



From the Principal

High Talent

Congratulations to our 9A Volleyball team which won the NSW Schools Cup last Thursday, coached by Billy Nguyen. Leon Lu (9F) and his team *High Voltage*, recently participated in the First Tech Challenge Pymble Qualifier and received the *Inspire Award* and qualified to be in the National competition. Well done, Leon! Duke of Edinburgh Award participation this year was strong, with the following results. Congratulations to our Gold Award recipient Arthav Ramakanth (SHS-2024) and to our Silver Award winners Lucas Su (10) and Alisdair Yong (11). Bronze Awards were earned by - Ryan Allen (10), Joshua Campbell (10), Nestor Chan (9), Benjamin Dang (10), Liam Fong (10), Rajendra Krishnan (10), Shane Ma (10), Isaac Ng (10), Roman Samsonov (10), Lucas Su (10), Aiden Trinh (10), Leo Varthakavi (10), Ethan Wong (10) and Delbert Zou (10). Great work by all!

Congratulations!

Interpreting Year 10 Reports – Semester 2

All Year 10 boys should be receiving their reports next week. They have also to complete their stage 6 compulsory *Life Ready Course* before the end of the year. It is a busy time. The timetable preparation is well underway. Parents are advised to work with their sons in the process of choosing Year 11 courses to be sure they have made the right choices, suitably aligning their abilities, interests, and possible post-secondary plans. It is really important for students to be sure about their selections. Choosing courses for Year 11 study can be assisted by evaluations of Year 10 performances. English and mathematics courses are determined by the school's pattern of offered courses and by the results of the mathematics selection process for extension 1. For Year 11, 2024 the permitted number will be - as is our custom - seven classes only. Year 10 boys should have done their *Career Voyage* questionnaire during their Transition Education periods. These results should be discussed in the light of your son's interests and abilities. Courses can be selected to underscore certain tertiary directions - eg chemistry for medicine, or economics for a commerce degree. Year 10

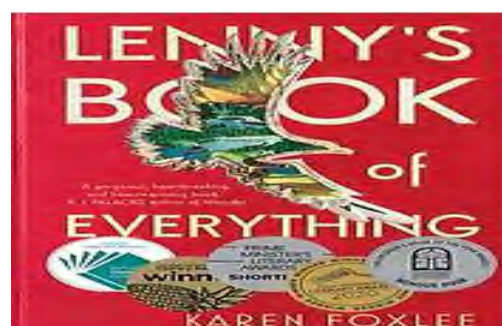
boys should all have had interviews with a member of staff to discuss their possible pathways and appropriate Year 11 course selections.

As for the semester 1 report, ranks are varied by several factors. Students who have not performed well in PE will have a slightly reduced ATAR prediction because the calculation is made on 12.3 units (using a pro rata for PE based on time spent). Students who do the online elective receive the average of the other units so as to neither advantage nor disadvantage them, whereas they may have taken another elective and earned an above average score or a below average score. Students accelerating have a harder task than non-accelerants as they are assessed at stage 6 standard. Consequently, their scaled marks may be lower, reducing their overall score, and hence rank. Students may also lose interest in electives they are not continuing and record weaker results. Electives done for enjoyment are in contrast to the serious efforts that will need to be made in their stage 6 courses. I do not make a judgement on these outcomes. Stage 5 satisfactory completion is all that is required in Year 10. What matters is what happens next, in stage 6. Therefore, students should choose their suite of courses for Year 11 ultra carefully, with insights gained after research and discussion with parents and staff and by acting in their own self-interest.

Year 10 Drama

Thanks to Anna Barry and her Year 10 drama class, there will be a production of *The Book of Everything*, by Guus Kuijer (adapted by Richard Tulloch) in The Governors Centre, on Wednesday, December 11. Your support for their efforts would be appreciated.

Dr K A Jaggard
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**.

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.



CASH REGISTER CLOSING

Due to the end of school/financial year all student payments for excursions, co-payments, contributions, textbooks etc. must be made by 2.05pm (lunchtime) Monday 16 December 2024.

Please Note: The online payment system will be closed from 3.15pm Monday 16 December 2024.

The cash registers will be closed from the end of lunch (2.05pm) Monday 16 December and will not reopen until school resumes in January 2025.

