



From the Principal High Talent

Congratulations to Tuyvan Mai (9R) who has been awarded 'Highly Commended' for his short film **Finding a skill**, in the 2024 Youth Photographic Award and Short Film Prize competition. This film was made as part of the beginner filmmaking studies Unit and the student project was to make an autobiographical film.



Scholarships Offered at High

SBHS offers only two scholarships – the Phillip Day Memorial Scholarship and the Sir Roden and Lady Cutler Foundation Scholarship. All **enrolled or enrolling** students are eligible to apply for the **Phillip Day Memorial Scholarship**. It is a one-year credit on the school account for **\$1,750**. The Selection Criteria cover talented boys in an academic area or a co-curricular endeavour. Good all-rounders qualify as do students with special needs – financial or otherwise. There are many boys in the school who would make good candidates for this award. I urge them to take the trouble to download and complete the application form. The **Sir Roden and Lady Cutler Foundation Inc Scholarship** is a two-year award with a credit at the school account for **\$1,500** for each Year – 11 and 12. Only boys **enrolled or enrolling** in Year 11 are eligible to apply. The criteria for this scholarship are different. It has an emphasis on a **prior record of service to others, to the school and / or the community**. Boys with **initiative, compassion**, a record of school or community service and leadership skills, are invited to apply.

Look for the details on the school's community website www.sydneyhigh.school and select [Scholarships](#) from the navigation bar. Do not assume that you are not worthy or eligible. Applications close on Friday 29 November 2024.

Year 11



Interpreting Year 11 Reports Semester 2

Teachers record individual marks for courses, and these are run against an ATAR predictor program. All the raw marks are converted into scaled marks per unit. In the iterative scaling process, students' marks in one course are compared against all the other students who completed the same course and against their performances in their other courses. The data we use are last year's HSC results for High. The essential comparative assumption is that boys will perform at around the same standard this year as they did last year. Means and standard deviations are derived from our HSC results from the previous year and applied to our results in the current year. A scaled score out of 50 is calculated for each course on a one-unit basis. Where candidatures are very small – eg visual arts and LOTE- we use historical results in that course in our school to calculate the mean and standard deviation to be applied to this year's results. We use **all 12** Preliminary Units to calculate our ATAR estimate for several reasons. First, we would like students to receive a realistic appraisal of their progress in state terms as well as relative to their peers at High. Second, we want them to know their relative performance in each of their courses, to inform their subsequent choices. Third, it assists them to drop their weakest two units on the basis of scaled marks rather than raw marks. Next April, the estimate process will be moderated against the 2024 HSC results and calculated for the **best ten** units for each student, including the mandatory two units of English.

At this stage of the year, every Year 11 student faces a choice, some have more choices to make than others. Will I do 12 units, 11, ten or less? For those students who have a guaranteed entrance into Extension 2 mathematics, they can drop two courses immediately (Extension English and a 2-unit course) and still have ten units to present at the HSC. Students who really want to exit a course and have made the rank cut-off for extension 1 mathematics, can keep their Extension English

and drop a course. Most accelerants remain doing ten units until their HSC results in the acceleration course are published. Acceleration students have a choice to reduce their load to 8 units if they believe their HSC marks for their completed acceleration course are high enough, but we urge them not to do so until the April Assessment period in Year 12, in order to make certain that they are doing the best thing to maximise their ATAR. Students qualifying and choosing to do four units of English can drop one course. High performing students tend to use acceleration results as insurance and do ten units for the HSC anyway. Others want to be rid of a weak course and explore choosing others – eg picking up one or two-unit studies of religion, or taking an extension unit in history, music or LOTE. Some love all their courses and want to carry 12 units to the HSC. I have no problem with that choice provided that their tertiary course has a lower entrance requirement than their current ATAR prediction and that they are well organised enough to do well in twelve units. Students I speak to when discussing their reports are thoughtful about their strengths and weaknesses and mindful of their preferred tertiary options. Pragmatism often informs their decisions. At this important time, future tertiary intentions are important considerations. Choices are made to maximise enjoyment, ATAR ranks or both. I hope all Year 11 students choose sagely.

