



From the Principal High Talent



Axel Lam (8E) has been selected to compete in the Australian Youth Beach Volleyball Championships. Well done, Axel!

The Strategic Improvement Plan 2023-2026

High has been engaged in a strategic planning process, led by DP Junior School, Jamie Kay, for two years. All of our stakeholders were surveyed, and many meetings held. Ideas were crystallised and multiple drafts of aspects of the plan were written and discussed by staff teams. Our *vision statement* focuses on pedagogy and meaningful programs. *'We strive to be at the forefront of educational practice, pursuing excellence while contributing positively to the world as scholars, sportsmen, educators and leaders.'* Unlike our previous plans we have a more bi-directional emphasis. Ours is a collaborative vision which sets out aspirations, initiatives, strategies, targets and responsibilities *for students and staff*. We are held to the same high expectations, measured against our agreed values as benchmarks, as those we require from students. Our three strategic directions are: *student growth and attainment; nurturing personal wellbeing and closer reading, clearer writing*. Each strategic direction is informed by purpose, stated initiatives, improvement measures, success criteria and an accompanying evaluation plan. The improvement measures have system negotiated targets specified for each year of the plan. The accompanying evaluation plan for each strategic direction sets out the evidence sources that will be used to analyse our progress towards our targets. Our Strategic Improvement Plan has stretch targets that are demanding. During the next four years, we need to work together as a school community to support progress in each direction of the plan to nurture higher achieving, more involved and happier, students and staff.

Presentation Night 2023

On Tuesday we held our 140th Presentation Night – live and streamed. Thank you to Joanna Chan, supervising staff, the Media Team, James Rudd, James Walker, Brooke Ashton,



student volunteers and to our guests. Everyone worked together harmoniously to make the occasion run smoothly. Our special guest, John Taylor (SHS-1967) recounted his remarkable career in construction, project management, consulting and public service from the perspective of 'soft skills' success. In work, the academic foundation is a given, but success stems from people working together, energised in pursuit of a cause. My speech is reprinted below:

"Special guest Mr John Taylor (representing the SHSOBU), Ms Angela Lyris OAM, Director of Educational Leadership, Mr Saheel Afiz (Vice-President SBHS P & C), Professor Ron Trent (President SBHS School Council), Ms Virginia Flint representing Sir Roden & Lady Cutler Foundation, Life Governors Mr Geoff Andrews, Mr Dennis Briggs and Mr Phil Lambert, guest presenters Braham Bassar, Katherine Morgan, John Pilger, Richard Halliday and Kelvin Widdows, guests' partners and relatives, Old Boys, staff, parents and prize winners – thank you all for joining us this evening.

In 2022, our society and our school gradually learned to live with COVID, even the third wave. Learning was again disrupted by very high rates of absence through sickness in Term 1, but nevertheless, we managed to carry out most of our planned activities. Due to the efforts of Jamie Kay and George Barris, we transitioned to *Sentral* for our school reports in both semesters and for all academic years. It was a steep learning curve for all. We made a solid start to our *Literacy Support Project*, headed up by Cassandra Pride. We will build on this with our 'sentence conscious pedagogy' initiative this year. We reformed financial management by integrating *Schoolbytes* as a payment system, thanks to the groundwork by David Isaacs and Jamie Kay. Parents and staff are pleased with the changes in communication and transparency. In Term 4, we introduced *Clipboard* as a sports training and competing attendance monitoring and information system, thanks again to the work of David Isaacs and George Barris. This year we have rolled it out across all sports and expect efficiency gains and time saving for staff, students and parents. Last year, we built a new science laboratory, replaced the COLA roof, constructed a distributor insulation area

within the LOTE staffroom and extended the concrete playing area and drainage system on The Flat. Thanks to two Department of Education grants, the Cutler Drive was asphalted, parking spaces marked up and the tennis courts path re-laid. We also had a new perimeter fence installed – a major investment. In 2022, I took two periods of extended leave, allowing Jamie Kay, George Barris, Natalie Luu and Madeleine Rigby time to experience leadership at a higher whole school level. I think the leadership capabilities and corporate knowledge of our Executive team have been enhanced by the experiences gained during that time.

Class of 2022 HSC Results Snapshot

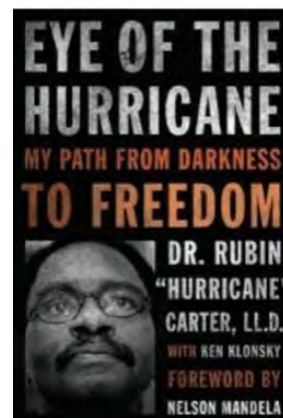
Our HSC results for 2022 were somewhat lower than for 2021, despite the improvement in the League Tables, which diverted conversation away from our historically long tail of 62 boys below 90. High boys earned 539 band 6/E4s which was our lowest number since 2009. The ATAR average for 2022 was 90.93 calculated for 210 candidates with a standard deviation of 10.58. [The 22-year corresponding numbers are 92.64 & 8.59]. The 174 students who enrolled in 2017 earned a mean ATAR of 92.21. The 36 later-enrolling students had an ATAR mean of 84.73. [The 17- year numbers are 92.87 and 88.62]. In all, 31 students scored 99 or higher; 72 students earned ATARs between 95 and 98.95; but only 148 scored 90 or above – our smallest number since 2005. In terms of Band 5 & 6 percentages per course, 12 courses were at 100%, two at 95 to 99%, two at 90 to 94% and 13 below 90%. Our 2022 course means compared to 2021 – 14 increased and 15 decreased. When comparing High with its SSSG, 21 courses were positive and 9 negative. Hao Yu Wu and Joshua Suto earned maximum calculated ATARs of 99.95. State rankings - *Mathematics Advanced* – Venkatesan Darshan (8); *Mathematics Extension 1* – Stan Tse (3), Eric Qin (7); *Ancient History* – Yu Ming Lee (10); *Chemistry* – Hugo Leung (10), Aggarwal Saarthak (11), Addison Chen (14); Hao Wu (19); *Music 1* – Allen Fang (5); *English Advanced* – Hao Wu (14); and *Biology* – Eddie Zhang (20).

