



From the Principal High Talent

Congratulations to Karan Dahiya on his award of a *Sydney East Blue* for outstanding achievement in the sport of Volleyball.



Interpreting Year 7 Reports - Semester 2

In Year 7, we do not provide ranks to students. We have an *Academic Achievement List* for high-performing students and a *Student Monitoring Register* for students performing below expected standards. We try to let students settle in and find their feet before making too many outcome comparisons. Our benchmark is 10 credits or thirty points. A student's profile of learning behaviours is important to us. We collate teachers' ratings. A high proportion of 'consistently' (c) 'or 'usually' (u) ratings, indicates a student is adjusting well to the demands of multiple subjects (10 in Year 7). We ask also, that you check your son's progress in *future-oriented earning skills* – problem solving, evaluating, working with others, communicating ideas, creating and innovating (PEWCC). Some of these are reported each year in their own text box on the school reports. Faculties have an opportunity to report at least twice on one or more of the five 'earning skills' during the six reporting periods during Years 7-9. These skills will be needed in jobs of the future. You can understand more deeply about how your son is building his capacity in the discrete dispositions that we have targeted for development as a school. The idea is that you can track your son's growth over his three years in the Junior School. **These PEWCC skills are very contextual.** Hypothetically, your son might be really good at 'working with others in English' where he is confident and comfortable, but not so effective in mathematics where he is weaker, is reticent, or defers to the strongest mathematician in the work group. Consequently, skill growth might not be a simple progression

from 1 in Year 7 to 3, 4 or 5 in Year 10 (depending on the scale in the rubric for each subject). Your son's progress might be uniform neither across the subjects, nor across the dispositions. We are reporting on growth in individual dispositions by comparing where a student was on the scale in Year 7 and then again in Year 9 *in the same subject context*. A similar comparison may be made between measures reported in Year 8 and then again in Year 10. I look forward to an informed dialogue between parents and teachers on the individual student's development of these important life skills. Go to our website at: sydneyhigh.school/curriculum/pewcc-reporting for a full list of skill descriptors. Our challenge is to develop effective assessment tasks at all levels, in order to describe more accurately where your son stands in his development of these important life skills.

In semester 2, some students choose not to put much effort into one of the languages they do not intend to pursue in Year 8. While this is regrettable, it is also understandable. As history and geography are delivered in semesters, a student might be stronger or weaker in either of these subjects in second semester. The consequence can be that overall achievement level, as measured by our points system, might decline or improve. Students have their second opportunity to choose a subject when they decide on their language/s for next year. Will they do one language or two? What are the commitments if they take offline classes? Will their other activities be affected? Please discuss language choices for Year 8 with your sons. They are perfectly free to choose just one language in Year 8 if they wish.

Outdoor Education Program

It is a strong expectation of our school that all students attend the outdoor education program in Years 7 - 9. We see the camps as important socialising and independence-building experiences in the personal enlargement of our students. I urge all boys to attend to learn life lessons and mature as persons by attending these camps.



December 3 2024 – International Day of People with Disability

Held on Tuesday 3 December, [International Day of People with Disability](#) aims to promote awareness, understanding and acceptance of people with disability. This year's theme, '*Amplifying the leadership of persons with disabilities for an inclusive and sustainable future*', recognises the important role that people with disability play in creating a more inclusive and sustainable world for all. The Paralympic participation at the Paris Games raised the profile again of people with disability – their aspirations, goals and achievements. In our daily lives we need to be more inclusive of everyone, no matter what their point of difference may be. The focus this year is on the leadership abilities of people with disability. In our population more than 21% of people have a disability. We should be integrating them into all areas of our society where possible.

Dr K A Jaggar
Principal



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.

THE HIGH STORE WILL be CLOSED Tuesday
10 December due to Orientation Day.

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**.



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.

It can 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

CAREERS

CAREERS LEARNING SBHS

Its exam week! Here are some tailored articles:

The perfect morning routine for high school. 

7 tips for tackling procrastination for students. 

Partying safely after exams. 

