



From the Principal High Talent

Congratulations to Eric Wu and Matthew Awad (SHS-2021) as their Visual Arts Body of Works were selected for exhibition in the 'Zoomers – excellence in HSC Visual Art Exhibition' at the Hazelhurst gallery in Gymea. Well done to Isaac Ayoubi (12F) on his selection into the combined AAGPS first grade basketball team.



Congratulations to our swimmers for their GPS carnival 4 successes - Jiazi (Matthew) Chen (8T) won the 14 years 100m and 50m freestyle; Jinu Shin (9S) won the 15 years 100m and 50m freestyle and Kester Jan (7S) won the 12 years 50m freestyle and butterfly.

Head of the River 2022

Well done to all our rowing crews at the Head of the River. It was a challenging day with rain and mist covering the course early. Our crews were very disadvantaged in lane 8 with communication failures by marshals and starters and the southerly breeze pushing other crews into their lane. Despite the mishaps our boys acquitted themselves as well as they could, matching the pace in the first VIII for 500 metres before fading in the latter stages to post a time of 5.49.55 or the winner's time +12.45%.



Thank you to all those who braved the weather to support our rowing boys on their big day. Let's look forward to a more normal rowing season in 2023.

Harassment or Bullying

Students and their parents should be aware that the school has a 'zero tolerance' policy on homophobic harassment, sexist or racist utterances, bullying or teasing behaviours. At High we are proudly anti-discriminatory. Our Anti-Bullying team developed a solid policy on what victims, 'upstanders' and teachers can do to combat bullying and reduce bullying behaviours in our school. There is a quick reference guide - *'Responding to bullying at Sydney Boys High'* - posted in every classroom. No individual, student, staff member or visitor should be discriminated against by virtue of their sexual identity, race, religion, philosophical or political views or cultural customs. We promote ourselves as being inclusive and must put our actions where our words are. Students who discriminate against others, verbally, physically, in writing, on social media, or online, can expect strong negative consequences. Any defence based on the idea that teenage discourse customarily encompasses the use of homophobic language to the extent that it has lost its original meaning, will be disregarded.



The essence of the problem is in the use in discourse of discriminatory words or phrases and multiple perpetrators repeating them. Perpetrators and victims will engage in a restorative media process called *'The Method of Shared Concern'*. 'Upstanders' will be acknowledged by the Deputy Principal, Junior School. Well-reasoned argument measured discourse and healthy debate are good for organisations. However, there is no place for harassment, discriminatory comments or racial or religious denigration, slurs, taunts or innuendoes. It starts with the way we speak – our tone and choice of words. 'A word spoken, or a stone thrown, can never be recalled'. Let us all be more respectful towards one another!

The Sydney Boys High Student Research and Resources (Public Library) Fund

The Sydney Boys High School ***Student Research and Resources Fund*** is a fund to resource our two school libraries. Purchases of books, e-books, subscriptions to magazines, databases, audiobooks and streaming services such as *Clickview*, as well as library furniture and minor equipment, are paid for from the Fund. In addition, the wages of 0.8FTE of a **second Librarian** and **SAS staff employed to extend library hours and run Library archives**, are paid for from the Fund. As contributions to the Fund are **tax deductible**, it provides a very cost-effective way for parents and Old Boys to help fund an important and growing area of school life – online learning. There is a class of boys in our Online Learning elective in Year 10 accessing these facilities. As well, more than boys can enjoy the library facilities simultaneously. Total receipts during the year were **\$152,149**. Total payments were **\$126,753**. We need to retain **\$40,000** working capital to fund the budgets for the two libraries for the year ahead. I commend the *Student Research and Resources (Public Library) Fund* to all parents and ask for your financial support in the form of tax- deductible donations each year.

Early Bird Support

Thank you so much to the families of the 807 boys who supported the school financially by paying all their invoices by Friday 11 March. We reached our target of 66% (66.80) and parents shared the benefit of \$199,125 in discounts. We will try to honour your commitment by providing the best possible facilities, resources, learning experiences and co-curricular activities for your sons, within the limitations of our current COVID-restricted operating environment.

Dr K A Jaggar
Principal

Uniform Requirements

Students and parents are reminded that all students must be in the correct uniform both at school and in their travel to and from school. The way students are dressed not only impacts the school image but also demonstrates that they value being part of the school community and the values we strive for with the boys.

