



The Weekly Newsletter of Sydney Boys High School

Vol 24 No 33 25 October 2024

From the Principal High Talent

Franklin Huang (9M) with his two teammates won 2nd Place at the RoboCup Australian National Championships 2024 held at UQ Centre, St Lucia, Brisbane. Well done, Franklin! Ms Ibbott reports that in the recent Science Olympiad, a prestigious competition, High students earned a record number of High Distinctions. In chemistry and physics – Clinton Chau (11F) and Jeff Tse (11R); in chemistry -Henry Duong (11E) and Rupantar Nirvor (11R); and in physics – Godfrey Jiang (12M), Timothy Wahib (11E) and Tony Bian (11T). Wonderful results, boys!

/wonderful/j

Staff Changes

At the beginning of term 4, we had several staff changes. Ms Jo Curry was appointed as a permanent full time English Teacher. Beth Hinton was appointed as our Librarian. Leonie Boulle and Harry Charlesworth have temporary positions, relieving in English for term 4. Colleen Nolan is relieving in Mathematics in term 4 for Robin Wang, who is on leave. Lena Park has a temporary appointment in Social Science, replacing Ms Janette Jackson who is on maternity leave. I am pleased to announce that Ms Matise Stringer has accepted the position of Officer in Command of the SHS Cadet Unit for 2025.

Caught doing the right thing

A member of the public called to congratulate the boys who catch the 438 bus from Abbotsford to the city (rowers I'm guessing), who were "beautifully behaved and extremely polite. The boys all got up from their seats and offered passengers a seat". Well done boys. There is satisfaction to be gained from doing the right thing when no one is watching over your behaviour.



Children's Week 19-27 October

Coinciding with Universal Children's Day, Children's Week highlights the contributions and rights of children and young people. It is a time for children to demonstrate their skills and abilities and to have fun. The theme for 2024 is 'children have the right to a clean and safe environment'. Parents are urged to encourage their children, particularly in the Junior School (Years 7-9), to think about how they might help to keep their environment safe and clean. Two actions would help. Deposit all rubbish and wrappings and food scraps in the bins provided around the school and in the playground. Report any dangers, trip hazards to a member of staff. If their lack of safety is due to bullying, then the bully should be reported on the student portal or direct contact made with the Year Adviser, School Counsellor or Student Support Officer.

Summer Sport Co-Payments: Term 4

The rolls for summer sports and activities have now been finalised. In many activities copayments are levied for the season - in this case for Term 4 2024 and Term 1, 2025. Other sports have a policy of fixing co-payments on a term-by-term basis. In either case, invoices have now been posted. For Years 7-10 this means that the summer invoice will be included on individual Clearance Forms. These forms will need to be cleared prior to boys receiving their reports. The base Co-payment for sport for this summer season is \$200 for 2024-25. Higher charges are levied by individual sports as a result of resolutions passed by the Incorporated Associations or P & C Support Groups / Parent Committees responsible for supporting particular sports. Year 11 boys have been invoiced for Term 4 or their full summer sport, too. It would help the MICs for these sports greatly if families could pay for their sports in the next ten days or so.



Correct word usage - per cent/ percentage

Per cent is used with numerals. Eg one per cent to one hundred per cent. Eighty per cent of staff attended the meeting. Percentage is the noun derived from per cent. A very large percentage of students take two sports. The **noun** coming after per cent or percentage, determines the **number of the verb**. Thirty per cent of the **students are** taking chemistry. Twenty percentage of my **time is** spent on staffing matters. Percentage as a word can often be replaced by a number, part, proportion or amount. Only a small number of students attended the athletics carnival.

Dr K A Jaggar Principal



School Photo Collection

School Photos can be collected outside of 901 Week 3 on Monday and Friday Lunch Times. Kurt Rich Photo Coordinator



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

IMPORTANT

Yearly Reports - Clearance Forms - Year 7 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



EARLY LEAVE REMINDER

The school **does not** accept early leave applications via email or telephone.

