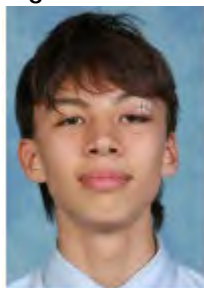




From the Principal High Talent

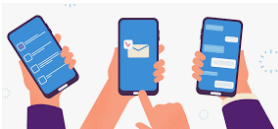


Congratulations to Henry Lau (11S) on his recent selection into the NSW CIS U16 Basketball team.

The Online Clearance Form

We have implemented a bespoke piece of software designed by Old Boy Eric Holmstrom to make the administration of Clearance Forms paperless. Parents and students can easily view contributions, co-payments, outstanding library books, levies or equipment borrowed and not returned. Rather than chase individual teachers to get signatures on paper, students now have to just go to the Student Portal on the website, click on 'My Portal at a glance' and choose 'My Clearance Form.' Red crosses or green ticks beside items indicate what has been paid or returned and what is still owing.

Not involving teachers in this process saves them precious down time and spares students running around the school on compliance tasks for each faculty. SAS staff have less time taken up signing off on individual Clearance Form items for students. The system's first test was with Year 12 reports which went smoothly for the most part. One glitch we did discover was that payments made after 6pm may not be processed completely for 36 hours. Consequently, within that timeframe, students who enter their names on the 'Stragglers Reports Sheet' with timeslots, situated on the Waterhouse Desk, may find their payments have not cleared.



To overcome this problem, students have been using their phones to show me copies of electronic receipts, thereby allowing me to discuss their reports with them. So, if the website doesn't show nothing owed, bring a photo of the payment on your phone when you come for the interview.

With the assistance of mobile phones and the good software application, moving away from

paper Clearance Forms looks like being a relatively easy transition. I want to acknowledge and thank students and staff for making this transition so seamless.

The Co-Curricular Supervision Levy

In order for us to run a six-day school with after-hours activities for 15 sports, debating, music ensembles, cadets and chess, we need to provide a teacher/ MIC / manager for organisation of the activity and staff to provide supervision of students to meet our duty of care obligations. The DoE does not fund the extra training sessions and competitions on Friday evenings and Saturdays. Some parents are asking: 'Why should I pay this co-curricular levy when I'm paying quite a lot in co-payments for a sport or



activity for a season? The money raised from the levy is used to pay for the time

that supervising teachers/MICs have to spend on the activity. Their duties include but are not limited to hiring and managing coaches; organising teams, booking fixtures and venues; buying and managing equipment; supervising coaches during training sessions; coordinating results recording / publishing; following up on attendance; awarding Student Award Scheme participation points in a text file; getting reports from sports captains; managing assemblies and dinners; as well as travelling and being there for competition fixtures on Friday nights or Saturdays. All these non-teaching duties take time for which personnel must have some compensation, by way of time, money or a combination of both. In 2022 our parents paid \$195,780 (\$162/student) to support these programs.

In addition, the levy is used to pay for health and safety services and equipment. Physiotherapy services are provided at certain venues and at selected times at school in the winter season to assess injuries to students. Also, an extra allowance is given to the Head Teacher Sport to manage the overall sports program. The levy has to meet the cost of running athletics, sprints and swimming programs which are provided free of charge to

all students. The levy **does not cover the running costs of sports** – coaches' fees, venue hire, equipment, consumables. All these items must be **funded through co-payments, parking receipts and school budget allocations**.

To clarify why the levy is necessary and should be supported by **all** parents, I want to share with you the direct costs to the school of management, supervision and duty of care of sport and co-curricular activities. Staff members are remunerated by way of allowances (time free from face-to-face), or the period equivalent in money or a combination of the two. Non-teachers are paid the equivalent of the period allowance that would have been offered to teachers. The employment on costs of >18% are also paid by the school. **The cost to the school for these services in 2023 will be \$500,695 for sport and \$103,554 for co-curricular. As well, we pay a capitation fee of \$86k to the AAGPS+CIS in order to be a financial member and compete in their competitions.** This amounts to **\$571 per student**. Please support the school in its attempt to deliver a plethora of high-quality co-curricular activities by contributing to the *Co-Curricular Supervision* levy each year.



