



The Weekly Newsletter of Sydney Boys High School

From the Principal High Talent



NSWFA AJ Rae Team At the U15 Championships in the U15 Epee Team Event our U15 Epee Team A (Hudson Cai (9M), Vihaan Rajit (9E), Benjamin Wu (9F), William Huang (7F) won the Gold, our U15 Epee B Team (Lucas Wang (9R), Daniel Zhu (8R), Luke McLoughlin (8T), Kay Minh Nguyen (8T) won the Silver. In the U15 Foil Team Event our U15 Foil Team A Benjamin Dang (9R), Lyndon Chow (9E), Tom Ye (8T), George Mermelas (9F) won the Silver. In the U15 Sabre Team Event our U15 Sabre Team A (Ethan Li (9F), Nathan Lee (10R), Akith Perera (10E), Oliver Xie (8R) won the Silver. The Roberta Nutt Shield was also presented to our school at the event by Roberta's daughter, Abby Nutt. The shield is awarded to the school with the most cumulative points from the individual fencing competition earlier in the season. Congratulations to all our fencers on their team's results. Well done to Henry Lau (11S) on his selection into the NSW All Schools basketball team. Luka Miletic and his team won the prize (out of 150 students) for the Best Delegate, representing the Kingdom of the Netherlands, in the first Australian Harvard Model United Nations. Well done, Luka.



Interpreting Year 7 Reports – Semester One

Year 7 boys received their reports this week. Parents need to know that with scores for grades – HD (6), D (5), Credit (3) PM (2) P (1) or U (0) – boys are expected to score **thirty** points or 10 credits equivalent, in order to reach

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the school standard. Proficiency levels for future-oriented earning skills, such as *problem solving and evaluating, critical thinking, working with others, communicating your ideas and being creative and innovative,* are also reported. Parents will be able to trace the growth of their son in the five reported skills as he progresses through the Junior School.

These skills are reported in their own textbox and are distributed among the faculties. For more information on PEWCC skills reporting, go to



sydneyhigh.school/curriculum/pewcc-reporting and click on *Information About School Reports* to peruse the skills continuum for each subject. In addition, *multiple learning behaviours* are reported on a rubric from 'rarely' to 'sometimes' to 'usually' to 'consistently'. These behaviours are controllable by students and attention to them can improve outcomes over time.

We understand that boys transitioning into Year 7 face many adjustment challenges. Positions in the grade will not be disclosed to Year 7 students for their first two reports. The top group of boys are acknowledged on the Academic Achievement List. Unless special circumstances preclude it, letters are sent to the parents of the boys in the Academic Support Group (those boys with scores of 27 or less). Boys scoring 27 points or less may be offered a special workshop presented by an outside provider; they may be given training to learn how to organise themselves better to complete tasks and submit work punctually; they may just receive an encouraging chat from their Year Adviser; they may be referred to the Counsellor; or they may be referred to an outside agency with their parents on very rare occasions. Some or none of these interventions might be judged appropriate in your son's case. It is our obligation to let you know of our interventions on behalf of students so that you may accept or decline our help. Unless you contact us we will assume you are OK with us using our professional judgement on actions to assist your son. We want to support any student with wellbeing challenges. We want to help our underachievers using the most effective means

possible. Parents are requested to talk over their son's report with him ahead of booking Parent-Teacher interview time slots. Your son's Year Adviser can be contacted about options to improve future outcomes.

Proposal to Start and Finish the School Day Earlier

Since the Light Rail opened, afternoon congestion at the Moore Park Station on Monday, Tuesdays and Fridays in particular, has been heavy. Transdev cannot increase tram frequency. There is a rush to get on trains. Students are



being jostled and pushed. There was a near miss recently involving one of our students. There is a student safety issue. Out of concern for a possible serious accident occurring, the SBHS staff have voted to commence each day with a warning bell at 0857, with lessons to start at 0900 and conclude at 1510 each day. The change will allow our students to catch one, or possibly two trams before students from SGHS arrive on the platform, given their finishing time is 1520. For the possibility of increased safety for our students, we are asking for Sydney High community support for this change, which we propose to introduce at the commencement of Term 3.

