



## From the Principal Term 3 Ends



Thank you to our teachers, SAS staff, ground staff, canteen staff, cleaners, coaches and parent volunteers for their part in what we were able to structure and support our boys to achieve in Term 3.

### High Talent



Results from the GPS Athletics carnival were strong this year with High placing 3<sup>rd</sup> in the Junior Point Score, 5<sup>th</sup> in the Intermediate Point score and 7<sup>th</sup>

in the Senior Point Score. Individual highlights were headed up by Owen Trinh's U13 100m GPS record of 11.81 and his win in the 200m in 24.39. Alex Ruhfus won the U14 100m in 11.53 and the 200m in 23.4. Oscar Greville won the Open Shot Put with 13.52m. Max Russell overcame injury to win the 3000m in trying conditions with a time of 8.50.6. Aiden McManus won the U15 800m in 2.03.62. Lachlan Leung won the U15 long jump. Ren-Shyan Balnave won the 3000m Division. Nicholas Fung came second in the U15 High Jump. Mark Yan won the U14 division and was second in the 400m. Dylan Dutt scored second place in the U16 200m and the 100m. Mekaeel Khan ran second in the U13 Division and came 3<sup>rd</sup> in the long jump. James Law ran 3<sup>rd</sup> in the U16 110m hurdles division as did Brendan Woo in the U15 100m hurdles division. Success in the relays - U14 4 x 100m 1<sup>st</sup> in 46.19; U13 second in 49.09 and U15 third in 44.72. Despite the hot weather our enthusiastic supporters made themselves heard to our competitors as they rounded the bend into the home strait.

Thank you to our spectators, staff and coaches for supporting our very solid athletics team. In CHS news, High regained the Kippax Cup for

the NSW Public School with the highest points score for boys. Congratulations to the team and their coaches!

### Year 12 Farewell and Graduation Assembly 2023

My speech to the Year 12 graduating students is reprinted below:

'Good afternoon Year 12, staff and parents. Welcome to our Farewell and Graduation Assembly for the Class of 2023. I acknowledge the Gadigal people of the Eora Nation on whose country we meet and pay my respects to elders, past, present and emerging. They represent the aspirations of the traditional custodians of this land.



One hundred and sixty-nine of you are completing your six year journey at High. This year's cohort is unusually dispersed with two joining in Year 8, thirty-two in Year 9, one returning in Year 10 and ten enrolling in Year 11. For whatever length of time you have been a part of our community, many of you have tried to participate in school life as much as you can and to bond together in a common purpose. We are still suffering COVID effects, having lost two years of culture-building opportunities. Nevertheless, as I observe in my *Principal's Message* printed in the Year 12 Farewell Booklet, which you will receive today, High Spirit is being rebuilt and an ethos of in-depth participation renewed. Also in that document, recognition of a selection of notable results by Year 12 students is included for your perusal. My thanks go to our Student Leaders in all areas of school life for their dedication in rebuilding our school culture – Prefects, SRC, Community Service, PAWS, Equality, Social Justice, Environment, Captains of Sports Teams and Co-curricular Leaders. Thank you to Sean, Landrie and Matthew for their leadership of the Class of 23.



I want to recognise and honour the ten scholar-sportsmen who competed in two seasons of GPS

