



From the Principal



Today winds up what has been a very busy term where students, staff and families have had to truly embrace a number of challenges. Many individuals have had to overcome a number of obstacles to complete tasks and pursue their



passions, with Oscar Shi a great example of dedication, traveling to Dubai for the World Cadet Fencing Championships this week. Oscar is representing Australia in the Men's Sabre as a National Cadet Team member, a fantastic achievement! We wish Oscar all the best in this competition.



Closer to home, this week Year 7 students would have received the last of their progress reports in each of their courses. Teachers use these reports to communicate with parents how well their sons are settling into their studies based on all assigned work, whether formally reported on as summative tasks or used as formative tasks in the development of skills application. Each of these reports focuses on areas most important for the context of that course and is a good way for parents to receive a snapshot of their son's progress.

Parents with any concerns about a specific course can communicate with the classroom teacher on the progress report itself, or reach out to any individual teacher through the front office. Any overall concerns about a student's progress can be addressed with their Year Adviser so that the school can provide additional support as needed. As a standard practice, Year Advisers are notified of any students not demonstrating sufficient progress by their classroom teachers so that patterns of behaviour can be monitored across the school and followed up when required.

In regards to reporting, early next term we commence examinations and other assessments that will be used as the final piece of data for the Semester 1 Reports for Years 7-11. While students are encouraged to prepare thoroughly for these tasks to give themselves every opportunity for success, it's important that study routines occur within a balanced schedule for the boys' overall wellbeing. Allowing time to relax and have fun is essential for adolescents to be able to thrive, along with maintaining some form of physical activity for both mental and physical health. Physical activity, whether playing sport or going for a walk, also allows students to sleep better which has a significant impact on their studies.



It's therefore important to ensure effective sleep routines are being used by students and minimising the distractions of technology late at night that can prevent sufficient amounts of sleep.

So as we head off to a well-earned break, students are encouraged to prepare thoroughly for their upcoming tasks but to also keep in mind that a balanced lifestyle, with plenty of rest and enjoyable activities will have the most impact on both their academics and wellbeing.

Jamie Kay
Relieving Principal



Urgent – Tennis Parking Update

Thank you to the boys and parents who have volunteered for parking this Saturday, the event has been rescheduled to start later. Parking duty is now from 12-2:40pm

I am sorry for any inconvenience caused. If you are now able/still can volunteer, could you please email me asap.
richk@sbhs.nsw.edu.au

Kurt Rich
MIC Tennis



ANZAC DAY

Due to the current COVID-19 situation, the ANZAC Day Assembly had to be cancelled. Following are the speeches that students wrote for the assembly.

Head Teacher History & Libraries.



War is an institution. It is a practice as old as recorded history, and has never and probably will never stop, for the rest of it. Elite's profit, politicians lie, and real individuals get caught in the endless quest to want and take. The shells will fire, the chemicals will burn, the Earth will crack, and the sky will cry onto the turmoil left in the wake. Buried under a hail of destruction are the remains of a species with a mind capable of advancing itself off this planet, but not a mind strong enough to find a solution to the desire to take and justify it. Many have said that war is pointless, horrible, or even necessary. The reality is: all of these might be true, or incorrect. For when war between cultures, nations, religions, and the peoples of the Earth breaks loose, the truths we hold self-evident become blurred. Harsh blacks become greys, and the miracle of life that has brought us to this point is squandered. The flower of youth is trampled upon and wasted, crushed into the soil they are forced onto, during a march to a place which they may never find.

One of the best quotes I have personally ever come across comes from the movie Forrest Gump. Forrest is fighting in the Vietnam war with his best friend, he is seen holding that same friend covered in blood after a battle. As life drains from his friend's eyes he utters, "Forrest, I want to go home." He utters the line all soldiers and civilians do when confronted with the reality that so many in our rich history as a people have faced. He does not wish ill upon the enemy, or even advocate for his own group to win, he simply wishes for his home in his final moments on this Earth. As English writer G.K Chesterton once said, "the true soldier fights not because he hates what is in front of him, but because he loves what is behind him." For after the passing of soldiers and civilians we shall build monuments in honour of them, we will dedicate days to the cause they died for or were caught in, but we will never repay the parents, children, friends, family, and nations, who were so robbed by war. For they shall grow not old, as we that are left grow old: age shall not weary them, nor the years condemn. We will remember them. Lest we forget.

