



The Weekly Newsletter of Sydney Boys High School

Vol 24 No 18 16 June 2023

From the Principal High Talent



SCHOOL EVENTS

There are so many events on this week providing opportunities for our students. Over the long weekend our rifle shooters competed at Wingham. On Tuesday and Wednesday our CHS Knockout Basketball team competed in the final 8 competition at Castle Hill. Year 9 and 10 students attended an Ethical Explorations seminar at Rosebank College. There was a PDC debating incursion. Our Equality Committee students represented the school at the World Refugee Day seminar at the Fullerton Hotel. Many of our boys competed in the CHS Regional Cross Country carnival at Miranda Park. High will be represented strongly in the Australian Schools Intermediate Fencing Championships in Melbourne held June 16-18. On Friday, SBHS Year 12 team debates Alstonville High in the PDC. The Science Olympiad was held for selected students in Years 7-10. Year 7 students had their first Parent Teacher Night on Tuesday. Year 12 were on an Assessment block during the week. Thank you to all the staff and Committee members who quietly go about the business of arranging, organising and supervising such a large number of events in our really busy school.



What Should We Do About AI?

The following is the response I received when asking Chat GPT - 'How should education respond to AI?'

"Education should respond to AI by incorporating it into the curriculum and preparing students for the opportunities and challenges it presents. Here are a few considerations: **1. AI Literacy**: Education should focus on developing AI literacy among students, helping them understand basic

concepts, applications, and implications of AI. This includes fostering critical thinking skills to evaluate the ethical, social and economic impacts of AI technologies. 2. Skill Development: Emphasise the development of skills that complement AI. While AI can automate certain tasks, human skills such as creativity, complex problem solving, emotional intelligence and ethical decision-making remain Education should encourage the vital. cultivation of these skills to prepare students for Al-related careers. 3. Integration of Al tools: Incorporate AI tools and technologies into the learning process. This could involve using Alpowered educational software, virtual tutors, or adaptive learning platforms that personalise education to individualise student needs. By leveraging AI tools educators can enhance teaching methods and tailor education to each student's pace and preferences..." It goes on to cover ethical considerations and future-oriented

skills. Ironically, after viewing several hours of video from a conference on AI, I have reached the same conclusion, for similar reasons. My position now is that we need to get to know AI



as a matter of urgency, to focus on teaching 'human skills' of problem solving, evaluating, working with others, creative and innovative thinking and communicating effectively, and to change the way we assess immediately to circumvent the problem that I have just illustrated...getting AI to do our work for us.

Collection of Semester 1 Reports



All boys in Years 12, 8, 9 and 7 should have collected their reports. Regrettably, there are still some students in each year group who have not fulfilled their

commitments and completed their online *Clearance Forms* (if one appears on their student portal) and booked an appointment time to see me to discuss their progress at school. This is an important step in our feedback loop, and I insist on speaking to boys **personally**. After making timeslots available for a couple of

weeks on sheets provided at the Waterhouse Desk, I then call students out of class to talk to me about their progress and receive their reports. Once students have spoken to me, their reports are uploaded onto the Student and Parent portal. If there are any issues around Clearance Forms, they need to be communicated to me directly at principal@sbhs.nsw.edu.au.



Sentence Conscious Pedagogy: Varieties of writing forms – chosen for audience and purpose.

Exposition is writing that explains or informs, defines or discusses. *Compare-and-Contrast* assignments draw a conclusion based on the facts presented. *Narrative* is writing that relates a process or event in chronological or sequential order and is usually organised with transition words, time or sequence, such as *first, next, then, later and finally*. First person (as a participant) or third person (as an observer) are the usual narrative modes.

Description taps the five senses to evoke images of people, places and things. Brainstorm for adjectives and varied nouns, pronouns and verbs. Observe from different perspectives. **Opinion and Argumentative Writing**. **Opinion writing** seeks to change how the reader thinks or feels without providing evidence or opposing views. **Argumentative writing** presents both sides of an issue, appeals to logic and marshals evidence and reasons for supporting one side or the other. Students need to support their claims with evidence or take a position and justify it to the reader in an argumentative paragraph. **Dr K A Jaggar**

Principal





What Write a Book in a Day is a fun and creative team writing competition for students in Years 5 – 12. It involves a collaborative team effort (5 – 10 per team) where students plan, write, and illustrate a book. The book must be completed within 12 hours. Completed books are shared digitally with children in hospitals across Australia. In 2021, 1,252 teams participated in the competition!

