



## From the Principal High Talent

### Congratulations

Congratulations to our fencers again. In our New South Wales Schools Fencing League U19 Epee competition, Jack Wang (12M) won gold and Jarrod Su (12R) silver. At the NSW Fencing Association U15 Sabre Competition, Akith Perera (10E) and Ethan Li (9F) shared bronze. Well done, boys! CDTSgt Dean Johnsun (11F) represented the Sydney High School Cadet Unit (SHSCU) in the 2023 Australian Army Cadets' National Adventure Training Award (ATA), held in Tasmania in April. He successfully completed ATA and was awarded the prized "Boomerang and Torch" Adventure Training Award badge. Some of the challenges faced by the cadets included watermanship, ropes courses, survival, navigating by day and night in the bush. Well done, Dean! Congratulations to our 1st XV Rugby team – the boys had a narrow win over Newington 3<sup>rd</sup> Grade last Saturday. Let's acknowledge Luka Miletic (11R) who, with his partner, won 'Best Delegates' as the nation of Bhutan at the Model United Nations Competition held at Baulkham Hills High.

### Assessment and Reporting Update

Year 7 assessments commence in Week 4 from Monday May 15 to Friday May 18. Reports will be finalised for students with completed Clearance Forms to discuss with the Principal from June 5.

### Properties Update

After laying additional concrete slabs alongside the asphalt path beside the tennis courts, four new jarrah seats have been installed for passive



recreation and viewing of tennis matches. A large patch of artificial grass has been laid on the slab next to the trailer compound so that the scrum machine can be rolled out and used for scrum practice for our rugby teams. Fencers may also use the space as a spill-over training area. The long-awaited extension to the roof of the COLA was installed during the week. The

facility will now have significant additional weather protection from easterly rain events. The batting and bowling creases in the COLA were worn and needed replacing, as did the nets which have lasted the best part of 15 years. These works are underway. Welcome to



Country signage has been installed next to the Bear Pit stairs to add to our 'wayfinding project'. In our GPS sports gallery we have added a second Honour Board to accommodate our 2<sup>nd</sup> Grade GPS Premiers and Champions. The existing board is full, thanks in particular to the great form of volleyball and rifle shooting 2<sup>nd</sup> Grade teams over recent years. I look forward to adding High successes to the new Honour Board. Significant electrical cabling work has been completed in preparation for the completion of the Cooler Classrooms Project. We are grateful for the replacement of end of life cables and ageing distribution boards. McDonald Wing has yet to be connected to the main building via a new cable. This is planned to be installed in Semester 2.

### Interpreting Semester 1 Year 12 Reports

All Year 12 students should have their reports. For the first time during their high school life, the students have an ATAR calculation based on their best ten units. However, not all parts of their courses have been examined at this time. The full examination doesn't happen until the Trial HSC in August. A limited number of topics have been completed in the HSC courses so far this year. Despite these limitations, the May report is extremely important as a yard stick for possible HSC performance. Every year I would love to be proved wrong. Every year I would be glad to applaud students who do much better than their ATAR prediction derived from their April



performances. Inevitably, if nothing changes in the students approach to study and revision, the predictions will be more or less accurate, assuming our quantum and spread of marks earned this year are similar to those earned in last year's HSC.

The first report in Year 12 is often a wakeup call for boys who have been coasting. Students ought to take advantage of practice tasks, opportunities for re-writes or early submission of drafts of essays to receive very useful feedback prior to submission of their work. Lunchtime workshops are also offered for some courses. Individual Faculties also provide targeted coaching for students with weaknesses in the period up until the HSC Trial examination. Students with their backs to the wall start to listen when we talk to them about study routines, life balance and focus. I hope parents will support us once again this year by impressing upon their sons how important it is from now on to get themselves organised, stick to a study routine and find the time each week to work hard. It is equally important to maintain co-curricular activities and to sleep well.