Dr K A Jaggar
Principal



Year 9 Students Senior Uniform

Purchase your senior uniform **NOW** to avoid long queues!

Senior Tie - \$35.

Senior Trousers - \$95.

Short Sleeve White Shirt - Size 14-22 \$36
Size 24-28 \$38.

Long Sleeve White Shirt - Size 14-22 \$38
Size 24-28 \$40.

High Store



PREFECT TRAINING DAY

On Tuesday 22 October, the incumbent Prefect Interns for 2025 made their way to the Outterside Centre for the annual Prefect Training Day.



What underpins the efforts of Prefects is our ability to work together, not only as a group of peers, but as a group of friends, and this day aimed to facilitate those feelings of camaraderie.

The boys partook in a series of activities for team building, including ice breaker activities and answering questions, on what we believe is our purpose and qualities as Prefects. This allowed us to create a holistic view of what we represented as Prefects and areas in our school we wanted to improve upon - namely, increasing inter-school activities, creating meaningful connections and memories.

This let us settle on our unofficial 'slogo' - slogan and logo "High Tide Lifts All" to emphasise the key ideas of brotherhood and legacy we wanted to represent. Following this, the prefects made mind maps displaying what parts of the school they could see points of improvement. Having learnt from the great things previous prefect cohorts have done, we tried to recognise what we, in our individual roles, are able to do for the betterment of the school.

Thank you very much Ms Rigby, our tireless Prefect coordinator, and to Burn Bright for hosting the day.

We are all very grateful for this opportunity.

"High Tide Lifts All"
Liam Nottage 11S
Vice-Captain



Career

CAREERS SBHS

SBHS yearly exams are around the corner, and it is time to boost your study with the revered **Pomodoro Technique**. For those looking for jobs now, I've compiled **Higher Apprenticeships** that will jumpstart your career. And for those who like working **behind the scenes**, there are seven **job recommendations** attached below.

Pomodoro Study Technique

As a student achievement prefect, I find the **Pomodoro Technique** useful. This is a technique where you study for 30 minutes, then take a 5-minute break. You repeat this cycle, called a **Pomodoro**.

What is the Point?

The 5-minute breaks are all about movement and resetting your focus. Just stopping work for 5 minutes helps your mind relax and create a new state of focus. Regardless, breaks are essential not only for studying, but managing your energy, staying motivated, and reducing stress.



Have a quick 3 minute read about more of the benefits:

<https://studyworkgrow.com/boost-your-study-game-with-the-pomodoro-technique/>

Higher Apprenticeships: Not just for Trades What are Higher Apprenticeships?

Higher apprenticeships are structured programs that combine part time work and part time study. These apprenticeships can be in IT, finance, business, and even healthcare. By the time you finish, you'll have earned a qualification such as a diploma or bachelor's degree, gained significant work experience, and likely developed a network of industry contacts.



I highly recommend looking into these apprenticeships below:

<https://studyworkgrow.com/higher-apprenticeships-not-just-for-trades/>

Jobs for Behind-the-Scenes Coordinators

Maybe you've found out you have a knack for organisation, planning and execution. Often known as **Coordinators**, they work behind the scenes to make sure everything goes to plan. Some of the most exciting jobs for Coordinators include:

1. Supply chain manager
2. Film production
3. Clinical research coordinator



What these roles look like and how to get started can be seen in this 4-minute read:

<https://studyworkgrow.com/7-great-behind-the-scenes-jobs-for-coordinators/>

Andrew Ding 11F
Careers Prefect

Music NOTES

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.

Meet The Music Concert

Friday 8 December, all elective music students will travel to the Sydney Opera House to hear the Sydney Symphony Orchestra - performance of Mozart's Jupiter Symphony directed by world renowned conductor, Simone Young. This is a wonderful educational opportunity as part of the Meet the Music concert series which the boys will enjoy being a part of.

