



From the Principal

High Talent

Firstly, congratulations to our 1sts Volleyball team on winning the final round of the NSW CHS knockout, defeating Ryde 3-0. This result is indicative of our exceptionally well-structured program, ably led by Mr Michael Kay in providing ongoing success in the sport over many years. Well done to all the boys and coaches for yet another effective campaign!



Last Saturday we also had success at the 2024 Chinese Eisteddfod, a culmination of a whole term of training with the support of Ms Willa Zhang. Many students won prizes in the Individual and Group categories, including Yuze Li (9F) 1st in the Individual 13-15 age group, and 1st by the Year 10 group in the Group 13-15 age group. Other prizes in the event include Will Meng (7F) with 3rd place in the 10-12 age group, Yuhai Wang (9M) in 3rd and Leo Yuan (7S) 4th in the 13-15 age group, Jeff Tse (11R) with 2nd and Rocky Wu (10R) in 3rd place for the 16-18-year group, Macallister Giles (9F) placing 3rd in the non-native section, while Year 7 and Year 9 both placed 3rd in their categories. A big congratulations to all of you on your many successes!

Ethics Olympiad

Another success story in the last week was the school team of Mohamad Rachid (10M), Joshua Kimpton (10S) Tristan Cheung (10R), Balhar Athwal (10M), Vihaan Rajit (10E) and Jude Ou (10R) who placed 12th at the 2024 International Ethics Olympiad, a fantastic achievement in an international competition. Well done boys and a big thank you to Ms Julie Eggleton for her ongoing commitment to the program!

Parent Teacher Interviews



This week the Year 10 and 11 parent-teacher night was held via zoom. Once again, the feedback from parents and staff indicated that this event ran very smoothly, and the flexibility of zoom allowed more opportunities for interviews to take place. I'd like to thank Ms Natalie Luu for her organisation of these events over the last few months, along with Mr George Barris and Mr John Prorellis for supporting the staff on those days. Furthermore, I'd like to thank all the teachers who spent several hours in back-to-back interviews to support our students and parents through these important discussions. I'm sure that parents were able to walk away with more knowledge of how their sons are progressing that will assist in their studies and help inform the boys' decisions regarding their subjects next year.

On a final note, I'd like to reiterate with all students and their parents the importance of reading in their academic development and success. Reading widely allows students to gain valuable insight into various topics, while also developing more sophistication in their responses through a wider vocabulary and various synonyms that could be used for better flow in their work. I encourage all students to read on a daily basis in whatever form that may be, as they will not only see improved results but also gain significant pleasure from their experience.

Jamie Kay
Relieving Principal



Code of Conduct

School Student Code of Conduct

Students Travelling on Buses must: -

Tap your Opal card when joining and again when exiting the bus or tram. This is particularly important as the data collected from the fare collection system may be used for service planning purposes.

Use school bus specials when provided.

Vacate seats for adults when requested.

Follow all instructions about safety.

Respect the needs and comfort of other passengers.

Always behave appropriately, no offensive language, no throwing things, no video recording.

Students are reminded to: -

Only use the Opal card for its intended purpose i.e. for travel between home and school during school days, does not include travel to and from Saturday sporting activities.

Always maintain possession of your Opal card.

Transport Inspectors

Authorised transport officers are deployed to inspect **Code of Conduct** compliance on school bus and tram services in the Eastern Region. Students who are found to have breached their obligations may lose their travel entitlement and possibly incur an infringement fine.



School Report

Yearly Reports - Clearance Forms - Year 12

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



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

LOST PROPERTY

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

Clean Up



CSC Clean Up Australia Day

Due to an asbestos scare earlier this year, the annual Clean Up Australia Day event was postponed from 1 March to 26 July. Despite the postponement, there was a great turnout of students, with around 40 students from all year levels arriving at school at 6:30 AM.



After a quick briefing, the students were split into two groups and headed towards

Centennial Park at 7:00 AM. The first group went to McKay Sports Ground and Fields, while the other group moved along the fence line from Robertson Road Gates up to Jervois Avenue Gates. Each student volunteer spent over an hour and a half cleaning up rubbish and litter scattered around the environment. By 8:50 AM, all the rubbish was collected and sorted into respective bins by the students before heading back to school.