Legally Blonde – Our SBHS-SGHS Musical Co-production

Come and be entertained in the Governors Centre by our students performing in Legally Blonde – the acclaimed musical. Students and staff from both schools have been heavily involved for months to bring this co-production to the stage. Shows are scheduled for Wednesday May 24 from 7pm - 9:50pm; Thursday May 25 from 7pm - 9:50pm; Saturday May 27 from 7pm - 9:50pm; and the final show on Sunday May 28 from 2pm to 4:50pm. Please support our Musical. Tickets : [Legally Blonde the Musical, Moore Park, Wed 24th May 2023, 7:00 pm - Sun 28th May 2023, 4:50 pm AEST | Humanitix](#)



Next week is Canteen Week, May 22-26 during which schools acknowledge and celebrate the great work and

service to students by Canteen Managers and volunteer parents and friends. Our P & C run Canteen is certified as a Healthy Canteen and offers variety, quality and economy to our boys. The students enjoy the range of options and the cashless purchasing arrangements offered. Let us all say 'thank you' during the week to our Canteen staff when being served or when ordering food. They are friendly, caring and earn much needed funds for the school to use for the benefit of the boys – buses, textbooks, contributions to prizes, equipment and assets.

Sentence Conscious Pedagogy: expanding sentences with Subordinating Conjunctions.

An easy way to make sentences more complex is to begin them with a *subordinating conjunction*. Subordinating conjunctions connect subordinating clauses to main clauses. E.g. *Because* my train came half an hour late, I arrived very late for school. Common subordinating conjunctions: *because, when, where, if, unless, although, though, since, before, after, while, even though*. Mix up your sentences to make them more vivid and interesting.

Dr K A Jaggar
Principal

SRC WEEKLY UPDATE Week 4 Term 2

The combined SBHS and SGHS Junior Dance will be held on the 1st of June.

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.



Half Yearly Reports - Clearance Forms – Year 7

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

Year
7

Sharon Kearns
SAM

Summer Sport Photos Can Be Ordered

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



FROM THE HIGH STORE

Keep warm & cosy with the HIGH Beanie \$30 and S.H.S Scarf \$22.

Wet weather jackets are NOW available \$55.
Get in early not to miss out!



LOST PROPERTY – CHANGES

From Monday 22 May 2023 lost property may be claimed by students from the McDonald Wing Office during **RECESS** only.

Parents are NOT permitted to collect lost property on their son's behalf.

Items will be **CLEARED** every **FORTNIGHT** and will not be available for collection after then.

School Administration

Transport for NSW provides students with **free** school travel

In return, we ask that you tap on and tap off every time when travelling on public transport to and from school.



Tap on and tap off your
School Opal card every time



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 7 parents only (Year 8/9 was in the previous issue of High Notes). Parents of boys in Years 10 and 11 will receive their codes via email later this term, in preparation for the start of Term 3. Notification of these emails will be placed in High Notes as they arise.

- By **6pm Wednesday 31 May**, all parents of boys in Year 7 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 7 students**. If you have not received this email by the morning of **Thursday 1 June**, 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. 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 7 June**.
- 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 8 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 **Year 10 and 11** interviews. Keep an eye on future High Notes for the timing of these processes.

Mr J Kay

Deputy Principal



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.

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.

Heartfelt 
THANKS
TO OUR VOLUNTEERS!

Appreciation

Thank you to the following parents for volunteering in the canteen during the past few weeks.