Attendance

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

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-8.45am 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 Workshop sessions TBC		Philharmonic Orchestra 7.45am-8.45am Room 204	Marching Band Workshop Sessions TBC
After School	After School	After School		After School
Guitar Ensemble 3.20pm-4.15pm Room 201		Percussion Ensemble 3.20pm-4.15pm Governors Centre		Jazz Ensemble 3.20pm-4.15pm Room 201





Year 10 VIII Report

The 2024-2025 rowing season is off to an exciting start. We transition into the rowing season, bringing new boats, new challenges and new opportunities. Moving into the 8 from a quad has required adjustments in technique and communication, but with each session, we are growing more synchronized and confident. Our coaches have been instrumental in guiding us through this transition, emphasizing endurance, form, and teamwork.

This season, we are particularly looking forward to upcoming camps. These camps are not only about improving our rowing skills but also crucial for team bonding. Spending additional time together in the boat helps us understand each other's strengths, building the cohesion essential in any boat. This unity will be key as we work towards our season goals.

A major highlight this season will be our races at Penrith, where we will have the chance to showcase our progress and test ourselves against other competitive crews. The hard work we are putting in now is geared toward achieving personal bests and establishing ourselves as a formidable team at HOTR.

As one quote perfectly captures our spirit, "The strength of the team is each individual member, the strength of each member is the team". This season, we are united in purpose, supporting one another as we strive to excel both individually as a cohesive crew.

Alexander Lau

2025 Junior Captain of the Boats



1st Year 10 VIII



1st Year 8 Quad



SHOOTIN' HOOPS

314

This weekend, High had great success against Scots, coming away with many victories and close matches throughout all age groups. 3rd, 7th, 9th, 10th, 11th and 12th grade all brought home wins. 3rds brought a victory of 25-20 with excellent teamwork throughout. Another amazing success was of the 7ths, who once again smashed their competition, blitzing Scots by 20 points, 37-17. The 9ths had a consistent lead in their game, defeating their contenders, 37-26. The 10ths played effectively, securing a marvellous result, prevailing by 17 points, 44 - 27. The same could be expressed for the 11ths and 12ths for this weekend. The two teams fought hard to earn an excellent 14- and 2-point triumph, 30-16 and 22-20 respectively.

The wins don't stop there though, the entirety of 16s had a terrific Saturday. 16Cs, Ds, Es and F's all took the match for High, outplaying Scots by great degrees. Not just that, but the 16A's and 16B's had extremely close games. The 16A's match was back and forth, and unfortunately resulted in a small 2-point loss meanwhile the 16B's only just got edged out by Scots.

On a more positive note, the 16C's dominated their fixture, blowing out the competition by 43 points, final score being 50-7. 16D's won 51-24. 16E's and F's both continued this exceptional trend, E's also won by an outstanding 43 points, likewise to the 16Cs, winning 49-6. The 16F's had a great match, winning 42-11, truly a significant achievement. Special mention to 6ths and 8ths, who were both only shy of victory by 4 and 6 points, with the end score being 20-24 and 21-27.



The High Basketball canteen has once again been open this weekend thanks to numerous volunteers. Dedicated parents were at the gym early in the morning at 6am, setting up the canteen and getting everything ready. As a community we thank all volunteers for the ongoing dedication to our school's basketball program, waking up early and leaving late, working tirelessly for the success of High. In relation to this, the basketball committee has recently released new basketball polos that have been distributed to students and parents throughout Saturday's fixtures. Students that have not received their pre-ordered polo, see Mr. Hayman to get them for next Saturday's fixture at the PDHPE office. Finally, thank you Mr. Hayman for your continuous support of the program, managing and overseeing everything to make sure players and coaches have a great time this season. High basketball wouldn't be the same without you. Our successes are not only the result of hard work from training but also from the many devoted helpers and supporters of the High's basketball program. With the outstanding results of this Saturday, we will continue to strengthen our school's long standing basketball success this summer.