We would like to thank all the students who woke up early and dedicated their Friday morning to help care for our local environment. Each piece of rubbish collected prevented contamination and harm to our precious parks and fields. Special thanks to Mr. Ormsby and Ms. Hinton for taking time out of their mornings to supervise the students and help run the event smoothly. We hope to continue participating in Clean Up Australia Day in the coming years.

Arthur Qiu 11R
2024 CSC Publicity Officer



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!



The Canteen Committee is responsible for monitoring the operations of the canteen and implementing and reviewing canteen policy. The Committee is also responsible for employing staff, authorising major purchases for the canteen and changes to the menu.

A huge thank you to **Ruchi Sehgal**, who is stepping down from the Canteen Committee. We are grateful for Ruchi's assistance as Co-Treasurer this past one year and six months, assisting with ensuring the canteen suppliers are paid, amongst other things.

Our newest Canteen Committee member, **Crystal Yeung**, joins as Co-Treasurer and has been busy with handover activities as she prepares to take on various treasury related tasks from Ruchi.



To show our appreciation, the Canteen Committee have launched lucky draw scheme, that will take place once each term, to recognise the wonderful efforts of our Canteen Volunteers. The lucky draw rules are as stated below:

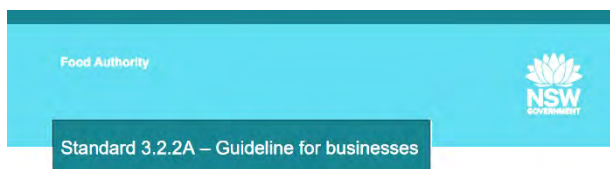
- Any volunteer who has helped at the Canteen for 3 hours or more will be automatically entered into the draw, with one entry for each day assisted.
- The draw will take place at the end of each term, with 5 x \$10 vouchers available. The \$10 voucher will be redeemable against one transaction at the school Canteen.
- The voucher is valid for one school term.
- The voucher is not exchangeable, transferable or redeemable for cash.
- Each lucky draw will take place in the last week of each term. Winners will be presented with a voucher, printed with the student's name and roll call class.



The second draw took place at the end of Term 2. Congratulations to this term's winners: Delia Leung (8R), Jin Ning (8E), Siong Ling Tan (7R), Clare Yang (7E), Huanying Pan (7M).

Our students are fortunate to have access to such an amazing array of freshly prepared and freshly cooked food choices, such as the items below. All this would not be possible without the continued support of our Canteen Volunteering Community.





Standard 3.2.2A of the **Australia New Zealand Food Standards Code** introduces three mandatory food safety management tools for food businesses. School canteens across NSW have until 8 December 2024 to comply. The Canteen Committee have assessed the rules and find the Canteen is able to demonstrate compliance in most areas, with the exception the food handler training, due to our large, diverse number of volunteers.

The NSW Food Authority has developed a free online Food Handler Basics training course that can help businesses meet their food handler training obligations which can be accessed via:
<https://www.foodauthority.nsw.gov.au/training/food-handler-basics-training>.

In the coming weeks, the Canteen Committee will be requesting that all volunteers complete either the NSW Food Authority training or one of the in-house courses (under development), to be made available in other languages where possible.



Lunch Orders

We encourage students to place their lunch orders between 8:30am and 9:00am 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 (**especially on days where there are special items on offer**), 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.



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
- call us on (02) 9662 9350.



Thank you very much to the following parents for volunteering in the Canteen during the past few weeks.

Thursday 4 July: Rosaline Perry, Huanying Pan, Li Jia.

Friday 5 July: Grace Guan, Qihua Xu, Katrina Allen, Sabina Ong.

Monday 22 July: School development day.

Tuesday 23 July: Grace Guan, Xi Yu, Su Geng.

Wednesday 24 July: Cherry Lin, Qing Guo.

Thursday 25 July: Marie Tong, Huanying Pan.

Friday 26 July: Val Tedjasaputra.

Monday 29 July: Yongmei Jin, Bin Zhou.

Tuesday 30 July: Joyce Yuan, Dexian Ma, Grace Guan, Renee Lin.

Wednesday 31 July: Yirong Li, Annie Wen.

A Dao
On behalf of the Canteen Committee

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SYDNEY BOYS HIGH SCHOOL

The Phillip Day Memorial Scholarship

Closing Date: **29 November 2024**



Nurturing scholar-sportsmen since 1883

Applications available at: **sbhs.co/scholarships**

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

Music NOTES

Term 3 Music Performance Program

*All music ensembles and private lessons have commenced; please ensure you attend your ensembles and learn your parts to better prepare for rehearsals (score available on Canvas Music Performance Program).

