



From the Principal High Talent



Ethan Yu (8F) has been selected to represent NSW at the Australian Youth Beach Volleyball Championships. Great work, Ethan!



Early Bird Discount ends on Friday, March 10

In order to help all areas of the school we offer a **substantial discount** to parents who pay their complete invoices before **Friday, March 10**. Having substantial funds early in the year allows us to make sure that orders are made promptly and that the boys get the maximum benefit out of equipment and services deployed for them. Capital contributed to the Building Fund can be invested for future projects or applied immediately to projects such as the new tennis clubroom, junior library air conditioning and equipment for the Governors Centre. Please support us as we carry on High's self-help culture to put our fundraising money to work as soon as possible!

Weights Room 2023



Yearly memberships for the weights room **close on Friday, March 10**. If you want to have unlimited access to a supervised weights program, act now. **No** further membership opportunities will be offered after that date. At just \$285 for a full year of unlimited supervised sessions, this is great value for money.

Sir Michael Marmot to visit High

Sir Michael Marmot CH FRCP FFPM FMedSci FBA is Professor of Epidemiology and Public Health at University College, London. He is the founding father of social epidemiology or the academic study of how society influences

health, particularly cardiovascular health, and of health inequalities within and among countries. Sir Michael was appointed a Member of the Order of the Companions of Honour in 2023 after having been Knighted in 2000. The Order of the Companions of Honour was founded on June 4, 1917, by King George V as a reward for outstanding achievements. It is restricted to 65 members and has evolved as a reward for a major contribution to the arts, science, medicine or government lasting over a long period of time. Its motto is 'In Action Faithful and in Honour Clear!' All living citizens of the Commonwealth realms are eligible for this very rare and prestigious award. Sir Michael is a High Alumnus from 1961.



Sir Michael will be visiting Sydney in March and has kindly offered to speak at the Governors Centre at 6pm on March 23. His topic will be *Social Justice and Health*. His synopsis:

'Taking action to reduce health inequalities is a matter of social justice. In developing strategies for tackling health inequalities, we need to confront the social gradient in health not just the difference between the worst off and everybody else. There is clear evidence when we look across countries that national policies make a difference and that much can be done in cities, towns and local areas. But policies and interventions must not be confined to the health care system; they need to address the conditions in which people are born, grow, live, work and age. The evidence shows that economic circumstances are important but are not the only drivers of health inequalities. Tackling the health gap will take action, based on sound evidence, across the whole of society'

Old Boys, students, parents, staff all welcome. Don't miss this opportunity to hear the insights of the foremost world scholar in his field of expertise. Please register for tickets at the link below.

<https://www.shsobu.org.au/event/an-evening-with-professor-sir-michael-marmot-kbe-social-justice-and-health-in-a-global-context>



Our School Values in action – Compassion

I received this email from a commuter recently which demonstrates our school values in action. Well done, Ryan!

'Usually when I see a high school student I tend to think of them to be disturbing and disrespectful, however a student from your school by the name of Ryan Park strongly disproved my perception with his actions. As he watched me struggle to lift my pram onto a bus today, not only did he help me lift up the pram but also gave up his seat to create space for me to sit. I think Ryan's actions are evidence of the great character Sydney Boys aspires to instil in its students. One cannot stress the benefits of compassion and empathy, and it is encouraging to know that students like Ryan uphold these principles both inside and outside of the classroom. I hope that other high school students see this behaviour and encourage them to be respectful and compassionate to others just like Ryan'.



THE SYDNEY HIGH SCHOOL
FOUNDATION

Funds Held for the benefit of High boys

The *Sydney High School Foundation Ltd* holds funds for the benefit of the school. The **SHS Advancement Fund** enables tax-deductible donations to be made for the purposes *of school buildings, scholarships and student support by way of bursaries*. The *Endowment Fund* is designed to hold monies from non-tax deductible sources – bequests, trusts, gifts and the like. Accounts for the Foundation show that as of December 31 2022, there were the following balances within the *Endowment Fund*: \$128,543 for the *Ethel Killip Memorial Sub-Fund*;

