

H I G H S C H O O L N O T I C E S



From the Principal High Talent

As we kick off a new term, it's great to have a large number of success stories to share with our community.

Henry Lau (12S) has just been signed as a development player for the Sydney Kings for the upcoming season, one of the first development players signed by the Kings in their history! Congratulations Henry on such an amazing achievement and we wish you the best of luck in a thriving basketball career.



Over the holidays at the 32nd Sutherland Shire and St George Youth Music Awards 2024, Liam Greacen (11E) placed second in the SMC Banksia Award for Young Composers and received Highly Commended in the Performance on Alto Saxophone. Well done, Liam!



This week it was also announced that Dylan Dutt (11F) has been accepted into the UBS Finance Academy workshops that run in the October holidays. Well done on getting into this highly competitive program Dylan!



Last weekend, Sydney High won the All-Schools Rifle Shooting event at Malabar in what was a close competition. Mark Sukhovsky (11R) was King of the Range with a score of 115.9. The school also won the David Rose Snap Match with Jensen Wang (10F) as joint King of the Range on a score of 39/40. Well done to all boys in their respective events.

In fencing last weekend, there were numerous great results for the students. Tommy Xu (11E) won equal Bronze in the Boys Epee Individual event. In the Boys Epee Team event the SBHS Epee A Team consisting of Tommy Xu (11E), Xavier Perry (11M), Hudson Cai (10M), Jamison Lai (11E) won Gold, while the SBHS Epee B Team of Daniel Zhu (9R), Benjamin Wu (10F), Vihaan Rajit (10E), Lucas Wang (10R) won equal Bronze.

In the Boys Sabre Individual event Daniel Iliffe (11R) won Gold, Jayden Ho (12M) won Silver and Oscar Shi (12S) won equal Bronze. In the Boys Sabre Team event the SBHS Sabre A Team of Daniel Iliffe (11R), Oscar Shi (12S), Jayden Ho (12M), Samuel Hui (12T) won Gold, while the SBHS Sabre B Team of Ethan Li (10F), Mahesh Karki (11S), Akith Perera (11E), Nathan Lee (11R) won Silver.

Furthermore, in the Boys Foil Individual event Benjamin Dang (10R) won Gold, while in the Boys Foil Team event our team of Dean Johnsun (12F), Benjamin Dang (10R), Andrew Wang (12S), Henry Lin (12S) won Gold.

With a clean sweep in the team fencing events, winning Gold in all 3 weapons, SBHS won the Championship title this year. Well done to all our fencers on this fantastic achievement and their ongoing success this season!



In other news, during the holidays we had 142 students complete pre-trial HSC practice papers in the Great Hall over two days. This was a great opportunity for the boys to get invaluable experience at sitting an unseen paper under examination conditions for three hours. I'd like to thank the executive for providing this opportunity to the boys through their preparation of the papers and to Mr Barris for overseeing the tasks during the break. Doing past papers, particularly under time constraints, is such an important skill for success in the HSC. I highly recommend that all boys sitting the HSC (and in other year groups when their examinations are coming up) complete a number of past papers to maximise their results.

Thank You!

This break there was also a large number of works being done across the school site. The eagerly awaited air conditioning in the Junior Library has been completed in what's been a long journey including several delays over a number of years. A new NBN line was also installed in the school to allow better access to the internet across all aspects of the school. Additionally, blinds were replaced in various locations across the school, all while a number of rectification works were undertaken around the site. A massive thank you to our General Assistant Jim Crampton for his efforts in keeping the school facilities in the shape that they are.

NAPLAN

And on a final note, the school received personalised copies of NAPLAN results this week, which were distributed to students in Years 7 and 9. Further data for analysis across each cohort will be available to the school in coming weeks, when the executive will develop plans to continue students' growth in reading, writing, numeracy and effective use of language. I encourage parents to look over their son's NAPLAN report to discuss his areas of strength and areas he could improve. By enhancing the boys' ability in these fundamental literacy and numeracy skills in their early years of high school they will be better placed to succeed in the years ahead.

