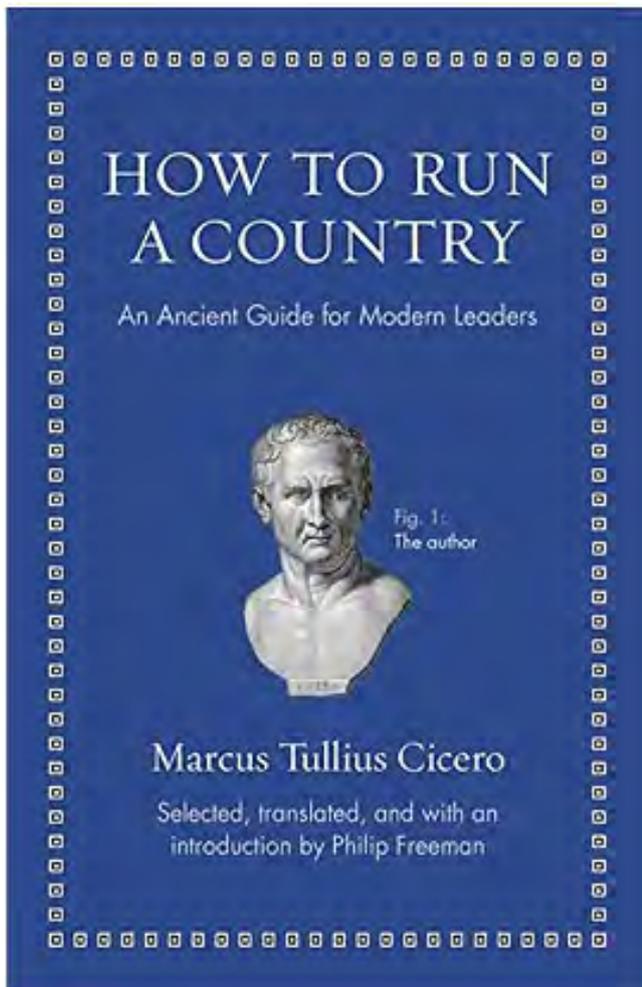




Big thanks to Luca Miletic Year 10 for sending us this great power point about a book he enjoyed. We will purchase it for our libraries.

About:

A number of ancient Roman writer, orator, and politician Cicero's texts on the running of a government/nation, and commentary and context on each. This book is designed to be used for all ages, nations, and leaders, so that Cicero's insight may be spread to all.



Author(s):

Marcus Tullius Cicero: Famous Roman writer, orator, and politician

Philip Freeman: Professor of classics, translated the

book from Latin texts

Date of publication:

22 January 2013

Price:

\$20 AUS, however prices may reach around \$30 in bookstores.

Length:

152 Pages, half the book is the Latin version, however.

Who is this book for, and should I get it?

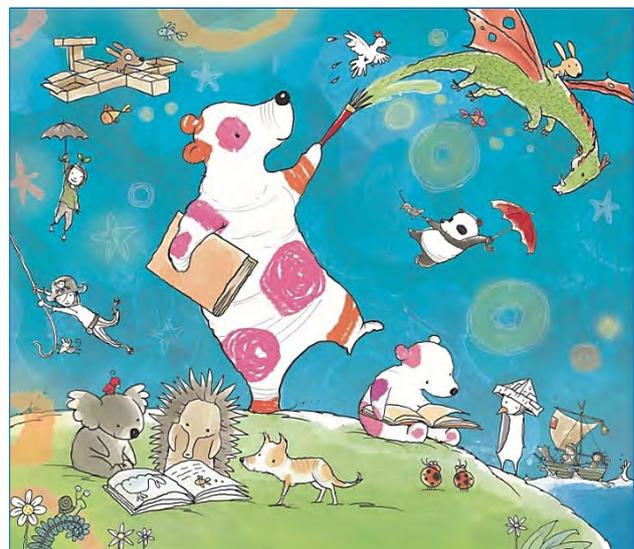
The book of *How to Run a Country* is really for any thinker out there, young or old. The wisdoms given in this book are relevant especially today, where principal arguments of classical reasoning appear to be dying out in a time where the world seems very complex.

It posits many interesting questions to readers about morality and the running of a country. Cicero was heavily criticized and praised in his time, with his writings being influential to many, including the founding fathers of the United States.

