



From the Principal High Talent

Congratulations to Oscar Li (9M) who won the National ASX Sharemarket Game and to Adit Mahidadia (11F) who, as a result of his performance



in the Australian Geography Competition, will represent Australia in the Global Geography Challenge in Indonesia next year. These results continue our run of successes in national social sciences competitions. The Kibo Robot Programming Challenge sets problems for students to solve by programming free flying robots in the International Space Station. The Dream Rover Team (Ethan Li 10F & Joshua Li 8S) are representing Australia in the final round of this competition in October. Well done indeed, boys!

Thank You to our Relieving Leaders

During my leave during August, Mr Jamie Kay filled in again as relieving Principal. He managed the 2023 locally selected enrolment process very successfully and kept the school running smoothly. Thank you to Madeleine Rigby for stepping into Jamie's role as Junior School Deputy Principal and to Natalie Luu for doubling up as relieving Head Teacher History and Teaching and Learning. Extended relieving leadership experience is an important component of our professional growth.

Cadet Passing Out Parade

On Tuesday afternoon a gathering of around forty parents and Old Boy cadets were on hand to watch the passing out parade of the Sydney High School Cadet Unit. More than 70 cadets paraded in an impressive display of training and discipline. I was pleased to see



SGHS students in leadership positions in the parade. The event ran very smoothly and was a credit to the program and the staff – Ronald Luo, Rachel Fong and Meredith Thomas. The parent group in cadets is engaged and keen to support the unit. It would be great if one more staff member would do the training and get involved in this worthwhile and expanding school activity



Illuminate 2022

It was inspiring to experience Illuminate 2022 in the Governors Centre after an enforced hiatus due to COVID. The Judy Cassab artwork prize entrants were displayed in the foyer with last year's winner, along with autonomously operating robots on an obstacle course. The wonderful exhibition of student work in Industrial Arts and Visual Arts and Filmmaking was housed in the Conference Room. The theatre hosted films, monologues and musical recitals by students. The Festival is a week-long celebration of student creativity and innovation. The week is a tribute to Head Teachers – Jenni May, Rebecca Dam and Cassandra Pride - along with the Illuminate Team, Lynnea Stewart and her Media Team and the lighting crew headed up by James Walker. I was very proud of what everyone produced. Thank you all for your outstanding efforts.

Memorial Service for Robert Outterside AO, former Headmaster of High 1977-1991

On Wednesday a memorial service was held in the Great Hall for Bob Outterside. More than 150 people gathered to celebrate Bob's remarkable life. John Tuxworth, President of Randwick Rugby Club paid tribute to Bob's career in sport. Family members, Cameron, Robyn and Lisa spoke fondly of him as a father. Sons-in-law played and sang songs admired by Bob and there was a video presentation of his life. It was a moving and high quality service.

My eulogy is reprinted below:

'Good afternoon and welcome to you all, particularly to Cameron, Robyn, Lisa and their children on this occasion when we come together to remember and celebrate the life of Robert Outterside, AO. He was indeed a force of nature. I held him in high esteem even before I met him. He was a legendary Principal in the 1980's. I heard about him when I was a Deputy

Principal in Fairfield – this maverick who seemed to be able to be an independent leader in a very big system. How did he manage to do it? How did he sustain it over many years as leader at Manly and at High? He was an innovator in introducing new courses, sharing classes with Sydney Girls and in forging university links. I was inspired by his example from afar. I wanted to be a leader like he was. When I met him in 2000, he impressed me with his charm, his ability to put people at ease, his gift as a raconteur, his incredible memory of people connected with Sydney High, his playful sense of humour and his passion for the School and its standing in the community. He seemed to know everyone. He was very generous with his time. He was a great source of information and wise advice for me in my early years as High's new Principal.

Bob was invaluable in his support for my attempt to get an ethos enhancement class in Year 7 as one of the six incoming classes each year. In June and July of 2002 we lobbied hard to make this change to allow more local residents to gain access to the school. This effort was in response to the Selective Schools Unit Discussion paper of May that year. Bob was the chair of the SBHS Placement Committee. We introduced the idea of 'complementary criteria' as a tool in the selection process and the notion of a 'commitment statement' to be signed by families supporting the ethos of the selective school to which they had applied. We suggested reducing applicant options to one or two (after a recent review the options have been reduced from 4 to 3). We wanted a serious English writing component in the test (a scaled version of which was adopted by the Review). We asked for regulation of Coaching Colleges in respect of their access to test questions (some of which were being repeated in subsequent tests). These test questions were supplied by clients of the colleges. (Later these tests were made public to level the playing field). We proposed the idea of a template to score complementary criteria. We have used these templates at High since we finally were able to bring a class for ethos enhancement into Year 9 in 2007.

