



## From the Principal High Talent

Congratulations to our Target Rifle Shooting Team. During the holidays they won the Fiona Reynolds Memorial All Schools match. Jackie Wu (12F) was named King of the Range. The boys also won the Prorak Trophy. In the inaugural David Rose Snap Trophy match, the High team was also successful, with Jackie Wu placed equal first in the contest. This week the team were named GPS Rifle Shooting Champions, winning every competition they contested.



## Valè Anthony Hannon (1939-2022)



The Magnolia Chapel at the Macquarie Park Crematorium was filled with High community mourners on Monday for the funeral of a High Legend – Tony Hannon. Great tributes were paid to Tony, who died recently at age 82 after a protracted illness. Luke Mann (SHS-1994) spoke fondly about Tony as a rugby coach and teacher. Con Barris (SHS-1971) delivered a heartfelt and witty eulogy as Tony's former Head Teacher of History. There was much admiration for Tony as a gentleman and scholar of history, photography and rugby. My eulogy is reprinted below:

'Our wider High community was saddened by the news of the loss of our revered former first grade rugby coach and history teacher, Tony Hannon. As a true legend of High rugby, we all felt that something important to High's culture and legacy had gone with his passing.

Tony joined High in 1974, thus beginning a continuous, distinguished and passionate association with High that continued directly for over 40 years and indirectly until his passing.

He retired from full time teaching at the end of 2014. He told me that High was in a 'golden age' and that he saw a bright future ahead for the school. That was Tony's way. He wanted to find the positives in life and be optimistic. The school was so much more to him than the rugby program. I remember him fondly for his report comments. They were always insightful, aphoristic, and descriptive of character. More importantly, they were uniformly positive. In his first year with accelerating Year 10 modern history students, he commissioned a class tee shirt with a cartoon character and a 'Kick in the door' slogan to inspire the class.

He told me that his game was tennis and that he had been a skilled and dedicated player in his youth. He loved to talk about sport and history. In my experience, he was one of a kind – accomplished, knowledgeable, humble.

Tony made an impact in his first season as a rugby coach with the 14s squad in 1974. From 1975 to 1977 he coached the 15s until given the first XV in 1978. The next year, in a curtain raiser at the SCG, High beat King's two tries to one in front of 33,00 spectators. Tony was appointed Rugby Master in 1980. From then on he was a fixture at High – a name synonymous with hard, running rugby built around disciplined forward play. He was highly respected by his colleagues in the GPS rugby fraternity.



In my first year at High as principal in 2000, Tony was still there, as keen as ever about the game and a perennial student of its nuances. His video edited game highlights were popular with players at lunchtimes. He spent many hours constructing them. Our only win that year was against Hurlstone Agricultural High School. Tony described the following 2001 season as 'a lot of fun' – a word Tony used often in reference to the game. He often exhorted his players to go out there and have fun. The team won five trial

games quite convincingly but only held on grimly to beat Grammar in the last game of the GPS season thanks to Simon Manetti's desperate but self-destructive tackle. That was the first and last game I watched at GPS first grade competition level where we had a win. Tony described this team as 'fine people, brave, constantly reinventing themselves for the next game...a joy to coach'.

The 2002 season for the first XV has only the picture of the team in *The Record*. It was a sad year. After a century thumping by Joeys we had only eight players fit to play. Margaret Gencur, our team doctor, recommended that the next game against King's should be forfeited, on duty of care grounds. Tony and I felt that we had to follow her expert recommendation and we forfeited the game – a decision occasioning much derision by the press. Not only did that season signal the demise of an era of first grade competitiveness for High in rugby, but also the end of Tony's long stewardship of High's first XV teams.

In succeeding years, Tony coached the 13As, 14As and 15As. He was still a devoted coach who inspired students to play the game, but he no longer wanted to manage the stresses associated with coaching the first XV and getting them prepared psychologically each week. He kept on teaching until the end of 2014. By then he was into his 70s and was suffering some health issues, particularly around maintaining his balance.

In recent years, Tony kept to himself a lot. Always a private man, he saw out his end game stoically. He left a powerful and positive impression on people and helped forge the character of dozens of cohorts of High boys. He was a man who made a difference. He will be sadly missed.

## NAIDOC Week Assembly



This week we held a belated NAIDOC week assembly. My speech is reprinted below:

'Special guest, Jared Smith, staff and students, welcome to our assembly, held on Gadigal land. Our purpose today is to celebrate NAIDOC week retrospectively as it occurred during the holidays (3-10 July). NAIDOC week gets its name from the group responsible for organising the celebration – the **National Aborigines and Islanders Day Observance Committee**. It has organised the week of events since 2005. The day is set

**Aboriginal and Torres Strait Islander people should be aware that this website may contain images and names of deceased persons**

aside in the calendar as a national time to reflect upon and celebrate the history, culture and achievements of First Nation Peoples and to recognise them as the Traditional Custodians of the land we share. Its premier celebration is the NAIDOC Week Awards Ceremony which showcases the achievements of First Nations people. This year's theme is 'Get up! Stand up! Show up!' It is a rallying cry for First Nations peoples to get involved in the struggle for political recognition, truth telling and treaty.

NAIDOC Week arose out of the civil rights movement of indigenous people in the 1930s, culminating in the *Day of Mourning* held at the Australian Hall in Sydney on January 26, 1938, marking 150 years of white occupation of aboriginal land. Aboriginal people in Australia have struggled for a long time to be recognised and to have their grievances heard respectfully. Their key concerns relate to the absence of closure to the invasion of 1788 by way of a treaty, and to the shameful historical treatment of indigenous people in our national story.



A LARGE BLACKBOARD displayed outside the hall proclaimed, "Day of Mourning." Leaflets warned that, "Aborigines and persons of Aboriginal blood only are invited to attend." At 5 o'clock in the afternoon resolution of indignation, protest, was moved, passed.

The first Day of Mourning. From the left is William Ferguson, Jack Kinchela, Isaac Ingram, Doris Williams, Esther Ingram, Arthur Williams, Phillip Ingram, Louisa Agnes Ingram OAM holding daughter Olive Ingram, and Jack Patton. The name of the person in the background to the right is not known at this stage. AIATSIS Collection HORNER2.J03.BW.

Full citizenship and equality of treatment were the pillars of their long campaign. The Day of Mourning was held from 1938 to 1955. It was then moved to the first Sunday in July and recast as a day of remembrance and a celebration of cultural heritage. The second Sunday in July was nominated as a day of remembrance for Aboriginal people and their heritage. In 1975, it was decided that the celebrations should continue for the entire week. In 1991 the celebrations were expanded to include Torres Strait Island people.

