



From the Principal High Talent

At the recent HSC examinations, Alasdair Yong (11T) and Advait Ilavajhala (12R), had their composition works nominated for possible selection in Encore! Congratulations on your high-quality creative work, lads! Our Junior Theatre Sports Team competed in the grand final at St Andrews Cathedral School this week. Congratulations to Ilyusha Tsoutsman (7M), Brishen Xue (7R), Jason Huang (8R) and Marco Ma (8M) on their impressive development in this demanding discipline. Well done to Daniel Iliffe (11R) who was the successful nomination from our school for the 2024 Olympic Change Maker Award. Cassiel Yun (10T) was nominated as a finalist in the 2025 RSL and Schools Remember ANZAC Art Competition. Very well done, Cassiel!



Clean Up High Month

Our student leaders and SRC are concerned about the cleanliness of our site. Too many boys think it is the cleaner's job to pick up rubbish. In fact, cleaners are supposed to merely empty the rubbish bins provided for students to deposit rubbish. They also blow away fallen leaves. It is our collective responsibility as a school community to keep our environment clean and safe. The focus for November is 'cleaning up High'. In response to an SRC request for more bins to be located more strategically, Mr Prorellis has purchased 12 additional large bins. They will be located at the nominated traffic areas: leading onto Moore Park West; between the fig trees in the Junior Quad; in the area around the outdoor basketball courts; outside of the gym; the 100s veranda opposite the tennis court; the bubblers area; and near the entrance to the Junior Quad. Mr Crampton will locate the new bins in the areas suggested. After that, more work will be created for the cleaners who have to empty the bins. Everyone has a responsibility to clean up High!

Scholarship Applications

There is only one week left for students to apply for the **Phillip Day Memorial** and **Sir Roden and Lady Cutler Foundation Scholarships**. If you have financial needs due to family or special circumstances; if you are a great all-rounder; or if you have a special talent that needs extra resources to help you develop; or if you are going into Year 11 and you have a strong background in community service, please consider applying. Scholarships are valued at \$1500 in school credit per year. Application forms can be downloaded from the school website: sydneyhigh.school/scholarships. Applications close on Friday, November 29.

AWARDS

Student Awards Scheme

Last entries for nomination for the revamped **Student Awards Scheme** (2024) can be earned up to **Friday, November 29**. If you check your participation file and detect that something is missing, it is up to you notify the MIC in charge of the activity to have the list of successful participants compiled in the Student Portal File. Awards have to be determined, and medallions/ plaques ordered before the end of the school year so that they will be ready in time for our awards assemblies early next year. We are on a tight schedule. Medallions have to be tallied, ordered and names engraved on them. Workplaces start to wind down for the holidays from now on, so we need to be efficient with our process. The outcome is that all medallions and awards are ready in time for our Student Awards Assembly early next year. Don't miss out on getting all the nominations you should be awarded! It is very important that individual students go to the **Student Portal** to check up on their activities, points and nominations. If there are discrepancies, we need to know about them so we can contact MICs or program organisers, so everyone gets what they deserve. With our new system of recording Student Awards on Sentral, individual students will have quick and easy access to their categories and points earned via the Student

Portal. Recording will commence in January 2025 for next year's awards.

Dr K A Jaggar
Principal



HIGH STORE



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



Change of Junior Library Opening Times
Commencing Monday 25 November until the end of Term 4 - the Junior Library opening time will change from 7.30am to **8.30am**.

Leave early

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.

Please note: Early leave requests submitted after 8.55am and / or sent via email or telephone will not be accepted or processed by the office.



As a Service to the High Family

A **FULL-PAGE ADVERTISEMENT** can be placed for a fee of **\$70.00 (GST incl.)** for a full-page ad in for two weeks' publication.

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

Contact:

Rosa Owen - High Notes Editor

P: 9662 9300

Email: highnotes@sbhs.nsw.edu.au

N.B. Content is subject to approval.

Teacher – Ms Lena Park – Social Science



Ms Lena Park – Social Science

On behalf of the SRC, we would like to introduce you to Ms Lena Park – SBHS new Commerce/Economics Teacher - below is our interview with Ms Park.

Describe your current position at Sydney Boys High School, and any extracurriculars you may wish to be involved in?

I'm currently in the Social Science faculty, teaching Economics and Commerce to a wonderful group of students! In terms of extracurriculars, anything to do with track and field or cross country would be my go-to activities as I did these myself as a student and I still do a bit currently.

