



From the Principal High Talent

Ethan Li (10F) and Joshua Li (8S) participated



in VEX Robotics National Championships in the past weekends, which was held in Olympiad Park. The boys presented their team 58A to the High School VRC division with the result of National Skills Champion and Create Award. Ethan was awarded "The Year of Volunteer"! The award goes to him for his contributions to the community by helping and supporting the primary teams. Well done boys!

Caught Doing the Right Thing

I received this email from a commuter this week. Well done to the boys who ride on buses from Rose Bay!

'I would like to commend the good etiquette of your students, especially in the public. I often take buses from my home in the Rose Bay area and see many of your students throughout the week, giving up their own space on the bus for others. It is great to see such esteemed etiquette, especially from teenage schoolboys in our time. I once again thank you and hope you continue nurturing our bright young boys'.

Interpreting Year 10 Reports-Semester 2

All Year 10 boys should have their reports by



next Friday. Parents are advised to work with their sons in the process of choosing Year 11 courses to be sure they have made the right choices, aligning their abilities, interests, and

possible post-secondary plans. Choosing courses for Year 11 study can be assisted by evaluations of Year 10 performances. English and Mathematics courses are determined by

the school's pattern of offered courses and by the results of the mathematics selection process for Extension 1. For Year 12, 2023 the permitted number will be as is our custom – seven classes only. Year 10 boys should have done their *Career Voyage* questionnaire during their Transition Education periods. These results should be discussed in the light of your son's interests and abilities. Courses can be selected to underscore certain tertiary directions – eg chemistry for medicine, or economics for a commerce degree.

As for the Semester 1 report, ranks are varied by several factors. Students who have not performed well in PE will have a slightly reduced ATAR prediction because the calculation is made on 12.3 units (using a pro rata for PE based on time spent). Students who do the online elective receive the average of the other units so as to neither advantage nor disadvantage them, whereas they may have taken another elective and earned an above average score or a below average score. Students accelerating have a harder task than non-accelerants as they are assessed at Stage 6 standard. Consequently, their scaled marks may be lower. Students may also lose interest in electives they are not continuing and record weaker results. Electives done for enjoyment are in contrast to the serious efforts that will need to be made in their Stage 6 courses. I do not make a judgement on these outcomes. Stage 5 satisfactory completion is all that is required in Year 10. What matters is what happens next, in Stage 6. Therefore, students should choose their suite of courses for Year 11 carefully, with insight after research and acting in their own self-interest.



Scholarship Recipients

Thank you to all the boys who submitted

applications for our two scholarships this year. There were many worthy applications and I found it hard to separate them. Older students with former applications are preferred when breaking ties. In any event, I exceeded the budget with extra encouragement awards this year to spread our appreciation around.

The following are the recipients of our 2023 scholarships:

Sir Roden & Lady Cutler Scholarship: Eric Scholten (10R) – winner of \$1,500 and Tian Xing Yang (10E) – encouragement award of \$250.

The Phillip Day Memorial Scholarship: Landrie Zuo (11F) – winner of \$1,500; Daniel Su (10E) – encouragement award of \$500; Xavier Perry (9M) – encouragement award of \$500; Ric Hou (9R) – encouragement award of \$250; Aayush Madan (11M) – encouragement award of \$250 and Dylan Dutt (9F) – encouragement award of \$250.



Mandatory Life Ready Course – Year 10

The Department of Education has a mandatory course that must be completed by all students in Stage 6. In order to save the 25-hours of instruction from interrupting our Year 11 programs, we have been running it in the last week of Year 10 for several years. Ms Chan, HT Wellbeing, designed a 3-day experience for our students. Mr Rich has taken over the management and delivery of this course. This year the program commences on Wednesday, December 14 with a *Life Choices by Young Men* session delivered by Brent Sanders followed by a You Choose – Youth Road Safety course, presented by Mellissa McGuinness. On Thursday 15 December, students will experience *Looking After Your Mates*, presented by Tom Reynolds; followed by *Wellbeing for Free* presented by Kate Kendall. After lunch the boys will hear from Trent Southworth on the subject of *Drugs, Alcohol and Safe Partying*. On Friday 16 December the boys will attend a 2-hour 'Breaking the Man Code' workshop, along with a 90-minute workshop by Batyr, entitled *Resilience and Support Network: Smash the Stigma*. After lunch the program concludes with Dealing with HSC Stress – a presentation by Jenn Hawken.

The school incurs expenses in hiring professionals to deliver modules of the course, necessitating a charge of

\$80 per student as a co-payment. We see the course as a valuable opportunity for teenagers to be exposed to the issues, privileges and responsibilities of adulthood. Outside presenters are delivering several of these learning experiences. They cannot be repeated for absent students next year. Any student who misses this course will have to work through **25 hours** of DOE materials in his own time. I am asking for the support of all Year 10 parents to deliver this compulsory part of the curriculum. Please make sure your son attends all three days of the course!

Dr K A Jaggard
Principal



Year 9 Students Senior Uniform

Purchase your senior uniform NOW to avoid long queues.

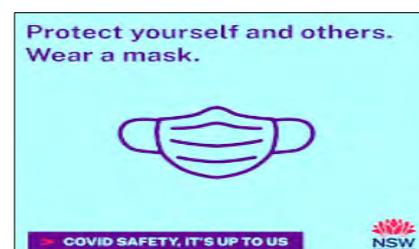
Senior Tie	\$32.50
Senior Trousers	\$90
Short Sleeve White Shirt	14-22 \$32, 24-28 \$34
Long Sleeve White Shirt	14-22 \$34, 24-28 \$36

HIGH STORE

Monday 16 January 2023 -Hours 10.30am – 1pm
Friday 27 January 2023 - Hours 10.30am – 12pm
Monday 30 January 2023 - Hours 10.30am – 1pm

NEW Students entering Year 7 or Year 9 or Year 11 in 2023 will not be processed on Monday 16 January 2023.

MASKS must be worn to enter the High Store.



Meet the Teacher Interview Ms Stewart



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

I grew up in Newcastle and loved riding my skateboard to school. I have travelled around the world and visited countries such as Vietnam, Sri Lanka, France, UK, USA, Germany, Spain and Fiji. One of my favourite experiences so far has been flying over an active volcano in a helicopter which I did earlier this year in Hawaii. When I am not teaching, you'll find me pottering in the garden or making pots on my pottery wheel at home.