The procedures for early leave are as follows:

Students must bring a note to the office that has been signed by both a parent AND a Deputy Principal BEFORE 8.55am Monday to Thursday and 9.20am Friday.

The note must contain the student's name, roll class, date, time of departure and reason for leave.

The student then returns to the office at the stated time and collects an early leave pass.

Any student who does not follow the correct process in applying for early leave must remain in their class unless being picked up by a parent from the front office and therefore personally signed out.



Application for Exemption from Attendance Dear Parent/Guardian

Student Leave for 5 days or more needs to be submitted **directly to the School Principal**.

The Application for exemption from attendance: 99 days or less - including participation in elite arts, elite sports and entertainment industry can be downloaded from the parent portal, alternatively your son can collect the extended leave form from the school office.

Please note: Electronically submitted forms will not be accepted.

The School Principal needs to authorise and sign the document.



Careers Learning

With the Year 11's transitioning into Year 12 and subject selections coming up, it's time to start locking in, and looking into exam prep, scholarships and subjects.

Scholarships

You always see those teenagers at seventeen with businesses on social media retiring their families, but you don't know how to start, or if you have the funds to start.

These scholarships don't just end at financial support to get you started; they offer real chances with extra perks such as:

Mentorship programs from experienced entrepreneurs.

Networking opportunities with industry professionals.

Access to resources such as office space and workshops.

Click the link below on Studyworkgrow for a **3** minute read for more:

https://studyworkgrow.com/scholarshipsforentrepreneurship-and-innovation/

Another great place to contact is UTS startups summit.



Study Tips

As exams truly become our priority now, it can feel overwhelming tackling five essays and two books with piling math homework checks. Trust me, I've been there, climbing from the bottom 30 in academic rank to the top 20. Below are some exams prep tips that have worked for me.

Don't be afraid of asking for help.

Teachers exist to help you.

Tackle your weaknesses.

It's as simple as it sounds, don't just ignore the topics you don't like.

TAKE BREAKS!

Your body is only programmed to fully focus and learn in 30-minute periods, take the Pomodoro technique.

I've linked **ten study tips** that I made sure are useful. But at the end of the day, **everybody studies differently**. Find what's best for you with a **3 minute read**.

https://studyworkgrow.com/10-effectiveexamtips-for-high-school-students/



What subjects should I keep?

Especially for the Year 11's transitioning into the Year 12's, it can be **daunting dropping subjects** that could **contribute to your HSC**. Making the wrong choice will affect the final exam that you've spent your whole high school years working for.

Skim through a quick article before making the choice:

https://studyworkgrow.com/should-i-dropasubject/

Andrew Ding Careers Prefect



Welcome back to school! Look out for these special treats next week, in time for Halloween!







We encourage students to place their lunch orders between 8:30am and 9am 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 and will 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.





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 'Do Food Safely' 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 <u>sbhscanteenvolunteers@gmail.com</u> for record-keeping.



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

Thursday 26 September: Huanying Pan, Ling Chen.

Friday 27 September: Chunmei Zhu, Grace Guan, Katrina Allen, Sunny Song.

Monday 14 October: Chunmei Zhu, Grace Guan, Jessica Tam, Sunny Song, Veronica Kim.

Tuesday 15 October: Cecilia Chan, Qihua Xu.

Wednesday 16 October: Donna Lees, Grace Guan.

Thursday 17 October: Jessy Tandani, Sandra Jouravlev, Vivian Chen.

Friday 18 October: Cherry Lin, Harry Hao Pang, Min Yu.

Monday 21 October: Grace Guan, Huanying Pan, Li Tian.

Tuesday 22 October: Connie Luo, Qi Zhang, Xialin Qiu.

Wednesday 23 October: Annie Wen.

A Dao On Behalf of the SBHS Canteen Committee



Junior Theatre Sports School Challenge - Competition Winners!

On Tuesday 22 October, our junior team consisting of Marco Ma, Jason Huang, Brishen Xue and Ilyusha Tsoutsman competed in Heat 1 of Impro Australia's Theatre Sports School Challenge at Sydney Grammar School.

