



## From the Principal High Talent

Congratulations to Oscar Shi (11S) who has been selected to represent Australia at the Asian Junior and Cadet Fencing Championship to be held in Uzbekistan at the end of February. Well done to Joshua Li (9S) and Eric Scholten (11R) who were invited to sit the



Australian Mathematical Olympiad examinations this week. At the High Swimming Carnival this week the following records were set: U13 50m backstroke 0.34.22 Ryan Chai (8S); U13 200m freestyle 2.22.82 Kester Jan (8S); U14 200m freestyle 2.17.25 Oliver Yin (9T); Matthew Chen (9T) - U15 backstroke 0.30.35; U15 butterfly 0.27.55; U15 50m freestyle 0.25.53; and U15 100m freestyle 0.57.07. There were some wonderful performances. Congratulations to all record setters and to all who competed.



## Welcome to new students and Summer Sports Assembly

At the beginning of the week, we welcomed new students and their parents to High. The students were addressed by the Principal, Deputy Principal – Junior School Mr Kay, Ms Jackson relieving HT Sport, Ms Chan HT Wellbeing and by the Year 7 Student Advisers, Dr Carman and Dr O'Driscoll. There was a great deal of information given to them in a short space of time. Over the next few weeks, the boys will process it all and settle into school life well.

Last Friday, witnessed by Years 11 & 12, the Year 7 group were formally recognised with a 'clapping in' ceremony, coinciding with our summer sports assembly. I welcomed them more formally to the school without their parents in attendance, as did School Captain, Sean Lim.

We outlined what the school stood for, its priorities, what it could offer them over the next six years and what they could do to maximise their opportunities. Guest speaker Assoc. Prof Andrew Bennie (SHS-1997), shared his journey as a national level athlete who represented High in multiple sports, pursued a career in academia and returned to coach a football team for many years. He spoke about 'connection' to High and what it meant to him.

The lifelong benefits of connection to school come from participation in as many activities as possible. We also had our team captains introduce our first and second



grade summer GPS teams in cricket, tennis, swimming, sailing, water polo and basketball and our guests presented the firsts teams with their gifts of team apparel ahead of the first round of the GPS for Term 1. The assembly was conducted in a very positive spirit and the singing was much improved!

## High Values in Action

I received the following email from a commuter: "As a regular public transport taker, I often run into disturbing behaviour seen on trains and buses by students from various schools. However, I was delighted to note the incredible behaviour of a student who was called Abraham [Joseph (11S)] who, without hesitation, offered to help me carry out one of my suitcases as I dropped one of my carry-ons. I am delighted by the incredible, rare behaviour this student displayed and I hope his behaviour is seen by other students to be respectful members of public transport." Congratulations on your exhibition of the High value of compassion, Abraham.

## Weights Room for 2023

High's weights room offers exceptional value for money. The room has appropriate equipment for preparing the bodies of teenage boys and crucially, it is constantly supervised. When handling weights, technique is vitally important, and boys need to learn the correct way to lift. Kurt Rich, our Head



WEIGHTS ROOM

Strength and Conditioning Coach is a well-credentialed and experienced trainer. His presence ensures that the boys are training safely and sensibly. So, as well as getting gym facilities, **members have a trained supervisor and adviser to help them during their unlimited visits.** *The Weights Room* operates much more effectively if all boys get their training in how to use the various pieces of equipment and in proper lifting technique, as soon as possible. Kurt Rich provides this service at the beginning of each year and can tailor individual programs for members after the introductory sessions. Having a fixed clientele makes his job more productive and leads to a better training experience for members and better strength outcomes for participants. Hence, we decided to close off memberships by the end of March each year. Boys who have not paid by that time can no longer attend the weights room in term one.

Costs for this service are held down to a minimum and reduced by boys taking out a full year's membership. For 2023, **a full year** Weights Room membership costs **just \$285**. As an incentive to **Year 7 students**, an introductory one year membership is available for a mere **\$165**. Boys wishing to have full year membership must register and pay by **Friday, March 10, 2023**. There will be no extensions of time. In Semester 2, **half-year** memberships will be offered to students for a short period of time at a cost of **\$165**.

## Welcome PARENTS AND FAMILIES!

### Welcome to New Parents Cocktail Party

We were pleased to be able to hold a welcome to new parents as a live event in the Governors Centre on Tuesday evening hosted by the P & C. Speakers included myself, Mr Jamie Kay, Mr Andrew Chan representing the Sydney High School Foundation, Mr Yves Stening, representing Year 7 parents from 2022, Ms Hannah Jackson, HT Sport (Relieving) and Mr Andrew Hybler, President of the SBHS P & C Association. Thank you to the P & C Organising Committee and to the wonderful sailing parents who managed the catering in the Governors Centre foyer for a large crowd in attendance. Thank you to 2023 Year 7 Advisers, Dr Carman and Dr O'Driscoll for their support at this important introductory event.

### Sentence Conscious Pedagogy: Sentences made more interesting

Using simple, high frequency words doesn't help students in their writing assessments. Consider the word 'fun'. Ten more exact and interesting words for *the noun* include –

amusement, cheer, distraction, merrymaking, enjoyment, entertainment, recreation, jollity, high jinks, romp. As an *adjective* – amusing, convivial, diverting, enjoyable, lively, witty. Think more carefully about what mood you are trying to convey and pick the right word.

**Dr K A Jaggar**  
Principal

## Enrichment PROGRAMS

Our philosophy tutor, John Goris has decided to devote his time to completing his PhD. We are grateful for his support and expertise over the past two years and wish him well in his academic pursuit.