Describe a little bit about your background in education and how you came to be an art teacher at this school.

After my HSC, I completed my Visual Arts degree, majoring in printmaking. I then spent 20 years working in the printing industry that included screen, offset and web press printing. In 2012, I decided to go back to university and study to become a visual arts teacher. After completing my teaching degree, I taught in a couple of other schools before coming to SBHS. I have now been a visual arts teacher at SBHS for seven years and teach digital media and photography to Years 9 and 10. I also run the successful Media Team and there are currently about 40 students who are members of the Team.

What do you find unique about teaching at SBHS?

I enjoy watching students learn from each other and sharing their knowledge and newly acquired skills. Everyone works really hard and it shows in their finished

films. I'm proud to have showcased students' films at numerous film festivals such as FlickerUp, VFest and I'm sure there will be plenty more to come.

Do you have anything to say to students considering studying art/film as an elective?

Just do it! It will give you opportunity to learn skills that you will use elsewhere at school, university, work or even just for fun. Film teaches you teamwork, organisational skills and technical skills as well as encouraging creativity. It gives students the opportunity to tell their story and create a personal point of view. It's also a lot of fun. Where else can you go back in time and wrestle a dinosaur – all thanks to a green screen.

What do you enjoy about teaching art/PDM?

Art is my passion and so now is teaching so it's a perfect combination for me. I love sharing the joy of artmaking and exploring new media with my students and seeing what they can create and even teach me. Art enables students to find new ways to be creative and try new things. Art lets you think outside of the box.

What is a fun fact about you or a hobby you enjoy?

I learnt to play the ukulele while at my first teaching job. I was asked to teach music classes and decided to have ukulele lessons so I could teach the Year 7s as well. It quickly became a new love and I have visited Hawaii a few times, going to the annual ukulele festival and now have six ukuleles that I love to play when time allows.

I also try and keep up with my own art making and last year exhibited in the Incognito Art Show in Sydney, raising funds to provide professional development for emerging artists with intellectual disabilities.

CASH REGISTER CLOSING

Due to the end of school/financial year all student payments for excursions, co-payments, contributions, textbooks etc. must be made by **1.10pm (lunchtime) Thursday 15 December 2022.**



The **online payment system will be closed** from the end of lunch (**1.10pm Wednesday 14 December 2022.**

The **Cash registers will be closed** from the end of Lunch (**1.10pm Thursday 15 December** and will not reopen until school resumes in January 2023.

Please finalise all outstanding items before the register closes.

Thank you



Reminder

As the end of term approaches, some menu items may be unavailable for sale. However, please speak to the Canteen Managers if you have specific dietary requirements. We aim to minimise wastage. Thank you for your understanding.

The last day for placing lunch orders through Flexischools is 15 December 2022.

The canteen will only be open for breakfast and recess on the last day of school.

New Menu / Price list for 2023

The canteen price list for 2023 will be available on the school website before the end of the Term.

Donation to the P&C in 2022

As a P&C-run canteen, all operating profits are returned to the school to fund specific projects for the benefit of all students. This year, the canteen donated \$80 000 to the P&C, which will go towards:

- The school bus replacement program
- New Science textbooks
- The installation of air conditioning in the Junior Library
- Staff professional development



On behalf of our Canteen Managers, Karen Barry and Eirini Kallia, we would like to thank our volunteers for their continued support throughout 2022. Each day, 3 to 4 volunteers work in the canteen to help prepare and serve food. It's a massive effort, and we thank the following people for their time and commitment this year.

Alex Kuskoff	Lenny Cheuk
Alice Wei	Lijie Rong
Alison Dao	Liming Wang
Amy Xia	Lindy Masya
Anandalakshmi Kaliappan	Liqing Wang

Angela Soo	Mai Pham
Anju Sharma	Meilan Gao
Annie Liu	Michelle Feng
Becky Zhou	Min Ying Lin
Belinda Whitfield	Mook Kooi Loo
Carmen Chan	Na Li
Carol Han	Nicole Ma
Catherine Fung	Prarthana Devi
Cecilia Chan	Qi Hu
Cherry Lin	Qihua Xu
Chulamane Kow	Qing Guo
Claire Li	Radhika Sapkota
Clara Qiao	Renee Levitt
Cynthia Leung	Rosaline Perry
Delia Leung	Sandra Jouravlev
Diana Chan	Shuangshang Lu
Donna Lees	Sophia Go
Emily Kuo	Sophia Xue
Fan Ding	Suiying Lin
Fiona Yang	Sunny Song
Grace Guan	Sylvia Wang
Haiqing Liu	Tiba Zeng
Hanh Nguyen	Victoria Panevin
Heidi Yuen	Wei Chen
Helena He	Wei Gao
Huali Cao	Wing Yee Ma
Huaping Xu	Xi Chen
Hui Zhang	Xiao Feng Zhang
Hyunju Park	Xiaoyan Xu
Janet Lam	Xuemei Daisy Du
Jee Young Park	Yanshui Huang
Jenny Zheng	Ye Li
Jessica Pu	Yili Zhang
Jessica Tam	Yingxia Zhang
Jikai Xie	Yogita Sawant
Judy Zhu	Yuxin Liu
Juliet Zhu	Yulin Cai
Kaddy Zhou	
Karrol Gao	
Katherine Cowan	
Kerrie Lane	
Kim Chu	
Kim Jikai Xie	
Leanne Ly	
Nithya Neelakantwaran	
Sureka Thiagalingam	

The Prefects and SRC representatives assist our volunteers, thank you, boys; your help is much appreciated!