Monday 01 May: Tania Kuskoff, Renee Levitt, Yvonne Wang

Tuesday 02 May: Donna Lees, Dongyun He, Katherine Cowan

Wednesday 03 May: Becky Zhou, Janet Lam

Thursday 04 May: Bing Gao, Rosaline Perry, Xia Liao

Friday 05 May: Haibo Wang, Catherine Fung, Lei Zhang

Monday 08 May: Jessica Tam, Kerrie Lane, Grace Guan

Tuesday 09 May: Cherry Lin, Su Geng

Wednesday 10 May: Liming Wang, Shuang Liu, Khaleda Akter

Thursday 11 May: Sulan Zhang, Cicong Chen

Friday 12 May: Cathy Shen, Val Tedjasaputra

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 [Canteen Volunteer Registration form](#)
- send an email to canteen@sbhs.nsw.edu.au
- call us on (02) 9662 9350

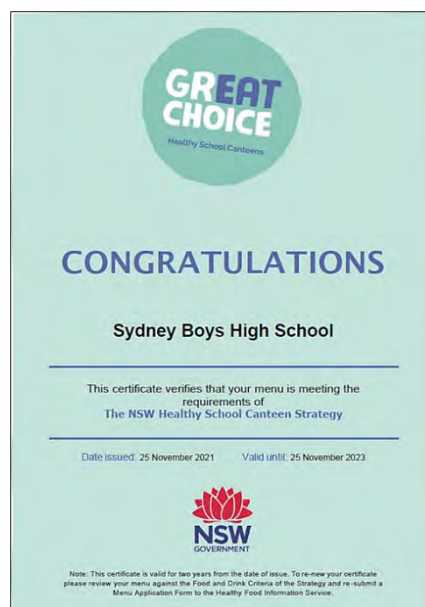
We encourage students to place their lunch orders between 08:30 and 09:00 in person at the Canteen or anytime online via the Flexischools app or at flexischools.com.au.

LUNCH ORDERS

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.

Alison Dao

On behalf of the Canteen Committee





SBHS Intermediate Theatresports School Challenge

Congratulations to our Intermediate Theatresports Challenge team who competed in Heat 1 of the competition on Thursday 11 May at The Governors Centre. Our team consisting of Alex Pidcock, Joshua Campbell, Max McLeod, Noel Que and Tra Nguyen who shone on stage scoring highly in games such as 'commercial' and 'stunt doubles.' The competition was intense with nine teams competing on the night resulting in Sydney Girls High and Ascham in equal first place. Our team just missed out on securing a place in the next round.



The team preparing before the improvised scene begins...



Alex Pidcock, Joshua Campbell, Max McLeod, Noel Que and Tra Nguyen

SBHS Theatresports has a new coach!



Cameron Ryan and our new coach Josh Di Mattina-Bevan inspiring our players!



SBHS Intermediate Team in action!

We welcome Josh Di Mattina-Bevan as our new coach who will be teaching our junior thespians drama skills such as characterisation, vocal technique, physical action and improvisation development every Tuesday afternoon after school. If you are interested in joining our Theatresports group, see Ms Barry in the English staffroom. All are welcome – you don't need to have experience to join.

Anna Barry
Theatresports Coordinator

Meet the Prefect – Jason Sung



JASON SUNG

Environment Prefect
Year 7 Prefect

Basketball

Football

*"You can measure height, but you can't
measure heart."*

Subjects

| | |
|--------------|------------|
| English Adv. | Math Ext 2 |
| Physics | Chemistry |

Fun Facts

- Went from Drama, Film and PASS to doing triple science in yr 11.
- Blames Le Chatelier's Principle for minimised growth spurts.
- 5 5 10 10 30.

 **HIGH BEFORE I**

What advice would you give to a year 7 student?

When first stepping into this school with an oversized shirt and a bag twice my size, I too felt intimidated. While processing such an unfamiliar environment, I remember asking myself questions such as: "Can I do this?" and "What if I fail?". However, after days became weeks and weeks became months, this daunting atmosphere gradually became much more exciting.

There is nothing you can't do at High. With an endless list of sports and extra-curricular activities, I advise you to try everything you can, even if it is to do with reaching outside your comfort zone. Don't be afraid to try new things. Don't be afraid to fail. By building on with new experiences, you will find yourself excelling in all areas of school life. Just remember, the grades on your report card and the letter of your sporting team are not measures of your value or worth as a student. It is simply a way to track your progression through your coming years at High.

What is the Enviroteam and how is it important at High?