Michael Allum (Class of 2022) has accepted an offer to step in as our Philosophy tutor for 2023 and he will be working with our students as we prepare for upcoming events. Welcome Michael!

The Philosophy discussion sessions are NO longer at lunch on Friday.

Junior Philosophy (Years 8 and 9) will meet on Wednesdays at lunchtime in 208 **STARTS 15 February**. Senior Philosophy (Years 10 and 11) will meet on Thursdays at lunchtime in 208 **STARTS 16 February**.

Over coming weeks, we anticipate the creation of a Year 7 Ethics discussion group, capped at 10 students. This group will meet in 209 at lunch on Wednesdays. Some students have already been recommended by staff.

Expressions of interest and more info contact: [eggletonj@sbhs.nsw.edu.au](mailto:eggletonj@sbhs.nsw.edu.au)

Dates for events already in the calendar for what is shaping up as another busy year are:

The Middle School Ethics Olympiad final: 23 February (Team is selected).

Senior School Ethics Olympiad 4 May (selected from Senior Philosophy discussion group).

Philosophy Senior Conference at Ascham 5 June (5 places available Years 9, 11 and 12).

Da Vinci Decathlon 25 - 26 July (students are selected from Academic results as all-rounders and for specific disciplines).

Tournament of Minds on Sunday 28 August. We enter 4 Teams maximum, 28 students Years 7, 8 and 9 and we begin preparing in **Week 5 TERM 2 so please wait until registration is announced**.

Middle School Ethics Heats (November TBA, students selected from Junior philosophy group).

SBHS belongs to the Philosophy in Schools Association which runs an essay competition and various events, so information will be forward to students via Daily Notices as opportunities to participate in Enrichment activities arise.

**J. Eggleton**  
Convenor



## SBHS P&C Welcomes and Invites Parents to Participate in P&C Activities in 2023

On behalf of the SBHS P&C Association, I extend a warm welcome to all parents, both new and returning, to another year at SBHS. On Tuesday, 7 February, the P&C hosted a New Parents Info & Welcome Evening for more than 200 parents at the Governors Centre. We would like to thank all the presenters including Dr Jaggar, Jamie Kay, Hannah Jackson, Andrew Chan (SHS Foundation) and Yves Stening (Year 8 Parent) for their insightful presentations on how the school operates, how their son can make the most of their education and opportunities at High and how new parents can get involved in the school community, the High family. After the presentations, parents had the opportunity to meet each other and speak with staff, parents and student volunteers to answer any questions they may have had. The Sailing Committee led by Florence Li provided a delicious supper with food being served by the sailing team.



We invite all parents to attend our first **P&C Meeting** of the year on **Monday 13 February at 6:30pm**. The meeting will be online via Zoom. During the meeting you will hear updates about what is going on at the school from our executive teaching staff and have the opportunity to have your say in our online forum. We want to understand your experiences and ideas so we can help you make your time at SBHS enjoyable and productive.

To join our February P&C meeting next Monday 13 February, please register at the following link:

[https://au01web.zoom.us/meeting/register/u5Etf-GorTgvHdzkZFFD1xFCX\\_uTmUxYthYZ](https://au01web.zoom.us/meeting/register/u5Etf-GorTgvHdzkZFFD1xFCX_uTmUxYthYZ)

After registering, you will receive a confirmation email containing information about joining the meeting.

Andrew Hybler  
P&C President  
SBHS P&C Association  
[sbhs.pandc@gmail.com](mailto:sbhs.pandc@gmail.com)





# Parent Teacher Interviews

Year 12 will take place in Term 1 via zoom on  
**Tuesday 28 February 2023**  
2:00pm – 6:30pm

Years 8 and 9 will take place in Term 2 via zoom on  
**Monday 5 June 2023**  
2:00pm – 6:30pm

Year 7 will take place in Term 2 via zoom on  
**Tuesday 13 June 2023**  
2:00pm – 6:30pm

Years 10 and 11 will take place in Term 3 via zoom on  
**Monday 24 July 2023**  
2:00pm – 6:30pm

## Booking interviews with your son's teachers

We use a web based electronic scheduling system for arranging interviews. This produces better results for all participants, especially more compact time schedules for both parents and teachers. The system works as follows:

**N.B. The following dates are for Year 12 parents only. Parents of boys in all other years will receive their codes via email in Term 2 in the lead up to each evening – notification of these emails will be placed in High Notes next term.**

- By 6pm Monday 13 February, all parents of boys in Year 12 will be sent details of the scheduling system and a unique code to be entered via email.
- This scheduling email will be sent to the main family email address currently held by the school for **all Year 12 students**. If you have not received this email by the morning of **Tuesday 14 February** please check your junk mail or any alternative email addresses provided to the school by either parent. If your email address has changed from what had been previously advised, you should notify the school at [office@sbhs.nsw.edu.au](mailto:office@sbhs.nsw.edu.au). Please indicate your son's name and roll call class (or date of birth) so that the information can be forwarded to you.
- Following the instructions in the email, on the Edval website you will see your son's teachers listed and you will be able to select those with whom you require an interview (if you hover over a teacher's name, the subject involved will be shown). At the same time, you can indicate your availability between 2:00pm and 6:30pm. You should provide this information **by 9am on Wednesday 22 February**.
- The overall schedule will be generated by the school and your individual schedule should be available for you to **download and print from 6pm on Thursday 23 February**.
- Periods will be shortened on the days of the interviews. **Boys from all years will be dismissed from class at 2:00pm on each of the four dates listed above**. The light rail will run to normal schedules and there will be minimal supervision in the Junior Quad of boys waiting for any services.
- ***Interviews should not exceed five minutes' duration***. If there is insufficient time, a further appointment may be arranged for a later date.

