



From the Principal High Talent

Jasper Wu (11F) represented NSW at the Table Tennis National championships held in WA earlier this month. He was a member of the NSW U21 team that won a gold medal in the teams' division. Congratulations, Jasper! Ethan Yu (9F) and Isaiah Goh (8E) will be representing their age groups at the Australian Youth Volleyball and National Development Program in Victoria next month. Well done, boys! At the first Invitational Athletics Carnival held at ES Marks last Saturday, High had *thirteen* podium results. Congratulations to everyone – particularly to James McLoughlin (first in U16 hurdles – 15.38), Roger He (first in U15 long jump - 5.28m) and Reza Bassam (first in U15 hurdles – 16.47).



Selective Test Placement Offers

First round selective school placement initial offers have been sent to successful applicants. Of the candidates sitting the Placement Test 1,018 chose High as their first preference. Acceptances are running strongly, and we expect to have a full 180 students ready to go by Enrolment Day in November.

Later Years Enrolment Process

Offers have been emailed to thirty students in Year 8, offering them a place in Year 9 for 2025. For Year 10 into 11, 9 offers have been made. Applicants for Years 8 and 10 next year have been sent Reserve List Numbers or 'unsuccessful after interview' notices. Unsuccessful students have been notified by letter.

School Support Recognition Week 26-30 August

Support staff (SASS and others in non-teaching roles) are essential to us being able to deliver a quality educational experience at High. They are the public face of our school – the people that parents and visitors interface with and who leave that important first impression on people they meet. They enter a huge amount of data, receive, process and receipt a very large sum of money over a year. They use up to eleven pieces of software to maintain attendance, log health issues, deal with sick and injured boys, move information around our internal network and outwards to the Department, NESA and the wider community. Support staff keep us safe at work and make sure equipment is working. They run our technology – hardware and software. They print, store, collate and enter marks for our assessment procedures. They keep our grounds, amenities and equipment in working order. They are not as widely respected and thanked for their service as they should be. On your behalf I want to thank our Support Staff for their contribution to High. We have asked the Support Staff what they would like as a more tangible recognition and have negotiated with them to make it happen. Also, a SASS morning tea has proved to be popular – thanks to our hosts, our three Deputies. In this week (as well as during the rest of the year) let us be mindful of the contribution of our impressive Support Staff!

Wear it Purple Assembly 28 August 2024

Victoria and Vesper participated in a lengthy Q and A about their journeys through life, answering thoughtful questions put to them by the student representatives. My speech to the Assembly was as follows:

"Special guests Victoria Ho and Vesper Lawrence, Equality mentor Ms Stephens, students. Way back on June 28, 1969, New York police raided a gathering place for LGBTQIA+ people, the Stonewall Inn, in Greenwich Village. During the raid employees were arrested and quite a few of the patrons were roughed up. Instead of the passive compliance expected, police were surprised by the resistance of the patrons and onlookers. Five days of 'riots' ensued, before order was restored. Veterans of the raid call the event a 'rebellion.' Previously, between 1955 and 1967, there were six major protest uprisings in

three states. Police raids and harassment were commonplace during the 1960s in Australia, as well as in the USA. Internationally, the month of June now includes a celebration of gay pride, in recognition of the pioneering protesters of the 1960s.

We have progressed as a society in the fifty-five years since these events. Equality is defended in law and by most organisations in policy structures. We have moved away from fear and shame and can courageously affirm our identities in our homes and workplaces and social gatherings and expect common courtesy and respect from our contemporaries.

Wear it Purple is a homegrown celebration of diversity from a youth perspective. I wrote about this day in last week's High Notes. High has been involved in this event since its inception in 2010, at Burwood Girls High. As a school, we have tried to organise an annual assembly of affirmation of our corporate commitment to respecting diversity in ourselves and others. Akif Kazi (SHS 2019) at the *Wear it Purple* Assembly on August 30 claimed that High's celebration of *Wear it Purple Day* "brought with it a greater acceptance of diversity, and tolerance". He commended Nelson Tang (SHS 2015) for his initiative in organising a basketball game between SBHS and SGHS. This became a tradition and came to include police officers from Surry Hills.