The school will continue conducting random inspections throughout the year. Students must be in the correct uniform at all times and consequences will be issued for any breaches of the school uniform policy. (<https://www.sydneyboyshigh.com/wellbeing/uniform-policy>).

Students have until the end of Term 1 to purchase any items they may need from the High Store. There are several common issues around the uniform so a reminder for all families is below:

The school uniform:

- Boys must wear the correct socks, with long socks when wearing shorts
- In cold weather, students must only wear the blue school pullover with embroidered crest or the blazer (no other items should be visible on the outside of a student's shirt and tie – this includes sports jackets or other items)
- Year 12 Jerseys are not to be worn until the beginning of Term 2



The sports uniform:

- The white school sports socks must be worn for PDHPE and throughout the day on sports days
- In cold weather, boys may only wear the school sports jacket with embroidered crest and/or the school tracksuit pants
- If a student does not have the sports jacket or school tracksuit pants, he is permitted to wear the school uniform on the sports day and get changed for his activity.



Thank you in advance for ensuring that the high standards we expect of students in all parts of their education are being maintained.

Jamie Kay & Lynda Pinnington-Wilson
Deputy Principals



THE SYDNEY HIGH
2022

JUDY CASSAB
PRIZE

FOR PAINTING
AND DRAWING

THEME WHAT MATTERS

Students from Sydney Girls and Sydney Boys
are eligible to enter **one drawing or painting**
for consideration in the Judy Cassab Art Prize.

The winner will be announced at the
Illuminate Festival opening night on 29 August
at the Governors Centre.

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

Entry details will be made available in Term 2

Conditions:

Only one artwork per entrant

Size should not exceed one metre square

No HSC artworks

The shortlist process and judging is final.

Works must be collected on Friday 2 September
from the Governors Centre.

Cassab 06

Meet the Teacher (Ms Eckman)

For this week's meet the teacher, we'll meet a soon-to-be teacher, Christina Eckmann!



Describe a little bit about yourself and your role at this school.

I am a preservice (student) teacher from UNSW currently doing an internship at the school. Once I finish this internship at the end of term, my degree will be complete, and I will be a fully qualified teacher!

Describe a little about your background in education and how you came to be a German and English teacher.

After I finished high school, I had to pick between my two passions: languages and film. I found this decision really tough and went back and forth between the two different fields over many years. I even went to the Australian Film Television and Radio School in Moore Park and was going to attend the New York Film Academy for Screenwriting, but it got cancelled. Ultimately, I decided to do an undergraduate degree in German, Russian and English, because I loved languages, literature and culture. I then decided to give teaching a try, so I enrolled in the Master's program at UNSW. At first, I wasn't sure if I would enjoy teaching, but now that I have experienced it, I absolutely love it!

Given you came to this school a few months ago, was there anything about SBHS that surprised you?

I was surprised at how interesting and brilliant the students are at SBHS. This makes teaching really enjoyable.

What are you looking forward to at SBHS in the future?

I am looking forward to seeing the German students grow and develop their German knowledge and skills even

further. I also can't wait to try teaching some other classes and meet more students.

What is a fun fact about you?

My favourite food is Currywurst - it is a type of street food from Berlin where they put tomato sauce and curry powder on sausages. It tastes weird but good!

We hope you've enjoyed your time at SBHS Ms Eckman and hope to see you around. We'll be back next week for another edition of meet the teacher!

Mr O The

World's Greatest Shave



The World's Greatest Shave is a fundraising event created by the Leukemia Foundation. It raises money for blood cancer research and facilities that improve the quality of life of blood cancer patients. The 'Shave' first started in 1988 when the Graydon family challenged the Leukemia Foundation to shave the greatest number of heads in 24 hours. The event was a huge success with over \$80 000 raised and 200 heads shaved. Since then, the 'Shave' has grown into one of Australia's longest and most beloved fundraising events. In 2021, an incredible 17.3 million dollars was raised for the Leukemia Foundation.