### Sentence Conscious Pedagogy: Expanding on Kernel sentences.

A *kernel sentence* is a brief but complete sentence. Use common question words to expand on the kernel sentence to make it more informative. eg who, what, where, when, how and why? Eg The class will decide. After reading all the material, for and against, about our national holiday in January, which has become a divisive topic in our society, *the class will decide* on whether it would be better to move Australia Day or rename it.

Dr K A Jaggar  
Principal

### Half Yearly Reports - Clearance Forms – Year 9



Clearance forms for report collection will be issued during the coming weeks. Please ensure outstanding payments and due book returns are received.

Sharon Kearns  
SAM

## SRC WEEKLY UPDATE Week 3 Term 2

We held our first SRC meeting this week since the start of the holidays.

If you have any ideas that you want us to consider over the coming term, you can tell us using the following link:

<https://forms.gle/TUtD7D5APkNrfkfh8>

Otherwise, you can also message us on Instagram @sydneyhighsrc.



### EARLY LEAVE REMINDER



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

The procedures for early leave are as follows:

Students must bring a note to the office that has been signed by **both** a parent **AND** a Deputy Principal **BEFORE** 8.55am Monday to Thursday and 9.25am Friday.

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

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

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

Please resubmit your request using the procedures above.

## Parent Teacher Interviews

Please note that for the day of all parent-teacher interviews, periods will be shortened, with the school day finishing early. **Boys from all years will be dismissed from class at 2:00pm on each of the dates listed below.** The light rail will run to normal schedules and there will be minimal supervision in the Junior Quad of boys waiting for any services.

The dates of the parent-teacher evenings are:

Years 8 and 9 will take place in Term 2 via zoom on:

**Monday 5 June 2023**

**2:15pm – 6:45pm**

Year 7 will take place in Term 2 via zoom on:

**Tuesday 13 June 2023**

**2:15pm – 6:45pm**

Years 10 and 11 will take place in Term 3 via zoom on:

**Monday 24 July 2023**

**2:15pm – 6:45pm**

### Booking interviews with your son's teachers

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

**N.B. The following dates are for Year 8 and 9 parents only. Parents of boys in all other years will receive their codes via email later this term, in the lead up to each evening. Notification of these emails will be placed in High Notes as they arise.**

- By **6pm Wednesday 24 May**, all parents of boys in **Years 8 and 9** will be sent details of the scheduling system and a unique code to be entered via email.
- This scheduling email will be sent to the main family email address currently held by the school for **all Year 8 and 9 students**. If you have not received this email by the morning of **Thursday 25 May** please check your junk mail or any alternative email addresses provided to the school by either parent. If your email address has changed from what had been previously advised, you should notify the school at [office@sbhs.nsw.edu.au](mailto:office@sbhs.nsw.edu.au). Please indicate your son's name and roll call class (or date of birth) so that the information can be forwarded to you.
- Following the instructions in the email, on the Edval website you will see your son's teachers listed and you will be able to select those with whom you require an interview (if you hover over a teacher's name, the subject involved will be shown). At the same time, you can indicate your availability between 2:15pm and 6:45pm. You should provide this information **by 9am on Wednesday 31 May**.
- The overall schedule will be generated by the school and your individual schedule should be available for you to **download and print from 6pm on Thursday 1 June**.
- ***Interviews should not exceed five minutes' duration.*** If there is insufficient time, a further appointment may be arranged for a later date.

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

Mr J Kay  
Deputy Principal

## Meet the Teacher - Mr Wong



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

I am a Maths teacher and I really enjoy working with the staff and students at High. Even though that's my role, I try to be an active participant in the extracurricular that this school offers, so I've been playing basketball and badminton with the boys. I'm also looking forward to contributing some of my musical skills in the future.

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

I did 3 degrees in university, but I didn't find any satisfaction in the things I was doing after university. I took a gap year and then teaching seemed like the obvious decision, and I haven't regretted it since. I have worked at a variety of different schools, both in the private and catholic sectors, having been teaching for nearly 20 years. My most recent experience was in the TAFE system, and I absolutely loved it, I moved into the public system at High and it's been wonderful.

