



From the Principal End of Term 3

Thank you to everyone for all your efforts towards making this term a productive learning and teaching experience for our students and staff. Students were rewarded with success in many areas of school life. We hope that our Year 12 students are well prepared for the examination period to come. As Year 11 complete their Preliminary Course this week, we look forward to them beginning their HSC courses in Term 4. We have important works scheduled for the next few weeks after considerable delays. The School is moving forward and with your support and encouragement, our all-round achievements will continue.



Congratulations Year 12!

In their final few days of school, our current cohort of students displayed the most maturity, positivity, mutual support and respect of any of the 25 cohorts with whom I have interacted at High. Their Farewell Assembly was a pleasure to attend. I was proud of their behaviour during this time, respecting our school grounds, property, fellow students and staff, while having fun off site. I hope this group will set the new benchmark and serve as a model for future purposeful, friendly and dignified final days of school at High.

Parents, Have Your Say

<http://nsw.tellthemfromme.com/5sffr>

A reminder to parents to please take ten minutes of your time to let us know how you feel about how the school operates and how well it meets your son's needs.

The AAGPS Athletics Carnival

Highlights from last Saturday's carnival were headed by Dylan Dutt's U17 400m last stride championship win, following a second in the 200m. Alex Ruhfus came back strongly from injury to win the U15 100m championship. James McLoughlin won the 110m hurdles U17s and Lachlan Leung won the U16s long jump. Notable Division wins were posted by Tim Chen in the U15 100m, with third in the

200m and Nicolas Fung who won the U16 110m hurdles. Strong contributions came from Shawn Handoko in U13s 100m (2nd) and 90m hurdles (3rd), as well as from Mekaeel Khan with seconds in the U14 long jump and 100m Division. Our big effort was to finish 3rd overall in the Intermediate Championship – a great team performance! Our Juniors finished 6th with an 8th place from our senior group. Thank you to Kurt Rich and his staff for supporting our team so well. Well done to those boys who attended as spectators and my thanks go to the supervising staff who gave up their Saturdays.



Year 12 Farewell and Graduation Assembly 2024

For interested students and parents not in attendance, my speech to the class of 2024 is reprinted below.

'Good afternoon Year 12, staff and parents. Welcome to our Farewell and Graduation Assembly for the Class of 2024. I acknowledge the Gadigal people of the Eora Nation on whose country we meet and pay my respects to elders, past, present and emerging. They represent the aspirations and spiritual connections of the traditional custodians to this land and waterways. One hundred and sixty-five of you are completing your six-year journey at High. There have been highs (such as three GPS Premierships this Winter, the Louat Shield for debating, three national teams' titles in fencing and retaining the GPS Chess Trophy and winning the Terrey Shaw Shield); and lows -(the COVID years of 2020-21 which really impacted boys getting started well at High).

As I observe in my *Principal's Message* printed in the Year 12 Farewell Booklet, which you have received today, the student senior leaders tried hard to bring back the High culture. Also in that document, recognition of a selection of notable results by Year 12 students is included as a memento of the achievements of the Class of 2024.

To that list we add our Year 12s for first Football –premiers: Daniel Lee, Praneil Manandhar (c.), Pradeepan Nadhan, Ashwin Rajeswaran and Alex Valanidas. For first grade Volleyball - co-premiers: Roy Chae, Karan Dahiya (c.), Arnav Gupta, Dev Punjabi and Jay Ta. For second grade Volleyball - premiers: Lachlan Lefevre, Xile Xie and Haoran Zhang. Toby Huey represented in our GPS and Terrey Shaw Shield chess wins. Congratulations to our Year 12 debaters who won the Louat Shield – a major trophy sought after by GPS schools since 1920 - Vishruth Anand, Luka Miletic and Patrick Nguyen.

My thanks go to our Student Leaders in all areas of school life for their dedication in rebuilding our school culture – Prefects, SRC, Community Service, PAWS, Equality, Social Justice, Environment, Captains of Sports Teams and Co-curricular Leaders. Thank you to the school leaders who had input into the 'rally round' theme – dodgeball, push up challenge, bearpit podcast or the Student Handbook.