We proposed four placement options developed for consideration by the Minister. One of the models suggested an immediate placement of 75% of students in a school by means of the test score alone, with 25% reserved for a consideration of a combination of test score and complementary criteria supplied by the applicants. We had agreement from three selective school principals for this model as members of the Secondary Principals Council Interest groups for Selective Schools. It is ironic that twenty years later, selective school entry rules have been modified along similar lines. The Placement Committee was way ahead of its time.

Bob's reputation, stature with the Department and broad network of Old Boys, secured the *Action Committee* of Old Boys a meeting with Minister for Education Watkins. We did not achieve our objective, primarily because of the media campaign run by the Sydney Morning Herald alleging our Old Boys were racist and were aiming to reduce the number of Asians enrolling at High. The headline 'Old Boys Tell Top School: Let our Sons In' was damaging and completely misleading. Nevertheless, due to Bob's persistence and influence, Minister Watkins granted the school at least a groundsman position for McKay and Fairland caretaking, which has been very helpful to the school over the years. Bob behaved with integrity, forbearance and good cheer throughout the turbulent months of the campaign. He was great to work with. The Old Boys and the School had the same goal – to bring in more ethos-supporting students. We were wedged by the media and a few individual comments by disgruntled Old Boys.

I was fortunate to work with Bob for nearly a decade as he chaired the *Outterside Management Committee* of the Sydney High School Foundation. He was able to gather people around him who believed in the cause of public education offering a unique opportunity to boys to experience a selective and GPS educational experience. He helped steer the management of the property through several challenges until he retired from the role. He had a school mobile for many years to keep in touch with the school community.

I knew him as a devoted family man. He spent much of his retirement time caring for Dawn, until her passing. He focussed more energy on his extended family as they matured. His devotion to Sydney High had taken him away from them often. I know he really enjoyed the Rugby Reunion we held at the AJC in 2018. Bob loved rugby, mathematics, teaching, socialising and having a punt – not necessarily in that order. His wealth lay in his relationships and friendships. He was a champion of the working class – a rusted on Labor man. He enjoyed mentoring people to help them rise and achieve their goals. He was a scholar, international sportsman, educational leader, coach, family man and friend. He used to comment frequently that in life we can disagree without being disagreeable. He had an expansive, warm and compassionate demeanour towards people and they found it easy to like him. His life was impactful, full, loving and long. His legacy is assured. He will not be forgotten. Valé, Bob'.

Dr K A Jaggar
Principal





OUTDOOR EDUCATION Year 8 Camp 7-9 September

Please be at **SCHOOL** Wednesday morning between 7.30 and 7.45am. **NO LATER!** The Bus will depart at 8am to head to Narrabeen.

PARENTS ARE NOT TO PARK ON SCHOOL GROUNDS. You may drive in through Gate 1, straight up Cutler drive and drop students, then drive straight back out onto Anzac pde. without parking. **DO NOT ENTER INTO THE GYM CAR PARK UNDER ANY CIRCUMSTANCES.**

Pack everything on the gear list **NO SCHOOL UNIFORMS.** Gear list is on Canvas.

If you are sick Wednesday morning, please ring the Camp mobile by 7am (it will be switched on at 6am).

The mobile number is 0436623596. This is also the contact number during camp **FOR EMERGENCIES ONLY.**

Students will return home at approx. 2.45pm on Friday afternoon to School. Again, **DO NOT PARK ON SCHOOL GROUNDS.** Please have your son use public transport, or park in the EQ car park and have them walk over to you.

All students will receive 1 RAT test on Monday 5 September. This is to be done on the Wednesday morning **BEFORE** leaving home to camp. If you test positive, please advise on the above number and register with Service NSW.

Kerryn Ibbott
Coordinator Outdoor Education
ibbottk@sbhs.nsw.edu.au

Photo's courtesy of Year 7 Camp 2022



THE HIGH STORE WILL BE CLOSED on Wednesday 21 September & Friday 23 September, the last 2 trading days of Term 3.

YEAR 12 Students

The High Store is offering 20% OFF the Old Boys Union tie.

Perfect for future job interviews.

Normally \$27.50 NOW \$22

Offer valid until Tuesday 20 September.

Enrichment

Enrichment Activities July - August

It was wonderful to welcome Dr Julie Arlis back to Australia after two years absence. Over recent years, our philosophers have looked forward to the annual pilgrimage to Ascham where Julie's Academy Conference program has provided food for thought and an opportunity to further explore the BIG questions of life, meaning and culture that we confront in our weekly communities of inquiry.



On the 26 July, the *More Able and Ambitious Programme* included valuable advice about interviews at prestigious educational institutions. Questions are designed to gauge lateral thinking, demonstrating the ability to apply thinking to new ideas and contexts. The session was designed to provide students with essential tools for developing high level lateral thinking skills using sample interview questions.