Our boys won four GPS Premierships in two sports. Eleven individuals and three teams competed successfully at national schools' level, while eleven individuals competed at state level. There were four teams successful at CHS Knockout Competitions. Additional significant individual and team achievements for 2022 are outlined for you to peruse at the end of your program.



Tonight, we bid farewell to the Class of 2022, but before we do, I want to indulge in some unsolicited observations about the human condition. I was impressed by the recount of processes of self-preservation, mental discipline and resilience training

when reading *The Sixteenth Round* and *Eye of the Hurricane*, written by Rubin 'Hurricane' Carter, who served 19 years in jail after being wrongfully convicted of a triple murder in the Lafayette Bar, in Paterson, New Jersey in 1966. Rubin fought for a retrial which he achieved in 1976 after celebrity help from Muhammad Ali with bail and Bob Dylan in his 1975 song, *Hurricane*. He was tried and convicted a second time. He never gave up his fight for freedom. After his release in



1985 under a writ of habeas corpus, Rubin went to Canada, eventually becoming a Canadian citizen. From 1993 to 2004 he was the Director of the Association in Defence of the Wrongly Convicted – a cause for which he dedicated the remainder of his life. He was later the subject of a 1999 motion picture starring Denzel Washington. Nelson Mandela, also a boxer who spent a very long time in prison, understood Rubin's anger and wrote a foreword to *Eye of the Hurricane*. 'Rubin chose to live, and his means of doing so was to seek out his inner self...Rubin woke up in prison and became a free man.' In his writing, Rubin uses an extended metaphor about society being asleep as so many injustices and instances of corrupt practice oppress its citizens. The only wakefulness to be found is in self-knowledge. I commend to you the story of Rubin's strength of mind in circumstances that should produce utter despair. I trust none of you will ever be tested in character strength or mental discipline the way he was, and hope that you will encounter your future challenges with a resilience built by strong and sure self-knowledge. I wish you all good health and good fortune. It was a privilege to serve as your Principal".



Sentence Conscious Pedagogy: 'Say' it another way
In your writing, when a person or character or interlocutor uses direct speech, try to avoid always using 'say' or 'said'. Try using synonyms such as – announce, add, affirm, assert, declare, maintain, mention, pronounce, remark, answer, disclose, divulge, respond, reveal, tell, recite, rehearse, conjecture, report, convey, express.

Dr K A Jaggar
Principal



A massive thank you to Lisa Fackender, who has officially stepped down from the Canteen Committee, as her son graduated in 2022. We are grateful for Lisa's assistance in recruiting and supporting volunteers over the years. Lisa was always available to help where needed. We shall miss seeing her in the Canteen for her regular shifts.

We are seeking expressions of interest for Canteen Management Committee. Positions available are Vice President, Secretary, Treasurer and Canteen Co-ordinators positions for 2023. If you would like to contribute to the running of the canteen and have a few hours a week to contribute, please get in touch with us at canteen@sbhs.nsw.edu.au.

Heartfelt 
THANKS
TO OUR VOLUNTEERS!

Appreciation

Thank you to the following parents for volunteering in the canteen since the start of the new school year.

Tuesday 31 January: Connie Xiao, Hong Zhao, Huaping Xu, Judy Liu, Lundup Lama, Qihua Xu, Renee Lin

Wednesday 1 February: Becky Zhou, Iva Barraza Nejedla, Janet Lam, Katrina Allen

Thursday 2 February: No volunteers available – please sign-up if you can assist.

Friday 3 February: Arun Sehgal, Catherine Fung, Haibo Wang

Monday 6 February: Swimming Carnival

Tuesday 7 February: Connie Luo, Delia Leung, Katherine Cowan

Wednesday 8 February: Shuang Liu

Thursday 9 February: Cicong Chen, Sulan Zhang

Friday 10 February: Fiona Yang, Kathy Shen, Sureka Thiagalingam, Val Tedjasaputra