Aboriginal people have had the right to vote in Federal elections since a 1962 Amendment to the Commonwealth Electoral Act. Apart from being counted as citizens for the first time, the main achievement of the 1967 referendum for aboriginal people was to raise their expectations regarding civil rights and welfare. *Bringing Them Home: The Stolen children Report* was tabled in Parliament in May 1997. It made 54 recommendations, many of which are still awaiting implementation. The *Uluru Statement From The Heart* (2017) had three objectives: a constitutional

change establishing a first nations voice in parliament; a Makarrata Commission to supervise a process of agreement making with the Australian Government and Makarrata commission to oversee the process of truth-telling about Australia's history and colonisation. Progress since 2017 has been slow, despite the efforts of the former Minister for Indigenous Australians, Ken Wyatt and his counterpart in the current Labor Government, Linda Burney. Having a real voice is proving to be a constant challenge for indigenous people. Prime Minister Albanese has pledged support for the Uluru Statement and has promised long-awaited recognition of First Nations voice in national political decision-making.

We have to 'Get up! Stand Up! Show up! To address our underlying racism by education, by assemblies such as these, by recurring conversations with aboriginal people, but more tangibly, by finalising the long invasion with a treaty and by public truth-telling about the massacres, the stolen generations and aboriginal deaths in custody. We have avoided seriously confronting our past for too long. In this term of Federal Government something tangible really needs to happen. We need to start living the values that we espouse, not just for the colonisers, but for all people of Australia.

At High, we have a policy to engage with indigenous culture through our curriculum, our Na Ngara art collection, our 19-year cultural exchange with the Kamilaroi children of Boggabilla Central School and our annual assemblies celebrating Sorry Day or NAIDOC Week. We cannot make a serious claim to being a fair and just society until we have addressed the issues raised so often around voice, treaty and the need to tell the truth about our past. We have to shed our historically paternalistic, if not overtly racist, approach, and adopt a genuine spirit of collaboration, to work together to address the historical recognition and wellbeing issues and legitimate claims of our First Nations citizens. We have a lot to learn from them about managing and maintaining the land sustainably. They have 60,000 years of experience we can draw upon to help us. NAIDOC Week is an important time for us all to reflect upon the issues surrounding the future of our First Nations peoples'.

**Dr K A Jagger**  
Principal



## Action Promised As Albanese Commits To Referendum On Uluru Statement from the Heart Voice, Treaty, and Truth



### Winter Sport Photos Wednesday 27 July

*Students are to bring their **ID card** and meet to change into their sport gear at outdoor courts **15 minutes** prior to photo time. If raining the photos will be taken in the Gymnasium.*

Period	Time	
1	9	Cross Country Juniors
	9:10	Cross Country Intermediate
	9:15	Cross Country Open
	9:30	Football 13's (6 Teams)
	9:50	Football 14's (6 Teams)
2	10:10	Football 15's (6 Teams)
	10:30	Football 16's (6 Teams)
	10:50	Football 2nd-8th Grade (7 Teams)
Recess	11:10	Rugby 13's
	11:15	Rugby 14's
	11:20	Rugby 15's
	11:25	Rugby 16's
3	11:30	Rugby Opens 2nd-3rd Grade
	11:40	Table Tennis
	11:45	Volleyball 13s (2 Teams)
	11:55	Volleyball 14s (2 Teams)
	12:05	Volleyball 15s (2 Teams)
	12:15	Volleyball Open's (3 Teams)

**With the exception to Waterpolo (already taken) all other 1st Grade photos will be taken on Monday 29 August**

Photos will become available via -  
[www.melbastudios.com.au](http://www.melbastudios.com.au)

Select: School Orders

Password: High

Kurt Rich



# DEBATING



## DEBATING

The GPS Debating Season kicks off next week against Newington.

This week, we have a friendly at Newington with A to C teams in Years 7 to 10, and Senior A to D teams.

Congratulations to the following students who have made the Firsts and Seconds GPS teams:

Firsts: Archie Wolifson, Cosmo Song, Jerald Joseph and Tim Hanna.

Seconds: Abrar Chowdhury, Adit Mahidadia, Agastya Govind and Landrie Zuo.

The GPS draw is below. The team listed first will be hosting. All debates will be taking place in person with in-person adjudications as well. Unfortunately, there will not be any suppers, though parents are welcome to watch the debates.

Round	Date	Topic Area	Debates
1	29 Jul	Science and Society	NC v SBHS
2	5 Aug	Sport	SBHS v TKS
3	12 Aug	Education	SBHS v TSC
4	19 Aug	Media, Culture and Entertainment	SBHS v SJC
5	26 Aug	International Issues	SIC v SBHS
6	2 Sept	Australian Politics	SBHS v Shore
7	9 Sep	Ethical Issues	SGS v SBHS

## TIMINGS

- 45-minute prep for all teams
- Years 7-9: Prep commences at 5:30pm,

Debates at 6:15

- Year 10-Firsts: Prep commences at 6:30pm, Debates at 7:15pm
- It is expected that all evenings will finish by 9pm at the latest.

Best of luck to all of our GPS teams.

**Madeleine Rigby**

**MIC Debating and Prefects**

**Head Teacher History and Libraries**



## SBHS Theatre Sports

Our theatre sports players have had a very successful first semester with Cameron Ryan from *Impro Australia* coaching every Tuesday afternoon after school. Every week, Cameron practises the skills necessary for improvisation focussing on student's technique, narrative and entertainment components. We performed in our first Theatre Sports Play Offs with teams from Sydney Girls High School and also demonstrated some popular improvisation games at the TEDx Youth Talk at the end of Term 2. Next semester, we look forward to entering teams into the Theatre Sports School Challenge. Theatre sports develops creativity, builds confidence and fosters teamwork. If you are interested in joining us, see Ms Barry in the English Staffroom.



*Kridaya Singh, James Yang and Max Russell.*

**Anna Barry**

**MIC Theatre Sports**



From the Canteen Managers

### Welcome to Term 3

We hope you had an enjoyable and restful break.

To help keep warm during the winter months, a variety of homemade soups, including chicken and pumpkin, will be available at recess and lunch. Hot Chocolate will also be available for purchase before school.

A revised menu/price list is available at the end of this edition of *High Notes*.

Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

### Appreciation

Thank you to the following parents for volunteering in the Canteen on the last day of Term 2 and the beginning of Term 3.