The lecture 'The Philosophy and Politics of the Embryo' was a master class in common law and contemporary issues and of particular value to legal studies and mock trial attendees! Then, we were intrigued by Dr Andrew Pinsent's "I count therefore I am 'Is Mathematics Discovery of Invention?"

Dr Pinsent is a physicist and theologian and philosopher Faculty of Theology and Religion at Oxford University, who delivered his lecture via Zoom at 3am London time due to Covid preventing his travel to Australia.

The Great Debate which rounded off the day was 'This House believes that Science has replaced God.' As usual, SBHS volunteers made an admirable and enthusiastic contribution to the discussion.

It is always a joy to join with likeminded students from a variety of educational settings and the following students enjoyed the opportunity provided by Dr Jaggar's support

of our enrichment opportunities.

Abrar Chowdhury, Luca Miletic, Ranaveer Thorat, Yianni Scalas, Aayan Hafiz, Chris Roussos, Luc Tran, Dev Punjabi, Kridaya Singh, Aarav Gandhi, Eric Sholten, Fynn Hopkins, Yash Sharma, Andris Dang, Octavio Carbajal Zapata, Agastya Govind, Adit Mahidadia, Mohammed Medlej, Chandra Patel and Chanakya Rao.

It's a privilege to be associated with such great ambassadors for SBHS.

Meeting of The Minds, Newington College

"An Interschool day of critical thinking, organised by the Centre for Critical Thinking and the Association for Philosophy in Schools."

On Friday 26 August, Stephen Faulder, Adam Flocard, Alay Mahidadia, Ryan Park, Young Chen, Sajan Thiagalingham, Kevin Bui, Daniel Zhu, Nishith Munasinghe, Arnav Kaushik, Lachlan Yuen and Ayaan Haque joined year 7 students from 6 schools in a day long event. These students ventured beyond their comfort zones by accepting an invitation to explore the topic Change and Identity.

The day began with 'Mr Parker's Thought Experiment, an engaging presentation by Newington Principal, Mr Michael Parker, an educator and avid philosopher. Following this, small group activities required students to mingle and to engage with students from other schools, firstly in a concept activity 'Change' and later in facilitated communities of inquiry on the topic of Identity. A reflection activity concluded the event.

Our students contributed enthusiastically throughout the day, including an energetic game of handball during the break, which drew in Newington students eager to socialise on an alternate level of engagement. Debaters returned to school that afternoon for Friday night commitments. Many thanks to Daisy Faulder for assisting with transport and a thank you also to Heidi Yuan who offered her help with transport and followed through on Sunday at Tournament of Minds, chaperoning and supporting the Arts Team. We have awesome parent support at High!



Tournament of Minds

Tournament Of Minds 28 August, Randwick Boys High

Last year's lockdown saw this competition transform to an on-line format which meant that this year's event was a

first for students who had not participated during Primary school years.

Entrants have six weeks to create a 10-minute script, props and costumes for their Long Term Challenge solution. Then they compete in a Spontaneous Challenge. No preparation is possible. They must respond to a scenario demonstrating thinking processes, creativity and teamwork.

High demand for a place enabled us to enter a record 4 teams.

LANGUAGE/LITERATURE: Team GO! Facilitator Rick Hou: Andrew Pye, Xavier Perry, Kridaya Singh, James Yang, Noel Qui,

ARTS The 'A' team: Aadruth Anand, Balhar Athwal, Ayaan Wangde, Arjun Narayanan, Abithan Vithuran Kumaravel, Alexander Pidcock, Abhinav Nayana.

ARTS High Investigation Unit: Lachlan Yuen, Siddharth Menon, Vivaan Wadha, Vihann Rajit, Aaron Chan, Milan Babin, Roy Park

STEM facilitators: Humza Ahmed and Zuhyr Haq (Maker space supervisors).

Team Smart: Ryan Park, Om Kothari, Alay Mahidadia, Lucas Chen, Luke McLoughlin, Sajan Thiagalingam, Ayaan Haque.

Everyone is to be congratulated for meeting the overall challenge of working towards creating a final product, behaving as a responsible and respectful team player and turning up to present it on the day.

It was an exciting and fulfilling celebration of six weeks of frenetic activity and NO time to spare.

Congratulations to EVERYONE involved. (Special thanks to Mr Comben, Ms Faulkner, Mr Chappell for advice to the STEM team).

Last activity for 2022 is **Middle School Olympiad 2 November**.

Ten students will compete in a day of enquiries.

Our Tutor will select two 5 person teams from our keen junior lunch time philosophy group.

Good luck to those selected and well done to everyone who has been part of Enrichment Activities 2022.