\$197,781 for *Prizes*; \$140,551 for the *Phil Day Memorial Scholarship Fund*; \$116,127 for the *Student Participation Account* and \$9,227 for the *Mitchell Seow Memorial Prize*. In total, SHSF manages \$592,229 in funds for the school within the *Endowment Fund*. Artworks owned by or on loan to the school from the Ethel Killip Memorial Art Collection held in trust by SHSF are valued at c\$200,000. Usually, half of the interest earned on these managed funds is donated to the school for uses as determined by the Fund Deeds. However, due to a sustained period of very low interest rates, interest has been retained 2014-22, in the interests of maintaining the real capital value of the funds. The *Seow Fund* is a specific prize commemorating the sudden death from unknown causes of a much-loved student who had just completed his HSC in 2005. The *Student Participation Account* supplements the DoE Student Equity Funds with direct financial help to students in necessitous circumstances. The *Phil Day Memorial Fund* finances an annual scholarship, worth \$1,500, in memory of an Old Boy and long serving teacher, Head Teacher and Swimming MIC. The *Prizes Fund* helps to pay for some of the >\$25,000 worth of prizes awarded each year to students. The *Ethel Killip Memorial Fund* pays for the replacement and upkeep of honour boards, memorabilia of Old Boys, photographs on walls and the school artworks collection. The *Ethel Killip Memorial Fund* purchased >\$43k (2014-22) of indigenous artworks for our Na Ngara collection in McDonald Wing. We are always seeking donations for any of these fund purposes. If you would like to help, contact 96629300 or manager@shsfoundation.org.au

Sentence Conscious Pedagogy: Don't always 'go'

When writing, choose a word that characterises the movement you want to convey. Alternatives for 'go' might be - advance, depart, leave, make for, move out, pass, proceed, withdraw, set off, travel, decamp, run, journey to.

Dr K A Jaggar
Principal

HIGH STORE



WATER POLO SALE

30% OFF Water Polo Tops
30% OFF Water Polo Towels
Limited Stock.
Be quick not to miss out.



SBHS P&C – Notice of General Meeting 6.30pm, Monday 13 March 2023 Online via Zoom Meeting

Special Presentation by Dr Jaggar on 2022 HSC Results

All parents and friends of SBHS are invited to our next P&C meeting on **Monday 13 March at 6:30pm** where Dr Jaggar will present a detailed analysis of the school's 2022 HSC results. In this presentation, he will share his insightful interpretation of our results from last year, ATAR in general and our school's performance compared against other schools and our past performance for over a decade. Dr Jaggar's presentation will be of interest to all parents, and those with boys in Years 10 – 12 are particularly encouraged to attend.

The meeting will be online using Zoom and you will also have ample opportunity to ask any questions you may have.



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

<https://au01web.zoom.us/meeting/register/u5Yqf--gqT8iG9OMDdv2RbwgF3MCHHzWVPB>

After registering, you will receive a confirmation email containing information about joining the meeting. Please also note that the agenda, last minutes and other documents are available on the parent portal under "P&C Association".

Lily Li
SBHS P&C Secretary
sbhs.pandc@gmail.com



Sydney Boys High School P&C have a page on Facebook. Please like our Facebook page to view updates on the latest news and events of interest to the High community: <https://www.facebook.com/sbhspandc>

Summer Sport Photos Wednesday 8 March		
<i>Students are to meet at outdoor courts 15 minutes prior to photo time. If raining the photos will be taken in the Great Hall.</i>		
Period	Time	Group
1	9am	Tennis Open's 2 nd -8 th Grade
	9:15am	Tennis 16's
	9:20am	Tennis 15's
	9:25am	Tennis 14's
	9:30am	Tennis 13's
	9:40am	Summer Smallbore
	9:55am	Swimming
2	10:05am	Cricket Opens (2 nd -4 th Grade)
	10:20am	Cricket 16's (1 Team)
	10:25am	Cricket 15's (2 Teams)
	10:30am	Cricket 14's (2 Teams)
	10:40am	Cricket 13's (2 Teams)
	10:50am	2 nd Grade Sailing
	10:55am	Sailing Seniors
	11:05am	Sailing Juniors
Recess	11:10am	Water Polo 13's
	11:10am	Water Polo 14's
	11:15am	Water Polo 15's
	11:20am	Water Polo 16's
	11:25am	Water Polo Opens (2 nd - 3 rd Grade)
3	11:30am	Opens Basketball (1 st -10 th Grade)
	11:45am	Basketball 16's (6 Teams)
	12pm	Basketball 15's (6 Teams)
	12:15pm	Basketball 14's (6 Teams)
	12:30pm	Basketball 13's (6 Teams)

Except for Basketball all 1st Grade photos will be taken on 4 September during the Co-curricular photo day.

