



From the Principal High Talent



Congratulations to Oscar Greville (12M) on his selection into the Combined High Schools Rugby team and to Hikun Nguyen (12E) on his selection in Combined GPS First XI Football. Aiden McManus (10R) and Dylan Dutt (10) were selected into the combined GPS U16 Football team. Well done, lads! At the NSW Fencing Association U13 Men's Individual Sabre School Championships Aaron Li (8S) won Silver, Minjoon Park (7F) and Kenzie Yuan (8S) won equal Bronze. At the NSW Schools Fencing League U16 Individual Epee Championships hosted at Barker College, Tommy Xu (10E) won Gold, Xavier Perry (10M) won Silver and Jamison Lai (10E) won equal Bronze. Well done on your successes, boys! Congratulations to



Kenton Liu (11R) on his successful completion of his Gold Level in the Duke of Edinburgh Award Scheme. Special mention of High values of integrity and compassion – to Sanjeev Gopal (9E) for handing in a gold necklace he found which was later claimed by a very grateful and equally relieved owner.



Sorry Day

In December of 1992, Paul Keating's *Redfern Speech* gave political recognition to the genesis of the racial problem in Australia being non-aboriginal Australians who "took the traditional lands and smashed the traditional way of life," essentially as a result of invasion. Non-aboriginal Australians showed their ignorance and prejudice in their treatment of indigenous people. As human beings we failed "to imagine

these things being done to us". By December 1993 a Commonwealth Native Title Tribunal was established under the Native Title Act to confront dispossession and find a way to return to indigenous people land that had always been theirs.

A social justice spin-off from this legislation was a public exposure of the policy of assimilation and the forced removal of children from their families. The practice began in the 1800s and continued until the 1970s. The report of the subsequent judicial inquiry was handed down in the 1997 '*Bringing Them Home Report*' accused white society of gross violations of the human rights of indigenous people. The policy amounted to attempted genocide in practice – communities and cultures were the targets. The report recommended an apology to ATSI people and that reparations ought to be paid to survivors and their families.

A year after this report was tabled, May 26 1998, the first National Sorry Day was held. It has been held annually ever since. Sorry Day is a precursor to Reconciliation Week and focuses on remembrance of the damage caused by past policies to indigenous families as a result of the forced removal of their children. On Sunday, 29 May 2000, 250,000 people participated in the Corroboree Bridge Walk highlighting the lack of an official apology from the Australian Government to indigenous Australians. Since 2005, the official title for Sorry Day has been a *National Day of Healing for All Australians*. On February 13, 2008, Kevin Rudd delivered the historical apology to ATSI people on behalf of the Australian Government for the "profound grief, suffering and loss" inflicted upon them." For the pain, suffering and hurt of these Stolen Generations, their descendants and for their families left behind, we say sorry". A shocking statistic is that today ATSI children are 10.6 times more likely to be removed from their parents' household than non-indigenous children.



National Reconciliation Week May 27 – June 3

Theme: Be a Voice for Generations



During this week as Australians, we need to focus on our awareness of our shared histories and achievements alongside Aboriginal people and to explore how each of us can contribute to achieving reconciliation in Australia. The week is bookmarked by the successful referendum of May 27, 1967 in which ATSI people were recognised in the census and June 3, 1992 when the historic Mabo decision by the High Court overturned the 'terra nullius' legal fiction. Native Title has emerged since the decision, recognising ATSI people as the traditional owners and custodian of lands. National Reconciliation Week started in 1993 as a week of Prayer for Reconciliation to commensurate the International Year of the World's Indigenous People. In 1996 the Council for Aboriginal Reconciliation launched Reconciliation Week. In 2001 Reconciliation Australia was established to provide national leadership on reconciliation. This year is a pivotal one for reconciliation, given Australians have to vote in a referendum to recognise First Nations people in the Constitution. To enshrine an Aboriginal voice in some form in the Constitution would be a 'voice for generations' in its impact.