What is your experience in Teaching/Academic background before Sydney Boys High School?

I completed a Bachelor of Arts/Bachelor of Secondary Education at the University of Sydney in 2023, with a major in Economics and a minor in French. Before coming to Sydney Boys, I went back to my own high school where I had the great opportunity to teach both Economics and French at the same time for 3 terms.

What do you enjoy about Sydney Boys High School?

I enjoy being surrounded daily by the amazing Social Science faculty who welcomed me so warmly to the school, as well as the boys in my class who never fail to make each lesson an interesting one! I also love the strong sports culture at this school and the opportunity for students to be involved in many extra-curricular activities. I'm keen to discover more about the life of Sydney High during my time here!

Describe your teaching style/learning environment that is most comfortable for you, and any future goals/aspirations in the coming years?

My goal with every class I have is to try and cultivate an environment where my students feel comfortable both with me and their peers to participate in activities and engage in discussions respectfully and confidently. I also make it my goal to provide my students with the opportunity to frequently face the skills in which they require the most improvement and assist them with this, rather than shy away from it. I've found in the past that being able to achieve both of these has helped me and my students to feel the most empowered in the classroom. In the coming years, I aim to continue developing my own unique teaching style, and I also look forward to learning valuable tips and tricks from the colleagues and mentors by my side.

Fun Facts

I am currently training for a half-marathon happening next year! I dream of teaching in France one day. In high school, I trained quite seriously in ballet and track - if I hadn't chosen teaching, I would have liked to pursue these activities further.

Thank you
Eric Liu 10M



As we approach the final month of Term 4, we extend a huge thank you to our incredible Canteen Managers and assistant staff for their tireless dedication in running our bustling Canteen each day. We also thank our wonderful volunteers, whose enthusiasm and willingness to step in whenever needed make all the difference. Your support is invaluable, allowing us to continue offering wholesome and flexible food options for our boys.



For those who haven't had the chance to visit our Canteen yet, there are still a few weeks left of term to sign up! Volunteering in our Canteen is a fantastic, rewarding experience that not only supports our boys but also provides a wonderful opportunity to connect with our school community.

Thank you to all the Prefects and SRC leaders who have generously given up their recess and lunch breaks to assist with window service – your support has made a huge difference in keeping everything running smoothly and efficiently.

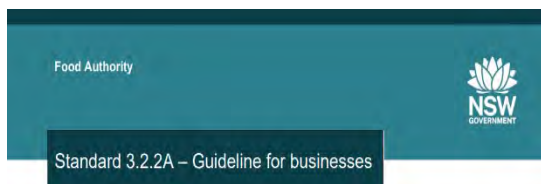


Lunch Orders

We encourage students to place their lunch orders between 8:30am and 9:00am in person at the Canteen or anytime online via the Flexischools app or at flexischools.com.au.

By ordering lunch, you avoid missing out on your favourite foods (especially on days where there are special items on offer), decrease waiting times at recess and lunch, as well as help reduce food waste.

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.



With the December 8 deadline fast approaching, we kindly ask if all our wonderful volunteers could please spare some time 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.

For those who are unable to complete the course, please stay tuned for a condensed training presentation that will cover food safety knowledge relevant to our SBHS Canteen, to be released later this month. Thank you all for your continued support!



Heartfelt THANKS TO OUR VOLUNTEERS!

A heartfelt thank you to the following parents for generously volunteering their time in the Canteen over the past few weeks.

Thursday 7 November: Tania Kuskoff, Rosaline Perry.

Friday 8 November: Harry Pang, Clare Yang.

Monday 11 November: Yongmei Jin, Grace Guan.

Tuesday 12 November: Xi Yu.

Wednesday 13 November: Thi Ly.

Thursday 14 November: Ajay Chamoli, Cathy Wang, Shuai Zhang.

Friday 15 November: Jo Zhou.

Monday 18 November: Li Tian, Grace Guan, Vivian Chen.

Tuesday 19 November: Donna Lees, Hang Nguyen.

Wednesday 20 November: Jiayin Roberts, Qihua Xu, Qing Guo.

J Yuan
On Behalf of the SBHS Canteen Committee





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 \$30 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 so that:

BENEFITS

- ✓ 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



Ordering Sport Photos

To order your son's 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





CAREERS LEARNING SBHS

- Seven ways to forget exam stress.
- Rewards for volunteering.
- Make the most out of your open day.