Similar arrangements will be in place for **all other year group interviews**. Keep an eye on future High Notes for the timing of these processes.

Mr J Kay  
Deputy Principal

## Meet The Prefect – Aditya Sharma



### ADITYA SHARMA

High Spirit Prefect  
Bear Pit Prefect



Rowing



Football

*"Life is not a problem to be solved but a reality to be experienced"*

#### Subjects

English Adv

Maths Ext 2

Chemistry

Mod. His. Acc.

History Ext.

Economics

#### Fun Facts

- Is the 4th youngest person in his cohort
- Has a 5cm scar on his forearm from a parrot



**HIGH BEFORE I**

### How do you define High Spirit?

I believe that high spirit is defined as the camaraderie and bonds between boys, grown throughout school, and valuable for life. Being a part of "High Spirit" means putting your best foot forward, performing the best you can, and bringing up others alongside you. The tradition and culture of high boys competing in sporting events and co-curriculars, doing exactly this, is what makes your time here valuable.

### How has High shaped you?

High has shaped me by offering me these opportunities to find lifelong friendships and hobbies which I hope to take on into my future. At my time at high I have been a part of the Rowing, Soccer and Debating programs empowering me to surpass my expectations and develop my confidence through the support of my peers. The unity

and pride from the chants of my first Head of the River, the crescendo of the signature high clap are all experiences that I will value for life.

### Advice for new students?

Always apply yourself. In your junior years, stakes are relatively low, and although that doesn't mean you should disregard your academics, you should prioritise partaking in all the school has to offer. Picking up extracurricular activities until you find the few which you are passionate about can even be a great way to relieve the academic stress. Getting involved is how you can get the most out of your high school experience, try everything, find something you love, and enjoy the ride.

**Aditya Sharma**

**High Spirit & Bear Pit Prefect**

## Meet the Prefect – Edward Ly



# EDWARD LY

Volleyball Prefect  
Welfare Prefect  
Year 10 Prefect

Basketball

Volleyball

Athletics

*"Respect your time to become  
a person of high value"*

## Subjects

English Adv	Math Ext 2
Economics	PDHPE

## Fun Facts

- Had to get braces twice to fix his crippling underbite
- Lactose intolerant but endures bloating to drink UP & GO

 **HIGH BEFORE I**

### What is the most valuable lesson you've taken from volleyball?

Volleyball is a 50/50 sport. Half physical, half mental. This means that often, it's you against you. The ability to accept my flaws as a player and as a human, using it relentlessly to fire myself up and become better on and off the court, is definitely a lifelong lesson I've acquired. I'm grateful for this sport because it taught me that not only do you have to have your teammates' backs, but you must have your own back too, especially in the face of adversity.

### Why is welfare important to you?

Year 9 really opened my eyes up to the complex but beautiful world of holistic wellbeing. A major depressive state I experienced back then really shaped my future for learning and practising self-love. This wasn't always

'going easy' on myself. It meant pushing through the horrible, excruciating days, and it meant suffering. But it always led to gratitude for my younger self's efforts and care. In a few words, welfare strengthened my body and mind. That is why it is important to me.

### What is your biggest regret(s) at High?

There's a few. Not joining the chess club is definitely among my top blunders. Not electing to study Chinese (my mother tongue) as a subject is also a decision I reflect upon with regret. Finally, it would have to be caring about the non-existent judgement of others too much - the more you live, the more you realise that everyone has their own problems and insecurities, and we're all scrambling to try and make the best out of this crazy experience that is life.

**Edward Ly**

**Volleyball, Welfare & Year 10 Prefect**



## Meet The Prefect – Rachit Saini



### RACHIT SAINI

Community Services Prefect  
Welfare Prefect

Football Cricket

*"to stay at the top, you must train like you're second"*

#### Subjects

English Adv	Math Ext 2
Physics	Economics

#### Fun Facts

- Doesn't REALLY know how to swim
- Watched every minute of Liverpool's football games live in the 2018/19 season

 **HIGH BEFORE I**

### What is the Community Services Committee about?

At High, we are offered countless opportunities to succeed from the people around us — our teachers, our coaches, our year advisors and our classmates. It is this sense of gratitude towards the community that we commonly overlook in our day to day lives. The Community Services Committee aims to give back to all these people and the wider community, as a way to say thank you. Whether it be through termly barbecues, morning collections, or any other communal events, fundraising and advocating for all the different organisations is our way to serve the people around us.

### What do you hope to achieve with student welfare in the next year?

Students at our school live very busy lives. Often under these tense schedules lie people who feel afraid to speak out about their individual issues. Stress, negative emotions, and peer culture are just some issues that many students face but feel ashamed to talk about. The

welfare prefects aim to get rid of this stigma and give people an opportunity to talk about their feelings to the right people, but also have discussions about their individual goals with people their own age to foster deeper connections.

### What are your goals as a prefect body?

As prefects, we aim to make life at High as enjoyable and active as possible in the next year. Each week would be something new that the students can look forward to. Disruptions from lockdown and restrictions in the past three years have stunted High Spirit for students; many have forgotten what it represents. We aim to reignite this through big school events and carnivals, showing what it's like to be a High boy.

