

The Weekly Newsletter of Sydney Boys High School

Vol 24 No 12 05 May 2023

## From the Principal High Talent







At the recent National Latin Examination, High linguists earned several gold medals with a standout performance from Lachlan Yuen (9S) who achieved a perfect score 40/40. Well done boys! Congratulations to Dean Johnsun (11F) who won gold in the senior foil at the Roberta Nutt Shield Individual Fencing competition. It was the first High victory in this event for more than twenty years. In the senior men's Epee, Tommy Xu (10E) won the gold while Jarrod Su (12R) shared the bronze. In the senior men's sabre Jayden Ho (12R) won equal bronze. Great results from the High team overall.







Congratulations to Eric Scholten (11R) who was named runner up in the highly competitive, prestigious and challenging *Lawrence Campbell Oratory Competition*.

#### Weights Room - Change of Season

My belief is that core strength and conditioning is essential for all sports all the time. In sports where a weights session has been made compulsory for students for selection purposes in Term 2, I am opening a window for these students to join the weights room.



Membership will be open until **Friday 12 May**. These special memberships will expire at the end of

the long vacation at the end of Term 4. I expect all students to then take out full year memberships in 2024. The process is to pay at the front office and take the receipt to Mr Rich to be included in the Weights Room membership roster. This will entitle you to unlimited access to the Weights Room when it is open.



#### The Technology Levy

At High, the 2022 expenditure for technology and communication in teaching and learning was \$854,597. To support technology the Department of Education makes an annual grant of hardware. All of the current budget is paid for by parents and school community funds. We are not an eT4L school. Our specifications for ICT exceed DoE standards and we support these higher standards ourselves. In 2022, parents contributed \$315,797 by way of their contributions to the Technology Levy. The wages bill for our four ICT staff members and HT teacher relief alone communication and security (\$86,084). Network project upgrades- replacement of storage network and core server cost \$78,213. Copier capital costs and system software (\$77,182). The necessary network distributor isolation from staffrooms cost \$53,935. The Governors Centre broadcast and streaming fitout (\$33,645). AV standardisation cost \$8,170.

We expect to spend \$864,300 on technology and communication support for learning this year. The plan equates to \$716 for each student. Our technology levy is requested from parents to ensure that our school can supply cutting-edge technology and online tools for teaching and learning. It would be very beneficial for our learning improvement if as many parents as possible supported our technology in teaching and learning program by paying their levy. Your support is very much appreciated. The wonderful support of our parents over the last 23 years contributing their technology levy has enabled us to keep upgrading our services to staff and students to be at the leading edge of online learning delivery.



Year 9 assessments commence in Week 3 from Monday May 8 to Friday May 12. Reports will be finalised for students with completed Clearance Forms to discuss with the Principal from May 29.

## Sentence Conscious Pedagogy: Sentence variety makes for more interesting reading.

There four sentence types: **declarative** (a statement of an idea or argument); **imperative** (a command); **interrogative** (a question) and **exclamatory** (an exclaimed statement). Students need to know their grammar [D]. Do your homework! [Im]. Have you done



your homework today? [In] How good is watching free to air international sport! [E]. Practice distinguishing among sentence types and converting

them from one type to another. Try to vary your sentence types to align with the mood of the writer. Eg Happy – exclamatory. Reflective – interrogatory.

Dr K A Jaggar Principal

#### Half Yearly Reports - Clearance Forms - Year 8

Clearance forms for report collection will be issued during the coming weeks. Please ensure outstanding payments and due book returns are received **before** the clearance form is printed.

Sharon Kearns SAM



Please label all items clearly with a first **and** last name to enable identification.

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

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

McDonald Wing Office Staff



#### Summer Sport Photos Can Be Ordered

- Go to www.melbastudios.com.au
- Click on 'Schools'
- Password: high





#### SBHS P&C – Notice of General Meeting 6.30pm, Monday 8 May 2023 Online via Zoom Meeting

Dear Parents and Friends,

We are excited to invite you to the upcoming Parents and Citizens (P&C) General Meeting on **Monday**, **8 May at 6:30pm**. The meeting will be held online via Zoom. We are thrilled to have our Head Teacher of Languages, Tommy Zheng, as our guest speaker for the evening.

Tommy will be presenting on a range of topics related to language learning in our school. He will start by introducing himself and discussing the various languages offered at SBHS. Tommy will also talk about the importance of learning another language, and the benefits it can bring to our students in terms of personal growth and future opportunities.

In addition, Tommy will delve into the various language electives that are available to our students, and how they can enhance their language learning journey. This will be followed by a Q&A session where you will have the opportunity to ask any questions you may have.

We encourage all parents and members of the school community to attend this informative session, as it is a great opportunity to learn more about the language programs and electives offered at SBHS.

To join the Zoom meeting, please register beforehand by simply clicking on the link provided below: <a href="https://au01web.zoom.us/meeting/register/u5wrcu6orDloE9Ryk3IAPaKIXkdUQCkXiAEq">https://au01web.zoom.us/meeting/register/u5wrcu6orDloE9Ryk3IAPaKIXkdUQCkXiAEq</a>

The agenda, last minutes, and other documents are available on the school portal under "P&C Association".