After an intensive impro workshop with other competing teams led by our own coach Nataniel Jensen, the show took place in front of a live audience with three judges contributing to the score after each game. Congratulations to our junior team who thrilled audiences with their expertise in games such as 'I love you', 'shared story' and 'time warp.'

The competition was intense, but our team scored the highest points on the night and are through to the semifinals at St Andrew's. Congratulations boys!

Anna Barry Theatre Sports Co-ordi

Theatre Sports Co-ordinator



Junior Theatre Sports Heat One Winners: Ilyusha Tsoutsman, Brishen Xue, Marco Ma, Jason Huang



Junior TSC Team: Coach - Cameron Ryan and Team: Ilyushin Tsoutsman, Brishen Xue, Marco Ma, Jason Huang



End of Year Music Concert and Music Awards Assembly

We look forward to everyone joining us at our end of year music ensembles concert **Sunday 8 December 12pm** at **The Governors Centre**.

On Monday 9 December, we will host our Annual Music Awards Assembly in **The Great Hall 9:30am**, recognising all the wonderful efforts and achievements of our ensemble students in the Music Performance Program.

Music Ensemble Rehearsal ATTENDANCE

Students in years 7-9 (inclusive) are expected to attend music ensemble rehearsals during exam weeks, only seniors are exempt as they do not attend regular classes during their exams. Please ensure you attend every rehearsal and are ready to start at the beginning of each session, as to not jeopardize your award scheme points.

Music Instrumental Storeroom

A reminder to ALL students, please ensure you place your instruments in the designated instrumental areas in the music storeroom. Please leave a clear pathway in the middle for easy access, as instruments left lying on the floor present a trip hazard.

Suzanna Lim Music Teacher

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School	Before School	Before School	Before School	Before School
Intermediate	Senior Concert	Junior Stage	Intermediate	Symphonic Strings
Concert Band	Band	Band	Stage Band	8.00am-9.00am
7.45am-8.45am	7.45am-8.45am	7.45am-8.45am	7.45am-8.45am	Room 101
Governors Centre	Governors Centre	Room 101	Room 101	
Guitar Ensemble		Senior Stage Band	Symphony Orchestra	Chamber Choir
7.45am-8.45am		7.15am-8.15am	7.45am-8.45am	8.00am-9.00am
Room 201		Room 201	Room 201	Room 201
			Junior and Senior	Marching Band
			String Quartet	Workshop Sessions
			7.45am-8.45am	TBC
			Room 202	
			Philharmonic	
			Orchestra	
			7.45am-8.45am	
			Room 204	
After School	After School	After School		After School
Guitar Ensemble	Marching Band	Percussion Ensemble		Jazz Ensemble
3.20m-4.20pm	Workshop Sessions	3.20pm-4.20pm		3.20pm-4.20pm
Room 201	TBC	Governors Centre		Room 201

2024 Music Ensemble Schedule



THE SYDNEY HIGH 2024 JUDY CASSAB PRIZE FOR PAINTING AND DRAWING THEME

Students from Sydney Boys are eligible to enter **one drawing or painting** for consideration in the Judy Cassab Art Prize. The winner will be announced in Week 9 Term 4 One prize of one thousand dollars will be awarded to the successful entrant.

ENTER by 25 November here https://forms.gle/ZKCsxmMuaYk7dFnH6

Conditions:

Only one artwork per entrant Size should not exceed one metre square No HSC artworks The shortlist process and judging is final. orks must be collected on Friday 14 December.





Boggabilla Cultural Exchange

Our trip to Boggabilla Central School was an eyeopening experience for all of us. Last term, 15 selected students were given the opportunity to participate in a cultural exchange to live and learn from a culture that was essentially obscure to us. However, initial scepticism shifted into genuine excitement as the days went by.