**Rachit Saini**

**Community Services & Welfare Prefect**



## Senior Library News

### Unloved Books Competition

Books that are not borrowed after 10 years are 'weeded' because they are not wanted or needed. This means they are pulled from the collection and either donated or thrown out. Like gardening, this gives space for new books to thrive.



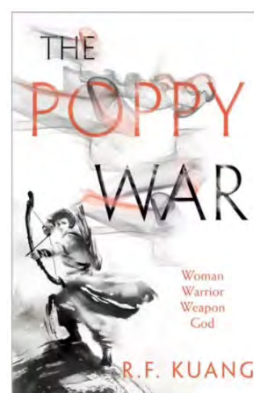
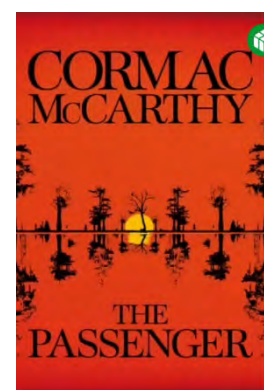
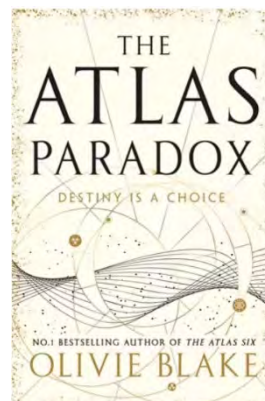
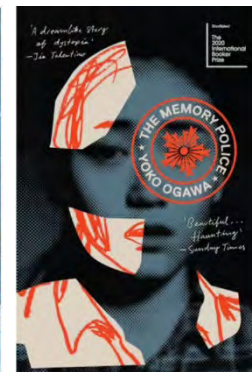
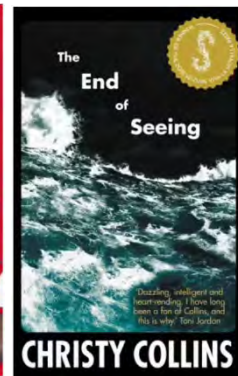
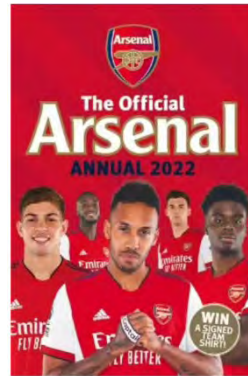
Students from Years 7-10 are encouraged to come to the library and borrow one of these 'unloved' books. Students can then fill in a form to appraise the book, and it is this appraisal which will contribute to our decision to either 'weed' or keep the book in circulation.

Students who complete the form will go into the draw to win a canteen voucher.

Year 12 boys begin a Jigsaw in their recess break.



### NEW TITLES IN THE SENIOR LIBRARY



Ms B Hinton  
Teacher Librarian



# Music NOTES

## Music Performance Program (MPP) Term 1

\*Music Ensemble rehearsals and Private Instrumental lessons have commenced this week (Week 2).

\*Marching Band will commence from Week 5 this term. More information will be sent out soon.

\*Junior Strings Ensemble will commence from Week 3 (i.e. from Thursday 16 February).

\*Please note: New students to SBHS can start attending ensemble rehearsals and/or private instrumental lessons after the Music Recruitment Night (and not prior). Only current students in Years 8-12 attend ensembles and/or private instrumental lessons from Week 2.

\*If you have any questions/enquiries regarding the Music Performance Program, we ask STUDENTS to come and speak directly to the Music Department for the first couple of weeks of this term only. The start of the year can be quite busy and music teachers may not be able to respond to emails within a reasonable time frame.

## Major Music Events – SAVE THE DATE

Please save the following date(s) to your calendar:

\*Term 2 Week 9, Tuesday 20 June – Friday 23 June: Annual Music Camp (Katoomba).

\*Term 2 Week 9, Tuesday 23 June, 6.30pm: Music Camp Concert (SBHS Great Hall).

\*Term 4 Week 8, Sunday 3 December, 1.30pm: End of Year Music Concert (SBHS Great Hall).

Please note: There will be further details regarding each of the events listed above. There will also be further music events throughout the year.

## Music Storage Room

A reminder to all students in the Music Performance Program:

\*The music storage room is ONLY used to store music 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.

## 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.

Attention Music Ensemble Students: If you are in the Music Ensembles Program and have not yet received a Music Performance Program Canvas invitation, please email the Music Department: [music@sbhs.nsw.edu.au](mailto:music@sbhs.nsw.edu.au)

Please note: Students will also be notified of any music related events during ensemble rehearsals.



### 2023 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 7.45am – 8.45am Governors Centre	Junior Stage Band 7.45am – 8.45am Room 101	Intermediate Stage Band 7.45am – 8.45am Room 101	Symphonic Strings 8.00am – 9.00am 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>
			Junior & Senior String Quartet 7.45am – 8.45am Room 202 <i>From Term 2</i>	
(After School)	(After School)	(After School)	(After School)	(After School)
Guitar Ensemble 3.20pm – 4.20pm Room 201	Marching Band 3.30pm – 4.30pm GH/MPW/ Room 102 <i>Terms 1 &amp; 4 only</i>	Percussion Ensemble 3.30pm – 4.30pm Governors Centre		Jazz Ensemble 3.30pm – 4.30pm Room 201

Please note:

- \* The above schedule is subject to change. The Music Department will inform students asap via the CANVAS Music Performance Page and the school's daily notices if there are any changes.
- \* Guitar Ensemble: Students who are unable to attend one of the rehearsals can join the alternate session.
- \* Marching Band: Rehearsals only run in Terms 1 and 4 only. Compulsory attendance is required for students in Concert Band, Stage Band and selected Percussion Studently (no piano + guitar students).
- \* Students must schedule private instrumental lessons at a different time to music ensemble rehearsals.
- \* An attendance rate of 80% is required per semester to obtain Award Scheme Points.
- \* Music Pocket: Attendance of 5 full years is required. New students in Years 8-11 will need to speak with the Music Department.