Luka Miletic (10R)



That morning on the 25th of April 1915, Anzac soldiers landed on Anzac Cove to help secure the Dardanelles Strait. While the campaign would ultimately fail, the sacrifices made by thousands in this conflict and the millions more in other conflicts before and after have allowed us to enjoy this momentary period of peace. Sadly, peace is only just temporary.

It is within us all, the innate desire to seek conflict, to seed discord and to capitalize on the perceived weaknesses of others. All throughout history, conflict has managed to force its way onto every page into every chapter of history and will continue to do so for many more volumes that time has still yet to write. While the desire for peace, stability and safety is strong, knowing that what we do have today will be with us tomorrow and for many more days into the future overpowers the yearn for chaos, there is simply one truth we must accept, conflict is inevitable.

As the Roman General Vegetius wrote in his book *De re militari* "Igitur qui dēſiderat pācem, prāparet bellum." ("Therefore, let him who desires peace prepare for war.") This quote can be interpreted in many ways but one way to read it is that peace cannot be taken for granted. We must not allow ourselves to grow complacent because if we do let down our guard be assured that when conflict does arise we will be ill prepared. An example of this happening in history can be found in the British and French response to the growing threat that Hitler represented. With their victories in WW1, they had grown complacent believing that the Treaty of Versailles would have ensured that Germany would not be able to recover from their defeat. So, we must remain vigilant of current and emerging threats and there are countries who have already taken this approach. Australia's trilateral security agreement to acquire nuclear submarines for the RAN and Germany with their announcement to more than double their military spending are examples of countries that do not want war but are taking measures to ensure that they can fight one.

A storm is brewing on the horizon and right now in Ukraine, there are thousands of people who have already sacrificed their lives in the hopes that peace will be maintained. If we are not careful, millions more will have to make a similar sacrifice. We are all trapped inside a vicious cycle where war will be a constant and there is little we can do to stop it but we must do our best to be prepared for it.

Wayne Lee (10E)



We gather here today to acknowledge and remember the efforts of the Anzacs and what they fought for. Before dawn on the 25th of April 1915, the first soldiers of the Australian and New Zealand Army Corps now known as the Anzacs landed on the shores of the Gallipoli peninsula. The Allies' objective was to take over the Gallipoli peninsula, allowing the allies' navy to capture Constantinople now known as Turkey. If they succeeded, Turkey may have been forced out of the war and Germany would lose an important ally. It was a day of confusion and fear at Anzac

Cove, the Australians were the first to land with the New Zealanders following later in the day and almost 2000 Australians were killed that day. The Anzacs struggled to advance for the next eight months, and the campaign was a stalemate. By December, the Anzacs were evacuated, however about 8700 Australians and almost 2700 New Zealanders had already been killed. Hundreds of thousands of soldiers on both sides lost their lives at Gallipoli which is why Anzac Day has been one of the most important dates on Australia's calendar since 1916. At first, it gave people a chance to honour the original Anzacs however it's now become a day to recognise and honour all those who have represented our country in service. Today, we reflect on that service as we recognise more than a hundred thousand Australian servicemen and women who have lost their lives in military operations, as well as the men and women serving today.

Jayden Ho (10M)



Sydney High School Cadet Unit Wrap Up on Term 1 Activities

Term 1 has been packed with numerous firsts and successful activities for cadets of the Sydney High School Cadet Unit (SHSCU). Some highlights include SHSCU successfully trialling a new recruitment program as well as conducting the first cadet-run First Aid course in many years. SHSCU also participated in the short but intense Cadet Module 2 Promotions course in March 2022.