On Monday 21st March 2022, the Prefects and Community Service Committee held the school's annual



World's Greatest Shave event. Many boys flocked down to the outdoor basketball courts at lunch to experience the many attractions on offer. Some boys were hair-sprayed, some boys received mullets, some boys brought temporary tattoos and of course, some boys were shaved. The event was a great success that really brought the High community together. Everyone enjoyed working together and seeing the new look of their mates.



On that day, we received \$201.65 worth of in-person donations. This combined with our whopping \$7088.69 online donations meant that overall, the school raised \$7290.34 for the Leukemia Foundation. This is enough to fund four months of laboratory costs for a blood cancer research project. It is also the second-highest amount raised in High history



On behalf of the Prefects and Community Service Committee, I would like to thank Campbell Ferguson from the Leukemia Foundation for all the resources and support he gave us. I would also like to thank Mr Ormsby for all his help with organisation, administration, set up and clean-up. Finally, I would like to thank everyone who contributed to our school's fundraising campaign, with a special shoutout to Etai Zemack and Kenton Liu who both individually fundraised over \$1000 each.

Dean Nguyen (12S)

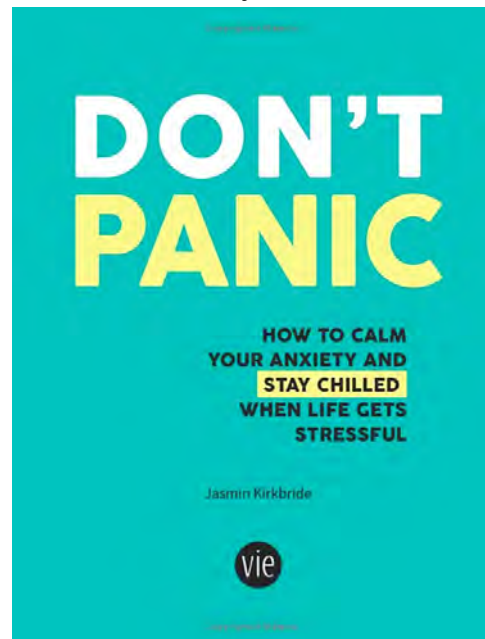
Community Service Prefect

This article was submitted on behalf of Dean by Mr Ormsby.

OrmsbyM@sbhs.nsw.edu.au

From the Senior Library Book Review

Don't Panic: How to Calm Your Anxiety and Stay Chilled When Life Gets Stressful by Jasmine Kirkbride



This book is certainly helpful for anxiety victims, and contains to-the-point, reliable material. It goes deep into what is anxiety, its causes, how stress plays a role in our emotions and controlling our lives. It said the effects of anxiety are heightened blood pressure and feeling restless.

Talking to people about your experiences, panic attacks and what you are feeling is the first step to take help. In fact, it is best that you hold on to facts that assert you the reality, so you don't fall into the trap of a false mindset. The book reminds anxiety affected that this period of mental fatigue 'inevitably pass' and the focus is on 'building something new' for the future.

It gives advice to meditate, practice breathing and do mindfulness exercises, and also eat a healthy diet to benefit the body as well.

For every second page, there is a colourful bold quote that aims to inform about stress and anxiety, to keep the content engaging.

As I am in my HSC years, it is a particularly stressful period, where I am given a lot of assignments, "tight deadlines" and pressure for good results. This book is the start for me to slowly turn back all my fears, hence is very relevant to me.

I would have liked a bit more structure into how we can strategically combat mental issues, however overall, this book is a great!

Rizwan Yousuf



FROM THE ANDREWS LIBRARY THE PRC REP

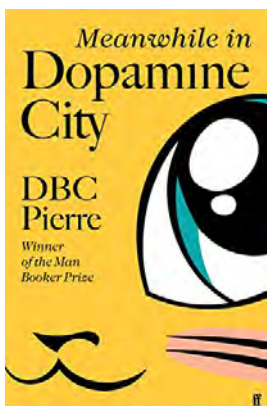
It was lovely to meet our new PRC representative, Mrs Vanessa Long. Both Mr Wiramihardja and I had a great opportunity to show Mrs Long both our library spaces, our brand-new books and our online library subscriptions – eBooks, ClickView and WebLinks.

Our parents very generously donate to our 2 Libraries when they pay school fees. These donations give our students a tremendous advantage over other schools which may not have a Foundation into which donations can be paid at a tax rebate. This advantage can be seen immediately with our new books on display. However, parents may not be aware that their whole family can benefit from their generosity. Our students can put a ClickView film or video on to the family Smart TV and watch ad free movies and documentaries – including Maths lessons.