1 July – Grace Guan, Renee Levitt, Koung Are Sung  
19 July – Hanh Nguyen, Wei Chen, Taslima Chowdhury  
20 July – Emily Kuo, Qing Chen



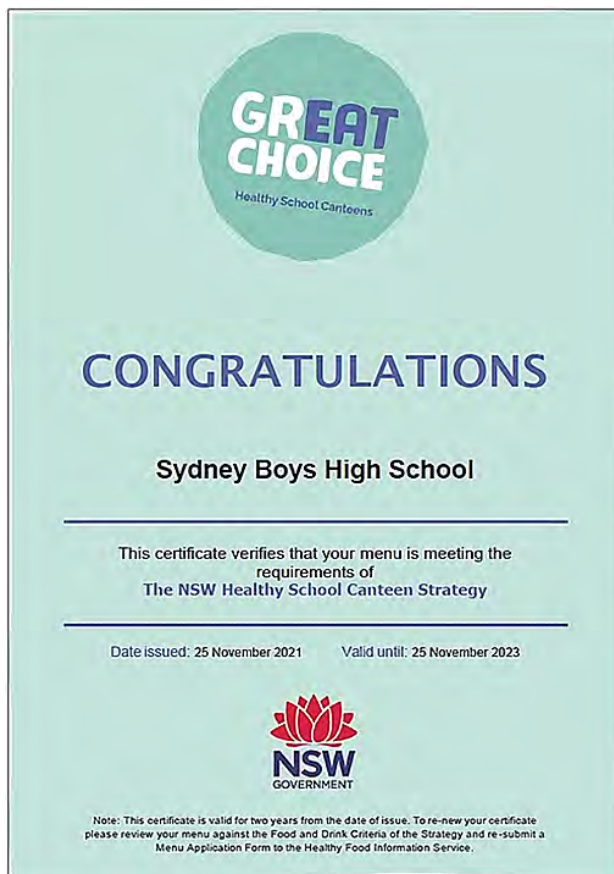
Please consider joining our team of volunteers. We are highly flexible and will gratefully accept any time you can donate to the Canteen and the students. If you have time to spare on a regular or ad hoc basis, please get in touch with us by any of the following means:

- fill out the [Canteen Volunteer Registration](#) form
- send an email to [canteen@sbhs.nsw.edu.au](mailto:canteen@sbhs.nsw.edu.au)
- call us on 9662-9350

It is an excellent opportunity to meet other parents, share stories and learn from each other. No prior experience is required as we will provide full training.

Lisa Fackender

On behalf of the Canteen Committee



### English in Term 3

Welcome back to SBHS for Term 3. After the intense cycle of assessment and reporting that happens in Term 2, Term 3 becomes a time for students to reflect on their progress thus far and implement improvements to their study processes.

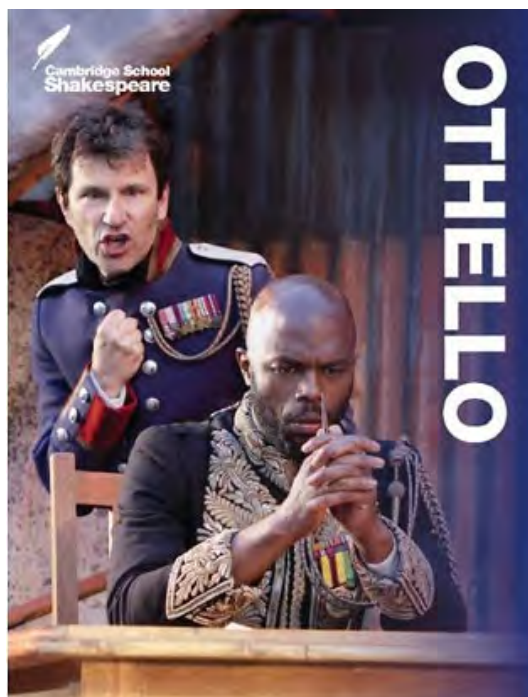
I presented to the P&C in Term 2 on ways for students to study for English. This presentation was recorded and is available through the P&C and may be helpful for parents and students who feel uncertain about what study and homework looks like for English. Look up 'the forgetting curve' to enforce the need for students to revisit material from earlier that day in their evening study routine.

In English we recommend every student to spend at least 15 minutes a night summarising what they addressed in English class that day. This may include defining new terms, rewriting context information, and summarising material that was read or presented in class. This is to be separate from homework, which may include short answer question submissions, essay writing or other required work from class teachers. Sustained study for English, as covered in my presentation, will result in the equivalent of an entire extra *year of time spent on English* by the time your child reaches Year 11.

The start of term also sees students receiving their texts for study. **Year 7** students will be studying a film to learn about the Hero's Journey; **Year 8** students will receive a novel which is to be read as early in the term as possible;



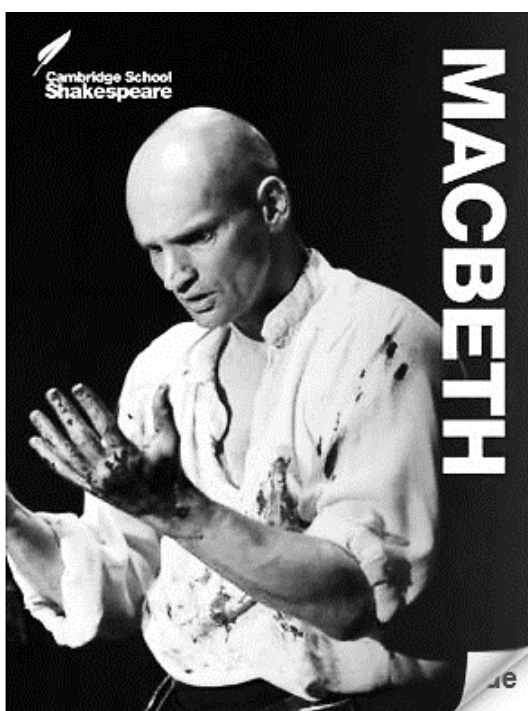
**Year 9** students will be studying the brilliant *Macbeth*; **Year 10** students will receive a satirical novel (many will be reading *Animal Farm*); **Year 11** students will be studying the fascinating *Othello* and **Year 12** students will be rereading *1984* for revision prior to their Trial HSC exams this term.



Please ensure your children have dedicated device-free time where they can immerse themselves in the experience of reading both their school-allocated text, as well as time to read fiction for personal enjoyment.

I look forward to experiencing the upcoming term with you all!