I want to recognise and honour the nine scholar-sportsmen who competed in two seasons of GPS Saturday sport and earned 99.5 ATAR or higher in the Trial HSC. Leon, Brian, Ethan, Christopher, Oscar, Patrick, Samuel, James and Mohammad will be presented prizes at Presentation Night next year. Fourteen students competed in three sports. Ashwin Rajeswaran was a 'triple first'. 'Double firsts' this year were Daniel Bian, Joseph Britton, Brian Cho, Fynn Hopkins, Dean Johnsun, Christopher Lau, Michael Li, Luc Tran, Harry Xin and Jacob Yin. In the 'One-Two Club' were Brian Ahn, Roy Chae, Landon Jarvis, Garry Liu, David Kim, Nathan Nguyen, Harry Royal, Leon Shen, Jay Ta, Joshua Tang and Aiden Wong. I want to thank the 81 Year 12 boys who showed pride in their school and represented High in at least two GPS sports in their last year. Another 72 played one sport. So, 79% of the cohort showed their dedication to our scholar-sportsman ethos in their last year at school. A strong number of 26 boys played at least two GPS sports for six years despite the COVID shut down. I applaud our graduating Year group for their dedication to our ethos. The level of ongoing Year 12 commitment affirms that our students value our ethos of scholarship and participation in school sport. Thank you to all the MICs, coaches and parents who helped in our sporting programs.

In my Farewell Message in your Booklet, I addressed the vital characteristic of resilience. I want to expand a little on that theme today. To strengthen resilience, one needs to develop a clear sense of self-identity and to be psychologically flexible. Act according to long-term values, not short-term impulses. Try to be comfortable with all your emotions, positive and negative. Our emotions often signal to us what we value. For example, feelings of guilt signal to us the need to make amends or to recalibrate our goals. Focus on making right choices, not on being happy. Research seems to show that if we make happiness an end goal, we are prone to being less happy over time. Whatever you do, try to find the fun in life. Laughter is an antidote to stress and triggers secretions of endorphins, dopamine and serotonin. It is a natural high and keeps your psychology positive. Try to maintain your revision and study routines over the next couple of months. Good luck in the HSC. My best wishes go with you all in your future endeavours'.

Dr K A Jaggar
Principal



COMPETITIVE CHESS NEWS - WINNERS OF THE INTERMEDIATE DIVISION NSW JCL COMPETITION

We are so pleased to announce that our Intermediate A Team are State Champions in The NSW Junior Chess League's Inter-Schools' Competition.



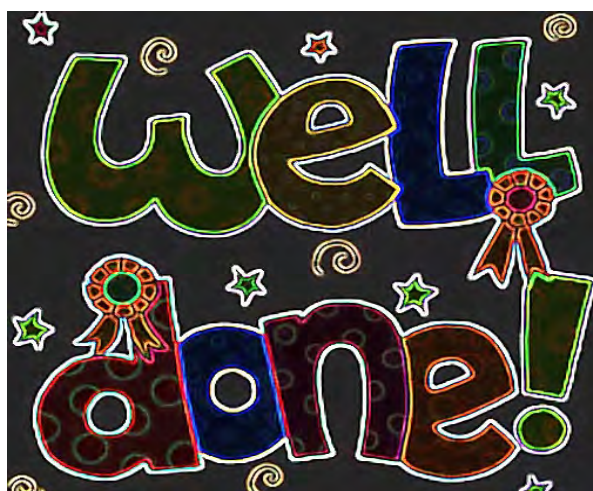
Congratulations to all boys in the team, Quan Nguyen, Nestor Chan, Vedantik Bhattacharyya, Aaron Huang, Kayden Santoso and Lucas Zhang who beat Knox 3-1 in the Final last week.



RUNNERS UP IN THE SENIOR DIVISION - NSW JCL COMPETITION

We're equally as proud of our senior players who also played Knox and are runners up in the competition. Congratulations to Toby Huey who graduates from the school this year and has played for us since year 7, also John Nguyen, Jason Guo, Kevin Liu and Tanish Sarathy.

Rowena Barr
MIC Chess





The Entertainment Book

The Entertainment Book continues to be on sale this year, raising funds for the school. There is a current promotion being run for a limited period, where purchasing a Single City Entertainment Membership will provide you with a bonus upgrade to Multi City and a \$20 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 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>

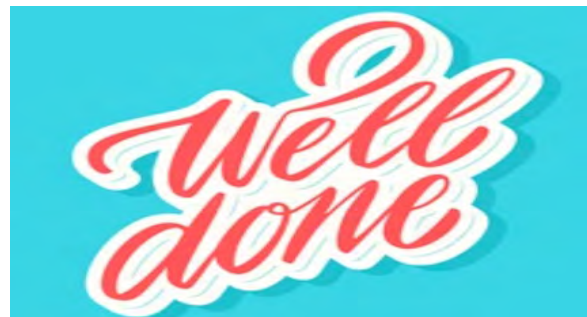
Jamie Kay
Deputy Principal



Wednesday 18 September 2024

The CHS Water Polo Team, 15s and under, competed in the semifinals game against Port Hacking. We played at Cranbrook, and everyone put in tremendous effort, which ultimately led to our victory.