**Given you only came to the school recently, is there anything about Sydney Boys High School that surprises you?**

Definitely. I am amazed at the variety of extracurricular activities that the school offers at a semi-professional level. Having seen how the other schools work, you boys don't realise how lucky you are. In all the other schools I've been at, a teacher was either interested or not interested in sharing their knowledge with you. Sometimes the kids would be lucky and the teacher was very good and very passionate about an extracurricular. However, most of the time, the teacher knew nothing but had to do it, because it was part of their job, and so the kids got nothing out of it. For example, with regards to fencing (which I'm very interested in but know very little about), there's a group of boys and they're doing it properly, which is why you boys compete with the champions in proper events. The only thing that surprises

me is that this school doesn't offer badminton, even though Sydney Girls does.

**What are you looking forward to at SBHS in your coming years?**

I'm looking forward to getting to know the boys better and supporting their education, well-being, and watching them grow from young boys into strong tall men, who will become shining lights in the world when it's their turn to save the world. I'm really looking forward to sharing my music knowledge (classical music especially), and, as soon as I get a chance, to conduct an ensemble.

**What is a fun fact about you?**

I know it's very repetitive, but music is really the best thing and the best reason for living.

## DEBATING

The FED and Eastside Competitions are reaching their knock-out rounds now!

First up is the FED Quarter Finals this Friday, 12 May. We have several teams in this round and we are hosting one of the Quarter Finals. At home here on Friday we have:

- Senior B v Redlands
- Year 10 v Monte Sant' Angelo Mercy College
- Year 8B v Monte Sant' Angelo Mercy College
- 7B v St Aloysius College

The other hosts for the Quarter Finals are Barker College and Senior A and 7A will both compete against Barker College.

A reminder for parents watching: Year 7s debate at 5.45pm, Year 8 at 6.45pm, and Year 10 and Seniors at 7.45pm.

Good luck to all teams in the FED Quarter finals and thank you to Ms Jeanette Cook for running the FED competition.

The PDC competition continues this week with Year 12 winning against Plumpton High on Tuesday (following their win against Ruse) and Year 11 v Elderslie High School on Friday. Thanks to Ms Harcourt for continuing to organise the PDC for the Year 11s and 12s.

Next week, 19 May we will have both the FED and Eastside semi-finals: FED at either MLC or Knox and Eastside at either Sydney Girls or Rose Bay. We will have Years 11, 10 and 9 competing in the Eastside semi-finals next week.

**Madeleine Rigby**  
MIC Debating

## SUCCESS IN THE MODEL UN COMPETITION

The Baulkham Hills Model United Nations (BMUN) was an event hosted by Year 11 students and teachers at Baulkham Hills High School on 7 May 2023; the event being open to any senior student who applied. I had entered the competition as the small mountain kingdom of Bhutan, partnering with my old friend Kirato Hope from Blakehurst High School. The day consisted of two resolutions focused on the rights of prisoners and climate action respectively, along with a further chance to individually debate. The goal was to further your nation's interests by making speeches and creating voting blocs to enact amendments to the resolutions. Ultimately, my partner and I had won the prize for 'best delegates' out of the approximately 28 team pairs which were present due to our ability to acquire votes and argue our interests. The organisers had done an excellent job at facilitating the event and it was a great chance to meet other likeminded students interested in the UN. I would highly recommend to any boys interested in the UN to apply next year if given the opportunity.

**Luka Miletic 11R**



This year the competition was held at The King's School in Parramatta. Our SBHS representative was long-time public speaking participant, Eric Scholten.

Competitors are given a choice of three topics; they then have 15 minutes to prepare an 8-minute speech delivered to an audience of public speaking coaches, professionals, past winners, school staff and families. It can be quite the intimidating space.

Eric was allocated to speak eleventh, which meant he only had a chance to watch the final couple of speakers. One of these speakers not only chose the same topic as him, he also began his speech with a similar approach! But it was an approach that paid dividends. In the final announcement of winners, Eric placed second – an incredible achievement! Eric has been a highly dedicated, creative and supportive member of the Public Speaking program here at High since Year 7. It was fulfilling on many levels to witness Eric's prowess and success on display. Eric's achievements were also testament to the support and coaching from old boy and school captain, Jivan Naganathan.