Monday 13 February: Grace Guan, Jessica Tam, Kerrie Lane

Tuesday 14 February: Cherry Lin, Min Yu, Sukie Geng

Wednesday 15 February: Cecilia Chan, Nhan Pham

Thursday 16 February: Cicong Chen, Hari Kolli, Jing Tao, Sandra Jouravlev

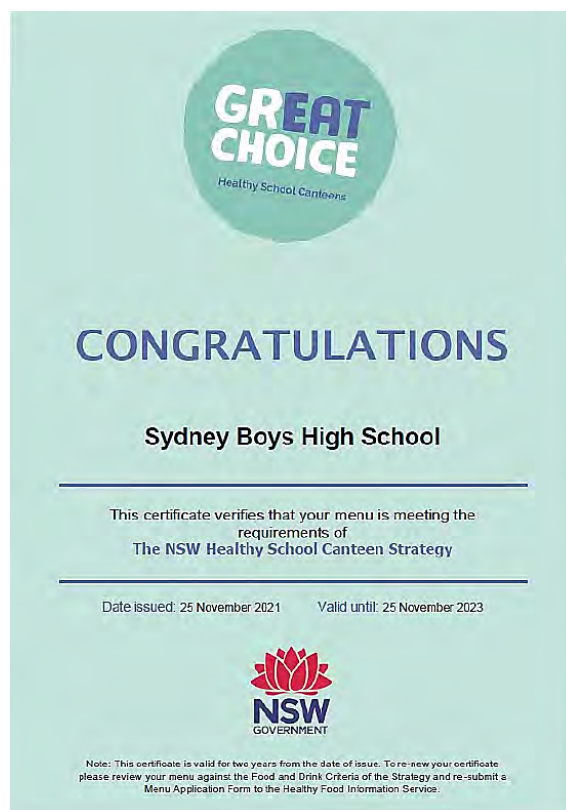
Friday 17 February: Catherine Hu



Please consider joining our team of volunteers. We require 3 – 4 volunteers each day to ensure the canteen functions smoothly. We are highly flexible and will gratefully accept any time you can donate to the canteen and the students. If you have time to spare on a regular or ad hoc basis, please get in touch with us by any of the following means:

- fill out the Canteen Volunteer Registration form
- send an email to canteen@sbhs.nsw.edu.au
- call us on (02) 96629350

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



Meet the Prefect – Mohammad Medlej



MOHAMMAD MEDLEJ

High Spirit Prefect Student Achievement Prefect



Rifle ShootingBasketball

*"Work in this world as if you live forever;
And work for the next world as if you die tomorrow."*

Subjects

English AdvMaths Ext 2Chemistry

Mod. His. Acc.Physics

Fun Facts

- 1 of 4 people in the history of the school to shoot in both 1st and 2nd grade Rifle Shooting and win in the same year.
- Look up Marcus Gunn Syndrome

 **HIGH BEFORE I**

What is your biggest regret when reflecting over your five years at SBHS?

In my time at High, I have realised that there are opportunities beyond what a single person could possibly maximise. My biggest regret is not committing to performing at a high level in co-curricular fields fostered by High during my earlier years. While experiencing character development over multiple sports, I was never able to greatly improve in any specific areas until being heavily involved in Debating and Rifle Shooting over the last year. In Junior years, as high-level GPS achievement is out of sight, I know many peers and Old Boys who have expressed this same concern.

How would you describe High Spirit to someone who has never experienced life at High?

High Spirit keeps our school alive and growing. The culture of Sydney Boys is an experience which can only be appreciated by one's peers and is found in its purest form in the constant involvement of Old Boys in supporting our school, making sure we are given the

opportunity to achieve at our potential. High Spirit is the culmination of this culture, the bond shared between every student as we train and compete alongside each other. High Spirit motivates us to continue pushing even when we reach our mental and physical limits, especially when competing at elite levels of GPS competition, especially GPS Athletics, Swimming and Head of the River events (especially against Grammar).

What would be your advice to a Year 7 student being introduced to the academic expectations found at High?

My biggest take away after five years of exams and reports is that your results are only a reflection of effort. It is very easy for students to feel like others are destined to perform better or worse than them, my giving up control in your own mind, you give up true control over your results. In that same vein, obsession over academics is detrimental to developing a rounded character which will provide opportunities in the future, do not neglect the opportunities awarded to you.

Meet the Prefect – Liam Fiene



What was it like transitioning to High and what is your advice to new students?

Transitioning to High in Year 9 was easier than I expected. I loved my old school but decided to come to High purely because I didn't want to have any regrets. I was scared to miss out on this opportunity, or even more, to regret not having accepted it with open arms. However, I haven't looked back since and have become involved in music, cadets, various committees and GPS sports since arriving, which aided my induction. For all the incoming students, I encourage all of you to adopt a similar principle and give back to High for the opportunity it has given you; try everything so you won't regret it later – the few years you have at High will go faster than you could ever have imagined.

What does being a prefect mean to you?

Upon arriving in year nine, I looked up to the current leaders of the school, being determined to become a prefect in my senior year and exemplify compassion, gratitude and integrity through leadership. I saw prefectship as an opportunity to work with a close-knit group of students who strived to improve school life. I felt compelled to enhance the experiences of High students by drawing on positive aspects of my past school and strengthening High spirit and culture. Having been

selected to support the incoming Year 7s, and new Year 8-11 students I am proud to assist in commencing their journey and ensuring they are welcomed. Overall, prefectship means an opportunity to represent the fundamental facets of High and engage with the younger years.

How important have sports and cocurricular been to you throughout your time at high?

Our sporting traditions and co-curricular are strong at High and provide opportunities for personal development and social adjustment. Sports and co-curriculars ensure I can maintain a balanced lifestyle in such an academic-oriented environment like Sydney Boys. Upon coming to High, I joined an abundance of clubs, sports and bands, consolidating a strong friendship group that I have carried forwards. Tennis, being largely individual, has taught me the importance of challenging yourself both physically and mentally and accepting your mistakes, as you are responsible for achieving results through persistence and determination. However, it has also outlined the importance of having your teammates' backs and sharing moments of elation and disappointment. These opportunities provide an unequalled mental and physical release, broadening your perception of school life.

Meet the Prefect – James Matthews



James Matthews

Rugby Prefect McKay House Captain



BasketballRugby

"Failing to try is trying to fail."

Subjects

English Adv	Math Ext 2
Physics	Chemistry

Fun Facts

- Half Japanese but can't speak, read or understand the language

 **HIGH BEFORE I**

What do you love about High Rugby?