Notwithstanding our strides forward together, it is apparent that work still needs to be done, given the discrimination still faced today by the queer community on some occasions and by some social groups. Our hope is that young people will live their lives in high school free from discrimination due to their sexual orientation or identity. We can all be simultaneously strong and kind. We can all live the values that we agreed upon together - showing each other respect in our relationships and compassion in our words and deeds. We are a very diverse society at High - culturally, linguistically, spiritually, socially and socio-economically. We share a common desire to maximise our potential in the academic, physical and emotional domains. *Wear it Purple Day* provides us with an opportunity to display our understanding and acceptance of difference.

At High we are fortunate to have an *Equality Committee*. For well more than a decade, its office bearers and members have been striving to promote and support the notion of *difference with dignity* in our school community. Our *Equality Committee* reminds us of our better selves, acting as our collective social conscience, so that all in our school may work and play in peace and harmony. It works to nurture a culture of respectful relationships among our students. I commend the work of the Equality Committee in building respect for each other's rights to live and work without stress, harassment, bullying or vilification. I wish the newly appointed Leaders of the Committee good fortune in their service and hope that we celebrate equality on August 30 as a peaceful, inclusive learning community."

Dr K A Jaggar
Principal

High Notes

Advertisement

HIGH NOTES

As a service to the High Family.

A FULL-PAGE ADVERTISEMENT:

Can be placed for a fee of \$70.00 (GST incl.) in two weeks' publication.

Whether it be a business service, educational course/s or something for sale.

Contact:
Rosa Owen
High Notes Editor

P: 9662 9300

Email: highnotes@sbhs.nsw.edu.au

N.B. Content is subject to approval



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



HIGH STORE WATER POLO

Available until 20 September 2024

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Golf Umbrella \$44.00

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High Store Staff

OPAL CARD REMINDER

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



All students have access to the injury management protocols regarding sport on the Sport Canvas page.

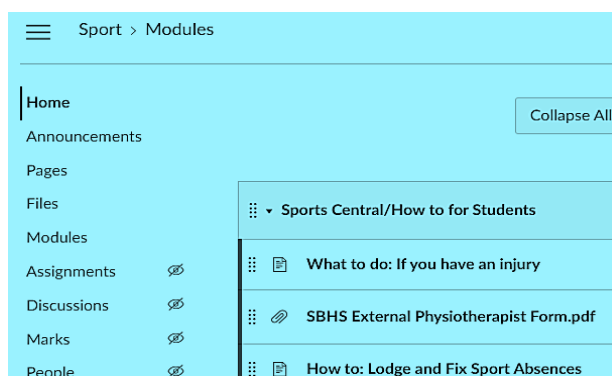
The school employs both a physiotherapist and exercise physiologist to work with students in the rehabilitation of their injuries. This is provided at no extra charge to parents and can be accessed at any time throughout the season. This service can also be accessed by elite athletes to help them manage their load across their commitments.



It is important that students report their injuries to their coaches/MIC/Sport Administration so the appropriate adjustments can be made. Students can also report their injuries on Monday mornings 7am-9am in Room 901 or in person to sport administration Tuesday-Friday mornings in the Weights Room Office. Students and parents need to send appropriate documentation, X-rays, reports etc to: Absences.Sport@sbhs.nsw.edu.au

We ask that parents/students do not log an absence form for injuries, but instead follow the correct protocols so that students can safely return to play. If students are attending school with an injury, they are required to also attend sport. Like any other class, students with an injury aren't withdrawn from their timetabled session, but have their activity modified to accommodate these special considerations. Our goal at High is to improve the overall health of all students and maintain connectivity through appropriate support.

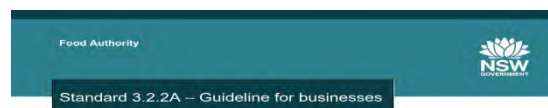
Hannah Jackson
Head Teacher Sport





Our canteen remains unique as it is an internally operated canteen, overseen by the Canteen Managers and the Canteen Committee. This allows us to have the flexibility to determine our own healthy food offerings, adaptable to taste and seasons.

Our students are fortunate to have access to such an amazing array of freshly prepared, cooked food choices. All this would not be possible without the continued support of our Canteen volunteering community - thank you to all our wonderful volunteers and Canteen staff for feeding our boys each day. The Canteen delivered some special highlights over the past fortnight, including Grandpa Guan's scrumptious spring onion pancakes - always a popular favourite!



