



From the Principal High Talent

Firstly, congratulations to the Sydney High Sailing Team for completing the 2022 School Sailing State Championships against some of the best sailing teams in Australia. Sydney High 1 qualified for the finals and finished 5th in the state, including six straight wins. Well done Sam Ezra (12E), Nathan Cox (12R), Daniel Low (12T), Zhitian Mai (11F), Jacob Jim (9S), Ethan Low (11R) and Liem Tran (11F) on an outstanding performance!



In other sporting news, at rifle shooting training for the Metropolitan District Rifle Association competition last weekend, Jackie Wu (12F) shot a perfect and unbeatable 50, with 10 centres at 800m - the longest distance in which the school competes. This is the first time in our club history that a student achieved that score at any range. Congratulations Jackie on making history, and also to Terry Fong (class of 2014), who ably assisted Jackie as his wind coach.

Congratulations also to Isaac Ayoubi (12F) who has been selected in the NSW CIS basketball team, a fantastic achievement rewarding his ongoing dedication to the sport!



Planned School Works

With regards to school facilities, the school was informed this week that we will be receiving a Solar PV package as part of the Cooler Classrooms Project. These will be installed over the coming 12 months and will be a welcome addition to the school in providing a sustainable and environmentally friendly energy source for the school.

Additional works plans for across the school are also being finalised for the coming months, including a new perimeter fence and surfacing the parking areas along Cutler Drive. These will be a welcome upgrade to our existing facilities and we look forward to their completion. Further information on the date for these works will be provided as these are locked in with our contractors.

Student Meetings

This week I had the pleasure of meeting with the Year 9 students to go through each of their reports. These meetings provided an opportunity for the boys to reflect on their progress and develop a plan for their future growth. The learning behaviours listed for every course provided the boys with an indication their strengths and areas for improvement in each subject, as well as how these approaches to learning are demonstrated across all courses studied.

These learning behaviours are embedded in every report from Year 7 to 12 and are an invaluable source of information for both students and parents to gauge how well the boys are engaging in various aspects of their learning. Students who are consistently applying themselves across all their courses are to be commended and will also have their efforts acknowledged within the Award Scheme.

Year 8 students will be receiving their reports next week when they meet with the Principal, Dr Jaggar. On entering Year 8, the boys had the choice of studying a second language of Classical Greek on the condition that they also study Latin, given the two languages complement each other well. As a consequence, some students complete ten courses this year, while others study nine. The best nine subject results are used to determine the progress of each student. This may advantage some boys given the ability for one course to not be counted. However, with an additional course to study, they are required to master additional concepts and have fewer outside of class hours to do so.

Fluctuations in performance often occur in the early stages of High School as the boys learn how to best balance their studies with other aspects of their lives. This is the time in their educational development for students to reflect on what works for them and refine their approach to study in preparation for the senior school. These fluctuations tend to settle as the boys discover effective study routines including their approach to class activities, completion of homework and assignments and how to undertake effective preparation for assessments.

Every semester the principal sends letters to parents whose son has improved significantly from the previous reporting period. Additionally, the school wellbeing team checks in with students who have big fluctuations to support them as needed in developing an effective approach to their studies.

As the Year 8 boys reflect on their reports, they should start considering their electives for next year which will need to be decided in mid-September. Students will pick up two elective courses, so they should start contemplating what their strengths are and speak with their teachers if they have any questions about courses. A full overview of the subject selection process, including the 2021 presentation, can be found on our website at <https://www.sydneyboyshigh.com/curriculum/subject-choices>.

Jamie Kay
Relieving Principal



HIGH STORE
WET WEATHER JACKETS, BEANIES & SCARVES for Winter

Available now at the High Store, be quick not to miss out.
Wet Weather Jacket \$55 HIGH beanie \$27.50 Scarves \$22

Michelle Gentile
High Store Manager

Meet the Teacher

In this week's Meet the Teacher, we will visit the social science department and get to know Casey Writer



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

I am a social sciences teacher specialising in economics and business studies. I'm also a part of the basketball and wellbeing program

at the school. Outside of school life I love my basketball as well and play competitively each week. I also love to surf and drive up and down the coast to find the best waves NSW has to offer.