Saturday sport and earned 99.5 ATAR or higher in the Trial HSC. Abrar, Andersen, Mohammad, Saxon D., Krish, Allan, Tony, Hikun, Landrie and Ryan will be presented prizes at Presentation Night next year. Congratulations to Max Russell for his win in the 3000m and Oscar Greville for his open shotput victory at the GPS Athletics Carnival. Also, Ren-Shyan Balnave won the Open 3000m Division and was 4<sup>th</sup> in the 1500m Championship. Kaden Kuang represented High in four sports in Year 12. Seven students competed in three sports. There were two 'Triple Firsts' in 2023, Ren-Shyan and Ramin Hossain. 'Double firsts' this year were: Edward Brownlie, Oscar Chen, Saxon Dean, Oscar Greville, Saxon Gerstl, Edward Ly, Jack Mulder, Subhan Mustafa, Xavier Nath, Hikun Nguyen, Max Russell, Filip Spanovic, Jack Wang and Ryan Woo. In the 'One-Two Club' were Andre Baruah, Zayn Hakim, Kaden Kuang, Sean Lim, Allan Tan, James Wachsmann, Byron Xie, Hikun Nguyen and Ross Zhou. I want to thank the 76 Year 12 boys who showed pride in their school and represented High in at least two GPS sports in their last year. Another 61 played one sport. 67.8% of the cohort showed their commitment to our scholar-sportsman ethos right to the end. These statistics again affirm that our students value participation in school sport. Jaden Yi played two GPS sports for six years with 21 others playing one competition sport. I applaud our graduating Year group for their dedication to our ethos. Thank you to all the MICs, coaches and parents who helped in our sporting programs.



I want to expand a little on the theme of agency in our lives that I offered in my Principal's Message in your Farewell Booklet. Schools often encounter the so-called 'agency problem' – a term generally used in the context of company boards and shareholders. An agency problem arises when one party (say teachers) are expected to act in another party's best interests (say students). The conflict of interest arises when the school management decides to act in a way that is perceived by students as not being in their best interests – let's say a ban on mobile 'phones or using generative AI in learning. A complex problem is created in that the school or State decides what is in the best interests of young adults that they have been at pains to teach how to be autonomous, self-directed and responsible in their learning, giving them a sense of agency. There is tension when the State overrides the perceived interests of the individual and it must make a compelling case for the greater good of the students and society because of its actions. Governments, schools and families with a moral compass have increased chances of reconciling the agency problem. The moral imperative needs to take the high ground and defend it. I trust that the Class of 23 has developed the requisite sense of agency and self-efficacy to take on the challenges of the authorities out there who are always claiming to be acting in our collective best interests. I have enjoyed our challenging and rewarding journey together, taking on COVID and

coming out the other side. You had a unique Stage 5 experience. Cherish it. As Bob Dylan, the social poet of my generation, remarked: Take care of your memories, for you cannot relive them. I wish you all the best in your HSC examinations and I hope that you will be all successful in gaining entry to your preferred tertiary courses. Good luck and goodbye!

### Sentence Conscious Pedagogy: Independent Revision of Student Paragraphs



Students need to rework their drafts more than once. Read paragraphs to their classmates and get feedback. Does the topic sentence engage the audience? Are there enough supporting details? Is the vocabulary vivid enough? Does the conclusion refer back to the main idea? Do the sentences vary in length and type? Are there alternative words that are better suited to the type of writing in the paragraphs? Could some sentences be made more interesting or complex using a sentence expanding technique? By polishing a draft after peer feedback, a more satisfying paragraph will be the outcome.

**Dr K A Jaggar**  
Principal

### Yearly Reports - Clearance Forms - Year 11



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



### CHESS NEWS

#### THE TERRY SHAW SHIELD

On Sunday 10 September we entered six teams in the Secondary Schools' One Day Chess Tournament.

Congratulations to all players and especially to our Open team (Toby Huey, Quan Nguyen, Nestor Chan) who won first place and brought The Terry Shaw Shield back to our school.

Our Junior team (Leo Le, Anay Gautam and Kayden Santoso) were placed third in this competition.

**Rowena Barr**  
MIC Chess



### From the Canteen Managers

Thank you to the Year 12 Prefects for your work in the canteen over the past year. We wish you well in your HSC and all your future endeavours.

We also farewell and express our gratitude to those Year 12 parents and careers who have assisted and supported the canteen over the past six years.



*"Food is symbolic of love when words are inadequate."* — Alan D. Wolfelt



**Lunch**

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](http://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.

## Heartfelt THANKS TO OUR VOLUNTEERS!

As Term 3 draws to a close, we thank our incredible volunteers for their hard work and continued support. Thank you very much to the following parents for volunteering in the canteen during the past few weeks.