Seven Ways to Forget Exam Stress

Exams are dreadful - like a marathon, that starts weeks before the actual test. By then, you are most likely burnt out. Even after exams, you are likely to feel drained, unbothered, lifeless.

Here are seven practical ways to forget exam stress and recover. These include:

- Clear your room - Out of sight, out of mind.
- Celebrate - the best symbol of a finished journey.
- RELAX - dedicate time to rewind with no tasks, not even chores.



Here is a two-minute scroll if you know you'll be burnt out after exams:

7 Ways to Forget Exam Stress.

Why volunteering is more than just a resume builder.

I like to volunteer at behind the scenes at Nonprofit organizations, and here are three extra rewards that Study work grow recommends, which I agree with.

1. Discover passion and interests.
2. Build skills and confidence.
3. Make genuine connections and improve mental health.

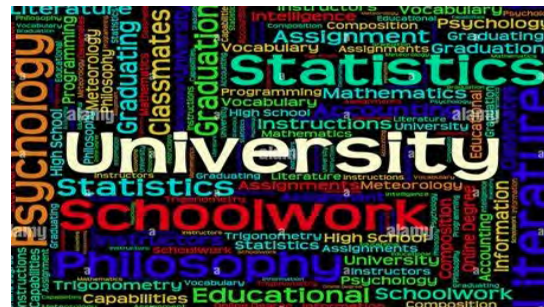
To find out more about how these happen, have a 2-minute skim:

Why volunteering is more rewarding than you might think.

Make the most out of your open day. Open days are vital to identifying your whole future.

What matters, and what should you do?

Talk to people. Ask students if they still have a work life, university balance and if they experience the real side of your course.



Explore the buildings. You are going to spend the next five or so years at university, so you may as well like what you are seeing. These include library's, food outlets, gyms, lecture halls.

Compare your options. See if your university is accessible and if this is somewhere you want to spend the next five years. See if they have exchange options, their breaks, and society's.

I truly recommend taking 3 minutes to read this, because your university decides your future. A 3-minute read for a happy 5 years.

Andrew Ding 11F
Careers Prefect





Sydney High School Cadet Unit SHSCU

Highlights - Staff Promotion

On Tuesday 29 October, SHSCU Administration Officer 2nd Lieutenant (AAC) Sunny Liu was promoted to Lieutenant (AAC) by Major (AAC) Wade Priestly, the Commanding Officer of 23 Battalion. This promotion recognised her successful completion of three ALDC Grade 1 Modules over the course of five months, involving formative assessments on youth development and military skills, a seven-day residential course, and a summative In-Unit Assessment. Sunny Liu's Grade 1 qualification allows Sunny to serve as the Officer-In-Charge of any non-overnight, non-field activities. That is, she has authorisation to plan, conduct, and supervise both urban and home-unit activities, such as routine Tuesday parade, Dining-In Night, and ANZAC Day services. Congratulations LT(AAC) Liu from SHSCU!



AFX 2024 in Singleton

During AFX 2024 (Annual Field Exercise), I had an enriching experience at Singleton military barracks over 7 days. Cadets and Officers from across the Brigade gathered in an open field surrounded by dense forests, where we set up camp. We received 24-hour ration packs, with meal packs and snacks, which kept us well-fed. As a section commander, I led a team of eight, collaborating with cadets from Holsworthy and Hurlstone Units. Our training included practical navigation activities conducted by senior cadets, enhancing our teamwork skills. Night-time activities included a camouflage and concealment exercise. For those aged 16 and above, like myself, we participated in the Adventure Training Award (ATA) barrier test, which required passing a 21kg weighted pack march, a beep test, and a swim test. Despite challenging conditions, all

High boys successfully completed the pack march and exceeded the beep test target of level 8. We also engaged with Australian Military drone racers and visited the School of Infantry Museum, exploring the history of military weapons and vehicles. Overall, my AFX experience was invaluable for personal growth and leadership development.