The Environment Team at High is a program run by Dr M Jassy of the English faculty which aims to reduce the

significant volume of our school's waste. With an effective garbage system designed by past students of our school, we are able to correctly recycle tonnes of plastic each year. Our program urges students to recognise the vast amounts of waste that we produce and its detrimental impact on the environment, encouraging students to recycle and to minimise their own waste for the benefit of all. As a way to give back to the school, I recommend boys of all grades to take part in this program (even if its just for award scheme points).

What is your biggest regret at High?

My biggest regret at High would be the fact that I didn't take advantage of the opportunities that our school provides. To this day, I cringe at the thought of myself in Year 7, choosing hours of Fortnite Battle Royale over a serious attempt at certain programs such as Band and Cadets. Although you may not realise it at the time, the workload from school will only get larger, and the time to take part in such activities will only get shorter. So unlike me, try to reduce the time spent grinding ranks on a game or falling through endless YouTube rabbit holes, and instead, pick up a few extra-curricular activities that you think you would enjoy.

Meet the Prefect – Samuel Yun



SAMUEL YUN

**Canteen Prefect
Year 8 Prefect**



Rowing



Cross Country

"Tough times never last, tough people do..."

Subjects

English Ext 1

Math Ext 2

Chinese Continuers

Chemistry

Fun Facts

- goes crazy on a dance floor
- did backing vocals for my sister's band on spotify
- performed take on me as a violinist in a small band called 'mhhh' with my mates.



HIGH BEFORE I

What does it mean to be a Year Prefect?

Has it ever occurred to you that you would be standing in front of a large crowd with each pair of intimidated eyes looking back aimlessly into your own? Feeling the uneasiness of your very own eyes only a couple years ago? As a Year Prefect, you are a leader, guiding an entire cohort into the vast, complex and unrelenting future just as you have stood and faced it yourself.

What is it like representing the Canteen and working in it?

Representing the canteen is a demanding yet rewarding experience. You have the responsibility of organising rosters and making other prefects fill out slots and marking roles regularly to check attendance and consistency. Working in the canteen is rewarding because it simulates a work environment and trains in work ethics, communication, fast management, dealing with money and friendships. I have been able to cooperate with the canteen staff and parent volunteers and work in an environment with new, unfamiliar people who I can open up to.

What do you believe High has shaped you most in?

High has always contested with my character, challenging me beyond the scope of who I am, pushing me to become better, someone who I never dreamed to ever be. Beginning my experience as a timid and shy Year 7, oblivious and naive like those around me, I had no sense of direction - merely lost and wandering from classroom to classroom, place to place. Now, as I reflect back on those times, those traces of myself are lost and fading - emerging as someone who takes initiative and pride, relentless to keep pushing my boundaries, expanding my territories otherwise so heavily guarded and fixed. In essence, High has breached these walls and what lies ahead are the vast and miraculous opportunities that were once blocked from sight. It would do injustice to merely express my gratitude with words across a page - my gratitude for my friends who've helped me come this far, my teachers, the opportunities, the celebrations of High culture (from stomping our feet during the school song to the rallies and war cries at carnivals). Entering High in fear, I leave in confidence and fortitude, renewed in spirit and character - a forever changed man.

Meet the Prefect – Subhan Mustafa



What do you like about Rowing at High?

Rowing is a truly unique experience. Never will you spend more time with the same people, working on the same thing, at the same time. Therefore, the bonds you make are stronger than any else, and that camaraderie remains potent even after the season ends. Aside from the boys, the Rowing community of parents, Old boys, and coaches, create a comforting aura which always makes the sheds feel like home. Rowing has taught me invaluable lessons about teamwork, focus, and determination. It is undeniably hard, but through the trial of fire, I have learned lessons about how success is directly correlated to effort, teachings which apply to my everyday life too. Above all, I love the still before a race, the adrenaline during it, and the rushing feeling of either satisfaction or disappointment after it. So many emotions and experiences are tied into one, simple sport, and that is why I love rowing.

What advice would you give a Year 7 student starting school?

Experience is the best teacher. Your parents, teachers,

SUBHAN MUSTAFA

Rowing Prefect
Year 7 Prefect



Rowing



Rugby



Athletics

"Every man is guilty of all the good he did not do."