Jamie Kay
Relieving Principal

Parking

EVENT PARKING

From July 1 SBHS will no longer accept cash payments for event parking. Card payments welcome.



Year 10 Life Ready Program

Year 10 families please be aware that all year 10 students are required to participate in the life ready program at the end of this year. The program will run across 3 days, Monday 16 December - Wednesday 18 December 2024 - last 3 days of the school year. Any student who does not complete this course will be required to complete the 2025 program which will again be in Term 4, therefore, during their 1st term of Year 12. Year 10 students can see the program in their CANVAS - Year 10.

Kurt Rich
Year Advisor

FUNDRAISING

The High Tennis program relies on fundraising to function at the High level it currently does. One of the most direct and easiest ways to fundraise is by attending parking duties. I am asking for volunteers both student and parent to attend the following parking duties:

- **Friday 9 August 2024 - 4.30pm - 7.40pm.**

All parking duties have an experienced paid attendant to assist you.

If you and /or your son can help, please email:
richk@sbhs.nsw.edu.au

Kurt Rich
MIC Tennis

Entertainment

The Entertainment Book

The Entertainment Book continues to be on sale this year, raising funds for the school. From 25 July to 5 August, purchasing a Single City Entertainment Membership will provide you with a bonus upgrade to Multi City and a \$30 Visa Gift Card.

For those yet to experience the benefits of The Entertainment Book, it's offered in a digital form using their easy-to-use app so that:

- ✓ You don't need to carry around a book.
- ✓ You get access to it almost immediately – just download The Entertainment Book app.
- ✓ You can easily see on a map all the eligible restaurants and activities (e.g. cinemas) around your current location or in a specific area.
- ✓ You can easily look up if the restaurant you are currently eating in has a discount before paying the cheque.
- ✓ You can share it amongst a few people with access on up to FIVE devices to use any time they're out.
- ✓ Memberships are now valid for 12 months from date of activation.
- ✓ You can monitor how much use you're getting out of it to easily see your savings.

The cost is \$70, with 20% of all sales going to the school:

Only two or three nights out throughout the year will easily recoup the initial cost. So, if you're interested in helping the school out while making some big savings, use the following link to order your copy:

<https://www.entertainmentbook.com.au/orderbooks/2h19779>

Jamie Kay
Relieving Principal



**BIG
SAVINGS!**



CSC Australian Red Cross Clothes Drive

On the last week of Term 2, the Community Services Committee (CSC) held our clothes drive for the Australian Red Cross to help support those in need. For 110 years, the Australian Red Cross has been reducing human suffering both locally and globally, delivering aid during emergencies, disasters, warfare, armed conflicts, and assisting First Nations people and migrants.

The week began with a mufti day, which saw a great turnout of students wearing mufti, with many others donating despite not wearing mufti. This event



successfully raised approx. \$1,235 for the Australian Red Cross. Additionally, the CSC set up stations around the school each morning and recess throughout the week for clothes

donations. The response was heartwarming, with students, teachers, and parents all contributing to a total of 30 bags of clothes.

We extend our gratitude to everyone who participated in mufti day and donated clothes. Special thanks go to all the Year 11 students who helped collect gold coin donations and to the junior students who dedicated their mornings and recess times to run and manage the collection stands. We hope to continue to support the Australian Red Cross and their vital services they provide.

Arthur Qiu 11R
2024 CSC Publicity Officer



PUSH UP CHALLENGE!

2024 Push Up Challenge

At the end of last term, the Push Up Challenge came to an end here at Sydney Boys High School. Two hundred and thirteen students from our school participated, completing 276,040 push ups collectively throughout the month of June. These push ups were done in solidarity and with many people, both within our school community and beyond.

By participating, students were exposed to various mental health facts and resources within the Push Up Challenge app that raise awareness and provide strategies to help with mental wellbeing concerns. A huge congratulations to all the boys who participated and helped contribute to this endeavour, I hope that you found value in the resources provided and were able to improve your physical and mental wellness.