The perfect morning routine for high school success. The right routine can set the tone for a successful, productive day. A good routine can help:

- Reduce stress
- Enhance focus
- Improve time management

Especially with exams coming up, you will want to wake up feeling refreshed and confident. Some tips include:

1. Getting enough sleep
2. Planning your day
3. Staying positive



Have a quick **3-minute** skim:

<https://studyworkgrow.com/the-perfect-morning-routine-for-high-school-success/>

Seven Tips for Tackling Procrastination

Ever found yourself mindlessly scrolling reels or falling down a YouTube rabbit hole? Or maybe playing Brawlstars when there's maths homework due? Even though 75% of students consider themselves procrastinators, letting it get out of hand **will** ruin your school schedule.

Getting rid of this anxiety of upcoming unfinished tasks will make your life easier. But how can you do that?

- Break tasks into smaller steps so they don't overwhelm you
- Set clear goals
- Put away distractions

If you do have exams or are falling behind, a quick **3-minute** read will absolutely change your life:



<https://studyworkgrow.com/7-tips-for-tackling-procrastination/>

How to Party Safely Without Spoiling the Fun

Now you have completed exams, take some time to relax. Partying is okay if it's controlled and safe. But to be safe, you **need** to take precautions.

- Know your emergency contacts
- Stay together, plan together, have a safe exit plan

Take a **3-minute** read that will save your entire night:

<https://studyworkgrow.com/how-to-party-safely-at-schoolies-without-spoiling-the-fun/>



Andrew Ding
Careers Prefect

Academic Achievements



Academic Achievement List

Congratulations to the students in Years 7, 9 and 11 listed below for being placed on the Academic Achievement list for Semester 2. Being placed in the top 20% of your year group is something all these students should be proud of and are encouraged to continue their dedicated approach to their studies into next year and beyond!

YEAR 7

Nicholas Duong 07R
Jerry Gao 07T
Dharav Gohil 07F
Reyansh Gupta 07M
Imman Hossain 07E
Isaac Hu 07F
Carlson Huang 07F
Thommen Jacob 07F
Harold Jiang 07M
Jaeyoung Kwon 07R
Robert Lei 07F
Jay Li 07F
Chi Hin Ling 07T
Charlie Liu 07M
Jaydon LIU 07S
Nathan Liu 07S
Kevin Luu 07F
Anish Nittala 07F
Callum O'Loughlin 07F
Victor Pham 07T
Aryan Salam 07E
Hayden Schultz 07F
Sadat Shahriyar 07T
Joshua Sim 07R
Isaac Tang 07S
Ethan Tanusaputra 07S
Guru Thanabalasingam 07S
Kuzma Tkachenko 07F
Ethan Trinh 07T
Justin Vuong 07M
Cloud Wang 07T
Nadisha Widanagamage Don 07E

Jonathan Xu 07E

Elliot Yuan 07F

Titus Zheng 07F

Tony Zhou 07F

YEAR 9

Thomas Armistead 09F
Kevin Bui 09R
Otis Candy 09M
Matthew Cao 09F
Dennis Chen 09S
Lucas Chen 09T
Charlie Cheshire 09T
Rishit Chirania 09E
Sean Chong 09F
Om Dave 09S
Adam Flocard 09E
Anay Gautam 09R
Aryan Ghosh 09S
Sameer Gupta 09E
Leo Hang 09M
Roger He 09E
Alexander Howe 09M
Hriman Joshi 09R
Isran Kanwar 09S
Jasper Kim 09T
Om Kothari 09R
Akshobhya Kumar 09F
Joshua Kuo 09R
Caspar Lai 09M
Kyle Lee 09R
Nicklas Li 09F
Ricky Luo 09R
Alay Mahidadia 09E
Tuyvan Mai 09R
Jiekai Miao 09E
Aarav Mishra 09M
Rohan Mittal 09E
Charlie Morgan 09R
Advait Nair 09R
Pradyum Nuggehalli 09S

Aryaman Pachori 09E
Sharvil Pande 09S
Dhuryah Sapra 09E
Haroon Syed 09E
Liam Tai 09E
Jadon Tang 09R
Sajan Thiagalingam 09T
Aiden Ton-That 09T
Vivaan Wadhwa 09F
Terence Wang 09T
Yuhai Wang 09M
Alexander Wu 09R
Tom Ye 09T
Zeeshan Zeeshan 09M