SHSCU looks forward to continuing high level youth development throughout the remainder of 2022, including the first AFX in more than 2 years (due to COVID), as well as ongoing participation and engagement with HAHSACU and 22/29 Holsworthy ACUs.

Successful 'Try Cadets'

This year, SHSCU conducted 'Try Cadets' for the first time. 74 new recruits from both from SBHS and SGHS attended several Tuesday parading sessions to 'Try Cadets'. The cadet command team led by CUO Nathan Cox and CDTWO2 Nicole Zhang devised a recruit 'expo' where new recruits would experience some aspects of what is taught in the Australian Army Cadets. These included a basic radio communications familiarisation, Command post familiarisation, Hootchie and navigation introduction.

Thanks to this 'Try Cadets' program, a large majority of new recruit candidates decided to continue within the AAC at

SHSCU. Such was the extent of the success of try cadets, SHSCU transitioned to an online format for the last two weeks of Term 1 in order to process the large volume of recruit applications received. SHSCU staff and NCOs would like to thank all students from both SBHS and SGHS that participated in the cadet trial period!



(Above) CDT CPL Johnsun introducing new recruits to Cadet field accommodation



(Above) CDT CPL Wong summarising the use of a MILS compass to recruit candidates



(Above) New recruits learning basic drill

First Aid refers to the emergency or immediate care you should provide when a person is injured or ill until full

medical treatment is available. On Sunday 13th March 16 SHSCU NCOs (Non-Commissioned Officers) undertook a full-day first aid course in the Great Hall. The cadets learnt DRSABCD, basic bandage methods, how to treat bites & stings, shock and more. All cadets successfully passed the first course. Congratulations to all participants!

SHSCU will be hosting another First Aid course open to cadets of all ranks later this year. We will conduct this activity in conjunction with HAHSACU and 22/29 ACU Holsworthy. Estimated (per head) cost is \$78 for a Nationally Accredited First Aid Qualification.



MOD2 Promotion Course

Due to significant concerns surrounding COVID-19 and possible transmission during face-to-face promotions courses throughout the duration of 2020 and 2021, a majority of cadets going on promotions courses were unable to apply their skills in the field.

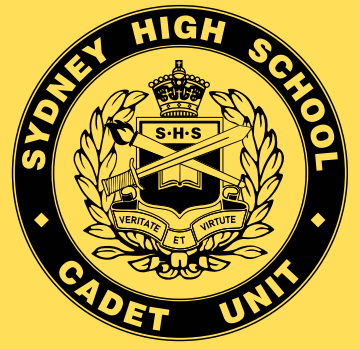
25 Cadet NCOs from SHSCU participated in the Module 2 course in the field, where all cadets performed admirably under a high-pressure environment. Assessments included drill lesson assessments, navigation, radio telecommunications and command post activities. This activity was the culmination of a monumental effort by both Battalion and SHSCU staff who facilitated the activity.

New Logo for SHSCU

Finally, Term 1 saw the SHSCU logo updated by a cadet parent volunteer, Daniel Johnsun. The new logo is based on the Unit's flag and incorporates the crown from Sydney Girls High School logo.

LT(AAC) Ronald Luo
Officer Commanding (OC)
SHSCU

Parents & Guardians of Cadets: Please download **SZapp** from the Apple App Store or Google Play and subscribe to 'CADETS.' SZapp installation guide can be found at the end of High Notes.



ANZAC DAY 2022

LEST WE FORGET

**Sydney High School
Cadet Unit (SHSCU)
invite families & friends
to attend ANZAC Day
Dawn Service.**

WHEN: 5.15AM, 25TH APRIL 2022

**WHERE: ANZAC OBELISK, MOORE PARK
(Corner ANZAC Parade & Moore Park Road)**

Never forgotten. Always remembered.
Let us give thanks.