CDTCPL Luka Wu



Recruit Bivouac - Corporal's Perspective

On Saturday 14 and Sunday 15 September, this year's newest recruits embarked on their first "Recruit Bivouac," guided by dedicated NCOs and staff. During the bivouac, recruits got to experience one of the true highlights of cadets - the chance to sleep under the stars, strengthen bonds with friends, and embrace the challenge of outdoor survival. This hands-on experience allowed them to put essential skills into practice, from setting up hoochies to applying what they'd learned in the classroom, such as observation by day and camo and concealment techniques. On the first day, the recruits were organized into six sections of eight to nine people, encouraged to get to know one another and build team cohesion. Although they started off shy and reserved, working closely together on practical tasks helped them become more comfortable as a team. By the end of the day, the sections had built solid connections, setting the stage for the next day's test of their camaraderie. The following day, NCOs presented the recruits with a challenging team activity: each group was given a broad directive to build a "large structure they could be proud of" within one hour. This activity tested each team's creativity, problem-

solving skills, and teamwork. The complexity of the task required each member's contribution, making it impossible for any one person to handle alone. Although all groups initially struggled, it was rewarding to see them rally, picking themselves up after setbacks with the courage to complete their structures with resilience and determination.



In conclusion, the 2024 Recruit Bivouac proved to be a valuable experience, showing recruits a fundamental part of cadet life. It not only taught them valuable practical skills but also helped forge new friendships and reinforced the spirit of excellence that is central to cadets.

CDTLCPL Ben Dang
1 Section SECO

CADET

Recruit Bivouac – Sergeant's Perspective

On Saturday 14 and Sunday 15 September, Bravo Company of Sydney High School Cadet Unit (SHSCU), made up of this year's new recruits, attended an overnight bivouac at Holsworthy Barracks to complete practical areas of their training. Cadets arrived at the Holsworthy Barracks Main Gate at 0700 hrs and were ferried by bus to Aero Paddock. They were then taught lessons on topics including first aid, observation, camouflage and concealment. Junior NCO's from Sydney Boys and Sydney Girls acted as Section Commanders and 2IC's, leading and teaching their sections of six to seven recruits. After sunset, a glow stick hunting activity was run for the recruits, incorporating all the things they had learnt during the day.

During this time, the weather dropped to 8°C with high winds, and so remaining activities were cancelled, and an early lights-out was arranged. The next day, recruits cycled through three activities, involving navigation and building structures using branches and rope. Cadets were then ferried back to the Main Gate before being dismissed at 1500 hrs. By attending this bivouac, recruits are now eligible for promotion to Cadet as well as attendance at the Annual Field Exercise. Thank you to all Army Cadet Staff (ACS) who attended and made this activity possible, including LT(AAC) Masen, as the Officer in Charge, CAPT(AAC) Kelly and LT(AAC) Luo.

CDTSGT Delbert Zou
Company Commander







Week 6 Report

This week, we proudly welcomed a new addition to our boat shed. In recognition of Binh Johnsun's important role in the parents' committee and her constant support for the boy's week after week. The Year Nine 1st crew will have the honour of rowing The Binh Johnsun – rowing boat named in Binh's honour. Binh's dedication to the team and the rowing community is truly reflected in this boat, and we are thankful for everything she has done. The sentiment that "On the water, it takes every boy to make the boat move. It takes every parent to make the sheds function" perfectly captures the important role both rowers and their supporters play in making the sport possible.



This week also marks the start of a 2-month 5-day break from races for the senior crews. This is a crucial time to focus on improving technique, building strength, and preparing ourselves for the races ahead. While there will not be any races during this period, it is the perfect chance to make progress and strengthen the team, aiming for great results at HOTR in March.

For the junior crews, the High Regatta is just a few weeks away. This will be an important opportunity to see how we compare against other crews. It will also be a chance to show the hard work we have put in during training and learn from the experience as we continue to improve.

Alexander Lau 9E

Junior Captain of Boats 2025



Student Code of Conduct

Students Travelling on Buses must: -

Tap your Opal card when joining and again when exiting the bus or tram. This is particularly important as the data collected from the fare collection system may be used for service planning purposes.

Use school bus specials when provided.

Vacate seats for adults when requested.

Follow all instructions about safety.

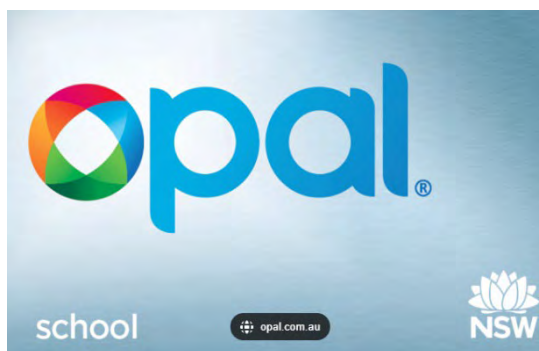
Respect the needs and comfort of other passengers.