A huge congratulations to Eric Scholten!



## Lawrence Campbell Oratory Competition 2023



The Lawrence Campbell Oratory Competition is the highlight of the public speaking calendar. This prestigious competition upholds the highest standards in the field, with recognisable names from Australian media and politics appearing as past winners.

**Cassandra Pride**  
Head Teacher of English



## CAREERS LEARNING at SBHS

This year's guest speaker series is well underway with some of the speakers outlined below and more being added as we go. UNSW, USYD and the Cadetships and Scholarships were hugely popular and packed with great information.



Careers Expo for all Year 12

Thursday 1 June 2023

Details to come.

Guest Speaker Series 2023		
USYD Info Day Tuesday 14th March Lunch Senior Library	✓	⋮
UNSW Info Day -Tues 21nd March Lunch Senior Library	✓	⋮
Cadetship Opportunities (Free Uni and top job guaranteed) - 2nd May Lunch Senior Library (Business/Computer Sc./IT /Finance	✓	⋮
UAC speakers (Uni Admission Process) -Tues May 9th- Early Entry etc NOT TO BE MISSED Lunch Sen Lib	✓	⋮
UTS info day Tues 16th May Lunch Senior Library	✓	⋮
Engineers Australia Speaker-Tues May 23rd Lunch Sen Lib	✓	⋮
UNSW CO-OP Info Day Tuesday 30th May Lunch Senior Library	✓	⋮



**SBHS Careers Information and Weekly Newsletter for all things Careers Related**

<https://parent.sbhs.net.au/careers>

Then sign up for Study Work Grow -Australia's best Careers and Life Design Information. (Free to SBHS students and Parents) using this link: [Subscribe to Work Study Grow](#)

**For all Careers Information** - Senior Students can see their dedicated Canvas Careers Page which is updated with everything they need to know. Especially important is that they read the notifications and familiarize themselves with the home page.

## 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



# Music NOTES

## 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 <https://pay.sbhs.net.au/>

## 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.

## Drum Lessons at SBHS

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: [stevelamante@gmail.com](mailto:stevelamante@gmail.com)

## Junior & Senior String Quartet

Information and audition requirements will be sent out soon.

## 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 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: [music@sbhs.nsw.edu.au](mailto:music@sbhs.nsw.edu.au)



## 2023 Music Ensemble Schedule

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

Please note:

\* The above schedule is subject to change. The Music Department will inform students asap via the CANVAS Music Performance Page and the school's daily notices if there are any changes.

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

\* Marching Band: Rehearsals only run in Terms 1 and 4 only. Compulsory attendance is required for students in Concert Band, Stage Band and selected Percussion 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 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*

SYDNEY BOYS HIGH SCHOOL  
presents

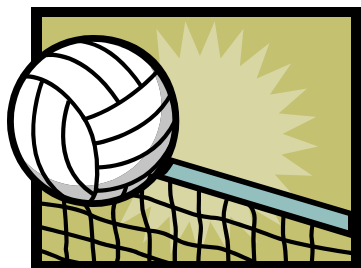
# MUSIC CAMP CONCERT



**Friday 23rd June, 2023 | 6.30pm**

**SBHS GREAT HALL**

**\*\*\*ALL WELCOME\*\*\***



# Volleyball Notes

## Volleyball Results SHS vs NC/KG Saturday 6 May (Term 2 - Week 2) 2023

All matches vs NC at SBHS, except 13A, 13B, 14A & 14B vs KG @ KG.

1<sup>st</sup> and 2<sup>nd</sup> Grade Opens, 15A, 14B and 13A all had 3-0 Wins.

3<sup>rd</sup> Grade, 16B, 15B & 14A all had a 2-0 Win.

16A and 13B had a 2-1 Win.

1st: 25-13; 25-17; 25-22. 3-0 Win. 2nd: 25-16; 25-18; 25-21. 3-0 Win.

3rd: 25-10; 26-24; 22-21. 2-0 Win.