Subjects

English Ext 1

Math Adv

SOR 2

Ancient History

Latin Continuers

Fun Facts

- Is 6'3 but parents average height is 5'9
- Has done the Worlds Greatest Shave three times.



HIGH BEFORE I

and friends will tell you many things during your school life, but action is the only way to truly understand. Do, and do wholeheartedly. Try things, even if you think you might not like them, and don't shy away from difficult things, for hard things are often the most gratifying. Trust in your ability to persevere, and through trying and failing, you will learn how to navigate not only high school, but life. In saying that, your cohort and teachers will become your family over the coming years. While you hold the ultimate power, don't hesitate to gain from the wealth of knowledge and experience you have surrounding you at all times. High has a multitude of opportunities you will never find anywhere else, and remember that discomfort and anxiety is temporary, while regret is forever. Venture into the unknown, and at some undefined point, you'll come out the other side a new man. Most importantly, trust the process. As John Lennon said, "Life is what happens when you're busy making other plans." Enjoy the ups and downs and everything in between, and eventually, you'll come to find the grey areas of seemingly nothing too notable, the usual days, are your fondest memories.

Meet the Teacher - Ms Christodoulou



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

This is my first year as a teacher in the Social Sciences and History faculty. I teach Geography, Legal Studies, and History.

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

This is my first year of full-time teaching. After I graduated high school, I deferred my first year of university to work and travel. I started studying for my degree in Education/Arts at UNSW in 2018, and I came to SBHS in Term 4 2022 as a final year practicum student in the History faculty. I was offered the job and here I am!

Given you only came to this school recently, is there anything about SBHS that surprises you?

The number of extracurricular activities there are! There are so many fun sports and after school activities for students to participate in – there truly is something for everyone.

What are you looking forward to at High in the coming years?

I'm looking forward to getting to know my students and developing my pedagogy as a new teacher in the classroom. Theory and practice are always very different – teaching is no exception! I'm also looking forward to (hopefully) passing on the passion and knowledge I have for my subject areas. My high school Legal Studies teacher was passionate about the subject, and this positively influenced my learning in the classroom. I hope I can do the same for my students.

What is an interesting fact about you, or a hobby that you have?

I coach three club netball teams – two under 8 teams, and one 12/13 year-old team. I've been playing since I was ten years old and coaching since I was fourteen. Coaching inspired me to go into teaching because I loved imparting the knowledge I gained throughout the years to my players. I also have two rescue cats at home – Poppy and Lola.



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, with well over fifty students at each.

▼ Guest Speaker Series 2023

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

Uni of British Columbia and Overseas Study Opportunities June 7th Lunch Senior Library

Australian Defence Force Opportunities date tbc

Last week, we were lucky enough to have Alister Wilkinson of Professional Cadetships Australia come to High to make a presentation to the year 12 boys who were interested in pursuing a career in business or technology. He provided information to these students on what a cadetship entails, how to apply for a cadetship and some helpful tips and tricks to increase their chances of being the lucky few to be offered a cadetship. As a Cadet, you combine study at a university with paid work at UBS, Barrenjoey Capital Partners or Macquarie group. Business and Technology cadetships are offered, and they allow you to choose from a wide range of degrees within these fields.

Also, a guest speaker from UAC came to provide important and useful information on ATAR and university selection. She spoke on the difference between selection rank and ATAR, and described how HSC scaling affects your raw mark and ATAR.

SBHS Careers Info and Weekly Newsletter for all things Careers Related
<https://parent.sbhs.net.au/careers>



Careers Expo for all Year 12

Thursday 1 June 2023

Details to come.

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.



Music NOTES

Annual Music Camp

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

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.

Junior & Senior String Quartet

Information including audition requirements were announced last week via SZapp, MPP Canvas and Clipboard. Please check announcement for more details. Please sign up via this link below:
<https://forms.gle/UtHRXjrUKQMfzbii9>

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.