Julie Eggleton
Co-ordinator



CHESS NEWS

For the first time in two years, we will have been able to play a whole season of competition games in the NSW Junior Chess league Inter-school competition. This year we entered one senior team, two intermediate teams and two junior teams. Our teams have represented High by playing with enthusiasm and focus and we are pleased to say that our Junior a team will be playing in the Inter-regional final this Friday September 2nd. We are all behind these players Ahn Quan Nguyen, Ethan Paw, Leo Le, Nestor Chan and Vedantik Bhattacharyya and congratulations to them for taking us so far in the competition this year.

On Saturday 20th August we were also able to invite GPS teams back to our school for the annual competition. The competition was run as a round robin and the players came to us from Sydney Grammar School, Shore, Newington, Scots, The Kings School and Riverview. Our players were Jack Keating, Toby Huey, Quan Nguyen, Nestor Chan, Ethan Paw, John Nguyen, Kevin Liu and Vedantik Bhattacharyya. Thank you also to Kenny Chen who came to the day as a reserve and as support for our team. This year we passed the cup to Sydney Grammar School and our goal is to reclaim it in 2023.

Rowena Barr
MIC Chess



EARLY LEAVE REMINDER

The school **does not** accept early leave applications via email or telephone.

The procedures for early leave are as follows:

Students must bring a note to the office that has been signed by **both** a **parent AND** a **Deputy Principal BEFORE 8.55am**.

The note must contain the **student's name, roll class, date, time of departure and reason for leave**. The student then returns to the office at the stated time and collects an early leave pass.

Please note: Early leave requests submitted after 8.55am and / or sent via email or telephone will not be accepted or processed by the office.



ASX Game and Australian Geography Competition National Winners

This year, it was amazing to see two of our boys win national titles. Oscar Li, winning the National ASX Sharemarket Game and Adit Mahidadia gaining a finals place in the Australian Geography Competition and receiving an invitation to represent Australia in the Global Geography Challenge to be held in Indonesia next year.

Adit's Report

Representing the state of NSW at the Geography Big Week Out was both a personal achievement and an opportunity for further progression to the international stage. For five days and four nights, I travelled to Darwin in the school holidays, with little information aside from the fact that I would be completing geography-related tasks and fieldwork for the duration of my stay.

The GBWO was an eye-opening and unique trip filled with many fun and interesting experiences along the way. The other 15 like-minded individuals were a pleasure to interact and conduct fieldwork with, and I formed several, strong friendships during my time in the Top End. In addition, the staff were immensely helpful when answering questions and provided valuable insight into geographical processes at the two studied sites, Darwin and Litchfield National Park. These were interesting places that were appropriately covered by the fieldwork, and while the accommodation wasn't the best, the beach volleyball court at Batchelor was certainly an enjoyable experience! One notable observation was the emphasis placed on Indigenous issues and land rights in the Northern Territory, a result of its high Indigenous population and disproportionately poor outcomes for this group.



Adit – Winner of the Australian Geography Competition

I thank Mr Jackson for organising the Australian Geography Competition at our school, as well as for the

important skills I have learnt as the accelerated Geography course approaches its conclusion.

ASX Game Competition

As per usual our Commerce, Business and Economics students again competed in the ASX Game Competitions. Students received a hypothetical \$50,000 to trade. The boys experienced real live trades and the ups and downs of the ASX. They learned the skill of timing, graphing, P/E ratios, company announcements, dividend timing, speculative behaviours and the impact of business cycles. Oscar Li of Year 9 was announced as the National Winner after three months of trading turning his \$50,000 to \$59,032.26 and earning himself a cool \$1000 as prize money. Congratulations Oscar!

Oscar's Report

"To achieve first in the ASX share market competition I implemented two strategies. The first was dollar-cost averaging. This is where instead of selling on the way down, you buy. Doing this helped me drag my average cost per share lower and lower which helped maximize returns with low risk. To fund this strategy, I would keep at least 35% of my portfolio in cash so I could buy on the dips. Sometimes I had well over the majority of my portfolio in cash and this was due to me believing the market was too volatile or bearish.

The second strategy I applied was to try to predict the market. I did this by keeping up with international affairs, looking at other markets and also doing technical analysis using several indicators.

Thank you, Mr Higgins, for organising all the classes to enter the competition. It was lots of fun and we learned heaps."



Oscar Li – Winner of the ASX Sharemarket Game

Peter Loizou
Head Teacher of Social Science

Sydney Boys High School Debating Dinner 2022

Please join us for the SBHS Debating Dinner
Saturday, 10 September 2022 from 6pm to 9pm

All students who participate in the Debating Program – whether in the competitions
or in coaching – are welcome.

The night is a great opportunity for debaters, parents, and coaches to join in
celebrating our boys' achievements over the past THREE years!

The highlight of the evening will, of course, be
The Great Debate!
Starring the SBHS Coaches!