Standards 3.3.2A of the Australian New Zealand Food Standards Code have introduced new mandatory food safety guidelines which will be enforced from 8 December 2024. As part of these new regulations, volunteers at our school canteen are required to demonstrate they have appropriate skills and knowledge of food safety and hygiene.

One direct route for our volunteers to meet these food handler training obligations is by completing the NSW Food Authority's free online Food Handler Basics training course. This interactive short course covers the basic knowledge required and should take no more than an hour to complete. We would like to encourage all our volunteers to complete this course to assist our SBHS Canteen in complying with the new regulations. The course can be accessed here: <https://www.foodauthority.nsw.gov.au/training/food-handler-basics-training>

For those who prefer languages other than English, an almost identical, free, online course is offered by the Victorian Health Authority with full translations available in Chinese, Arabic, Vietnamese, Korean, Nepali, Hindi and Punjabi, and can be accessed here: <https://dofoodsafely.health.vic.gov.au/index.php/en/>

At the end of the course, participants can test their knowledge with a short quiz. Once the quiz is completed with all questions answered correctly, participants receive a personalised, digital certificate of acknowledgement. We kindly request that certificates be emailed to sbhscanteenvolunteers@gmail.com for record-keeping.

For those who require assistance with the course modules or quiz, please feel free to reach out to Joyce Yuan or Vivian Chen via the email above, or PM through the Canteen Volunteers Whatsapp group.

It would be greatly appreciated if all volunteers could complete this course at their earliest convenience - this would readily assist us with compliance preparation before the December 8 deadline. Thank you once again to all volunteers who have already emailed through their completion certificates - we are very grateful for your continued support of our Canteen!



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.



Heartfelt THANKS TO OUR VOLUNTEERS!

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 15: August: Vivian Chen, Patrick Su, Grace Guan, Grandpa Guan.

Friday 16 August: Jingyi Wang, Joyce Yuan.

Monday 19 August: Li Tian, Huanying Pan.

Tuesday 20 August: Wei Chen, Valerie Tang, Cecilia Chan.

Wednesday 21 August: Patrick Su, Tania Kuskoff, Qing Guo.

Thursday 22 August: Gina Hoang, Sandra Jouravlev, Cathy Wang.

Friday 23 August: Sureka Thiagalingam, Svetlana.

Monday 26 August: Jessica Tam, Grace Guan, Huanying Pan.

Tuesday 27 August: Li Jia, Yongmei Jin.

Wednesday 28 August: Delia Leung, Xialin Qiu.

J Yuan

On Behalf of the SBHS Canteen Committee

BOGGABILLA

BOGGABILLA 2024 Expressions of Interest

We are going to Boggabilla in Week 9 Term 3. The below details are from the last excursion. If you are interested in being a part of this trip, please see Mr Cotton ASAP and return a permission slip.

In the final week of Term 2, our group of 24 students embarked on a bus trip to the small, rural Indigenous community of Boggabilla, located right on the border of NSW and Queensland. Over the next 4 days, we would live, learn and interact with an entirely new and unique culture, all while connecting with the wonderful students from Boggabilla Central School.

We arrived on Monday at the riverside campsite of Bondi, where we were able to stretch our legs after the long drive. For some of us, camping in the bush was a new experience, but throughout the afternoon we all became accustomed to the campsite, thanks to the fantastic help of the Boggabilla students and teachers. The act of passing a football was all it took to break the ice between the High and Boggabilla students, as this allowed us to individually introduce ourselves to the students. After setting up our tents, we were treated to a barbeque which consisted of sausages, steak, and marshmallows.

The second day brought us many new learning experiences such as fishing and a competitive touch footy game against the school. Both teams played with exceptional spirit, but Sydney Boys eventually prevailed. The scorching heat escorted us into the school where we explored their facilities and played a few more basketball games in their main hall. We concluded the day with a short bus ride to a nearby Town called Toomelah, where we learned about the cultural significance of its Canoe Tree.



The third day was dedicated to celebrating NAIDOC week. We were invited to join the school's NAIDOC day where we watched an assembly to commemorate and talk about NAIDOC week and its significance to the Indigenous people. It was fantastic to see community members gather from nearby towns like Goondiwindi to take part in this event. Following the assembly were various activities such as face painting, boomerang designing and a mini trivia quiz that rewarded us with many exciting prizes. The day ended on a short drive up to Goondiwindi in Queensland to stock up on rations and souvenirs. A special night session with Buddy Hippi, an Indigenous mentor of cultural song and dance, gave us the chance to immerse ourselves in a few Indigenous dances, and helped us to understand how star constellations relate to Indigenous stories.