The High Rugby community is one of the most inclusive and supportive communities that I have been a part of in my time at High. Through the support of parents, coaches and teammates, my time playing rugby has been enjoyable and safe. Having played rugby since Year 7, I have learnt the importance of working with my teammates in order to achieve a win. Rugby has also helped both my physical and mental health throughout the years. Going to training multiple times a week has helped me maintain a healthy lifestyle and mentally, rugby has made me more resilient and more confident as I have had to overcome my fears in order to not let my teammates down. I highly encourage you to play at least one season of rugby as I can guarantee that down the line you will not regret having tried rugby, only not having tried rugby.

What is your favourite part of being a student at High?

Being a part of Sydney high is being a part of something bigger than yourself. The inclusive student body and supportive community have really helped me throughout my years and is one of the main reasons that I am proud to be a student of this school. Having gone to every Head of the River and most swimming and athletics carnivals I have witnessed and been a part of the encouraging High spirit within our school. Another thing I consider to be important within High is the numerous extracurricular activities such as debating and cadets that have shaped me into the person I am today.



Term 1 Marching Band Rehearsals

Mandatory attendance is required by ALL Years 7-12 students in concert bands, stage band and selected percussion students (no piano or guitar students).

Rehearsals will commence from Week 5 this term. Please see rehearsal times/dates below:

*Tuesday 28 February, 9.00am – 12.35pm (GH, MPW).

*Friday 3 March, 9.30am – 11.40am (GH, MPW).

*From Week 6, Marching Band rehearsals will run as per usual on Tuesday 3.30pm – 4.30pm (GH/MPW) & Friday 8.00am – 9.00am (GH/MPW).

*Holiday Rehearsal #1: Wednesday 19 April, 9.30am – 12.30pm (GH, MPW).

*Holiday Rehearsal #2: Friday 21 April, 9.30am – 12.30pm (GH, MPW).

*Anzac Day CBD Parade: Monday 25 April (Time TBC).

New Students, Parents & Guardians:

Music Performance Program (MPP) Term 1

Thank you to parents, guardians and students for attending last Thursday's Music Recruitment Night via ZOOM. Thank you also for filling out the 2023 Music Performance Program Online form (Please note: The online form closed on 11/02/2023).

*New students in Year 7 start attending ensemble rehearsals from Thursday 16 February as selected on the online form.

*New students in Years 8-11 start attending ensemble rehearsals from Thursday 10 February as selected on the online form.

*Parents/Guardians and Students who have selected to learn an instrument at the school via the online form - An instrumental tutor will contact you regarding lesson arrangements within the next 1-2 weeks.

*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.

2023 Sydney Southeast Symphonic Winds (SSSW)

The SSSW provides outstanding music education opportunities for students. This includes a number of performance opportunities for students enrolled in public schools in and around the Sydney area. The band regularly performs at leading performance venues such as the Sydney Opera House, Angel Place, Town Hall, Parliament House, Verbruggen Hall and also represents the Department of Education at official events throughout Sydney. For more information, please visit: www.gspensembles.com

Applications close on Friday 28 April 2023.

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 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 & 2 only</i>	Marching Band 8.00am – 9.00am MPW/ Room 102 <i>Terms 1 & 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 & 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
4	Tuesday 21 February, 9.45am	Years 10, 11 & 12 Awards Assembly, Great Hall	Tafley Fan (10F) John Nguyen (10R)
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	Tafley Fan (10F) John Nguyen (10R)
5	Monday 27 February, 9.50am	World Pride Assembly, Great Hall	TBC Elective Piano Students
5	Monday 27 February, 7.00pm	HSC Encore Concert, Sydney Opera House	Preliminary Year 11 Music & Year 12 HSC Music 1, 2 & Ext Students

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



Cricket Results – 2023 Term 1 Week 3 GPS Cricket 2022/23 vs. Sydney Grammar

	Score	Result	Highlights
1 st XI	SBHS 10/100 def.by SGS 6/101	Loss	P. Sampath 32
2 nd XI	SBHS 10/109 def.by SGS 1/110	Loss	
4 th XI	SGS 4/147 def. SBHS 10/49	Loss	
16A	SBHS 10/102 def. by SGS 0/102	Loss	K. Cusick 34
15A	SBHS 10/104 def.by SGS 4/105	Loss	A. Inala 43*
15B	SBHS 10/57 def.by SGS 3/58	Loss	
14A	SGS 8/147 def. SBHS 10/82	Loss	
14B	SGS 3/120 def. SBHS 10/14	Loss	
13A	SGS 9/110 def. SBHS 10/67	Loss	S. De 3 wks
13B	SBHS 10/32 def. by SGS 4/33	Loss	

1st XI Report

The First XI were up against Grammar, a clash of rivals. The skipper won the toss and chose to bat on a flat deck. Although High was outdone by a strong Grammar bowling attack, Pranav Sampath made a resilient effort with the bat scoring 32 whilst wickets at the other end tumbled. Highs batting scrapped to a total of 100 before getting bowled out. Grammar had a good start with the bat 0/30. But a quick surge of wickets through stump to stump bowling from Atharv and Harry Royal put the visitors 6/74 in no time. High looked to have a chance of a win although a lingering 7 and 8 got Grammar home. We face Kings next week looking for a strong fight from the boys.

Raunak Roy

1st XI Captain

2nd XI Report

The 10th game of the season was against our rivals, Grammar. The boys were pumped and ready to win after narrowly losing to them earlier in the season. With Ranaveer injured, this made way for debutant Adrian Sharafi and myself who was appointed as captain. It started well, winning the toss on a very nice pitch and electing to bat, the boys geared up for a positive day. Ramin opened with intent, however some good bowling by Grammar saw High 3-35 at drinks. Grammar kept High under the pump losing 2 wickets before a resilient partnership from Zayn and Arin kept our total flowing. However, quick wickets fell and High was bowled for 109. After some good lunch, High was eager to get into the field and defend the total. We were on top early with some good bowling, but not being able to capitalise on the half chances saw Grammar get to the target easily with 9 wickets remaining. We hope to bounce back next week at home; however, it will be difficult against top place Kings.