Photos will become available via -

www.melbastudios.com.au

select: School Orders

Password: High

Kurt Rich



Opal Card Reminder

Please remember to **tap on and off** when travelling with a school opal card.



Meet the Prefect – Tommy Zhang



TOMMY ZHANG

Basketball Prefect Year 8 Prefect



Basketball



Football



Athletics

"A gem cannot be polished without friction, nor a man perfected without trials" - Seneca

Subjects

English Adv

Math Ext 2

Physics

Chemistry

Fun Facts

- Once airballed a shot so badly (in front of the entire faculty on photo day) that clonked Ms May in the back
- Is the fifth youngest student in the grade



HIGH BEFORE I

What are some benefits of team Basketball that you feel can help with other aspects of school life?

Aside from its value as a form of exercise, players build relationships with peers that they may not talk to as much off the court. These relationships can extend to collaboration in the classroom as well as friendly social interactions during breaks and outside of school, which stem from the camaraderie of team Basketball.

What is it about Basketball at High that stands out to you?

It was only by becoming Basketball Prefect that I was finally immersed into the rich basketball history behind Sydney High's Basketball program. I see the willingness of High Old Boys to retain their presence in the sport and the school - whether this is by becoming a coach, maintaining communications with one another, or dropping in annually to play a friendly match against the current squad. I see the commitment to the culture from players present and past and look forward to the bright future ahead of us. Basketball here at High runs much deeper than the 34 teams and their 340 players. It

extends to decades before any of us were even born. I'm excited for the direction of the program and hope to be part of it long after I graduate, just like many before me. P.S. Follow @sbhsbball RIGHT NOW.

What is your personal advice for students currently enrolled at, or soon coming to, Sydney Boys High School?

Balance. Too much of anything can be bad for you. Although a student's top priority is their education, you can't expect to always be 100% productive, so don't make it your goal to "go the whole year without video games" or to "not sleep until I've finished this work". Instead, give yourself breathers between your work - listen to music, take up light reading, pick up an instrument and **get enough sleep** - and you'll find yourself in a much improved physical, emotional and intellectual state. Similarly, you can't expect to be 10% productive and just get by. Hanging out or playing games is not an issue until it impedes your lifestyle - when (not if) you balance your personal life well, time will naturally free itself for social outings and gaming.

Meet the Prefect – Hikun Nguyen



**HIKUN
NGUYEN**

**Football Prefect
Eedy House Captain**



Water polo



Football



Athletics

“Quality without results is pointless. Results without quality is boring” - Johan Cruyff

Subjects

English Adv

Math Ext 2

Physics

Chemistry

Fun Facts

- Made First Grade Football debut at age 13
- Missed game winning penalty against Grammar in year 7



HIGH BEFORE I

How has playing Football helped you?

The 14 years of playing Football have shaped me into the person I am today, educating me about many aspects of life and teaching me key values such as dedication, hard work and trust. The hundreds of hours training with my teams and the extra sessions I used to put in, taught me the need for effort and hard work to improve. Football taught me that nothing in life was ever easy and sometimes it will get very hard, but you need to push through the pain and persevere as it is only temporary. It has brought me many friendships, the connection that you gain with your teammates and being the best with them. These are bonds that are built upon trust, not only the trust that your teammate will fulfil his role but also the trust that they will always have your back and you will have theirs. It is a special bond that comes from the joy of winning together as well as the pain from losing together and these friendships have really helped me throughout the years. Even though at some points I have absolutely hated Football, it will always be there for me when times are tough, a relief from school and any other problems I may have, it is truly a “beautiful game”.

What is your most memorable moment at High?

My most memorable moment would have to be the 2-1 win against Saint Ignatius' College last year. The atmosphere on that day was incredible, the hundred or so students crowded around the Moore Park synthetic field, cheering everyone on, it was phenomenal. Even though we were behind that game, the reason it is the most memorable is the simple fact that we all as a team collectively came together to fight for the win. We fought extremely hard that day and it really paid off with us overcoming the 4-year reigning AAGPS champions and when the final whistle went, that feeling of extreme bliss was incredible. The High boys stormed the field, celebrating with the team and experiencing the collective joy in finally breaking the 6 year drought. This was one day I will never forget.