Interpreting Year 8 Reports Semester 1



All boys should now have their reports. Parents need to know that a few marks up or down near cut-off scores for Distinctions or High Distinctions can make a big difference in their son's points' totals. Also, these

grades are sometimes calculated from only one or two snapshot assessment tasks, thus providing a narrow view of achievement. When moving from Year 7 into Year 8 students get their first-choice process – one language or two? As a consequence, some boys do ten subjects in Year 7 and others, nine. To calculate the boys' scores, their best 9 subject outcomes are counted (27 points at credit level). So, boys doing more subjects may have an advantage. Conversely, they may be disadvantaged by having more subjects to master. Language choice can affect ranking outcomes. For example, some boys chose Chinese Advanced. Some chose Latin, others chose Latin and Classical Greek. These are demanding subjects. Getting Distinctions in these subjects is harder – fewer students do them, too. Boys not doing two languages have to have their PE results counted. Sometimes boys in Year 8 start to think about what electives they might do in Year 9 and what compulsory

subjects there are. These future choices might affect their motivation to succeed in some of the compulsory subjects that they are doing currently. Because of the semesterisation of history and geography, students who perform much better in one of these disciplines more than the other can produce big swings in points earned at the half yearly or yearly report. Quite a few boys who have done well in their Yearly Report take their foot off the accelerator and coast through semester one, with effects on their ranking. Often, they get back on track by the time of the Yearly Report again. In short, there are many reasons for big swings in rank. I think that +/- 20% of the cohort (36+) positions of swing means that something has altered. Their biggest issue usually is distraction, due to gaming, unrestricted device use, social media immersion or other myriad teenage activities. Often, big positive or negative fluctuations are due to changes in learning dispositions: boys listening in class, acting on teacher feedback, being organised and managing their commitments, taking notes, doing homework, accessing past papers and revising before assessment periods. Alternatively, if they stop doing these things, their results may decline. Circumstances in their domestic life may affect their learning concentration or motivation and result in big swings in the rank order also. Despite the shortcomings identified, our stable statistical expectations over more than two decades provide a fairly reliable overall academic profile for students and parents to consider.



ASSESSMENT & REPORTING

Year 11 assessments commence in Week 6 from Monday May 29 to Friday June 2. Reports will be finalised for students with completed Clearance Forms to discuss with the Principal from June 19.

Sentence Conscious Pedagogy: Expanding sentences using 'because', 'but', 'so'

Supply *sentence stems* for students to expand using the *sequence* because, but, so. '*Because*' explains why something is true; '*but*' indicates a change of direction or qualification; '*so*' explains a cause and its effect – what happens as a result of something else happening. A *stem sentence* can be expanded three times using conjunctions. Each expansion can be written initially as a separate sentence. The sentences can then be reconfigured into one complex sentence. E.g. Our swimming carnival was a success (*stem sentence*). Our swimming carnival was a success **because** the weather was fine and many school records were broken, **but** several students tried to swim who couldn't and then got into difficulties in the pool, **so** several teachers and some students had mixed feelings about the events of the day.

Dr K A Jaggar
Principal

Academic Achievement List

Congratulations to the students in Years 8 and 12 listed below for being placed on the Academic Achievement list for Semester 1. Being placed in the top 20% of your year group is no easy feat, so well done on your dedicated approach to your studies!

Timothy Arsecularatne	12R
Arshdeep Chahal	12E
Abrar Chowdhury	12F
Gunarb Das Gupta	12E
Saxon Dean	12M
Gerald Franklin	12S
Dibyesh Ganguly	12S
Mukund Goriparthi	12E
Andy He	12R
Jason He	12T
Eric Hong	12F
Samin Hossain	12E
Ewen Ji	12F
Sumit Kamath	12E
Andersen Lau	12F
Ryan Le	12T
Winson Lee	12E
Thomas Liao	12E
Sean Lim	12E
Adit Mahidadia	12F
James Matthews	12M
Mohammad Medlej	12F
Tanveer Mody	12T
Hikun Nguyen	12E
Shaun Parasher	12S
Pranav Sampath	12T
Taran Shah	12T
Jason Sung	12T
Krish Suri	12F
Allan Tan	12M
Darshan Venkatesan	12E
Justin Vu	12F
Patrick Wang	12E
Tony Wang	12M
Brian Wei	12F
Ben Whitfield	12S
Ryan Woo	12F
Hanwen Xiao	12M
Felix Yi	12F
Jaden Yi	12T
Safiy Zanjani	12E
Ivan Zhai	12T
Landrie Zuo	12F