The P&C General Meeting will be held on Monday, 8 May at 6:30 pm. We look forward to seeing you there!

Best Regards, 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: <a href="https://www.facebook.com/sbhspandc">https://www.facebook.com/sbhspandc</a>





The Canteen Committee is responsible for monitoring the operations of the canteen and implementing and reviewing canteen policy. The Committee is also responsible for employing staff, authorising major purchases for the canteen and changes to the menu.

Everyone is welcome to join the Committee. A number of positions are still available, in particular, the **Canteen Volunteer Co-ordinator** position. If you would like more information about the canteen committee's work, to join the committee or to visit the canteen to see our exceptional managers and volunteers in action, please email canteen@sbhs.nsw.edu.au.



#### LUNCH ORDERS

We encourage students to place their lunch orders between 08:30 and 09:00 in person at the Canteen or anytime online via the Flexischools app or at flexischools.com.au.

By ordering lunch, you avoid missing out on your favourite foods, decrease waiting times at recess and lunch as well as help reduce food wastage. Please remember to pick up your orders. Any uncollected items will be sold, and unfortunately, refunds will not be provided unless there is a valid reason.

#### **Snack Window**

Please line up at the designated "snack" window when purchasing drinks and snacks. This will ensure you are served faster and reduce queues at the other service windows.



#### **Appreciation**

Thank you to the following parents for volunteering in the canteen during April, spanning the end of Term 1 and the beginning of Term 2.

Monday 03 April: Dongyun He,Renee Levitt

Tuesday 04 April: Grace Guan, Katherine Cowan,

Connie Chan

Wednesday 05 April: Becky Zhou, Katrina Allen

Wednesday 26 April: Qihua Xu, Jiayin Roberts, Steven

McCartney

Thursday 27 April: Ming Xia, Jitendra Khanna Friday 28 April: Judy Zhu, Clara Qiao, Nicole Ma

Also, thank you very much to our Prefects and SRC boys for helping out at the Canteen. We would not be able to manage without them and greatly appreciate their assistance.



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 <u>Canteen Volunteer Registration</u> form.
- send an email to <u>canteen@sbhs.nsw.edu.au</u>
- call us on (02) 9662 9350.

Alison Dao
On behalf of the Canteen Committee



#### Routine School Vaccination being offered in 2023

NSW Health is working with schools to offer the following routine vaccines to Year 7 and Year 10 students in 2023 to protect them from preventable diseases:

YEAR	VACCINE	NUMBER OF DOSES
Year 7 Visit 1	Human papillomavirus (HPV)	1 dose Monday, 6 March 2023 room 801
	Diphtheria, Tetanus and Whooping Cough (dTpa)	1 dose Monday, 6 March 2023 room 801
Year 10 Visit 2	Meningococcal ACWY (MenACWY)  Year 7 catch up from Visit 1	1 dose Tuesday, 16 May 2023, Great Hall
Year 7 and 10 Visit 3	Year 7 and 10 catch-up from earlier visits	Wednesday, 1 November 2023 room 801

NSW Health will also be offering catch-up vaccination during 2023 to students who missed **HPV**, **dTpa** or **MenACWY** vaccinations in 2022 and the first and second visits of 2023. Where this is not possible, parents/guardians will be contacted and recommended to access free catch-up vaccine for their child at their local GP.

Please note that any vaccine offered to students at school requires the online consent of parents/ guardians through the ServiceNSW app.

More information about the NSW School Vaccination Program is available at NSW School Vaccination Program - Immunisation programs

Miss J Chan Head Teacher Student Wellbeing

Is your child in year 7 or year 10?



Provide your consent for routine school vaccinations online.



#### The Entertainment Book

For anyone looking for a Mother's Day present, *The Entertainment Book* is a great way to provide a financial saving for dining and entertainment throughout the year, while also raising funds for the school. And as a special Mother's Day promotion, any purchase of a membership will get a bonus \$20 gift card.

For those yet to experience the benefits of *The Entertainment Book*, it's offered in a digital form using their easy to use app so that:

- ✓ You don't need to carry around a book.
- ✓ You get access to it almost immediately just download *The Entertainment Book* app.
- ✓ You can easily see on a map all the eligible restaurants and activities (e.g. cinemas) around your current location or in a specific area.
- ✓ You can easily look up if the restaurant you are currently eating in has a discount before paying the cheque.



- ✓ You can share it amongst a few people with access on up to FIVE devices to use any time they're out.
- ✓ Memberships are now valid for 12 months from date of activation.
- ✓ You can monitor how much use you're getting out of it to easily see your savings.



There are two different region options, with 20% of all sales going to the school:

- 1. Single City for \$69.99
- 2. Multi-City for \$119.99

Only two or three nights out throughout the year will easily recoup the initial cost. So, if you're interested in helping the school out while making some big savings, use the following link to order your copy:

https://www.entertainmentbook.com.au/orderbooks/2h19779

Jamie Kay Deputy Principal



#### CRIME MONTH IN THE JUNIOR LIBRARY

No, we're not committing crime, but reading about it!