The cost is \$35 per person (all food is halal and vegetarian options available).
Please RSVP and pay (at the office or online) by Tuesday, 6 September 2022!
PLEASE RETURN THIS FORM TO THE FRONT OFFICE ONCE PAYMENT IS MADE

Sydney Boys High School Debating Dinner 2022

STUDENT NAME: _____ ROLL CLASS: _____

Type of payment: Cash/Cheque ☐ Credit card (in person) ☐ POP (online) pay.sbhs.net.au ☐

Please note: credit cards cannot be accepted over the phone

Number of Tickets: _____ @ \$35 per ticket

Total Amount Paid: \$ _____

Contact Phone: _____

Please complete the following to assist with table allocation:

Student Name/s: _____

Team/s _____

Number of Adults: _____ Number of Students: _____

Do you have any dietary requirements? _____

Number of alternative meals required _____

Music NOTES

Music Performance Program

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.

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 3.20m – 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 3 Music Events Calendar

WEEK	DATE	EVENT	MUSIC STUDENTS INVOLVED
Week 7C	Monday 29 August	Music Co-Curricular Photos, 10.30am (Basket Ball Courts/Gymnasium)	All Music Ensemble Students
Week 7C	Monday 29 August	Illuminate Opening Night, 6.30pm Governors Centre	HSC Music 1, 2 & Extension Students
Week 7C	Tuesday 30 August - Thursday 1 September	Illuminate (Day Time Performances), Governors Centre	HSC Music 1, 2 & Extension Students
Week 8A	Tuesday 6 September	HSC Music 1 Practical Exam, Great Hall, Room 101	HSC Music 1 Students
Week 8A	Wednesday 7 September	HSC Music 2 & Extension Practical Exam, Great Hall, Room 101	HSC Music 2 & Extension Students
Week 8A	Thursday 8 September	SBHS Open Day, 9.00am – 12.30pm	Akila Gunaratne (10T) Samuel Hui (10T) Senior Strings Jazz Ensemble
Week 9B	Monday 12 September	GPS Athletics Assembly, 9.45am Great Hall	Daniel Su [10E] Joshua Tang [10R]
Week 10C	Tuesday 20 September	Year 12 Farewell Assembly, 1.30pm	Matthew Kirkland (12R) Don Tran (12M) Senior Strings Ensemble

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



SBHS Athletics Week 3 Update

After two weeks of training the boys are already showing signs of improvement. Each session I ask for focus and intensity. This week I have challenged the boys to think of themselves as 'Athletes' and aim to do everything they can outside of the training sessions to put themselves in the best possible state to perform. Getting enough sleep, eating well and plenty, staying hydrated and stretching/mobility work is all within their control and will go a long way in helping the boys improve their health and fitness.

This upcoming Saturday the invitational will be at ES Marks, schedule is available for students to check on CANVAS Announcements.

Please see the training schedule for next week of the season below (full schedule available on CANVAS), if your son is unable to attend a training session please email me at richk@sbhs.nsw.edu.au and Absences.Sport@sbhs.nsw.edu.au by 5pm Thursday. If your son cannot attend the Saturday meet, please email before the start of the invitational.



Harder than it looks, the boys running on the gym mats as part of their Monday afternoon conditioning session.

Kurt Rich
MIC Athletics

5 September	Monday	7-9am	High Jump Training	Gymnasium
5 September	Monday	3:15-5pm	All Year Groups Conditioning	MPW
6 September	Tuesday	7:30-8:45am	High Jump Training	Gymnasium
7 September	Wednesday	1-3pm	Senior Athletes	ES Marks
7 September	Wednesday	3:15-5pm	Years 8 & 9	ES Marks
8 September	Thursday	1-3pm	Juniors Athletes	ES Marks
8 September	Thursday	3:15-5pm	Senior Athletes	ES Marks
9 September	Friday	7-9am	Year 7 Athletes	Gymnasium
10 September	Saturday	8am-3pm	Invitational Meet #4	ES Marks



Silver at the Junior & 23 Nationals Weightlifting

Hours after completing his HSC trial exams on Thursday 25 August, Nelson Cheng flew out to Perth to compete at the AWF JNR & 23 National Weightlifting Championships. Competing on the Friday afternoon Nelson was able to achieve a Snatch PB of 84kg and Clean & Jerk PB of 108 totalling 192kg. He competed extremely well and took a lot of memories away from the experience. Unfortunately, the past two years have prevented Nelson from being able to travel and compete as much as what would normally be available.

It is good that he has been able to compete and do so well this year. Next week he will go to the AIS to participate in an AWF Weightlifting Camp. There he will train with some of the best Youth Lifters in the nation and be exposed to further coaching, education and recovery session opportunities.



Nelson securing 84kg above his head in his final Snatch attempt.