Our trip started at 6am Monday in which we embarked on a 12-hour journey to which we arrived at the school as dusk was setting in. Our first task at hand was to set up our tents, after, we were met with a prepared welcome barbeque which consisted of an array of meats and salads, as well as juice. This gave us time for relaxation and recharged us after our lengthy drive. Sleeping in the bush was a new experience for most, as many were abruptly woken by the calls of the rooster and crows early on the morning of the second day.



The second day commenced in our pyjamas as it was Pyjama Day for all students at the school. This was to raise money for houses that had been destroyed by fire in the community. During our time there we saw extensive damage to a significant number of homes which were still lived in by the local people. Soon after we headed off to our annual touch footy game which was an interactive way to get to know the Boggabilla students, bonding over our shared competitiveness and anticipation for the game. Boggabilla came out strong scoring 2 tries in the first half, however High wouldn't let that deter them from scoring in the last minute to come out with an admirable loss 2-1.



The Traditional OZ-Tag game against BCS

After taking a few group photos, we were off to the food tech kitchen where we spent hours prepping and cooking chicken curry and we feasted on our creations for dinner, not before playing a game of capture the flag with the primary students, concluding the second day.



Our third day we were accompanied by Buddy Hippi, an indigenous elder that has overseen most of our exchanges. He took us to Boobera Lagoon where we learnt the importance of the site to Indigenous people through reciting a call to the river serpent and throwing a stone into the lagoon. Afterwards we went fishing and drove up to Goondiwindi in Queensland to play basketball and ping pong at their local PCYC.

Our last day was another early morning, heading back to Sydney for an arrival in the afternoon. All in all, the Boggabilla exchange was enriching and insightful. Having spent time indulging in Aboriginal culture gave us a newfound appreciation and understanding for the inspiring lives in which they live, something that we'll carry long after the trip. Furthermore, this experience wouldn't have been possible without the deliberation of Mr Cotton and Mr Orsmby who helped organise the excursion. This trip will forever be remembered in our hearts. **Tuyvan Mai 9R Milan Babin 9M**



SBHS BCS Exchange, Happy Campers, ROSA Bus



WATERPOLO MATCH

After a valiant effort from the Sydney High Water Polo Team – 15b's. Our team unfortunately went down 11-7 to The Shore School.

A great performance from Maxi Ibrahim 8M, and Nigel Ping 8E, for scoring our goals!

After going down 8-6 at half time we brought the score up to 8-7, our opponents then scored two goals in the last few minutes of the fourth quarter and one goal in the very last play of the match. Sean McManus 8R



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



Rowing Camp Report

Camps started up this week, with many of the senior rowers getting their first experience with a double camp week. Camps are a great way for the boys to bond with one another, and most importantly to get the flat, glassy water that comes with a 5am morning row. Next week is the first camp for the Year 10 VIII's; certainly, an experience they will grow to love.

With races for the senior rowers taking place next week, now is the right time to put in hard efforts and build the confidence of higher rate pieces. The first race is always a guide for final Head of The River times, so boys should be encouraged to give it all out for their crews on the water.

Once again congratulations to the boys who made their desired crews, and for those who didn't, never get disheartened at a poor result, for we are not defined by our failures, but how we recover from them.

"Satisfaction is the thief of potential." For once we are satisfied with where we are and what we've achieved, we cease to grow to realise our true potential.

Jake Matthews Captain of Boats 2025







Old Boy Noah Casaclang with The Trophy! 23rd Annual Old Boys Game vs The School. Won by The Old Boys 74-73

Shooting Hoops Report

High jumps into the first fixtures of the season against the SHORE school both home and away. Our teams had some great successes throughout this Saturday. The mighty 7ths triumphed against SHORE with a huge blowout by almost 20 points with the final score being 44 - 23. 9th and 10th grade also succeeded, earning victory for High at SHORE's own home ground. 16Ds, 16Es and 16Fs all won by a huge margin, most notably the 16Fs, quadrupling their opposition's score 53 - 12. The 15Bs had a very close game with SHORE, maintaining a strong lead throughout, leading to an eventual 34 - 32 win. The same can be said for the 14Bs and 14Fs, both outwitting the opposition by a small lead in victories at SHORE's home ground.