To get into ClickView on your Smart TV your son needs to enter his school email as a password. The Sydney Boys High Library on ClickView contains Learning Resources where movies and other treasures can be found. (Ignore the video numbering it is inaccurate.) Parents might like to also view the eBooks which can be found by getting their son to click into Oliver and keep clicking to find great eBooks to read on his laptop.

NEW BOOKS IN OUR LIBRARY - READ BY THE LIBRARIAN

I have found some real treasures our library has purchased, to read this year and I would like to briefly review two of them for these March High Notes. While our libraries have a Classics Collection, we really specialise in introducing our Selective School students to up to the minute current literature. When at home ask your son to search Oliver for new junior library resources 2022 to see our most recent purchases.



What an interesting Australian (Mexican) writer DBC Pierre is! His biography on Wikipedia is quite wild. DBC Pierre (aka Peter Finlay) has written this biting satire on our age of social media and phone addiction. However, his column layout, while engaging the reader in multitasking, is a bit rough and will put some readers off.



Sewerage worker, Lonnie, is fighting a single male parent's battle with his mother-in-law, Mona, and the age of phones and social media, over custody of his daughter, Shelby. Meanwhile his son, Egan, is drifting into his new transgender persona all unnoticed. DBC Pierre won the Booker Prize for his first novel *Vernon God Little*. This new effort might miss out on a prize but is a must-read contemporary novel for parents and students trying to understand life with social media and phones.

Ghostie stories (Supernatural) seem to have made a comeback during the recent Covid period – perhaps we are all being morbid!



Matt Haig's, *The Dead Father's Club*, is a great ghost story and it is funny rather than scary. Our Juniors would find this book a very enjoyable read. It has some interesting moral issues to consider. I am not giving this story away other than to say the bullying of the hero is relentless.

Happy reading!
Mrs Crothers
Teacher/Librarian

WET WEATHER JACKETS

Back in stock at the High Store.
Order by email to the highstore@sbhs.nsw.edu.au
Or call on 9662 9360 not to miss out
\$55.00

RUGBY SEASON

Come to the High Store to purchase your rugby jersey, shorts & socks to be ready for the coming season. The Autumn/Winter 2022 price list can be viewed in the High Notes or on the school website.

Michelle Gentile
High Store Manager

Music NOTES

Music Ensemble Rehearsal – Reminders

*Students must arrive at least 10 minutes prior to help set up the rehearsal space i.e. set up chairs, music stands, sheet music, tune etc.

*At the end of the rehearsal, all students need to help pack up the rehearsal room i.e. pack up chairs, music stands, sheet music, amps etc.

*All students using the music storage room to store their instrument(s) during the day must place their instrument(s) in the correct bay(s)

*Rooms 101, 102, 103, 201, 202, 203: Classrooms are used for academic lessons during the day. Please ensure there is no music equipment left behind after ensemble rehearsals.

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.

Marching Band

Students in concert and/or stage bands playing a woodwind or brass instrument must be attending Marching Band rehearsals on Tuesday (after school) and Friday (before school).

Please note:

*Rehearsals run in Terms 1 & 4 only – Please refer to the music ensemble schedule

*Students who cannot attend both rehearsals due to a clash in school co-curricular and/or sports training must attend at least one of the two rehearsals each week.

*Piano or Guitar students do not need to attend.

*Selected percussion/drum students will need to attend rehearsals.

*Wet Weather Rehearsal – please go to Room 102

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

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 Students (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 10A	Thursday 7 April	Anzac Day Service, 10.55am Great Hall	George Lin (11T) Roderick Nguyen (11S) Yianni Scarlis (11F)
Term 1 (Holidays)	Thursday 21 April – Friday 22 April	HSC Music 1 & 2 Composition & Performance Rehearsal(s), 8.30am – 2.30pm, Great Hall, Rooms 101 & 201	HSC Music 1 & 2 students only

2022 Term 2 Music Events Calendar

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

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

End of Season Tennis Social Dinner



It was a pleasure to host the 1st Annual Tennis Social Dinner since 2019. The absence of this wonderful event was truly felt when I realised that our Year 10 boys were in Year 7 when we were last able to host this event. The night is designed to bring the Tennis community together in a very casual and fun way. The boys enjoyed the fun games hosted by Head Coach David Deep. The games included Jumbo Tennis, serving speed gun, challenging the 1st/2nd Grader and general free play on the courts. It was a great night where the parents, David & I could mingle and watch on as the boys enjoyed 4 hours of play that was slightly interrupted by Pizza & a small speech/presentation of prizes.