Nelson with his 2 silver medals after the event (please excuse the crocs).

School Photo Orders

School Cohort, Individual and Sport Photos can still be ordered. To order 2022 Sydney Boys High photographs



please go to the school order section of the melbastudios website:

<https://www.melbastudios.com.au/schools/index.php>

use the password "SBH" for the Cohort and individual photos and "High" for all sport & co-curricular photos.

Kurt Rich

Kurt Rich

Head Strength & Conditioning Coach

Personal Development, Health and Physical Education (PDHPE)

SBHS Resistance Band Program

The Sydney Boys High PDHPE program will be rolling out a resistance band program, commencing Week 9 of this term (Term 3). The school has purchased resistant bands for Year 7 students; however, the program is open to all students. Dr Jaggar (Principal) has enthusiastically pushed for this program and he along with the PDHPE faculty believe that boys of this school need to invest time in their physical preparation for sport & PE classes as well as develop skills, attributes, and behaviours for long term positive health.

The bands will be used to provide resistance to strength & stretching movements to enhance students' strength &/or flexibility. The goal is to have all students developing

particularly in times of adverse weather. Other year groups can participate in the program (with the purchase of their own band) and will have access to all online resources. Online resources such as videos and programs will be available on CANVAS – Sport – Module – Resistance Band Training.

If a Year 7 student feels that the band does not provide enough resistance, after they demonstrate their competency to complete the fundamental movements with their PE Teacher they can trade in their red band for a thicker band (the school has purchased higher levels of resistance bands). In the event the band is lost/broken, students can purchase a new one by paying \$10 at the office and showing the Head Teacher of PDHPE the receipt who will issue a new one.

Prior to the commencement of the program, Year 7 students have been provided a link on their PDHPE CANVAS page (Announcements) to complete a survey due Friday 9 September.

Kurt Rich
Acting Head Teacher of PDHPE



a greater level of movement competency by improving fitness levels, increasing performance potential, reducing injury incidence & severity. The bands have varying levels of resistance, the Year 7's will be issued a thin red band which adds 2-16kg worth of resistance (depending on how far it is stretched).

All Year 7 students will be given a red band as part of their PDHPE program and will be given an introduction lesson with their PDHPE teacher during class time. It is expected that students will always keep the band in their school bag, not being able to produce their band can result in discipline action. The resistance bands allow for training anywhere so students can train at home/on holidays. Additionally, the bands can be used during sport & PE



Mr Rich creating additional exercise videos while on holidays to add to the 'banded exercise library'



Captain of Boats Report

From joining the sport by a mere coincidence to being elected as its leader, I can say that the role rowing has played in my life at high has been nothing short of monumental. I remember standing at SIRC, watching the Head of the River play out when I was a year 7 in 2018, being unaware of the history and the impact of the event. I remember our 2nd VIII crossing the finish line ahead of Grammar and the roars of the seniors. I remember clapping the VIII off the pontoon and the tears one rower shed as he carried his boat away. Entering my final season, I think I can relate to those rowers I saw five years ago. I enjoy pulling hard and flying on glass as much as any other rower, but that isn't why I've stuck to it for so long. The esprit de corps of Rowing – which makes it unlike any other High offers – is what I love.



As Captain of Boats, I wish all rowers get what they want out of this first out-of-pandemic season. Be it camps, faster ergs or gold medals at CHS. I hope I can maintain the unique atmosphere of rowing in my time here.

Zhangbo Wang

Season Schedule

<https://docs.google.com/spreadsheets/d/18DinR3sXfasR1wqheJvoxym4x6hgEtyEQSGt1P9QVO/edit?usp=sharing>

Individual training schedule

Available through the student/parent portal:
<https://portal.clipboard.app/sbhs/>

The season officially begins in week 10 Term 3 with one sport time session. During the October holidays there will be training for all groups in week 2.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior A	Public holiday	Row 7am-11am	Row 7am-11am	Row – 7am-11am	Row - 7am-11am	Row 6.45am-9am
Senior B	Public holiday	Row 8am	Row 7am-9am	Row 7am-9am		Row 7am-9am
Year 10 Vlls	Public holiday	Row 9am-11am	Row 7am-9am	Row 7am-9am	AM-Weights	Row 7am-9am
Year 9 Quads	Public holiday		Row 7:15-9:15am	Row 7:15-9:15am	AM-Weights	Row 7:15-9:15am
Year 8 Quads	Public holiday		Row 9-11am	Row 9-11am	AM-Weights	Row 9-11am





Sydney High School Old Boys Union

Technology

16:30 Tuesday 6th SEP 22

Medicine

16:30 Wednesday 7th SEP 22

Consulting & Financial Services

16:30 Thursday 8th SEP 22

Law

16:30 Tuesday 13th SEP 22

Banking & Investments

16:30 Wednesday 14th SEP 22

Government

17:00 Thursday 15th SEP 22

Career Webinar Series: 2022



Health
South Eastern Sydney
Local Health District

McKinsey
& Company

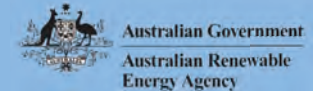
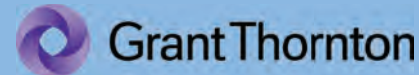


Westpac



Allens & Linklaters

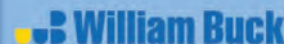
Baker
McKenzie.



