



From the Principal High Talent

Congratulations to Jeff Tse (11R), a chemistry whizz, who has been invited to attend the very prestigious Australian Science Olympiads Summer School in January 2025. Well done to Joshua Sim (7R) for his participation in *Kids Giving Back* during second term and the holidays. Volunteers help make snack and care packages for multiple charities across Sydney – a worthy cause! *Athletics Invitational No3* – best results: U16 110m hurdles, Nicholas Fung 1st 16.21 and (high jump 3rd at 1.75m); U16 4 x 100m relay – Brendan Woo, Lachlan Leung, Nicholas Fung, James McLoughlin - 1st 45.69; U17 Dylan Dutt 200m 1st 22.15 and (100m 2nd 11.28). congratulations to our successful competitors!

Congratulations!

National Child Protection Week

National Child Protection Week (1-7/9) has a theme which asserts that every child in every community needs a fair go. Also, it is important for us all to remember that 'Every conversation matters. When young people are stressed or anxious about relationships in their lives or are suffering the effects of neglect or abuse, they need to share their story with someone. Too often feelings are repressed, leading to unhealthy wellbeing outcomes. If you are hurting talk to someone!



National Health and Physical Education Day - 4/9

It is a sad truth that, in our now sedentary society, we need a national day to urge people to get physically active. We are hardwired to move - hence the 10,000 steps rule – replicating our primal daily movements. At High, we believe in the fundamental importance of sport and physical activity in the daily lives of our students. We expect all boys to play two sports each year with a Saturday component, as well as PE and sports training.

There are health, wellbeing, social and character-building benefits that are derived from this insistence on physical activity. Stay engaged to stay healthy!

Tell Them from Me Survey 2024 Respondents

The results are in on our latest TTFM survey which DoE requires schools to participate in to obtain state-wide data on the wellbeing and perspectives of our students. Respondents N= 838. Born in Australia 81%. Students plan to finish high school – High 95%, state 77%. Students planning to go to university - High 93%, state 59%. 'I feel proud of my school' – agree/strongly agree 73%.

Pedagogy

'Important concepts are taught well, class time is used efficiently, and homework and evaluations support class objectives' - High 64% state (63%). Year 12 were outliers **58% v state 64%**. *'School staff emphasise academic skills and hold high expectations for all students to succeed'*. School 82%, state 69%. Students overall mark in their current or most recent English class - High 77% state 69%; mathematics class - High 80% state 66%; Science class - High 79%, state 67%. *Students feel classroom instruction is well-organised, with a clear purpose, and with immediate feedback that helps them learn'*. Yes, at High 71% v state 62%. Classroom: *'Technology helps me learn'* – Agree/strongly agree (76%); learning spaces help me learn (59%); are neat and clean (63%). Students must have misread the statement *'students play sports with an instructor at school, other than in a physical education class'* -High 50% (state 48%). We have >90% of students in a Saturday sport involving instructors (coaches).

Wellbeing

'Students feel accepted and valued by their peers and by others at the school.' School mean 81% (State 57%). *'Students that do not get into trouble at school for disruptive or inappropriate behaviour'* School (96%) state (89%). *'Students understand there are clear rules and expectations for classroom behaviour'* School 68%, state 59%. *'Students feel that they have someone at school who consistently provides encouragement and can be turned to for advice.'* High 70%, state 60%.

We realise that even in these areas of positive perceptions by students there are things we could do to lift our performance. *On the negative side, even though 91% of students agree that if they are being bullied or see someone else being bullied, they know where they can go to get help, we still have 23% of respondents (state 27%) who are subject to moderate to severe physical, social or verbal bullying or are bullied over the internet.* (Our issues are predominantly with social media and often occur outside of school hours). We need to do more to encourage students to **report bullying to someone** so that we can respond with restorative processes to address the relationship between the students involved as bullies or victims.