Congratulations to this year's prize winners –

Stepan Sytnyk – Continued Elite Level involvement in High Tennis

Akila Gunaratne – Leadership

Roger He – Year 7 Dedication award



Parents and boys enjoying the pizza & speech/prizes



Edison Y7 with the jumbo racquet



1st & 2nd Grade able to 'cover' the court now

Thank you all for attending this lovely evening.

Kurt Rich
MIC Tennis



2022 Head of the River Report

This year's rowing season was plagued by cancellations, delays, and last-minute changes - Head of the River was no different. With a week left in the season and Penrith experiencing its worst floods in recent history, Head of the River was moved to Iron Cove. This marked the first time since the construction of SIRC that Head of the River was not held there, providing a unique opportunity to all the crews to race on a shorter, 1700m course. On the day, there were strong crosswinds that, when paired with the exposed course, led to a chaotic regatta. Despite this, the Sydney Boys crews all performed to the best of their abilities achieving multiple personal bests. The pouring rain also didn't stop students and parents attending to support the Sydney High crews, for which the rowers are grateful. Hopefully, all the boys enjoyed their race and are looking forward to next season.

Klim Tsoutsman Rowing Prefect 2022

Last Saturday, on the 19th of March, the 125th AAGPS Head of the River was held at Iron Cove/UTS due to flooding at SIRC, Penrith. This offered a unique opportunity for everyone involved and an interesting logistic experience as the regatta has never been held at such a location before. The heavy rain and strong crosswind during the races added an unprecedented layer of uncertainty and variability to the course, to the advantage of the underdog Sydney High crews. Unfortunately, all High crews placed last, despite their all-round valiant efforts, not to take away the hard work and dedication the boys have put into training and improving.

Many thanks for the six years of memories and experiences of rowing and I hope to be involved with the program in years to come.

Nelson Cheng
Captain of Boats 2022

Communication About the Off Season:

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.

Year 10 VIII Camp

While COVID prevented camps from occurring throughout the 2021-22 season, Head of the River crews were able to camp the week of Head of the River.





Head of the River After Party

Following Head of the River the rowers and parents gathered for food and speeches to celebrate the season. While the season was interrupted and we were not able to have all the events of a normal season, we were able to celebrate the season on the night of Head of the River.