Milan Babin	08M
Lucas Breckon	08R
William Cahyadi	08R
Otis Candy	08M
Dennis Chen	08S
Lucas Chen	08T
Charlie Cheshire	08T
Sean Chong	08F
Luca Dadic	08T
Leo Di	08E
Andrew Dong	08T
Adam Flocard	08E
Anay Gautam	08R
Wesley Hamilton	08E
Ahyen Haque	08T
Roger He	08E
Isran Kanwar	08S
Jasper Kim	08T
Om Kothari	08R
Joshua Kuo	08R
Caspar Lai	08M
Kyle Lee	08R
Oscar Luo	08F
Anthony Ly	08E
Alay Mahidadia	08E
Tuyvan Mai	08R
Ryan Mather	08E
Jiekai Miao	08E
Aarav Mishra	08M
Adam Ly Nguyen	08M
Hayden Nguyen	08S
Pradyum Nuggehalli	08S
Sajan Thiagalingam	08T
Aiden Ton-That	08T
Felix Tran	08E
Yuhai Wang	08M
Tom Ye	08T
Kenzie Yuan	08S
Terry Zhang	08T

Congratulations

In addition, we would like to acknowledge students with outstanding learning behaviours across all their subjects. We recognise students who have achieved the following percentage of **Consistently** learning behaviours as a total:

- 80% Consistently for Years 7 and 8
- 85% Consistently for Years 9 and 10
- 90% Consistently for Years 11 and 12

These students must also not have any 'Sometimes' or 'Rarely' for their learning behaviours in any course. These benchmarks indicate student application in areas evidence supports as essential for academic growth, while also understanding that students should be developing these skills more over time, with engagement increasing when choosing more elective courses. Award Scheme points are also added for these students in recognition of their effort.

Year 8

Lucas Breckon 8R
Om Dave 8S
Jasper Kim 8T
Caspar Lai 8M
Liam Tai 8E
Felix Tran 8E
Terry Zhang 8T
Daniel Zmak 8T

Year 12

Gerald Franklin 12S
Jason He 12T
Eric Hong 12F
Matthew Lam 12M
Harry Lao 12M
Mohammad Medlej 12F
Rachit Saini 12E
Jason Sung 12T
Tony Wang 12M
Ryan Woo 12F
Ben Whitfield 12S

Jamie Kay and George Barris
Deputy Principals



Summer Sport Photos Can Be Ordered

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



FROM THE HIGH STORE

Keep warm and 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!



STUDENT LATE ARRIVAL

If your son is going to be late for school please ensure that he scans outside the main office. The scanner will generate a late slip that can be presented to the teacher on arrival to class.

EXTENDED LEAVE

This form is if you require **extended leave** for your son for **five days or more**, please apply in writing using the departmental application leave form available on the parent portal or front office. Your son must then present this application to Dr Jaggar for permission for extended leave. Please note: Leave applications need to be submitted **four weeks prior** to your son's leave of absence.



Salvation Army's Red Shield Appeal

The Salvation Army provides crucial assistance to thousands of vulnerable Australians through their community programs and support services. Amazingly, every 17 seconds the Salvos help someone in need. On Friday 19 May 2023, the Community Services Committee (CSC) took more than 35 students to Hyde Park and Martin Place for the annual Red Shield Appeal. We gathered super early at 6.45am to receive a quick briefing from the Salvation Army before moving on to collect donations. The volunteers displayed great enthusiasm when asking passing office workers for donations, raising an amazing total of \$1,740. A huge thank you to Mr Ormsby, Mr Writer, and Mr Matto for their full support and accompanying the boys in this worthwhile fundraising activity.



UNICEF Bake Sale & Mufti Day

Over 6.2 million children across Türkiye and Syria are still in need, more than 100 days after the devastating earthquakes hit. Since 6 February 2023, Türkiye and Syria have endured three earthquakes; the first was a 7.7 magnitude, followed by 7.6 and 6.4 magnitude. On Monday 22 May 2023, the Community Services Committee (CSC) hosted a bake sale and mufti day to raise money for UNICEF's earthquake relief and disaster appeal for Türkiye and Syria. Students and teachers showed great High Spirit by very generously buying most of the cakes. We managed to sell everything and made an impressive \$1900 profit to be donated. Thanks to everyone who



volunteered and helped make the day run as smooth as it did.