When Friday 30 September 8am - 8pm

- Where Senior Library
- Why This competition is a fun way to help kids with serious illness as funds raised through sponsorship go towards finding kinder, more effective treatments for childhood cancer. Will your book win one of the State, Territory and National book awards? There are awards for Best Book and Best Illustrations to be won.

How For more information, go to: www.writeabookinaday.com/about/

Create a team of 5 - 10 members.

Contact your coordinator, Ms Hinton with your team details – <u>hintone@sbhs.nsw.edu.au</u>





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 <u>all years</u> 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 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:

- By <u>6pm Wednesday 28 June</u>, all parents of boys in <u>Years 10 & 11</u> 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 <u>all Year</u> <u>10 & 11 students</u>. If you have not received this email by the morning of Thursday 29 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 <u>office@sbhs.nsw.edu.au</u>. 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 19 July (first week of next term).
- The overall schedule will be generated by the school and your individual schedule should be available for you to **download and print from** <u>6pm on Thursday 20 July</u>.
- Interviews should not exceed five minutes' duration. If there is insufficient time, a further appointment may be arranged for a later date.

Mr J Kay Deputy Principal

Academic Achievement List

Congratulations to the students in Years 7 and 9 listed below for being placed on the Academic Achievement list for Semester 1. Being placed in the top 20% of your year group is something all of these students should be proud of and are encouraged to continue their dedicated approach to their studies!

Arittro Aumi	07E	Liwen Deng	09E
Chase Chan	07S	Lance Denigan	09S
Joshua Chen	07E	Umar Dewanata	09R
Max Feng	07F	Jarvi Dong	09F
Oscar Ho	07F	Liam Fong	09R
lan Huang	07T	Zuhayr Haq	09E
Jason Huang	07R	Baxter Hosie	09E
Shafat Imtiaz	07M	Abhinav Inala	09M
Shoummo Kar	07M	Lucas La	09S
Abhinav Lahiri	07R	Issac Lai	09E
David Li	07R	Dash Lam	09R
Jamie Liu	07S	Max Lau	09F
Ryan Liu	07S	Leo Le	09S
Tony Liu	07E	Elijah Lees	09F
Vladimir Loukine	07E	Anthony Li	09F
Matthew Lu	07R	Shane Ma	09T
Caleb Ma	07E	Max McLeod	09F
Issac Moollan	07R	Adhrit Mitra	09S
Buster Nicholls	07R	Kai Mitsumoto	09E
Deep Ojha	07R	Azam Mohamed	09M
Lokesh Paditham	07R	Kabir Mudgil	09M
Chris Pan	07E	Jack Nguyen	09E
Jinosh Rajendra	07T	James Nguyen	09S
Theo Su	07T	Nathan Nguyen	09S
Mohammed Almaan Syed	07M	Jude Ou	09R
Xavier Tanhueco	07F	Manish Paul	09S
William Tran	07R	Vishal Ratnesan	09M
Kevin Wang	07R	Timothy Tan	09R
William Wang	07T	Matthew Tjandrawibawa	09S
Lucas Wong	07E	Leo Tran	09E
Lucas Xu	07M	Lucas Wang	09R
Barry Zhang	07T	Rocky Wu	09R
En Ci Zhang	07S	Kevin Xie	09R
Ryan Zhao	07E	Shine Yang	09T
William Zhou	07T	Lachlan Yuen	09S
		Roy Zhang	09T