Annual Tax Time Appeal

More and more Australians are thinking about philanthropy, about giving something back to society to help others. Universities and schools are benefitting more than ever before from this growing social conscience. High is a State school trying to provide all the opportunities of an independent school. We succeed because of the goodwill and financial support of our staff, our parents and our alumni. This year at tax time, please make a donation to a SBHS project – preferably to the *Sydney High School Foundation Building Fund*. Our



priority project this year is **The Governors Centre – Finishing Touches**. There are still seats left in the **Grab A Seat campaign**. Buy a theatre seat in the new theatre to commemorate your son's time at High. To make a donation and secure your seat go to: <u>https://shsfoundation.org.au</u>. If you would prefer to give to the next project, the *Junior Library Air-Conditioning* to improve the comfort of all of our Junior School students at a cost of c\$80k, make your donation to *Sydney Boys*

High School Building Fund.

If you would like to support your son's sport directly, you can do so through the Australian Sports Foundation. To fast track a sports donation, go to https://asf.org.au/explore-projects/. You will be prompted to select the type of organisation you want. Pick 'clubs and organisations'. You will then be prompted 'type to find a project'. Type in Sydney Boys High School. Scroll down to select from any one of the 18 projects High has on the site.' You will have options to pay by credit card or electronic funds transfer. The account name is Australian Sports Foundation Donations. BSB: 032-776 Ac No 1310159. Your Reference will be in the form of DON+ a unique number. Giving to public causes makes you feel good at tax time, too. Giving has a bi-directional benefit.



Sentence Conscious Pedagogy: Elements of a Paragraph

A paragraph is a group of sentences that includes details supporting a specific point or assertion.

- Structure ensures clarity.
- *Coherence* ensures sentences are logically connected with transition words.
- *Unity* ensures every sentence supports the main idea of the paragraph.
- Accuracy ensures the sentences are grammatically correct and clear and their types and structures should vary.

E.g. Having unsuccessfully pursued a course of action, it is often necessary to start all over again [TS - topic sentence]. Such reversion is remindful of some board games, like Snakes and Ladders, in which by an unlucky cast of the dice, a player is forced to return to the beginning. The player has to move the piece 'back to square one'. The analogy to the game fitted the description of a like situation in life well. [CS – concluding sentence]

Dr K A Jaggar Principal

Yearly Reports - Clearance Forms – Year 10

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.

Sharon Kearns

SAM



Harvard Model United Nations

This year SBHS had been invited to participate in the first Australasian Harvard Model United Nations virtually from June 1 to 4.

The competition involved a series of moderated and unmoderated caucuses where delegates from all over Australasia would be able to openly speak and cooperate with other in order to get resolutions passed which favoured their nation.

Approximately 150 students participated, with students being divided into various subcommittees, including mine: The Economic and Financial Committee (ECOFIN). As amongst the largest groups, there was fierce competition to get your bloc's resolution passed as delegates discussed the best solution to our assigned topic of "Poverty During the Corona-virus Pandemic".

I was able to win the prize of best delegate as the Kingdom of the Netherlands at the conclusion of the event after days of debate, resolution drafting, and communication with my team. Although it is unfortunate the event was virtual, considering the high quality regardless, I would absolutely recommend this event to any High Boys in the future.

School Photos 2023 - Monday 19 June

Schedule to be released next week

To order Sydney Boys High 2023 individual photographs please go to the school order section of the melbastudios website

https://www.melbastudios.com.au/schools/index.php,

use the password "SBH". Kurt Rich

Photo Coordinator





Year 12 Studies of Religion Depth Study Islam Excursion

On 24 May, the SOR I and II cohort had the pleasure of attending the Auburn Gallipoli Mosque to gain a profound insight into Islamic practices and beliefs, and after, we went to ISRA to learn about our HSC mandatory subjects by knowledgeable presenters. We all appreciated the mix of applied and classroom learning. Thank you to Ms Luu and Ms Harcourt for making it all happen! Subhan Mustafa Year 12







Meet The Teacher - Ms Tao



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

I'm a Maths teacher and this is my first year teaching fulltime at High. I currently teach Year 7, 9, 10, 11 and 12.