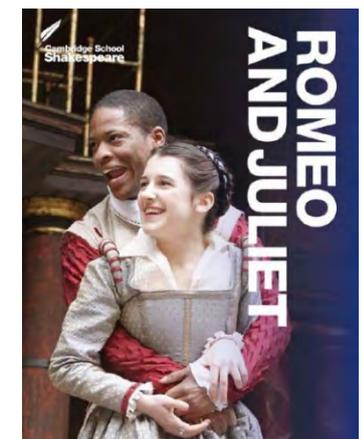
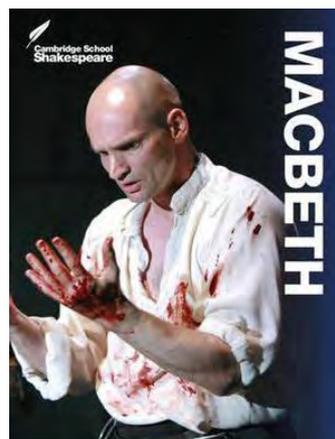
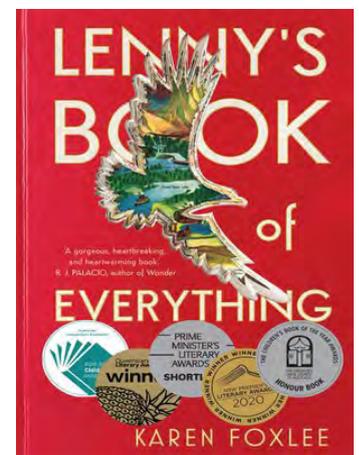
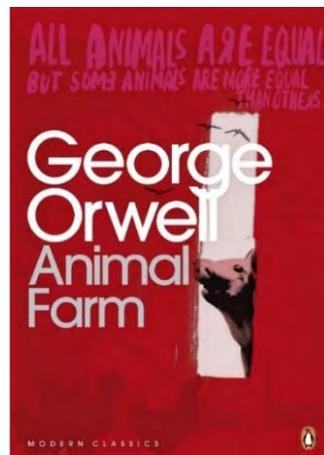
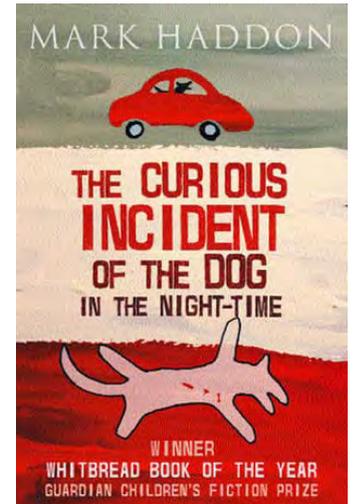
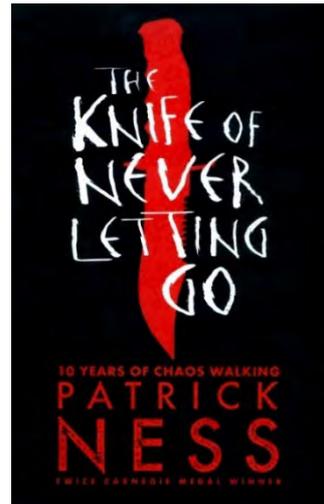
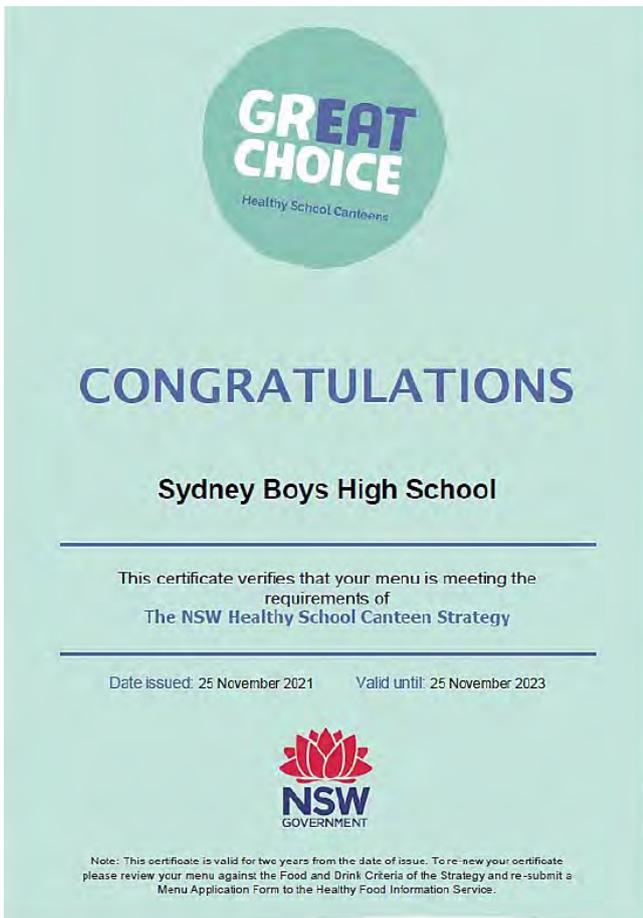
New volunteers are always welcome. If you would like to join the team next year, please email canteen@sbhs.nsw.edu.au



Also, thank you to our outgoing Year 12 parent volunteers; Anita Kwok, Hung Chan Phan, Hyun Joo Lee, Kannas Pang, Koung Are Sung, Lisa Fackender, Lynn Teo, Qing Chen, Razni Nazar, Taslima Chowdhury, Vivian Yip, Yan Liu. We wish you and your family well.

We look forward to continuing to serve the school community in 2023. Wishing everyone a safe and restful break.

Canteen Committee



English Textbooks to Return

At the end of the year, it is important for all students to return every book they have borrowed from English. There are still a large number of books that have not been returned. A few covers of the books to look out for and return are shown here, but anything that has a yellow SBHS barcode on the back cover needs to come back to the school ASAP.

Thank you

English Faculty

Public Speaking Competition 2022

2022 SBHS Internal Public Speaking Competition

Public Speaking has moved from strength to strength in 2022, unfazed by the COVID interruptions of recent times. For the first time this year we have run separate Junior and Senior coaching sessions, taught by our coaches – Jivan Naganathan (OB 2021) and Rohan Gandhi. By breaking up the students the coaches have been able to set a new standard for expectations and feedback that specialises in meeting the students at their current

standard. The result was the setting of a consistently high standard for our students throughout the year.

Over the course of this term all speakers have had the opportunity to audition for their chance to compete in the hotly contested SBHS Internal Comp. The top three competitors from the junior and senior groups were selected based on their performance in how they present, what they speak about and how they organise their speech with respect to the topic. Students need to write and present not only a prepared speech that needs to run for a set time limit, but also run the gauntlet of the dreaded impromptu speech. In this round students are given an unseen topic, 5 minutes to prepare and then 3 minutes to present a speech. It is a true test of courage, intelligence and eloquence.