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

I have been working in the educational setting for nearly 10 years. After finishing school in 2013 I started coaching basketball at my old school. I also started tutoring, working at a business for a number of years where we had such a variety of students including gifted students as well as those with learning difficulties. I completed a Bachelor of Economics and education, and so social sciences was the best choice for me in terms of a subject area.

Given you came to this school recently, was there anything about SBHS that surprised you?

While I did only just recently come to this school, I also taught here for my practical placement during university. What I love about High is the diversity of the boys here coming from such incredible backgrounds to work hard for their education. I have asked each of my classes how many students speak more than one language and often I am the only one without their hand up!

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

I am excited to be experimental with my teaching strategies. As a young teacher it is important to try as much as you can to find out what works and what might not. The boys are very cooperative and great flexible thinkers which means I have an excellent opportunity to expand my skills and hopefully bring some creativity to the classroom for my students too.

What is a fun fact about you?

A fun fact is that I am able to jump over myself.



IN PRAISE OF MANGA



As a Teacher Librarian, one of my roles is encouraging students to read widely and for enjoyment. Some people believe students should be reading edifying books that are going to help them academically, but ALL books are useful for helping students internalise grammar and syntax rules, and for increasing vocabulary. My personal motto is, it is important *that* you read, not *what* you read. With that said, I want to highlight some of the manga titles that we hold in the Junior and Senior libraries and reassure students and parents that manga are a valid text for students of any age to be reading.

When I was a teenager, I read a lot of DC and Marvel superhero comics, and now as a middle-aged adult studying Japanese, I read manga (in Japanese) as a study tool; I also have a PhD among other academic qualifications, so reading manga and comics is not correlated with lack of academic success. Although manga include usually only short sentences or paragraphs, they can still contain complex ideas and vocabulary. Also, analysis of visual texts is part of the English curriculum, and some schools use manga for study texts for the students, so they are entirely valid as texts that students might choose to read in their own time.

In addition to the language skills and visual analysis practice students can get, manga, like all reading texts, take students out of their own heads – and the pressures of study, homework, sports, and home problems – and allow them to inhabit an imagined world, to interpolate



themselves into the text, and to explore different lives for themselves, so from a Welfare and Wellness perspective, manga are as important as any other reading texts.

The manga that I have been reading in Japanese are those that I have already watched as anime on Netflix. I particularly enjoy *Beastars*, set in a high school of anthropomorphic animals, and the struggles that Legoshi, a grey wolf, has with his carnivore nature, and attraction to a female dwarf rabbit fellow student. *Beastars* is available in the Senior Library. The Senior Library has a much larger collection of manga than the Junior Library, but all the titles are available for junior students to borrow as well.



Another title with a teenage protagonist that I'm reading is *Demon Slayer* (*Kimetsu no Yaiba*), which follows Tanjiro, a boy whose family was killed by demons, as he becomes a member of the Demon Slayer Corps. His sister was turned into a demon, and part of his quest is to find a way to return her to human form. It's set in Taisho-era Japan (around the same time as Edwardian Britain), so there is a mix of modern and traditional Japanese customs, fashions, and architecture. This title is available as an ebook through the library's homepage.



I've also bought *Food Wars*, and *Blue Period* for myself because they deal with an elite cooking high school, and a high school boy who wants to go to an art university, so I figured they would be useful for learning cooking and art terms in Japanese. Other titles that I am considering for the Junior Library include *Spy Family*, *Shaman King*, *Mob psycho 100*, *Jujutsu Kaisen*, and *Dr Stone*. I am giving classes to year 7 and 8 students about the library, and



I am asking them for recommendations of titles (of novels, and non-fiction, as well as manga), and I am always happy to get an email from students suggesting something that they think would be of interest to other students at the school. Buying books that students want to read and have recommended is an obvious way to encourage wider reading.