It's a very short read, but a very thought provoking and intriguing outlook onto the world as we know it within a nation. Overall, I can say my experience was nothing but excellent. Great read for anyone, but especially for young thinkers who may be the leaders of tomorrow.

V Crothers

Teacher/Librarian



NSW Department of Education

2022 NSW Premier's Reading Challenge

Start reading now!

Key dates for students in K-10:

Challenge opens

Monday 28 February

Challenge closes for student entries

Friday 19 August

Artwork by Stephen Michael King

www.premiersreadingchallenge.nsw.edu.au



Music NOTES

Music Performance Program CANVAS page STUDENTS (only) – If you are in the Music Performance Program (i.e. music ensembles) and have not yet received a Music Performance Program Canvas invitation, please email the following details to music@sbhs.nsw.edu.au

- *Subject Line: MPP Canvas
- *Student Full Name
- *Student Year
- *Student Number

Percussion Ensemble – Rehearsal Time

The Percussion Ensemble will continue rehearsing on Tuesday afternoons; however rehearsal times have permanently changed to 3.45pm – 4.45pm in Room 201.

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 are not to be onsite before/during/after ensemble rehearsals and/or private instrumental lessons.

Music Storage Room

A reminder to all students:

*The music storage room is ONLY for instrument(s)

*Do not block the pathway when leaving instrument(s) in the Music Storage Room.

*Please make sure to place your instrument(s) neatly in the appropriate instrumental 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.



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 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

2022 Term 2 Music Events Calendar

WEEK	DATE	EVENT	MUSIC STUDENTS INVOLVED
Week 5C	Thursday 26 th May	Leadership Assembly, 9.55am Great Hall	Elective Music Students TBC
Week 5C	Friday 27 th May	Winder Sports Assembly, 10.15am Great Hall	Elective Music Students TBC
Week 8C – 9A	Sunday 19 th June – Tuesday 21 st June	Music Ensembles Workshop Times & Venues TBC	All Music Ensembles TBC
Week 9A	Tuesday 21 st June	Semester 1 Music Concert, 6.30pm – 8.00pm Great Hall	All Music Ensembles
Week 10B	Thursday 30 th June	NAIDOC Assembly, 9.55am Great Hall	Elective Music Students TBC

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



Weights Room Introduction to Join Fees due Friday 11 March

Images below are of a Year 7 boy in his first Weights Training session.



The image on the left is his first attempt at a Deadlift to the knees. The Deadlift is a hip hinge movement. This type of movement is similar to picking something up, taking a rowing stroke, getting ready tackle someone or waiting to receive a serve in Tennis/Volleyball.

In the image on the right, notice how his back is relatively flat/straight with a natural inward lumbar curve (and yes, he put his hat back on for this photo). This is the most effective in natural posture. When an athlete is unable to achieve this position and the lower back flexes forward as in the image on the left, the musculature of the lower back and abdominals cannot effectively function. This non optimal position places much higher forces on the ligaments and spine, increasing the likelihood of damage to these vital structures. Therefore, attending the weights room is more than just lifting weights, it is supporting the longevity of the student's physical capabilities by preparing for activity and harm avoidance. This change in movement/posture was achieved in just 4 sets of 5 reps.



The younger the athlete the easier it is to adapt and learn.

When teaching the deadlift, I quite often use the door as a coaching technique. In the image above the athlete is opening the door with his hips. This works almost every time and if you see your son doing this at home, please know that I have asked them to practice.

The school weights room is

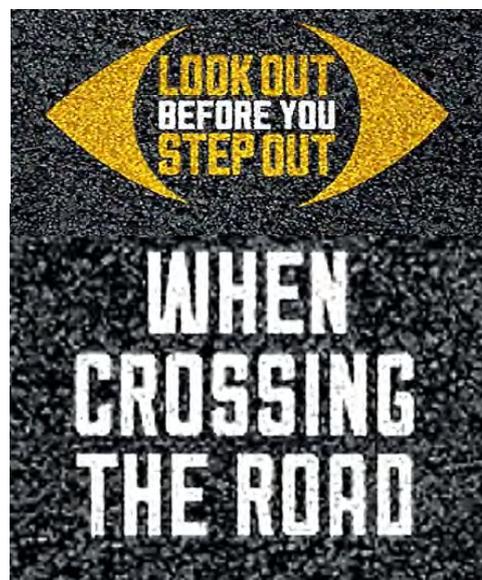
designed to teach students a life skill that they can use during their school life and beyond. Weights training is implemented as a tool to look after physical health by improving strength, mobility and general fitness. Through bodyweight and loaded movements, students learn to control their bodies ensuring they are better equipped to handle the pressures of sport, PE and general daily activities such as carrying their school bags.