Dean Johnsun 11F
CSC Publicity Officer



SRC WEEKLY UPDATE Week 5 Term 2

**The combined SBHS and SGHS
Junior Dance (Years 7, 8 and 9)
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/TUtd7D5APkNrffh8>

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



Meet the Prefect – Allan Tan



ALLAN TAN

Athletics Prefect
Publications Prefect



Waterpolo



Football



Athletics

"An apple a day keeps anyone away if you throw it hard enough."

Subjects

English Adv.

Math Ext. 2

Physics

Chemistry

Fun Facts

- Has a 1x1 metre bread costume
- Can type at 205wpm for 10 words
- Can't see when his eyes are closed
 - Like climbing rocks



HIGH BEFORE I

What advice would you give to a Year 7 student starting out at High?

Live your best life.

Especially in your earlier years of high school, you have SO MUCH TIME to enjoy your life. I urge you to get out there and experience all that life has to offer. High is a stepping stone in the journey through life, and we provide you with so many unique opportunities for you to experience. This only happens once in your life; when you start working up to adulthood, no longer will there be such a safe environment where you can learn and fail at so many different things. So, take charge of your life and whether within or outside of school, find what makes you happy. Once you find what makes you happy, keep doing it and never let go! Life is not all about the numbers on your report or the letter of the football team you're in, but rather being able to make the most out of every minute you have.

What does it mean to be a Publications Prefect?

I think being a Publications Prefect is genuinely a very enjoyable role for the right people. At least speaking from my experience so far, I find it fun to design things, especially when working with this awesome group of

people I trust. If you don't mind taking some time out of your weekends to design a poster, then this role is for you. Generally, the workload of this role is relatively large, so for this prefect group, there are 2 Publication prefects as well as 2 other Media prefects to help distribute the tasks when necessary. Also, never be afraid to ask for help! No prefect is limited to their given roles, and with the right group of people, you'll have friends more than willing to help a fellow prefect in need.

What do you love about Athletics at High?

I have been part of the High GPS Athletics program ever since Year 7, and I have to say I do not regret a single moment. Being able to take pride in my hard efforts in training as it manifests in my improvements every consecutive weekend has been something I've been very grateful for. With many old boys returning to coach athletics, it is no lie that they want to recreate the amazing experiences they had for the younger students of High. So I urge you to take part, and at least try the program out for a year. If High Athletics is not for you, then I still strongly encourage you to come to the AAGPS Athletics Final to cheer on your mates.

Meet the Prefect – Tony Wang



TONY WANG

Student Achievement Prefect
Publications Prefect



Basketball Football

“A dream becomes a goal when action is taken towards its achievement”

Subjects

English Adv.	Math Ext. 2	Physics
Mod His Accel	Chemistry	

Fun Facts

- Looks like Willius on tiktok and has the academic credentials to match
- Has an 11 stitch scar on left forearm attained from an oyster
- ConquerHSC advocate

 **HIGH BEFORE I**

What are some key opportunities that you shouldn't miss out on at High?

Being at High is an experience like no other; a school built around nurturing students, through not just academics, but sport and the arts too. Beginning in Year 7, I found myself scrambling for award scheme points entering competitions and extracurricular activities. However, as the years go on, I find that the things I exposed myself to in Year 7, have truly shaped the man I am today. Debating is one of those activities that is well worth it. Joining a team helps you get an opportunity to speak every week exercising your problem solving of real problems and practising your ability to articulate a well-structured argument. Further, the numerous academic competitions in our school is something you must take advantage of. Be aware of the competitions around you; not just your Geography competition, AMC or Science, but also Mathematical Modelling, Ethics Olympiad and Da Vinci Decathlon. As you branch out into new subjects and grow in the years to come, more and more competitions will be available for you. Take part in them and enjoy learning.

What is the best way to improve at studies in school?