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

I graduated from USYD last year from a teaching degree and was lucky enough to do a bit of casual teaching at the end of last year at High. I enjoyed working at the school, I was offered the job and of course I took it!

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

I've always heard High prioritises the development of students holistically, where academics is just one part of the character. Since working full-time at the school, I've realised just that. I've also seen the huge range of extracurricular activities that the school has to offer – and I just want to say how lucky the boys are!

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

I have Year 7s this year, and I'm looking forward to seeing them grow over the years and see what they'll be like as Year 12 students (hopefully more mature and confident). I also look forward to getting to know all my students more and be more engaged with the strong High culture!

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

I can actually speak 4 languages! Hello, 你好, こんに

ちは, 안녕!

SRC WEEKLY UPDATE Week 7 Term 2

We will be hosting a Multicultural Talent Quest on Friday 30th June (last day of Term 2) - scan the QR code below to submit your act for the competition!

The combined SBHS/SGHS Junior Dance was hosted last week on Thursday (1st June).

If you have any suggestions, you can message us on Instagram @sydneyhighsrc.





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.





Sydney High School Cadet Unit (SHSCU)

23 Battalion Bivouac

On Friday 19 May 2023, 27 cadets and recruits from our cadet unit were taken by bus to Holsworthy Army Barracks for the annual 23 Battalion Bivouac over the weekend. Hurlstone Agricultural High School Cadet Unit (HAHSCU) and Sydney High Cadet Unit (SHSCU) formed a company for this bivouac. This Bivouac was one of my most memorable cadet experiences so far, second only to AFX 2022 in Singleton. This year, the Battalion Bivouac was not held in Aero Paddock due to some issues with the range clearance.

During the Bivouac, everyone enjoyed the planned activities and made many new friends from different units. Mealtimes were especially enjoyable as we would use this time to play cards with each other. Some events that I found particularly memorable were the individual movement-by-day races against other companies in the Battalion. It was especially enjoyable because we won many of the races. We also enjoyed the night activities that were planned very thoughtfully and had great opportunities for everyone to learn new skills.

Overall, this Bivouac was one of my most memorable cadet activities as it allowed me to make many new friends while having fun at the same time. If I had the chance to participate in another Bivouac, I would certainly go.











STUDY GUIDES IN THE SENIOR LIBRARY

The Senior Library is an amazing resource for knowledge, with a vast collection of study guides dedicated to enhancing student study. You'll find hundreds of guides about English alone.

Our collection includes a variety of study guides from wellknown publishers including *York Notes, Cliff Notes, GCSE Guides, Cambridge Checkpoints, Phoenix Senior English Study Guides, Into English, and NESA Exam Workbooks.* We've chosen these guides with care to make sure they cover a lot of different literary works and themes.

Explore the captivating worlds of Macbeth, Romeo and Juliet, Othello, Henry IV Part 1, Animal Farm, Nineteen Eighty - Four, To Kill a Mockingbird, and The Great

Gatsby, among others. These study guides provide detailed analyses, character breakdowns, and thematic explorations, as well as comprehensive chapter summaries. Much of the content contained within these study guides is not readily available on the internet. With students always wanting to find unique and original ideas, it would be ideal to consider borrowing one or two.

I'm happy to let you know that students can borrow these study guides even during the upcoming holidays. Students can borrow the study guides for 7 days and can easily renew online.

Many Thanks, Ms Hinton Teacher – Librarian Senior Library





LOST PROPERTY

Please label all items clearly with a first **and** last name to enable identification. It is the responsibility of students to claim their lost property from the McDonald Wing Office during recess. Parents are NOT permitted to collect lost property on their son's behalf.

Items are cleared every fortnight and will not be available for collection after then. McDonald Wing Office Staff



Moshi Tao 12M - Congratulations!



Congratulations to Moshi Tao (12M) on passing the Associate Performance Diploma (AMusA) on Piano.

Moshi is completing the HSC Music Extension course in Performance, majoring in Piano this year. He completed the HSC Music 2 course last year as a Year 11 accelerated music student and received an

outstanding HSC Band 6 result.