Always behave appropriately, e.g. no offensive language, no throwing things.

Students are reminded to: -

Only use the Opal card for its intended purpose i.e. for travel between home and school during school days, does not include travel to and from Saturday sporting activities.

Always maintain possession of your Opal Card.



Transport Inspectors

Authorised transport officers are deployed to inspect **Code of Conduct** compliance on school bus and tram services in the Eastern Region. Students who are found to have breached their obligations may lose their travel entitlement and possibly incur an infringement fine.



SHOOTIN' HOOPS



15A'S DEFEAT NEWINGTON!

SHOOTING HOOPS REPORT

In the latest round vs. Newington College, Sydney High secured many great wins. From graded teams to the 14F's, High Basketball teams saw much success, and the hard work put in among all facets of High basketball has produced outstanding results.

To begin with, High came away with a dominant win in the 6th Grade matchup, more than doubling the opposing team's score, winning 41-19. This was only the beginning of our dominance though, as the 7th Grade team came away with the W, winning 39-26, with J.Moon scoring 12 of Sydney High's 39 points. Similarly, our 8th Grade side also put on a powerful performance, ending the game 29-18 with a strong all-around team effort. The 9th Grade side faced a strong opposition, and battled neck-and-neck, with Eugene hitting a clutch three to tie the game for Sydney High, 25-25. Our tenth grade came out firing on all cylinders to grab a win 45-22. In the 11th Grade matchup, High put on an absolute clinic, blowing out Newington's side by a whopping 41 points with Ariz dropping 15 points in a 47-6 win to be remembered. The 12th Grade game saw a similar scorecard, with High blazing to the W in dominant fashion, winning 43-14, with Gabriel putting up 13 points.

The 16's also saw this success, with the C, D, E and F teams grabbing the win with score of 38-22,

37-30, and insane numbers of 67-25, and 70-25 respectively. There were also blowout wins in the 15 E's and F's, with the E team winning 37-17 with Raymond dropping 17 of the 37 points, and in the F's a 52-13 39-point margin, with William and Sam putting up 12 points each. In the 14F's, there was a game for the history books, with High winning in a 75-4, scoring almost 19 times the opponent's final score, and Louis Wang scoring over 20 points in the team effort.



Lastly, I would like to once again thank Mr. Hayman for continuous dedication to the basketball program. It isn't easy to manage 36 whole teams every week, catering to us as best as you can. Without your ongoing support to High's basketball, our successes wouldn't be as easy coming or consistent. Thank you for helping us through as we strive to continue to improve and reach all our goals. Greatest luck to all teams in the upcoming weeks against the GPS competition.

Brought to you by:
Yves Rinaldi and Anthony Jiang.



I am delighted to share the outstanding achievements of our SBHS Swimming Team at the annual GPS Convenor's Invitational Carnival held at SOPAC on Friday evening, November 15 2024.

This carnival acts as a preliminary event to the official GPS swimming season in term one, assisting the GPS Schools to select teams for the future season, as well as setting a performance benchmark for swimmers to build off. Our team of 22 swimmers did a tremendous job, wearing the newly designed SBHS swimming caps, the team secured a solid fourth place finish amongst the eight GPS Schools with a final score of 549 points.

Congratulations to the following boys who achieved first place finishes on the night:

Kester Jan - 1st 14 years Boys 50m Freestyle Division and Breaststroke Championship.

Jiazi Chen - 16 years 50m Freestyle and Butterfly Championship.

Robert Lei - 1st 12 years 50m Backstroke Division.

Ryan Chai - 1st Boys 14 years 50m Backstroke Championship.

Ryan Truong - 1st Boys 12 years 50m Breaststroke Division.

I am extremely excited for the 2025 GPS Swimming season, and I encourage our dedicated swimmers to maintain their commitment to training to carry this momentum into next year!

J Rowlands
MIC Swimming



SBHS GPS Tennis Term 4 Week 6 Update

At the end of each match, we encourage all High Tennis boys to engage in a post-match evaluation with their coach. This process is essential for identifying 1 to 2 areas for improvement in their game. When conducted effectively, these evaluations foster significant personal and skill development. Coaches will use the insights gained during these discussions to tailor training sessions to meet each player's needs.