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



FROM THE ANDREWS LIBRARY HOLIDAY BORROWING AND READING

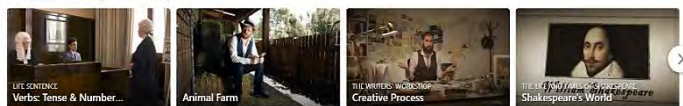
School holidays are our boys' big opportunity to catch up on reading for pleasure. It would be wonderful for all our boys to set a reading goal for themselves of 5 or so books every holiday.

The ideal of being a cultivated and literate person can only be achieved if boys set themselves the challenge to read the latest books, to watch the latest movies, to hear the latest music, watch the news on TV and delve into some classic literature or music or movies.

Our Library application – Oliver- is a good gateway to 2 different eBook suppliers, 18,000 websites and the fabulous ClickView video resources including no ads movies. Click into Sydney Boys High Learning Resources. (Your school email address is your password) - it has a lot more videos than the advertising tells you. Not only are there Maths videos but there are movies and resources for many other subjects. Below are just some of the resources on ClickView Dashboard

Australian Secondary Top 10 English >

The top ten videos on English for secondary students.



Australian Secondary Top 10 Science >

The top ten videos on science for secondary students.



Australian Secondary Top 10 Geography >

The top ten videos on geography for secondary students.



Mrs Crothers
Librarian

Using English Feedback to Improve Exam Study

Throughout the end of Term 1, English teachers have been working incredibly hard to provide all students with feedback on their submitted works. As outlined in a previous High Notes article, students must use this

feedback as their key point for exam preparation.

Each class assessment task in English has been chosen to prepare students for the expectations of their exam in Term 2. The feedback they receive on their class task is therefore key in directing students to improvement prior to their exam.

Parents are welcome to look over and discuss teacher-provided feedback with their children at home. Use the feedback to isolate areas for further study and attention. For example: if feedback indicates that a student has a misconception about a concept, then the student will need to look back over their notes from class, re-read the text and re-do class activities to ensure they understand. Similarly to how students will re-write responses to a Maths or Science question from an exercise book, students in English will need to re-write responses to class activities if their initial work was incorrect or poorly expressed. The areas requiring attention will be identified in their feedback.

The next step is for students to re-write their work, implementing the feedback provided in their initial work. This rewriting activity does not need to be done in a single sitting. Focusing on a single paragraph at various points in their study routine will improve their retention rate for key concepts and assist students with the 'fresh eyes' that distance from their own writing can benefit.

Last but definitely not least – all parents need to ensure that students are reading their work aloud. Reading work aloud is an easy and assured way to address concerns with expression. Sentences shouldn't make you out of breath when read aloud. They should err on the side of more active sentences than passive. If using quotes in a sentence they should be a seamless part of the sentence and not require special punctuation or pausing. If parents can assist by being active listeners of their children's writing, then you can also help them identify where ideas seem confused, grammar seems inconsistent or expression is too dense.

In short:

- Read through teacher feedback together
- Identify areas requiring attention (eg: expression, understanding of concepts, detail)
- Rewrite work by employing feedback
- Parents to listen as students read their work aloud
- Print off the English Style Guide (available on every Canvas page) for assistance/guidance

I trust that this information helps all of our families as students work closely with feedback to prepare for their exams in Term 2.

Cassandra Pride
Head Teacher English

Music NOTES

Term 1 – Term 2 Music Performance Program (MPP)

*This week is the last week of ensemble rehearsals and private instrumental lessons for Term 1.

Please note: Thursday 7th April is the last day for music ensembles and private instrumental lessons due to the school's Athletics Carnival on Friday 8th April.

*Ensembles and private instrumental lessons will resume from Week 1 in Term 2 (i.e. from Wednesday 27th April – first day of school for all students), unless an alternate start date is communicated by the ensemble conductor and/or private instrumental tutor.

*Music Storage room – Students must ensure to take their instrument(s) home over the Term 1 break. No access to the music storage room over the break.

The music storage room will be locked on Thursday 7th April at 3.30pm on Thursday 7th April.

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.

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 Sydney Southeast Symphonic Winds (SSSW)

The SSSW will recommence in 2022 and continue to provide outstanding music education opportunities for students.