### 2023 Term 1 Music Events Calendar

WEEK	DATE / TIME	EVENT	MUSIC STUDENTS INVOLVED
2	From Tuesday 7 February	ALL private instrumental lessons and music ensembles resume rehearsals	Music Performance Program
2	Tuesday 7 February	Welcome Evening for New Parents, Governors Centre, 6.00pm	Thomas Chen (11S) Andy Huang (11E) Ethan Hybler (11R)
2	Thursday 9 February, 6.30pm	Music Recruitment Night via ZOOM	Harrison Francis (12R) Benjamin Pirom (12F)
4	Tuesday 21 February, 9.45am	Years 10, 11 & 12 Awards Assembly, Great Hall	TBC Elective Piano Students
4	Tuesday 21 February, 7pm	Presentation Night, Governors Centre	Moshi Tao (12M) Ivan Zhai (12T)
4	Wednesday 22 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*

## Drama Excursion to OnStage

Students from Years 9, 10 and 11 elective Drama classes attended OnStage on Monday 6 February at the Seymour Centre. This annual showcase is a program of highlights from the most successful HSC Drama works from 2022, which include individual projects, individual performances and group performances. The students were accompanied by Drama teachers Anna Barry and Miri Jassy. Students were treated to a dazzling display of skill, creativity and talent among the range of performers.

With group plays about suburban rivalry, the representation of women and Australia's obsession with horse-racing, it was clear that research, teamwork and communication are just a few among the crucial skills that students learn and practise in Drama when creating memorable performances. We were also pleased to see the successful Set Design and Director's Folio top-scoring individual projects by two students from Sydney Girls High School on display. This inspiring visit to OnStage gave our students a clear idea of the expectations and possibilities achievable for Stage 6 Drama.

Miri Jassy

Drama Coordinator



## How to claim your Early Bird Discount 2023

When claiming the *Early Bird Discount*, please only select the **2023 School Contribution – Early Bird Special**, as indicated below. Please select this box **only** instead of the individual components.



The offer will end COB 10 March 2023.

Thank you

### Parent Online Payment Portal

Sydney Boys High School

Student Details

Name: [REDACTED]

Number: [REDACTED]

Family Details

Unallocated Credit: \$0.00

School Details

Sydney Boys High School (8137)

556 Cleveland Street, MOORE PARK NSW 2021

(02) 9662 9300

office@sbhs.nsw.edu.au

Downloads

Early bird Fees Information Years 10 to 12 2023.pdf

Grand Total: \$2435.00

Statement of Account for [REDACTED]

English

Listed in the table below are the items currently applicable to Filip. The checkboxes can be used to select what items you wish to pay. The '+ Add Other Item' button at the bottom of the page can be used to add an additional item to this list for payment.

When ready to make your payment, fill out the 'Payer Details' section and press 'Next' at the bottom of the page.

N.B. Payments made online can take up to 2 business days to be processed by the school and reflected on this payment page.

<input type="checkbox"/>	Date Added	Item Name	Amount	Paid	Balance (\$)
<input type="checkbox"/>	07/12/2022	Co-Curr Levy for Sch Contrib - Levies (Seni...	\$185.00	\$0.00	185.00
<input type="checkbox"/>	07/12/2022	Tech Levy for Sch Contrib - Levies (Senior ...	\$375.00	\$0.00	375.00
<input type="checkbox"/>	07/12/2022	Vol Sch Cont for Sch Contrib - General (Se...	\$1,185.00	\$0.00	1185.00
<input checked="" type="checkbox"/>	07/12/2022	2023 School Contribution - Early Bird Spec...	\$2,435.00	\$0.00	2435.00
<input type="checkbox"/>	03/02/2023	Excursion for English Year 12 Advanced H.L...	\$30.00	\$0.00	30.00

+ Add Other Item

Grand Total: \$2435.00





## Cricket Results – 2023Term 1 Week 1 GPS Cricket 2022/23 vs. St Josephs College

	Score	Result	Highlights
1 <sup>st</sup> XI	SBHS 10/116 def.by SJC 8/117	Loss	X. Nath 37 N. Regulagedda 30
2 <sup>nd</sup> XI	SJC 7/302 def. SBHS 10/136	Loss	A. Nayani 36
4 <sup>th</sup> XI	SJC 1/170 def. SBHS 10/60	Loss	
16A	SBHS 10/59 def.by SJC 2/60	Loss	
15A	SBHS 9/23 def.by SJC 0/24	Loss	
15B	SBHS 10/79 def. by SJC 3/80	Loss	
14A	SBHS 10/82 def.by SJC	Loss	
14B	SJC 2/302 def. SBHS 10/28	Loss	

### 1<sup>st</sup> XI Report

The boys looked to bounce off the momentum created through Melbourne high school's win. Joeys, second on the table looked like a fierce and competitive side although the boys were confident and ready to go after a strong preseason training camp. High Captain Raunak Roy won the toss and elected to bat although this proved costly with the hosts 2/5 through the first spell and soon to be 5/45 at the first drinks break. With a resilient effort from Xavier Nath (37) and Nishanth (30), High got to a total of 116. Joeys got to a promising start although Udey Gill and Xavier Nath line and length delivered the first wicket for High. After the first wicket for joeys the wickets fell quickly putting High in the hunt for the win. Economical bowling from Atharv 3/20 put high on top. With 2 wickets to win Joeys needed 7 runs, it was right down to the wire, although Joeys scraped over the line and won a hard-fought game. The High boys look forward to next week against Scots looking to win our first game of the GPS season.