Please encourage your son to approach these evaluations with a focus on growth and improvement. We aim to cultivate a growth mindset among all our tennis players, emphasizing that every match is an opportunity to learn and develop their skills further.

Kurt Rich
MIC Tennis

RESULTS

<i>Week 5 Vs Newington Results</i>			
Team	Total Matches Won	Total Matches Lost	Winning Percentage
1st Grade	0	9	0%
2nd Grade	0	9	0%
3rd Grade	4	2	67%
4th Grade	5	1	83%
5th Grade	6	0	100%
6th Grade	6	0	100%
7th Grade			
8th Grade			
16 A	1	5	17%
16 B	0	6	0%
16 C	4	2	67%
16 D	4	2	67%
15 A	1	5	17%
15 B	2	4	33%
15 C	1	5	17%
15 D	3	3	50%
14 A	0	6	0%
14 B	0	6	0%
14 C	0	6	0%
14 D	0	6	0%
Total	37	77	32%

SAILING



HIGH SAILING

Wednesday Sailing

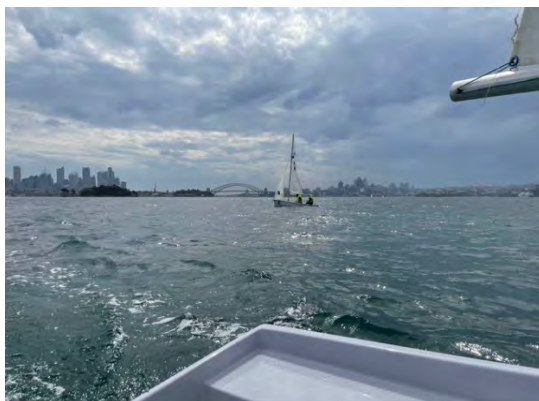
On Wednesday only the Year 11s sailed. Year 10 were absent because of their exams. However, we still had an exceptional session, practising teams racing to enhance our skills in preparation for the weekend. Most of the boys were able to effectively reach the start line on time and all races were quite close. William Zheng (Skipper) and Eric Wang (Crew), sailed very impressively and were very often securing first or second place in almost every race they partook in.

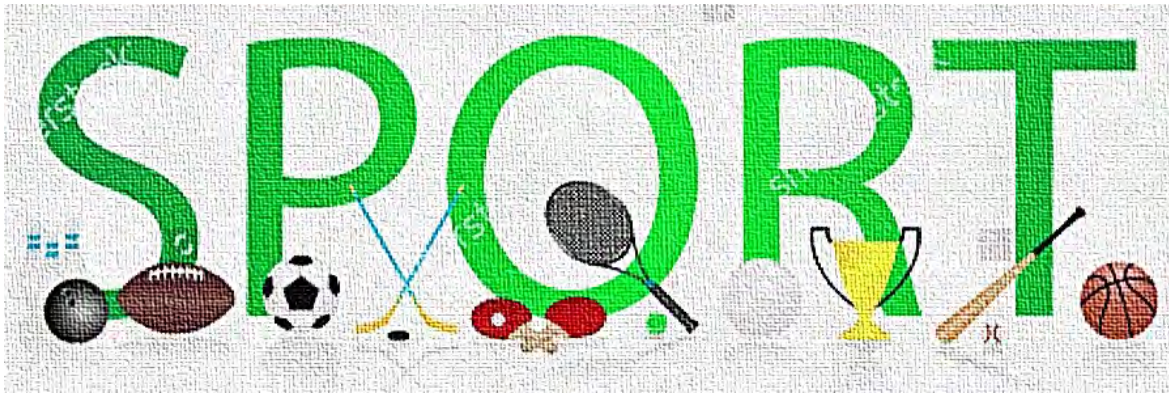
A major point of improvement for all sailors, is once again trying to optimise our speed on the initial upwind as soon as the race begins. If we can secure the upwind at the beginning of the race, it solidifies our position throughout the entirety of the course, and we are far more likely to win races that way. In order to do this, we must practise speeding up our boats, accelerating efficiently, and making sure our boat is properly pointed upwind.