The Junior Library has thousands of interesting, thrilling, exciting, funny, and entertaining books, but students often only choose books that are facing out on display. To increase the number of such books, I've added a bay of display shelves in the Junior Library which I will be using for rotating themes.

This month our inaugural display is of crime novels. Whether you like cosy murder mysteries, armed heists, political thrillers, police procedurals, supernatural detective fiction, Scandinoir, locked-room mysteries, high school students disappearing in mysterious circumstances, suspense, petty crims, assassins, spies, or vigilantes, we have something for everyone.

The authors we have include literary masters, and clichéwielding hacks, but we pride ourselves on having something for every taste. Come in for Karen McManus, Anthony Horowitz, Agatha Christie, Jo Nesbo, Ian Rankin, Sue Grafton, James Patterson, Jack Carr, Gillian Flynn, Liane Moriarty, and Michael Robotham, and discover Richard Stark, Jeff Lindsay, David Hewson, Seishi Yokomizo, Tim Ayliffe, Keigo Higashino, Rosamund Lupton, Peter Temple, Benjamin Stevenson, Robert Goddard, and David Gemmell.

The display will change over the course of the month as books are borrowed, and other books are taken from the shelves to replace them. Hopefully this will increase the visibility of titles and authors who have not been borrowed in a while, and lead to new interests being discovered in our readers. All the fiction in our collection has been assigned a genre with an accompanying sticker. Crime novels have CRI on the spine label, and a sticker of a man carrying a bag of loot and a gun, so our borrowers can easily scan the shelves and find other crime novels if the ones on our display shelves don't pique their interest.

In coming months I will feature other genres like Science Fiction, or Fantasy, but also themes like Japan Month where I can feature novels as well as Japanese language learning texts, and history, geography, and folklore texts. If students have suggestions for a themed month, please let me know. If we have enough books on a theme to be able to feature a wide array, then I'm happy to accommodate any ideas.



In an effort to display more of our collection, I have also added shelves near the Circulation Desk where recently returned books can be displayed for a day or two. If students are looking for suggestions for what to read, what better books than those that have been borrowed by their peers? Here the fiction genres will be mixed with non-fiction, graphic novels, and LOTE literature, so surprising discoveries might be made.



Dr R Love Teacher-Librarian Andrews Junior Library



## 2023 Theatresports Playoffs against Sydney Girls High School

In the last week of Term 2, our SBHS theatre sportsmen competed against SGHS at the annual Theatresports Playoffs at the Governors Centre. Our Year 7 team, consisting of Brian Chow, Max Feng, Marco Ma and Raymond Liu had never competed together before but performed brilliantly in such games as 'stunt doubles' and 'emotional replay.' One of our intermediate teams (Alex Pidcock, Umar Dewanata, Nathan Nguyen and Gabriel San Zhang) came equal 1st with last year's State champions from SGHS! This is a fine achievement and gives us confidence for the Theatresports School Challenge in a couple of weeks. Our other intermediate team: Macallister Giles, Max McLeod, Michael Zhuo, Munjin Chowdury and Ahyen Hague produced scenes on the spot that had everyone laughing. Our senior team: Parth Malhorta, Jeff Tse and Hanson Xiao, even pulled off a game they had never practised before! This is true impro! Congratulations to all players for bravely committing to such high quality, improvised scenes in front of a live audience.

#### Anna Barry Theatresports Coordinator



'...and just have fun!' Cameron Ryan prepping our players before the games begin...



Junior Team: Brian Chow, Max Feng, Marco Ma and Raymond Liu



Intermediate Team: Umar Dewanata, Gabriel San Zhang, Alex Pidcock and Nathan Nguyen



Senior Team: Parth Malhorta, Hanson Xiao and Jeff Tse



#### Term 2 Music Performance Program

It is never too late to join a music ensemble(s) and/or learn a new instrument!

Please contact the music department for more information.

#### **Annual Music Camp**

All students in the school's music ensembles program will be attending a 4-day Music Camp at "Stay KCC" (119 Cliff Drive, Katoomba NSW 2780) from Tuesday 20 June – Friday 23 June 2023.

A Music Camp Concert will be held on Friday 23 June, 6.30pm Great Hall. ALL WELCOME!!!!

Mandatory attendance is required by all students in the school's music ensembles program:

- \* Intermediate Concert Band
- \* Senior Concert Band
- \* Junior Stage Band
- \* Intermediate Stage Band
- \* Senior Stage Band
- \* Junior Strings Ensemble
- \* Symphonic Strings
- \* Philharmonic Orchestra
- \* Chamber Choir
- \* Guitar Ensemble
- \* Percussion Ensemble
- \* Jazz Ensemble

Forms and Payment due on 18 May (Term 2 Week 4). Students can pick up a physical copy of the Music Camp Letter (includes forms) outside the Music Department.

#### 2023 Semester 1 Music Co-Payment

Thank you to parents and/or guardians who have already completed and submitted the Semester 1 Music Co-Payment.