**Monday 04 September:** Dongyun He, Renee Levitt, Tania Kuskoff

**Tuesday 05 September:** Connie Luo, Delia Leung, Katherine Cowan

**Wednesday 06 September:** Becky Zhou, Janet Lam, Katrina Allen

**Thursday 07 September:** Alice Wei, Jianping Wang, Rosaline Perry

**Friday 08 September:** Alison Dao, Grace Guan, Sureka Thiagalingam, Val Tedjasaputra

**Monday 11 September:** Grace Guan, Kerrie Lane, Sulan Wang

**Tuesday 12 September:** Cherry Lin, Connie Xiao, Linming Wang, Su Geng

**Wednesday 13 September:** Dexian Ma, Iva Barraza Nejedla

**Thursday 14 September:** Cicong Chen, Donna Lees

**Friday 15 September:** Cathy Shen, Lenny Cheuk



If you or a family member, have time to spare on a regular or ad hoc basis, please reach out by any of the following means so we can assist with registering you as a canteen volunteer: All parents, grandparents, carers are welcome to register as a canteen volunteer.

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

**Alison Dao**

On behalf of the Canteen Committee



## DEBATING SEASON WRAP

Another Debating year has finished. On 8 September we hosted Grammar for the last round of the GPS season. A huge crowd turned out to support the Firsts which was great to see. It was the first time we had hosted the Grammar round since 2018.

Thanks to all the parents who turned up on the Friday night to provide that spectacular supper for the boys – we are back to having the best suppers on the circuit!

That was followed up by the Debating Dinner on the Saturday. Thanks to Vani Acharya and her team of parent helpers who worked so tirelessly to make the night a success.

I have had a lot of help this year with debating. Thanks to Jeanette Cook who managed the FED competition and both stayed back to supervise and travelled to support the boys. Viv Paul was invaluable with his help in supervising the students with the Eastside and GPS competition. Elly Harcourt, Beth Hinton and Jessica Christodoulou have managed the PDC competitions, some of which are still running.

We have had other successes this year: Abrar Chowdhury, Agastya Govind and Vishruth Anand were selected for the CHS Debating team and Luka Miletic was selected for the GPS squad.

I would like to thank Abrar Chowdhury who has been the Debating Prefect this year. Abrar's enthusiasm for Debating saw record sign-ups for this year and he was always reliable in his feedback on the rounds.

As always, I would like to thank our Head Coach, Alex De Aroujo. Thank you to the team coaches: Guy Suttner with the Firsts, Alex De Aroujo the Seconds and Lilah Thurbon who managed the Thirds. The 10s were ably coached by Aman Mohamed and Auguste McNally, the 9s Tim Hanna and Jack Glass, the 8s by Archie Wolifson and Roshan Hossein then Aliena Konsam, and the 7s by Anson Chan and Jessica David.

Thank you to all of the other coaches who manage the socials teams every week and manage to keep the boys engaged and building their skills. I hope you are all willing and able to return to High next year.

Finally, I would like to thank all the parents who support the program and the boys who enthusiastically turn up for coaching and competitions every Friday.

## AWARDS

**JOSEPH SUTTIE AWARD** for teamwork for 2023: goes 8B who won the FED competition and were co-premiers in GPS: Alay Mahidadia, Sajan Thiagalingam, Ryan Park, Arnav Kaushak and Vivaan Wadwha

**RACHEL POWELL AWARD** which is to be given to someone who does outstanding work in supporting the debating program but might not otherwise be recognised goes to Nathan Tang. For the last two years, Nathan has managed a team of helpers who set up and cleaned up rooms, welcomed guests, helped teachers who were here with anything required.

## PRIZES for Best Debater

Year 7A - Jinosh Rajendra

7B - Zihan Chi

8A - Charlie Cheshire

8B - Sajan Thiagalingam

9A - Jude Ou

9B - Mohamad Rachid

10A - Andrew Pye

10B - Alif Siddiqui

11A - Vishruth Anand

11B - Aarav Gandhi

12A - Agastya Govind

12B - Harrison Francis

**Madeleine Rigby**

**Head Teacher History and Libraries**

**MIC Debating and Prefects**



## Year 8 Camp

The Year 8 school camp can be described as nothing less than a blast. After the long bus ride to Cataract Scout Park, every Sydney High School student there (and teachers) were ready to jump straight into the first activity, without even unpacking! For some, it meant bushwalking or archery and for others it meant the highly anticipated Challenge Valley. After a quick bite to eat, we drifted off into either cabins or the tents. While some tents had already been set up by the camp scout leaders, most had brought their own, which was a new experience for myself and many others to do.