The final day involved a quick sweep of our belongings before we headed back to Sydney. Overall, the Boggabilla exchange was an exciting and insightful experience for all of us. The numerous days we spent there gave us a unique opportunity to actively engage with Indigenous culture. Of course, all of this wouldn't have been possible without the incredible help of Mr. Cotton and Mr. Barris in organising this eventful excursion. This was a once in a lifetime trip that will stay memorable to us.

Mr M Cotton



Music NOTES

Music Ensemble Photos

ALL Music Ensemble photos will take place on Wednesday 4 September at 8am on the Basketball Courts. Please be ready in your FULL School Uniform as photos need to be completed by 9am and we have many ensembles to photograph.

The order of ensembles photos are as follows: Junior String Quartet, Senior String Quartet, Junior String Ensemble, Senior String Ensemble, Philharmonic Orchestra, Chamber Choir, Percussion Ensemble, Guitar Ensemble, Intermediate Concert Band, Senior Concert Band, Marching Band, Symphony Orchestra, Intermediate Stage Band, Jazz Ensemble, Junior Stage Band, Senior Stage Band.

Class Act Segment - 2MBS Fine Music 102.5 FM

Please tune in to 2MBS Fine Music station this **Saturday 31 August at 5pm**. The SBHS Piano Trio featuring Jason Yu (Violin), Isaac Wang (Cello) and Ryan Kirkland (Piano) will have their performance of Smetana's Piano Trio in G minor (1st movement) featured on the Class Act Segment. They will be the 2nd performance on the list. Last year, Benjamin Pirom (OB 2023) had his music extension composition featured on this segment.

Music Instrumental Storeroom

A reminder to ALL students, please ensure you place your instruments in the correct areas in the music storeroom and leave a clear pathway of access as instruments left lying on the floor are a trip hazard.

Suzanna Lim

Music Teacher

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



Athletics



Lachlan Leung and Nicholas Fung

SBHS Athletics Season Week 2

The best GPS sporting season is well on its way as we prepare for the Annual GPS Athletics Championship. A full first week of training was capped off with the first Invitational at ES Marks Athletics field. All members of the Athletics program have been challenged to engage each drill, event and session with the upmost intent to improve. Overall, it has been a solid start to the season by SBHS. Below are the top 3 placings from Saturday's invitational.



Top Three at the Invitational:

U 14

200m – 2nd Owen Trinh 24.82

100m – 3rd Mekaeel Khan 12.21

Long Jump – 3rd Mekaeel Khan 5.1

High Jump – 3rd Mekaeel Khan 1.55

U 15

Hurdles – 1st Reza Bassam 16.47
2nd Tom Ye 16.79

100m – 2nd Mark Yan 11.76

200m – 2nd Lachlan Leung 24.15

400m – Mark Yan 54.83

Long Jump – 1st Roger He 5.28
2nd Max Gao 5.17

U 16

Hurdles – 1st James McLoughlin 15.38

Opens

1500m – 3rd Christopher Lau 4:49.21

Long Jump – 3rd Lachlan Leung 5.37

High Jump – 2nd Oliver Buikema 1.75
3rd Nicholas Fung 1.7

Kurt Rich
MIC Athletics

Athletics

SCHEDULE 2024

This schedule is available for students to view on CANVAS – Sport – Athletics – Training Schedule.

All relevant sessions for each athlete should be on their Clipboard. Students with any issues are to see me asap.