Delbert Zou

Briz Chudal

Arnav Agrawal

Adhruth Anand

Vedantik Bhattacharyya

09S

09S

09F 09S

09E



In addition, we 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

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 7

Arittro Aumi	07E
Andrea Capuano	07R
Chase Chan	07S
Joshua Chen	07E
Leo Chen	07T
Max Feng	07F
Oscar Ho	07F
Orie Hossain	07E
lan Huang	07T
Alex Hwang	07M
Maxi Ibrahim	07M
Vibhav Jairam	07M
Shoummo Kar	07M
Alex Li	07M
Oscar Li	07M
Matthew Lu	07R
Jason Niu	07M
Lokesh Paditham	07R
Araf Rahman	07M
Jinosh Rajendra	07T
Lakshmipathy Ramanathan	07M
Uday Sharma	07M
Mohammed-Almaan Syed	07M
Xavier Tanhueco	07F
William Tran	07R
Lucas Xu	07M
Barry Zhang	07T

Year 9

Ryan Allen	09E
Lachlan Yuen	09S
Max McLeod	09F

Jamie Kay

Deputy Principal Junior School

SRC WEEKLY UPDATE Week 8 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 deadline for submitting your acts in the Talent Quest is Monday 26th June (Week 10) at 3pm.

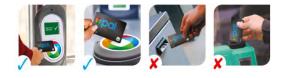
If you have any suggestions, you can message us on Instagram @sydneyhighsrc.



Opal Card Reminder



Please remember to **tap on and off** when travelling with a school opal card.



School Photos - Monday 19 June 2023



Students are to meet at outdoor courts 15 minutes prior to photo time. Ensure you have your ID Card. If raining the photos will be taken in the Gymnasium.

	isure you have your in card, if raining the photos will be taken in the Gynnasium.	
Period	Time	Group
Before school	8:50am	Librarians
Delute School	9am	Staff Photo
1	9:05am	Prefects
1	9:30am	Year 12
2	10:10am	Year 11
Z	10:40am	Year 10
Recess	11:10am	Sibling photo's in 801
3	11:40am	Year 9
	12:10pm	Year 8
	12:40pm	Year 7
	1:10pm	Shed Photo
4	1:15pm	Rifle Shooting Squad Photo
	1:20pm	Development Fencing group
	1:25pm	Squad Fencing Group

To order 2023 Sydney Boys High individual photographs please go to the school order section of the melbastudios website <u>https://www.melbastudios.com.au/schools/index.php</u>, use the password "SBH".

Kurt Rich Photo Coordinator



Michael, the Head of Operations at Flexischools, visited the Canteen this week. He was hosted by David Isaacs and our lovely Canteen Managers, Karen & Eirini.

His feedback reaffirms how lucky we are to have such a well-run Canteen:

"It's really impressive how smoothly you guys handle the inherent chaos of a canteen. I'm not surprised that parents at North Sydney Boys High thought that they should model their new canteen off of yours!".



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

Monday 29 May: Carol Han, Belinda Whitfield, Alice Wei Tuesday 30 May: Xuanxia Li, Lai Kwan Lee, Huaping Xu Wednesday 31 May: Xiaoyan Xu, Nhan Pham, Catherine Fung, Janet Lam

Thursday 01 June: Bing Gao, Rosaline Perry, Can Luo Friday 02 June: Haibo Wang, Lei Zhang

Monday 05 June: Li Tian, Tania Kuskoff, Renee Levitt

Tuesday 06 June: Connie Xiao, Judy Liu, Katherine Cowan

Wednesday 07 June: Katrina Allen, Jingxian Zhou, Iva Barraza Nejedla

Thursday 08 June: Sulan Zhang, Cicong Chen, Sophie Hong Pang

Friday 09 June: Val Tedjasaputra, Cathy Shen

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



We require 3 – 4 volunteers each day to ensure the canteen functions smoothly. We are highly flexible and will gratefully accept any time you can donate to the canteen and the students. If you have time to spare on a regular or ad hoc basis, please get in touch with us by any of the following means:

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

The Canteen Committee is responsible for monitoring the operations of the canteen and implementing and reviewing canteen policy. A number of positions are still available, including Canteen Vice President and Canteen Secretary. If you would like more information about the Canteen Committee's work, to join the committee or to visit the canteen to see our exceptional managers and volunteers in action, please email canteen@sbhs.nsw.edu.au.