EISTEDDFOD

Sydney Eisteddfod

Congratulations to Nicklas Li and Om Kathari on their achievements in the Sydney Eisteddfod Under 15s, Guitar event last Friday evening. They both performed musically and gained 2nd and a Highly Commended Award respectively.



Performance Showcase

Thank you to all who attended last Sunday afternoon and supported the HSC students in preparation for their upcoming performance Trial and HSC exams. Special thanks to Ms May, Mr Barris, Mr Rich and Ms Della Mura for coming along as well.

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 3.20pm – 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
2B	Thursday 1 August	HSC Composition Recording ALL DAY	HSC Music Elective Students
	Friday 2 August	Australian Music Day Composition Workshop at MLC School, Burwood	Year 11 and Year 10 Elective Music Students

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



EISTEDDFOD

National Chinese Eisteddfod 2024

With each passing year comes the annual event of the National Chinese Eisteddfod, a highly competitive poem recital challenge that brings together a collage of many different schools with varying backgrounds and year groups. These groups go head-to-head in this rewarding competition. SBHS students across years 7 to 11 have voluntarily participated in this year's Eisteddfod and worked tirelessly to achieve maximum results. Each year group consisted of an ardent team of talented students who gave highly expressive and well-executed performances on stage with great synergy. Like previous years, this year's selection of poems highly embodies Chinese traditions and consists of a motley of striking narratives. The Eisteddfod also allowed for individual competitors, who performed and rehearsed weekly, with the opportunity to choose their own poem from a diverse range available. Students were given the opportunity to perform both individually and with their year groups.



Weekly rehearsals held at recess, lunch, and sometimes even during our class time were masterfully guided by Ms. Zhang, who worked hard to ensure that we could perform to the best of our abilities. Throughout a term of intensive practice, we developed our memory, tempo, and expressions of our respective poems, alongside possibly gaining a greater insight and appreciation into the values of Chinese culture. Over time, our performances sounded more assertive, lively, and articulate until we were confident enough to face the arrival of the big day.

On Saturday 27 July, both teams and individuals met in the main building of UTS to finally display the exemplary outcomes of our diligence. Every year, we have had outstanding levels of success, and this year was no different. All 31 competitors arrived early, compared to their allotted performance time slots, to do a few more practice runs before going onto the stage.

The day started off strong with the performance of the 13-16 individual non-native age group. Macallister Giles came 3rd, an impressive achievement on top of the high level of courage displayed by performing individually! Other individual performances throughout the day included Furqan Rahman competing in the 8-12 individual non-native age group, as well as the 10-

12 individual competition consisting of Harold Jiang, Will Meng, Brishen Xue, and Joey Zhou. I would also like to congratulate Will Meng for a fantastic placement of 3rd! From the 13-15 individual age group, Jonathan Zhou, Diming Wu, Yuhai Wang, Yuze Li, Leo Di, William Wang, and Leo Yuan all put tremendous effort into their performances as well, with Leo Yuan coming 4th, Yuhai Wang coming 3rd, and Yuze Li getting an astounding 1st place in their respective subsections! Congratulations! The 16-18 individual age group, composed of Jeff Tse, Rocky Wu, and Gordon Guo, all performed extremely well, with Rocky Wu and Jeff Tse coming 3rd and 2nd, respectively! Well done, boys! Regardless of placement, all boys who performed individually this year have done an incredible job and displayed both bravery and confidence in front of the audience, which is nothing short of commendable.

This year, we also entered three teams from years 7, 9, and 10 for the group competition. From 11:55am to 12:55pm, the year 7s, consisting of Marcus Chen, Andy Gao, Harold Jiang, Robert Lei, Evan Ma, Will Meng, Brishen Xue, Valentin Zhang, and Joey Zhou, gave a breathtaking performance in front of esteemed judges and came out with 3rd place, a highly commendable outcome! The day ended with the 13-15 team age group at 4:35pm to 5:45pm, where both the year 9 and year 10 teams performed masterfully on stage. The year 9 team comprised Leonardo Di, Macallister Giles, Yuze Li, Terence Wang, William Wang (Yr 8), Yuhai Wang, Leo Yuan (Yr 7), and Henrik Zhang, while the year 10s had Sidney Bi, Max Gao, Aolin Tang, Clyde Wang, Leo Wang, Timothy Wang, Vincent Wang, Diming Wu, Lucas Xu, and Jonathan Zhou. Both year groups gave stunning performances, with the year 9s coming 3rd and the year 10s taking home 1st! Wonderful performances all around, and an extraordinary way to end the day!