Dr Love,
Andrews Junior Library

Music NOTES

Semester 1 Music Concert

Date/Time: Tuesday 21 June, 6.30pm

Venue: SBHS Great Hall

Entrance Fee: Gold Coin Entry

Music Ensembles: All music ensembles will be performing
Uniform: Students are required to be in school uniform.
All students will be required to wear a white shirt (blazers are not required).

*Students in Years 7, 8 & 9 will need to purchase a white collared shirt (school emblem shirt is not required. White collared shirt can be purchased from Kmart/Target/BigW etc.)

Music Storage Room

A reminder to all students in the Music Performance Program:

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

*Please do NOT block the pathway inside 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.

*Non-music instrumental items/accessories will be removed without any warning

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 (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 2 Music Events Calendar

WEEK	DATE	EVENT	MUSIC STUDENTS INVOLVED
Week 5C	Thursday 26 May	Leadership Assembly, 9.55am Great Hall	Roderick Nguyen (11S) Yianni Scarlis (11F)
Week 5C	Friday 27 May	Winder Sports Assembly, 10.15am Great Hall	Ethan Hybler (10R) Ren-Shyan Balnave (11F)
Week 6A	Tuesday 31 May	HSC Music 1 & 2 Composition Workshop, 9.15am – 12.45pm, Rm 101	HSC Music 1 & 2 students
Week 8C	Tuesday 14 June	HSC Music 1 & 2 Composition Workshop, 9.15am – 1.45pm, Rm 101	HSC Music 1 & 2 students
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	Daniel Su (10E) Joshua Tang (10R)

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



*SYDNEY BOYS HIGH SCHOOL
PRESENTS*

SEMESTER 1 MUSIC CONCERT

**TUESDAY 21 JUNE, 2022
6.30 PM
SBHS GREAT HALL**

GOLD COIN ENTRY





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

Zone Athletic Trials

In the absence of an annual Athletics Carnival there will be trials run at school over weeks 5 & 6. Students have already nominated their chosen events and a schedule has been created (see below).

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>
Week 5	7:30-8:45am – 100 Heats all ages at MPW	7:30-8:45am – Long Jump 12, 13 & 14 at Cricket Nets	7:30-8:45am – Shot Put 15, 16, 17 & Opens at outdoor basketball courts 7:30-8:45am -High Jump all ages at Gymnasium 3:15-5pm –200m Heat & 800m Final all ages at bat and ball field	7:30-8:45am – 400m heat 13, 14, 15 & 16 at bat and ball field
Week 6	7:30-8:45am – 100 Finals all ages at MPW	7:30-8:45am – Long Jump 15, 16, 17 & Open's at Cricket Nets	7:30-8:45am – Shot Put 12, 13 & 14 at outdoor basketball courts 3:15-5pm –200m Final all ages at bat and ball field	7:30-8:45am – 400m finals all ages at bat and ball field

Kurt Rich
MIC Athletics





SBHS Fencing Report

Saturday 14 May 2022

NSWFA Roberta Nutt Shield Intermediate Competition (All weapons):

Intermediate Boys Foil Event:

Last Saturday, Junior Foil fencers participated in the Intermediate NSWFA Roberta Nutt Shield. Our Sydney High squad, Joshua Wang (9E), Daniel Kim (9M), Pranav Gupta (9M), Lyndon Chow (8E), George Mermelas (8F), Benjamin Pham (8R) and Raphael Xiao (8S), competed against fencers from Sydney Grammar, Newington, and Knox Grammar. Our fencers exceeded expectations and produced excellent results, despite stiff competition from our rival schools. Lyndon Chow (8E), Benjamin Pham (8R), George Mermelas (8F) and Pranav Gupta (9M) each placed 29th, 19th, 15th, and 12th respectively, while Daniel Kim (9M) and Raphael Xiao (8S) secured spots in the top 10. Congratulations to Joshua Wang (9E), who came 2nd place in the tournament and brought home the silver medal. Thank you to coach Kevin and the rest of the senior fencers, who coached our boys to victory and maintained the High spirit. A special thanks extends to Ms Wong, who supported and cheered on our boys throughout the entire event. Go High!