YEAR 11

Aayan Azhar 11R
Tony Bian 11T
Thomas Cao 11E
Clinton Chau 11F
Jerry Chen 11E
Henry Duong 11E
Dylan Dutt 11F
Matthias Elgawly 11R
Rayan Foiz 11S
Nicholas Fung 11E
Samuel Gao 11M
Kevin Guo 11M
Pranav Gupta 11M
Adib Habib 11E
Thomas Han 11T
Shafayat Hossain 11F
Ric Hou 11R
Alex Huang 11R
Daksh Joshi 11T
Frederick Lam 11S
Bryan Liu 11T
Maxwell Ma 11T
Mahdin Mamun 11R
Rupantar Nirvor 11R
Liam Nottage 11S
Akith Perera 11E
Xavier Perry 11M
Declan Pham 11F
Jawwad Prodhan 11T
Andrew Pye 11R
Arthur Qiu 11R
Jeff Tse 11R
Zarif Uddin 11T
Timothy Wahib 11E
Maurice Wong 11T

Brendan Woo 11E
Jesse Wu 11R
Nicky Wu 11T
Nicolas Yan 11M
Alasdair Yong 11T
Jonathan Zhang 11R
Ruo Bin Zhang 11M
Timothy Zhou 11T

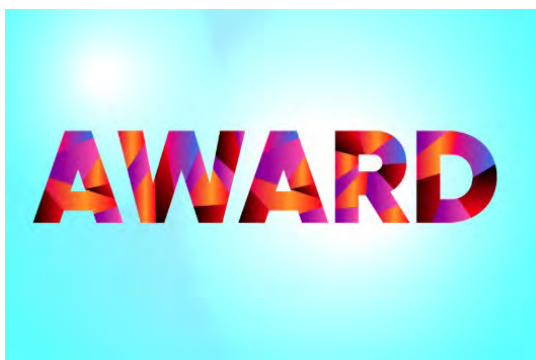


In addition, we like to acknowledge students with outstanding learning behaviours across all their subjects. We recognise students who have achieved the following percentage of **Consistently** learning behaviours as a total:

- 80% Consistently for Years 7 and 8
- 85% Consistently for Years 9 and 10
- 90% Consistently for Years 11 and 12



These students must also not have any **Sometimes** or **Rarely** for their learning behaviours in any course. These benchmarks indicate student application in areas that evidence supports as essential for academic growth, while also understanding that students should be developing these skills more over time, with engagement increasing when choosing more elective courses as they enter Year 9 and beyond. Award Scheme points are also added for these students in recognition of their effort.



YEAR 7

Andrew Chen 07S
Marcus Chen 07T
Leighton Choi 07M
Nicholas Duong 07R
Darren Foo 07S
Jerry Gao 07T
Dharav Gohil 07F
Reyansh Gupta 07M
Isaac Hu 07F
Carlson Huang 07F
Justin Ip 07S
Thommen Jacob 07F
Harold Jiang 07M
Alistair Khoo 07S
Jackson Lai 07F
Robert Lei 07F
Jay Li 07F
Chi Hin Ling 07T
Jaydon LIU 07S
Nathan Liu 07S
Danny Long 07T
Kevin Luu 07F
Anish Nittala 07F
Callum O'Loughlin 07F
Travis Pei 07T
Theo Pham 07T
Victor Pham 07T
Aryan Salam 07E
Arav Saralaya 07T
Hayden Schultz 07F
Sadat Shahriyar 07T
Saharsh Subramanian 07F
Kiaan Taneja 07T
Isaac Tang 07S
Ethan Tanusaputra 07S
Guru Thanabalasingam 07S
Ethan Trinh 07T
Ryan Truong 07S
Justin Vuong 07M
Cloud Wang 07T
Nadisha Widanagamage Don 07E
Owen Yang 07E
Elliot Yuan 07F
Raf Zaslavsky 07S
Lucas (S) Zhou 07S
Tony Zhou 07F

YEAR 9

William Cahyadi 09R
Om Dave 09S
Aryan Ghosh 09S
Roger He 09E
Alexander Howe 09M
Hriman Joshi 09R
Jasper Kim 09T
Akshobhya Kumar 09F
Joshua Kuo 09R
Daniel Kuskoff 09M
Nicklas Li 09F
Ricky Luo 09R
Ryan Mather 09E
Jiekai Miao 09E
Rohan Mittal 09E
Sharvil Pande 09S
Dhuryah Sapra 09E
Haroon Syed 09E
Sajan Thiagalingam 09T
Aiden Ton-That 09T
Zeeshan Zeeshan 09M
Thomas Zheng 09F