Overall, the survey provides us with large scale data on our core business from the perspective of our students. While the survey is flawed and students are sick of redoing it annually, at least the weaknesses are now constants, so we can look at changes and trends more carefully to inform our future practice. We know some areas need improvement in the eyes of our students. We are listening and acting to try and improve our practice.
Dr K A Jaggard
Principal



HIGH STORE WATER POLO

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40% OFF Water Polo Tops

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HIGH STORE – CLOSED Friday 27 September



HIGH NOTES

As a service to the High Family.

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Advertisement

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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

OPAL CARD REMINDER

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





COMPETITIVE CHESS NEWS - SYDNEY BOYS HIGH SCHOOL GPS CHESS INVITATIONAL

On Saturday August 31, we hosted our annual Invitational, hosting teams from Sydney Grammar School, Newington, Riverside, The Kings School, Shore and Scots to participate in a round robin tournament for NSW Junior Chess League rated players.

In the eighteenth year of the competition, after a day of rigorous playing and a particularly strong performance from the players on the Sydney Grammar School team, we are pleased to announce that we have retained the winner's cup.

Thankyou

Thank you to our coaches Vladimir Feldman for the smooth running and arbitrating of the matches and to Maxwell Ponza for his assistance in helping to make the day fun and professionally competitive.



Top left - William Tran, Quan Nguyen, Anay Gautam, Kayden Santoso, Tanish Sarathy, Bottom: Nestor Chan, Toby Huey, Lucas Zhang, Aaron Huang

INTER-SCHOOLS' COMPETITION

Our Intermediate A Team has beaten Grammar to win the regional final of this competition. On Friday September 6 our Senior A Team will play Sefton High in the Inter-Regional Final.

Rowena Barr
MIC Chess



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

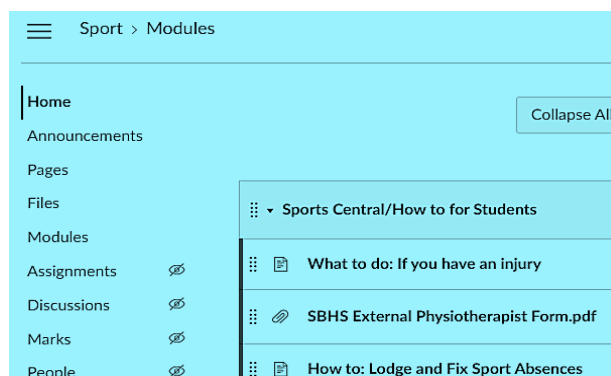
The school employs both a physiotherapist and exercise physiologist to work with students in the rehabilitation of their injuries. This is provided at no extra charge to parents and can be accessed at any time throughout the season. This service can also be accessed by elite athletes to help them manage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

INJURIES

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



Music NOTES

State Wind Band

James Carmichael and Alexander Wu - Year 9, proudly represented Sydney Boys High School at State Wind Band, coordinated by the Arts Unit. The ensemble consisted of 61 students from 41 different public High Schools across NSW. The students engaged in an intensive weekend rehearsal before taking to the Sydney Opera House stage, performing two challenging pieces in front of sold-out audiences as a part of the Festival of Choral Music. The students are to be commended on their wonderful musical achievements.



Class Act Segment - 2MBS Fine Music 102.5 FM

It was great to hear the SBHS Piano Trio featuring Jason Yu (Violin), Isaac Wang (Cello) and Ryan Kirkland (Piano) performing Smetana's Piano Trio in G minor (1st movement) on Saturday - 2MBS Fine Music Station, amongst a pool of highly talented secondary school musicians from various schools across Sydney. We are so proud of their achievements and look forward to working with the next generation of musicians in the Chamber Ensembles.

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 |

SPORT PHOTOS

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





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

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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 | | | |
| | Sizes 16 - 22 | \$36.00 | BASKETBALL | Singlet | \$65.00 |
| | Sizes 24 - 28 | \$38.00 | | Short | \$65.00 |
| | | | | Warm Up Hoodie | \$65.00 |
| | Sky Blue & White, Long Sleeve with Crest | | | Sport Socks | \$13.50 |
| | 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

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