**Raunak Roy**  
1<sup>st</sup> XI Captain

### 2<sup>nd</sup> XI Reports

After a wonderful holiday break, the boys were ready to compete against Joeys for the first game of the new year. On what was a very hot day and a flat wicket we, unfortunately, lost the toss and were sent into ball. After a grueling 1st innings, and with some great bowling all around the team we managed to restrict Joey's to 302. After lunch, our batting innings commenced but soon led to a collapse in the order which was stabilised by some good batting by Ramin and Abhinav. However, we still fell short of the target, but after some good training in the coming week and removing the rustiness from the lineup, Scots will be a good challenge.

**Ranaveer Thorat**  
2<sup>nd</sup> XI Captain

### Sumanth Bodidi Cricket Prefect 2022/2023





## Tennis Update Week 2

Although Joeys proved too strong, they have more talent in 1<sup>st</sup> 3<sup>rd</sup> grade I commend the efforts of our boys as they continue to pursue improvement and development. Across all the teams we won 67% of all matches, this was an increase of 7% compared to when we played Joeys early Term 4. Well done to everyone.

Tennis training schedule below, if your son is unable to attend a training session please email me [richk@sbhs.nsw.edu.au](mailto:richk@sbhs.nsw.edu.au) &

[Absences.Sport@sbhs.nsw.edu.au](mailto: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, a reminder that students can view their schedule on Clipboard. If a student believes there is an error on their clipboard they need to reach out to me asap.

A reminder that when it is raining the morning Tennis training will be on in the gymnasium gallery steps.

Term 1 Week 1 - 7					
			All Tennis Athletes are to attend 1 Speed & Agility session a week		
Group	Monday	Tuesday	Wednesday	Thursday	Friday
1st-3rd	School 7- 8:45am		School 1-3pm	Junior 1st & 2nd Grade Eastcourts 1-3pm	School 7-9am
4-8th		School 7:15 - 8:45am	Moore Park 1-3pm	School 7:15-8:45am	
16's	Moore Park 7:15 - 8:45am		Prince 1-3pm		
15's			School 7:15-8:45am	Prince Alfred Park 1-3pm	
14's			Moore Park 7:15-8:45am	Moore Park 1-3pm	
13's				School 1-3pm	Moore Park 7:15-8:45am
Development Squad		Development Squad are to train with their age groups. They will also have a session every Saturday at Moore Park 12-2pm			









## *WEIGHTS ROOM*

### Weights Room

Although disproven decades ago, many parents are still concerned that resistant training will stunt growth. With the proper technique and progressive incremental load increases; weights training is one of the safest forms of physical activity. The school weights room is designed to teach students a life skill that they can use during their school life and beyond. Weights training is implemented as a tool to look after physical health by improving strength, mobility and general fitness. Through bodyweight and loaded movements, students learn to control their bodies ensuring they are better equipped to handle the pressures of sport, PE and general daily activities such as carrying their school bags. The school bag is a good example as they usually lift more than anything they lift during their initial stages of training in the school weights room.



The school's weights room is open for trial until 10 March. The weights room is a great place for students to improve their movement competency, confidence and learn a great life skill. The weights room is always supervised, and programs are designed to progressively increase skill, strength & power.

The weights room is open 7-9am Monday – Friday and 3:15-5pm Monday and Wednesday. We also open the weights room up during the school holidays. When new to the weights room we ask that students arrive no later than 7:15am for morning sessions and straight after period 5 for afternoon sessions to allow for a smoother introduction to the weights room. There is no formal booking process when trialling, students just need to arrive on time and introduce themselves to the coach.

Payments can be made online. Costs for this service are held down to a minimum and reduced by boys taking out a full year's membership. For 2023, a full year Weights Room membership costs just \$285. Boys wishing to have full year membership must register and pay by Friday, March 10, 2023. Year 7 only! For those who have qualified for an early bird discount by paying their invoices in full, there is an additional special introductory weights room offer of a full year's membership for just \$165. Don't miss out!

**Kurt Rich**  
Head Strength & Conditioning Coach



# SHOOTIN' HOOPS

## 298

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Last weekend was an awesome opening to 2023 and a phenomenal round due to the hard work over the holidays. We showed great improvement vs St Joseph's College, with wins across the board. The High 1st grade team began the season with a spectacular 23-point blowout, beating St Joseph's 1st grade team 76-53. The 2nd grade team also got the win, with a final scorecard of 39-37, they kept their composure and grabbed a well-deserved win. EVERYONE NEEDS TO GET IN THE GYM FOR FIRSTS AND SECONDS AND SHOW SUPPORT!! Many other teams also got the win, including the 6th and 8th grade teams, as well as the 16A's and the 14A's, just to name a few. The success in this round was a huge representation of every player's practice, and all the work they put in over the holidays and their improvement by doing so. Thanks to everyone who contributes to High Basketball culture and partakes in the community. Special thanks to everyone who took the time out of their day to help at the canteen during the weekend, and all those who help to make High Basketball the community it is, and for their continuing support. Huge thanks to Basketball MIC Ben Hayman for making this all possible, and for making High Basketball a program to be proud of.