Meet the Prefect – Jaden Yi



JADEN YI

Swimming Prefect
Torrington House Captain

Waterpolo Volleyball Swimming

"The person who goes to the gym everyday regardless of how they feel will always beat the person who goes to the gym when they feel like going to the gym"

Subjects

English Adv	Math Ext 2
Physics	Chemistry

Fun Facts

- Lived in and went to school in Korea for a Year
- Beat tiktok famous 'Anarchy' in arm wrestle in primary school

 **HIGH BEFORE I**

What do you love about Swimming at High?

Swimming at High is characterised by its intense and competitive GPS Swimming competition at the beginning of the year. The GPS Swimming competition comprises of five Friday night carnivals at the start of year. Despite being at the end of a long week of school, a tense, yet brotherly, atmosphere is present at these carnivals. I have been in the team since Year 7. I always found this to be the most exciting time of the year, where a sense of brotherhood is created, lifelong personal bests, friendships and memories are made and when High Spirit thrives. However, it is the culmination of the GPS Swimming season at the GPS finals at SOPAC where you experience a unique, ground-shaking experience, literally. The electrifying atmosphere of thousands of supporters roaring, clapping, chanting, drumming and rallying with their arms around others builds the adrenaline of every swimmer. It's this overwhelming amount of support and motivation from the swimming

team, teachers, the boisterous crowds and parents which drives you through the water and makes you realise what an honour it is to wear the brown and blue swim cap.

Advice for students starting at High?

High is a school that breeds scholar-sportsmen in an intense and competitive environment so you would think you have to be zoned in for your whole time at High. Each exam and assignment may seem like the deciding factor of your fate and the whole world. It really isn't. My advice for students starting at High is to not get too invested and concerned about exam marks and assignments especially to those in the junior years, but rather to learn how to learn as well as how to learn from your mistakes. I also recommend that you really develop a sense of pride for High, to walk with your chests high at GPS competitions or at Strathfield Plaza, to intimidate others with your confidence in the brown and blue while embodying the school values.

Music NOTES

Term 1 Marching Band

A huge thank you to all Marching Band students in Years 7-12 for attending this week's rehearsal on Tuesday and Friday. They sound magnificent!

Gentle Reminder:

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

Music Performance Program Term 1

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 has been 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, Verbrugghen Hall and also represents the Department of Education at official events throughout Sydney. For more information, please visit: www.gspsensembles.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 Students (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
5	Monday 27 February, 9.45am	World Pride Assembly, Great Hall	Andrew Yao (10F) Edison Zhang (10E)
5	Monday 27 February, 7.00pm	HSC Encore Concert, Sydney Opera House	Preliminary Year 11 Music & Year 12 HSC Music 1, 2 & Ext Students
8	Thursday 23 March, 9.45am	Rowing Assembly, Great Hall	Kevin Liu (10M) Kaiwen Zhang (10T)
10	Wednesday 5 April, 9.45am	Anzac Day Assembly, Junior Quad	Trumpet Student (TBC)

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



Cricket Results – 2023 Term 1 Week 4 GPS Cricket 2022/23 vs. The Kings School

	Score	Result	Highlights
1 st XI	SBHS 9/223 def.by TKS 7/224	Loss	U. Gill 85 X. Nath 54
2 nd XI	SBHS 10/21 def.by TKS 0/23	Loss	
4 th XI	SBHS 10/68 def.by TKS 5/69	Loss	
16A	TKS 8/110 def. SBHS 10/27	Loss	M. Roberts 4/17
15A	SBHS 6/124 def. TKS 10/122	Win	
15B	TKS 6/81 def. SBHS 7/70	Loss	
14A	TKS 1/220 def. SBHS 10/18	Loss	
14B	SBHS 10/30 def. by TKS 6/31	Loss	
13A	SBHS 10/63 def. by TKS 5/64	Loss	
13B	SBHS 9/24 def.by TKS 0/25	Loss	

1st XI Report

The first XI boys were up against a very good Kings team. Raunak Roy won the toss and chose to bat first. Despite a shaky start with the bat this proved to be a good toss to win. Udey Gill gained in runs with a well constructed 85 and a quick fire 54 second hand by Xavier Nath guided High to a very positive total of 223. This proved to be a big task for Kings as we were right on top with Kings being 2/3 in the third over. After a few dropped chances Kings were 5/54 with the game in Highs hands. Although some poor fielding saw the game slip away from High as Kings chased down 223 for 7 wickets in the 47th over. A very confident and positive weekend for the boys, we look forward to get our first win against Newington.