Competition Finalists L-R: Sabir Rahman, Eric Scholten, Maurice Wong, Otis Candy, Michael Truong and Arvind Nandakishor

On the afternoon of 6 December, with much food and bonhomie, finalists, friends and (importantly) judges, met in the Senior Library to be regaled by stories of personal passion. We heard about the dangers of excuses, why we should celebrate differences and the impact of lying. There were reflections on the lost art of storytelling (with added planes!), the power of belief and the allure of faith. The audience was held in thrall as students

held a firm presence on stage and led us through their personal joys and concerns across an impressive range of ideas.

When it came time for the impromptu speeches there were many nervous glances and much scribbling on paper but the results on stage belied this backstage concern. The crowd roared with support when the winners for 2023 were announced.



The winner of the 2022 Evan Higgins Junior Public Speaking Competition is Otis Candy!



The winner of the 2022 Khushaal Vyas Senior Public Speaking Competition is Sabir Rahman!



With bellies full of sugar and minds full of new ideas, we all rolled out of school ready to start again in 2023. If you've been thinking about joining public speaking, you're curious about what it entails or you're always nervous when asked to speak in public, come and join our supportive group. As we said at the end of the competition – public speaking may be an individual competition but we work as a supportive community.

See you all in 2023!

Cassandra Pride
Public Speaking Coordinator

LOST PROPERTY

Please label all items clearly with your first and last name. This enables identification and a quick return of your article.

It is the responsibility of students to claim their lost property from the McDonald Wing Office during Lunch 2.



Items are cleared during the last week of each term and will not be available for collection after then.

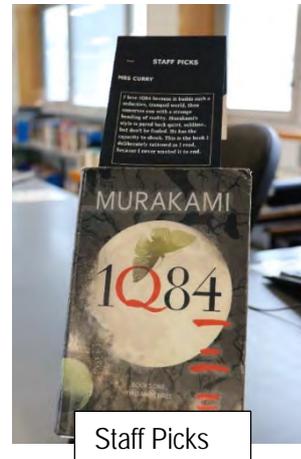
McDonald Wing Office Staff



Loans are encouraged over these coming long holidays. Any book loaned from now on will not be due back until next year. Happy reading!

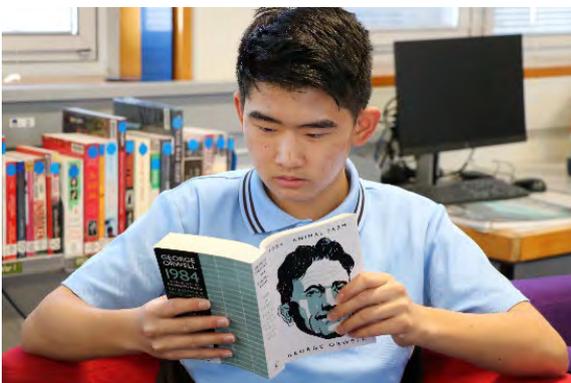
Senior Library

Congratulations to Wayne Lee and Neil Ghosh of Year 10, who correctly matched the staff bookshelves to the selfies! For their efforts, both boys received a \$20 book voucher.



Staff Picks

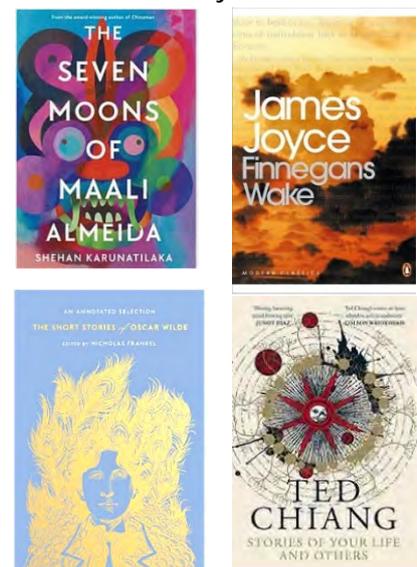
New Titles in the Junior Library



It's time to return your overdue library books. Please do as soon as possible.



New Titles in the Senior Library



Year 11 Students preparing for first HSC Assessment

Bring Your Own Device 2023

PRODUCT OPTIONS

Our **recommended** devices are designed to simplify your choices and purchasing processes. A range of devices in a range of form-factors are available. All meet the school's Device Specification. All have specifications chosen to ensure reliability and all are backed by a multi-year warranty where the school will act as warranty agent on your behalf. Sydney Boys High School has partnered with JB Hi-Fi Education to make our recommended devices available:



Lenovo Yoga L13 G3

\$1294

- Multi-touch with full keyboard
- 1920 x 1080 pixel screen
- 8GB RAM + 256GB Storage
- 360 degree rotating hinge
- Windows 11
- 3 Year warranty, school-supported.



New Microsoft Surface Laptop

Coming Soon

- Multi-touch with full keyboard
- 2256 x 1504 pixel screen
- 8GB RAM + 256GB Storage
- Conventional laptop form-factor
- Windows 11
- 3 Year warranty, school-supported



Microsoft Surface Pro

\$1961

- Multi-touch with keyboard cover
- 2800 x 1920 pixel screen
- 8GB RAM + 256GB Storage
- Detachable keyboard cover
- Windows 11
- 3 Year warranty, school-supported



Apple MacBook Air

\$1356

- Laptop with Apple's M1/M2 processor
- 2560 x 1600 pixel retina screen
- 8GB RAM + 256GB Storage
- macOS 13 'Ventura'
- 3 Year warranty available, school-supported (you must select the 3 year warranty to receive support from the school)