Every student showed immense enthusiasm throughout the game, not letting their guard down and always keeping the opponents on the ropes.



The senior Water Polo players cheered on all the team for the duration of the match, demonstrating High spirit and keeping us going.

The final score was 9-2 with many players contributing goals to the total, including Adam Bourke, Jack Francis, Nicholas Peakall, Ryan Chai and myself. Ryan and Jack's applaudable defending skills helped us keep the other team's score down.

Overall, it was a great, competitive game against Port Hacking where we came out victorious because of our efforts in training, and our determination.

We will compete in the CHS finals next term and aim to win!

Anay Gautam 9R





P&C THANK YOU

It feels like just yesterday we were enjoying a pleasant morning tea at Open Day, and yet here we are, celebrating another fantastic afternoon tea at the Year 12 Graduation just twelve days later! The P&C would like to extend a heartfelt thank you to all the parents who volunteered their time and talents or contributed through donations to make this event a success – either on the day or behind the scenes leading up to it. A special shout out to Sunny Song, who did an incredible job organising the afternoon tea. Her attention to detail and great organisation ensured that everything ran like clockwork. Thank you to our incredible kitchen team, who worked tirelessly to heat up all the frozen finger foods and plate them so beautifully. Veronica, our treasured "oven queen," once again worked her magic!

We also want to acknowledge Rosaline Perry, who organised all the catering supplies with Sunny Ma, and worked with other parents to create the stunning balloon arch that was such a hit with both students and parents. It truly added a festive touch to our celebration! And a big thank you to Qihua Xu for the lovely flower arrangements that brightened the occasion.

This event wouldn't have been possible without the guidance of Miss Joanna Chan, the Year 12 Graduation organiser. Her coordination was invaluable, especially in ordering the delicious food and those enormous chocolate cakes that everyone enjoyed.



Thank you once again to all the parent volunteers for your hard work and dedication. Together, we helped to create a memorable day for the graduating Year 12 boys and their families. We couldn't have done it without you!

On a slightly different note. In last week's High Notes wrap-up about Open Day, I completely overlooked a crucial acknowledgment. I would like to thank Stephanie Francis for her outstanding coordination of the event.

Stephanie was always available to answer all my questions, making it so much easier for me to organise the P&C morning tea. Her support was invaluable, and she truly brought together staff, students, and the P&C to create a fantastic day.

Thank you, Stephanie, for your hard work and for making my role so seamless. Your efforts did not go unnoticed!

Thank you to the following parents for helping with or contributing to the afternoon tea at the Year 12 Graduation:

Annie Liu, Annie Wen, Bonnie Wong, Carmen Tse, Chamila Jayawardhana, Cynthia Leung, Dan Ni, Emma Pham, Florence Li, Jennifer Du, Jianming Yin, Jin Ning, Jocelyn Jiang, Kelly Ding, Lili Liang, Lingli Zhuang, Lucy Xu, Penny Peng, Qihua Xu, Qing Guo, Rachael Flynn, Rosaline Perry, Sophia Xue, Sunny Ma, Sunny Song, Tania Kirkland, Veronica Shim, Vivian Chen, Vivian Wong, Wei Gao, Yanping Zhong (Carla), Ying Sun

Tania Kirkland

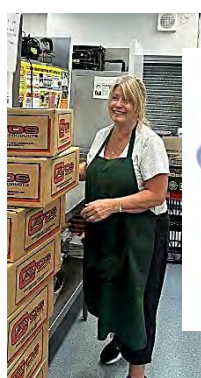
2024 SBHS P&C President







As Term 3 wraps up, we would like to extend heartfelt thanks to our incredible Canteen Managers Eirini and Karen for all their hard work, efficiency, and care in running our Canteen, along with their dedicated assistant staff - we are truly fortunate to have such a committed team. A huge thank you to our amazing volunteers for all your invaluable support, ensuring our boys enjoy freshly prepared, nutritious meals each day.



Here are some highlights from our recent Canteen 'Mid-Autumn Festival' Special Day, featuring Vivian Chen's exquisite, pan-fried buns and delightful summer-themed mochi filled with mango/ cookie cream!