Jordan Chung (SBHS Ex-student) – Jazz Night

Jordan Chung (SBHS 2017 ex-student) will be holding a Jazz Night performance on Saturday 1 July at Gracepoint Christian Church (1355 Botany Road, Botany). Entry via donation. All welcome!
Jordan Chung completed his HSC Music 2 and Extension studies as an accelerated Year 11 student. He went on to studying a Bachelor of Music Performance (Jazz Studies) at the Sydney Conservatorium of Music.

Jordan regularly performs in many different forms of jazz ensembles (solo piano, jazz trios and quartets) and has

great experience in a wide range of jazz genres including swing, Latin, Blues and contemporary Jazz.



2023 Semester 1 Music Co-Payment

We only have a small handful of payments left. 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/> as soon as possible.

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



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 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*****



Congratulations to all Students listed, who have qualified for the
Zone Cross Country Carnival on Thursday 8 June.

Collect your permission/information sheet from the IA staffroom.

| 18 Years | | 14 Years | |
|----------------------|-----------|---------------------|-------------|
| Max | Russell | Nestor | Chan |
| Ren-Shyan | Balnave | Elijah | Lees |
| James | Wachsmann | Anthony | Li |
| | | Haroon | Syed |
| 17 Years | | Kabir | Mudgil |
| Kiran | Nayager | Macallister | Giles |
| Christopher | Lau | Aaron | Xu |
| Daming (Landrie) | Zuo | Samuel | Wang |
| Adrian | O'Young | Umar | Dewanata |
| Jasun | Xu | Charlie | Chesire |
| Justin | Zhou | | |
| Luc | Tran | 13 Years | |
| Landon | Jarvis | Owen | Smith |
| Jacob | Yin | Nathaniel | Ng |
| Nathanael | Thie | Sayyan | Doke |
| Wentao (Anthony) | You | Mekael | Khan |
| Nathan | Nguyen | Daniel | Jin |
| | | Christopher (Chris) | Pan |
| 16 Years | | Svanik | De |
| Tanish | Sarathy | Ryan | Zhao |
| Yufeng | Xiao | Raymond | Yang |
| Alexander (Alex) | Park | Felix | Tran |
| Chen en (Elijah) | Goh | Ethan | Hong |
| Keoni | Wu | Oscar | Luo |
| Brandon | Lee | | |
| Luke | Palmer | 12 Years | |
| | | Joshua | Chen |
| 15 Years | | Sean | McManus |
| Joshua | Kimpton | Jeremy | Li |
| Eric | Wang | Hansen | Zhang |
| Neo | Rustandi | Samuel | Avuk |
| Karthikeya (Karthik) | Mydukuru | Yashneil | Lucknauth |
| Lucas | Zhang | Weizhi (Marco) | Ma |
| Rocky | Wu | Abhinav | Lahiri |
| Matthew | Liu | Heshel | Kariyawasam |
| Qi Yu (Max) | Chen | Ian | Huang |
| Lucas | Su | Leo | Zhang |
| Arnav | Agrawal | | |



Volleyball Results SHS vs SIC/KGS Saturday 13 May (Term 2 Week 3) 2023

All matches vs SIC @ SIC, except 13A, 15A & 15B vs KGS @ SBHS.

1st, 2nd and 3rd Grade, 16A, 16B, 15A and 13A all had 3-0 Wins.

14A and 14B both had a 4-0 Win. 15B had a 1-1 Draw. 13B had a 1-3 Loss.

1st: 25-20; 25-14; 25-19. 3-0 Win. 2nd: 25-16; 25-13; 25-10. 3-0 Win.

3rd: 25-12; 26-9; 25-10. 3-0 Win.

16A: 25-14; 25-8; 25-14. 3-0 Win. 16B: 25-8; 25-12; 25-11. 3-0 Win.

15A: 25-9; 25-17; 25-9. 3-0 Win. 15B: 11-25; 25-22. 1-1 Draw.

14A: 25-5; 25-9 25-2; 17-3. 4-0 Win. 14B: 25-9; 25-8; 25-8; 15-3. 4-0 Win.

13A: 25-5; 25-10; 25-10. 3-0 Win. 13B: 9-25; 15-25; 21-25; 16-9. 1-3 Loss.