Raunak Roy

1st XI Captain

Team of the week 15As Report

After losing the toss, High was sent to bat. After losing an early wicket to a rough call on a runout Adrian Sharafi and Arjun Narayanan held a beautiful partnership getting rid of the quicks. Arjun was batting excellently, destroying the balls on his pads and sending them away, but as the spinners came on, he was quickly dismissed sending Abhinav Inala in. Both Abhinav and Adrian batted exceptionally together playing against the spin. Bibek Saha came in to finish off the innings with a magnificent 6 and 12 off the last over.

High were extremely motivated going into the second innings looking for a strong start. This was perfectly accompanied by Bibek Saha and Kushal Bashyal taking early wickets and dismissing the top four. High was ecstatic in the field with some back and forth between the batsmen to restrict them for 53/3 at 16. Harris Memon gave a brilliant speech to motivate us and gave us belief in ourselves to go out there and beat Kings at their home ground. We went out feeling pumped and took early wickets having them 108 for 6 in the 26. With 17 runs to spare and 3 wickets to take, High put the pressure on them but as Kings hit a 6 all hope was fading away. With great support and encouragement from the lads and parents, High needed 1 wicket to win in the last over and Kings need 3 runs. A battle to the end, a fight to the ages, as Ashwin stormed in and bowled. Everyone was silent waiting to see what happened. BANG! Out goes the stumps from the ground!

Abhinav Inala

15As Captain

Sumanth Bodidi

Cricket Prefect 2022/2023





Sydney Boys High School Cricket Dinner 2023

High Cricket invites all cricket boys and the families to the Annual end of season Cricket Dinner on Saturday, 25 March 2023. The starting time will be 5.30pm and conclude by 7.30pm.

We are excited to invite the cricket community back to celebrate the season. The dinner will provide an opportunity for us to recognise the achievements of the boys and the parent volunteers who have made this season successful.

There will be a raffle draw and a lucky door prize for a wide variety of prizes. These raffle tickets will be sold on the night. The night will involve a brief talk from the MIC of Cricket and each coach will present their teams with awards on the night. Each player who is at this presentation evening will receive an award for their efforts during the season. All teams will be presented with a best and fairest award for batting, bowling and fielding. There will be a highlight video of the 1st and 2nd XI matches and all other age group games. A good variety of food and drink to enjoy during the evening.

PLEASE NOTE: RSVP: ASAP - front office. **Dress:** All students must wear full school uniform.

Sydney Boys High School Cricket Dinner 2023

When:

Friday 25 March 2023

Where:

The Great Hall, Sydney Boys High School

Time:

5.30 pm – 7.30pm

Cost:

All tickets are \$45.00

Sydney Boys High School Cricket Dinner 2023

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 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 Students: _____

Number of Under 12s: _____

Do you have any dietary requirements? _____

Number of alternative meals required _____



Weights Room - Introduction to Join Fees due Friday 10 March

The school's weights room is open for trial until the **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!



Old Boys Mark Livingston 1969 and Nelson Cheng 2022 at a recent weightlifting competition. Mark has returned to the sport of weightlifting and is representing the school weightlifting club. Weightlifting is a sport of all ages and a great way to maintain health.

Kurt Rich
Head Strength & Conditioning Coach





1st Grade Water Polo Report

A rematch against The Kings School was a challenging encounter for Sydney High's 1st Grade. Having already played Kings multiple times before and drawing with them in the past three encounters, the boys were yearning for their first win of the new year. With a few boys out with injuries, the boys kept their spirits high and were ready to get their first win. The game started strong winning the swim off, the boys keeping their composure and we quickly established that we were the better team. But from silly mistakes and not capitalising on the extra man exclusions, High could not control the game and was always behind the entire game. The boys had multiple half-chances from the extra man opportunities but could not turn them into goals. With the final score of a 5-0 loss, the boys will keep their spirits high and go back to training to work on our mistakes and focus on our game next week against an undefeated Newington College.

Jaden Luu

1st Grade Water Polo Captain

2nd Grade Water Polo Report

Following two consecutive losses, the Sydney High 2nd grade were yearning for a win against Trinity Grammar. Things weren't looking good; Trinity are a strong swimming school, and we were missing players, prompting us to recruit from the 16s. Despite this, we entered the game with a winning mentality and promptly put ourselves on the scoreboard, via a fantastic assist from Eric Scholten to myself. Powerful drives by Jason served to further the gap, as we entered the second half in the lead. The boys put in strong defensive efforts to lock the game up, and even conceding twice, the game ended 5-2 High's way despite all odds. Looking forward to a challenging game against Newington College next week.