Ms Cassandra Pride  
Head of English





# Sydney Boys High School

1883



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[www.sydneyboyshigh.com](http://www.sydneyboyshigh.com)

Sydney Boys High School  
556 Cleveland St  
Moore Park NSW 2021

Dr K A Jaggar  
Principal

Dear Student & Parent/Guardian,

The High Tennis program relies on fundraising to function at the High level it currently does. One of the most direct and easiest ways to fundraise is by attending parking duties. I am asking for volunteers both student and parent to attend 1 or more of the following parking duties:

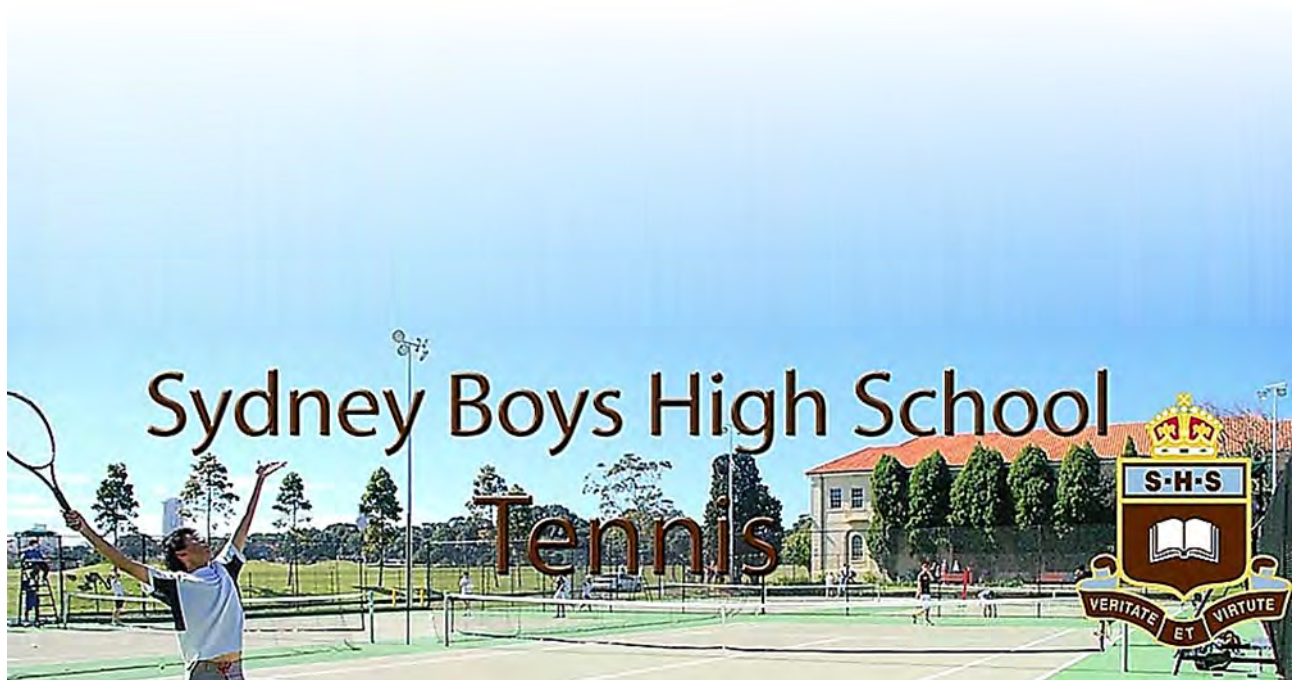
- Saturday 30<sup>th</sup> July 11am – 2:10pm

All parking duties have an experienced paid attendant to assist you.

If you &/or your son can help, please email me [richk@sbhs.nsw.edu.au](mailto:richk@sbhs.nsw.edu.au) by Monday 25 July

Kurt Rich

MIC Tennis



## Parent Pick Up and Drop-Off



Over the last two years during the peak of Covid times, the school provided flexible arrangements for parents to pick up and drop their sons off at school. We employed additional staff to ensure that these processes were followed for the safety of all students.

As we return to a new normal, commencing the start of Term 3 the school will be reverting to our standard practice prior to 2020. This means that parents will no longer be permitted to drive along Cutler Drive (the image below shows our No Parent Entry sign at the start of Cutler Drive). All parents must also enter the school gates via Cleveland St.

These processes are in place to ensure vehicles are not moving through high pedestrian areas unnecessarily.

The following is the process that the school is reverting to regarding movement of parent vehicles. We appreciate your assistance with this to create a seamless process that also maintains the safety of all students.