YEAR 11

Clinton Chau 11F
Dylan Dutt 11F
Nicholas Fung 11E
Samuel Gao 11M
Adib Habib 11E
Alex Huang 11R
Nelson Lee 11R
Maxwell Ma 11T
Akith Perera 11E
Jawwad Proddhan 11T
Andrew Pye 11R
Jin Shim 11F
Jeff Tse 11R
Sirapak Wateesatogkij 11T
Maurice Wong 11T
Jesse Wu 11R
Jonathan Zhang 11R
Timothy Zhou 11T

Well done to all the above students!
Mr Jamie Kay
Deputy Principal Years 7, 9 and 11

Congratulations!

Theatresports

Junior Theatresports Team Grand Finals Success!

On Tuesday 19 November, our Junior Theatresports Team consisting of Ilyusha Tsoutsman, Marco Ma, Jason Huang and Brishen Xue came 4th in the State at the annual Theatresports School Challenge Grand Finals.

The finals were conducted at St. Andrew's Cathedral School. There were eight other schools competing to take home the cup on the night. This is an extraordinary achievement for our boys who have demonstrated courage, creativity and collaborative skills to make it this far in the competition.

Thanks to the SBHS Students and Families who came along to support our players on the night, a fantastic way to end the year. Congratulations Team!

Anna Barry

Theatresports Co-ordinator



Junior Theatresports Players Ranked 4th in the State - Ilyusha Tsoutsman, Marco Ma, Jason Huang, Brishen Xue



Junior TSC Team - Brishen Xue, Jason Huang, Marco Ma, Ilyusha Tsoutsman and Coach Nat Jensen



Although there were no orientation activities for the new students this year, the enrolment preparation remained the same.



I would like to thank the senior students led by Jin Shim, Liam Nottage and John Fang who assisted our new parents with parking and our Administrative Staff in and around the The Great Hall. Your help was invaluable and allowed us to move through the enrolment process as quickly as possible. Thank you for starting so early and doing such a fantastic job. There were many compliments given on the day regarding our Senior Prefects who were friendly, knowledgeable and helpful to both the staff and new parents. Your assistance is greatly appreciated.

Many thanks to Maria Glenn for her continued support and to Jim Crampton, Daniel Xu and our IT staff for their assistance in setting up on the day.

A special thank you must go to our Administrative Staff. Thank you for your hard work during the long weeks of preparation. In particular, thank you to those who came in early and got us off to a flying start. All enrolments were processed by 1.30pm. Your efforts are truly appreciated, and I thank you all for your support.

Sharon Kearns

School Administrative Manager



Music NOTES

HSC Encore Nominations

Congratulations to Advait Ilavajhala for his nomination in HSC Music 1 Musicology and Alasdair Yong, Year 11 accelerant student in HSC Music 2 Composition. We are so proud of your achievements!

WE ARE SO
Proud
OF YOU

End of Year Music Concert and Music Awards Assembly

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

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

Music Ensemble Rehearsal ATTENDANCE

Ensemble members, please ensure you attend every rehearsal and are ready to start at the beginning of each lesson to maximise the full session. Your conductors need you ALL there!

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	Senior Strings 8.00am – 9.00am Room 101
Guitar Ensemble 7.45am-8.45am Room 201	Junior and Senior String Quartet 7.45am – 8.45am Room 202	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
	Marching Band Workshop sessions TBA		Philharmonic Orchestra 7.45am-8.45am Room 204	Marching Band Workshop Sessions TBA
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





November Clean Up High

The school community has raised concerns about rubbish in the environment and in response, the SRC is taking action by adding three extra bins to the areas with the most complaints: the Junior Quad and Basketball courts. This initiative supports **Cleanup November**, a national campaign encouraging individuals and communities to focus on tidying up their local spaces, reducing waste, and adopting sustainable habits. Building on the success of Clean Up Australia Day, Cleanup November dedicates an entire month to tackling litter, improving recycling practices, and protecting natural environments. We encourage all students to do their part by picking up any rubbish they see and disposing of it properly. Together, we can create a cleaner, more attractive school environment while setting an example of responsibility and care for our surroundings.