Brought to You By:
Anthony Jiang 8T
Yves Rinaldi 9T





GPS Cricket 2024/2025 vs Scots

	Score	Result	Highlights
1 st XI	Scots 9/251 SBHS 10/83	Loss	K. Bashyal 3/37 B. Saha 2/40 A. Narayanan 26
2 nd XI	Scots 7/187 SBHS 10/164	Loss	M. Ahmed 3/16 T. Choudhury 48 S. Pathak 22
3 rd XI	Scots 5/165 SBHS 10/103	Loss	K. Cusick 58
4 th XI	SBHS 10/66 Scots 7/78	Loss	L. Grundy 24 A. Thapaliya 2/14 P Rachumulla 2/21
16 A	SBHS 168 Scots 189	Loss	Aarav 51 Arnav 31 Himanish 31
16 B	Forfeit	Win(F)	
15 A	Scots 157/7 def. by SBHS 158/8	Win	H. Sehgal 44 A. Lahiri 32 A. Kaushik 3/21
15 B	SBHS 4/88 def. Riverview 6/76	Win	Lokesh 43 Deep18 Owen 3 wickets
14 A	Scots 10/115 def. by SBHS 3/116	Win	A. Nittala 52 V. Shankla 19* T. Tewari 2/7 A. Patil 2/16
14 B	Scots 110 SBHS 85	Loss	Arya 34

1st XI Report

Round 2 of the GPS saw High take on Scots at McKay Oval, their first home game. Captain Eddie Barks won the toss and elected to bowl first on a stunning day, looking to put some pressure on the Scots top order early into the innings. Opening bowlers Kushal Bashyal and Bibek Saha bowled beautifully to start, with a pair of early breakthroughs from Kushal leaving Scots 2/8 after 4.3 overs. A quality partnership between the Scots opening batsman and captain put Scots back on the front foot, as they cruised past the powerplay. A wicket was required from High and would soon come from an unlikely hero in newly established off-spinner Abhinav Inala who got one to skid on through the defence of the Scots captain. 1st Grade debutant Ashvin Surendran showcased masterful control as he slowed down the run rate through the middle overs, ending with brilliant figures of 1/26 (7). A Bairstow stumping from wicket-keeper Eddie Barks finally saw the dismissal of the dangerous Scots opening batsman for 67 off the bowling of Adrian Sharafi. Unfortunately, another significant partnership

culminated by the Scot's lower order put High under serious pressure. Opening bowler Bibek Saha came back on to bowl through the overs and picked up 2 crucial wickets, ending with figures of 2/40 (9). A significant improvement in ground fielding and economical bowling saw the innings end after 50 overs, with Scots 8/251. Despite an early wicket, opening batsman Arjun Narayanan and number 3 Abhinav Inala came to the crease with intent and looking to score, which led High to a promising start of 1/48 after 16.4 overs before Arjun was eventually dismissed on the stroke of drinks. Recurring low scores through the middle and lower order led to another disappointing collapse with High being bowled out in the 31st over. Many positives can be drawn from the seemingly disappointing loss, as the boys eagerly look forward to the much-anticipated clash as they face Grammar.

Eddie Barks 11E

1st XI Captain

2nd XI Report

The nail-biting game began with Sydney High losing the toss and being sent out to field. Our opening bowlers kept the runs to a minimum but were struggling to find wickets, 8 overs with no wickets. On the last over of our opener Nithilan's spell, a wicket struck, and we sensed an opening. Our strike bowler Mahtab Ahmed came into the attack and tactically used variations of pace to manipulate the batsmen and snag 3 key wickets. This left High needing 178 for victory, a very achievable task for our batsmen. Our batting innings began slowly, as chasing a large total put pressure on our opening batsmen. This culminated in a quick fall of wickets. However, Tafheem Choudhury and Swagat Pathak created a long and sustained partnership, putting pressure on the opposing bowlers and picking off bad balls for a game changing 79-run partnership, stabilising High's position and putting us into a position to win. Swagat Pathak's wicket stemmed the run rate and increased the pressure on the batsmen. A decision made by the captain Tafheem Choudhury led to his unfortunate dismissal for 48 runs, just 2 short of scoring a half-century. The tailenders put up a good fight but were unfortunately unable to chase the runs needed to win. In the end, we lost a tight thriller by only 23 runs, a very strong turnaround from last week, and we look eagerly to Grammar next week.