George Barris

MIC Rowing



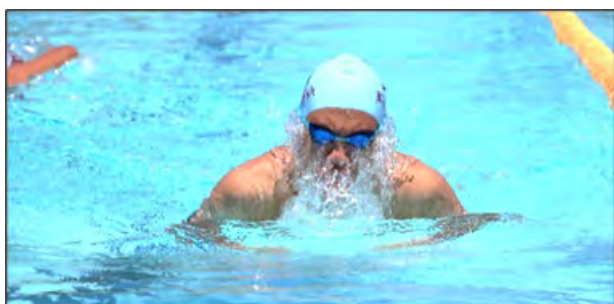


AAGPS swimming competition report #4

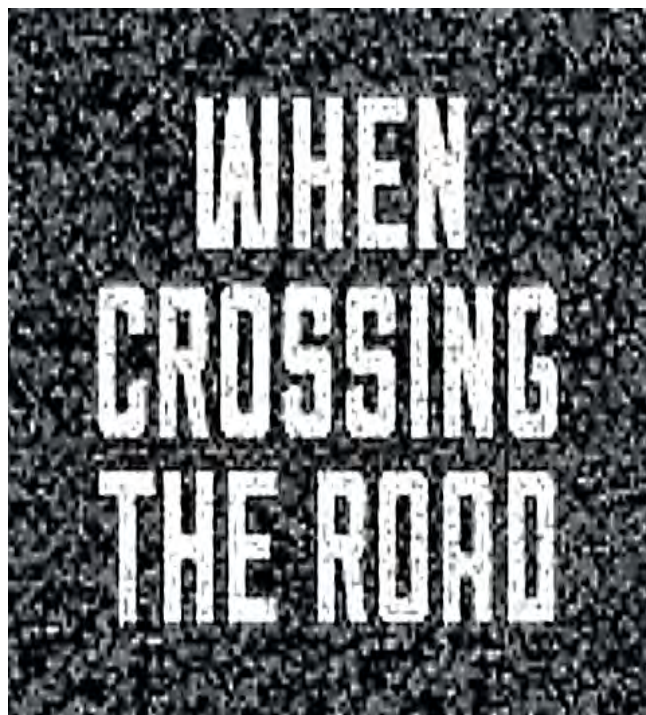
The fourth swimming carnival of the 2022 AAGPS swimming season began two weeks ago, on Friday evening at Sydney Olympic Park Aquatic Centre. This was the second GPS competition at SOPAC and the boys began strongly, with a collective five first places in the 50 and 100 metres freestyle events which were the first individual events of the meet. The boy's strong performance was followed up by strong performances in the 50m breaststroke and backstroke. This was then succeeded by a win in the 12 years 50m butterfly. A successful round of relays then capped off the end of the meet, with the boys left tired but happy with their performances.

Age	Event	Place	Name
14	100m freestyle	1	Jiazi Chen
15	100m freestyle	1	Jinu Shin
12	50m freestyle	1	Jan Kester
14	50m freestyle	1	Jiazi Chen
15	50m freestyle	1	Jinu Shin
12	50m butterfly	1	Jan Kester

Adam Davies
Swimming Co Captain



Double Demerits 14 - 18 April



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		
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

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

SYDNEY BOYS HIGH STORE & CLOTHING POOL
AUTUMN / WINTER PRICE LIST 2022

SCHOOL UNIFORM			SPORT UNIFORM		
BLAZERS	6-8 weeks delivery from date of order		PE / HOUSE SPORT	PE Polo	\$40.50
	From	\$295.00		Black Short with logo	\$40.50
				Sport Socks	\$9.90
PANTS	Trousers - Junior, Dark Grey	\$85.00			
	Trousers - Senior, Light Grey	\$85.00			
SHORTS	Grey College	\$60.00	TRACKSUITS (sold as separates)		
				Microfibre Jacket	\$95.00
BELTS	Black Leather	\$22.00		Microfibre Pant	\$75.00
SHIRTS	Sky Blue & White, Short Sleeve with Crest				
	Sizes 10 - 14	\$28.00			
	Sizes 16 - 22	\$30.00			
	Sizes 24 - 28	\$32.00	ATHLETICS	Singlet	\$55.00
	Sky Blue & White, Long Sleeve with Crest				
	Sizes 10 - 14	\$30.00			
	Sizes 16 - 22	\$32.00			
	Sizes 24 - 28	\$34.00	CROSS COUNTRY	Top	\$69.00
JUMPERS	Up to Size 14	\$96.00			
	Sizes 16 -22	\$98.00			
	Sizes 24-26	\$100.00			
			FENCING	Top with SHS Logo	\$55.00
SOCKS	Anklet SHS Colours	\$9.90			
	Knee High SHS Colours	\$15.00			
	Sport Socks	\$9.90			
			FOOTBALL	Jersey Sky & Choc Stripe	\$65.00
TIES	Junior	\$28.50		Short Matching Design	\$45.00
	Senior	\$31.50		ISC Training Top	\$40.00
	Prefect	\$27.50		Socks	\$20.00
	GPS	\$40.00			
	Old Boys	\$27.50			
	SRC	\$33.00			
			RUGBY	Jersey Fitted	\$85.00
CAPS	HIGH Beanie	\$27.50		Advantage Short with Crest	\$49.50
	SHS Cap	\$22.00		Socks	\$20.00
BAGS	Backpack with Lap Top Section	\$95.00			
	Hav-a-Sak	\$33.00			
	Sports Bag	\$71.50	VOLLEYBALL	Polo Top Numbered	\$68.00
				Short with Sydney High	\$55.00
ART	Progressor 2B Pencil	\$5.50		Socks with SHS Colours	\$9.90
	Progressor 4B Pencil	\$5.50			
	Visual Art Diary A3	\$11.00			
	Visual Art Diary A4 120 page	\$9.90			
				Umbrella (Golf)	\$33.00
DESIGN & TECHNOLOGY				Jacket Water Proof	\$55.00
	DT Apron	\$12.00			
MATHS	Calculator	\$30.00	SCARF	SHS Scarf	\$22.00
	Compass	\$1.75			
	Grid Book 96 page	\$2.95			
	Protractor	\$0.75			
MUSIC	Music Book	\$2.95			