16A: 25-14; 25-21; 19-25; 7-7. 2-1 Win. 16B: 25-20; 25-18; 16-17. 2-0 Win.

15A: 25-14; 25-9; 17-9. 3-0 Win. 15B: 25-13; 25-19. 2-0 Win.

14A: 25-6; 25-16 11-6. 2-0 Win. 14B: 25-5; 25-18; 19-15. 3-0 Win.

13A: 25-13; 25-22; 25-8. 3-0 Win. 13B: 26-28; 26-24; 25-16. 2-1 Win.

No Statistics were taken for the 1<sup>st</sup> and 2<sup>nd</sup> Grade teams for this Round.

All student Referees on the day are to be commended for their focus and consistency. Well done!

Mr Coan  
Coach

**SBHS TENNIS**  
Stan Jones Cup



The Stan Jones Cup is a CHS Tennis Team tournament. This year the tournament is not a series of multi fixture events over a few days, but rather individual fixtures arranged by representing schools.

On Wednesday 3 May Sydney Boys hosted The Jannali High School for our 1<sup>st</sup> fixture in this tournament. Sydney Boys High School was successful and won all 6 matches (2 doubles and 4 singles). Full results below –

Position	Name	Score
1 doubles	Isaac Wang + Angus Khu	6-2
2 doubles	Isiah Goh + Lucas Chen	7-5
1 singles	Isaac Wang	6-0
2 singles	Angus Khu	6-3
3 singles	Isiah Goh	6-1
4 singles	Lucas Chen	6-0

Our next opponents forfeited so we are waiting for the next opposition school to be identified.

Kurt Rich  
MIC Tennis



THE SYDNEY HIGH  
2023

JUDY CASSAB  
PRIZE

FOR PAINTING  
AND DRAWING

THEME 'A SLICE OF LIFE'

Students from Sydney Girls and Sydney Boys  
are eligible to enter **one drawing or painting**  
for consideration in the Judy Cassab Art Prize.

The winner will be announced at the  
Illuminate Festival opening night on 28 August  
at the Governors Centre.

One prize of two thousand dollars will be  
awarded to the successful entrant.

ENTER by 14 August here <https://sbhs.co/jc23>

**Conditions:**

Only one artwork per entrant

Size should not exceed one metre square

No HSC artworks

The shortlist process and judging is final.

Works must be collected on Friday 2 September  
from the Governors Centre.

Cassab 06



# ILLUMINATE

CELEBRATING STUDENTS WHO  
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>

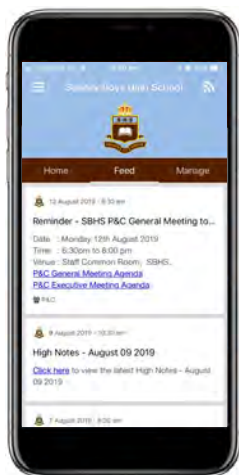
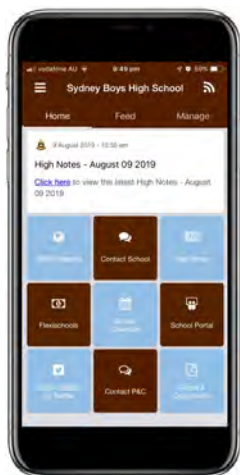
- High Store is open 4 days a week - Monday, Tuesday, Wednesday, Friday - from 10:30am to 1:30pm •
- Profits made by High Store are put back into the school •
- High Store has many SBHS memorabilia such as ties, hoodies and more •