Lunch Orders

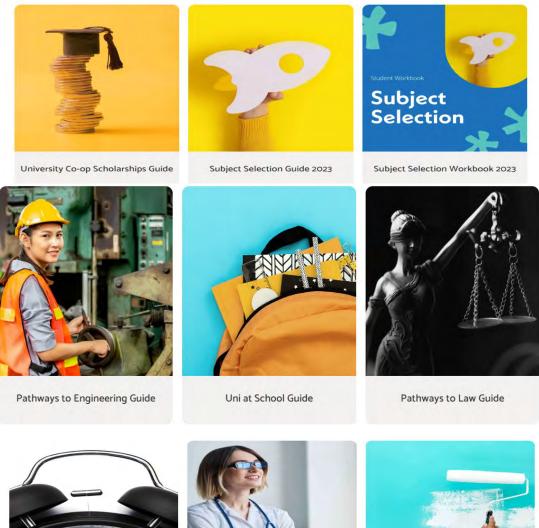
We encourage students to place their lunch orders between 08:30 and 09:00 in person at the Canteen or anytime online via the Flexischools app or at flexischools.com.au.

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

Alison Dao On behalf of the Canteen Committee



Year 10 Subject Selection | Scholarships | Pathways to Medicine/Engineering/Law - to access see below.



Early Entry Guide 2023



Entry to Medicine Guide 2023



Work Experience Guide 2023

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

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



Invitation to Ex-SHSCU Cadets

CELEBRATING 140TH ANNIVERSARY

OF SYDNEY HIGH SCHOOL CADET UNIT

THE PRINCIPAL OF SYDNEY BOYS HIGH SCHOOL, DR KIM JAGGAR OAM AND OC OF SHSCU, LT(AAC) RONALD LUO, INVITES EX-SHSCU CADETS TO ATTEND THE 2023 PASSING-OUT PARADE, FOLLOWED BY THE 140TH ANNIVERSARY CELEBRATION SUPPER.

TUESDAY 29TH AUGUST 2023

3:30PM - 7:30PM SYDNEY BOYS HIGH SCHOOL (GATE 2, CLEVELAND ST ENTRY)

DRESS CODE: MILITARY MEMBERS: CEREMONIAL SERVICE DRESS

CIVILIAN GUESTS: SMART CASUAL RSVP:

PLEASE RSVP BY 5TH AUGUST 2023 By scanning the QR Code:





Music Camp Concert ALL WELCOME!!!!!

A Music Camp Concert will be held on Friday 23 June, 6.30pm Great Hall (approximately 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.

Students must remember to bring a portable/foldable music stand as school music stands will not be taken.

Please ensure to dress and bring warm clothing as it will be cold in Katoomba.

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.

Junior & Senior String Quartet

Successful audition candidates will be notified by email this week. Rehearsals will commence at Music Camp.

The Music Department would like to thank all 25 students who auditioned for the school's Junior and Senior String Quartet.

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



Congratulations to the following students, who competed in the Zone Cross Country carnival and resulted in a top 10 position in their age group. These athletes will now represent our school and zone in the Regional Carnival on Thursday 17 June. Well done, boys! Students have their regional carnival information and need to return their permission note by Tuesday, 15 June.

18 Years	First NAME	SURNAME
1st	Max	Russell
4th	Ren-Shyan	Balnave
5th	James	Wachsmann

14 Years	First NAME	SURNAME
1st	Nestor	Chan
3rd	Elijah	Lees
4th	Charlie	Chesire

17 Years	First NAME	SURNAME
3rd	Christopher	Lau
4th	Kiren	Nayager
5th	Adrian	O'Young
бth	Landrie	Zuo
7th	Jasun	Xu
9th	Landon	Jarvis

13 Years	First NAME	SURNAME
1st	Owen	Smith
5th	Mekaeel	Khan
7th	Nathaniel	Ng

16 Years	First NAME	SURNAME
4th	Tanish	Sarathy
бth	Yufeng	Xiao

15 Years	First NAME	SURNAME
2nd	Lucus	Zhang
3rd	Joshua	Kimpton
6th	Matthew	Liu
9th	Rocky	Wu
10th	Max	Chen

12 Years	First NAME	SURNAME	
2nd	Jeremy	Li	
4th	Joshua	Chen	
7th	Heshel	Kariyawasam	



THE SRC PRESENTS

MULTICULTURAL TALENT QUEST

CELEBRATE OUR SCHOOL'S TALENT & CULTURAL DIVERSITY BY WEARING NATIONAL DRESS OR COLOURS!