And finally, to share my own experiences, I genuinely recommend anyone taking Chinese as one of their electives! Not only is the Eisteddfod a great cultural experience, granting linguistic benefits to your Chinese, but you can also earn 5 award scheme points and possibly even a pizza party! You do not want to miss out next year! (Trust me, I'm not just saying this because of the points).



To conclude, I wish to extend warm thanks to Ms. Zhang for organizing all the rehearsals and guiding us to success each year! Thank you to the students who participated and practiced relentlessly, regardless of placement or competition type! I am very grateful for being a part of this event this year and I hope many of you will join the ride as well! See you all next year!

Lucas Xu 10S



Maccallister Giles 3rd



YEAR 10 Group, 1st Position



YEAR 7, 3rd Place



YEAR 10



YEAR 9, 3rd Position



YEAR 9 and 10



Trophy Winners





SBHS FOOTBALL RECAP GPS ROUND 4 vs JOEYS Saturday 27 July

Last weekend we saw a welcome return to Saturday sport after a long layoff with rain cancellations and school holidays. Despite some rain, we managed to play several good quality games.

Some great wins from 4th Grade, 6th Grade, 7th Grade, 8th Grade, 15B's and 15D's. Individual performances included a goal from Haroon Syed (9E) in 15B's, a goal for Arvind Nandakishor (10F) in the 16A's and a brace from Arko Mookherjee (11S) in 2nds.

1st Grade have continued their winning ways with a hard-fought victory over Joeys. This marks their 4th consecutive win to sit on top of the GPS table with 3 rounds to go. Goals coming from Dylan Dutt (11F) and James McLoughlin (11R), with two assists for Aiden McManus (11R).

This weekend will see 1st Grade take on 2nd place Shore for a top of the table clash. I encourage all students and supporters to come out to Centennial Park - McKay 3 at 10:30am to cheer on 1st Grade.

Mr S Higgins
MIC Football

Football			
Team	Opponent	Score	Result
1st	Joeys	3-2	W
2nd	Joeys	2-2	D
3rd	Joeys	2-4	L
4th	Reddam	3-1	W
5th	Joeys	-	-
6th	Joeys	7-0	W
7th	St Patrick's	3-0	W
8th	St Patrick's	4-0	W
9 th	St Patrick's	-	-
10 th	St Patrick's	-	-
16A	Joeys	1-2	L
16B	Reddam	0-4	L
16C	Joeys	3-6	L
16D	Reddam	0-2	L
16E	St Patrick's	-	-
16F	St Patrick's	-	-
15A	Grammar	0-1	L
15B	Reddam	3-0	W
15C	Barker	-	-
15D	Joeys	1-0	W
15E	St Patrick's	-	-
15F	Grammar	-	-
14A	Joeys	0-1	L
14B	Reddam	0-2	L
14C	13Bs	1-1	D
14D	Joeys	2-5	L
14E	St Patrick's	0-5	L
14F	St Patrick's	0-12	L
13A	Joeys	0-1	L
13B	14Cs	1-1	D
13C	Reddam	0-13	L
13D	Joeys	-	-
13E	Reddam	0-9	L





Volleyball Notes

Volleyball Results SHS vs TKS Saturday 27 July Term 3 Week 1 2024

All matches vs TKS at TKS. All Teams who played, played well to win their matches.

Due to equipment failure, one court became unusable, so the remaining Junior matches were cancelled, resulting in a Win on Forfeit.

1st, 2nd, 4th and 16B had a 3-0 Win. 3rds and 16A had a 2-0 Win. 15B had a 1-0 Win.

1st: 25-13; 25-14; 25-13. 3-0 Win. 2nd: 25-15; 25-22; 25-11. 3-0 Win.

3rd: 25-7; 26-24; 6-7. 2-0 Win. 4th: 25-11; 25-18; 25-9. 3-0 Win.

16A: 25-18; 25-10; 14-14. 2-0 Win. 16B: 25-18; 25-19; 16-13. 3-0 Win.

15B: 16-7. 1-0 Win.

Mr E Coan
Teacher



SBHS CHS KO Champions!