Following the next activity, we would have some free time before dinner and then night activities, which involved Capture the Flag and a few others. Once over, we all headed to bed to get a good night's sleep for the day ahead. In the morning, ensuing a breakfast of eggs and bacon, each group headed off to other outdoor activities, to meet back at the dining hall for lunch later on. Outside the dining hall, after we all finished eating, Hayden and Ohm would give a short speech on the importance of RUOK? day and how to help someone in need.

Following the second activity of the day and afternoon tea, we were given free time until dinner to either switch from tent to cabin or cabin to tent. Dinner came next, and after an unfortunate last-minute cancellation of the bonfire, we headed back to our tents/cabins to rest our heads on our pillows and get some sleep. Morning came, breakfast followed, and we jumped straight into activities for the day, aiming to get ready and leave campus by 2:30. By the time morning tea came, everyone was expected to be packed up and ready to leave. After the last meal we would have at camp, the sixth and final activity we packed our things onto the charter buses and drove out of Cataract scout camp. It was a great time that the whole year enjoyed and one we will remember for a long time to come.

**Stephen Faulder 8E**

## Year 8 Camp 2023 – Cataract Scout Park

Year 8 camp was held in week nine of term three. It was a fun and new experience for many students whose outdoor education was interrupted by the Covid Pandemic. The students arrived at school on Wednesday, excited to leave after the building anticipation. Many were looking forward to spending some time with their friends, away from parents, and to disconnect from their phones and to reconnect with nature. On arrival, many eager students took advantage of an opportunity to camp for both nights!

The students enjoyed the range of hands-on activities, including archery, orienteering, caving,

challenge valley, team rescue, bushwalking, and night games. The caving required the students to use their logical thinking to make their way through tight spaces, twist and turn, and shimmy and crawl – sometimes even going backwards!



During orienteering, the students had to report back on their journey. A number of public speakers in our grade really enjoyed this. Jamie Yeung, gave a particularly rousing and engaging recount. The scout leader for this activity was so impressed, that she asked Jamie to re deliver the speech to the regional director of the Cataract Scout Group.



The food choices included a spread of bacon, hash browns, salads, chicken, sausages, scrambled eggs, spaghetti bolognese, and (most importantly) dessert!

Mr Kay even came down to visit and joined the excited students having fun on the activities, including his favourite – bushwalking!

On the second day of camp, Hayden Nguyen and Om Kothari gave a presentation for 'RUOK? Day'. While the activities helped students learn self-confidence and teamwork, this speech equipped students with the tools they need to support their mates. And many students made new mates on the camp!



Overall, the three days of activities were jam-packed with fun and adventure and we all enjoyed a snooze on the bus drive home.

**Ms Harper Boon**  
English Teacher



# Music NOTES

## Term 3 – Term 4 Music Performance Program

Please ensure students take their instrument(s) home over the Term 3 break.

The music storage room will be locked from Friday 22 September, 3.15pm and will re-open from Monday 9 October (first day of Term 4).

There will be no access to the music storage room over the Term 3 holidays.

All music ensembles and private instrumental lessons will commence from Monday 9<sup>th</sup> October (Term 4 Week 1).

Please note: Marching Band will be the only ensemble commencing at a later date. First rehearsal date will be confirmed as soon as possible.

Hope everyone has a fantastic and relaxing break! See you in Term 4!

## End of Year Music Concert (Term 4)

Sunday 3 December, 1.30pm (Great Hall). All music ensembles will be performing!

More information will be sent out in Term 4.