The school's weights room is open for trial until the 11th of March. It 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 and we are also open during the school holidays. If new to the weights room, then we ask that students arrive no later than 7:15am for morning sessions and straight after period 5 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 school's payment portal. We do not take payments over the phone. 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 11 March 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!

Kurt Rich
Head Strength & Conditioning Coach





CHS Rowing Report

This year, CHS Rowing Regatta was held in Grafton, 7 hours' drive north of Sydney. SHS Rowing sent 42 rowers, 8 teachers/coaches and 10 parent supporters. The Regatta spanned two days with ample downtime that was used for extra water training and to give the parent supporters a taste of rowing a Quad boat. Parent supporters made lunches and prepared snacks to keep the crews fueled up for the competition. The weather in Grafton and the condition of the Clarence River were perfect for rowing. The trip was extremely successful with many crews winning medals. Congratulations all winning rowers, especially to Nelson Cheng for being awarded the Senior Men's Champion.

Student CHS report

At the CHSSA Rowing championships Monday and Tuesday the 21st and 22nd, High was dominant at the regatta but pushed by Northern Beaches Secondary College. Our boys won many gold, silver and bronze medals. With impressive showings in the opens eight, four and pair, it was a strong performance, highlighted by Jack Smiles, Nelson Cheng and I all winning three gold medals. Nelson further received the award for Outstanding Male Rower, concluding an exciting regatta. Maxime Jalbert-Locke

Season Schedule (COVID pending):

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

<https://docs.google.com/spreadsheets/d/1csEJFOoFRVNOxbYIQUAvai8ehhq5w4G9jVEVHQvMsho/edit?usp=sharing>



CHS Senior Men's Champion – Nelson Cheng

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
5 March – All school Regatta (H+C)	Year 8/9 Quads
5 March – SRC Regatta (SIRC)	1 st Year 10 VIII/Seniors
12 March – All school Regatta (H+C)	Year 8/9 Quads
19 March – Head of the River	Year 10 VIIIs/Seniors



1st and 2nd VIII with their medals from the VIII's race



CHS Rowing squad on the Clarence River

George Barris
MIC Rowing



Parents getting a row after the races were finished



HIGH SAILING

Once again, the sailors persisted with the low winds and buckets of rain. This week the seniors had a Wednesday session in extremely light winds which forced them back to the basics of recognising the wind pressure and where the wind was coming from. Saturday had the boys racing in fleet racing after a long wait for the wind to pick up giving Liem Tran 2nd and Zhitian Mai 3rd overall. Teams racing was held for the first and second grades which gave them much needed practice for the upcoming Scots Regattas on the 8th and 15th of March.



Please Note the Sailing AGM is Saturday 5 March at Woollahra Sailing Club- Rose Bay.

8.30am start. It is a great opportunity to see how the program works and meet the other parents. We always need more volunteers and helpers to make this opportunity for the boys happen so please try to make time to come if you can. Any questions please get your sons to ask or contact the Parent President or myself Mr Cotton.

Matthew Cotton
MIC Sailing



Tennis Week 5 Update

Unfortunately, no matches were played over the weekend. Well done to the boys who have been consistently attending training despite the rain. The coaches and players have been doing a great job of making the most of their time and doing indoor fitness when raining outside, keep up the great work.

With the year 7 Sport Rotation no longer going ahead I will be inviting all year 7's to attend the Weights room for a trial.

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 the morning Tennis training will be on in the gymnasium gallery steps.

Term 1 Wk 1 - 6 (Wk 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 Wk 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 are to complete 1 speed & agility session as per the schedule below.

Speed & Agility	Monday	Tuesday	Wednesday	Thursday
	Year 9	Year 11 & 12	Year 7 & 8	Year 10

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

A message to all players and families! Saturday 19th March 4-8pm will be the schools Annual Tennis End of Season Event. There will be food, fun games on the courts and an opportunity for the High Tennis community to connect.