James McLoughlin 10R

3rd Grade Water Polo Report

In the latest match with Kings, the 3rd grade water polo team celebrated another win (8-2) following our victory against Joeys. Realising before the match that our team would be missing three players, as well as going against a team that could afford a full team swap, we started the game under bleak circumstances. However, as the whistle blew and the game started with our possession of

the ball, the 3rd grade team quickly understood that we had the upper hand. Thanks to our numerous training sessions and the commitment of the team to attend all of them, our players were superior in endurance, speed, and communication. Throughout the match our players were able to break away from the enemy team and create invaluable opportunities, leading to goals made by Sean Lim, Joshua Seow, Gordon Wu, and Jayden Ho which solidified our lead throughout the game. Furthermore, solid defence by Kevin Ji ensured that the opposition couldn't close the gap by the end of the match. Last Saturday's overwhelming victory was proof that despite the dire odds, there is always a way to succeed; a lesson that must be carried over to our next match against Newington.

Gerald Franklin 12S





Tennis Update Week 5

New protocol for missing sessions -

Please follow the steps below to lodge an absence/exemption:

1. Log onto the parent portal.
2. Locate 'Report Sport Absence' under Portal Services.
3. This will take you to a Google Form that you will need to fill in. After filling in this form, you are only required to send extra documentation to the absence.sport@sbhs.nsw.edu.au email if you are lodging a medical/elite athlete exemption or a school business exemption.
4. **This form does not guarantee approval for an absence unless it aligns with the school sport policy.**
5. Absences from sport that do not have an adequate reason first result in a detention,


which will appear in a student's Clipboard schedule. Inadequate absences after that result in further consequences.

6. Parents can access Clipboard through their portal by clicking on the 'Students Extracurricular Calendar' Tab. Students can access this through their portal by clicking on the 'My Extracurricular' Tab (see pictures below).

All Tennis Training & Fixtures can 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	0	9	0%
2nd Grade	3	6	33%
3rd Grade	1	5	17%
4th Grade	2	4	33%
5th Grade	4	2	67%
6th Grade	4	2	67%
7th Grade	5	1	83%
8th Grade	6	0	100%
16 A	4	2	67%
16 B	2	4	33%
16 C	2	4	33%
16 D	0	6	0%
15 A	1	5	17%
15 B	3	3	50%
15 C	1	5	17%
15 D	6	0	100%
14 A	1	5	17%
14 B	1	5	17%
14 C	2	4	33%
14 D	1	5	17%
13 A	3	3	50%
13 B	3	3	50%
13 C	2	4	33%
13 D	0	6	0%
Total	57	93	38%

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

Kurt Rich
MIC Tennis

SHOOTIN', 301 HOOPS



Photo: Saxon Gerstl drives the ball vs Grammar

Sydney High went up against The King's School on the past weekend and it was a very impressive round that showed lots of improvement throughout all years. We love Basketball at SBHS! The first grade side suffered a very unfortunate loss against a tough Kings team. On the other hand, our second grade side smashed King's side in a very impressive 63-36 win, where Jerry Lau top scored with 15 points. Even though the two sides had different results, firsts and seconds both played great games and should be proud of the way they played. The 16A's also had a very impressive game, picking up a 30-23 victory against The King's School 16A's side. The 5th, 6th, 9th and 10th grade sides also won along with the 16D's and F's, 15E's, 14A's, 13B's and 13F's. The Basketball program also encourages you to play as much as you can, and you can look into out of school training through various websites you can find on the school website. Again, massive thanks to all the wonderful people who helped in the school canteen this week along with everyone who's a part of the basketball program at High. In addition to that, special thanks go to MIC of Basketball, Ben Hayman, who puts in a number of extra hours to make High's Basketball special.