## Drivers Entering from the West

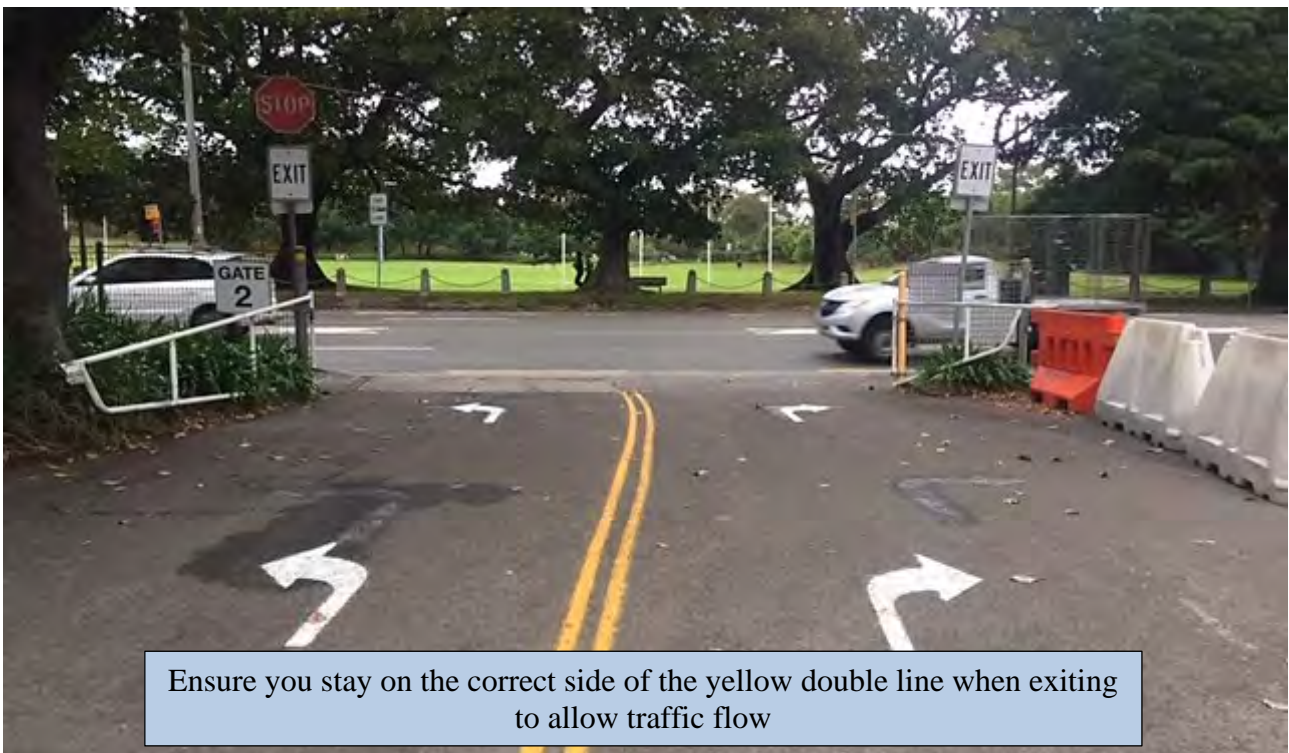
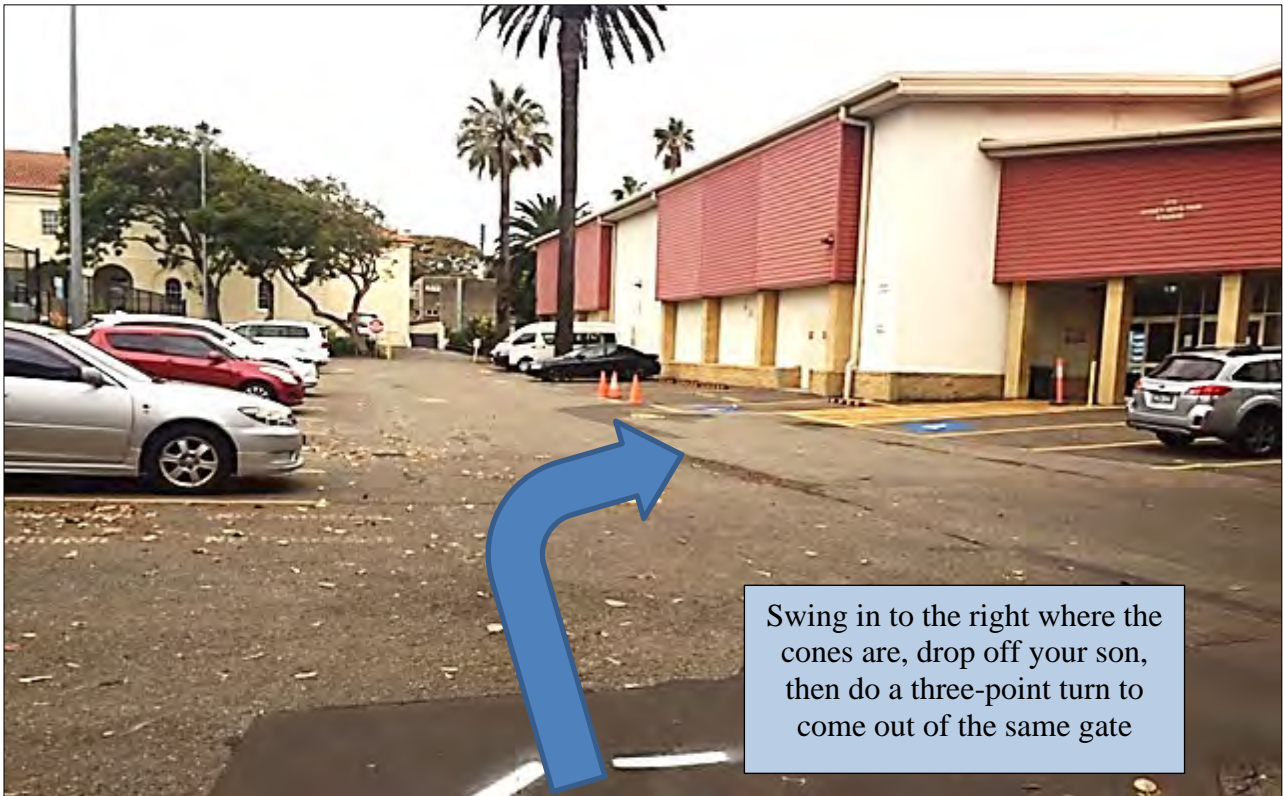
### Use Gate 1 to Enter