Further detail including costs TBC

Kurt Rich
MIC Tennis



LASTING FRIENDSHIPS- HIGH SPIRIT- PASSION – RESPECT -TEAMWORK -
DISCIPLINE – INTEGRITY – GROWTH



Try Rugby Day

Unfortunately, the fun day we had planned was washed out, so we had a quick presentation and talk to the Year 7's about the experiences current students had playing rugby. What shone out was that rugby was fun, safe and students who played rugby formed many strong friendships and loved their experiences together. The sport also embodies the school values and embeds many skills for life.

Year 7 rugby is about having fun, learning the game, and playing with friends. There is no contact until the boys are ready and we play at a level that suits us.

Year 7 boys who want to play rugby are advised to choose rugby as their winter sport and try it out. If they decide they would prefer another sport they can choose after giving it a go.

If you have concerns about your son choosing rugby or want to see more about Rugby at High, please see the school website

<https://www.sydneyboyshigh.com/sport/winter/rugby>

After a survey last year our old boys noted that the friendships, they formed enjoying co-curricular and in-particular playing rugby, came top of the list for what has helped open doors for them once they had left school, entered university, the workplace and throughout life. Most of our school captains and leaders have been rugby players. This is not chance.

Matthew Cotton
MIC Rugby

SHOOTIN', 286 HOOPS

The Annual Basketball Dinner is coming up on the 25th of March. So, look out for information to come, as we need everyone to attend.

It was a record-breaking week for HIGH against St Joseph's last week. Issac Ayoubi went off with an astounding 30 points, 12 rebounds and 9 steals! He did this all while playing at 41.5 efficiency making his run the 7th best game in HIGH history statistically. This amazing play by a guard is unprecedented at HIGH and probably means that Isaac Ayoubi is up there with the greatest guards to play at HIGH! A Lot of the HIGH games were called off due to the weather but for those that were on, the players played extremely well, especially the 16B's, where Andrew Lee hit an amazing game winner, giving the game to HIGH. Basketball at HIGH is something to be proud of and something we can all work towards together. Issac Ayoubi's excellent play this week shows that with enough hard work and dedication we can together make history and get some well-deserved dubs. Remember hard work is always rewarded and hard work as a team is rewarded with buckets and wins. Keep up the good work HIGH, and always keep in mind that we need to, play hard, play smart and play together! Keep reading to find all time First Grade Records.

High	Vs	Joey's	Term 1, 2022
TEAM	RESULT	SCORE	TOP SCORER
1st	WIN	89-59	I.LAYOUBI 30, 12 REBS, 9 STEALS. 41.5 EFFICIENCY. I.TAYLOR 16 POINTS, 19 REBS.
2nd	LOSS	45-61	J.PAN 12
3rd	WIN	32-22	J.ROBERTO 11
4th	LOSS	22-24	J.YIP 10
8th	RAIN		

9 th	RAIN		
10 th	RAIN		
16A	LOSS	34-38	S.DONG 8
16B	WIN	38-37	ANDREW LEE GAME WINNER +10PTS
16C	WIN	52-29	S.SAINI 18
16D	WIN	28-21	A.ZORAS 8
16E	WIN	32-22	A.WANG 12
16F	WIN	49-10	L.LU 12
15A	LOSS		
15B	RAIN		
15C	RAIN		
15D	RAIN		
15E	RAIN		
14A	RAIN		
14C	LOSS	24-26	H.T-WU 9
14D	WIN	49-27	T.CHEN 8
14E	WIN	18-12	D.CHEAV 12
14F	DNP		
13A	LOSS	16-46	TEAM EFFORT