Being ranked fairly low in Year 7, I found myself like quite

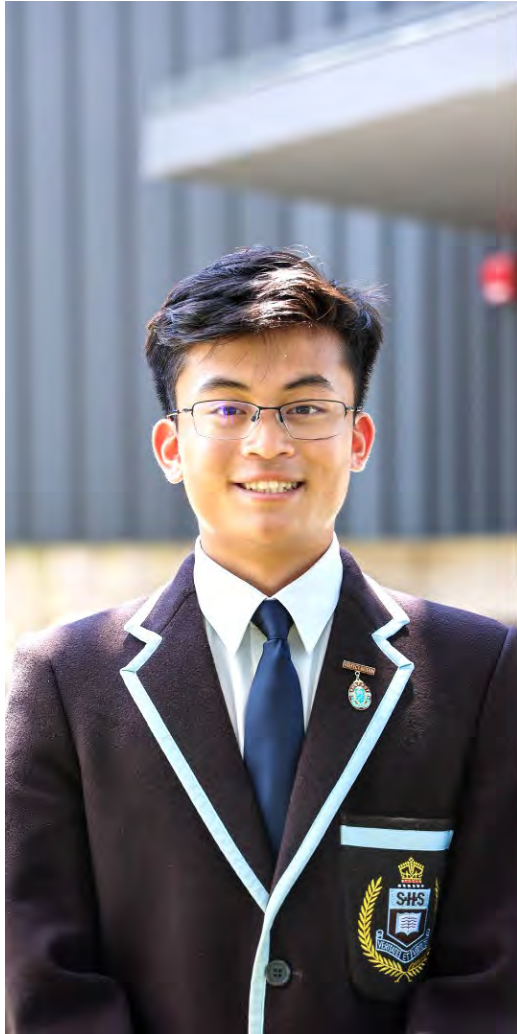
a lot of you, hoping to improve my marks and achieve a greater report. In this case, being surrounded by lots of talented people pushed me to grow and excel. Everyone has different methods of studying, and finding what works best for you is important; thus one thing that must be taken advantage of, is those around you.

Your peers are the people you learn from most. From my experience at High, asking around to learn other people's study methods allows you to know if you're on the right track. Things like how to structure notes, homework help and resources to study from are best found through being with others. It is as they say, the people around you model who you will become.

What do you plan to do as the student achievement prefect?

As Student Achievement Prefect, I hope to encourage better learning and the co-operative nature of High within studying. Thus, beginning Term 2 there will be Homework Help sessions most likely Monday lunch in which I, along with Mohammad will provide advice and guidance to students.

Meet the Prefect – Austin Ah-Koon



What advice would you give to Year 7 students starting out at High?

High school is, as you may know, a very new environment that can be overwhelming. Personally, it took me quite some time to adjust, but it did help knowing that others were in the same boat as I was in. I highly suggest you boys come to school with short-term goals and an open mind, especially being able to come out of your comfort zone as you'll be able to explore what you may or may not like. Rather than telling you to just take on extracurricular activities, just think forward a little bit and make sure you don't regret not taking any once-in-a-lifetime opportunities when looking back. Fortunately, I was able to experience Theatresports, Water Polo and just being involved in GPS sports. There are many sports, activities and resources at your disposal that are provided at SBHS, which other schools don't provide, nor will you have the chance to possibly do something like this in the future. Just remember, LIFE IS SHORT! And you might as well explore everything because that's what makes it interesting.

AUSTIN AH-KOON

Public Relations Prefect Year 7 Prefect



Basketball



Football

"A wise monkey once said, 'If you want to reach the banana, you must keep climbing'"

Subjects

English Adv.

Math Ext. 2

Physics

Mod His Accel

Chemistry

Fun Facts

- Height peaked in primary school
- The Shortest Prefect
- Jarred my pinkies to the point of being able to bend backwards and sideways



HIGH BEFORE I

In addition, I would also encourage students to prioritise their mental and physical well-being. SBHS can be a stressful and demanding environment, and it's important to take care of ourselves so that we can perform our best academically and athletically. Think about what you are doing right now and consider forming good habits early that will help pull you through not only school, but life in general.

Why did you want to become a Prefect?

I have always been inspired by teachers and students before me who were able to take on a leading role in a community, like SBHS, because of their determination and commitment to supporting and making lasting experiences for other students. I wanted to take on a leadership role which could help create a welcoming and inclusive environment where everyone feels supported and encouraged to pursue their dreams. I believe that being a Prefect will provide me with the opportunity and a sense of responsibility in making a positive impact on the experiences of other students at SBHS.

Meet the Prefect – Abrar Chowdhury



Why would you recommend High's Debating Programme to students?

Debating at High is where I've formed many of my fondest memories in my schoolboy years. Looking back on my years partaking in Debating at High, it reminds me of the camaraderie you form with the boys you debate with over the years. Memories of the Friday night Golden Pide runs; just catching the last light rail to make it to your debates on time; trying not to laugh as the most outrageously funny notes are scribbled and passed down to you at the worst time - namely the Opposition's speeches.