Kurt Rich

MIC Athletics

GPS Athletics Season 2024					
School week	Date	Day	Time	Session	Location
7 No sport time session due to summer sport trial	2-Sep	Monday	3:15-5pm	All Year Groups Conditioning	Gymnasium, Outdoor Courts and MPW
	4-Sep	Wednesday	3:15-5pm	Years 8 and 9	ES Marks
	5-Sep	Thursday	3:15-5pm	Senior Athletes	ES Marks
	6-Sep	Friday	7am-9am	Year 7 Athletes	Gymnasium and Outdoor Courts
	7-Sep	Saturday	8am-3pm	Invitational Meet 3 Hosting Track	ES Marks
8	9-Sep	Monday	3:15pm-5pm	All Year Groups Conditioning	Gymnasium and Outdoor Courts
	11-Sep	Wednesday	1pm-3pm	Senior Athletes	ES Marks
	11-Sep	Wednesday	3:15pm-5pm	Years 8 and 9	ES Marks
	12-Sep	Thursday	1pm-3pm	Juniors Athletes	ES Marks
	12-Sep	Thursday	3:15pm-5pm	Senior Athletes	ES Marks
	13-Sep	Friday	7am-9am	Year 7 Athletes	Gymnasium and Outdoor Courts
	14-Sep	Saturday	8am-3pm	Invitational Meet 4	SOPAC
9	16-Sep	Monday	3:15pm-5pm	All Year Groups Conditioning	Gymnasium and Outdoor Courts
	18-Sep	Wednesday	1pm-3pm	Senior Athletes	ES Marks
	18-Sep	Wednesday	3:15pm-5pm	Years 9	ES Marks
	19-Sep	Thursday	1pm-3pm	Juniors Athletes	ES Marks
	19-Sep	Thursday	3:15pm-5pm	Senior Athletes	ES Marks
	20-Sep	Friday	7am-9am	Year 7 Athletes	Gymnasium and Outdoor Courts
	21-Sep	Saturday	8am-3:30pm	All Athletes	SOPAC



Co-Curricular and Representative Photos

Wednesday 4 September 2024

Students are to bring their **ID card** and meet to change into their sport gear at outdoor courts **15 minutes** prior to photo time. If raining the photos will be taken in the Gymnasium.

Period	Time	Football 14's 6 - Teams
0	8am	Music Ensemble
		1. Junior String Quartet
		2. Senior String Quartet
		3. Junior String Ensemble
		4. Senior String Ensemble
		5. Philharmonic Orchestra
		6. Chamber Choir
		7. Percussion Ensemble
		8. Guitar Ensemble
		9. Intermediate Concert Band
		10. Senior Concert Band
		11. Marching Band
		12. Symphony Orchestra
		13. Intermediate Stage Band
		14. Jazz Ensemble
		15. Junior Stage Band
		16. Senior Stage Band
1	8:50am	Cadets - 6 Photos
	9:25am	1st Grade Photos- Basketball, Cricket, Cross Country, Debating, Fencing, Football, Rifle Shooting, Rugby, Sailing, Volleyball, Water Polo
	9:50am	GPS and CHS Representatives
	9:50am	Rifle Shooting 2nd Grade and Summer Smallbore group
		Debating
2	10:05am	Debating 7-12 - 4 Photos
	10:15am	Debating 2nd - 4th Grade
	10:20am	Debating Legal
	10:25am	Public Speaking
	10:30am	Chess - 5 Teams
	10:45am	GPS Athletics Juniors

	10:55am	GPS Athletics Intermediates
	11am	GPS Athletics Seniors
Recess	11:05am	Tea/Coffee and Biscuit Break
3	11:25am	u14 Foild Squad, u14 Epee Squad, u14 Sabre Squad
	11:35am	u16 Foild Squad, u16 Epee, u16 Sabre Squad
	11:45am	u19 Foil Squad, u19 Epee Squad, u19 Sabre Squad
	11:55am	Community Services
		Da Vinci Decathlon
		Environment Team
		Equality Committee
		Media/Record Team
		PAWS
		Peer Mediation
		Peer Support
		Philosophy Group
		Public Speaking
		Theatre sport
		Junior
		Theatre sport Senior
		SRC
		Wellbeing Ambassador Team

Photos will become available via:

www.melbastudios.com.au

Select: School Orders

Password: High

Kurt Rich
MIC Athletics



Ordering Sport Photos

To order your sons sport and co-curricular photos please go to:

<https://www.melbastudios.com.au/>

Select "SCHOOLS"

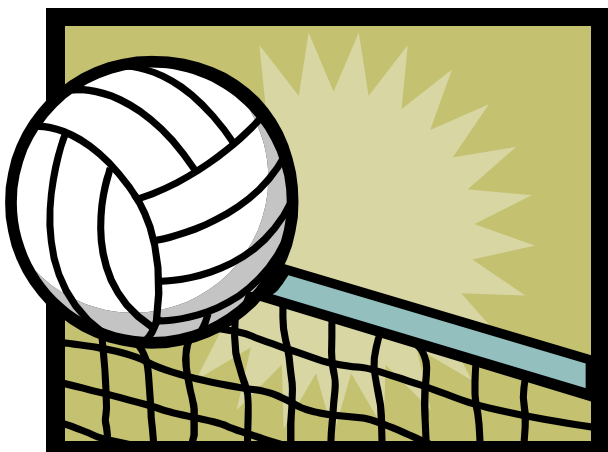
Use password "HIGH"

PLEASE NOTE: Freight by default shows as % of the order total, however we manually adjust this to \$5 for folder photos, \$10 for TMN, and \$20 for courier framed items.