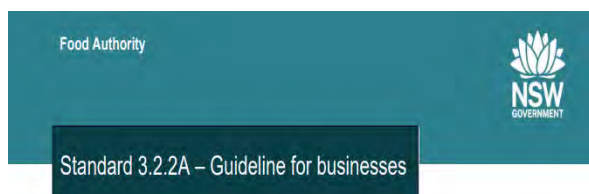


The Healthy Food Information Service verifies that school canteens meet the NSW Healthy School Canteen Strategy's Food and Drink Criteria. Canteens that pass receive a 'Great Choice' badge and a certificate valid for three years, after which re-submission is required to maintain compliance.

As a 'Great Choice' Canteen, our menu is already focused on wholesome and healthy options. However, we will be making minor revisions to a few pre-packaged and pre-made items to align with the latest Healthy Canteen Menu Check requirements. Our goal is to enhance the nutritional value of our offerings, ensuring our students continue to enjoy delicious and wholesome meals. Thank you for everyone's understanding as we implement these positive changes that support our commitment to healthy eating.

Events

On 12 September, our school welcomed visitors to our SBHS Open Day. A big thank you to Vivian Chen and Grace Guan for setting up our special Canteen Stall and delighting everyone with their delectable, handmade treats! We also extend our gratitude to all volunteers who contributed to making the day a success.



We kindly ask if all our wonderful volunteers could please spare some time in the holidays to complete either the NSW Food Authority's Food Handler Basics training course, or Victorian Health Authority's translatable 'DoFoodSafely' course. Both are free, online, and can be completed in less than an hour. This would greatly assist the Canteen Committee with compliance preparation for Standards 3.3.2A of the Australian New Zealand Food Standards Code.

Please email certificates of completion to sbhscanteenvolunteers@gmail.com for record-keeping. Thank you so much for your continued support, and we wish everyone a restful and relaxing holiday break!



Heartfelt 
THANKS
TO OUR VOLUNTEERS!

We are very grateful to the following parents for volunteering in the Canteen during the past few weeks:

Thursday 12 September: Alison Dao, Shen Li

Friday 13 September: Joyce Yuan

Monday 16 September: Yongmei Jin, Grace Guan, Huanying Pan

Tuesday 17 September: Li Jia, Wei Chen

Wednesday 18 September: Qing Guo

Thursday 19 September: Vivian Chen, Sandra Jouravlev, Jin Ning

Friday 20 September: Sureka Thiagalingam, Liqiong Peng

Monday 23 September: Li Tian, Jo Zhou, Grace Guan

Tuesday 24 September: Annie Wen, Qihua Xu

Wednesday 25 September: Donna Lees, Meixi Yan, Iva Barraza Nejeda

J.Yuan
On Behalf of the SBHS Canteen Committee

Music NOTES

End of Year Ensembles Concert and Music Awards Assembly

Our end of year music ensembles concert will be held on Sunday 8 December at 12pm in The Governors Centre. We hope you can join us and listen to the wonderful array of music the boys have been preparing post music camp. On Monday 9 December, we will host our Annual Music Awards Assembly in the Great Hall at 9:30am, recognising all the great achievements of our ensemble students throughout the year.

Year 12 Farewell Assembly

Thomas Chen's Music 2 elective composition; El baile de noche - Dance of the Night, was performed at the Year 12 farewell assembly on Tuesday 24 September. The energetic yet lyrical piece is inspired by the works of Astor Piazzolla in the style of a tango. The trio was performed by Thomas Chen (Oboe), Jason Yu (Violin), and John Nguyen (Piano).

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 for access, as instruments left lying on the floor present 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



SHOOTIN' HOOPS

314



Vintage Firsts Uniform

With basketball trials wrapped up, High comes into an exciting new season of Basketball. More fresh teams, more than any other sport. The players have been once again training and working hard for the 23rd year in a row, thanks to the excellent management of Mr Ben Hayman, the school's basketball MIC.

The mighty first and second grade teams have played their Old Boys games with a huge turnout of 30 Old Boys. The firsts beating Emmanuel school and Moriah School in fun friendlies.

On another positive note, Henry Lau has signed to the NBL powerhouse team Sydney Kings as a development player - a truly amazing achievement whilst still in High School.

The recent house basketball competition for year 7 and 9 has been going very well. The competitive atmosphere between each house, every Tuesday lunch has been amazing, and the year 9 House Basketball Competition came down to the wire in an intense Torrington vs. Eedy match-up that came to a climax with two Eedy free throws after the buzzer to win the game! The first free-throw, an air-ball, the second, hit the rim and bounced out, crowning Torrington back-to-back House Basketball champions for the current year 9 cohort. The 15's Knockout team has been participating in the 15's CHS tournament, and High's current team is a powerhouse, composed of multiple first and second grade players. High has been dominant in the tournament so far.