Daniel Kim (9M)



Intermediate Boys Epee Event:

Last Saturday, our two epeeists, Tommy Xu (9E) and Kelvin Chen (9F), were fortunate enough to participate in the Intermediate NSWFA Roberta Nutt held at the NSWFC (NSW Fencing Centre) from 9:00 am to 12:00 pm and were able to fence others from across all of Sydney. Unfortunately, Jamison Lai was unable to attend and fence in the competition due to unforeseen circumstances. Despite this setback, we managed to do extremely well in the competition with our determination,

giving all the bouts our best efforts. Tommy won all his bouts, placing him first on the podium and winning him a gold medal. Unluckily, Kelvin lost an extremely close bout in Direct Eliminations, where the score was 14-15, placing him in third place and receiving a bronze medal. All in all, our two fencers did extremely well in the competition, gaining a lot of experience from this event as well as achieving extremely good results. We also greatly appreciate the organisers and volunteers at the NSW Fencing Centre; the supervisor, Ms Wong; and finally, the coaches that were able to make it there, who were all the backbone of this event.

Kelvin Chen (9F)



Intermediate Boys Sabre Event:

This Saturday, the Intermediate Sabre team took part in the NSWFA Roberta Nutt Intermediate Championship. Our fencers were: Akith Perera (9E), Andrew Pye (9R), Hayden Chen (9M), Nathan Lee (9R), Mahesh Karki (9S), Jacob Jim (9S), Azam Mohamed (8M) and Ethan Li (8F). On the day of the competition, the NSW Fencing Centre was packed. Many students from different schools showed up for the Roberta Nutt Championship. Some of the schools present were Sydney Grammar, Newington and Cranbrook. We all arrived early and received great advice from our coach, Leo Kershaw-Kostic, in the lead-up to the event. Overall, we achieved incredible results, with one fencer, Azam Mohamed (8M), coming tied 3rd! We also had 5 fencers rank in the top 12! Thanks to Oscar Shi (10S), Yu Ming Lee (12T), and Thomas McFarland (12E) for refereeing our bouts! We'd also like to extend our thanks to our coach, Leo, for his excellent advice and mentorship, and Ms Wong, for her encouragement and support during the day.

Andrew Pye (9R)



Saturday 14 May 2022:

NSWSFL Epee Individual Round 4 – Finals:

U14 Epee Event:

On Saturday, the NSWFL Finals for the U14 Epee Squad Members was held. We had 5 amazing fencers compete in this event and these 5 members were Xavier Perry (9M), Benjamin Wu (8F), Vihaan Rajit (8E), Hudson Cai (8M) and Lucas Wang (8R). Xavier ranked number 1 in the finals and brought home the gold medal. Benjamin, Vihaan, and Hudson all ranked 5th, 6th, and 7th respectively. Lucas managed to enter the top 16. We all played valiantly, and thoroughly enjoyed the experience. A huge thanks to our coaches Ted Elliot and Mr Huynh for showing up to the competition and motivating us to do our best. As Mr Huynh and Coach Ted had said, we certainly had grinded some XP from that competition. We look forward to the team events and representing our school again next week.

Vihaan Rajit (8E)



U16 Epee Event:

Last Saturday some of the U16 Epee fencers; Zhitian Mai (11F) and Tian Yang (10E) participated in the final round of the NSWSFL Individuals competition at St. Aloysius College. We all fenced to the best of our abilities, with Zhitian Mai (11F) pulling off a close 7-8 victory in his first bout with seconds to spare. Zhitian Mai (11F) was defeated after progressing onto his second round, and Tian Yang (10E) was eliminated in the first round. Thank you to the U14 fencers and SBHS parents who stayed to support us, and a special mention to Mr Huynh and Ted Elliot who helped organise the competition and providing us with feedback and advice. We look forward to the Senior Roberta Nutt competition next week.