Ross Zhou finishes strong vs Grammar



In the NBA, the Boston Celtics and the Philadelphia 76ers had a thrilling finish. With the game tied up 107-107, Boston had an inbound with 5.9 seconds left, and Celtics' superstar Jayson Tatum hit a clutch three to go up 110-107 with 1.3 seconds remaining. The 76ers had no timeouts and inbounded the ball to their superstar centre Joel Embiid, and he made an insane 70-foot 'Hail Mary'

shot, but it didn't count, as the ball left his hand just milliseconds too late. In the Portland Trail Blazers matchup against the Houston Rockets, Portland superstar point guard Damian Lillard had a jaw-dropping 71 points, 6 assists, and 6 rebounds in a 131-114 win, on incredible 3-point efficiency, shooting 13/22 from deep. Lillard broke many records, including the Trail Blazers single-game franchise record in points and 3-point makes. Lillard also now holds the record for 2nd most 3PM in a single game in NBA history, is the 8th player ever to score 70+ points in a single game, and is the first player in NBA history to score 70+ points, 5+ rebounds, 5+ assists, and 10+ 3PM in a single game.



Mr Higgins in the Huddle

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 dessert 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 ☐ 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 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 Students: _____

Number of Under 12s: _____

Do you have any dietary requirements? _____

Number of alternative meals required _____





SBHS SAILING

Overview

Unfortunately, both the Wednesday and Saturday water sessions were cancelled this week. Woollahra Sailing Club was hosting a regatta, which made it too busy for our normal racing to take place. However, the Thursday session remained on, where the junior sailors practiced racing around the usual fleet racing course of a start line and an upwind mark. The high winds caused a couple capsize, but also offered a good opportunity for improvement.

Sailing Annual General Meeting

We shall be holding our Committee AGM as well as the Sydney High School Sailing Association AGM on Saturday the 11 March. All parents are encouraged to attend, as we will discuss the current situation and future direction of the High sailing program, as well as the sailing parents' committee.

Zhitian Mai 12F





Rowing Report - Kings/PLC Regatta

Last Saturday the Senior Rowing squad raced at the Kings/PLC regatta at SIRC, the location of the AAGPS Head of The River in a couple weeks' time. The short period of time we have before the final race and the lack of good conditions in regattas prior saw all the crews set themselves high expectations and promising results. As a result of this goal mindset, our crews saw some massive improvements. The First VIII, in particular, saw an impressive record, with a 23 second pb and the Year 10 VIII improved by 25 seconds. These results couldn't have come without our focus and dedication to each training session in the week coming up to the regatta or in the season as a whole. This week's CHS competitions are a particularly exciting part of the season and more racing experience will be beneficial to our goal for Head of The River. As the countdown to the end of the season continues, all the rowers are committed to giving their best efforts to each training session so we can see ourselves improve even further.

Sungmin Choi

Stroke of the First VIII

Season Schedule:

https://docs.google.com/spreadsheets/d/18DinR3sXfasR1wgheJvoxy4x6hgEtyEQSGt_1P9QVO/edit?usp=sharing

Individual training schedule - Available through the student/parent portal: <https://portal.clipboard.app/sbhs/>

Check out SHS Rowing on instagram: <https://www.instagram.com/sydneyboyshighrowing/>





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? _____



HEAD OF THE RIVER

SATURDAY 25TH MARCH 2023



EARN 5 STUDENT AWARD SCHEME POINTS!

Scan this QR Code to log
into Student Portal to
register your attendance.
Catch school bus for \$20.



- Pay by 17th March 2023.
- Use receipt as your bus ticket.
- Wear school uniform (not sports)

Attend Head of the River (HOTR),
GPS Swimming and Athletics
Finals for 5 BONUS Award Points!



CHEER ON YOUR MATES!

Calling on all SBHS Boys to cheer on our rowers as
they compete at Head of the River Regatta on
Saturday 25th March 2023.

They trained hard all year so lets show them our
mighty High Spirit!

Non-Rowing Parents taking their son directly to
Sydney International Regatta Centre are invited to
join Dr Jaggar and rowing parents at the SBHS
Marquee. Please bring a plate of food to share.

Location: Sydney International
Regatta Centre, Penrith



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



CHANGE OF ADDRESS or CHANGE OF CONTACT DETAILS

If you have moved or changed your contact details please notify the school via email at office@sbhs.nsw.edu.au

To ensure your contact details are correct, please check the parent portal located through www.sydneymboyshigh.com. At the bottom left of the page there is a link to registration for new parent portal users and a log in for

current users. Click the relevant link and go to the Student Details section. If the details showing require updating, please contact us via email at office@sbhs.nsw.edu.au. Alternatively, send a note to school (including your son's name and roll class) detailing the changes.

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

© January 2023 © NSW Health, dTpa/HPV/ACWY vaccine



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



January 2023 © 2022 Health, SHPN (HP NSW) 220990

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



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 •






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