We kindly ask and remind parents and/or guardians to check and pay the Semester 1 Music Co-Payment through the Parent Online Payment Portal and/or visit <a href="https://pay.sbhs.net.au/">https://pay.sbhs.net.au/</a>

#### **Drum Lessons at Sydney Boys High School**

Mr Stephen Lamante (drum tutor) has returned back to SBHS after touring with the "Hamilton" musical.

Mr Lamante will be holding private drum lessons after school on Tuesday's and Thursday's. If your son is interested in having private drum lessons, please contact Mr Lamante on:

M: 0435 846 914 // E: <a href="mailto:stevelamante@gmail.com">stevelamante@gmail.com</a>

#### Junior & Senior String Quartet

Information and audition requirements will be sent out soon.

#### Parent/Guardian/Student Communication

<u>Parents and Guardians</u>: 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.

<u>Students</u> will be notified of any music news and notifications via Clipboard, 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. Students will also be notified of any music related events during ensemble rehearsals.

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: <a href="mailto:music@sbhs.nsw.edu.au">music@sbhs.nsw.edu.au</a>





#### 2023 Music Ensemble Schedule

MONDAY (Before School)	TUESDAY (Before School)	WEDNESDAY (Before School)	THURSDAY (Before School)	FRIDAY (Before School)
Intermediate	Senior Concert	Junior Stage Band	Intermediate	Symphonic Strings
Concert Band	Band	7.45am – 8.45am	Stage Band	8.00am – 9.00am
7.45am – 8.45am	7.45am – 8.45am	Room 101	7.45am – 8.45am	Room 101
Governors Centre	Governors Centre	rtoom ro r	Room 101	1100111 101
Guitar Ensemble		Senior Stage Band	Philharmonic	Chamber Choir
7.45am – 8.45am		7.45am – 8.45am	Orchestra	8.00am – 9.00am
Room 201		Room 201	7.45am – 8.45am	Room 201
			Room 201	
			Junior Strings	Marching Band
			Ensemble	8.00am – 9.00am
			7.45am – 8.45am	MPW/ Room 102
			Room 203	Terms 1 & 4 only
			Terms 1 & 2 only	-
			Junior & Senior	
			String Quartet	
			7.45am – 8.45am	
			Room 202	
			From Term 2	
(After School)	(After School)	(After School)	(After School)	(After School)
Guitar Ensemble	Marching Band	Percussion		Jazz Ensemble
3.20m – 4.20pm	3.30pm – 4.30pm	Ensemble		3.30pm – 4.30pm
Room 201	GH/MPW/ Room	3.30pm – 4.30pm		Room 201
	102	Governors Centre		
	Terms 1 & 4 only			

#### Please note:

#### 2023 Term 2 Music Events Calendar

WEEK	DATE/TIME	EVENT	MUSIC STUDENTS INVOLVED
5C	Thursday 25 May	Students Leadership Assembly, 9.45am Great Hall	TBC Elective Piano Students
5C	Friday 26 May	Winter Sports Assembly, 10.05am Great Hall	TBC Elective Piano Students
9A	Tuesday 20 June – Friday 23 June	Annual Music Camp, Stay KCC	All music ensembles
9A	Friday 23 June	Music Camp Concert, 6.30pm Great Hall	All music ensembles
10B	Thursday 29 June	NAIDOC Assembly, 10.05am Great Hall	TBC Elective Piano Students

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

<sup>\*</sup> 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.

<sup>\*</sup> Guitar Ensemble: Students who are unable to attend one of the rehearsals can join the alternate session.

<sup>\*</sup> 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).

<sup>\*</sup> Students must schedule private instrumental lessons at a different time to music ensemble rehearsals.

<sup>\*</sup> An attendance rate of 80% is required per semester to obtain Award Scheme Points.

<sup>\*</sup> Music Pocket: Attendance of 5 full years is required. New students in Years 8-11 will need to speak with the Music Department.



#### Year 10 Elective History Excursion

On the 4th of April, the Year 10 History Elective classes explored the Chau Chak Wing Museum, on the University of Sydney campus. We split into two groups, each having their own coordinator and tour guide, and headed into the museum. First, we analysed authentic ancient artefacts, ranging from pieces of roof to oil lamps, to figurines of household divinities. We learned about the mummification processes of Ancient Egypt, witnessing real human remains. We then ventured into the Roman section of the museum, where our tour guide explained the Roman way of life, using a Lego rendition of Pompeii. A massive thank you to Miss Luu, Miss Genias, and the Chau Chak Wing Museum staff for a wonderful learning experience outside of school.

#### Micah Jouravlev 10R











## **Volleyball Notes**

Volleyball Results Gala Day and Friendly Matches - Saturday 29 April (Term 2 Week 1) 2023

A very successful season opener for all teams, with no team dropping a set all day.

First Grade attended a Gala Day at The Shore School and played matches against other GPS Schools winning all matches 2-0.

Second Grade attended a Gala Day at Newington College and played matches against other GPS Schools winning all matches 2-0.

All other teams played friendly matches at SBHS Gym against Sydney Grammar School or The Scots College, all winning their matches.