The people you meet and get to know/make friends in the year above, in other schools, and in the community in general is awesome. It's made my experiences with the activity just that much more special, meaningful and worthwhile.

But more seriously, High is - historically - the most trophy-laden school in the State. We have an incredibly competitive program and the most amazing coaches. By participating in Debating, you learn so much about the world and get much better at expressing yourself. And I think that skill, generally, is just an awesome thing to have and a powerful, diverse tool to apply anywhere in the future. Please, please, please give debating a try - I promise you it is ABSOLUTELY worth it!

ABRAR CHOWDHURY

Debating Prefect
Public Speaking Prefect



Water Polo



Football

"Debating is a Lifestyle"

- Cosmo Song, 2021

Subjects

English Adv.

Math Ext. 2

Physics

Chemistry

Fun Facts

- Can pull off insane pen-spinning combos in his hands.
- Read the wrong novel when studying for English Extension 1 exams in Y11



HIGH BEFORE I

What can students gain by joining Public Speaking at High?

Public Speaking is an incredibly tight-knit community run by one of the most amazing, dedicated and hardworking people I know - Ms Pride. Old Boys with immense successes in the activity in their own right commandeer the ship at coaching and give Juniors the platform they need to start thinking critically and expressing their view of the world. In Senior years, you get tailored and precise feedback on how to master your speaking skills. Being part of the program for 6 years - I can assure you it's an invaluable experience.

What would you advise new students to do?

Grab every opportunity by the neck. The school throws plenty of them at you and as a Junior it's easy to miss them. That's why this Prefect body continuously points them out and reminds you to pursue them in every press release or Meet the Prefects post we have. Because seriously, when you get here - and I promise you, standing here, it won't take that long - you'll look back and sorely miss those chances you did not take. Even as a Prefect who has been involved in more co-curriculars than I can remember, when I look back upon what more I could have done, I think mostly, "What-if?" in my head. Do not regret what you could have done. Make your schoolboy years the most memorable and fruitful that they can be.

Meet the Teacher – Mr Barris



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

I began teaching in 2006 and have been teaching at Sydney Boys since 2010, where I became the Deputy Principal - Senior School. As the Deputy Principal - Senior School, I overlook all senior students, and help them in any way that I can. A big part of my job is to maintain the four school values, Compassion, Dedication, Respect and Integrity and to ensure that our High boys uphold these values which will ultimately prepare them for the real world.

Is there anything you find unique about teaching at SBHS?

I find Sydney Boys unique because of the gifted students with their own distinctive personalities and traits, which makes everyday a fun and exciting time for me. I love how this school treats everyone fairly and with respect no matter the race, age, identity or religion. I also highly value High's unique approach to a scholar-sportsman mentality, where everyone

strives for the best version of themselves no matter what setbacks occur. As the MIC for Rowing, I have seen setback after setback but watched as the boys have persisted through and created an inclusive and positive culture.

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

I'm looking forward to seeing the current seniors developing in all aspects of school life and to bounce back from covid related issues that seem to hamper them at school and abroad.

What is a fun fact about you?

A fun fact about me is that every morning at 5:10am on the dot I start my workout. I strive to maintain a healthy mind and body. To reinforce my healthy mindset, I have stopped consumption of KFC for more than 15 years, which has helped me in maintaining a positive mind and a poised attitude.

Music NOTES

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>

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.

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 very 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 Studently (no piano + guitar students).

* Students must schedule private instrumental lessons at a different time to music ensemble rehearsals.

* An attendance rate of 80% is required per semester to obtain Award Scheme Points.

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

2023 Term 2 Music Events Calendar

WEEK	DATE/TIME	EVENT	MUSIC STUDENTS INVOLVED
5C	Thursday 25 May	Students Leadership Assembly, 9.45am Great Hall	Ryan Kirkland (10S) Andy Huang (11E)
5C	Friday 26 May	Winter Sports Assembly, 10.05am Great Hall	Jerry Chen (10E) Louie Zhang (10R)
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

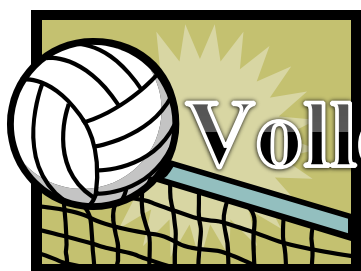
MUSIC CAMP CONCERT



Friday 23rd June, 2023 | 6.30pm

SBHS GREAT HALL

*****ALL WELCOME*****



Volleyball Notes

Volleyball Results SHS vs SGS Saturday 20 May (Term 2 - Week 4) 2023

All matches vs SGS @ SBHS.