Yuhai Wang 9M



SHOOTIN' HOOPS

Our second last game of the year was up against none other than St Ignatius College. We have had many close results and a few outstanding wins. This week was tough. Ignatius was a hard opponent, and unbelievably close to a spectacular outcome with all their teams.



To those that earned victory in our graded teams, the 7ths and the 11ths, congratulations on your success this weekend. The 7ths and 11ths have been performing extremely well so far this year, with many triumphs and little losses. The 7ths are a powerhouse of players, they upheld a dominating lead that Ignatius was unable to break out of. The 7th grade came out on top, 51 - 37, with Dash Lam scoring 18 of those 51 points. Following with this success are the 11ths. A tiresome match was fought as both teams pushed onwards until the buzzer for the win. Eventually the 7ths managed to overcome their opposition, with Tim scoring 8, ending the match 21 - 20 in High's favour.

A special mention to all the teams that almost outperformed the competition. The 4ths, 6ths, 9ths and 12ths all had excellent performances, only losing by the slightest amounts. The 4ths were against Riverview, fighting for success and unfortunately losing 27 - 33. With a much closer game, the 6ths battled it out, reaching for victory but sadly coming away with a 33 - 35 loss. The 9ths, in a similar manner to the 6ths, just had the game slip out of their hands. The game was anyone's from jump ball, back and forth scoring which led to a 1-point loss of the 9ths, 47 - 48. Lastly, the 12ths were in a likewise situation, a relentless uncertain match, which balanced out in the favour of St Ignatius with a small lead, 24 - 26. We did not have much success against Ignatius with the graded teams, it is not to say that the coming weeks will be the same. With hard work and dedication, we will surpass all opponents in the GPS.

Following on, the younger years have also had some tremendously close outcomes. The 16D's, a team with outstanding results so far into the season, have once again triumphed. They maintained a smooth, ongoing lead in their game, resulting in a great 36 - 30 win from a resounding team effort.

The 15Fs with similar success, were very successful against St Ignatius. They won 34 - 11, tripling their opposing team's score with Caleb Ma dropping 12 points in their fixture. Lastly, the 14Fs ended their game in a draw, the final score being 21 - 21, which was balanced out by their team's efforts with Louis as MVP.

There were two games worth a mention - the 15E's and 14D's. Their performance was excellent, only being slightly outplayed by St Ignatius. The 15E's achieved a result of 46 - 51, with Jeffrey Yang dropping 11 while on the rebounding hustle. Meanwhile the 14D's match, Xavier scored 9, leading to a close 25 - 28 game.

Overall while, we did not win every single match this weekend, it is not a reflection of whether we are good enough but rather a greater push to strive for success. The journey to superb outcomes is long and most certainly uneasy and as a collective we will continue this path. Great things will come if we dedicate ourselves to the game.

Lastly, I would like to thank Mr. Hayman for his dedication to our Basketball program at High. The ongoing support is not without notice as we continue to develop ourselves as both players and people. Your longstanding management of the program will continue to be appreciated by all members of the basketball community here at High as we go on in the summer season. To all players, whether our teams win, keep in mind that success will come with patience and hard work. Goodluck to all players as we near the end of this year's fixtures.

Brought to you by:

Anthony Jiang

Yves Rinaldi



Tennis

SBHS GPS Tennis Term 4 Week 7 Update

On Friday 22 November 2024, the boys were given the option to learn from home due to the anticipated train strikes, which meant they didn't need to attend school.

I was particularly impressed by the dedication of the 1st and 2nd Grade Tennis boys, who still showed up for training in the morning. Their commitment is a key factor in their growth, both on the tennis court and beyond. Well done to both the boys and their coaches for showing such drive and determination.

This is the last week of full training and fixtures for all groups except 1st-3rd Grade. Next week, students will only need to partake in their sport time session, and speed and agility. 1st-3rd Grade will continue to train as per normal schedule.

As always, refer to Clipboard.