ALL TIME FIRST GRADE RECORDS

28/2/22

Productivity

Craig Moller 58.8 v Kings 11/12

Adam Gordon 52 v Kings 19/20

Izac Taylor 50.5 v Kings 20/21

Geoff Gerlach 46 v Grammar 12/13

Craig Moller 45 v Joeys 11/12

Geoff Gerlach 45 v Shore 13/14

Isaac Ayoubi 41.5 vs Joeys 21/22

Geoff Gerlach 41 v Grammar 13/14

Oscar Dumas 40.5 v Grammar 17/18

Isaac Ayoubi 39.5 v Newington 21/22

Geoff Gerlach 39.5 v Shore 12/13

Luke Schroeder 39.5 v Ignatius 16/17

Scoring

Spencer Llewellyn 46 v Grammar 08/09

Emmett Naar 44 v Joeys 10/11

Nima Sedaghat 43 vs Newington 03/04

Isaac Ayoubi 42 v Newington 21/22

Spencer Llewellyn 41 v Kings 08/09

Stephen Dong 40 v Grammar 07/08

Cameron Conway 38 v Grammar 04/05

Eoin Fitz-Gerald 35 v Scots 19/20

Izac Taylor 34 v Kings 20/21

Isaac Ayoubi 34 v Shore 20/21

Sebastian Diaz 34 v Grammar 17/18

Emmett Naar 34 v Grammar 09/10

Rhys Gencur 34 vs Shore 02/03

Rebounds

Adam Gordon 27 v Kings 19/20

Geoff Gerlach 26 v Shore 12/13

Adam Gordon 25 v Riverview 19/20

Adam Gordon 22 vs Scots 18/19

Luke Schroeder 22 v Ignatius 16/17

Geoff Gerlach 22 v Grammar 13/14

Adam Gordon 21 v Riverview 18/19

Geoff Gerlach 20 v Shore 12/13

Craig Moller 18 v Scots (twice), Ignatius and Joeys
11/12

Geoff Gerlach 18 v Grammar 12/13

Izac Taylor 17 v Kings 20/21

Henry Lau 17 v Joeys 21/22

The Boomers are doing well in the FIBA World Cup Asian Qualifiers. Emmett Naar and Craig Moller, both Old Boys coached by Mr Hayman, are playing with the Boomers successfully.

NBA NEWS

Miami Heat continue to lead the Eastern Conference with the Chicago Bulls behind by one game. Likewise, the Phoenix Suns continue to lead the Western Conference, the Golden State Warriors behind by six games. The Miami Heat have had a streak of three wins; the Houston Rockets, at the bottom of the Western Conference, have had a streak of eight losses. Following that blockbuster trade, James Harden has made a stunning debut with the 76ers, dropping 27 points, along with 12 assists and 8 rebounds, beating the Minnesota Timberwolves, 133 - 102. Ben Simmons is dealing with back issues and has not played for the Brooklyn Nets. The Nets, standing 8th in the Eastern Conference, need Ben Simmons and Kevin Durant to get back in contention. Australian Josh Giddey of the Oklahoma City Thunder, after receiving the Western Conference Rookie of the Month for January, has become the second rookie ever to make three straight triple-doubles. In NBL news, Melbourne United is currently in the lead, followed by the Sydney Kings. Melbourne United still prevailed over the Cairns Taipans, 89 - 73, even without their MVP. The Sydney Kings, now with five straight wins, beat the Adelaide 36ers, 93 - 90, decided by a three-pointer from Jaylen Adams that beat the buzzer.



Photo: Izac Taylor achieves a 50.5 efficiency game v Kings 20/21, running Mr Hayman's system

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.