Moshi was also nominated for *Encore* (program of outstanding performances and compositions by students from the HSC presented by NESA) this year.

We wish him all the best of luck in his HSC studies this year.

Music Camp Concert

ALL WELCOME!!!!!

A Music Camp Concert will be held on Friday 23 June, 6.30pm Great Hall (approx. 8.30pm finish).

All music ensembles will be performing including a special combined item you don't want to miss!

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.

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.

Please note: There will be no music ensemble rehearsals in Week 10 this term.

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.



Parent/Guardian/Student Communication

<u>Parents and Guardians</u>: Please download **SZapp** from the Apple App Store or Google Play and subscribe to 'MUSIC.' Installation guide can be found in the school's High Notes.

<u>Students</u> will be notified of any music news and notifications via Clipboard, Music Performance Program CANVAS page, school's daily notices and High Notes. Students are responsible to read and keep updated of any Music Performance Program related events/material on a regular basis. Students will also be notified of any music related events during ensemble rehearsals.

<u>Attention Music Ensemble Students:</u> If you are in the Music Ensembles Program and have not yet received a Music Performance Program Canvas invitation, please email the Music Department: <u>music@sbhs.nsw.edu.au</u>

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 3.20m – 4.20pm Room 201	Marching Band 3.30pm – 4.30pm GH/MPW/ Room 102 Terms 1 & 4 only	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.

WEEK	DATE/TIME	EVENT	MUSIC STUDENTS INVOLVED
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

2023 Term 2 Music Events Calendar

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



Friday 23rd June, 2023 | 6.30pm SBHS GREAT HALL

ALL WELCOME



SGHS P&C & SBHS P&C 2023 Joint Forum

MANAGING PERFECTIONISM IN TEENS

Thursday 15 June 2023 6.30-8.00pm

Presented by:

Dr Jaimie Northam - Lecturer and Clinical Psychologist at the University of Sydney

Perfectionism:

-Good Effort!

- What it is, how to recognise it
- How to help: formal strategies for treatment, practical suggestions, when to get professional help

ONLINE ONLY

1 hour presentation followed by 30min Q&A







Volleyball Results SHS vs The Kings School Saturday, 3 June (Term 2 - Week 6) 2023

All matches vs TKS at TKS, except 3rd Grade vs KGS @ KGS.

All Teams had a 3-0 Win, except 16A had a 2-0 Win.

1st: 25-17; 25-18; 25-12. 3-0 Win. 2nd: 25-15; 25-14; 25-7. 3-0 Win.

3rd: 25-10; 25-17; 17-11. 3-0 Win.

16A: 25-18; 25-18; 8-2. 2-0 Win. 16B: 25-19; 25-8; 21-11. 3-0 Win.

15A: 25-14; 25-12; 21-12. 3-0 Win. 15B: 25-18; 25-21; 13-6. 3-0 Win.

14A: No set scores taken. 3-0 Win. 14B: 25-15; 25-12; 19-8. 3-0 Win.

13A: 25-9; 25-22; 25-16. 3-0 Win. 13B: 27-25; 25-16; 25-8. 3-0 Win.

Statistics for the 1st and 2nd Grade teams for this Round 6 are shown below.

Area (/3)	First Grade	Second Grade
Serving	Andy ZHANG – 2.0 (7)	Jono ZHANG – 2.0 (21)
	Edward LY – 2.0 (7)	Branson CHAN – 1.83 (12)
	Jerald YU – 1.88 (16)	Xi Le XIE – 1.75 (8)
Serve Reception	Edward LY – 2.6 (10)	Roy CHAE – 2.33 (6)
	Oswald XIE – 2.14 (7)	Branson CHAN – 2.33 (6)
Freeball Passing	Edward LY – 2.67 (3)	Dev PUNJABI – 2.6 (10)
	Jerald YU – 2.25 (4)	Roy CHAE – 2.3 (3)
Outside and Opposite Hitting	Edward LY – 2.29 (7)	Branson CHAN – 2.5 (12)
	Jerald YU – 2.27 (15)	Jay TA – 2.5 (8)
	Anthony HWANG – 1.94 (16)	Owen LI – 2.0 (3)
Middle Hitting	John LIU – 2.0 (5)	Ross ZHOU – 2.0 (9)
	Andy ZHANG – 1.5 (8)	Xi Le XIE – 2.0 (7)
Setting	Nelson LEE – 2.65 (23)	Jono ZHANG – 2.56 (45)
	Arnav GUPTA – 2.14 (14)	

Mr Coan Coach



SBHS FOOTBALL RECAP – GPS ROUND 2 vs Kings

Saturday 3 June

The second round of the GPS saw High matchup against The Kings' School in a great round of fixtures.