Special mention to the 4ths and 11ths who played tough games this week and losing by only two and four points respectively. In addition, this weekend the High Basketball canteen has also been open, fundraising and supporting the basketball program through sales thanks to dedicated parent volunteers. We thank you for your continued support and effort for the program, allowing us to continue to train and enjoy the sport this school loves.





Parents helping in the Junior Canteen

On another positive note, the 15's CHS Knockout team has gotten into state finals championships, playing on the 4th and 5th of November against a pool of seven other finalist schools at Sutherland Basketball stadium. High's championships in the CHS have been the result of hard work and effort from both players and coaches. We strive to continue our successful legacies in all basketball aspects like we have in previous years being GPS champions and School state champions in 2011, 2012 and 2012. None of our spectacular basketball achievements could have happened without our longstanding MIC Mr Hayman who is ensuring the smooth running of the basketball program as we launch into this season by working long hours for our benefit. This first game is a premonition of the many successes to come in the summer for High's basketball program. Goodluck to all players as we continue to train hard this season to win against the fellow GPS competition.

Play Hard, Play Smart and Play Together! Anthony Jiang Yves Rinaldi.



Hoop Dreams

Year 12 Basketballer Henry Lau (*pictured in action*, *right*) recently signed as a development player with the Sydney Kings. He reflects on his time at High:

My time at Sydney Boys High School has been an incredible journey of growth, both as a student and as an athlete. The supportive environment at High has been instrumental in my development, providing me with the resources and encouragement to pursue my dreams.

The passionate dedication of the coaches and the unwavering support from Mr Hayman (MIC Basketball) and my peers have been key factors in my success. The coaches at High not only pushed me to reach my full potential but also ignited in me a deeper love for the game. Their commitment to excellence and their belief in my abilities motivated me to strive for greatness every day. Likewise, the camaraderie and competitive spirit among my peers fostered an environment where excellence was the standard, and we all pushed each other to be better, both on and off the court.

Signing with the Sydney Kings is a dream come true, and I am filled with pride and gratitude looking back on my time at High. I owe much of this achievement

to the foundation built here. This school has not only equipped me with the skills needed to excel in basketball but has also instilled in me values that I will carry forward in every aspect of my life.

As I embark on this new chapter with the Sydney Kings, I remain deeply thankful to Sydney Boys High School for being the launching pad of my journey. I am proud to represent the school and hope to inspire future students to pursue their dreams with the same determination and passion.

SHS Flying Higher • Issue #14 Spring 2024

CONGRATULATIONS!

Go HIGH! Play Hard, Play Smart and Play Together! Thanks to everyone who makes Shootin' Hoops possible. Brought to you by Anthony Jiang and Yves Rinaldi.

Hoop Dreams Article – Featuring Henry Lau – Professional - The Sydney Kings - Attends SBHS 2024



Cricket Results – 2024 Trial Games

	Score	Result	Highlights
1st XI	SBHS 2/287 def. Sydney Technical 10/120	Win	E. Barks 115* A. Narayanan 100 N. Hossain 32* and 1/9 A. Kaushik 2/28
1st XI	Cranbrook 1/187 def. by SBHS 3/186	Loss	E. Barks 66 A. Inala 30*
1st XI	SBHS 10/223 def. by North Sydney GS 3/224	Loss	E. Barks 63 A. Inala 62

GPS Cricket	2024/2025	vs Shore

GPS CHCKet 2024/2025 VS Shore			
	Score	Result	Highlights
1st XI	SBHS 10/81 Shore 0/82	Loss	A.Narayanan 30
2 nd XI	SBHS 10/33 Shore 0/34	Loss	A. Surendran 5
3rd XI	SBHS 7/178 Shore10/159	Win	K. Cusick 84 and 3/31 J. Guo 29 A. Thusoo 3/31 V. Rajit 2/26
4th XI	St.Joseph's 5/150 SBHS 10/78	Loss	A.Thapaliya 3/17 M.S.Kumar 2/15 M. Paul 19
16A	Shore 10/57 SBHS 1/61	Win	
16B	Riverview10/95 SBHS 1/96	Win	
15A	Shore 10/141 SBHS 10/76	Loss	A. Kaushik 3/17 S.R. Kolli 26
15B	Shore 9/105 SBHS 10/66	Loss	
14A	Shore 122/7 SBHS 5/123	Win	A. Kudav 2/19 S.Subramanian 35 V. Shankla 29 T. Tewari 20
14B	Shore 10/120 SBHS 8/43	Loss	