# Stay up to date with SZapp

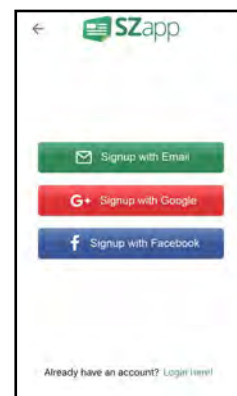
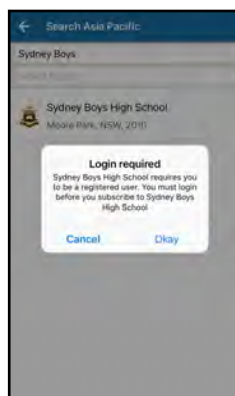
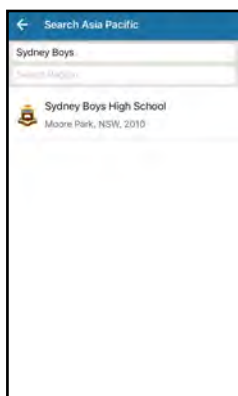
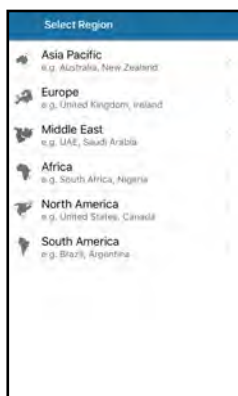
Download this App to be kept up to date with everything that is happening at **Sydney Boys High School**. It features School Calendar, School Newsletters, School Contacts, Documents, and Push Notification Alerts. Messages can be translated through the app into many different languages.

## Installation Instructions



### 1. DOWNLOAD SZAPP

Search the App Store / Play Store for **SZapp**.  
Download and install SZapp. **Install is Free.**

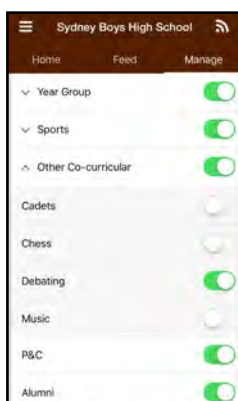
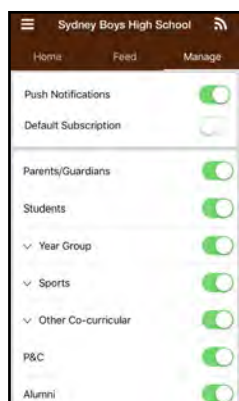


### 2. FIND OUR SCHOOL

Select Region: Asia Pacific  
Sydney Boys High School

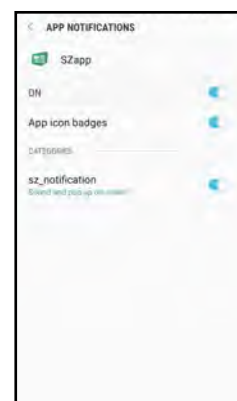
### 3. REGISTER A USER

You will need to register a user with your email or sign in with Google or Facebook.



### 4. MANAGE NOTIFICATIONS

Choose which group/s you would like to receive notifications from. Groups with arrows indicate that there are sub-groups which you can join.



### 5. CHECK SETTINGS FOR APP NOTIFICATIONS

Check your phone settings to allow for push notifications from SZapp.

For any further information see:

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

2023 SYDNEY GIRLS AND SYDNEY BOYS HIGH SCHOOLS PRESENT

# LEGALLY BLONDE

THE MUSICAL

Book by:

HEATHER  
HACH

Venue:

THE GOVERNORS  
CENTRE

Showtimes:

MAY  
24 WED 7PM  
25 THUR 7PM  
27 SAT 7PM  
28 SUN 2PM

Music and Lyrics by:

LAURENCE  
O'KEEFE  
AND NELL  
BENJAMIN

[https://events.humanitix.com/  
legally-blonde-the-musical-  
qxc4lher](https://events.humanitix.com/legally-blonde-the-musical-qxc4lher)



Based on the novel by Amanda Brown and  
the Metro-Goldwyn-Mayer motion picture

Licensed exclusively by Music Theatre International (Australasia)

SYDNEY GIRLS

# THEATR=SPORTS

MULTI SCHOOL  
HEAT



7-9 PM

GOVERNORS  
CENTRE →  
AUDITORIUM!