A Thank You to Mr Wong and the Basketball Prefect Chris Lau for their great efforts!



Herbert Lau and Fion Lai – Legends at the Canteen

The lunchtime match between Surry Hills Police and students on Wear It Purple Day was outstanding and the recent game between the senior Rowers and Cricketers went off with an energetic air on the outdoor basketball courts.

Additionally, every Thursday morning in the school gym, Keeto Browne is running training sessions for basketball, accessible to all students at any skill level. Free first sessions are available to anyone deciding whether they would like to attend. You don't even need to own a basketball, it's that easy! Basketballs are supplied at the training session, so just bring yourself and your A-Game.

Thanks to Mr Hayman once again for his continuous hard work and dedicated support of the school's popular basketball program and those who have been helping with parking throughout the off-season.

Goodluck to all players and teams this summer as we try and continue High's enduring history of highly successful Basketball seasons within the GPS competition.

**Shooting Hoops is brought to you each week by:
Anthony Jiang and Yves Rinaldi**



1994 Premiership Basketball Team

ATHLETIC



Ilya Tsoutsman on his way to place 2nd in the u13 Division 90m Hurdles

GPS Athletics Championships Results

On Saturday 21 September, ninety Sydney Boys High Athletes supported by a proud contingent of coaches competed at the Annual GPS Athletics Championships. It is a highlight in the GPS sporting calendar and this year did not disappoint. I am proud of all the Athletes and thank all the coaches and staff involved during the season and on the day.

During the Championship there are 3 divisions being contested Juniors - 13 and 14, Intermediate - 15 and 16, Seniors - 17 and Opens.

Our Placings Were:

Juniors – 6th

Intermediate – 3rd

Seniors – 8th

Completion points are awarded in each event to the following scale:

Championship: 20, 16, 13, 11, 9, 8, 7, 6, 5

Division: 11, 9, 7, 6, 5, 4, 3, 2, 1

Below are the top 3 placegetters in Championship events - full results have been emailed and are on CANVAS:

13's

Shawn Handoko - 2nd 100 Metre U13 Championship 12.31

3rd 90 Metre Hurdles U13 Championship 13.36 - school Record

Heshel Kariyawasam – 2nd High Jump U13 Championship 1.55m

Yun-Xi (Cloud) Wang – 2nd Long Jump U13 Championship 5.26

14's

Lloyd Zeng, Mekaeel Khan, Sayyan Doke and Owen Trinh – 2nd 4x100 Metre Relay U14 Championship 47.31

Mekaeel Khan – 2nd Long Jump 5.6m

15's

Alex Ruhfus – 1st 100 Metre U15 Championship 11.28

Liwen Deng, Mark Yan, Rohan Chand and Tim Chen – 2nd 4x100 Metre Relay U15 Championship 45.06

Max Gao – 2nd Long Jump U15 Championship 5.84

16's

Aiden McManus – 3rd 800 Metre U16 Championship 2:01.63

James McLoughlin – 1st 110 Metre Hurdles U16 Championship 14.91

Brendan Woo, Lachlan Leung, Nicholas Fung and James McLoughlin 3rd 4x100 Metre Relay U16 Championship 44.58

Lachlan Leung – 1st Long Jump U16 Championship 6.17m

17's

Dylan Dutt – 1st 400 Metre U17 Championship 50.25

Opens

Dylan Dutt - 2nd 200 Metre Open Championship 22.31

Kurt Rich
MIC Athletics

MyOrthodontist

SPECIALIST ORTHODONTISTS
EST 1982

THE SMILE EXPERTS

BOOK NOW for your
FREE orthodontic consultation
with our specialist orthodontist

***MUST be mentioned promotion at
time of booking.**

**SPECIAL
PROMOTION FOR
OUR SBHS FAMILY!**

**SPECIAL
OFFER**



BOOK NOW



www.myorthodontist.net

105/251 Oxford street, Bondi Junction
(opposite Westfields)



SCAN ME

Contact Us







(02) 9389 1382




**FREE
CONSULT**

SPECIALIST ORTHODONTIST IN SURRY HILLS



SERVICES

-  **Metal Braces**
-  **Ceramic Braces**
-  **Clear Alginers**
-  **Child Orthodontics**

-  **Adults Orthodontics**
-  **Braces + Jaw Surgery**
-  **Braces + Miniscrew**



ORTHOBOUTIQUE

*SPECIALIST ORTHODONTIST
FOR SPECTACULAR SMILES*

BOOK AN APPOINTMENT

1800-378-678

www.OrthoBoutique.com.au

SE 103/ 4-14 Buckingham St, Surry Hills NSW 2010