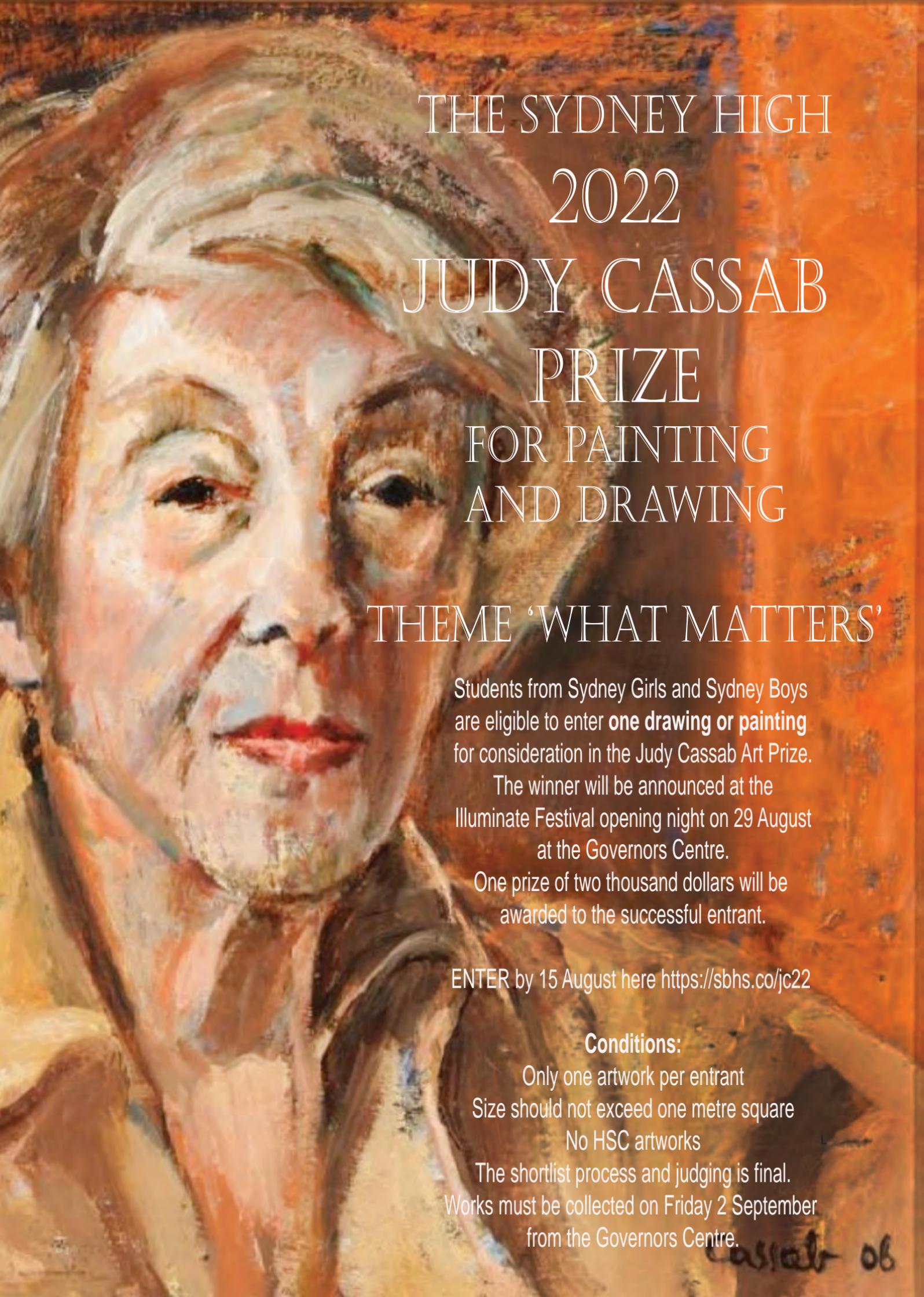
Drivers entering from the east

Use Gate 2 to enter



Thank you for your assistance in ensuring vehicle movement at the start and end of the day is as seamless as possible.

Jamie Kay  
Deputy Principal



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.

ENTER by 15 August here <https://sbhs.co/jc22>

**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

# Music NOTES

## Term 3 Music Performance Program

Welcome Back everyone! Hope you had a relaxing break!

ALL music ensembles and private instrumental lessons resume from Week 1 this term i.e. *from* Tuesday 19 July (unless advised otherwise by the ensemble conductor and/or private instrumental tutor and/or the Music Department)

Please note:

*\*Chamber Choir:* No rehearsal Week 1. Rehearsals will resume from Friday 29 July in Room 201 (Week 2)

*\*Senior Strings:* No rehearsal Weeks 1 & 2. Rehearsals will resume from Friday 5 August in Room 101 (Week 3)

It is never too late to join a music ensemble(s) and/or learn a new instrument. If you would like more information or have any questions, please do not hesitate to speak with the Music Department.

### Junior Strings Ensemble

Congratulations! All students in the Junior Strings Ensemble will now permanently move up to the Philharmonic Orchestra. Philharmonic Orchestra rehearsals are held on Thursday mornings 7.45am – 8.45am in Room 201, conducted by Mr Christopher Nguyen.

### 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*

### Sydney Symphony Orchestra Young Musicians Workshop

The annual Sydney Symphony Orchestra (SSO) Young Musicians Workshop is back and will now be held at the Santa Sabina College (Strathfield). It is a weekend of inspiring orchestral activities and performance with some of the world-class musicians of the SSO. The workshop also accepts NSW Creative Kids vouchers. For more information, please visit:

<https://www.sydneysymphony.com/learning/young-musicians/young-musicians-workshop>

### 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.



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 &amp; 2 only</i>	Marching Band 8.00am – 9.00am MPW/ Room 102 <i>Terms 1 &amp; 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 &amp; 4 only</i>			

**2022 Music Ensemble Schedule**  
**2022 Term 3 Music Events Calendar**

WEEK	DATE	EVENT	MUSIC STUDENTS INVOLVED
Week1C	From Tuesday 19 July	ALL music ensembles and private instrumental lessons resume	Music Performance Program
Week 1C	Thursday 21 July	Debating, Fencing, Rifle Shooting, Volleyball Assembly, 9.55am Great Hall	Ethan Hybler (10R) Daniel Su (10E)
Week 1C	Thursday 21 July	Debating, Fencing, Rifle Shooting, Volleyball Assembly, 9.55am Great Hall	Daniel Su (10E) Joshua Tang (10R)
Week 3B	Thursday 4 August	HSC Music 2 Composition Recording, 9.00am – 4.00pm Rooms 101 & 201	HSC Music 2 students
Week 4C	Monday 8 - Tuesday 9 August	Trial HSC Music 1, 2 & Extension Practical Exam, Great Hall & Room 101	HSC Music 1, 2 & Extension students
Week 4C	Wednesday 10 August	Trial HSC Music 1 Aural Skills Paper, 12.00pm – 2.00pm Room 201	HSC Music 1 students
Week 4C	Friday 12 August	Trial HSC Music 2 Aural & Musicology Paper, 12.30pm – 2.30pm Room 201	HSC Music 2 students
Week 8A	Thursday 8 September	SBHS Open Day, 9.00am – 12.30pm	Senior Strings Jazz Ensemble
Week 8A – 9B	Monday 5 – Friday 16 September	HSC Music 1, 2 & Extension Practical Exam, Great Hall, Room 101 Times TBC	HSC Music 1, 2 & Extension Students
Week 10C	Monday 19 September	Year 12 Farewell Assembly, 1.30pm	Year 12 Piano Students Senior Strings Ensemble

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



## Sydney High School Cadet Unit (SHSCU) Highlights

### JCT/JTT Overnight Bivouac (Biv) for Recruits (18-19 June 2022)

In the darkness of my room, long before the light of the morning sun would creep in, my alarm rang. The day of the Bivouac had finally arrived. Tugging on my cadet uniform, and hoisting my heavily laden duffle bag, I made my way to the shadowy grounds of the school where I was met by a throng of extremely cold, but excitable cadets. We would be spending the next two days learning and growing together at Holsworthy Army Barracks.



As the bus crept along the silent highways, the icy winds swept about and glazed the damp windows with a delicate sheen. And before we knew it, we were there and greeted with a hot steaming lunch- the perfect antidote to a cold day. Having been forewarned about the Army-issued ration packs, I was pleasantly surprised at the quality and deliciousness of the food: three hot meals, a tube of condensed milk, oat bars, hot chocolate powder and biscuits. Not bad at all!



With our appetites satiated, the fun began. We learnt how to stay camouflaged (easy), hide our forms in the bush (not as easy), and how to stay hygienic in the bush (very hard for us boys). We then set up what would be our living quarters: our hootchies. For those of you who are scratching your head wondering what a hootchie is, then picture a waterproof sheet emblazoned with a

camouflage print tied to poles with rope. It was a great skill to learn, and I am certain that it will come in handy in the future.



As the sun descended towards the horizon, it was time for a quick game of 'Capture the Flag', involving glowsticks and our newly discovered stealth. Unfortunately, my sniper crawling was not as effective as I believed it to be, as I was caught mere metres from the HQ. Over the next day, we also had the opportunity to speak to the ADF, climb into the army vehicles and hold and load a rifle.



And then, the bivouac came to an end. As we filed off the bus in an orderly way, I could see on everyone's faces how much we had all enjoyed it. We may not have come back as fresh as we left, but we came back with a myriad of new skills, a greater sense of independence and a much deeper appreciation for what our Defence Forces do for us.