Zarif Faisal

2nd XI Captain

Sumanth Bodidi Cricket prefect 2022/2023



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

HIGH RUGBY

Rugby Parent's Committee AGM – 6pm 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 at 6pm in Room 901 (which is the classroom within the gymnasium on the 1st 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



WEIGHTS ROOM

Weights Room - Introduction to Join

Fees due Friday 10 March

Images below are of a Year 7 boy in his first Weights Training session.



The image on the left is his first attempt at a deadlift to the knees. The deadlift is a hip hinge movement. This type of movement is like picking something up, taking a rowing stroke, getting ready to tackle someone or waiting to receive a serve in tennis or volleyball.

Notice how in the second image below his back is relatively flat/straight with a natural inward lumbar curve (and yes, he put his hat back on for the second image). This is most effective in natural posture. When an athlete is unable to achieve this position and the lower back flexes forward as in the image above, the musculature of the lower back and abdominals cannot effectively function. This non optimal position places much higher force on the ligaments and spine, increasing the likelihood of damage to these vital structures.

Therefore, attending the weights room is more than just lifting weights, it is



supporting the longevity of the student's physical capabilities by preparing for activity and harm avoidance. This change in movement/posture was achieved in just 4 sets of 5 reps. The younger the athlete the easier it is to adapt and learn.

When teaching the deadlift, I quite often use the door as a coaching technique. In the image on the right the athlete is opening the door with his hips. This works almost every time and

if you see your son doing this at home, please know that I have asked them to practice.

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'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 and 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 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



1st Grade Water Polo Report

For the second week of the GPS competition, Sydney High 1st grade played Scots College. After a tough defeat last week and a week on working extra man and defensive drills, Sydney High needed a big win. As the whistle blew High narrowly lost the swim-off to Scots. In the opening few minutes, we conceded our first goal, but we continued to be aggressive which was rewarded after Brian Ahn scored which levelled the game 1-1 at the end of the first quarter. A much-improved half saw High trailing 2-1 at the end of the first half. The second half started off strong as per usual but with multiple silly mistakes the game had ended 5-2 with a goal coming from Edward Brownlie at the very end. A tough loss for the boys with lots of lessons learnt and ways to improve as a team. The boys are now looking forward to their next clash at the CHS knockout game against Kirrawee.

Jaden Luu

1st Grade Water Polo Captain

Last Wednesday, the Sydney High 1st grade Water polo played against Kirrawee HS in our first CHS Water polo knockout game. Having not been invited last year, this was the first time for all the boys to have an opportunity to play in the CHS competition. Playing at home for the first time as well, meant that we had crowd support from the 2nds, 3rds and 16's. The game started off strong with lockdown defense and minimal errors from both teams. Utilising the extra man was the key to winning this game. With the score being locked at 1-1 Brian Ahn scored from 5m after the end of the first quarter. The second quarter started with consecutive goals from Fynn utilising the extra man which we have worked on the entire week. The score was 3-3 at the half. The game continued with the same intensity with lockdown defense on both ends but a silly foul proved to be too much with the game unfortunately ending in a 6-3 defeat. The crowd was electrifying with chants at every possession which made the atmosphere amazing. I would like to thank Sean Lim, 2nds, 3rds, and 16's for an electrifying atmosphere. The boys will keep their heads up and focus on the next game against Newington.

Jaden Luu

1st Grade Water Polo Captain

16B's Water Polo

Following a narrow loss to St Joseph's College, the 16's water polo team were eager to bounce back and return to winning ways against Scots College. As the whistle blew, Ryan Yu raced to gain possession and help set up a goal for myself, putting Sydney Boys 1-0 up within seconds. The boys fought hard during a gruelling quarter and managed to gain a 3-0 lead from goal scorers, Matthew Taylor and Liam Greacen. Heading into the second quarter, the priority was to further our lead and bolster defensive efforts. Both of these were achieved as our advantage grew and the score was now 7-0 thanks to both William Chou and Ryan. Encouraged to not become complacent, goals from Jayden Djakaria, Michael Zhang, and Eric Gao saw the team leading 11-1 with the last quarter still to play. Since all outfield players had scored, goalkeeper Arko Mookherjee took it upon himself to get his name on the scoresheet. Shooting four shots, and scoring four goals, our goalkeeper had become top scorer in one quarter with the match ending as a 15-2 win for High. Our sights are now set for next week's game against St Joseph's College.