ARENA



BheemHealth



中國銀行
BANK OF CHINA

BlackRock



Zoom Panel D

Registration: www.shsobu.org.au

Arakan Martial Art



Power | Focus | Confidence

For Men, Women and Children



Arakan Martial Art is a dynamic, street effective style, adapted for the modern world.

Our goal is to empower you to become...

Physically... more dynamic, powerful, flexible, fitter, faster, stronger and healthier.

Mentally... calmer and more disciplined. Your ability to focus and concentrate will improve dramatically.

Emotionally... empowered and more confident. You will develop greater levels of self awareness and understanding.

Spiritually... connected with your inner self and learn to be present in the moment.

We tailor our private lessons to suit all ages, shapes, sizes, fitness, experience and confidence levels. All you need is an open heart and mind. It's our pleasure to help you / your children achieve your desired outcomes.

FREE No Obligation Private Introductory Lesson

1300 13 23 11 www.arakan.com.au





2022 schedule

eSafety's free webinars provide parents and carers with the knowledge, skills and tools to support children to have safe, positive online experiences.

Our live webinars for parents and carers attracted record attendance numbers in 2021. To meet the growing demand, our education and training team is expanding the program in 2022 to include more dates and topics to support school communities.

Each month, we will present either a new webinar topic or a video with simple tips to keep young people safe online.

2022 Parent and carer education topic schedule

January Can't make it to a webinar? You can watch this short video on Cyberbullying and online drama . (Suitable for parents and carers of young people aged 11 to 18 years old).	February Webinar: Helping kids thrive online (Suitable for parents and carers of young people aged 5 to 12 years old). 8th February – Safer Internet Day 2022 #SID22	March Webinar: Cyberbullying and online drama (Suitable for parents and carers of young people aged 11 to 18 years old).
April Can't make it to a webinar? You can watch this short video on Online sexual harassment and image-based abuse . (Suitable for parents and carers of young people aged 13 to 18 years old).	May Webinar: Parental controls (Suitable for parents and carers of young people aged 4 to 13 years old).	June Webinar: Online gaming (Suitable for parents and carers of young people aged 13 to 18 years old).
July Can't make it to a webinar? You can watch this short video on Parental controls . (Suitable for parents and carers of young people aged 4 to 13 years old).	August Webinar: Popular apps (Suitable for parents and carers of young people aged 8 to 13 years old).	September Webinar: Online sexual harassment and image-based abuse (Suitable for parents and carers of young people aged 13 to 18 years old). National Child Protection Week #NCPW22
October Webinar: Digital technologies and mental health (Suitable for parents and carers of young people aged 10 to 18 years old).	November Webinar: Guide to the holidays (Suitable for parents and carers of young people aged 8 to 13 years old).	December It's December! You can check out our annual Gift Guide here.

Subscribe to [eSafetyNews](#) for dates and registration details or visit esafety.gov.au/parents/webinars.



SYDNEY BOYS HIGH SCHOOL

On-site Open Day

Thursday 8 September 2022 9:30am - 12:00pm

Online Open Day

Thursday 8 September 2022 4:30pm - 5:30pm

Please register <https://sbhs.co/openday>



Nurturing scholar-sportsmen since 1883

556 Cleveland St, Moore Park NSW 2021

sydneyboys-h.schools.nsw.gov.au



SYDNEY BOYS HIGH SCHOOL

The Phillip Day Memorial Scholarship

Closing Date: **30 November 2022**



Nurturing scholar-sportsmen since 1883

Applications available at: **sbhs.co/scholarships**

556 Cleveland St, Moore Park NSW 2021 | Ph: **9662 9300**

SYDNEY BOYS HIGH SCHOOL

Sir Roden Cutler and Lady Cutler Foundation
Scholarship



Nurturing scholar-sportsmen since 1883

Applications available at: sbhs.co/scholarships

Closing Date: **30 November 2022**

556 Cleveland St, Moore Park NSW 2021 | Ph: 9662 9300



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

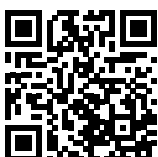
Term 4

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
to book.