1st, 2nd & 3rd Grade, 16A, 16B, 15A, 15B, 14A, 14B and 13B all had 3-0 Wins.
13A had a 1-1 Draw (Loss on points).

1st: 25-21; 25-22; 25-15. 3-0 Win. 2nd: 25-23; 25-22; 25-17. 3-0 Win.

3rd: 25-18; 25-20; 14-12. 3-0 Win.

16A: 25-15; 25-19; 17-15. 3-0 Win. 16B: 25-12; 25-14; 25-21. 3-0 Win.

15A: 25-17; 25-9; 20-13. 3-0 Win. 15B: 25-14; 25-17; 16-9. 3-0 Win.

14A: 25-15; 25-15 25-14. 3-0 Win. 14B: 25-15; 25-19; 19-15. 3-0 Win.

13A: 27-25; 25-20. 1-1 Draw. 13B: 23-23; 25-22; 24-14. 3-0 Win.

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

Area (/3)	First Grade	Second Grade
Serving	Jerald YU – 1.75 (12) Edward LY – 1.55 (11) Karan DAHIYA – 1.5 (12)	Branson CHAN – 2.08 (13) Jay TA – 1.6 (5) Ross ZHOU – 1.5 (8)
Serve Reception	Oswald XIE – 2.5 (6) Edward LY – 2.13 (8)	Dev PUNJABI – 2.44 (9) Branson CHAN – 2.13 (8)
Freeball Passing	Edward LY – 2.6 (5) Jerald YU – 1.8 (5)	Branson CHAN – 3.0 (5) Dev PUNJABI – 2.75 (4)
Outside and Opposite Hitting	Jerald YU – 2.06 (17) Edward LY – 2.05 (20) Anthony HWANG – 1.85 (13)	Jay TA – 2.5 (6) Roy CHAE – 1.9 (10) Branson CHAN – 1.88 (16)
Middle Hitting	Karan DAHIYA – 2.5 (8) Ross ZHOU – 0.75 (4)	Xi Le XIE – 2.8 (5) Ross ZHOU – 1.44 (9)
Setting	Arnav GUPTA – 2.58 (69) Karan DAHIYA – 3.0 (2)	Jono ZHANG – 2.45 (22)

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 •



2023 SYDNEY GIRLS AND SYDNEY BOYS HIGH SCHOOLS PRESENT

LEGALLY BLONDE

THE MUSICAL

Book by:

HEATHER
HACH

Venue:

THE GOVERNORS
CENTRE

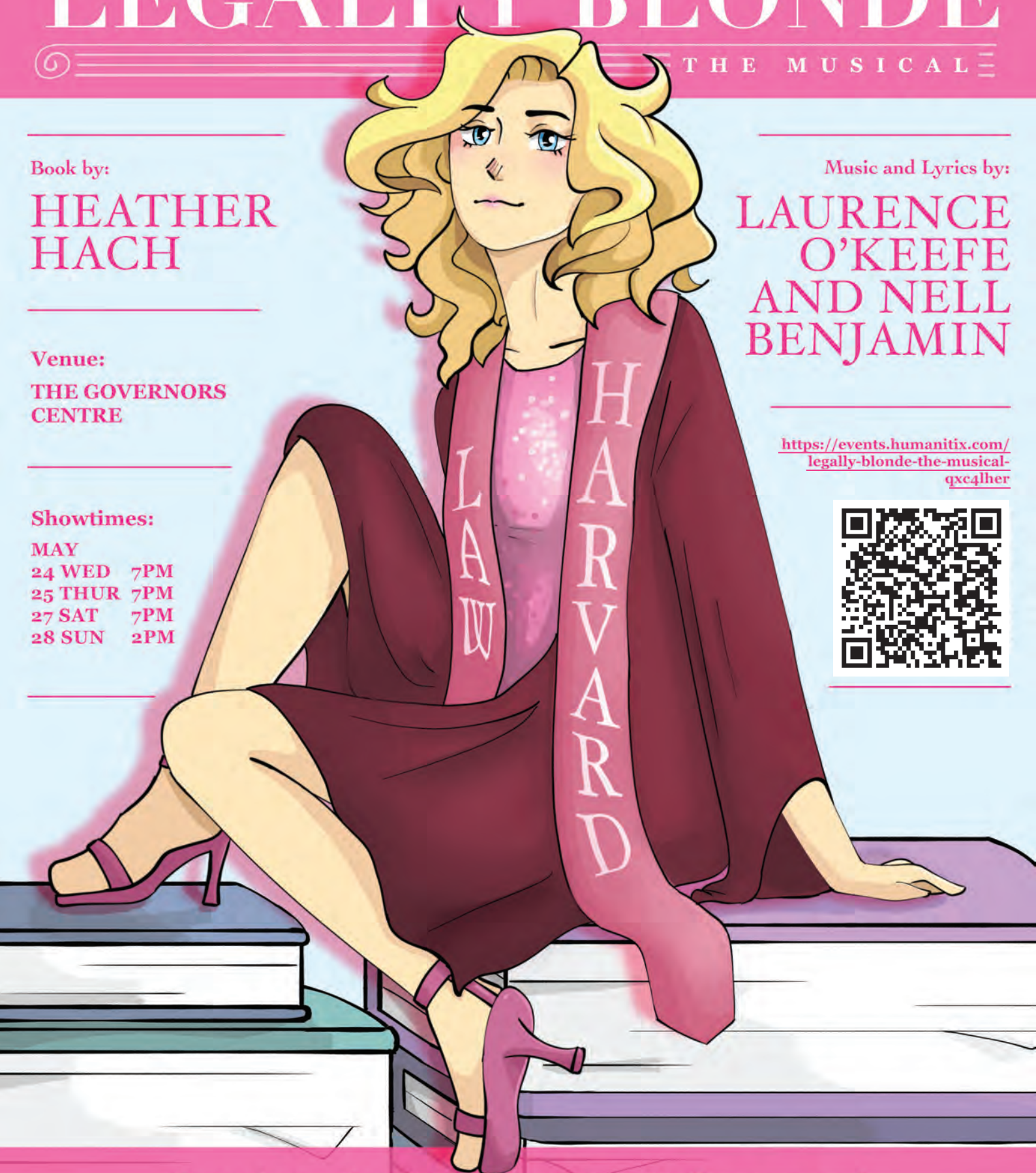
Showtimes:

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)

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



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:



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




**FREE
CONSULT**

SPECIALIST ORTHODONTIST IN SURRY HILLS



SERVICES

-  **Metal Braces**
-  **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





Healthy Eating and Active Living (HEAL) in Schools program – What can schools do to support young people to live healthy and active lives?

WHAT IS THE HEAL IN SCHOOLS PROJECT?

Healthy Eating and Active Living (HEAL) is a New South Wales (NSW) government initiative to support the health and wellbeing of school aged children and young people by encouraging healthy eating and active living behaviours in schools.

WE WANT YOU TO BE PART OF THE RESEARCH

The NSW government has engaged *Allen + Clarke* Consulting to talk to parents and carers to learn more about what they think schools can do to support healthy eating and active living behaviours. Your input will help us understand how school HEAL initiatives can better support the health and wellbeing of children and young people.

REGISTER TO BE INVOLVED

If you are a parent or carer of a teenager in high school in NSW, we want to hear from you.

Have your say via a virtual focus group session on either **Monday 29** or **Wednesday 31 May**. Focus group participants will receive a \$50 voucher. To take part, please register your interest at this [LINK](#) or by copying this address into your browser: <http://bitly.ws/EJLy>




For any questions contact: HEALConsumerResearch@allenandclarke.com.au



Want to feel fitter, healthier and happier?

Think, Eat and Move

Are you...

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

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

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

Sign up today!

 www.thinkeatandmove.org

 1300 899 736



BETTER HEALTH CO.



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

Think, Eat and Move

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

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

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



Scan to find
out more!

Sign up today!

 www.thinkeatandmove.org

 1300 899 736

phn
CENTRAL AND
EASTERN SYDNEY
An Australian Government Initiative

Funded by Central and
Eastern Sydney PHN.