HOW TO BUY

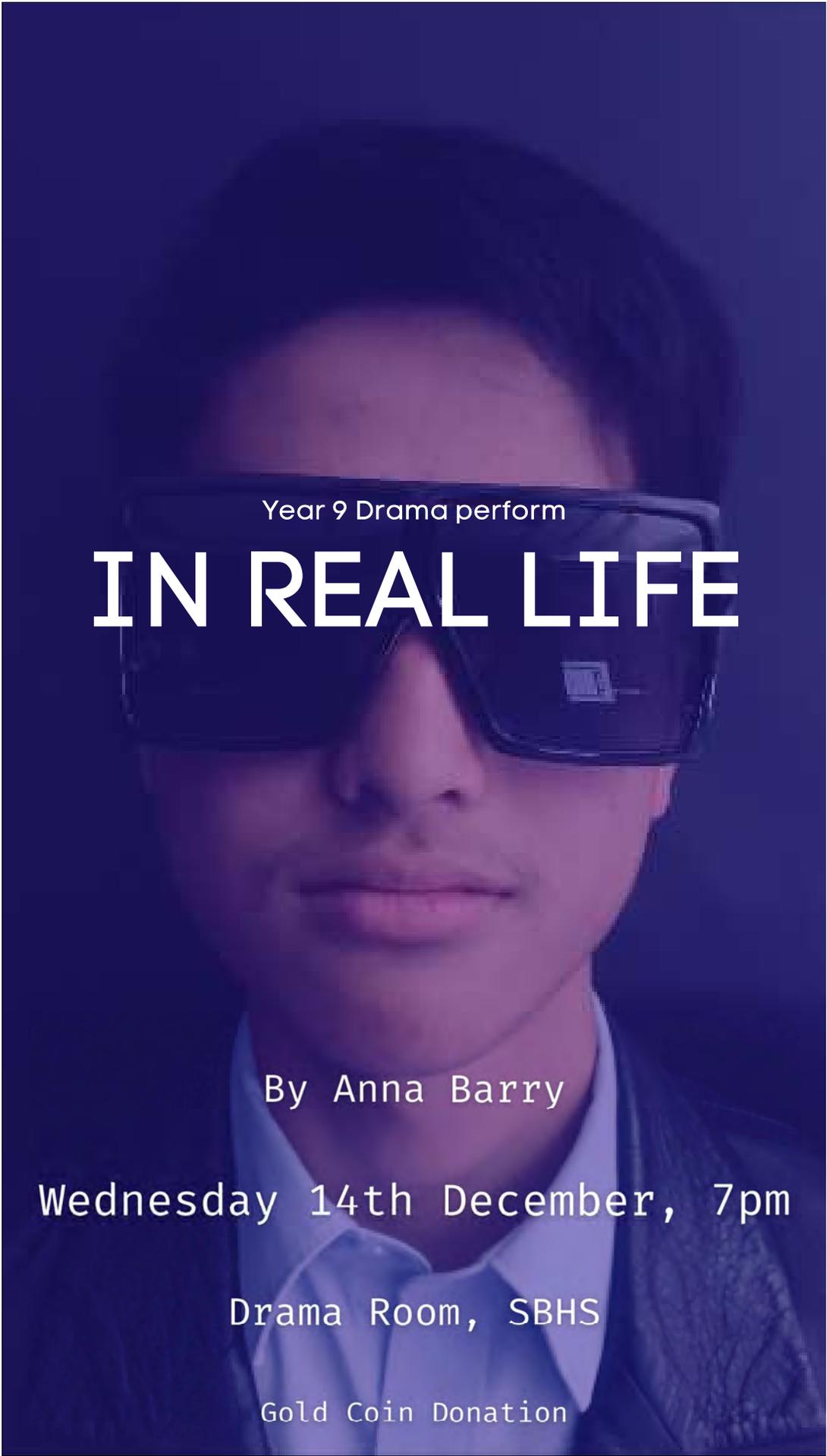
- Visit the JB purchasing portal at <https://sbhs.co/bbuy>
- Log in with code **SBHS2023**
- Purchase using a credit card, BPAY or on interest-free terms
- Click and collect from your local JB Hi-Fi store



SYDNEY BOYS HIGH SCHOOL

Nurturing scholar-sportsmen since 1883

JB HI-FI SOLUTIONS
FOR EDUCATION



Year 9 Drama perform

IN REAL LIFE

By Anna Barry

Wednesday 14th December, 7pm

Drama Room, SBHS

Gold Coin Donation

Music NOTES

End of Year Music Concert – THANK YOU!

Thank you for attending and supporting the students at our End of Year Concert. Hope you enjoyed and had a great time hearing all the wonderful music ensembles!

Thank you to the Music Parent Committee for all their help and support at the concert.

A huge THANK YOU to all the students who performed and our music conductors for all their wonderful efforts and support for the Music Performance Program.

THANK YOU 2022 - 2023 Music Performance Program

The Music Department would like to THANK students, parents, guardians, the music committee and all music staff involved in the Music Performance Program for their hard efforts this year!

We wish you and your families a MERRY CHRISTMAS and a HAPPY NEW YEAR!

Please note:

- * No more music ensembles for the rest of this term.
- * Private Instrumental lessons will continue till the end of Term 4 unless advised otherwise by the instrumental tutor.
- * Please ensure students take their instruments home over the break – the music storage room will be locked from Friday 16 December, 3.30pm and will not be open until the start of Term 3.
- * In 2023, all music ensembles and private instrumental lessons will resume from Tuesday 7 February 2023 (Term 1 Week 2), unless advised otherwise by the ensemble conductor and/or private instrumental tutor.

Music Parking; Sunday 8 January 2023

We have an upcoming parking event to collect essential funds for the SBHS Music program. We really appreciate the help, and the boys will get award points for participating. If you are in Sydney, please consider signing up as a lot of people will be away during this time.

Cricket - DAY 5 Test Match Australia vs South Africa

Date: Sunday 8 January 2023

All day event: 1 shift 8:00 am to around 12 Noon

We need 4 parents and 4 boys (or could use 3 and 5). Please note that as this is a Day 5 Cricket Test Match, there is a chance that it won't go ahead, so we will make

sure to keep all volunteers informed prior to the day! To sign up, please enter your details into the following Google Doc:

https://docs.google.com/spreadsheets/d/14MKv51ybKOL_T8vUk-VfDotG00GSxSlcw8ndlla7o70Ok/edit#gid=0

We'll be checking the music email address below over the holidays, so please send any questions to sbhsmusic@gmail.com

Thank you!
2022 Music Committee

Semester 2 Music Co-Payment

Thank you to parents and/or guardians who have completed and submitted the Semester 2 Music Co-Payment.

We only have a few more outstanding payments – we kindly ask parents and/or guardians to check and pay through the Parent Online Payment Portal and/or visit <https://pay.sbhs.net.au/> as soon as possible.

Music Storage Room

*Please ensure students take their instruments home over the break.

*Storage room will be locked from Friday 16 December, 3.30pm and will not be open during the break. Storage room will be open for students at the start of Term 1 in 2023.

*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.