1sts: SHS vs NC: 25-4; 25-8; 2-0 WIN.

SHS vs SIC: 25-16; 25-9; 2-0 WIN. SHS vs SGS: 25-20; 25-19; 2-0 WIN.

FINAL: SHS vs TSC: 25-17; 25-20; 2-0 WIN.

2nds: SHS vs NC: 25-17; 25-10; 2-0 WIN.

SHS vs SIC: 25-8; 25-11; 2-0 WIN. SHS vs TSC: 25-15; 25-16; 2-0 WIN.

FINAL: SHS vs SGS: 25-16; 25-23; 2-0 WIN.

3<sup>rd</sup> vs SGS: 25-14; 25-18; 15-14. 3-0 Win.

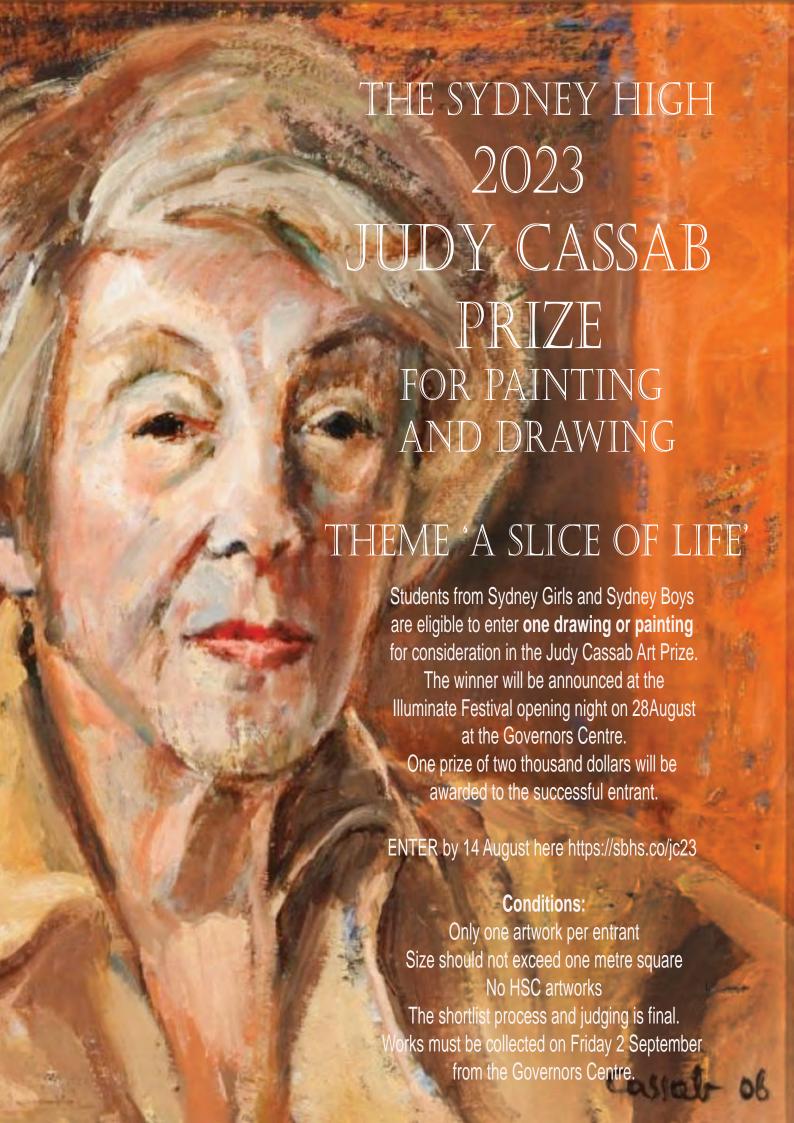
16A vs SGS: 25-13; 29-27. 2-0 Win. 16B vs SGS: 25-18; 25-17. 2-0 Win.

15A vs SGS: 25-14; 26-24; 18-15. 3-0 Win. 15B vs TSC: 25-15; 25-11; 16-8. 3-0 Win. 14A vs TSC: 25-11; 25-4 25-7. 3-0 Win. 14B vs TSC 13A: 25-7; 25-15; 25-6. 3-0 Win.

13A vs TSC 13B: 25-5; 25-21; 25-11. 3-0 Win. 13B vs TSC 13C: 25-17; 25-10; 25-12. 3-0 Win.

Congratulations to all players and their coaches on this great start to the 2023 season.