Some great wins for 4th Grade, 6th Grade, 8th Grade, 15A, 15C, 15D, 15E, 15F and 14C teams. Some great goals across the program including a lofted goal from outside the box for James Bourillon (11S) in 2nd Grade, a brace for Michael Lippa (9E) in 15D's and a hat-trick from Aaron Karmaker (9S) in 15A's.

There will not be any fixtures during the long weekend, so the next GPS fixture will be on June 17 against Scots College. Mr S Higgins

MIC Football



Football				
Team	Opponent	Score	Result	
1st	Kings	1 - 5	L	
2nd	Kings	1 - 2	L	
3rd	Kings	0 - 2	L	
4th	Kings	3 - 0	w	
5th	Kings	1 - 3	L	
6th	Kings	1 - 0	w	
7th	Kings	1 - 2	L	
8th	Kings	5 - 0	w	
16A	Kings	0 - 1	L	
16B	Kings	0 - 2	L	
16C	Kings	1 - 2	L	
16D	Kings	0 - 0	D	
16E	Kings	2 - 5	L	
16F	Kings	2 - 11	L	
15A	Kings	4 - 1	w	
15B	Kings	1 - 6	L	
15C	Kings	4 - 0	w	
15D	Kings	3 - 1	w	
15E	Kings	1 - 0	w	
15F	Kings	3 - 2	w	
14A	Kings	6 - 7	L	
14B	Kings	1 - 4	L	
14C	Kings	3 - 1	w	
14D	Kings	2 - 3	L	
13A	Kings	1 - 1	D	
13B	Kings	0 - 7	L	
13C	Kings	0 - 2	L	
13D	Kings	0 - 16	L	

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 28August 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. Vorks must be collected on Friday 2 September from the Governors Centre.



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



NSW

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 •





PLEASE DONATE TO SBHS

Celebrating World Environment Day 2023

Please help us collect non-perishable foods for Oz Harvest. This food drive serves many families in need within our community.

FOODS WE ACCEPT:

Pasta, rice, whole grain cereal Canned fruit and veg, tuna, salmon, chicken, beef stews (ring pull) Long life milk products, breakfast cereals, tea/coffee Biscuits (sweet and savoury)

DROP-OFF LOCATION:

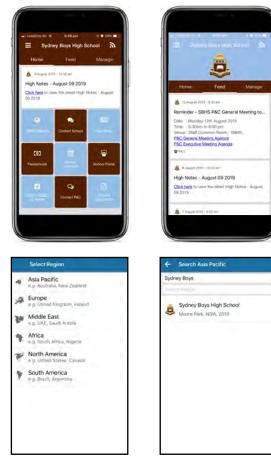
Before School & During Recess Outside Room 306 Monday 5 June to Tuesday 13 June 2023



Stay up to date with **E SZ**app

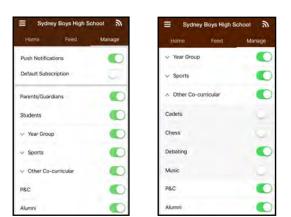
Download this App to be kept up to date with everything that is happening at **Sydney Boys High School**. It features School Calendar, School Newsletters, School Contacts, Documents, and Push Notification Alerts. Messages can be translated through the app into many different languages.

Installation Instructions



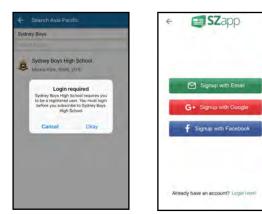
2. FIND OUR SCHOOL Select Region: Asia Pacific

Sydney Boys High School



4. MANAGE NOTIFICATIONS

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



3. REGISTER A USER

1. DOWNLOAD SZAPP

Apple Devices

Android Devices

Search the App Store / Play Store for SZapp.