Matthew Kuskoff 11T

Teams/Fleet Sailing

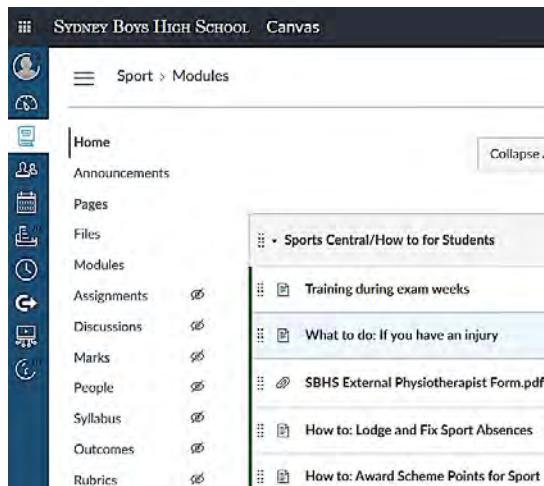
On Saturday we faced Cranbrook, where each of our races were incredibly close. The first grade had a few extremely close scores, (1, 4, 6) and (2, 4, 5), however were unable to secure a victory. Notably, Ethan Ma (Skipper), and Bevan Shen (Crew), were able to step up this weekend and sail for first grade as one of our skippers were missing. They sailed outstandingly, securing first place in one of the races, and third in another.





Sport Update

A huge thank you to all students for their efforts for this summer season, supporting the scholar sportsman ethos. Attendance is tracking in line with the school's target of 85%, inclusive of training and Saturday sessions. We acknowledge the commitment of students to their teams and sports. The summer season will continue into March 2025, with the Head of the River marking the final Saturday of the season.



Injuries and Rehabilitation

The school provides Rehabilitation and Physiotherapy services free of charge to all students. Mr Kurt Rich is now overseeing Rehabilitation as the MIC of Strength and Conditioning. It was recently agreed that all GPS schools adopt the AIS guidelines in the management of concussions. Please make sure you keep up to date with the most recent information regarding injury management on the Canvas Sport Page or going to the AIS homepage.

Sport Co-Payments

A big thank you to the parents who have already paid their sports co-payments. This cost is moderately small compared to the fees charged by local sporting teams. These co-payments are essential to providing a quality sport program to all students and go towards the employment of coaches, hiring of venues and supply of equipment. Reminders are now being sent out for outstanding co-payments. You can pay your Sport co-payment through the payment portal or at the front office:

<https://login.sbhs.net.au/payment>



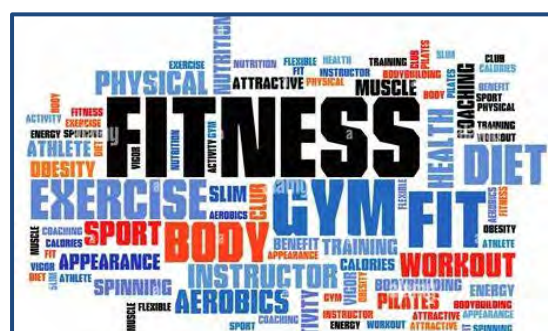
Change in Sport Selection Process

From 2025 ballots will now be released to students in Years 7 and 8 only. Year 9-12 students will be automatically enrolled in the sport they have participated in previously. Students must still trial for teams within their sports, and these teams will be selected by the coaches and MICs as per usual.

This change in sport assists not only in the administrative load around selections, but also in the planning of budgets, hiring of venues, staffing and fixture management. Most importantly of all, it gives a deeper focus to the long-term development of students across their time at High within their sporting programs. Students can still apply to change sports by filling out the form on the Canvas Sport Page.

Hannah Jackson

HT Sport





High Cricket



Cricket Results – 2024 Term 4 Week 6 GPS Cricket 2024/2025 vs. Newington College

	Score	Result	Highlights
1 st XI	SBHS 10/101 def. by NC 2/103	Loss	A. Nayani 36 E. Barks 19
2 nd XI	SBHS 6/123 def. by NC 5/124	Loss	R. Chowdhury 30 K. Bashyal 20 B. Saha 3/18 S. Shaikh 2/13
3 rd XI	SBHS 9/117 DEF NC 9/113	Win	A. Qiu 4/10 J. Guo 41
4 th XI	Kings 229 def. SBHS 6//73	Loss	M. Paul 18
16 A	NC 7/173 def. SBHS 9/168	Loss	D. Sapra 2 wickets A. Wu 79
16 B	SBHS 7/99 def by NC 5/100	Loss	Sameer 21
15 A	NC 4/132 def. by SBHS 6/135	Win	A. Kaushik 2/21 S. De 37* Y. Lucknauth 34
15 B	SBHS 5/126 def by NC 6/127	Loss	Deep 35
14 A	SBHS 140/8 def. NC 10/102	Win	S. Subramanian 71* V. Chamoli 2/9 A. Nittala 2/12 T. Tewari 2/18
14 B	SBHS 9/49 def by NC 5/189	Loss	