Mr Coan Coach







ARTICULATE CREATE INNOVATE

## SAVE THIS DATE

## MONDAY 28 AUGUST 2023

The Governor's Centre, Sydney High School 5:30pm Exhibition viewing 6:30pm Judy Cassab Prize and Official Opening

Special Guest

Ramesh Mario Nithiyendran

# 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







		Canteen Price	List 20	023		
Breakfast		Lunch and Rece	ss Ite	ms	Hot Food	
Ham & Egg Muffin	\$3.50	*So you don't miss out on what you want for lunch, make sure you ORDER it before school		Butter Chicken - Homemade	\$5.50	
Toast - Cheese	\$2.00	Sure you ORDER It belof	i e school		Chicken Burger	\$5.00
Toast - Cheese & Ham	\$2.50	Sandwiches / Rolls / Wraps	S/W	ROLL	Chicken burger	Ψ3.00
Toast - Cheese & Tomato	\$2.50	Janawiches / Rons / Waps	3/11	KOLL	Chicken Fingers	\$2.50
	, , , ,	Cheese & Tomato (v)	\$2.50	\$2.80	Chicken Mayo Roll (hot)	\$5.00
		Cheese & Salad (v) \$3.50		\$4.00	Chicken Mayo Sandwich (hot)	\$4.00
Hot Chocolate (Term 3 only)	\$1.50	Egg & Lettuce (v) \$3.50 \$4.00		\$4.00		
, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		Ham & Tomato \$3.50 \$4.00				
Fruit / Snacks					Falafel Wrap	\$5.00
Assorted Snacks @ Various	Prices			Garlic Bread (v)	\$2.00	
		*sandwiches made to order for lunch & recess orders.				
Banana Bread	\$1.50					
		THICICA	D 0 C			
Fruit - Apple/Orange/Banana	\$1.00	THIS IS A	P&C	_	Noodles In A Cup	\$3.00
Fruit Salad	\$3.00	CANTEE	N.	-		
5.1.1		REMEMBER	ο ΔΙ		Pasta - Homemade - Small	\$4.50
Drinks				-	Dida Causaga Chiakan/Muahmaan	¢4.00
Chill - Aloe Vera or Ice Tea	¢2.50	PROFITS GO	BAC	CK	Pide - Sausage, Chicken/Mushroom	\$4.00
Cilii - Alue vera ul ice rea	\$3.50	TO YOU BOYS!!!		Pide - Spinach/Cheese (v) Pie - Meat (sauce + 30c)	\$4.00 \$4.50	
Juice	\$2.50	10 100 bc	713::	•	Pie - Ivieat (Sauce + 50c)	\$4.30
Juice Bomb	\$2.50			-	Pie - Traveller	\$5.00
Suice Bollib	Ψ2.50				Pizza Wrap	\$4.50
					i izza wiap	Ψ 1.00
					Rice Box - Homemade	\$5.00
		Salads				
Milk Flavoured 300ml	\$2.50	Salad Box (meat) - Small		\$4.50	Sausage Roll	\$3.50
Milk Plain 600ml	\$2.50	Salad Box (meat or egg) - Large	е	\$6.00	Spinach Ricotta Roll (v)	\$3.50
Milk Flavoured 500ml	\$4.00	Salad Box (plain) \$5.00		Sweet Chilli Chicken Wrap	\$5.00	
Up & Go	\$2.50	Sushi & Rolls	S		Teriyaki Don, Noodles etc - Homemade	\$5.50
		Sushi - Homemade		\$3.50	Miscellaneous	
Water - Spring	\$1.50				Spoons / Forks - supplied free with meal puchase	\$0.10
Waterford	\$3.00	Nachae				40.40
Charial Ordana		Nachos - Wednesdays	& Fridays		Tissues Second Foods	\$0.60
Special Orders		Nachos - Homemade		\$5.50	Seasonal Foods	
# If you have specific dietary needs or your favourite sandwich is not on the menu - all you have to do is ask! We may be able to		Nacios Homemade		ψ0.00	**NB Not all food items are available all the	
					example, home style lunch boxes - pasta salads, soup etc are all seasonal. Please ch	
make it for you. Make sure you order before school.					the canteen before you order.	
301001.		2222 751	)	_		
		2023 PRIC	LE LIS			
8.3	0 to 9.0	0 am *Breakfast is availat	ole * Ti	me to p	lace lunch orders	
		DE DETUDNED TO THE COLOOL FOR THE				

ALL CANTEEN PROFITS ARE RETURNED TO THE SCHOOL FOR THE BENEFIT OF THE BOYS' EDUCATION AND DEVELOPMENT

## 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**.











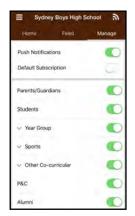






#### 2. FIND OUR SCHOOL

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.



## KEEP CALM

AND BE

## PREPARED

## STUDY SAMURAI LIBRARY



Learn more about study skills, mindset and well-being so you can reduce the stress of school and achieve your personal academic best. Login at **studysamurailibrary.com** 

**USERNAME:** 

**PASSWORD:** 



### The Study Samurai Library includes:

#### 1. THE ELES ONLINE STUDY SKILLS HANDBOOK WEBSITE

#### **Working Better At Home Units**

- 1. Home Study Environment
- 2. Organisation and Filing
- 3. Time Management Skills
- 4. Managing Workload
- 5. Dealing with Distractions
- 6. Overcoming Procrastination
- 7. Developing Motivation
- 8. Goal Setting
- 9. Lifestyle and Balance 10.Managing Stress
- **Improving Your Skills Units** 1. Reading Skills
- 2. Writing Skills
- 3 Mathematical Skills
- 4. Science Skills
- 5. Foreign Language Skills
- 6. Assignments Skills
- 7 Research Skills
- 8 Presentation Skills