## Music Instruments + Music Storage Room

\*Students and parents are reminded that SBHS does not provide instrument insurance or cover. The Music Department will not take responsibility for loss or damage whether on or off the school property. The Music Department highly recommend all parents/guardians and students to have instrument insurance.

\*Please ensure students have a clear name tag with their name/year on their instrument case.

\*The music storage room is ONLY used to store music instrument(s).

\*Please do NOT block the pathway inside when leaving instrument(s) in the Music Storage Room.

\*Please make sure to place your instrument(s) neatly in the appropriate instrumental bay(s).

\*Non-music instrumental items/accessories will be removed without any warning.

## Parent/Guardian/Student Communication

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

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

Attention Music Ensemble Students: If you are in the Music Ensembles Program and have not yet received a Music Performance Program Canvas invitation, please email the Music Department: [music@sbhs.nsw.edu.au](mailto:music@sbhs.nsw.edu.au)



### 2023 Music Ensemble Schedule

MONDAY (Before School)	TUESDAY (Before School)	WEDNESDAY (Before School)	THURSDAY (Before School)	FRIDAY (Before School)
Intermediate Concert Band 7.45am – 8.45am Governors Centre	Senior Concert Band 7.45am – 8.45am Governors Centre	Junior Stage Band 7.45am – 8.45am Room 101	Intermediate Stage Band 7.45am – 8.45am Room 101	Symphonic Strings 8.00am – 9.00am Room 101
Guitar Ensemble 7.45am – 8.45am Room 201		Senior Stage Band 7.45am – 8.45am Room 201	Philharmonic Orchestra 7.45am – 8.45am Room 201	Chamber Choir 8.00am – 9.00am Room 201
			Junior Strings Ensemble 7.45am – 8.45am Room 203 <i>Terms 1 &amp; 2 only</i>	Marching Band 8.00am – 9.00am MPW/ Room 102 <i>Terms 1 &amp; 4 only</i>
			Junior & Senior String Quartet 7.45am – 8.45am Room 203	
(After School)	(After School)	(After School)	(After School)	(After School)
Guitar Ensemble 3.20pm – 4.20pm Room 201	Marching Band 3.20pm – 4.20pm GH/MPW/ Room 102 <i>Terms 1 &amp; 4 only</i>	Percussion Ensemble 3.20pm – 4.20pm Governors Centre		Jazz Ensemble 3.20pm – 4.20pm 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 3 Music Events Calendar

WEEK	DATE	EVENT	MUSIC STUDENTS INVOLVED
10C	Tuesday 19 September	Year 12 Farewell Assembly	Benjamin Pirom (12F) Moshi Tao (12M)

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

### 2023 Term 4 Music Events Calendar

WEEK	DATE	EVENT	MUSIC STUDENTS INVOLVED
1A	From Monday 9 October	All music ensembles commence from Week 1 in Term 4	All Music Ensembles
1A	Tuesday 10 October	Foundation Day & Prefect Induction Assembly, 9.45am Great Hall	Tafley Fan (10F) John Nguyen (10R)
8B	Sunday 3 December	End of Year Music Concert, 1.30pm Great Hall	All music ensembles
9C	Tuesday 5 December	Music & Co-Curricular Assembly, 9.45am Great Hall	TBC Musicians

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

## Meet the Teacher – Dr Love



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

I am the Teacher Librarian in the KJ Andrews Junior Library. I have always been a reader, and books were always around in my house growing up. I can't go past a bookstore without going in and seeing what's new. I think all the Junior students at the school (at least) should have opportunities in school time to sit and read in the library, discover something new, and realise/remember the quietening of the mind that can come from reading.

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

When I left high school I was accepted into university to do a Library Studies degree, but I decided to work instead for a couple of years. While working I became interested in Japanese, so my first degree was in Japanese language and English Literature. After that I went to Japan and lived there for six years. I became interested in art, and when I moved to Sydney, I started another degree at art school. I worked as a student assistant in UNSW library, and got a full-time job when I graduated and worked there for another five years. I did a library degree at Charles Sturt University while I was working. I left that job to do a teaching degree, then my PhD in Art/Design and Archives. I started at SBHS in 2020 as a casual

relief teacher and took over as teacher/librarian from the previous librarian last year. I have also taught English in Japan to high school students and adults, tutored high school students in Sydney, and been a lecturer in Textiles at UNSW.