Tafheem Choudhury 10E

2nd XI Captain

WELL DONE

Teams of the Week – 15B's

In our second GPS match against St Ignatius, we won the toss and elected to bat first. Our openers, Shoummo and Lokesh, were ready to put pressure on Riverview's bowlers. Unfortunately, we lost a wicket early in the second over, sending Deep, into the middle. Lokesh and Deep started to gain some momentum, accruing a partnership of 50+. That was until a runout dismissed Deep, sending in our next batsman, Ahmed. Ahmed and Lokesh continued to add to our score until Lokesh holed out for a well-made 43. Araf was sent in, and he combined with Ahmed to pile on more runs. This left SBHS with a very competitive score of 88 after 20 overs.

Starting our bowling innings with an opening spell. Shoummo and Lokesh, snatched 2 crucial wickets. We seemed on track to win the game easily. However, Riverview started picking up their run rate, and their aggressive batting saw us defending 16 off 6 balls. The pressure was mounting on the SBHS bowlers, but Ahmed stepped up to the challenge. He bowled relentlessly and, on just the third ball, the batsman miscued the ball, and it went straight up and was caught! Riverview finished with a score of 76 after 20 overs, as Ahmed and the team successfully defended the last over securing our first victory. Everyone in the team performed well, keeping our bowling, batting and fielding tight. Also, Owen had bowled for the first time in the GPS and managed to secure 3 wickets while maintaining a great economy. I'd like to thank our coach Harris Memon, for guiding us through the game and supporting us, helping us achieve this win. Also, Happy Birthday, Harris!

Lokesh Paditham 8R

15B's Captain

Teams of the Week- 15A

After a disappointing loss against Shore - the week before, the boys were hungry for a win. Our bowlers started off strong with 2 early dismissals and restricted Scots to just under 60 runs at drinks. Unfortunately, we let a partnership build, and had some lazy fielding that let us concede 158 runs, with Ary getting 2 wickets. After a quick pep talk, our two openers, Hitansh and Abhinav, were sent in to create a strong platform for our chase. Both batters had slow, yet steady starts and created a strong partnership that built pressure on Scots side. After a steady first half, Abhinav was dismissed, getting a solid 32. Following his dismissal, we were 72/1 after 17 overs, so we aimed to fasten our run rate. Hitansh continued the chase, scoring a valuable 44 runs, but we still needed 52 runs in 7.4 overs. With some very quick runs from myself, Svanik and Yashneil, Ary and Taheem were at the crease, chasing 8 runs from 9 balls. A few quick singles later, Taheem was up

against the opening bowler. Requiring just 1 run off 4 balls, Taheem played a sneaky leg glance and Ary sprinted to take us over the finish line. A great game, which is just the start to our wins this season! We hope to continue our winning streak against Grammar next week.

Sayyan Doke 8R - 15A's Captain

Vedantik Bhattacharyya 10S - Cricket Prefect

MIC Report

Congratulations to our 1st XI on winning the Sydney East Final of the Davidson Shield vs Sydney Secondary College. SBHS 6/172 def SSC 6/172 during last Friday on MPW 3. Thank you to all the students who supported the team on their breaks from class. This is the 6th year straight out of 8 years that SBHS have won the Sydney East Final and have made the overall semi-finals twice in 2018 and 2019. SBHS won the Davidson Shield in 1980.