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

2022 Term 4 Music Events Calendar

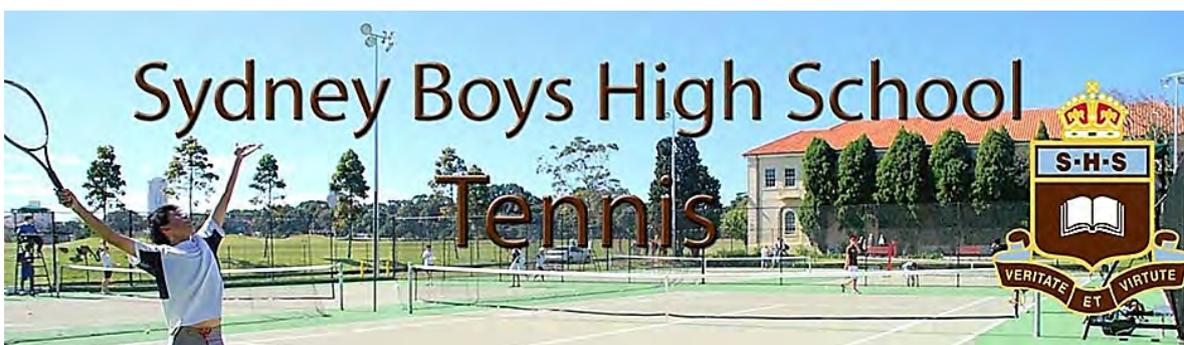
WEEK	DATE	EVENT	MUSIC STUDENTS INVOLVED
Week 9C	Tuesday 6 December	Annual Music Assembly, 9.45am, Great Hall	Moshi Tao (11M) Ivan Zhai (11T) Senior Stage Band

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

2023 Term 1 Music Events Calendar

WEEK	DATE/TIME	EVENT	MUSIC STUDENTS INVOLVED
1	Friday 3 February, 10.05am	Welcome Year 7 and Summer Sports Assembly, Great Hall	TBC Elective Piano Students
2	From Monday 6 February	ALL private instrumental lessons and music ensembles resume rehearsals	Music Performance Program
2	Thursday 9 February, 6.30pm	Music Recruitment Night, ZOOM	Year 12 Music Prefects
3	Tuesday 14 February, 9.45am	Years 10, 11 and 12 Awards Assembly, Great Hall	TBC Elective Piano Students
3	Tuesday 14 February, 7pm	Presentation Night, Governors Centre	Senior Strings TBC Elective Piano Students
3	Wednesday 15 February, 9.45am	Years 7, 8 & 9 Awards Assembly, Great Hall	TBC Elective Piano Students

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



Tennis Update Week 9

As we head into the last week of the school term, I would like to acknowledge all the great efforts of the boys, coaches, and families. It has been a great term of Tennis and it has been a pleasure to manage. I encourage all families to consider using Tennis as a form of exercise during the school holidays, Tennis offers the unique physical activity opportunity for diverse hitting partners/opponents.

attend a training session please email me richk@sbhs.nsw.edu.au and Absences.Sport@sbhs.nsw.edu.au by 5pm Thursday. If your son cannot attend his Saturday fixture, please email before the start of the match. Training & Fixtures can now be seen on [Clipboard](#) which is a new sports operating system that the school is now implementing. If your son identifies any error regarding their clipboard schedule have him contact me asap.

Tennis training schedule below, if your son is unable to

Term 4 Week 9 - 10					
	All Tennis Athletes are to attend 1 speed and agility in addition to their court sessions				
Group	Monday	Tuesday	Wednesday	Thursday	Friday
1st-3rd	School 7:15-8:45am		School 1-3pm		School 7:15-9am
4-8th			Moore Park 1-3pm		
16's				Moore Park / School 1-3pm	
15's				Moore Park/School 1-3pm	
14's				Moore Park / School 1-3pm	
Development Squad	Development Squad are to train with their age grade.				

Speed & Agility Sessions:

Speed & Agility	Monday	Tuesday	Wednesday	Thursday
	Year 9	Year 7 and 11	Year 8	Year 10

<i>Term 4 Week 8 Results</i>			
	Total Matches Won	Total Matches Lost	Winning Percentage
1st Grade	0	9	0%
2nd Grade	5	4	56%
3rd Grade	4	2	67%
4th Grade	5	1	83%
5th Grade	6	0	100%
6th Grade	6	0	100%
7th Grade			
8th Grade			
16 A	4	2	67%
16 B	0	6	0%
16 C	4	2	67%
16 D	3	3	50%
15 A	3	3	50%
15 B	4	2	67%
15 C	3	3	50%
15 D	5	1	83%
14 A	4	2	67%
14 B	6	0	100%
14 C	4	2	67%
14 D	4	2	67%
Total	70	44	61%

Kurt Rich
MIC Tennis





WEIGHTS ROOM

Year 7 Chin Up Championship

The Year 7 Chin Up champion will be decided during lunch, Monday on 12 December. All Year 7 weights room members need to attend to compete and / or support as well as be in the Year 7 Weights room photo.

Weightlifting news

Well done to Luc Tran & Dean Johnsun who followed a week-long Year 10 camp with Rowing training on Saturday only to compete in a weightlifting comp the Sunday.

Both boys weighed at least 2kg lighter than the start of the week. Dean Johnson performed well in his first ever competition snatching 49kg and clean & jerking 60kg at 57kg bodyweight. Luc Tran performed to his absolute best and snatched 63kg & clean and jerked 77kg which are both PB's. Weighing just 67kg on the day, he has a lot of potential as he fills out into the 73kg category. He successfully hit the total required to compete at the 2023 Youth Nationals (he just needs to do it during the qualifying period next year).

Kurt Rich

Head Strength & Conditioning Coach



Luc Tran, Kurt Rich, Dean Johnsun and Nelson Cheng (officiating for the first time)

Sydney High Weightlifting Club

On Sunday 4 December, Mr Rich accompanied Luc Tran (10M) and myself, Dean Johnsun (10F) to the NSW Weightlifting Association's Shred Barbell Open Competition.

I was quite nervous but also excited about competing in my first competition. This was Luc's 3rd weightlifting competition.

Luc won the M73 category with a total of 140kg snatching 63kg and clean and jerking 77kg. I came 2nd in the

M61 category with a total of 109kg snatching 49kg and clean & jerking 60kg.

Thank you to Mr Rich for spending his Sunday with Luc and myself. We appreciate your coaching and endless motivation in training and at the competition. I am looking forward to the next competition!