CDTREC Lucas Chen (7T)

### JCT/JTT Overnight Bivouac (Biv) for Recruits (18-19 June 2022)

On the 18<sup>th</sup> and 19<sup>th</sup> June, we, recruits from SHSCU went on our first bivouac at Holsworthy Army Barracks along with units from Holsworthy and Hurlstone. After being briefed, we were split into sections that were made up of cadets and recruits from all schools. It was a bit of a daunting experience being grouped with a whole bunch of strangers, but this was a good opportunity to branch out and expand our social circles, or at least get to know a few more people with whom you could potentially be good friends with during our time at cadets.



Over the course of two days, we participated in different lessons that revised and enhanced our abilities to navigate, move during the day/night, use radios, and a variety of aspects that would be practical in the field. Once it turned dark, night activities were conducted, and we were able to utilise our knowledge to play hide and seek as well as a variation of Capture the Flag games.



As the air temperature dropped during the evening, it seemed like our sanity did too however the night activities were one of the highlights of the overnight bivouac. On the other hand, the ration packs that were handed out had a selection of food that was presented in a questionable way and were edible enough. But it was enjoyable bonding with others about how the meals were not very favourable.



As this was our first 'biv', we didn't really know what to expect. The fluctuating temperatures, engaging lessons, the mix of new people... and the food, developed our abilities and understanding of concepts which will be beneficial for us in the future. Watching how other schools did things and being mixed with them broadened my perspective on cadets and overall, it was a positive and worthwhile time.

CDTREC F. He

## Cadet Promotion Courses over School Holidays (2 – 9 July)

Over the July holidays, six cadets from SHSCU attended the HQ NSW Australian Army Cadet Brigade 02/22 Cadet Promotion Courses. Over 150 cadets from all over NSW converged at Holsworthy Army Barracks for this event. We had cadets come as far as Norfolk Island and Grafton. CDTSGTs Shaleeta Xia and Sophie Jin attended the Warrant Officer/CUOs Course, while CDTCPLs James Wachsmann, Kenton Liu, Haoran Zhang and Dean Johnsun attended the Sergeants Course.

Over the one week at Holsworthy Army Barracks, we endured harrowing rain and wind and even a sudden change in accommodation for flood relief volunteers, but in the end, we all managed to successfully pass all the course work and assessments, made some new friends and come out with a recommendation for promotion. Each day we were taught various things such as leadership and teaching by the cadet and adult instructors and socialised with over 50 other cadets from all over New South Wales. In the SGTs Course, we were split into two platoons and 6 sections. We did almost everything in these groups, letting us form strong bonds with everyone in our assigned groups and build a sense of friendly rivalry amongst us.

One of the most enjoyable activities for me was learning drill with arms under the diligent watch of Warrant Officer Bell. Handling the weapon (drill purposed) gave us an invigorating feeling as we learnt how to properly perform the movements.



Food at the Mess Hall is a luxury that not many cadets get to enjoy when we visit Holsworthy Army Barracks. Each day, there was new cuisine, and all of the meals were delicious. Mealtimes were a great opportunity to socialise with other cadets from other Units.

At the end of the week, we closed the course by performing a marching out parade for our family and friends. The promotion course was an amazing experience for all of us and it taught us many useful things to bring back to our Units and strengthened relationships with cadets from all over NSW.

CDTSGT Dean Johnsun (10F)

**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.



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

Holiday Training: No Fixtures

**Rugby Report**

The last two weeks of holidays have been very productive for the boys that attended planned training sessions in the rugby program with every team taking the opportunity to hone their skills in preparation for the back half of the season. In the first week the juniors attended a skills camp run by 1<sup>st</sup> XV coach Jack Bowditch. There, they were able to lock in for a couple of sessions to really improve their personal skills and discipline which will help their performance not only for the rest of this season but for every season to come in their years at High.

1<sup>st</sup> grade and the 16's came together for a couple of great sessions in the second week of the holidays after a good break and reset. We had great numbers and were able to make the most of the sun as we moved through team runs and drills to make sure we kept building on the improvements already made throughout the season. All in all, everyone had a good break and trained well, and every team will be ready and raring to go for big games against Riverview this Saturday.

Thomas Britton (12S)





## HIGH SAILING

Congratulations to the Sydney High Sailing Team 1<sup>st</sup> team for competing in the 2022 Australian National School Sailing Championships. Our team battled through the toughest conditions they have ever sailed in against the best team's sailors in our country.

Sydney High 1 showed its capability throughout the regatta demonstrating perseverance in winds upwards of 50km/h. Rain also didn't deter their high spirit as the eventful southerly weather system set in on Georges River. With the first day of racing over, the team enjoyed the opening dinner where the race officials introduced themselves and spoke about their background in racing. By the third day of this 5-day regatta, all the teams had begun to show signs of fatigue and injury, with damage emerging on the equipment as well. An astonishing 18 rudder extensions were broken in 1 day due to the harsh wind and weather conditions. On the fourth day of the national championship, Sydney High turned on the



afterburners finishing in 12<sup>th</sup> place. By midday the light early morning winds were tipping in our team's favour.

The final races showed some disappointing losses to our team, unfortunately knocking out our hopes of finishing in the top 8 finalists. Regardless of some of the bad calls by umpires, some unlucky conditions and gear failure throughout the national championship all members of our team held high hopes for the very last race.

A special thanks to team members Nathan Cox, Daniel Low, Liem Tran, Zhitian Mai, Jacob Jim and Saxon Dean for giving this competition their all. A national championship has been in Sydney High's sights for many years and these boys have managed to make this dream come true by giving it their absolute best this season. Most importantly on behalf of myself and the sailing team, I would like to thank Dr. K Jagger, Mr. M Cotton, Hugo Leeming and Sam Steinberg for their ongoing support and dedication to our team's improvement over the years. Without their hard work, the sailing program would have never been able to progress to a national championship.  
**Samuel Ezra (12E)**



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A background image showing a physiotherapist in a white coat and stethoscope working on a student's leg. The student is lying down, and the physiotherapist is focused on the task. The image is slightly blurred, emphasizing the text overlay.

**PHYSIOTHERAPIST SERVICE FOR  
SYDNEY HIGH ATHLETES**

# **School Physio**

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

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



NATIONAL  
ART  
SCHOOL

# National Art School

## Future Makers: School Holiday Programs 2022

The NAS Future Makers is for ages 6-16. Structured art workshops on-campus and online in school holiday periods across the year.

Mini Makers 6-8 years  
Art Adventurers 9-12 years  
Young Creatives 13-16 years

### Winter School Holiday Workshops

**4 - 15 July**

### Spring School Holiday Workshops

**26 September - 7 October**

## Art Club: After School Weekdays and Saturdays

15-17 years

### Term 3

**18 July - 10 September**

### Term 4

**11 October - 3 December**



National Art School is a registered activity provider for the Creative Kids Program.