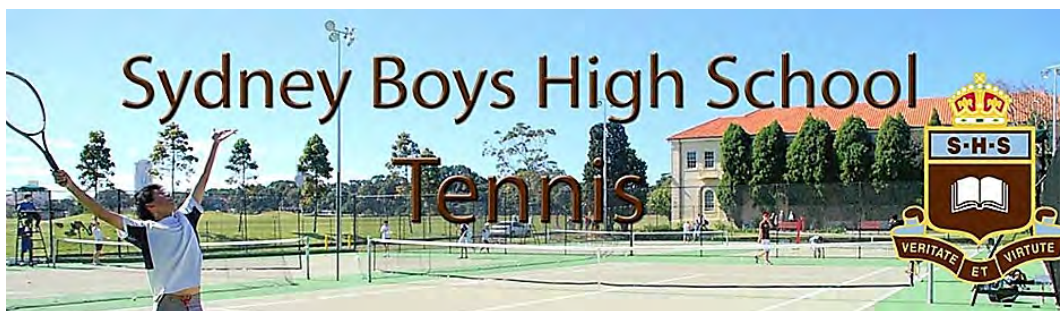
Brendan Woo 7E

3rd Grade Water Polo Report

The game on Saturday felt like short-lived fun. Overall, everyone had an enjoyable experience against the St Joseph's team, and on top, scored our first win for the new year. Throughout the game we carried our school's pride on our backs, performing with great ferocity and strong sportsmanship. It was a hard won match under the hot morning sun. The match started off quite roughly, although we managed to stay up 2-1 in the first quarter. After we were warmed, the rest of the match was smooth sailing, carrying our lead further to 4-1 in the second quarter. At all times we stayed upbeat and were encouraged to earn our first win for this year's summer season. The game ended victoriously, finishing at 6-4. The Joeys team showed little to no dissatisfaction with the result, and we were quite proud of our achievement. Despite our hard-earned victory, most of us are hopeful for further improvement in our teamwork and sportsmanship alike. We all will strive for a greater outcome in the next game against Kings.

Ewan Ho 12S





Tennis Update Week 4


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



Term 1 - Week 3 Results			
	Total Matches Won	Total Matches Lost	Winning Percentage
1st Grade	3	6	33%
2nd Grade	0.5	8.5	6%
3rd Grade	0	6	0%
4th Grade	1	5	17%
5th Grade	3	3	50%
6th Grade	0	6	0%
7th Grade	3	3	50%
8th Grade	6	0	100%
16 A	3	3	50%
16 B	2	4	33%
16 C	4	2	67%
16 D	1	5	17%
15 A	1	5	17%
15 B	2	4	33%
15 C	1	5	17%
15 D	6	0	100%
14 A	1	5	17%
14 B	2	4	33%
14 C	1	5	17%
14 D	6	0	100%
13 A	1	5	17%
13 B	1	5	17%
13 C	0	6	0%
13 D	0	6	0%
Total	47.5	102.5	32%

Tennis has 2 upcoming parking events; this is the best way for parent(s)/guardian(s) to assist the program as this helps raise money for the program to function.

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

The parking duties are:

Saturday 4 March 5:45-7:45pm

Saturday 18 March 5:30-7:45pm (sorry I made an error on my last publication regarding the times for this duty).

If you and/or your son can help, please email me richk@sbhs.nsw.edu.au by Friday 24 February.

Kurt Rich
MIC Tennis

SHOOTIN', 300 HOOPS



In the latest round vs. Sydney Grammar School every single Sydney High team improved their result, and it was an awesome showing, many close games; with **almost every High side taking the Win**. Whether the High teams were playing home or away, there was always tremendous support for High, whether that be parents, coaches, or players staying after their games to watch and support their friends or coming early before their game. The 1st, 2nd, 5th, 6th, 7th, 8th, 9th and 10th grade teams all won their games, as well as the 16A's, D's, E's, and F's. Some other teams that also got the win include the 15A's, C's, D's, E's, and the 14A's. Thanks to everyone who contributes to High Basketball culture and partakes in the community. Also, thanks to the players for putting in the effort at the games and at practice to be able to create amazing results like these. **Special thanks to everyone who took the time out of their day to make the commute to come and support High, regardless of whether the game was home or away, and all those who help to make High Basketball the strong 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.

With the all-star weekend passing by it was a massive week for the NBA. The weekend started off with the Celebrity All Star game, where NFL star Dk Metcalf won the MVP in an impressive 20-point 10 rebound performance. In the Jordan Rising Stars game, Jose Alverado had a great performance, top scoring the game and securing the games MVP. The next event was the Skills challenge, where the home trio of the Utah Jazz emerged victorious. The 3 point shootout was one that will be cemented in history, with Tyrese Haliburton scoring 31 points and tying the record Stephen Curry set in this competition, but eventually Portland Trail Blazers' star point guard, Damian Lillard left with the trophy. G League star Mac McClung made a name for himself, scoring perfect scores on three of his four dunks and winning the event. The All Star game closed out the weekend where we saw all the league's best players play in one game and Jayson Tatum came home with the MVP scoring a whopping 55 points and helping team Giannis get the win to finish All Star Weekend.

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.



Sydney High Annual Basketball Dinner 2023

Celebrate another fantastic year of basketball at High by organising your team to attend the **19th Annual Basketball Dinner and finish the year in winning style!**

Every team will receive trophies for the Most Valuable Player and Most Improved Player. **(Buy your coach a present)**. There will be a big screen projection of the **Annual Highlight video presentation** and the **best meal and desert in the history of the dinner**.

When: Friday 31 March 2023. Commences at 6:00pm, Concludes at 8:45pm

Where: Great Hall, Sydney Boys High School

Who: Players, parents, friends, supporters and coaches of all teams!

Why: 1. Because the friendships made through SBHS Basketball last a lifetime

2. Because the program has improved significantly again this season and requires your support for this to continue



STUDENTS TO ATTEND IN SCHOOL UNIFORM

All drinks will be provided on the night. Advise when booking if any specific meal details are required.

230 seats only – limited seats – **pay at the office today**, especially if you won an award.

Please pay ASAP. NB: Proceeds from ticket sales etc. go into the Basketball program to help improve future basketball experiences for our students- SBHS Basketball Committee.