Download and install SZapp. Install is Free.

Available on the

App Store

Google play

ANDROID APP ON

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

Notifications SZapp	(*)	APP NOTIFICATIONS	
Allow Notifications	0	SZapp.	
	-	DN	
ALENTS .	-	App icon badges	-
0.41		CATEGORIES.	
Lock Server Notrication C	entre Bacrers	sz_notification	
Banner Style	(UTD0-874)		
Sounds	0		
Badges			
CHINGHS-			
Show Previews	Alweys (Del. a)		
Notification Grouping	shohooni		

5. CHECK SETTINGS FOR APP NOTIFICATIONS

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

For any further information see: http://www.schoolzineplus.com/app-fag

Light Rail Safety

Heads Up – Play it safe around Light Rail

Whether you're walking, riding, driving or catching public transport, it's important we all know the rules and play our part to stay safe around light rail.

Top 5 light rail safety tips

- 1. Know and obey the rules for when you are using the road around the light rail corridor.
- Stay alert and aware of your surroundi
 Always follow traffic signals and signs Stay alert and aware of your surroundings - trams are quiet and unable to stop quickly.
- 4. When crossing the tracks on a bicycle, in a wheelchair, or with a pram, keep your wheels at right angles to the track so that they don't get stuck in the track.
- 5. Pedestrians should cross at designated crossings and intersections where available, and always look both ways.

Staying safe around the light rail

Pedestrians

- Take extra care around trams and tram tracks remember trams can't always see you.
- Don't cross directly behind a tram as other road users may not be able to see you. •
- Cross at designated pedestrian crossings where available
- Don't be distracted by mobile phones and remove headphones before crossing the road.
- Always look left and right and check twice for trams before you cross the road.

Bicycle riders

- Take extra care around trams and tram tracks remember trams can't always see you.
- If you need to ride across tram tracks, keep your wheels at right angles to the track so that they don't get stuck in the track.
- Make yourself visible by wearing bright, light or reflective clothing.
- Look out for other road users, particularly in shared zones or on shared paths, and avoid making sudden movements.
- Give hand signals when changing lanes or turning left or right.
- Always follow the road rules, including traffic signals, and ride with care.

Drivers and motorcycle riders

- Never queue across tram tracks or intersections
- Always follow traffic signals and signs
- Never turn in front of a tram
- Always follow the road rules and drive or ride with care.

For added information, please visit:

https://roadsafety.transport.nsw.gov.au/stayingsafe/light-rail/index.html









KEEP CALM AND BE PREPARED STUDY SAMURAI LIBRARY

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

USERNAME:

PASSWORD:



The Study Samurai Library includes:

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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 Working Better At School

- 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

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

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 10: Turning negative thinking into positive thinking

Tools for Managing

1. Strategies for Dyslexia

4. Bullying: Issues and

8. Live Your Best Life

10. Tips for Teachers and

9. Tips for Parents

Schools

2. Remote Home Learning

3. Living Across Two Houses

5. Managing Part-Time Jobs

6. Educational Kinesiology

7. Your Brain and Memory

Challenges Units

Strategies

- · Module 12: Changing your focus

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

Healthy Mind Platter (ROCKY)

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





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:

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•	36	1116		

Username:	sydneyboys	
Password:	sydneyboys	

Watch the welcome video.

Using the Study Samurai Library:

- 1. Try and watch at least one of the video lessons each fortnight - there are 75 to choose from! If there is an area you want to learn more about you are also welcome to watch those videos at any time.
 - The categories are: Performance
- Study Skills
- Time Management · Mindset
- Wellbeing
- 2. Your Study Samurai Library also includes access to Prue's Online Study Skills Handbook website and Rocky's Online Wellbeing Resource. These resources can be accessed through the menu at the top when you log into the Study Samurai site. Explore the resources on these sites to learn more about study skills and wellbeing.

Your Study Samurai Library Includes



Prue and Rocky on study skills and wellbeing topics



ELES Online Study Website with 48 study skills units of work



Online Wellbeing Resource with 16

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