#### **Improving How You Study** Units

- 1. Summarising
- 2. Active Studying
- 3. Preparing for Exam Blocks
- 4. Test-Taking Techniques
- 5. After Tests & Exams

#### **Working Better At School** Units

- 1 Will we ever use this?
- 2. Using Classtime 3. Asking for Help
- 4. Dealing with Conflict
- 5. Groupwork Skills

#### **Using Technology Units**

- 1. Technology Tools
- Basic Computer Skills
- 3. Be CyberSmart
- 4. Useful Apps for iPads
- 5. Microsoft OneNote

#### **Skills for Specific Stages** Units

- 1. Preparing in Primary
- Starting Secondary School
- 3. Mastering Middle School
- 4. Becoming a Senior Student
- 5. Studying at University

#### **Tools for Managing Challenges Units**

- Strategies for Dyslexia
- Remote Home Learning
- 3. Living Across Two Houses
- 4. Bullying: Issues and Strategies
- Managing Part-Time Jobs
- 6. Educational Kinesiology
- Your Brain and Memory
- 8. Live Your Best Life
- 9. Tips for Parents
- 10. Tips for Teachers and Schools

#### 2. THE HUMAN CONNECTIONS ONLINE WELLBEING RESOURCE

- · Module 1: What is stress?
- Module 2: Stress and peak performance
- · Module 3: Positive Psychology, what determines happiness
- · Module 4: Quick relaxation & wellbeing tips
- · Module 5: Learning how to relax, progressive muscle relaxation
- · Module 6: Meditation
- · Module 7: Mindfulness
- · Module 8: Stress and the way you think

- · Module 9: Changing your thinking
- · Module 10: Turning negative thinking into positive thinking
- · Module 11: Breathing techniques
- · Module 12: Changing your focus
- · Module 13: Pressure points to help you relax
- · Module 14: Time management
- · Module 15: Self-image beliefs
- Module 16: How to create positive habits

#### 3. THE STUDY SAMURAI LIBRARY VIDEO LESSONS BY DR PRUE SALTER & ROCKY BIASI (20-30 MINS EACH)

#### Achieve personal best performance

Study Skills:

learning easy

productive

- Neuroplasticity (ROCKY)
- Brain Rules (ROCKY)
- 7 Motivation Strategies (ROCKY)
- · What Drives Human Behavior (ROCKY)
- How to Set Goals (ROCKY)
- · Study Notes 1 (PRUE)
- Mind Maps (PRUE)
- Test-Taking Techniques (PRUE)
- · Common Study Mistakes (PRUE)
- Maximising Classtime (PRUE) · Practice Methods (ROCKY)
- · Mental Practice (ROCKY)
- Practice Principles (ROCKY)Getting in the Flow (ROCKY)

- · Study Notes 2 (PRUE)
- · Learning Preferences (PRUE)

- · Study Notes 3 (PRUE) Subject Specific Study (PRUE)
- Improving Handwriting (PRUE)
- · After Tests & Exams (PRUE)
- · Improving Reading Skills (PRUE) Advanced Memory Techniques
- Preparing for Exam Blocks (PRUE)
- · Time to Allocate to Schoolwork
- (PRUE) Creating Afternoon Routines
- (PRUE) · Dealing with Technology Distractions (PRUE)
- · Dealing with Other Distractions
- · Overcoming Procrastination (PRUE)
- · Senior School Mindset (PRUE) · How to Change Negative Thinking
- (ROCKY) Problem Solving Questions
- (ROCKY) Mental Mindset of Champions (ROCKY)
- · Focus (ROCKY)

· Keeping Things in Perspective

· Your Brain and Memory (PRUE)

Sustain Progress Develop Mastery

Finding Help (PRUE) Aligning Goals To Values ROCKY)

Model Masters (ROCKY)

· Essay Writing Skills (PRUE) Prioritising Techniques (PRUE)

The One Thing (ROCKY)

· 80/20 Rule (ROCKY)

Managing Workload 2 (PRUE)

Planning Holiday Study (PRUE)

(ROCKY)

- The Power of Failure (ROCKY)
- 5 Steps To Get Your Head Right For Senior School (ROCKY)
- Changing Your Thinking ABC (ROCKY)
- Strategies for a Growth Mindset folder (ROCKY)

#### Nourishing Body and Brain (PRUE)

- Meditation and Mindfulness
- (ROCKY) Happiness Advantage (ROCKY)
- Wellbeing Factors (ROCKY)
- Progressive Muscle Relaxation (ROCKY)

Know how to make

Time Management:

Become organised, efficient and

Develop a growth

and success

mindset

WellBeing:

Have energy and motivation

- How to Study (PRUE)
- · Home Study Environment (PRUE)
- (ROCKY) Organisation and Filing (Digital
- · Organisation and Filing (Paper)
- Resources) (PRUE)
- Independent Learning (PRUE) · Managing Workload (PRUE)
- · When will we ever use this? (PRUE) · How Winners Think (ROCKY)
- Identity Beliefs (ROCKY) · Fixed and Growth Mindset (ROCKY) · Vision and Purpose (ROCKY)
- · Lifestyle Factors (PRUE) Power Poses (ROCKY) Positive Psychology (ROCKY)
- Starting Your Day For Success (ROCKY) · Creating Positive Habits (ROCKY)
- · Sleep and Study (PRUE)
- · Stress and Anxiety Relief with The Tapping Technique (ROCKY)
- Accessing The Emotions You Want (Anchoring) (ROCKY)
- · Asking Better Questions to change your mental focus (ROCKY) Healthy Mind Platter (ROCKY)
- StudySamuraiLibrary.com





### **Surviving & Thriving in High School**

with the Study Samurai Library!