Looking towards the NBA, it was a very eventful summer. In very recent news, former Brooklyn Nets star Kyrie Irving has been traded to the Dallas Mavericks for Spencer Dinwiddie, Dorian Finney-Smith and a handful of draft picks. In his last 7 games Kyrie is averaging 33 points per game with 7 rebounds and 6 assists. Paired with Luka Doncic, the mavericks have a real chance to be

NBA champions this season. In All Star news, the captains of the team are LeBron James and Giannis Antetokounmpo. With the elite level of skill these 2 captains and many other players have been showing this season, you can expect an exciting All Star Game this season. The Boston Celtics, led by All Star Starter, Jayson Tatum have the best record in the league with a whopping 37-16 followed closely by the Denver Nuggets and Milwaukee Bucks. The MVP race is also as tight as can be with Nuggets star Nikola Jokic, averaging an amazing 25-point triple double, leading Joel Embiid by very slim margins. Giannis Antetokounmpo follows them closely, averaging 42 points and 15 rebounds over his last five games. Australian Star Josh Giddey has followed his phenomenal rookie season, averaging 16 points, 8 rebounds and 6 assists per game he has made it to the rising stars game. LeBron James, who is 36 points from becoming the all time leading regular season scorer, one of the biggest records any basketball player could hold, is likely to break the record in his next game against the Oklahoma City Thunder. Is LeBron now the Greatest of All Time, is the question that everyone is asking themselves.



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.



## SBHS SAILING

### Overview

Being the first week back from the summer break, this week was primarily for getting back into the swing of things and introducing our new Year 7's to the sport.

On Wednesday, we did a few drills and practised manoeuvres such as tacking and gybing. These were found to be surprisingly smooth and almost as good as before the holidays.

During the Thursday session we had each of the new students have a few turns going out on the water. For many of them, it was their first time on a sailboat so the high winds that day provided a very exciting start to their sailing careers.



### Saturday Sailing

This week we didn't race the other schools on Saturday, instead doing some internal training. While the sessions during the week were focused on training technical ability and boat control, the Saturday session was used to revise race strategies including start sequences and team overtakes. We also sorted out boat repairs and got our new boat ready for the start of racing next week.  
**Zhitian Mai 12F**

### YEAR 7 WELCOME EVENING

A huge thank you to all the parents and students who helped on The Welcome Evening for new Year 7 parents. A special mention to **Florence Li** who organised the catering for the event so well and **Andrew Hybler** for his efforts in leading the event. The canapes looked and tasted delicious and were gratefully received. Monies earned from this event go straight into the Sailing program and directly benefit the students. A huge thank you again.

**M Cotton**  
**MIC Sailing**





### 1<sup>st</sup> Grade Water Polo Report

As the new season starts after a long holiday break, Sydney High's 1<sup>st</sup> Grade Water Polo Team first upcoming game was against St Joseph's College. Having trained a total of 5 sessions before the Saturday game, they began to rebuild their fitness and refine their ball skills. On game day, the boys were ready to tackle a water polo game and represent Sydney High once again. As the whistle blows, and we narrowly lose the swim-off to Joeys. In the opening few minutes, we conceded our first goal as Joeys were able to sneak in a ball past our goalkeeper after an unfortunate rebound. The quarter ended 0-2, however the boys kept their heads up and continued to play their best. After valiant efforts to fight for victory, the game unfortunately ended 0-5, a victory for St Joseph's College. The High boys were able to reflect on this game to work hard in the following training sessions in preparation for next week's fixture against Scots.

Allan Tan 12M

### 2<sup>nd</sup> Grade Water Polo Report

After vigorous holiday training sessions, the second water polo team had remodelled into a team full of bright young talent, composed solely of Year 10 and Year 11 students. Barriers in teamwork and communication were evident from the beginning of a physical match against St. Joseph's, with nothing to separate the two teams after the first quarter. Yet, through fantastic link up play between Jason Yu and James Mcloughlin, combined with fantastic defensive efforts by Leon Shen, we were seen up by 2 heading into half time. As a strong swimming team eager to tire out opponents, we hoped to capitalise upon a tired St. Joseph's team, who had resorted to cherry picking. Vital saves, namely a penalty and a one-on-one save, by keeper John Fang had kept us in the game, allowing us to further our lead by two to 5-1 in the third quarter via a great shot by Thomas Chen. Endless defensive cover and tireless drives had deadlocked the two teams in the final quarter, ending in a 7-3 win for High.

Liam Nottage 9S



## HIGH RUGBY

### Rugby Parent's Committee AGM – February 27

Dear Parents,

If your son is currently or is intending to play Rugby, you are cordially invited to attend the Rugby Parent's Committee AGM. It will be held on Monday, February 27 in Room 901 (which is the classroom within the gymnasium on the 1<sup>st</sup> floor). It is an opportunity to hear from myself and the Rugby Head Coach about the state



of the program and our visions for the future.

Come along to learn more about the Rugby program, the plan for the season and to ask questions. New and existing parents are invited.

Mr Viv Paul

MIC Rugby



## Scots Regatta

Last Saturday, the High crews took to Sydney International Regatta Centre (SIRC) for the first time in 2023 for the Scots College Regatta.

The weather at SIRC was poor, to say the least, with solid headwinds providing difficult racing conditions for all. Despite the unfavourable circumstances, each High crew made notable improvements. The 1st VIII improved by 5 seconds from a 28 second margin to a 23 second margin in their second race, and 1st Year 10 VIII achieved a margin of 11 seconds.