**Is there anything you find unique about being a teacher/librarian at SBHS?**

SBHS is unusual in having two separate libraries, and two teacher/librarians. Often teacher/librarians are the only person at a school who does that job, so it can be hard to get advice or a sense of collegiality. Ms Hinton in the Senior Library and I have a very good working relationship, and we can discuss ideas with each other to help make the libraries at the school better places for the students to read, study and socialise in.

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

I lived in East Timor for three years, and during that time I had seven dogs – Max, Lucky, Bro, Lambchop, Kevin, Bob and Lady! The most I had at one time was five and taking them for a walk was a challenge. My current hobby is studying Japanese – still! I go to a class each week to practice talking and listening and reading, otherwise I'd have few opportunities to keep up my knowledge.





The 2023-24 season is shaping up to be a great season, with the senior squad increasing in size to its biggest in over a decade. A strong off season of conditioning, band workouts and fitness will help the strength of our crews. We welcome back many coaching alumni in 2023-24 with S Comminos (2014) joining G Barris (2001) to take the 1<sup>st</sup> VIII.

Season Schedule:

<https://docs.google.com/spreadsheets/d/1xGpof1THJpNIMgvnr2hAUXfBbSAbBjb1l-o9lpLxJXQ/edit?usp=sharing>

Individual training schedule

Available through the student/parent portal:

<https://portal.clipboard.app/sbhs/>

During the October holidays there will be training for all groups in Week 2.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior A	Public holiday	Row - 7am-11am	Row - 7am-11am	Row - 7am-11am	Row - 7am-11am	Row - 6.45am-9am
Senior B	Public holiday		Row - 7am-9am	Row - 7am-9am		Row - 7am-9am
Year 10 Vllls	Public holiday	Row – 9am-11am	Row - 7am-9am	Row - 7am-9am	AM-Weights	Row - 7am-9am
Year 9 Quads	Public holiday		Row – 7:15-9:15	Row – 7:15-9:15	AM-Weights	Row – 7:15-9:15
Year 8 Quads	Public holiday		Row – 9-11am	Row – 9-11am	AM-Weights	Row – 9-11am





## AAGPS 2023

### GPS 2023 Athletics Championship Wrap Up

The GPS Athletics Championship is always a highlight for me. This year was my 10th Championship as MIC and was certainly one for the memory bank. There were great performances including 3<sup>rd</sup> place in the Junior division (5<sup>th</sup> Intermediate and 7<sup>th</sup> in Seniors), several wins including 2 Gold medals in Opens, a GPS Record and many new SBHS Athletics Records. [https://docs.google.com/document/d/1Ou3EuOjgtDAINqzhe33M34Th5vHPpt2yKQ8o5IL\\_sE/edit?usp=sharing](https://docs.google.com/document/d/1Ou3EuOjgtDAINqzhe33M34Th5vHPpt2yKQ8o5IL_sE/edit?usp=sharing)

Below is the list of top 3 placegetters in championship events (not division).

#### Dylan Dutt

200 Metre U16 Championship 22.78 (2)

100 Metre U16 Championship 11.19 (2)

#### Nicholas Fung

High Jump U15 Championship 1.80m (2)

#### Oscar Greville

Shot Put Open Championship 13.52m (1)

#### Mekaeel Khan

Long Jump U13 Championship 5.14m (3)

#### Lachlan Leung

#46 Men Long Jump U15 Championship 6.08m (1)

#### Aiden McManus

#12 Men 800 Metre U15 Championship NT 2:03.62 (1)

#### Alex Ruhfus

200 Metre U14 Championship 23.41 (1)

Men 100 Metre U14 Championship 11.53 (1)