2nd XI Report

On a cloudy morning with rain on the forecast, the second XI lost the toss and were sent out to bat. We struggled to adjust to the new season and the conditions in which we played. In our first game together as a team we were unable to understand our strengths and weaknesses and were lazy during our game with no thirst to win. Our openers couldn't put many runs up on the board before losing their wickets in sloppy ways and in quick succession, our batsmen did not have the mental fortitude to adjust after coming in at an unexpected time, and our wickets fell very quickly, and we weren't able to put many runs on the board.



The opposition chased down the total without a fall of wicket after we missed a few chances which may have allowed us to turn the game around. Although the second XI had a disappointing first game it has allowed us to understand our strengths and weaknesses and what to focus on during training to help us improve for the coming games.

Tafheem Choudhury 10E 2nd XI Captain





Team of The Week - 14A's

The first GPS Season match between High and Shore's 14A Cricket Teams was a highly anticipated fixture. We were immensely eager to kick off our season with a win. We won the toss and elected to bowl first on a green, moist pitch under cloudy conditions. Our frontline pace bowlers, Arjun, Vedansh, Krishna, and Imaan, started tightly, restricting Shore's run flow while searching for early wickets. Though the initial breakthroughs were hard to come by, our pacers maintained impressive lines and lengths, ensuring Shore couldn't capitalise on any loose deliveries, which restricted Shore to 50/1 at the halfway mark of the innings.

After drinks, our spin attack of Saharsh, Vihaan, Tavish, and Anish took over, continuing to apply pressure. The spinners expertly slowed Shore's momentum, drying up scoring opportunities and taking crucial wickets in the process. In the death, Arjun, Adi, Krishna, and Saharsh returned to wrap up the innings, preventing Shore's batsmen from accelerating. Their disciplined efforts at the end restricted Shore to 122/7 in their allotted 32 overs, giving SBHS a chaseable target. The SBHS innings, however, began on a shaky note as we lost a wicket in the first over. Saharsh and Tavish stepped up with a calm and steady partnership despite this major setback, stabilising the innings. Tavish played confidently for his 20 runs, providing valuable support before Shore got back into the game and took another wicket shortly after. It was then up to Saharsh and Vedansh to rebuild the innings. Together, they formed a crucial partnership, taking our team closer to the target with well-timed shots, which kept the scoreboard ticking. However, just as the match seemed finished, both Saharsh and Vedansh were dismissed in quick succession for 36 and 29 respectively. In the final overs, with a few runs needed with 5 wickets in hand, Vihaan and Arjun took control and not being dismissed in their 52-run partnership. Their composed and mature batting under pressure helped quide us over the line,

securing our first GPS victory of the season. It was a strong performance in the first round, and the team will be looking to build on this strong start for more victories in the GPS ahead. Saharsh Subramanian 14A's Captain



MIC Report

Well done to our Davidson Shield Team on making the Final of the Sydney East Competition. We played against Sydney Secondary in the Final on MPW 3 pitch. We also had four good team wins last Saturday vs Shore in the first GPS Cricket games of the season. The Indoor Cricket House Competition in the Gym at lunchtimes has been a big success and congratulations to the winning house of McKay for coming first in the year 7 competition. The year 10 competition is between Eedy and McKay for the first position next Monday in the Grand-Final. The year 8 cohort will start their competition next Monday. Good luck to all teams for their GPS game against Scots on Saturday. **D. Smith**

MIC Cricket



The 2024 Youth m89 National Weightlifting Champion



Alex Shao at the start of his 124kg Clean and Jerk

When entering the Weightlifting competition arena one of the most common goals is to qualify for nationals. In 2024 that goal would be 50kg tougher than in 2023. With qualifying totals being increased dramatically this year just qualifying was impressive. However, Alex Shao (Year 11) wasn't willing to settle for merely making it there. His focus was razor-sharp, and his heart was set on gold. After missing his final snatch attempt at 93 kg (he secured 90 on his second attempt), we went into the clean and jerks trailing by just 1 kg.