Tian Yang (10E)

U19 Epee Event:

On Saturday, 6 Sydney Boys epeeists competed in the final round of the under 19s NSWSFL Epee Individual

competition at St Aloysius Collage. They were: Jack Wang (11M), Nicholas Chen (12M), Jarrod Su (11R), Brendan Alcorn (12M), Jack Huang (11T), and Daniel Nguyen (10M). We came out of the previous rounds with generally high rankings, and we finished with 4 top 8 placements including Jack Huang in 2nd place and Jarrod Su in 3rd. Unfortunately, Jack and Nicholas had to fence each other in the quarter finals, so only one of them could have proceeded to the semi-finals and receive a medal, despite them both being two of our best epeeists. The competition was a great opportunity, especially because we don't often get to fence people outside our school. It has also shown us what we need to improve on, so we can more effectively train for the Senior Roberta Nutt this coming Saturday. Thank you to Mr Huynh for helping to organise the event and coming to watch us fence, Ted Elliot for coaching us both at training sessions and on the day, and to the staff and referees at St Aloysius Collage for their work in helping to run the competition.



Brendan Alcorn (12M)

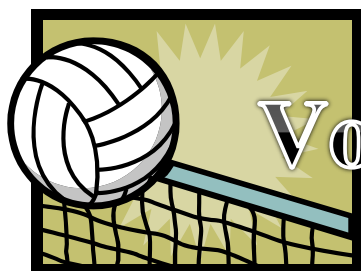
For full results, please visit:

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

More photos from the events can be found here:

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

D. Huynh
MIC Fencing



Volleyball Notes

Volleyball Results SHS vs SAC/TSC/CS Saturday 14th May (Term 2 Week 2) 2022

Opens, 16A & 16B vs CS at SBHS. 15C vs SGS 14A at SBHS. 13A&B, 14A&B, 15A&B at TKS.

All Opens & 16As & Bs vs Cranbrook; 15C vs SGS; All others vs TKS

All teams had 3 – 0 Wins.

1st Grade: 25-16; 25-17; 25-15. 3-0 Win. 2nd Grade: 25-8; 25-16; 25-16. 3-0 Win.

3rd Grade: 25-7; 25-14; 25-18. 3-0 Win. 16A: 25-14; 25-10; 25-12. 3-0 Win. 16B: 25-12; 25-7; 25-17. 3-0 Win.

15A: 25-5; 25-12; 25-5. 3-0 Win. 15B: 25-5; 25-12; 25-5. 3-0 Win. 15C: 25-20; 25-13; 20-9; 3-0. Win.

14A: 25-19; 25-19; 25-7. 3-0 Win. 14B: 25-14; 25-9; 25-15. 3-0 Win.

13A: 25-10; 25-15; 25-24. 3-0 Win. 13B: 25-15; 25-17; 25-17. 3-0 Win.

Statistics for the 1st and 2nd Grade matches:

Area (/3) A score of 3 means the hit was a kill or the pass was perfect	First Grade	Second Grade
Serving	Anthony HWANG - 2.08 (13) Karan DAHIYA - 2.00 (19)	Jerald YU - 2.20 (15) Arnav GUPTA - 2.13 (23) Oswald XIE - 2.10 (10)
Serve Reception	Anthony HWANG - 2.67 (3) Paul FANG - 2.30 (10) Eric LIN - 1.93 (14)	Nelson LEE - 2.00 (3) Dev PUNJABI - 1.88 (8)
Freeball Passing	Paul FANG - 2.69 (13) Eric LIN - 2.30 (10)	Adison CHEN - 3.00 (5) Oswald XIE - 2.60 (5) Nelson LEE - 2.33 (6)
Outside and Opposite Hitting	Karan DAHIYA - 3.00 (4) Anthony HWANG - 2.00 (8) Oswald XIE - 2.00 (4)	Jerald YU - 3.00 (3) Dev PUNJABI - 2.50 (8) Oswald XIE - 2.22 (9)
Middle Hitting	Dimitrios LOGOTHETIS - 1.57 (14)	Jaden YI - 2.40 (5)
Setting	Patrick WANG - 2.36 (42)	Arnav GUPTA - 2.41 (37)