Dean Johnsun 10F



Congratulations to Year 12 student Nelson Cheng who has received a Sydney East Blue as well as a NSWCHSSA blue. Nelson has also received a scholarship opportunity at ACU – Elite Athlete and Performer Program Scholarship. Throughout Year 12 he was in 1st Grade Rugby, 1st 8 Rowing and GPS Athletics. During this time he also competed in Olympic weightlifting achieving the following in the u67kg category:

- Youth (u17) State champion
- Youth National Silver medalist
- Junior (20) & 23 State champion
- Junior (20) & 23 National Silver medalist
-

Nelson Cheng at a competition

Clean & Jerking 113kg 3 days after completing his HSC. In combination with an 88kg Snatch his total was 201 which put him into 'F' category. This is equivalent to being eligible to represent the nation at the Youth Oceania Championships.



SBHS SAILING

Overview

As we approach the end of the year, we wound down our training with a focus on reinforcing our skills before the summer holidays.

During our Wednesday session, our boys utilised the medium winds to go for a long sail across the bay, stopping over at Milk Beach for a short break. A big thanks to Neil Ghosh and Kai Asari for staying behind to repair our damaged boats.



Saturday Results

Since the private schools have already begun their holidays, we could not race against any other schools this weekend. Instead, we ran one long race around Sydney Harbour for our fleet racers. During our teams racing session, we ran another long race between Year 10s and 11s. The race came down to a nail-biting finish in which the Year 11 team barely clinched the win. All in all, these sessions saw a great effort from everyone who attended. We look forward to the sailing Christmas party next weekend.

Liem Tran 11F



Parent row

Last Saturday at the Sheds, a Parents-Try-Rowing event was held. The Rowing Committee selected 12 parents who had been great supporters of the rowing program so far this season. These parents were given the opportunity to row in VIII's along with their sons in a first-time rowing experience. They were first given a brief introduction to rowing on the erg, learning some basic techniques in order to be safe on the water. Then the parent's headed down to the pontoon and were sent off for a short row up the river and back. It was a fun experience for both the boys and the parents, with everyone but most importantly all boats returning safely to land!

The Parents-Try-Rowing event is a way for Mr Barris and the boys to show their appreciation to the parent volunteers who pour their time and energy into the season. Every Thursday, rowers camp overnight at the Sheds and every week, parents are needed to prepare, cook and serve dinner to the boys and coaches sleeping over. Additionally, two 'Father of the Night's are also required to prepare breakfast the next morning. On Saturday sessions, parents also organise the barbeque, selling our fabled High burgers and also provide nourishing between-training snacks for the rowers who are required to do double sessions. Parent volunteers are integral to the success of the rowing program and it cannot be overstated what an important role they play in ensuring that all rowers have the best experiences on and off the water.

Luc Tran 10M



Update from Rowing President

The first half of 2022-2023 rowing season is ending soon in Term 4. It has been amazing to have parents finally allowed into The Outterside Centre (our beloved 'Sheds') every weekend. The chatter, laughter, and the opportunity to watch our boys train over a cup of tea/coffee has been wonderful.

While our boys train, our rowing parents generously lend their hand to keep the Sheds in running order. We've had trees trimmed, pontoons cleaned and 'High Burgers' lovingly cooked. Also, on Thursday nights, we have a team of 6 parents rostered on to cook and 2 Father of the Nights (FON) staying over for Senior A/B & Year 10 VIII rowers who camp overnight to maximise their training.

The role of the Rowing Committee is to support our dedicated team of coaches and staff led by MIC, Mr George Barris. Our support in the first half of the rowing season ran smoothly because of the tireless work of the Rowing Committee. I would like to take this opportunity to invite all rowers and rowing parents to thank our Rowing Committee for their time and can-do attitude. The second half of the rowing season will focus on competing at regattas - Juniors at Hen & Chicken Bay and Seniors at Sydney International Regatta Centre (SIRC). Have a safe and joyous Christmas/ New Year holiday break. See you in 2023!

Binh Johnsun
SHS Rowing Committee President

Position	Parent
President	Binh Johnsun
Junior Vice President	Lilian (Weili) Li
Treasurer	Niti Gulati
Secretary	Daniel Johnsun
Communications Coordinator	Diana Chan
Parking Events Coordinator	Eric Wu
Rep to SHS Foundation	Andrew Chan
Uniforms Co-ordinator	Jaime Nyam
Camp Coordinator	Kim Puah & Alan Shao
Saturday BBQs Co-Ordinator	Emma Pham
End of Season Dinner Co-ordinator	Amy Liu
SIRC Regatta Food Co-ordinator	Mohit Singh
High Regatta Co-ordinator	Alan Shao





— SYDNEY BOYS HIGH SCHOOL —
‘BACK TO THE SHEDS’
— 2022 —

SHS Rowing would like to extend a special invitation to the Sydney Boys High Old Boys, Sydney High School Foundation, SGHS Rowing Committee and High Rowing community and their families to come ‘back to the sheds’.

Watch the old boys crews compete against current High 1st VIII and enjoy a scrumptious morning tea after the races.

DATE:

Saturday 10th December 2022

TIME:

8 am - Shed Race

9 am - SBHS Old Boys & Special Guests Arrival

9:30 am - SBHS Old Boys vs SBHS 1st VIII Race

11 am - Boat Naming Ceremony & Morning Tea

12 pm - Back to the Sheds Day concludes

VENUE:

Outterside Centre

5 Teviot Ave, Abbotsford

PLEASE RSVP BY:

Saturday 3rd December 2022 by clicking [HERE](#)

For more information, please email Binh Johnsun at:
bjohnsun@bigpond.net.au



The Thomas Whalan Cup was reasonably successful for Sydney High's 1st Grade Water Polo. Coming 3rd overall behind Shore and Newington we showed our improvement from the beginning of the season to now. The cup consisted of a one-day tournament where every school played each other in shortened games. Having not played this tournament for a few years because of COVID, it was an experience the boys will never forget. The first game was against an undefeated Newington team with the boys quickly adapting to the new 10-minute half format. Unfortunately, it was a rough first game losing 9-2. Knowing that we played Kings next, the boys had to keep their heads high and recover fast to be ready for our next game. The King's game was a lot more successful, drawing 4-4, but with a slow start, referee calls that were not going our way, and reckless defence, the boys were playing catchup the whole game after a back-and-forth game of goals being scored. With not being able to capitalise on some pivotal chances. Even though we had not lost the game, the boys knew that beating the easiest team in the competition would be ideal to be in contention for the cup. In the next game after a very quick turnaround of about 30 minutes, the boys played Shore. Having not played them before, the game was full of surprises with tough defence and lucky shots from the opposition, we lost the game 2-5. Our second last game against Scots was one to remember. Undefeated champions from last season, we knew we needed to be at our best to have the best outcome. Slight changes from advice by Mr Rowlands paid off. With top-notch defence, little foul trouble and constant attacking fast after turnovers helped us to win against Scots.