Every time the leader lifted; we knew we had to go 2 kg heavier. When the leader did 112 kg, Alex stepped up to hit 114. Then, when 117 kg came up, Alex answered with 119. Finally, with 122 kg on the board, Alex needed 124 kg to take the win. To the delight of himself, his dad, me, and the entire NSW WL team both at the venue and watching from home, he nailed it!

Kurt Rich

Head Strength and Conditioning Coach



Alan Shao - Proud Dad, with Alex Shao - after Medal Ceremony.



SBHS GPS Tennis Term 4 Week 2 Update The Summer season has officially commenced. If not already aware, below is a few things for everyone to be aware of:



All Tennis Athletes have 2 court sessions, 1 being their sport time and 1 speed and agility session ahead of their weekly fixtures.

1st & 2nd Grade Athletes have more sessions to help prepare them for their longer fixtures. If your son cannot attend a session, please lodge it via the parent portal/Portal services/report sport absence.

Raining and Fixtures can be seen on Clipboard.

When it is raining - Tennis training will be on in the gymnasium gallery steps. Kurt Rich MIC Tennis



1st-3rd Grade making use of Courts - Training during Wet Weather!

D	an ju sai an an a	and
		A CONTRACT

	Result	s v Shore	
	Total Matches Won	Total Matches Lost	Winning Percentage
1st Grade	- 0 -	9	0%
2nd Grade	2.5	6.5	28%
3rd Grade	2	4	33%
4th Grade	6	0	100%
5th Grade	5	- 1	83%
6th Grade	2	4 -	33%
7th Grade 8th Grade			
16 A	4	2	67%
16 B	4	2	67%
16 C	2	Á.	33%
16 D	4	2	67%
15 A	3	3	50%
15 8	4	2	67%
15 C	4	2	67%
15 D	3	3	50%
14 A	1	5	17%
14 B	2	4	33%
14 C	3	3	50%
14 D	0	б	0%
Total	51.5	62.5	45%



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**

FREE Effective Parenting Course



This free four-week course is facilitated by experienced psychologists specialising in adolescent development and behaviour. The course will assist parents to build stronger parent-child relationships and better manage and understand their adolescent's behaviour. This is a skills-building and educational program only.

Four Wednesdays from the 13th of November to the 4th of December, 2024 From 6pm - 8pm WAYS Bondi Junction - Tiffany Plaza, 422 Oxford Street, Bondi Junction Located above the bus and train station

TOPIC AREAS INCLUDE:

- Understanding your child adolescent development
- Reflecting on your parenting the impact of various parenting styles
- Setting limits and boundaries that stick
- Effective communication and conflict resolution strategies
- Practical strategies for building resilience in your children
- Special topics: alcohol and other drugs, sex, mental health, navigating social media and cyberspace & enhancing internal regulation

66

"This course is one of the MOST beneficial things we have done as parents- everyone should be taught these Strategies / knowledge. Totally needed in the community"

"Both facilitators were extremely knowledgeable and generous with their information. It was great to have practical experience to reinforce the theory. I thought the content was pitched correctly to the target audience. Great service and felt privileged to have access to it"

"Absolutely life changing for me! Already recommended it to a few people"



Please call and speak to Luke to reserve your place or for more information P. (02) 9365 2500 E. luke@ways.org.au ways.org.au





SPECIALIST ORTHODONTISTS EST 1982 FREE CONSULTATION FOR OUR SBHS FAMILY!

The smile specialists

Braces
Invisalign
Early treatment

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