The 2nd VIII came out fast and strong, staying ahead of the opposing Grammar crew for the first 1500 metres of a 2000-metre race. Unfortunately, within the last 500 metres, the Grammar crew overtook us, ultimately beating us by 6 seconds.

Fired up from a marginal loss, the 2nd VIII went into their 2nd race with a renewed desire and confidence. Staying closely behind Grammar for the duration of the race, the 2nd VIII fought right to the finish, narrowly losing by just 4 seconds. The reduction of a 26 second margin from the last regatta to 4 seconds at this one is no small feat. These gains in race times for all crews are a testament that consistent and sustained effort in training endured during the January holidays does reap the rewards!

The 2nd VIII should build on this momentum over the next seven weeks and finally catch them at the Head of the River.

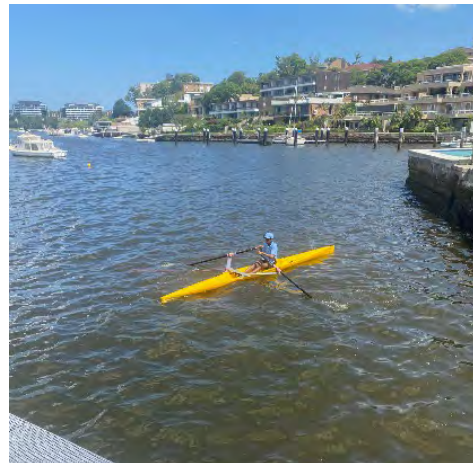
Thank you to Mr Barris, the coaches, Kev and the parent volunteers for their continued support, providing guidance, transportation and sustenance at each regatta.

**Luc Tran**

**2<sup>nd</sup> VIII Stroke**



Year 7 rowing photos from their first Thursday afternoon row



## Season Schedule:

[https://docs.google.com/spreadsheets/d/18DinR3sXfasR1wqheJvoxym4x6hqEtyEQSGt\\_1P9QVQ/edit?usp=sharing](https://docs.google.com/spreadsheets/d/18DinR3sXfasR1wqheJvoxym4x6hqEtyEQSGt_1P9QVQ/edit?usp=sharing)

## Individual training schedule:

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

# The High Store now accepting



## Back to School Vouchers



These vouchers expire by 30 June 2023.

To get the vouchers, log into Services NSW web site. If you don't have a login into Services NSW web site, please go to the following link for instructions:

<https://www.service.nsw.gov.au/transaction/apply-for-back-to-school-vouchers>

- High Store is open 4 days a week - Monday, Tuesday, Wednesday, Friday - from 10:30am to 1:30pm •
- Profits made by High Store are put back into the school •
- High Store has many SBHS memorabilia such as ties, hoodies and more •





# 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.

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<http://www.schoolzineplus.com/app-faq>

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**SPRING / SUMMER PRICE LIST 2022 - 2023**

SCHOOL UNIFORM			SPORT UNIFORM		
<b>BLAZERS</b>	6 weeks delivery from date of order		<b>PE / HOUSE SPORT</b>	PE Polo	\$40.50
	From	\$310		Black Short with logo	\$40.50
				Sport Socks	\$9.90
<b>PANTS</b>	Trousers - Junior, Dark Grey	\$95.00			
	Trousers - Senior, Light Grey	\$95.00			
<b>SHORTS</b>	Grey College	\$65.00	<b>TRACKSUITS (sold as separates) NEW DESIGN</b>		
				Jacket	\$110.00
<b>BELTS</b>	Black Leather	\$22.00		Pant	\$75.00
<b>SHIRTS</b>	Sky Blue & White, Short Sleeve with Crest				
	Sizes 10 - 14	\$30.00			
	Sizes 16 - 22	\$32.00	<b>BASKETBALL</b>	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			
			<b>CRICKET</b>	Shirt with SHS Crest	
<b>JUMPERS</b>	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
<b>SOCKS</b>	Anklet SHS Colours	\$9.90			
	Knee High SHS Colours	\$15.00			
	Sport Socks	\$9.90	<b>ROWING</b>	Zoot Suit	\$80.00
				L/S Rowing High Top	\$55.00
<b>TIES</b>	Junior	\$29.50		Socks	\$22.00
	Senior	\$32.50			
	Prefect	\$29.50			
	SRC	\$33.00			
	OBUS	\$27.50	<b>SWIMMING</b>	High Trunk	\$55.00
	GPS	\$40.00			
<b>CAPS</b>	SHS Cap	\$25.00			
<b>BAGS</b>	Backpack with Lap Top Section	\$99.00	<b>SAILING</b>	Singlet	\$49.50
	Hav-a-Sak	\$36.00			
	Sports Bag	\$75.00			
<b>ART</b>	Progressor 2B Pencil	\$5.50	<b>TENNIS</b>	Top	\$55.00
	Progressor 4B Pencil	\$5.50		Socks with SHS Colours	\$9.90
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<b>DESIGN &amp; TECHNOLOGY</b>			<b>WATER POLO</b>	HIGH Trunk	\$55.00
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<b>MATHS</b>	Calculator	\$38.50			
	Compass	\$1.75			
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	Protractor	\$0.75			
<b>MUSIC</b>	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
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Embroidery Line	\$33.00
Embroidery Line Removal	\$41.50
Crossed Rifles or Swords	\$48.00
House Badge (cloth)	\$15.00

### 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)	\$8.80
SBH Lapel Pin (metal)	\$2.75
SHS (metal)	\$7.70

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# NATIONAL ART SCHOOL

## *Kids and Teens Programs*

**2023**

Photo: Cecilia Jackson

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### 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**










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