Statistics for the 1st and 2nd Grade teams for this Round 2 are shown below.

| Area (/3) | First Grade | Second Grade |
|------------------------------|--|--|
| Serving | John LIU – 2.17 (24) Oswald XIE – 2.0 (8) Anthony HWANG – 1.5 (10) | Jay TA – 2.33 (3) Branson CHAN – 2.22 (9) Roy CHAE – 2.21 (14) |
| Serve Reception | Sean LIM – 2.42 (12) Arnav GUPTA – 2.0 (4) | Roy CHAE – 2.33 (6) Dev PUNJABI – 2.17 (6) |
| Freeball Passing | Oswald XIE – 3.0 (3) Sean LIM – 3.0 (2) | Jay TA – 2.67 (3) Byron XIE – 2.5 (6) |
| Outside and Opposite Hitting | Anthony HWANG – 2.06 (17) Oswald XIE – 1.93 (27) Arnav GUPTA – 1.46 (13) | Jay TA – 2.75 (4) Branson CHAN – 2.13 (8) Owen LI – 2.0 (5) |
| Middle Hitting | John LIU – 2.57 (7) Jinho MOON – 1.44 (9) | Jinho MOON – 2.38 (13) Xi Le XIE – 1.57 (7) |
| Setting | Nelson LEE – 2.4 (45) | Jono ZHANG – 2.09 (22) Owen LI – 1.93 (14) |

Mr Coan
Coach



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 •



Canteen Price List 2023

| Breakfast | | Lunch and Recess Items | | | 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 | | | | Chicken Burger | \$5.00 |
| Toast - Cheese & Ham | \$2.50 | Sandwiches / Rolls / Wraps S/W ROLL | | | | |
| Toast - Cheese & Tomato | \$2.50 | | | | 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 | | |
| | | 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 | | | | | |
| | | THIS IS A P&C CANTEEN. REMEMBER, ALL PROFITS GO BACK TO YOU BOYS!!! | | | | |
| Fruit - Apple/Orange/Banana | \$1.00 | | | | | |
| Fruit Salad | \$3.00 | | | | | |
| | | | | | | |
| Drinks | | | | | | |
| | | | | | | |
| Chill - Aloe Vera or Ice Tea | \$3.50 | | | | | |
| | | | | | | |
| Juice | \$2.50 | | | | | |
| Juice Bomb | \$2.50 | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | Noodles In A Cup | \$3.00 |
| | | | | | | |
| | | | | | Pasta - Homemade - Small | \$4.50 |
| | | | | | | |
| | | | | | Pide - Sausage, Chicken/Mushroom | \$4.00 |
| | | | | | Pide - Spinach/Cheese (v) | \$4.00 |
| | | | | | Pie - Meat (sauce + 30c) | \$4.50 |
| | | | | | | |
| | | | | | Pie - Traveller | \$5.00 |
| | | | | | Pizza Wrap | \$4.50 |
| | | | | | | |
| | | | | | | |
| | | | | | 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 | | \$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 | | | Teriyaki Don, Noodles etc - Homemade | \$5.50 |
| | | | | | | |
| | | Sushi - Homemade | | \$3.50 | Miscellaneous | |
| Water - Spring | \$1.50 | | | | Spoons / Forks - supplied free with meal purchase | \$0.10 |
| Waterford | \$3.00 | | | | | |
| | | Nachos - Wednesdays & Fridays | | | Tissues | \$0.60 |
| Special Orders | | | | | 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 make it for you. Make sure you order before school. | | Nachos - Homemade | | \$5.50 | **NB Not all food items are available all the time. For example, home style lunch boxes - pasta, rice, salads, soup etc are all seasonal. Please check with the canteen before you order. | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

2023 PRICE LIST

8.30 to 9.00 am *Breakfast is available * Time to place lunch orders

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

2023 SYDNEY GIRLS AND SYDNEY BOYS HIGH SCHOOLS PRESENT

LEGALLY BLONDE

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HACH

Venue:

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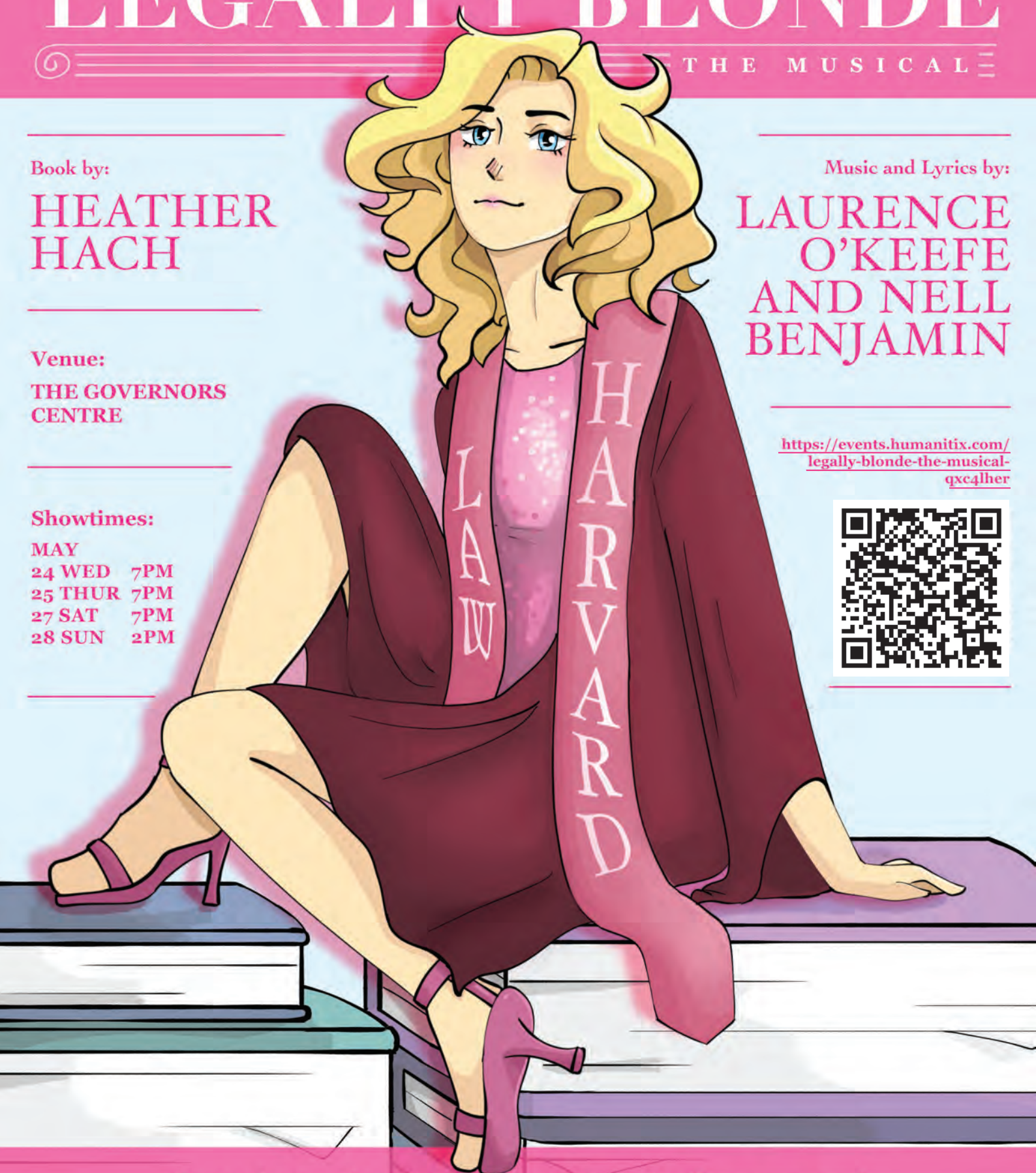
Showtimes:

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

Music and Lyrics by:

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O'KEEFE
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AND BE

PREPARED

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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**

USERNAME:

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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 Independent Learning (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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reward at the end!

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