Students in years 7, 8 who are enrolled in a Public School located in the Sydney area can apply. Year 9 students who were a member of the 2021 ensembles are also welcome to apply.

Auditions for 2022 will be held on Saturday 14th May & Sunday 15th May at Caringbah North Public School. Applications close on Sunday 8th May. For more information, please visit: <http://www.gspensembles.com/>

2022 Talent Development Project (TDP)

TDP offers a unique training program that hosts monthly workshops for diverse, talented young artists to explore and develop their musical abilities in a creative and collaborative environment.

This program is run in consultation with industry professionals and is offered to only NSW Government High School students from Years 9-12. There is no fee to students who are accepted into the program.

Students are encouraged to explore different genres and styles, and creatively challenge themselves in areas of singing, song writing, production and performance. For more information, please visit:

<https://www.talentdevelopmentproject.org.au/>



2022 Music Ensemble Schedule

MONDAY (Before School)	TUESDAY (Before School)	WEDNESDAY (Before School)	THURSDAY (Before School)	FRIDAY (Before School)
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>Terms 1 & 2 only</i>	Marching Band 8.00am – 9.00am MPW/ Room 102 <i>Terms 1 & 4 only</i>
(After School)	(Before School)	(Before School)	(Before School)	(Before School)
Guitar Ensemble 3.20pm – 4.20pm Room 201	Percussion Ensemble 3.45pm – 4.45pm Room 201			Jazz Ensemble 3.30pm – 4.30pm Room 201
	Marching Band 3.30pm – 4.30pm Great Hall/ Room 102 <i>Terms 1 & 4 only</i>			

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



SBHS Fencing Report

Saturday 02/04/2022 – NSWFA Novice Foil:

Three U14 Foil Squad members participated in the Foil Mixed Novice competition held at the NSW Fencing Centre from 10am-2pm. This was the first ever time that the three of them had ever participated in a competition like this so of course, they were all nervous. Once the competition had started, the three fencers gave it their all during the bouts. Raphael won two of his bouts and ended up with an indicator of -1, Lyndon had a good start as he won all his bouts ending with an indicator of 11. Benjamin also won all his bouts leaving him with an indicator of 25.

With the strong start, Lyndon and Benjamin advanced onto the 'Direct Eliminations' stage of the competition where the top 16 people had to fence each other to compete in the finals. Lyndon won two bouts here but lost to Benjamin as they were unfortunately paired up in the semi-finals, earning him a bronze medal. Benjamin after the semi-finals, moved on towards the finals where he just barely lost by one point securing himself a silver medal. Overall, after the competition had ended, everyone was tired to the bone but felt happy overall as they had tried their best in the competition.

Benjamin Pham (8R)



Saturday 02/04/2022 – NSWFA Senior Foil School Championships:

The NSWFA Senior Foil Individual Championship was an excellent way to kick off the School Championships, allowing us to prepare for the Roberta Nutt competition next term. Andrew Wang (10S) made an excellent debut performance, ranking 16th out of 44 fencers. A spectacular result by James Pullinger (10T) and Dean Johnson (10F) who ranked 7th and 8th respectively. Unfortunately, Tony Guo (10S) and Steven Zhang (10M) were eliminated before the Direct Eliminations, ranking 30th and 39th respectively, whilst Jack Wang (11M) and Henry Lin (10S) were eliminated in the first round, both losing by one point and coming in 22nd. Some of us may have lost a few bouts, but one thing that wasn't lost was High Spirit. Although being an individual competition, the amount of support that everyone showed was phenomenal. There was an amazing effort by everyone, and everybody should be proud of what they achieved that weekend. I'm sure all of us will be looking forward to future inter-school competitions.