ATHLETICS CARNIVAL

Regional Athletics Carnival Details

The Regional Athletics carnival is on Tuesday 6 and Wednesday 7 August at Sylvania Waters Athletics Track. All students will make their own way to and from the venue. The program of events has been sent to all Athletes via Email. Each Athlete needs to bring to the carnival their permission note signed by parent/guardian, Mr Jamie Kay and myself, Mr Kurt Rich. Please ensure that your son has his note signed along with his Athletics gear for his events on the days.

Kurt Rich

MIC Athletics



Lachlan Leung and Nicholas Fung at Zone

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



Sydney Boys High School Fencing

AFF Australian Schools Senior Schools Fencing Championships - EPEE

Following the winter holiday break, eight fencers from the senior epee squad were headed to Canberra for the AFF Australian Schools Fencing Championship. After months of hard training, the squad was itching to prove themselves at the highest level of schools fencing. This was first senior national level competition for the B team, and the second national level competition for the A team. The B team consisted of Daniel Zhu (9R), Benjamin Wu (10F), Vihaan Rajit (10E), and Lucas Wang (10R). The A team consisted of Tommy Xu (11E), Hudson Cai (10M), Xavier Perry (11M), and Jamison Lai (11E). In total thirty-one competitors, from three different states competed at the event.

In the individual event, only Tommy, Daniel, and Ben were able to proceed past the Table of 8. Furthermore, Daniel and Ben were not able to overcome the stiff competition and were knocked out one bout from winning a medal. With the squad cheering him on, Tommy fought hard to make the finals bout. Unfortunately, Tommy was unsuccessful in his charge to the finals, falling short to the eventual gold medallist.

Following this, the squad was ready to redeem themselves in the team's event. In the first round (Round of 8), the A team had a bye, while the B team faced Newington College. Going into the final leg of the bout, the team was three points down, and it was up to B team captain Daniel to pull through and confirm the B team's place on the podium. In a heroic charge, Daniel defeated his opponent 8-1 in less than two minutes.



In the semi-finals, the A team was up against historical rivals Barker College. Despite a shaky start, the A team was able to demonstrate their superiority in the team's event with a 45-35 victory. Unfortunately for the young squad, the B team had their charge to the top cut short by St Andrews Cathedral School.

Going into the finals, the A team was up against St Andrews Cathedral School. In an exhilarating tableau, the finals event was underwhelming, with the A team being in control from the first second to the last. With excellent efforts from the team, the A team was able to defend the epee teams title for another year with a 45-28 victory. Well done boys!



Thank you to Mr Huynh (MIC of Fencing) and his family for organising the event, and coach Mark Morris coaching at the event, as well as the fencing parents for their support in Canberra.

Jamison Lai 11E
Senior Epee Captain





Sydney Boys High School Fencing

AFF National Senior Schools Championship - FOIL

In the last weekend of the winter school holidays Saturday 20 and Sunday 21 July 2024, the first-grade Foil team, consisting of Andrew Wang (12S), Henry Lin (12S), Benjamin Dang (10R), and myself (Dean Johnsun (12F), travelled down to Canberra for the Senior Nationals Schools Championships. This competition is pinnacle of the fencing season so anticipation and pressure to perform at our best were at their highest. Sunday was dedicated to the Foil competition. Ben Dang and I started the competition day by participating in the Individuals Event which saw a total of 32 participants. I secured a spot in the semi-finals after mixed results in the pools. I fought hard against the top fencer at Sydney Grammar in the semi-finals but unfortunately lost 15-12 and finished overall in 8th place. Ben Dang performed exceptionally well, and with incredible skill and determination triumphed over the same opponent in the finals clinching the gold medal with a score of 15-14.

Final Individual Results:

Benjamin Dang (10R) – Individual Gold 1/32.

Dean Johnsun (12F) – 8/32.



For the Teams Foil Event in the afternoon, a total of 6 teams participated. Our team performed early, beating Newington 45-36 but we had a tough draw pitted against strong favourites to win, Sydney Grammar A in the semi-finals. With numerous Junior National Squad members consistently within their ranks, they are tough opponents every year. With 2 rounds to go, we found

ourselves 8 points down with a score of 26-34, a deficit that would seem almost impossible to overcome. It was a moment that tested our resolve, but rather than succumbing to the pressure, we fought back with unyielding determination. We staged a remarkable comeback winning 45-41, leading to a historic first-ever win against Grammar A. After securing our spot in the finals we went on to defeat Sydney Grammar B convincingly with a score of 45-27. Tears of joy were shed as we celebrated this hard-earned victory.