We had some terrific wins against Scots in our last round of cricket. Our 14A Team remain undefeated with two good wins to start the GPS season. The 15A bounced back to win against Scots and our 15B had their first win in two years. Our 2nd XI improved immensely against Scots, only being beaten by 23 runs and some great individual and team performances.

It is important all the players turn up on a Saturday and not leave your team short on the number of players in the team. Cricket is a team game and on occasions in the lower division games we have not had the full complement of players for our last two GPS games.

This week we play Grammar, and all the matches are at Weigall, except for two games. High has a disadvantage on not training on turf wickets, so remember when playing on turf when batting, play forward when possible and watch the low skidding ball. When bowling, pitch the ball up rather than bowl short pitch balls. All the best High for your cricket games vs Grammar this weekend.

D Smith

MIC Cricket



Nehan Hossain bowling in the Davidson's Shield Region Final

TENNIS

SBHS GPS Tennis Term 4 Week 3 Update

We had some very good performances this past weekend against strong opposition. Well done to the 16's for the dominate display proving that the development processes at the school are working. Special mention to Jameson Vu in year 7 who had his debut victory match in 1st grade, plenty more to come.

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

1st and 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.

Training and Fixtures can be seen on Clipboard.

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



SBHS Tennis Caps Hats

It is highly recommended that all students wear a hat whilst playing and training for Tennis. When representing the school students can wear their school hat or the new SBHS Tennis hat. SBHS Tennis hats can be purchased through David Deep at the pro shop for \$40. They fit well and are breathable.

Kurt Rich
MIC Tennis

RESULTS

Results V Scots			
	Total Matches Won	Total Matches Lost	Winning Percentage
1st Grade	1	8	11%
2nd Grade	0	9	0%
3rd Grade	3	3	50%
4th Grade	6	0	100%
5th Grade	4	2	67%
6th Grade	2	4	33%
7th Grade	4.5	1.5	75%
8th Grade	2	4	33%
16 A	4	2	67%
16 B	4	2	67%
16 C	4	2	67%
16 D	4	2	67%
15 A	5	1	83%
15 B	1	5	17%
15 C	3	3	50%
15 D	4	2	67%
14 A	0	6	0%
14 B	0	6	0%
14 C	0	6	0%
14 D	0	6	0%
Total	52	75	41%



FRENCH

Excursion

Year 8 and Year 10 French Excursion

Our excursion to The Little Snail Restaurant – Pyrmont - Monday 21 October 2024 was an extremely fun experience. We were accompanied by Ms Cook and Ms Zhang. When we arrived at the restaurant we were taken to our tables, walking through the pristine entrance and classy stairs and promptly seated. For our starters we ordered fried snails, calamari, and vegetarian salad. The fried snails were a new and interesting taste, which turned out to be garlic-y fun! The calamari were very nice and crispy, and the salad did not disappoint.

The main meals were just as delicious. The salmon was nice and flaky while the chicken cooked in red wine had a delicate taste of sweet and savoury, blended to perfection with the addition of soft mashed potatoes. The vegetarian pasta was the taste of France on a plate.



The dessert of chocolate mousse melted on the tongue in its creamy goodness while the caramel pudding was a jubilant surprise of sweet and soft texture and taste. Vanilla ice cream was the last option, and it lived up to the standards of delicious food. Throughout the day, we received exemplary service from the waiters who were obviously skilled in their craft. This whole experience was a great delve into French culture and country and provided insight into the deep cuisine and history of the French people, greatly aiding our journey in French class.

Arittro Aumi 8E
Wasim Nazir 8S
Abhinav Lahiri 8R



French Dishes



SYDNEY BOYS HIGH SCHOOL

Sir Roden Cutler and Lady Cutler Foundation
Scholarship



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Applications available at: sbhs.co/scholarships

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Closing Date: **29 November 2024**



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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

“

“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”

”

Hurry book in today as places are limited

Please call and speak to Luke to reserve your place
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