Henry Lin (10S)

Saturday 02/04/2022 – NSW SFL Epee Individual Round 1 (U19 and U16 Pools)

U19 Pools:

The first round of the NSW Schools' Fencing Epee League for U19s was held at St Andrew's Cathedral School. This was an exciting event as it was our first time competing for the 2022 season as well as also being my first competition ever for fencing. The U19 Epee pools event saw four fencers, Brendan Alcorn, Jack Huang, Jarrod Su and myself representing Sydney High in two pools of 8 on the day. In general, it was a largely successful competition for most of us, but more importantly it was a fantastic learning experience. Some notable results from the competition include Jack Huang who came 2nd overall, Brendan Alcorn coming in 3rd place, Jarrod Su in 6th place and myself at 13th. A special thanks also to our coach Ted Elliot and John Tian, our old boy coach who was there, for giving us valuable tips and critiques on the day. They helped us all improve on our weaknesses after every bout, and it personally helped me make major improvements in just one day. Overall, we all had great fun, but I think that we are all capable of achieving better results. While there are no more competitions for the rest of the term, we hope to continue to improve and do even better next term during round 2 of the Epee League on the 30th April.

Daniel Nguyen (10M)

U16 Pools:

After our last fencing season was cut short, our under sixteens epee fencers were ready to get fencing once again. Having had multiple training sessions in preparation for this competition, we were confident that we could perform on our first competition of the season.

Our fencers had a shaky start, with our fencing being suboptimal. Fortunately, we were able to pull through, with Tommy Xu and Kelvin Chen even being able to win all their bouts. The rest of the squad also did well, with Zhitian Mai only dropping one bout out of 5, Tian Yang winning 3 of 5 bouts and Jamison Lai winning two bouts of five.

We did very well for our first competition of the season, and I hope we can carry this momentum through the season and win some competitions!

Jamison Lai (9E)



Saturday 26/03/2022 – NSWFA Intermediate Foil School Championships:

On the 26th of March, three fencers (Pranav, Joshua, Daniel) participated in the intermediate fencing competition at the NSWFC (NSW Fencing Centre) from 7:45-1:00. This was quite an early event in the season, despite this the boys trained for the event with everything they had. Once the pools were determined the boys split up and fenced their individual pools. The boys fenced well with rankings of 36, 7 and 6 and indicators of -12, +18 and +20.

With high rankings, two fencers (Joshua and Daniel) advanced to the DE (Direct Elimination) stage of the competition where only the top 16 faced off with each other. Joshua unfortunately, lost the first bout due to miscommunication of the rounds and times but earned a final ranking of 9. Daniel won his bout and progressed to the top 8s but unfortunately lost with a final ranking of 6. Overall, all the boys performed exceptionally well with high rankings and more fencing experience gained.

Joshua Wang (9E)

Full results can be found here:

<https://sbhsfencing.com/2022-results/>

More photos can be found here:

<https://sbhsfencing.com/2022-photos/>

D. Huynh

MIC Fencing





School Weights Room Holiday Training Schedule

It has been great to see boys develop over Term 1 in the weights room. Unless travelling I highly encourage all weights room members to continue their training during the school holidays.

The school weights room will be open during the holidays as per the following schedule. The Public holidays have been avoided in this instance.

	Mon	Tue	Wed	Thurs	Fri
Week 1	7-9am		7-9am	7-9am	
Week 2		7-9am	7-9am		7-9am

After the holidays the weights room will continue its operation on Wednesday 27th of April as per the normal schedule.

Photo below taken last year with a group of very consistent weights room boys from Year 12 2021

Kurt Rich

Head Strength & Conditioning Coach





KIDS BJJ SCHOOL HOLIDAY CAMP

11/4 - 14/4 & 19/4 - 22/4

9AM TO 3PM

LEGACY HQ

232 CLEVELAND ST, CHIPPENDALE NSW 2008

\$90/DAY • \$85/DAY (2DAYS) • \$80/DAY (2+ DAYS)



Brazilian Jiu Jitsu Training

Self Defence Training

Capoeira Training • Smart Challenge Games

Outside Activities • Portuguese Lessons



BOOK NOW!

☎ 0458 207 520

✉ SYDNEYHQ@LEGACYBJJ.COM.AU



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