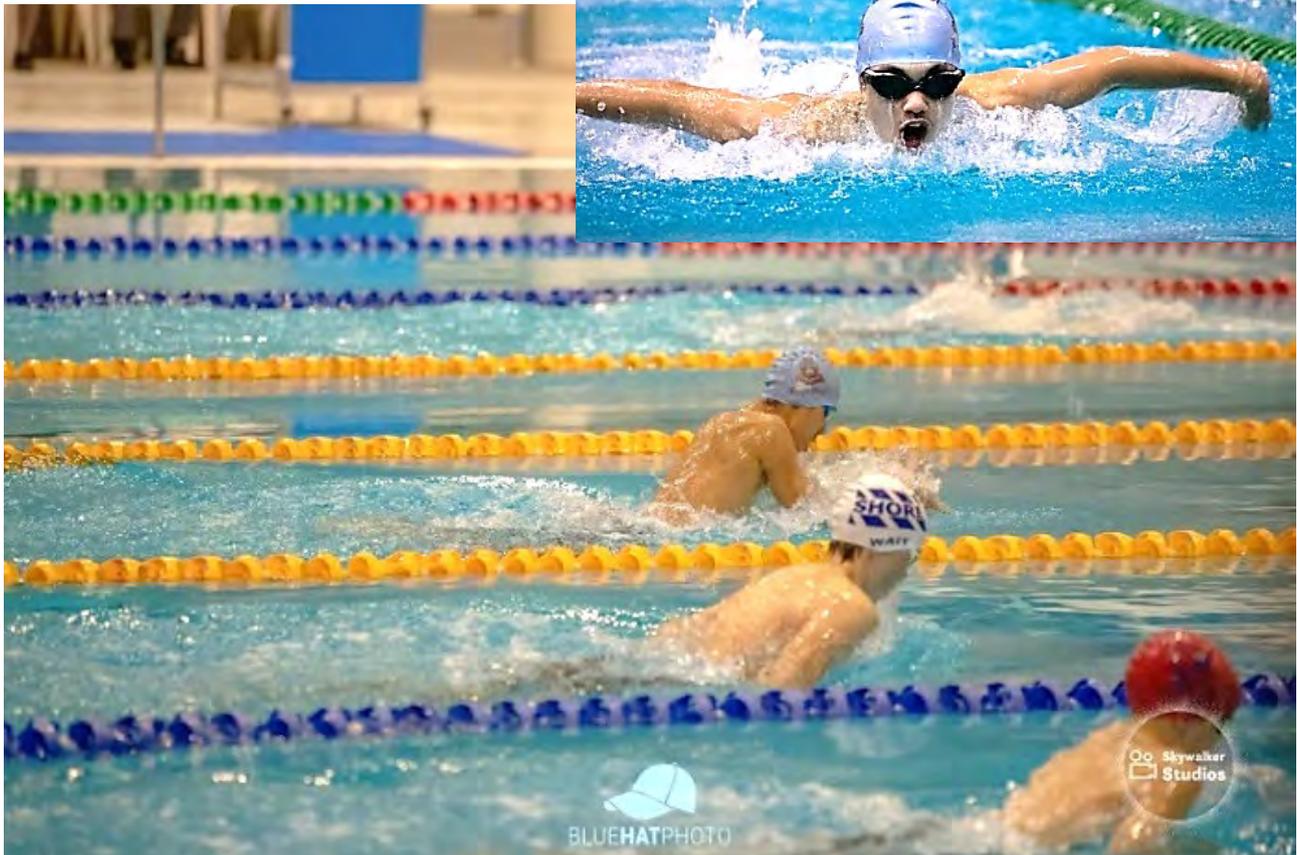


GPS Swimming Carnival #3 Report

For the third GPS Swimming Carnival at SOPAC, the boys followed through their success from the last two carnivals at SHORE and once again performed very impressively. Now in the third week of racing, the swimmers have become accustomed to the GPS atmosphere by warming up and marshalling early. It was wonderful to see the senior swimmers being great role models by not only lending out their support to their relay teammates, but also to the rest of the junior swimmers. Results wise, the Junior and Intermediate Division are now placed 4th and 3rd respectively – an amazing testament of their hard work and determination. Congratulations to all who swam, and I hope are motivated for the next carnival in 2 weeks.

Jason Yan
Swimming Co-Captain

Age	Event	Placing	Name
17	50m Freestyle Division	1	Edwin Cho
14	50m Freestyle Championship	1	Jiazi (Matthew) Chen
12	50m Breastroke	1	Kester Jan
15	50m Breastroke	1	Jinu Shin
17	50m Breastroke	1	Jaden Yi
18	50m Breastroke	1	Adam Davies
12	50m Backstroke	1	Kester Jan
14	50m Backstroke	1	Jiazi (Matthew) Chen
15	50m Backstroke	1	David Kim
12	50m Butterfly	1	Kester Jan
14	50m Butterflys	1	Jiazi (Matthew) Chen
15	50m Butterfly	1	Jinu Shin