On Wednesday 3 July, Wellbeing Crew hosted a Push Up Competition at recess to cap off the Push Up Challenge and celebrate High Spirit Week. It was great to see our school community come together in such a supportive environment. I would like to congratulate all the 29 students who participated in the contest and thank the hundreds of students who rallied around to cheer them on and support them. I would also like to thank Mr. Barris, Ms. Chan, and Mr. Ormsby for their support to ensure the event ran smoothly on the day. Our overall winner was Charlie Cheshire (year 9), who completed an astonishing 76 consecutive push ups. A special congratulations to the winners of each year group who are shown in the table below:

2024 High Spirit Week Push Up Competition Year Group Winners	
Year	Name
7	Leighton Choi
8	Jawad Ahmad
9	Charlie Cheshire
10	Tafeef Rahat
11	Justin He
12	Brian Li



During lunch, we were lucky to have Sofia Knight and the Black Dog Institute come to our school to deliver a presentation about how to effectively manage mental wellbeing. As a professional platform diver, Sofia has experienced her own wellbeing concerns when recovering from concussion.

At a time when athletes are in such high demand, we appreciate her making the time to explore these concerns and provide our students with strategies for managing their own mental wellbeing. As one of the leading mental health research institutions in Australia, the Black Dog Institute enriched this presentation with accurate information and high-quality mental health resources. I would like to thank both Sofia and the Black Dog Institute for their time today.



**Black Dog
Institute**

Overall, it has been great to see such positive engagement with mental wellbeing at our school. We look forward to providing more resources and opportunities for students with RUOK Day coming up later this term.

Ryan Allen10E
Lead Ambassador - Communications and Outreach
Wellbeing Crew

WELLNESS

Music NOTES

Term 3 Music Performance Program

Welcome Back! Hope you had a fantastic break!

*All music ensembles and private lessons resume from Week 1 this term i.e. from Tuesday 23 July.

*Year 7 Junior Strings will now move up to the Philharmonic Orchestra from this term onwards. Rehearsals are on Thursday mornings 7.45am – 8.45am with Mr Nguyen.

*Year 12 will no longer be required to attend music ensemble rehearsals from this term due to HSC preparations. We wish our Year 12s all the best of luck for the HSC.

Bach Nguyen 7E – Battle of the Beats!

Bach Nguyen's band won the Georges River Council's Battle of the Beats competition and received a prize of \$2,500. His band also won the Lane Cove Council's Battle of the Bands competition! Congratulations!

Bach is forming another band and will be performing again in September at several performance events including the Hurstville Battle of the Bridges organised by the Georges River and Sutherland Shire Councils.

Sydney Eisteddfod

Congratulations to all our musicians who competed in the various Sydney Eisteddfod events during the Term 2 holidays.

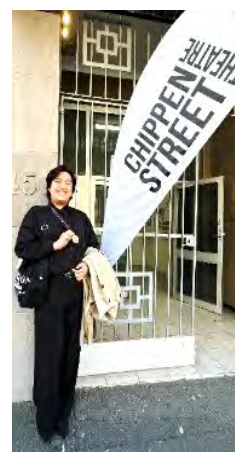
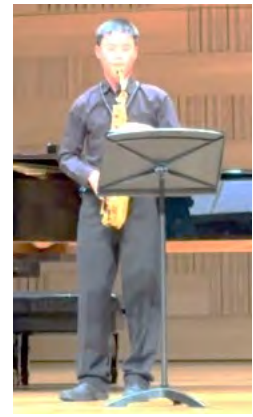
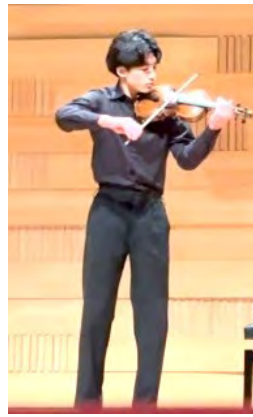
Ryan Kirkland (11S) and John Nguyen (11R) competed in several piano categories, Liam Greacen (11E) and Alexander Wu (9R) performed in under 20s Saxophone, Isaac Wang (11E) played in Cello open age and Jason Yu (11S) in Violin under 20s section.