#### Max Russell

3000 Metre Open Championship 8:50.60 (1)

#### Owen Trinh

200 Metre U13 Championship 24.39 (1)

Men 100 Metre U13 Championship 11.81 (1) -

**GPS Record**

#### Mark Yan

400 Metre U14 Championship 54.58 (2)

#### Owen Smith, Mekaeel Khan, Aaron Li & Owen Trinh

4x100 Metre Relay U13 Championship 49.09 (2)

#### Liwen Deng, Mark Yan, Roger He & Alex Ruhfus

4x100 Metre Relay U14 Championship 46.19 (1)

#### Brendan Woo, Lachlan Leung, Tim Chen & Athithan Mayuran

4x100 Metre Relay U15 Championship NT 44.72 (3)

2023 has proven to be a great year for High Athletics, I would like to thank Dr Kim Jaggar for his ongoing support, Ms Hannah Jackson who is doing a great job as the relieving Head Teacher of Sport, my support staff including Ms Natalie Luu and Mr Casey Writer. My role is made a lot easier due to the amazing efforts of the coaches who worked with great passion and dedication. I would like to express my appreciation to the Athletes themselves for their amazing efforts. A special thanks to the largest group of Year 12's, led by Athletics Captain Kaden Kuang (4 GPS sports in Year 12) I have ever had, their commitment to training during their trials really set the tone for the other cohorts.

I encourage all athletes and the greater student body to participate in the year-round speed and agility program which is free on Monday, Wednesday & Thursday afternoons – 3:15-5pm at MPW.

The season was summed up with the delivery of the 2023 KIPPAX Cup – highest points for a boy's school at the CHS Championship

#### Kurt Rich

#### MIC Athletics

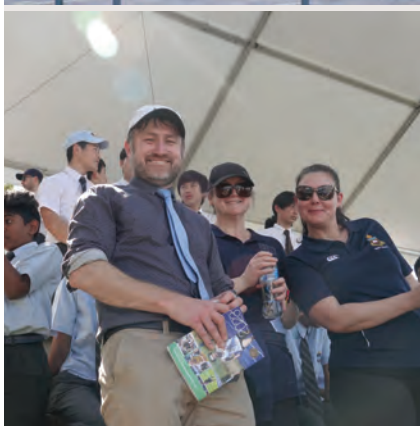
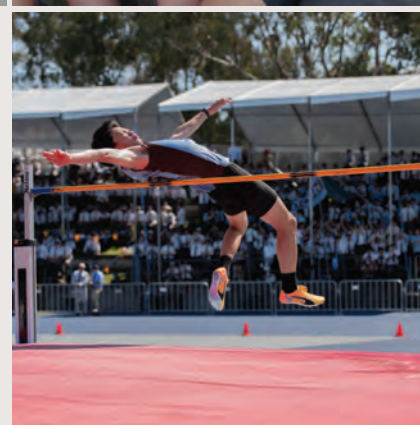


Year 12 athletes & coaches' annual dinner (sadly not all athletes and coaches could attend).