Photo: Peter Morgan

SYDNEY BOYS HIGH STORE & CLOTHING POOL
SPRING / SUMMER PRICE LIST 2022 - 2023

SCHOOL UNIFORM			SPORT UNIFORM		
BLAZERS	6 weeks delivery from date of order		PE / HOUSE SPORT	PE Polo	\$40.50
	From	\$310		Black Short with logo	\$40.50
				Sport Socks	\$9.90
PANTS	Trousers - Junior, Dark Grey	\$90.00			
	Trousers - Senior, Light Grey	\$90.00			
SHORTS	Grey College	\$65.00	TRACKSUITS (sold as separates)		
				Jacket	\$110.00
BELTS	Black Leather	\$22.00		Pant	\$75.00
SHIRTS	Sky Blue & White, Short Sleeve with Crest				
	Sizes 10 - 14	\$30.00			
	Sizes 16 - 22	\$32.00	BASKETBALL	Singlet	\$60.50
	Sizes 24 - 28	\$34.00		Short	\$60.50
				Warm Up Hoodie	\$65.00
	Sky Blue & White, Long Sleeve with Crest			Sport Socks	\$9.90
	Sizes 10 - 14	\$32.00			
	Sizes 16 - 22	\$34.00			
	Sizes 24 - 28	\$36.00			
			CRICKET	Shirt with SHS Crest	
JUMPERS	Up to Size 14	\$98.00		Short Sleeve Playing Shirt	\$45.00
	Sizes 16 - 22	\$100.00		Long Sleeve Playing Shirt	\$49.50
	Sizes 24 - 26	\$105.00		Academy Training Shirt	\$55.00
SOCKS	Anklet SHS Colours	\$9.90			
	Knee High SHS Colours	\$15.00			
	Sport Socks	\$9.90	ROWING	Zoot Suit	\$80.00
				L/S Rowing High Top	\$55.00
TIES	Junior	\$29.50		Socks	\$20.00
	Senior	\$32.50			
	Prefect	\$29.50			
	SRC	\$33.00			
	OBUS	\$27.50	SWIMMING	High Trunk	\$55.00
	GPS	\$40.00			
CAPS	SHS Cap	\$25.00			
BAGS	Backpack with Lap Top Section	\$99.00	SAILING	Singlet	\$49.50
	Hav-a-Sak	\$36.00			
	Sports Bag	\$75.00			
ART	Progressor 2B Pencil	\$5.50	TENNIS	Top	\$55.00
	Progressor 4B Pencil	\$5.50		Socks with SHS Colours	\$9.90
	Visual Art Diary A3	\$11.00		Training Top - 1st & 2nds only	\$40.00
	Visual Art Diary A4 60 page	\$6.60			
DESIGN & TECHNOLOGY			WATER POLO	HIGH Trunk	\$55.00
	DT Apron	\$12.00		Water Polo Shirt	\$68.00
MATHS	Calculator	\$38.50			
	Compass	\$1.75			
	Grid Book 96 page	\$2.95	ATHLETICS	Singlet	\$55.00
	Protractor	\$0.75			
MUSIC	Music Book	\$2.95			

SYDNEY BOYS HIGH STORE & CLOTHING POOL

SPRING / SUMMER PRICE LIST 2022 - 2023

CRESTED MEMORABILIA

Bridge Scorer	\$11.00	Letter Opener	\$6.50
Car Number Plate Cover	\$39.95	Mug (gift boxed)	\$25.00
Car Sticker	\$4.50	Pencil Case	\$12.50
Coasters - wooden (box of 4)	\$27.50	Spoon	\$5.50
Cufflinks (stainless steel)	\$66.00	Sticker	\$1.10
Drink Bottle (Stainless Steel)	\$20.00	USB (wood)	\$16.50
Golf Umbrella	\$38.50	Wine Glasses (set of two - boxed)	\$44.00

OLD BOYS MEMORABILIA

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

CLOTHING POOL

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

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

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

PAYMENT

Cash, Eftpos, Mastercard or Visa

GOODS & SERVICES TAX (GST)

GST is included on all prices listed

BLAZERS

GPS Pocket	\$35.00
Music Pocket	\$35.00
Prefect Bottom Pocket	\$55.00
Prefect Top Pocket	\$35.00
Service Charge to replace 1 pocket	\$40.00
Service Charge to replace 2 pockets	\$55.00
Service Charge to replace 3 pockets	\$70.00
Dry Cleaning	\$18.50
Full Braiding	\$120.00
Embroidery Line	\$25.00
Embroidery Line Removal	\$33.00
Crossed Rifles or Swords	\$38.50
House Badge (cloth)	\$12.50

BADGES

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

OPENING TIMES

Open During School Terms Only

Monday, Tuesday, Wednesday & Friday 10.30am to 1.30pm

Telephone 9662 9360