Mr Coan
Coach



HIGH RUGBY

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

High Spirit

SBHS vs Joeys

Results

1st XV: 22-14W Oscar Greville

16As: 7-35L Aidan Wong

15As: 24-47L Naeer Nibras

14As: 24-47L Team Effort

13As: 7-33L Team Effort

Rugby Report:

Over the last two weeks every team in the Rugby program has developed in their technical skill and willingness to play for each other. 1st grade delivered their first win of the season over Joeys, coming back strong from a close loss to Newington. All the boys are learning the plays and structures and preparing to keep the wins coming over the rest of the season. 13As were able to smash Newington last week 47-0 and are finding their feet as each player gets more and more rugby experience under their belt. The 16As fought valiantly and the score line didn't reflect the effort put in, and a special congratulations goes to Aidan Wong the Man of the Match, who was somehow everywhere on the field at once, always giving 100%. Another important thank you goes to all the parents and family that stayed from the 13s game all the way through to 1st grade, the rugby support has gotten bigger and bigger every year I've been in the program. These last two weeks have shown many positive signs for the season to come.

Thomas Britton 12S



14/15 scoring and returning to face the kick



14/15 kicking at goal



13's competing at the line out.



SAILING

Congratulations Sydney High Sailing Team for completing the 2022 School Sailing State Championships. After an eventful weekend at the Royal Sydney Yacht Squadron both Sydney High teams showed a copious amount of effort, skill and confidence coming up against some of the best sailing teams in the country.

Sydney High 1 managed to qualify into the Finals and finish an astonishing 5th in the state! Pushing skills, endurance and training to the limit the High 1 team pulled off 6 straight wins placing themselves amongst the podium positions. With an unfortunate loss to Cranbrook 1 in the final race, Sydney High lost their chance to be top 3 but nevertheless were reluctant to let this loss ruin their High Spirit.

The Sydney High 2 team also finished with 3 wins and ranked 17th in the state. We with the High 1 team great luck in the next state championship hoping for results that look onwards and upwards.

Samuel Ezra 12E





Sydney High Rifle Club

Sydney Rifle Club: A record is broken



On Saturday the 14th of March, the Sydney High Rifle Club Record was broken. Jackie Wu shot a perfect 50 with 10 V-centres breaking his personal and club record of 50 and 9 centres set only last season. The record was wind coached by SBHS Old Boy Terry Fong (2014). But what does this mean? The perfect score was shot at a range of 800 metres and the size of the V-Ring is 255mm in diameter, similar to an average dinner plate. In variable conditions of wind, Jackie broke the record by landing every single shot within this ring from the longest distance we shoot at. Sydney High Rifle Club has been waiting since its inception for this momentous score to be achieved.

The score represents the highest possible outcome in the fullbore target rifle discipline; it is the envy of shooters of all experiences and prone categories. Having already won the ANZAC Day Championships in the Target Rifle B Grade category this year, Jackie has cemented his place in our club history by shooting a score that is quite literally unbeatable. He has also cemented himself to the east wall of our clubhouse by leaving great confusion as to where his new record-breaking frame should be hung because we had only recently mounted a better frame for his last record. With so many achievements this season, it is clear that Jackie's achievements, unlike his shots, will no longer fit inside the centre ring or the clubhouse wall for that matter. Congratulations once again Jackie for this illustrious achievement!

On a side note, Sydney High Team 1 also achieved an astounding result of 410 and 30 centres out of 420 at the Metropolitan Grade Match that same day. Only 10 points were dropped between six shooters. Our sport now approaches the peak of its season with Armidale, North Shore District Open Prize Meeting, Wingham Open Prize Meeting, All schools and our major GPS competition will be taking place within the next two months.