Last year, we achieved Silver in the Teams Event. This year, we achieved gold. This will be the most precious memory that Andrew, Henry and I will take with us, as we head towards graduating from High in a few months.

The MVP for this championship was undoubtedly Ben Dang. This is the first time in High Fencing history that we won gold in both the Individuals and Teams events at the AFF National Senior Schools Championship for Foil. Also, we believe our gold in the Teams event this year ended Sydney Grammar's thirteen consecutive gold medals. The team's tenacity and unity in that pivotal semi-finals were truly awe-inspiring demonstrating the heart and soul of fencing at High.

Thank you, Mr Huynh (MIC of Fencing), Kevin Chen (Foil Head Coach) and our supportive parents for accompanying us on this trip, and giving us exceptional care, advice and support. We appreciate it very much!

Dean Johnsun 12F

Senior Foil Captain



Canteen Price List 2024

Breakfast		Lunch and Recess Items			Hot Food			
Ham & Egg Muffin	\$4.00	*So you don't miss out on what you want for lunch, make sure you ORDER it before school			Butter Chicken - Homemade	\$6.00		
					Wings & Wedges (only on Monday)	\$6.00		
Toast - Cheese	\$2.50				Chicken Burger	\$5.50		
Toast - Cheese & Ham	\$3.00	Sandwiches / Rolls / Wraps	S/W	ROLL				
Toast - Cheese & Tomato	\$3.00				Chicken Fingers	\$3.00		
		Cheese & Tomato (v)	\$3.00	\$4.00				
		Cheese & Salad (v)	\$3.50	\$4.50	Chicken Mayo Sandwich (hot)	\$4.50		
Hot Chocolate (Term 3 only)	\$2.00	Egg & Lettuce (v)	\$3.50	\$4.50				
		Ham & Tomato	\$3.50	\$4.50				
Fruit / Snacks					Falafel Wrap	\$5.50		
Assorted Snacks @ Various Prices					Garlic Bread (v)	\$2.50		
		*sandwiches made to order for lunch & recess orders.						
Banana Bread	\$2.00							
		THIS IS A P&C CANTEEN. REMEMBER, ALL PROFITS GO BACK TO YOU BOYS!!!						
Fruit - Apple/Orange/Banana	\$1.20						Noodles In A Cup	\$3.00
Fruit Salad	\$3.50							
							Pasta - Homemade - Small	\$5.00
Drinks								
							Pide - Sausage, Chicken/Mushroom	\$4.50
Chill - Aloe Vera or Ice Tea	\$4.00						Pide - Spinach/Cheese (v)	\$4.50
							Pie -roadie (sauce + 30c)	\$5.80
Juice	\$2.50							
Juice Bomb	\$2.50							
					Pizza Wrap	\$5.00		
		Salads						
Milk Flavoured 300ml	\$3.00	Salad Box (meat) - Small		\$5.00	Sausage Roll	\$4.50		
Milk Plain 600ml	\$3.00	Salad Box (meat or egg) - Large		\$7.00	Spinach Ricotta Roll (v)	\$4.50		
Milk Flavoured 500ml	\$4.50	Salad Box (plain)		\$6.00	Sweet Chilli Chicken Wrap	\$5.50		
Up & Go	\$2.50	Sushi & Rolls			Teriyaki Don, Noodles etc - Homemade	\$6.00		
		Sushi - Homemade		\$3.50	Miscellaneous			
Water - Spring	\$1.50	prawn extra \$0.50			Spoons / Forks - supplied free with meal purchase	\$0.10		
Waterford	\$3.00							
		Nachos - Wednesdays & Fridays			Tissues	\$1.00		
Special Orders					Seasonal Foods			
# If you have specific dietary needs or your favourite sandwich is not on the menu - all you have to do is ask! We may be able to make it for you. Make sure you order before school.		Nachos - Homemade		\$6.00	**NB Not all food items are available all the time. For example, home style lunch boxes - pasta, rice, salads, soup etc are all seasonal. Please check with the canteen before you order.			

2024 PRICE LIST

8.30 to 9.00 am *Breakfast is available * Time to place lunch orders

ALL CANTEEN PROFITS ARE RETURNED TO THE SCHOOL FOR THE BENEFIT OF THE BOYS' EDUCATION AND DEVELOPMENT

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.

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Recommended by child & family specialists

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