Goals from Brian Ahn and Fynn in the first half and a defence that didn't allow Scots to score at all ensured we got our first win of the tournament. An ecstatic result from one of the favourites to win the whole tournament. Bringing that winning momentum onto the final game against Joeys.

Having lost to Joeys the week before, the boys wanted revenge. Having the confidence, and the drive to win the game knowing that 3rd place was on the line was the boy's mentality. The first half was a high-scoring half with a backhand goal from Edward, a shot from outside the 5m by Nathan, Brian Cho and Brian Ahn punishing Joeys with quick fast break goals meant the teams were even at 4-4. The second half was extremely strong with encouragement from Mr Rowlands and taking pride in our defence High came out with a win. The final score was 7-4 with Brian Ahn scoring a hattrick to secure the win. It was a day to remember, even though we did not win the Cup, we proved to ourselves that anything is possible and that we would be fired up to come back and win the official GPS competition which starts next year. I would like to also thank coaches Mr Rowlands and Jack Nguyen for their guidance and coaching for the whole day. I would like to also acknowledge Liam Nottage (9S) having played 16's this year, stepped up and played two big games against Shore and Scots. Thank you all and see you next year!

Jaden Luu 11M

1st Grade Water Polo Captain



SHOOTIN' HOOPS

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What a week for High! In a 79-66 win against Shore, the first-grade squad picked up a **phenomenal win**. Star Player Henry Lau had a whopping 30 points, playing to the best of his ability to make sure High won. The coaching staff were really impressed on how the entire team played, limiting turnovers and shooting high percentage free throws. It was a great way to end the year. Over the break, the players will continue to train, so they can keep up the high level of basketball they showed on the weekend. The second-grade side had a really close, nail-biting 6-point loss to Shore's second grade side. The entire team had a good game and even though they couldn't win, they can hold their heads up high. The 16A's squad had a thrilling 39-39 draw. After trailing points late in the fourth quarter the entire team contributed to a really good comeback, and it was a fair result for both teams. The 6th, 7th and 9th Grade teams all finished their season with a win, as well as the 16 D's and F's. **Throughout the year the level of basketball that has been played by all teams has substantially gone up. Everyone has improved in a massive way because of the impressive coaching from the High staff. Thanks to everyone who was working on the SBHS canteen last weekend and special thanks to Ben Hayman, MIC of Basketball for making all this possible.**

In NBA news, LeBron James overtook Los Angeles Lakers legend and Hall of Famer Magic Johnson for sixth place on the all-time assists leader board in the Friday night game vs the Milwaukee Bucks, and finished the game with 11 assists. James is only 190 assists behind fifth place, Mark Jackson, and is expected to break that mark at some point this season. LeBron is also currently chasing 1st place on the all-



time scoring list, only 936 points behind all-time leader Kareem Abdul-Jabbar, and is expected to break the record at some point around mid-way through the season. In other news, Memphis Grizzlies superstar guard Ja Morant has been fined \$35,000 for confronting a game official and 'failing to leave the court in a timely manner' following his ejection. Dallas Mavericks superstar and MVP award front-runner Luka Doncic is on his way to shatter many NBA records and is currently the first player in NBA history to average 34 points, 8 assists, and 9 rebounds a game. Doncic is currently on pace to destroy the NBA record for player efficiency over a season, while almost averaging a 34-point triple-double. Los Angeles Clippers' centre Ivica Zubac had a game for the ages, and no one was expecting it. Zubac dropped an insane 31 points and 29 rebounds on an incredible 14/17 from the field, as well as 3 blocks and 3 assists vs the Indiana Pacers.

Go HIGH!
Play Hard, Play Smart and Play Together!
Thanks to everyone who makes Shootin' Hoops possible.
Brought to you Yves Rinaldi and Charlie Caro.



It's time to make education more accessible...

Tutor and mentor a disadvantaged student in your community



Who are we?

Ethical Education is a registered charity which seeks to address disparities in the education system. We connect high school students who struggle to access out-of-school education with university-educated tutors.



Your role

Volunteer just 1 hour of your time each week, for 10 weeks, with a means-tested student. You can take part from the comfort of your own home as all lessons are virtual. Through tuition and mentoring you can make a huge difference.



Why you should join

- Join a meaningful cause
- Develop core leadership skills
- Be part of a growing start-up
- Support your local community
- Looks great on your resume
- Meet like-minded peers

Find out more and join our cause...



www.ethicaleducation.com.au



info@ethicaleducation.com.au



www.linkedin.com/ethical-education/



[@ethical.education](https://www.instagram.com/ethical.education)



[@ethicaledu](https://www.facebook.com/ethicaledu)

Meet Jason and learn about the difference you could make!



Jason* is a Year 12 student attending his local High School, based in Western Sydney. He recently joined Ethical Education and was paired with Azam, who tutors him in Chemistry and speaks to him about his personal development and attending university. Before hearing about Ethical Education, Jason was paying for tutoring classes through casual work at McDonalds.

Jason says: "I really appreciate what you guys are doing, this is the best thing that has ever happened for a Year 12 like me."

Change-making is accessible. Sign up and make education more accessible.

**pseudonym used for student safety*



NATIONAL ART SCHOOL

Kids and Teens Programs

2023

Photo: Cecilia Jackson

Creative art workshops in school holidays for ages 6-16 and school terms for ages 15-17.



**FIND OUT
MORE**



School Holiday Workshops

Summer

9-13 January 2023

16-20 January 2023

Autumn

11-14 April 2023

17 - 21 April 2023

Art Club

After school weekdays

Term 1 - Drawing and Painting

6 February -

31 March 2023

Term 2 - Drawing
and Printmaking

24 April -

16 June 2023