If paying by credit card the office will manually adjust after the order is placed, if paying by PayPal a refund will be made to your PayPal account.



Kurt Rich
Photo Coordinator



Volleyball Notes

Volleyball Winter Season Results 2024

All Teams played well all season to be Undefeated Premiers, Premiers or Co-Premiers in their respective age divisions, except 3rds who were Runners-up.

1sts: 9 Wins; 1 Loss; 28 Points; Co-Premiers with TSC

2nd: 10 Wins; 0 Losses; 30 Points; Undefeated Premiers

3rd: 8 Wins; 2 Losses; 26 Points; Runners-Up to SGS

4th: 9 Wins; 1 Loss; 28 Points; Premiers - SGS Runners-up

16A: 10 Wins; 0 Losses; 30 Points; Undefeated Premiers

16B: 10 Wins; 0 Losses; 30 Points; Undefeated Premiers

15A: 10 Wins; 0 Losses; 30 Points; Undefeated Premiers

15B: 10 Wins; 0 Losses; 30 Points; Undefeated Premiers

14A: 5 Wins; 1 Loss; 16 Points; Co-Premiers with SGS

14B: 5 Wins; 1 Loss; 16 Points; Co-Premiers with SGS

13A: 5 Wins; 1 Loss; 16 Points; Co-Premiers with SGS

13B: 8 Wins; 0 Losses; 24 Points; Undefeated Premiers

Congratulations to all boys in all teams for a very successful season.

Thank you to all Coaches, and to the Parents and Supporters.

Mr Coan
Teacher



WEIGHTS



Sydney Boys High School Weights Room

Payment Extension

The weights room payment has been re-opened on the parent portal for end of year membership. Membership will last until March 2025. Payments of \$165 need to be made by Friday 20 September 12pm.

Payments can be made online via the parent portal. Students are asked to take a receipt to Mr Rich.

The weights room is open 7am - 9am Monday – Friday and 3:15-5pm Monday and Wednesday. We also open the weights room during the school holidays.

When new to the weights room we ask that students arrive no later than 7:15am to allow for a smoother introduction to the weights room. There is no formal booking process when trialling, students just need to arrive on time and introduce themselves to the coach.

Weightlifting Success

Over the weekend Alex Shao, Year 11 competed in the NSW u15 and Youth u17 State Championships. As I was at GPS Athletics, Old boy, coach and athlete Nelson Cheng coached him. Not only did he win the Gold in the 89 BW category, his total of 205kg - Snatch 90, Clean and Jerk 115 was enough to secure a spot at the 2024 Youth Nationals in Hobart. Qualifying for the Nationals was exceptionally harder in 2024 with qualifying totals being dramatically increased. For instance, the 89KG youth nationals qualifying total was increased by 50kg.

This is a huge achievement for Alex and demonstrates just how dedicated he was to achieve this. It was a great day for him, nervousness overtook Mr Shao who apparently filmed his son's last attempt with his eyes closed.

Kurt Rich

Head Strength and Conditioning Coach



A background image showing a physiotherapist in a white coat and stethoscope working on a student's leg. The student is wearing a white athletic shirt. The physiotherapist is looking down at the leg, and the student is looking up at the physiotherapist.

**PHYSIOTHERAPIST SERVICE FOR
SYDNEY HIGH ATHLETES**

School Physio

**SBHS Gym Gallery
outside Room 901
School Term Mondays
7am-9am
Free of charge**

No need for an appointment
Priority given to 1st and 2nd Grade Athletes



GPS Tennis Try Outs

Try outs for the upcoming Tennis season will commence in Week 7 - next week on Wednesday 4 and Thursday 5 September during sport time. All students who have selected will try out on this day including those involved in GPS Athletics.