FRIDAY 30TH JUNE • ALL DAY MUFTI LUNCHTIME • GREAT HALL



SIGN UP FOR THE TALENT QUEST BY SCANNING THIS QR CODE



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

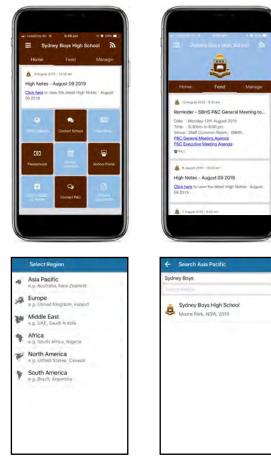
Special Guest

Ramesh Mario Nithiyendran

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

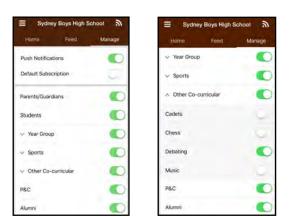
Download this App to be kept up to date with everything that is happening at **Sydney Boys High School**. It features School Calendar, School Newsletters, School Contacts, Documents, and Push Notification Alerts. Messages can be translated through the app into many different languages.

Installation Instructions



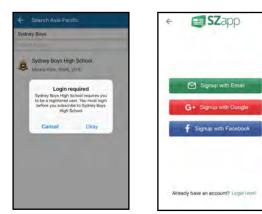
2. FIND OUR SCHOOL Select Region: Asia Pacific

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			
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

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 •



		Canteen Price	List 20)23		
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		Butter Chicken - Homemade	\$5.50	
Toast - Cheese	\$2.00	sure you ORDER it befor	re school		Chicken Burger	\$5.00
Toast - Cheese & Ham	\$2.50	Sandwiches / Rolls / Wraps	S/W	ROLL		ψ0.00
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
	*1 50	*sandwiches made to order for lunch & rece	ess orders.			
Banana Bread	\$1.50					
Fruit - Apple/Orange/Banana	\$1.00	THIS IS A	P&C	_	Noodles In A Cup	\$3.00
Fruit Salad	\$3.00	– CANTEE		=	Pasta - Homemade - Small	\$4.50
Drinks	I	REMEMBE	R, AL	L		
		PROFITS GO		.К [Pide - Sausage, Chicken/Mushroom	\$4.00
Chill - Aloe Vera or Ice Tea	\$3.50				Pide - Spinach/Cheese (v)	\$4.00
		TO YOU BC)YS!!	!	Pie - Meat (sauce + 30c)	\$4.50
Juice	\$2.50			=		
Juice Bomb	\$2.50			=	Pie - Traveller	\$5.00
					Pizza Wrap	\$4.50
					Rice Box - Homemade	\$5.00
		Salads	1			
Milk Flavoured 300ml		Salad Box (meat) - Small		\$4.50	Sausage Roll	\$3.50
Milk Plain 600ml	\$2.50	Salad Box (meat or egg) - Large	e	\$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 & Roll	Sushi & Rolls		Teriyaki Don, Noodles etc - Homemade	\$5.50
		Sushi - Homemade		\$3.50	Miscellaneous	
Water - Spring	\$1.50				Spoons / Forks - supplied free with meal puchase	\$0.10
Waterford	\$3.00					
		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		Nachos - Homemade		\$5.50	**NB Not all food items are available all the	time For
					example, home style lunch boxes - pasta	, rice,
make it for you. Make sure you order before				salads, soup etc are all seasonal. Please ch the canteen before you order.	eck with	
school.						
		2023 PRIC	CE LIS	Т		
۵ ۲() to 0 0	0 am *Breakfast is availat	אר אר אר	me to n	lace lunch orders	
		RE RETURNED TO THE SCHOOL FOR THE		•		
			22.02.111 0			



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:

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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 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:

	50	rna	am	
•	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

StudySamuraiLibrary.com



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