Please return the slip below with \$45/per person to the front office by 24 March 2023

Sydney Boys High School Basketball Dinner 2023			
STUDENT NAME: _____		ROLL CLASS: _____	
Type of payment: Cash/Cheque <input type="checkbox"/> Credit card (in person) <input type="checkbox"/> POP (online) pay.sbhs.net.au <input type="checkbox"/>			
<i>Please note: credit cards cannot be accepted over the phone</i>			
Number of Tickets: _____ @ \$45 per ticket		Number of Tickets (under 12yo): _____ @ \$45 per ticket	
Total Amount Paid: \$ _____			
Contact Phone: _____			

Please complete the following to assist with table allocation:			
Student Name/s: _____		Team/s _____ e.g. 15F	
Number of Adults: _____		Number of Under 12s: _____	
Do you have any dietary requirements? _____		Number of alternative meals required _____	

Please complete the following for office staff/parent committee as we need these details to allocate tables:

Student School Roll Name/s: _____ Basketball Team _____ e.g. 15F

Number of adults: _____ Number of students: _____

Do you have dietary requirements or require a vegetarian meal? _____





SBHS SAILING

Overview

With the State championships on the horizon and the rosters of 1st and 2nd grade not yet finalised, the boys spent our Wednesday session undergoing intense drills devised by our former captain and new coach Samuel Ezra.

Due to the high winds on Thursday, the Samuel took our junior sailors for a short joyride around Rose Bay on our motorboat.



Saturday Results

Similarly to the weekend before, this Saturday saw the wind slowly ramping up throughout the day. We spent the morning session fleet racing against Scots College in lighter winds. Some sailors, including Zhitian Mai and Neil Ghosh, selflessly decided to stay onshore and repair our broken boats to leave space in our fleet for our younger sailors to practice.

In the afternoon session, Ascham School joined High and Scots for teams racing just as the wind picked up. Our 1st and 2nd grades had competitive showings against both Scots and Ascham, taking home several hard-earned wins against the two schools.

Liem Tran 12F



SHS Rowing Committee invites You & Your Family to

End of Rowing Season Luncheon

12pm, Sunday 12th March 2023, SBHS Great Hall



The Annual SHS Rowing Luncheon is hosted by the SHS Rowing Committee for our rowing community to celebrate the efforts and achievements of all our boys during the rowing season thus far. It will be a great opportunity for rowers and parents to socialise and show support for our boys.

When: Sunday 12th March 2023. 12:00pm to 3:00pm

Where: The Great Hall, Sydney Boys High School

Who: All Rowers are required to attend. Coaches, Supporters, Parents and Siblings welcome.

Dress: Full school uniform for students. Adults smart casual.

Cost: \$45 per person for students and guests aged 12 and over. \$30 for under 12 years old.

Payment can be made via the Parent Online Payment (POP) Portal or by completing this form and returning it to the Front Office with payment by **Thursday 2nd March 2023**.

To complete your RSVP and dietary requirements, please scan this QR code:



Kind Regards,

Binh Johnsun
President Rowing Committee

George Barris
MIC Rowing

2023 END OF ROWING SEASON LUNCHEON

STUDENT NAME: _____ **ROLL CLASS:** _____

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

Please note: Credit cards cannot be accepted over the phone.

Number of Tickets: _____ @ \$45 per ticket Number of Tickets (under 12 years old): _____ @ \$30 per ticket

Total Amount Paid: \$ _____

Contact Name and Phone: _____

Please complete the following to assist with table allocation:

Student Name/s: _____

Number of Adults: _____ Number of Students: _____ Number of Under 12s: _____

Do you have any dietary requirements? _____

Sydney Boys High School Theatre Sports

Are you interested in drama?
Do you like improvising and having fun?
learn how to play theatre sports with a
certified coach from Impro Australia.

**Sessions are every Tuesday
afterschool in the Drama Room
(R204)**

- Learn the basics but also improve your drama skills.
- Create dramatic and comedic scenes with your team on the spot
- Compete in Impro Australia's competitions
- Earn award scheme points 'Educating Scholar-Theatre Sportsmen.

Register with Ms Barry in English Staffroom at the start of the year



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

Student Details

Name: CITIZEN, John

Number: 412341234

Family Details

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 John Citizen

Listed in the table below are the items currently applicable to Lucas. 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.

<input type="checkbox"/>	Added	Item Name	Amount	Paid	Balance (\$)
<input type="checkbox"/>	07/12/2022	Building Fund for Sch Contrib - Building Fu...	\$660.00	\$0.00	660.00
<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	P&C Cont&Mem for Sch Contrib - P&C Co...	\$100.00	\$0.00	100.00
<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"/>		Library Fund for Sch Contrib - Tax-Deducti...	\$180.00	N/A	180.00

+ Add Other Item

Grand Total: \$2435.00

EARLY LEAVE REMINDER

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

The procedures for early leave are as follows:

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

The note must contain the **student's name, roll class, date, time of departure and reason for leave**.

The student then returns to the office at the stated time and collects an early leave pass.

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

A yellow sticky note with the word "Reminder" written in black, bold, cursive-style font.

Reminder

Online consent for school vaccination

Parent Communication Toolkit

Sydney Boys High School

Online consent for school vaccinations

Dear Parents/ Caregivers,

If your child is in Year 7 or Year 10 this year, you can now provide online consent for their routine school vaccinations.

In Year 7, students are offered free vaccines for diphtheria-tetanus-pertussis (dTpa) and human papillomavirus (HPV). In Year 10, students are offered the meningococcal ACWY vaccine.

Vaccination will only be provided at school if consent has been received.