As much as I would like to have every boy who is committed to playing tennis, the program is limited based on courts available. Therefore, some students may be unsuccessful in their trials and be required to choose another GPS summer sport.

Juniors - years 7-9 wishing to be involved in 1st or 2nd Grade Tennis are to complete the form provided to them asap. Note – this does not guarantee a spot in 1st or 2nd Grade Tennis but the potential to trial. For the 2025-26 season juniors who are close to making it to 1st or 2nd Grade will play 3rd Grade.

From weeks 8-9 all GPS Athletes will remain in their Track and Field Training. Non-GPS Athletes are to attend their Term 3 Tennis Training as per the schedule below:

Term 3	Monday	Tuesday	Wednesday	Thursday	Friday
7am-9am					1st-3rd Grade School Courts
1pm-3pm			1st-3rd Grade School Courts 4-8th Grade Moore Park	14's School Courts 15's Moore Park Courts 16's Prince Alfred	
3:15pm-5pm	1st-3rd Grade School Courts				

IMPORTANT

Parents please be aware that all Tennis Athletes will be training at least three times per week. Two court sessions, including sport time session plus one afternoon speed and agility session. All will have a Saturday fixture or training session. Saturdays commence in Term 4 Week 1, Saturday 19 October until Saturday 30 November. A reduced training schedule will continue until the end of the school year. Term 1 schedule to be confirmed later in term 4.

Kurt Rich
MIC Tennis



SBHS TENNIS SELECTION CRITERIA

1st - 2nd Grade

1. Ability to follow Team, School and GPS rules
2. SBHS Tennis comes before outside commitments
3. Attend five sessions per week in season - 3 on Court, 1 sprints, 1 weights room
4. Commit and play to the best of your ability in every Saturday match during trials and regular season
5. Commit to make up sessions during exam periods
6. Commit to scheduled holiday training
7. Ability to follow instruction and tactical plays under pressure
8. Be a team player
9. Double's ability
10. Volley and smashing ability
11. Second serve speed and spin

3rd - 8th Grade

1. Ability to follow Team, School and GPS rules
2. Showing up on time to every practice session - 2 on court, and 1 sprints, and match play on Saturdays
3. Giving 100% effort in every session and match including post-match evaluation
4. Ability to follow instructions right away
5. Minimum 1 minute drill/10 push up fitness level
6. Doubles formation/understanding
7. Ability to serve/return/begin a point
8. Staying focused in every session and taking it seriously

Age Groups 13-16

1. Ability to follow Team, School and GPS rules
2. Showing up on time to every practice session - 2 on court, and 1 sprints, and match play on Saturdays. Age groups are strongly advised to take advantage of the school weights room for physical development and physical education
3. Giving 100% effort in every session and match including post-match evaluation
4. Ability to follow instructions right away
5. Staying focused in every session and taking it seriously