Sydney Boys High School has organised a unique opportunity for students and parents to learn from two experts: Dr Prue Salter, who specialises in study skills and Rocky Biasi, who specialises in peak performance, motivation and wellbeing.

All students in Years 7 - 10 are explicitly spending at least two lessons per term in using the study skills and Wellbeing materials in their Values Education or Careers Education classes. Parents are recommended to check out the materials and encourage their child using the resources regularly at home.

#### To learn more, here's what you need to do:

 Go to studysamurailibrary.com click on Login and enter these details:

**Username:** 

sydneyboys

Password:

sydneyboys

Watch the welcome video.

#### **Using the Study Samurai Library:**

1. Try and watch at least one of the video lessons each fortnight - there are 75 to choose from! If there is an area you want to learn more about you are also welcome to watch those videos at any time.

The categories are:

- Performance
- · Study Skills
- · Time Management · Mindset
- · Wellbeing
- 2. Your Study Samurai Library also includes access to Prue's Online Study Skills Handbook website and Rocky's Online Wellbeing Resource. These resources can be accessed through the menu at the top when you log into the Study Samurai site. Explore the resources on these sites to learn more about study skills and wellbeing.

#### Your Study Samurai Library Includes



Prue and Rocky on study skills and wellbeing topics



**ELES Online Study** Website with 48 study skills units of work



FREE
CONSULT

## **SPECIALIST ORTHODONTIST**

IN SURRY HILLS





**Ceramic Braces** 



Clear Alginers



**Child Orthodontics** 

- **Adults Orthodontics**
- **Braces + Jaw Surgery**
- **Braces + Miniscrew**



ORTHOBOUTIQUE

SPECIALIST ORTHODONTIST FOR SPECTACULAR SMILES

**BOOK AN APPOINTMENT** 

1800-378-678

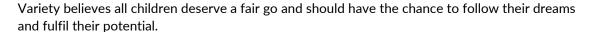
www.OrthoBoutique.com.au

SE 103/ 4-14 Buckingham St, Surry Hills NSW 2010



#### **Variety Heart Scholarships**

#### **Guidelines Individual NSW/ACT**





A Variety Heart Scholarship is designed to support children with a demonstrated talent and who are living with a disability, chronic illness, or financial hardship, to reach the next stage of development.

Variety Heart Scholarships are proudly presented by the Grahame Mapp Family Foundation in honour of the late Gillian Mapp.

#### Eligibility

- Applicants must live in NSW or ACT
- Applications can only be accepted for children aged 6 to 18 years
- Applicants must have a demonstrated talent which has developed over time and can be identified by the child's achievements and verified (in a support letter) by a professional in the area of talent
- Applicants can apply under one of the following funding categories (A or B)

Funding Option A = Financial hardship (maximum household gross income (excluding superannuation) of no greater than \$90,000 per year); OR

Funding Option B = Disability or Chronic Illness (child must have a diagnosis and maximum household gross income (excluding superannuation) of no greater than \$130,000 per year).

#### **Scholarship Grants**

- Scholarships are available in the areas of the Arts or Sport.
- Scholarship applications can be made up to the value of \$5,000 per application.
- Successful scholarship applications may receive partial or full funding at the discretion of the Committee.
- Scholarships are valid for 12 months from the date of the approval letter. All allocated funds must be spent within that period. Any unspent allocated funds will be rescinded.
- A scholarship report must be submitted within two months of completion of the scholarship (forms will be provided).
- Successive grants are not guaranteed for previous recipients.
- If unsuccessful, applicants may apply for the next round.

#### **Examples of appropriate scholarship requests**

Successful applicants may spend their grant across any of the categories listed below:

- Training
- Entry/Competition fees
- Lessons
- Registration costs
- Courses
- Equipment
- Uniforms
- Airfares (for the child only, to and from appropriate events related to the scholarship e.g. competition)
- Accommodation (e.g. basic/standard hotel room for the child and parent/carer to attend competition)
- Fuel (receipt must be legible, we cannot accept eftpos receipts. This is for travel to and from appropriate events related to the scholarship e.g. competition)

#### 2023 Timeline

- Monday 1<sup>st</sup> May 2023 at 9am ......Applications open
- Wednesday 31st May 2023 at 5pm.....Applications close
- June ......Applications are reviewed and assessed by the Committee
- Mid July ......Applicants receive an email to advise them of the outcome
- Mid-September ......Presentation Night to be confirmed