Parents, guardians and carers can apply for a voucher with a value of up to \$100 per calendar year for each student aged 4.5 to 18 years old enrolled in school.



Scan the QR code or  
head to [nas.edu.au](https://nas.edu.au)  
to book.



Photo: Peter Morgan

## 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				
Toast - Cheese & Tomato	\$2.50		S/W	ROLL	Chicken Fingers	\$2.50
Toast - Cheese Spinach & Tomato	\$2.50	Buttered Roll		\$1.50	Chicken Mayo Roll (hot)	\$5.00
		Cheese & Tomato (v)	\$2.50	\$2.80	Chicken Mayo Sandwich (hot)	\$4.00
Hot Chocolate (Term 3 only)	\$1.20	Cheese & Salad (v)	\$3.20	\$3.60	Chicken Schnitzel Roll	\$5.00
		Chicken & Coleslaw	\$4.00	\$4.60		
		Chicken & Lettuce	\$4.00	\$4.60	Falafel Wrap	\$5.00
		Chicken & Salad	\$4.00	\$4.60	Garlic Bread (v)	\$2.00
Fruit / Snacks		Curried Egg & Lettuce (v)	\$3.20	\$4.00		
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	Pasta - Homemade - Large	\$5.00
Drinks		Roast Beef & Salad	\$4.00	\$4.60	Pide - Sausage, Chicken/Mushroom	\$3.80
		Salad (v)	\$3.20	\$3.60	Pide - Spinach/Cheese (v)	\$3.80
Chill - Aloe Vera or Ice Tea	\$3.50			"	Pie - Meat (sauce + 20c)	\$4.50
		Turkey Cranberry & Lettuce	\$3.80	\$4.40		
Juice	\$2.50				Pie - Traveller	\$4.50
Juice Bomb	\$2.50				Pizza Wrap	\$4.00
LA Ice	\$2.50				Rice Box - Homemade	\$4.00
		Salads				
Milk Flavoured 300ml	\$2.50	Salad Box (meat) - Small		\$4.50	Sausage Roll	\$3.50
Milk Plain 600ml	\$2.50	Salad Box (meat or egg) - Large		\$6.00	Spinach Ricotta Roll (v)	\$3.50
Milk Flavoured 500ml	\$4.00	Salad Box (plain)		\$5.00	Sweet Chilli Chicken Wrap	\$5.00
Up & Go	\$2.50	Sushi & Rolls			Teriyaki Don, Noodles etc - Homemade	\$5.50
		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		\$5.50	**NB Not all food items are available all the time. For example, home style lunch boxes - pasta, rice, salads, soup etc are all seasonal. Please check with the canteen before you order.	

## 2022 PRICE LIST

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

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

As a service to the High Family

## A FULL PAGE ADVERTISEMENT



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Dave Te Rata or Meredith Thomas - High Notes Editors

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F: 9662 9310

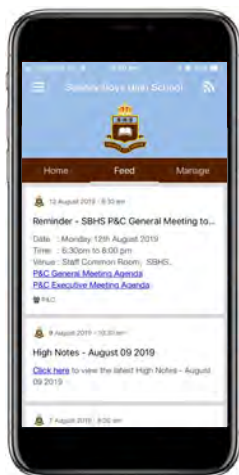
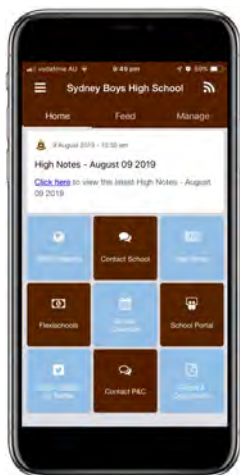
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**N.B.** Content is subject to approval

# Stay up to date with SZapp

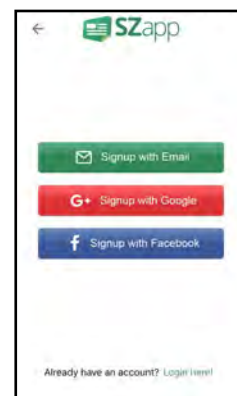
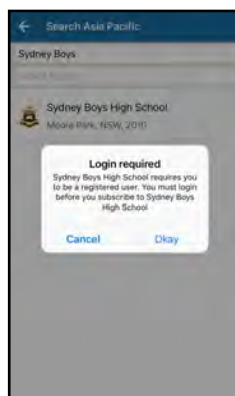
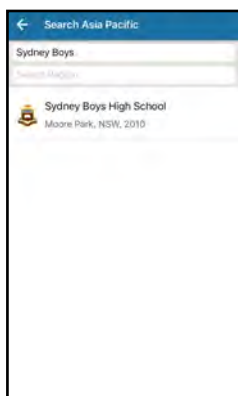
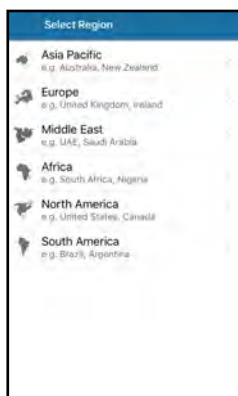
Download this App to be kept up to date with everything that is happening at **Sydney Boys High School**. It features School Calendar, School Newsletters, School Contacts, Documents, and Push Notification Alerts. Messages can be translated through the app into many different languages.

## Installation Instructions



### 1. DOWNLOAD SZAPP

Search the App Store / Play Store for **SZapp**.  
Download and install SZapp. **Install is Free.**

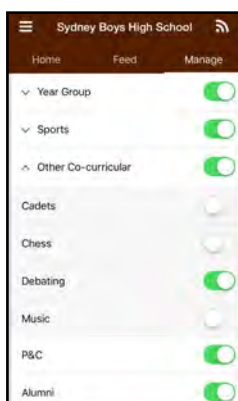
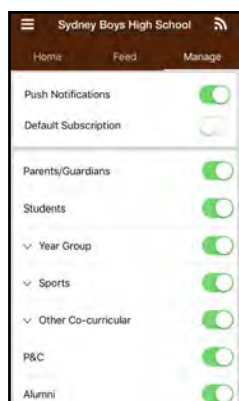


### 2. FIND OUR SCHOOL

Select Region: Asia Pacific  
Sydney Boys High School

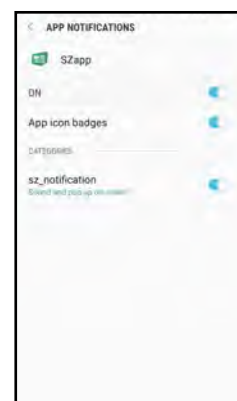
### 3. REGISTER A USER

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>