Old boy (2023), Rodrick Nguyen placed 2nd in the opens 20th/21st century category.

It is so wonderful to see the musical commitment and efforts of our talented students in these competitive events. Their performances were of very high standard, and we are so proud of their achievements. Well Done!

Ms Sarah Kim

MIC Music Performance Program



2024 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 7.15am – 8.15am Room 201	Symphony Orchestra 7.45am – 8.45am Room 201	Chamber Choir 8.00am – 9.00am Room 201
			Junior and Senior String Quartet 7.45am – 8.45am Room 202	Marching Band 8.00am – 9.00am MPW Terms 1 and 4 only
			Junior Strings Ensemble 7.45am – 8.45am Room 203 Terms 1 and 2 only	
			Philharmonic Orchestra 7.45am – 8.45am Room 204	
(After School)	(After School)	(After School)	(After School)	(After School)
Guitar Ensemble 3.20m – 4.20pm Room 201	Marching Band 3.20pm - 4.20pm GH/MPW Terms 1 and 4 only	Percussion Ensemble 3.20pm – 4.20pm Governors Centre		Jazz Ensemble 3.20pm – 4.20pm Room 201

2024 Term 3 Music Events Calendar

WEEK	DATE/TIME	EVENT	MUSIC STUDENTS INVOLVED
1A	From Tuesday 23 July	All music ensembles and private instrumental lessons resume	Music Performance Program

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



10 tips to successfully completing online consent for school vaccinations:

1. Make sure you are using the link provided to you by the school, **engage.health.nsw.gov.au**
2. It is recommended that you use a laptop or desktop computer with a Chrome browser.
3. Follow the prompts to log in, using your Service NSW account. If you do not have a Service NSW account, you will need to create one to provide online consent.
4. The first time you log in, you will be prompted to fill in **your personal details** before you can complete consent for your child.
5. Enter your name as it appears on your Medicare statement rather than how it appears on the card. Please enter any middle names in full, as initials may not be accepted.
6. Use **dashes** to separate the **DD-MM-YYYY** in yours and your child's date of birth.
7. Ensure you select the vaccines you want your child to receive. To receive both you must consent to both. Information about each vaccine is in the Parent Information Sheet.
8. Consent can be edited up to 24 hours prior to your child's school clinic. If you wish to change or withdraw consent after this time, please contact your child's school to advise them.
9. The consent site can get busy as it is used statewide. If its not working right away please come back and try again later.
10. If you're still having difficulties with providing consent please get in touch with South Eastern Sydney Public Health Unit, 02 9382 8333.



Scan the QR code for more detailed instructions on how to provide, edit and withdraw consent



Webinar for Parents

of 12-18 year olds

Learn simple strategies to reduce anxiety and build resilience in your teens.

In 2020, The Australian Productivity Commission Inquiry into mental health reported that teenage anxiety was worsening.

Parent-led interventions have been found to be as effective as treatment by a psychologist. Parents are trained to deliver a parent-led treatment across time. The basis for the effective treatment of teenage anxiety is Cognitive Behaviour Therapy.

Learn these simple but effective strategies to support your teenager if they are experiencing anxiety



Tickets on sale
\$110 per person

Presented by Psychologist, Ruby Otero. Held over 3 interactive webinar sessions: August 15, 22 & 29 | from 6.30-8.45 PM

Over 3 sessions, you will learn to:

- Identify and combat your teen's anxious behaviours.
- Learn simple strategies to reduce anxiety.
- Build resilience in your teen for greater social and academic success.
- Build on your parenting confidence and family bonds.

This course includes an anxiety screening test - all parents will need to complete two short surveys prior to the course.

Please enter SHS as your organisation upon registering.

www.parentshop.com.au/parents/resilience-in-our-teens-parents

Recommended by child & family specialists

www.parentshop.com.au/parents/resilience-in-our-teens-for-parents

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because it tells us how many people are using public transport. This allows us to better plan services for you.



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