1st XI

Round 5 of the GPS season saw High face Newington, and we were sent into bat on a decent batting wicket at McKay. An early wicket saw High fall to 1/3 after 3 overs, which led to High struggling to a slow start of 1/18 off the opening 10 overs. A gritty 51-run 2nd wicket partnership between Eddie Barks and Abhinav Nayani brought High back into the game. Abhinav eventually posted a well-crafted 36 (82), continually putting the Newington bowling attack under pressure. Symbolic of recent performances - and despite a strong start in the batting order - High experienced another batting collapse through the middle order falling to 6/79 after losing 5/25. Leg spin proved to be fateful for High once again as batters 3-11 (bar Kabir) were all dismissed in this fashion.

Despite a minor middle-order fightback from Adrian Sharafi and Abithan Vithuran Kumaravel, High was bowled out for a disappointing score of 101 after 39 overs - our highest score and longest innings of the GPS season, however, one that didn't represent the promising start we once again got off to. High's bowling innings got off to a strong start, with Abithan impressing once more, troubling the Newington top order with his late in swing and picking up the vital wicket of their opening batsman for just 15.

Another impressive display of bowling from off-spinner Nehan Hossain slowed the run rate down, and he bowled the Newington captain around his legs on his second ball for just 19 after scoring 100 the week prior. Powerful hitting from the Newington top order kept High under pressure for the entirety of the bowling innings as they chased down the total 2/103 after 20.2 overs. High look towards a competitive fixture next week as we face St Ignatius College away at Riverview in round 6 of the GPS.

Eddie Barks 11T
1st XI Captain

2nd XI

The 4th game of the GPS season and the 2nd XI were roaring to go, winning the toss and choosing to bat first on a slightly smaller pitch. After a strong start from Rabaab Chowdhury plundering a blistering 30 runs off 19, the team had a collapse of wickets. However, Briz Chudal and Kushal Bashyal put some runs on the scoreboard, to put up a defendable total. The bowling began well with the openers bowling tight and keeping their heads up after getting many unlucky edges that ran down to the boundary, leading to 3 wickets for 18 runs to Bibek Saha. Despite, our bowler's efforts, highlighted by Shazaib's spinning masterclass to steal 2 wickets, the total was not enough for the bowlers to defend.

Tafheem Choudhury 10E
2nd XI Captain





Team of The Week – 15A's

Put into bowl first, the 15A's played against Newington at a new CP wicket 2. Our opening bowlers were tight, and an early wicket meant we restricted Newington to 63 at drinks. Following drinks, we bowled economically throughout most of the 2nd half with Ary Kaushik picking up 2 wickets, until the end where we got sloppy, allowing Newington to score 132/4. In the run chase, we had an unfortunate top-order collapse, which was saved by Svanik and Yashneil's partnership. With Yashneil's dismissal at 34 runs, Svanik scored a valuable 37 runs, alongside Taha to win the game with 4 wickets to spare.

Sayyan Doke 8R

15A's Captain



Team of The Week – 14A's

Round 5 of the GPS Season saw the 14A's take on an unbeaten Newington side. We won the toss and chose to bat but we had some early setbacks as we found ourselves 2/10 after 5 overs. Saharsh anchored the innings with 70 but valuable contributions from Rohan, Vedansh, and Vihaan carried us to 140/8.

Arjun and Vedansh started well before Imaan and Krishna removed their openers. We managed to restrict them to 31/2 after 16 overs before our bowlers went on a rampage with Anish, Tavish, and Vihaan picking up 2 wickets and Adi and Arjun picking up 1 each.

Overall, it was a convincing win over a strong Newington side, and we look forward to continuing our red-hot winning streak next week against Riverview.

Saharsh Subramanian 7F

14A's Captain

Vedantik Bhattacharyya 10S

Cricket Prefect





For the month of November...



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Adapted by
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