Kurt Rich

MIC Tennis



'High on 3' – First Grade

RESULTS

<i>Week 6 Vs Ignatius Results</i>			
Team	Total Matches Won	Total Matches Lost	Winning Percentage
1st Grade	3	6	33%
2nd Grade	7	2	78%
3rd Grade	4	2	67%
4th Grade	6	0	100%
5th Grade	4	2	67%
6th Grade	5	1	83%
7th Grade	5	1	83%
8th Grade	6	0	100%
16 A	6	0	100%
16 B	6	0	100%
16 C	4	2	67%
16 D	6	0	100%
15 A	5	1	83%
15 B	5	1	83%
15 C	2	4	33%
15 D	6	0	100%
14 A	4	2	67%
14 B	0	6	0%
14 C	6	0	100%
14 D	6	0	100%
Total	96	30	76%





HIGH SAILING

Wednesday Sailing

This Wednesday, our practised teams were racing in very high winds. It was a good challenge for some of our less experienced sailors, who had never raced in teams before. We were able to practise effective timing of the starts, spreading out along the line in a way that does not impede our other team members, but also prevents our opponents from starting successfully. However, a huge issue was accelerating off the start line, so we must continue to practise pointing lower and allowing our sails to catch air, before we point back upwind.



Teams/Fleet Sailing

On Saturday, most other schools were away on other regattas, so we mixed up our first and second grade teams and raced against each other. We improved exponentially in our timing on the starts, and some of the more experienced sailors managed to do effective mark traps which were able to overturn the results of races.



Whilst sailing, we also must ensure that we watch out ahead of us in the event of unexpected gusts or lulls. When we see a gust approaching on the upwind, it is a good idea to prepare to point upwards or move onto gunwale of the boat, as the gust will boost our boats speed and allow us to point even 5 or 10 degrees further into the wind. The inverse applies for lulls, where we should point slightly down to regain/maintain speed even with the low winds. We must also constantly be vigilant of whether our boat is balanced, and ensuring we sit further forward to optimise our speed.

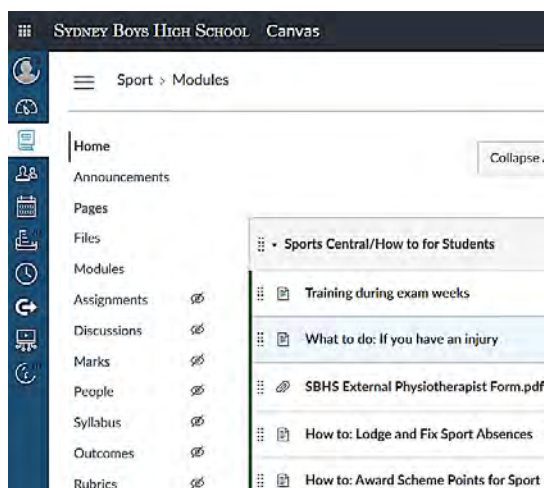
Matthew Kuskoff 11T





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 by 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>



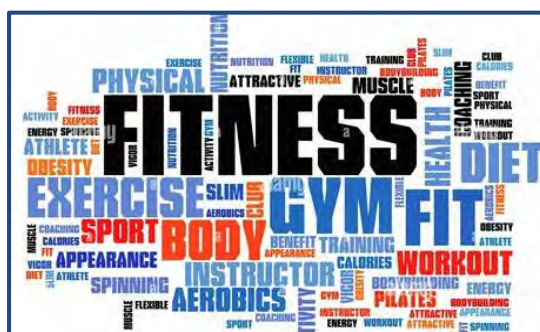
Change in Sport Selection Process

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 7 GPS Cricket 2024/2025 vs. St. Ignatius College

	Score	Result	Highlights
1 st XI	SIC 9/260 def. SBHS 10/88	Loss	B Saha 3/32
2 nd XI	SBHS 6/123 def. by SIC 5/1	Loss	N Rahman 5/13
3 rd XI	Forfeit Win	Win (F)	
4 th XI	Forfeit Win	Win (F)	
16 A	SIC 3/198 def. SBHS 10/122	Loss	A Wu 29 A Kaushik 24
16 B	SIC 4/124 def. SBHS 10/51	Loss	
15 A	SBHS 10/135 def. SIC 10/66	Win	A Kaushik 3/25 S Doke 25
15 B	SBHS 10/46 def. by SIC 3/52	Loss	S Kar 3/15
14 A	SBHS 8/140 def. SIC 10/70	Win	A Patil 35 V Chamoli 25
14 B	SBHS 9/101 def. SIC 9/74	Win	S Siddique 4/22 A Ghosh 26