How to provide consent:

1. To complete online consent for your child's school vaccinations, visit: <https://nswhealth.service-now.com/school>
2. Follow the steps to log in to your existing ServiceNSW account. This is the same account you may already use to renew your driver's licence. If you don't have a [ServiceNSW](#) account, refer to [ServiceNSW](#) to create one.
3. Update or confirm your personal details in ServiceNSW as required.
4. Complete the School Vaccination Consent Form for your child/ren. You will need to:
 - a) Enter your child's personal details
 - b) Provide the Medicare card details for you and your child
 - c) Read the [linked Parent Information Sheet and privacy statement](#)
 - d) Provide consent



If you or your child do not have a Medicare card, consent can still be provided by requesting a paper-based consent form directly from your child's school.

The benefits of providing consent online:

- easily update your child's details
- receive SMS and/or email notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR)

For more information on routine school vaccinations, please visit www.health.nsw.gov.au/schoolvaccination.

If you require information in your language, please visit www.health.nsw.gov.au/immunisation/Pages/school_vaccination_language.aspx



Dear Parents

SCHOOL VACCINATION PROGRAM UPDATE

Keeping your child up to date with routine vaccinations helps to protect them from serious preventable diseases. As part of the NSW School Vaccination Program, students in Year 7 are offered free vaccines to protect them from diphtheria, tetanus, pertussis (dTpa) and human papillomavirus (HPV). In Year 10, students are offered the free meningococcal ACWY vaccine.

Your consent is required for your child to receive routine vaccinations at school. If your child is in Year 7 or Year 10 this year, **you can now provide this consent online**.

This year's school vaccination clinics will be held on March 6 (for Year 7 students) and June 22 (for Year 10 students). You can provide consent for your child's vaccinations via ServiceNSW using this [link](#).

From February 2023, **only one dose of HPV vaccination is required** to be fully vaccinated. This change has been endorsed by the Australian Technical Advisory Group on Immunisation (ATAGI) based on the latest evidence showing that one dose provides the same level of protection against HPV as two doses.

If you have already consented to your child receiving two doses of HPV vaccine, they will only receive one dose.


If your child is in Year 8 or above and previously missed their second dose of HPV vaccine, they are now considered fully vaccinated and do not require a second dose.

A small number of students who are immunocompromised are still recommended to receive a three-dose course of HPV vaccine. If your child is immunocompromised, it is important to discuss their immunisation needs with their GP.

If your child misses a school vaccination clinic, the school immunisation nurses will try to catch them up at their next visit. Alternately, you can speak to a GP or pharmacist about catching up on vaccination.

For more information on school vaccination visit: health.nsw.gov.au/schoolvaccination or if you have any questions, please contact South Eastern Sydney Public Health Unit on **9382 8333 (Ext 2)**.

Protect your child against HPV




One vaccination
is all it takes

Human papillomavirus (HPV) vaccination is a safe and reliable way to protect young people from getting a range of HPV-related cancers and diseases throughout their life.

HPV vaccination is offered free at school in Year 7. You will need to provide consent. Your school will share a link for you to provide consent for your child's vaccination online.

If your child has missed their vaccination at school, speak to your GP or pharmacist about a catch-up vaccination.



For more information visit:
health.nsw.gov.au/schoolvaccination



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NSW Ministry of Health
ABN 92 697 899 630

73 Miller St North Sydney NSW 2060
Locked Mail Bag 961 North Sydney NSW 2059
Tel. (02)9391 9000 Fax: (02)9391 9101
Website: www.health.nsw.gov.au

Protect your child against HPV.



One vaccination is all it takes to protect your child against HPV related cancers and diseases.



Is your child in year 7 or year 10?



Provide your consent for routine school vaccinations online.



Scan the QR code to give your consent now.

For more information visit health.nsw.gov.au/schoolvaccination



November 2022 © NSW Health.
SHPN (HP NSW) 220990.

NSW Health

Human papillomavirus (HPV) vaccination is a safe and reliable way to protect young people from getting a range of HPV-related cancers and diseases throughout their life, including cancers of the cervix, anus, penis and throat, and genital warts.

If your child is in Year 7 this year (aged 12-13) they can receive the HPV vaccine free of charge at school. You will need to provide consent for your child to receive free routine vaccinations at school.

From 2023, children in Year 7 will now only need one dose of HPV vaccination. This change has been endorsed by ATAGI based on evidence showing that one dose provides the same level of protection against HPV as two doses.

If your child has already received one dose of HPV vaccine, they are now considered fully vaccinated and do not require any further doses.

A small number of children who are immunocompromised are still recommended to receive a three-dose course of HPV vaccine. If your child is immunocompromised, speak to their GP.

For more information on HPV and the school vaccination program:
health.nsw.gov.au/schoolvaccination

For more information visit:
health.nsw.gov.au/schoolvaccination



NSW Ministry of Health
ABN 92 697 899 630

73 Miller St North Sydney NSW 2060
Locked Mail Bag 961 North Sydney NSW 2059
Tel. (02)9391 9000 Fax: (02)9391 9101
Website. www.health.nsw.gov.au



The High Store now accepting



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.

For any further information see:

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

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**








Want to feel fitter, healthier and happier?

Think, Eat and Move

Are you...

-  Aged 13-17 years old?
-  Wanting to be more active?
-  In need of support to improve eating habits?

Think, Eat and Move is a **free**, fun and interactive program where you learn about nutrition, physical activity and forming positive habits.

The program runs for eight weeks and is delivered in a convenient online format. Each week you complete an online session and have a call with your own personal, qualified health coach who will guide you through the program.

Sign up today!

 www.thinkeatandmove.org

 1300 899 736



BETTER HEALTH CO.



You'll receive heaps
of freebies and a
reward at the end!

Think, Eat and Move

You'll also receive a bunch of great **freebies**
along the way (including a fitness tracker!)
and a **reward** at the end!

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

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



Scan to find
out more!

Sign up today!

 www.thinkeatandmove.org

 1300 899 736

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