HEAT  
#01

15TH  
MAY!  
V.S

ASCHAM  
DANEBANK  
OAKHILL COLLEGE  
TRINITY GRAMMAR  
INTERNATIONAL  
GRAMMAR SCHOOL  
LORETTO KIRRIBILLI

\$15 ADULT  
TICKET

\$10 YOUTH  
TICKET

DOORS OPEN  
6:45 PM

@GG  
HS

IMPRO AUSTRALIA

THEATR=SPORTS



# KEEP CALM

AND BE

# PREPARED

## STUDY SAMURAI LIBRARY



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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](https://studysamurailibrary.com)**

USERNAME:

PASSWORD:



# STUDY SAMURAI

FIVE KEYS TO UNLOCK PERSONAL ACADEMIC PERFORMANCE

## 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
2. Basic Computer Skills
3. Be CyberSmart
4. Useful Apps for iPads
5. Microsoft OneNote

#### Skills for Specific Stages Units

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

#### Tools for Managing Challenges Units

1. Strategies for Dyslexia
2. Remote Home Learning
3. Living Across Two Houses
4. Bullying: Issues and Strategies
5. Managing Part-Time Jobs
6. Educational Kinesiology
7. 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)

#### Performance:

##### Achieve personal best performance

- Neuroplasticity (ROCKY)
- Brain Rules (ROCKY)
- 7 Motivation Strategies (ROCKY)
- What Drives Human Behavior (ROCKY)
- How to Set Goals (ROCKY)

- Maximising Classtime (PRUE)
- Practice Methods (ROCKY)
- Mental Practice (ROCKY)
- Practice Principles (ROCKY)
- Getting in the Flow (ROCKY)

- Your Brain and Memory (PRUE)
- Finding Help (PRUE)
- Aligning Goals To Values (ROCKY)
- Model Masters (ROCKY)
- Sustain Progress Develop Mastery (ROCKY)

#### Study Skills:

##### Know how to make learning easy

- Study Notes 1 (PRUE)
- Mind Maps (PRUE)
- How to Study (PRUE)
- Test-Taking Techniques (PRUE)
- Common Study Mistakes (PRUE)

- Study Notes 2 (PRUE)
- Learning Preferences (PRUE)
- Improving Reading Skills (PRUE)
- Improving Handwriting (PRUE)
- After Tests & Exams (PRUE)

- Study Notes 3 (PRUE)
- Subject Specific Study (PRUE)
- Advanced Memory Techniques (PRUE)
- Preparing for Exam Blocks (PRUE)
- Essay Writing Skills (PRUE)

#### Time Management: Become organised, efficient and productive

- Home Study Environment (PRUE)
- Organisation and Filing (Paper) (ROCKY)
- Organisation and Filing (Digital Resources) (PRUE)
- Fixed and Growth Mindset (PRUE)
- Managing Workload (PRUE)

- Time to Allocate to Schoolwork (PRUE)
- Creating Afternoon Routines (PRUE)
- Dealing with Technology Distractions (PRUE)
- Dealing with Other Distractions (PRUE)
- Overcoming Procrastination (PRUE)

- Prioritising Techniques (PRUE)
- Managing Workload 2 (PRUE)
- Planning Holiday Study (PRUE)
- The One Thing (ROCKY)
- 80/20 Rule (ROCKY)

#### Mindset:

##### Develop a growth and success mindset

- When will we ever use this? (PRUE)
- How Winners Think (ROCKY)
- Identity Beliefs (ROCKY)
- Fixed and Growth Mindset (ROCKY)
- Vision and Purpose (ROCKY)

- 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 (PRUE)
- 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)

#### WellBeing:

##### Have energy and motivation

- 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)

- Nourishing Body and Brain (PRUE)
- Meditation and Mindfulness (ROCKY)
- Happiness Advantage (ROCKY)
- Wellbeing Factors (ROCKY)
- Progressive Muscle Relaxation (ROCKY)



## 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:**

**Password:**

- 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
- Time Management
- Wellbeing
- Study Skills
- Mindset

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



75 Video Lessons from Prue and Rocky on study skills and wellbeing topics



ELES Online Study Skills Handbook Website with 48 study skills units of work







Human Connections Online Wellbeing Resource with 16 modules




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 1300 899 736



**BETTER HEALTH CO.**



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

# Think, Eat and Move

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and a **reward** at the end!

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