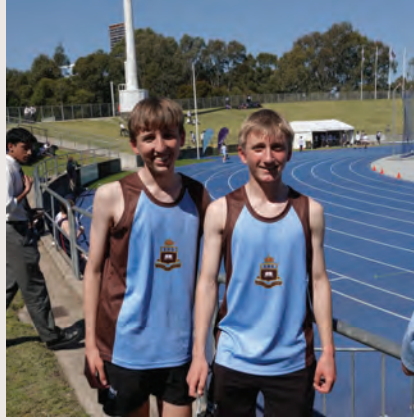


## AAGPS Athletics Championships 2023



*High Spirit*





## AAGPS Athletics Championships 2023



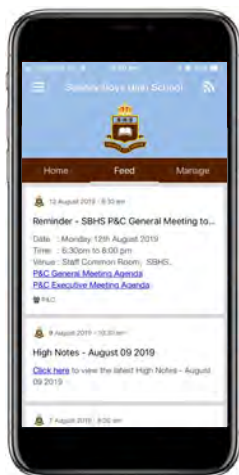
*High Spirit*



# Stay up to date with SZapp

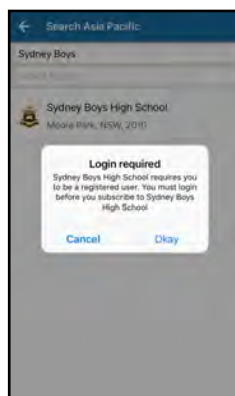
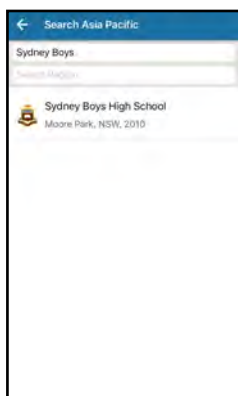
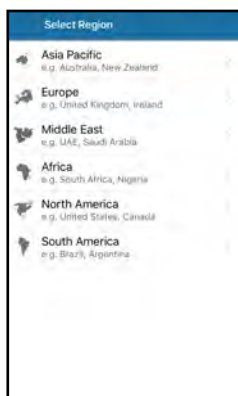
Download this App to be kept up to date with everything that is happening at **Sydney Boys High School**. It features School Calendar, School Newsletters, School Contacts, Documents, and Push Notification Alerts. Messages can be translated through the app into many different languages.

## Installation Instructions



### 1. DOWNLOAD SZAPP

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

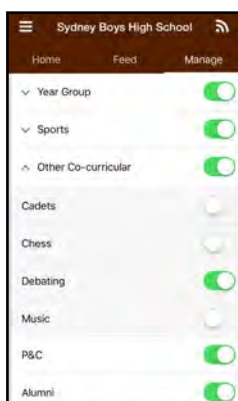
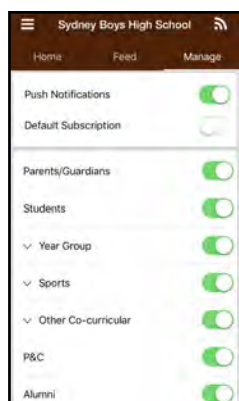


### 2. FIND OUR SCHOOL

Select Region: Asia Pacific  
Sydney Boys High School

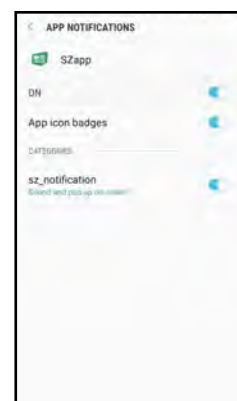
### 3. REGISTER A USER

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



### 4. MANAGE NOTIFICATIONS

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



### 5. CHECK SETTINGS FOR APP NOTIFICATIONS

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

For any further information see:

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

# SYDNEY BOYS HIGH SCHOOL

Sir Roden Cutler and Lady Cutler Foundation  
Scholarship



Nurturing scholar-sportsmen since 1883

Applications available at: [sbhs.co/scholarships](https://sbhs.co/scholarships)

Closing Date: **30 November 2023**

556 Cleveland St, Moore Park NSW 2021 | Ph: 9662 9300





# SYDNEY BOYS HIGH SCHOOL

The Phillip Day Memorial Scholarship

Closing Date: **30 November 2023**



Nurturing scholar-sportsmen since 1883

Applications available at: **[sbhs.co/scholarships](https://sbhs.co/scholarships)**

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School Holiday

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with Master Coach Neil D'Costa

**Tuesday 26th - Wednesday 27th September**  
**9 am - 1 pm**

Join Master Coach Neil D'Costa for an intensive School Holiday training camp to get your batting fine tuned just in time for the season!

Limited availability.  
Head to our website to secure your spot!

[eastsydneycricketcentre.com](http://eastsydneycricketcentre.com)





# Spring School Holiday Workshops

25 September – 6 October

- Contemporary & Ballet
- Commercial Dance
- Beginner Dance  
and more!

Ages 5 – 18

## SYDNEY DANCE COMPANY

Neilson Studio  
at Sydney Dance Company,  
Walsh Bay Arts Precinct

**Book Now**  
[sydneydancecompany.com](http://sydneydancecompany.com)

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Photo by Wendell Teodoro



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Photo by Wendell Teodoro