Martin Lee
Captain of Rifles

800m

ALL DETAILS MUST BE FILLED IN BEFORE SUBMITTING

Shot	WIND	PRONE	PRONE	Notes
1	12	OK	V	Old jacket, sling loosened 2 points
2	7	V		
3	12	V		
4	12	OK	V	
5	12	OK	V	
6	12	OK	V	
7	12	OK	V	
8	12	OK	V	
9	12	OK	V	
10	12	OK	V	
Total: 50 ¹⁰				
Date and time				
Location				
Rifle serial				P17 193
Starting elevation				22 1/4
Finishing elevation				22 1/2
Ring size				3.1
Starting time				
Finishing time				
Total time				

Coach name: Terry

Coach signature:

KPH

800M	1 1/4	2 1/2	5	6 1/2	7 1/2
1 1/4	2 1/4	4 1/2	8 1/2	10 3/4	13
2 1/2	5	10	12 1/2	15	

5 kph 10 kph 20 kph

25 kph 30 kph

800m

NAME: Jackie



HSC AND CAREERS EXPO 2022



Thursday 2, Friday 3, Saturday 4 and Sunday 5 June
9am-3pm

Hordern Pavilion, Moore Park

EXHIBITORS INCLUDING:

- universities, tertiary institutions and training colleges
- providers of tertiary course and career information
- providers of gap year and student exchange programs
- providers of employment, apprenticeship, internship and training opportunities

SEMINARS ON HSC SUBJECTS AND TOPICS INCLUDING:

- English
- Mathematics
- course and career advice
- study tips and time management advice
- employment options and advice
- subject selection advice for Year 10 students
- how your results are calculated
- the ATAR and UAC application process
- gap year options

ADMISSION

- SBHS has paid for every Year 12 student to attend on Thursday 2 June at 12.30pm
- General admission \$12, book online only
- Tickets include all seminars
- Family discounts available

Go to hscandcareers.com.au or contact Resources for Courses on 1300 190 290

SEMINAR PROGRAM AND EXHIBITOR LIST

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	\$5.50
Toast - Cheese	\$2.00				Chicken Burger	\$5.00
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)	\$5.00
		Cheese & Salad (v)	\$3.20	\$3.60	Chicken Mayo Sandwich (hot)	\$4.00
Hot Chocolate (Term 3 only)	\$1.20	Chicken & Coleslaw	\$4.00	\$4.60	Chicken Schnitzel Roll	\$5.00
		Chicken & Lettuce	\$4.00	\$4.60		
		Chicken & Salad	\$4.00	\$4.60	Falafel Wrap	\$4.50
Fruit / Snacks		Curried Egg & Lettuce (v)	\$3.20	\$4.00	Garlic Bread (v)	\$2.00
Assorted Snacks @ Various Prices		Dagwood Roll		\$4.00		
		Egg & Lettuce (v)	\$3.20	\$4.00		
Banana Bread	\$1.20	Egg & Salad (v)	\$4.00	\$4.60		
		Ham & Tomato	\$3.40	\$4.00	Noodles In A Cup	\$2.80
Fruit - Apple/Orange/Banana	\$1.00	Ham & Salad	\$4.00	\$4.60		
Fruit Salad	\$3.00	Roast Beef & Tomato	\$3.40	\$4.00	Pasta - Homemade - Small	\$4.00
		Roast Beef & Mustard & Lettuce	\$3.40	\$4.00		
Drinks		Roast Beef & Salad	\$4.00	\$4.60	Pide - Sausage, Chicken/Mushroom	\$3.80
Chill - Aloe Vera or Ice Tea	\$3.50	Salad (v)	\$3.20	\$3.60	Pide - Spinach/Cheese (v)	\$3.80
				"		
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					
		Salads			Rice Box - Homemade	\$4.00
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	\$3.80	Salad Box (plain)		\$5.00	Sweet Chilli Chicken Wrap	\$4.50
Up & Go	\$2.00	Sushi & Rolls			Teriyaki Don, Noodles etc - Homemade	\$5.50
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)		\$5.50	**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

A background image showing a physiotherapist in a white coat assisting a male student. The physiotherapist is on the left, looking down at the student's leg. The student is on the right, looking down at his leg. The background is a blurred gym setting.

**PHYSIOTHERAPIST SERVICE FOR
SYDNEY HIGH ATHLETES**

School Physio

**SBHS Gym Gallery
outside Room 901
School Term Mondays
7am-9am
Free of charge**

No need for an appointment
Priority given to 1st and 2nd Grade Athletes



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

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>