Kurt Rich
MIC Tennis

SYDNEY BOYS HIGH SCHOOL

Sir Roden Cutler and Lady Cutler Foundation
Scholarship



Nurturing scholar-sportsmen since 1883

Applications available at: sbhs.co/scholarships

Closing Date: **29 November 2024**

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



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**

SYDNEY BOYS HIGH STORE & CLOTHING POOL
SPRING / SUMMER PRICE LIST 2024 - 2025

SCHOOL UNIFORM			SPORT UNIFORM		
BLAZERS	Up to 12 weeks delivery from date of order		PE / HOUSE SPORT	PE Polo	\$40.50
	From	\$320		Black Short with logo	\$40.50
				Sport Socks with logo	\$13.50
PANTS	Trousers - Junior, Dark Grey	\$95.00			
	Trousers - Senior, Light Grey	\$95.00			
SHORTS	Grey College	\$66.00	TRACKSUITS (sold as separates)		
BELTS	Black Leather	\$25.00		Jacket	\$115.00
				Pant	\$80.00
SHIRTS	Sky Blue & White, Short Sleeve with Crest				
	Sizes 10 - 14	\$34.00	BASKETBALL	Singlet	\$65.00
	Sizes 16 - 22	\$36.00		Short	\$65.00
	Sizes 24 - 28	\$38.00		Warm Up Hoodie	\$65.00
				Sport Socks	\$13.50
	Sky Blue & White, Long Sleeve with Crest				
	Sizes 10 - 14	\$36.00			
	Sizes 16 - 22	\$38.00			
	Sizes 24 - 28	\$40.00			
			CRICKET	Shirt with SHS Crest	
JUMPERS	Up to Size 14	\$105.00		Short Sleeve Playing Shirt	\$45.00
	Sizes 16 - 22	\$110.00		Long Sleeve Playing Shirt	\$49.50
	Sizes 24 - 26	\$115.00			
SOCKS	Anklet SHS Colours	\$13.50			
	Knee High SHS Colours	\$18.50			
	Sport Socks	\$13.50	ROWING	Zoot Suit	\$80.00
				L/S Rowing High Top	\$55.00
TIES	Junior	\$32.00		Socks	\$25.00
	Senior	\$35.00			
	Prefect	\$32.00			
	SRC	\$35.00			
	OBU	\$40.00	SWIMMING	High Trunk	\$65.00
	GPS	\$60.00			
CAPS	SHS Cap	\$27.50			
BAGS	Backpack with Lap Top Section	\$110.00	SAILING	Singlet	\$49.50
	Hav-a-Sak	\$38.50			
	Sports Bag	\$77.00			
ART	Progressor 2B Pencil	\$5.50	TENNIS	Top	\$55.00
	Progressor 4B Pencil	\$5.50		Socks with SHS Colours	\$13.50
	Visual Art Diary A3	\$11.00		Training Top - 1st & 2nds only	\$55.00
	Visual Art Diary A4 60 page	\$6.60			
DESIGN & TECHNOLOGY			WATER POLO	HIGH Trunk	\$65.00
	DT Apron	\$15.00		Water Polo Shirt	\$68.00
				Towels	\$55.00
MATHS	Calculator	\$42.95			
	Compass	\$1.75			
	Grid Book 96 page	\$2.95	ATHLETICS	Singlet	\$55.00
	Protractor	\$0.75			
MUSIC	Music Book	\$2.95			

SYDNEY BOYS HIGH STORE & CLOTHING POOL

SPRING / SUMMER PRICE LIST 2024 - 2025

CRESTED MEMORABILIA

Car Number Plate Cover	\$39.95	Mug (gift boxed)	\$25.00
Car Sticker	\$4.50	Pencil Case	\$12.50
Coasters - wooden (box of 4)	\$27.50	Spoon	\$5.50
Cufflinks (stainless steel)	\$66.00	Sticker	\$1.10
Drink Bottle (Stainless Steel)	\$20.00	USB (wood)	\$16.50
Golf Umbrella	\$44.00	Wine Glasses (set of two - boxed)	\$55.00
Letter Opener	\$6.50		

OLD BOYS MEMORABILIA

Cufflinks (stainless steel)	\$66.00
OBU Tie	\$40.00
GPS Tie	\$60.00
Sydney High Hoodie Grey Marle	\$77.00

CLOTHING POOL

A recycled section operates within the High Store Shop. Items such as blazers, shorts, trousers, jumpers, rugby/soccer tops & boots, tracksuits, can be sold on a commission basis - The High Store Shop retaining 1/2 of the sale price.

Please ensure that when sending items for sale you include your name and address.

All items sent should be clean and in good condition. Shirts are gladly accepted as donations.

PAYMENT

Cash, Eftpos, Mastercard or Visa

GOODS & SERVICES TAX (GST)

GST is included on all prices listed

BLAZERS

Dry Cleaning \$18.50

GPS Pocket	\$38.50
Prefect Top Pocket	\$38.50
Prefect Bottom Pocket	\$58.00
Service Charge to replace 1 pocket	\$45.00
Service Charge to replace 2 pockets	\$60.00
Service Charge to replace 3 pockets	\$75.00

Full Braiding	\$130.00
Embroidery Line	\$38.50
Embroidery Line Removal	\$41.50
Crossed Rifles or Swords	\$48.00
House Badge (cloth)	\$18.50

BADGES

Basketball (metal)	\$7.70
Cricket (metal)	\$7.70
Debating (metal) with attachment	\$8.95
Fencing (metal)	\$7.70
Orchestra (metal)	\$4.40
Rifle (metal)	\$9.90
Rowing (metal)	\$11.00
SHS (metal)	\$9.90

OPENING TIMES

Open During School Terms Only

Monday, Tuesday, Wednesday & Friday 10.30am to 1.30pm

Telephone 9662 9360

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

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