SYDNEY BOYS HIGH STORE & CLOTHING POOL

AUTUMN / WINTER PRICE LIST 2022

RESTED MEMORABILIA

Bridge Scorer	\$11.00	Mug (boxed)	\$25.00
Car Number Plate Cover	\$39.95	Pen (red wood in leather box)	\$33.00
Car Sticker	\$4.50	Pencil Case	\$12.50
Coaster Wooden (box of 4)	\$27.50	Spoon	\$5.50
Cufflinks (stainless steel) - new	\$66.00	Sticker	\$1.10
Drink Bottle (stainless steel)	\$20.00	USB (wood)	\$16.50
Letter Opener	\$6.50	Wine Glasses (set of two)	\$44.00

OLD BOYS MEMORABILIA

OBU Tie	\$27.50
GPS Tie	\$40.00
Sydney High Hoodie Grey Marle	\$77.00
Cufflinks (Stainless Steel)	\$66.00

CLOTHING POOL

A recycled section operates within the High Store Shop. Items such as blazers, shorts, trousers, jumpers, rugby/soccer tops & boots, tracksuits, can be sold on a commission basis - The High Store Shop retaining 1/2 of the sale price.

Please ensure that when sending items for sale you include your name and address.

All items sent should be clean and in good condition. Shirts are gladly accepted as donations.

PAYMENT

Cash, Eftpos, Mastercard, Visa or Cheque payable to HIGH STORE.

GOODS & SERVICES TAX (GST)

GST is included on all prices listed.

BLAZERS

GPS Pocket	\$31.00
Music Pocket	\$35.00
Prefect Bottom Pocket	\$52.00
Prefect Top Pocket	\$31.00
Service Charge	\$39.50

Dry Cleaning	\$16.50
Full Braiding	\$90.00
Embroidery Line	\$25.00
Embroidery Line Removal	\$33.00
Crossed Rifles or Swords	\$38.50
House Badge (cloth)	\$12.50

BADGES

Basketball (metal)	\$7.70
Cricket (metal)	\$7.70
Debating (metal) with attachment	\$8.95
Fencing (metal)	\$7.70
Orchestra (metal)	\$4.40
Rifle (metal)	\$8.80
Rowing (metal)	\$7.70
SBH Lapel Pin (metal)	\$2.75

OPENING TIMES

Open During School Terms Only

Monday, Tuesday, Wednesday & Friday 10.30am to 1.30pm
Telephone 9662 9360

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>



Surviving & Thriving in High School

with the Study Samurai Library!

Sydney Boys High school has organised a unique opportunity for students, parents and teachers at your school to learn from two experts: Dr Prue Salter who specialises in study skills and Rocky Biasi who specialises in peak performance, motivation and wellbeing.

To learn more, here's what you need to do:

- Check SzApp or email to parents for login details, then go to **studysamurailibrary.com**
- Students can access login details from their Year Group Canvas Announcements.
- Watch the welcome video.

Using the Study Samurai Library:

1. Try and watch at least one of the video lessons each fortnight - there are 75 to choose from! If there is an area you want to learn more about you are also welcome to watch those videos at any time.

The categories are:

- Performance
- Time Management
- Wellbeing
- Study Skills
- Mindset

2. Your Study Samurai Library also includes access to Prue's Online Study Skills Handbook website and Rocky's Online Wellbeing Resource. These resources can be accessed through the menu at the top when you log into the Study Samurai site. Explore the resources on these sites to learn more about study skills and wellbeing.

Your Study Samurai Library Includes



75 Video Lessons from Prue and Rocky on study skills and wellbeing topics



ELES Online Study Skills Handbook Website with 48 study skills units of work



Human Connections Online Wellbeing Resource with 16 modules