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				
Toast - Cheese & Tomato	\$2.50	S/W	ROLL			
Toast - Cheese Spinach & Tomato	\$2.50	Buttered Roll		\$1.50	Chicken Fingers	\$2.00
Hot Chocolate (Term 3 only)	\$1.20	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
		Chicken & Coleslaw	\$4.00	\$4.60	Chicken Schnitzel Roll	\$4.00
		Chicken & Lettuce	\$4.00	\$4.60		
Fruit / Snacks		Chicken & Salad	\$4.00	\$4.60	Falafel Wrap	\$4.50
Assorted Snacks @ Various Prices		Curried Egg & Lettuce (v)	\$3.20	\$4.00	Garlic Bread (v)	\$2.00
		Dagwood Roll		\$4.00		
Banana Bread	\$1.20	Egg & Lettuce (v)	\$3.20	\$4.00		
		Egg & Salad (v)	\$4.00	\$4.60		
Fruit - Apple/Orange/Banana	\$1.00	Ham & Tomato	\$3.40	\$4.00	Noodles In A Cup	\$2.80
Fruit Salad	\$3.00	Ham & Salad	\$4.00	\$4.60		
		Roast Beef & Tomato	\$3.40	\$4.00	Pasta - Homemade - Small	\$4.00
Drinks		Roast Beef & Mustard & Lettuce	\$3.40	\$4.00		
		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					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.		Nachos - Homemade (Halal)		\$5.00	**Our homemade Chicken and Beef dishes are HALAL **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

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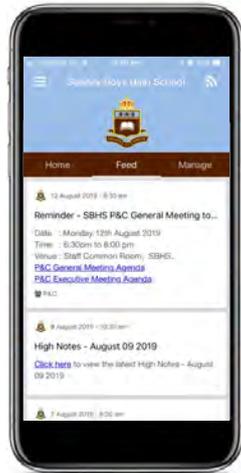
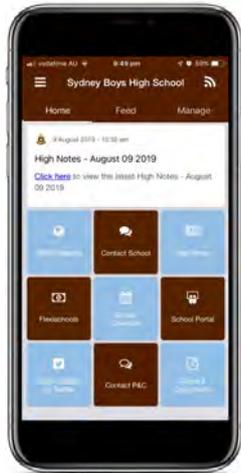
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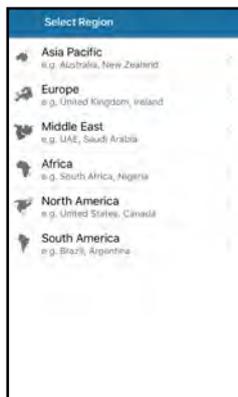
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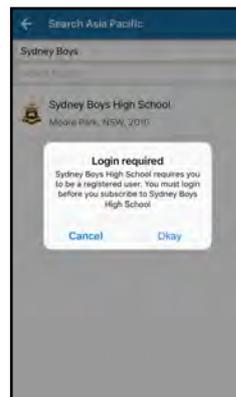
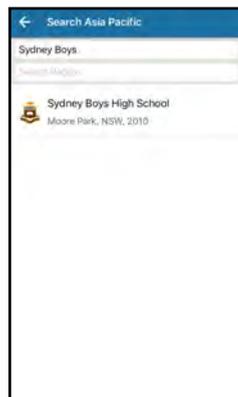
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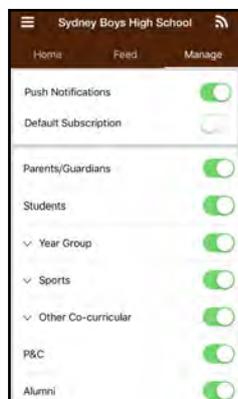
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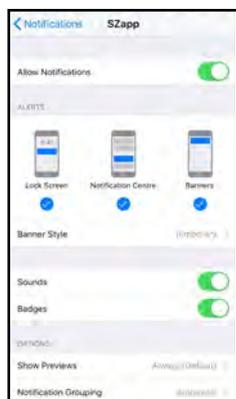
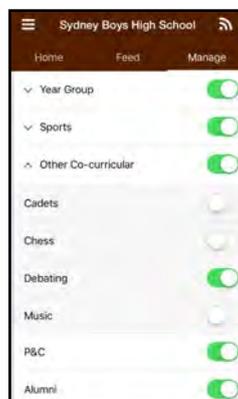
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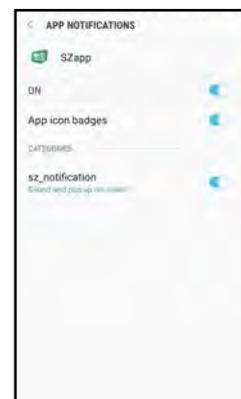
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