1st XI

Riverview won the toss and elected to bat through the heat of the morning session on a tough batting wicket which would only deteriorate as the game progressed. A great start with the ball saw High take early wickets, leaving Riverview 2/34 after 7 overs. Despite an auspicious start, the Riverview top order effectively consolidated their position, notching up a 90-run 3rd-wicket partnership. A change back to spin from High saw Riverview lose 2 wickets in 2 overs, as leg-spinner Abhinav Nayani managed 2 vital breakthroughs - dismissing both set batsmen out stumped. Economical bowling once again from off-spinner Nehan Hossain left him

with individual figures of 1/31 off 10 overs, as quality spells opening the bowling from Bibek Saha saw him take 3/32 off 9 overs to help limit the Riverview total. High came out to bat in the 2nd innings with our sights set on the Riverview total of 9/260, as the pitch proved harder to bat on as the day progressed with the cracks opening down the wicket. Glimpses of intent shown early from High, top order led to a promising start, however economical bowling from the Riverview spinners led to a flurry of false shots seeing the downfall of the middle order unnecessarily. Some confident strokes from the tail end helped accumulate the total slightly, with High bowled out for just 88 in the 32nd over - a disappointing performance despite tough conditions. Kings is in the final GPS game of the calendar year, before the long-awaited 5-Highs tournament begins next week in Brisbane.

Eddie Barks
1st XI Captain

2nd XI

Missing our invaluable coach Ramin's wisdom, we started the game with some concern. However, after winning the toss, we were confident electing to bowl first on a pitch that offered heavy deviation off the seam and variable bounce. Understanding the current predicament of this situation, we opened the bowling with Nithilan, our specialist outswinger. However, after numerous edges, their openers were set with 30 each. This partnership was eventually broken, commencing a quick collapse of wickets, headlined by Nehan's fantastic 5fa! Despite the Lankan duo of Ashvin and Nithilan bowling swing together in tandem, we were unable to take all wickets, with Iggy's ending on 158. In the chase, we sent our experienced batsman Kalan, however after being quickly dismissed we were unable to settle despite Ashvin's flourishing strokes, collapsing for a disappointing 62.

Tafheem Choudhury
2nd XI Captain





Team of The Week – 14A's

The unbeaten 14A's faced Riverview in Round 6 of the GPS Season and we were put into bat first. We found ourselves in a dangerous position at 4/40 after 10 overs. However, a valuable partnership between Vihaan with 25 runs, and Arjun with 35 weathered us through a storm. Krishna's quickfire 25 carried us to 8/140.

Arjun and Imaan started well, both picking up 2 wickets. Krishna's fiery pace got him another 2 wickets and Vithun bagged one too. Anish, in moments of brilliance with the ball and in the field, finished Riverview for 70 all out.

Overall, it was another dominant performance, and we look to go into the Christmas break undefeated with our game next week against Kings.

Saharsh Subramanian
14'As Captain



Team of The Week – 14B's

14B's Round 6 of the GPS Season saw the 14B's take on Saint Ignatius' College Riverview 14B's. We won the toss and chose to bat. Our openers: Arya and Sheik had a great start. Overall, our top-order batsmen played very responsibly. Our middle-order batsmen; Rahul, Aryan and Isaac scored over 50 runs. Aryan, scoring 26, anchored our innings with our tail. We scored a defendable total of 9/101, our highest score yet.

Riverview was playing defensively due to our consistent bowling, Isaac taking the first wicket brought further pressure upon Riverview. Arya bowled 2 maiden overs, essential for the match. Sheik bowled magnificent deliveries, getting a 4-wicket haul. We defended our total, only letting Riverview's 14B's score 9/74.

Rahul Ram Gopal
14B's Captain



Weights

Room

SBHS Weights Room

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All year 7 Weights Room members are invited to participate in the 2024 Chin Up Championship. The 2024-Year 7 Chin Up Champion will be decided during lunch time on Monday 9 December 2024.

All year 7 Weights Room members need to attend during lunch time on Monday 9 December - to compete and/or support.

Also, all year 7 Weights Room members are to be included in the Year 7 Weights Room photo.

Head Strength and Conditioning Coach

Kurt Rich



2019 Winner and 2024 School Captain Luc Tran, Mr Rich and 2023 Winner Barry Zhang

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