Please finalise all outstanding items before the register closes.

Thank you.

Sharon Kearns

School Administration Manager

Meet The Teacher Mr Harry Charlesworth



Mr Harry Charlesworth – English

On behalf of Sydney Boys High, we would like to introduce you to Mr Harry Charlesworth – English Teacher – below is our interview with Mr Charlesworth.

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

English/Cover teacher. Drama and Volleyball are favourites of mine, but I'm keen to see what other extracurricular activities exist here.

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

Academic background in English Literature and Theatre and Performance studies. Teaching areas are English and Drama.

What do you enjoy about Sydney Boys High School?

The boys always have something to say.

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

I try to bring Drama Teaching into as many classes as possible. I enjoy providing opportunities for students to have discussions and arguments about the content of the lesson.

Fun Facts

All related to King Henry III of England.

Thank you
Harold Jiang 7M



Life Ready Program

Dear Parent and or Caregiver

The life ready program is a mandatory program!

The course aims to prepare and support students. To lead, and contribute to, healthy, safe and meaningful lives which promote respect, responsibility, enjoyment, inclusion and social justice for self and others.

The Key Skills

- Communication and Interpersonal skills.
- Decision making, problem-solving and critical thinking skills.
- Building independence and confident transitions.

The course addresses six learning contexts:

- Independence
- Mental Health and Wellbeing
- Respectful Relationships
- Sexuality and Sexual Health
- Drugs and Alcohol
- Safe Travel

***Note** – These skills have been addressed - but not limited to the PDHPE program and Values Education.

2025 Program:

Monday 9 December

Period 5 – Governors - Centre Dealing with HSC Stress – Roanna Chan.

Monday 16 December

Period 1 and 2 – Governors Centre - Drug Education and Safe Partying – Tom Reynolds

Period 3 – Discussion and connection to next activity.

Period 4 – Governors Centre - CPR – NSW Lifesaving.

Period 5 – Governors Centre - Preventative Health Literacy - Nutrition Workshop - Healthy Longevity Team at the Charles Perkins Centre, University of Sydney.

Tuesday 17 December

Period 1 and 2 – Governors Centre - (R, S and T) Resilience and Support network: Smash the Stigma – Batyr.

Period 1 and 2 – 401 – E, 402 – F, 403 – M. Tomorrow Man Workshop.

Period 3 and 4 – Governors Centre - (E, F and M) Resilience and Support network: Smash the Stigma – Batyr . Period 3 and 4 – 401 – R, 402 – S, 403 T Tomorrow Man Workshop.

Period 5 - You Choose – Youth Road Safety – Melissa McGuinness.

Wednesday 18 December

Period 1 and 2 – Governors Centre - Life Choices – Brent Sanders

Period 3 - Governors Centre - Evaluation

Kurt Rich
Life Ready Coordinator





Sydney High School Cadet Unit (SHSCU) Highlights

Remembrance Day School Assembly

Remembrance Day commemorates the service of all those who fought in wars in our country's name. The ending of World War 1, then the costliest war in human history in terms of military and civilian lives lost, was seen as the most appropriate date, being the eleventh hour of the eleventh day of the eleventh month. SHSCU cadets were proud to participate in High's annual Remembrance Day assembly.



Waverley RSL Remembrance Day Service

The Waverley RSL Remembrance Day Service was one I am proud to have been a part of and most certainly will never forget. Among our Rising Sun, rolled sleeves, and ceremonial belt, we were even given white gloves for the service. I witnessed some of our corporals and sergeants displaying Colours Drill as the Catafalque Party. The event was heavily commemorative to those who have and continue to serve in the national safety of Australia, remembering their sacrifice for our continued well-being. I was given the opportunity to lay the wreath, my first time and I am honoured to have done so at such a significant event. During the event, some notable aspects of the event include the speech given by Captain Alexander McDermid, representing Headquarters Forces Command, who recited "We're All Australians Now" by Banjo Patterson, 1915, as well as telling the stories of soldiers who had given their lives during the First and Second World Wars. The event was certainly a highlight of my Cadet career and is an event I will look back upon in future. Through the experience I have had in this event, I remember the service of those who fought for the future generations to come.

CDT Meldaan Sundarsagar



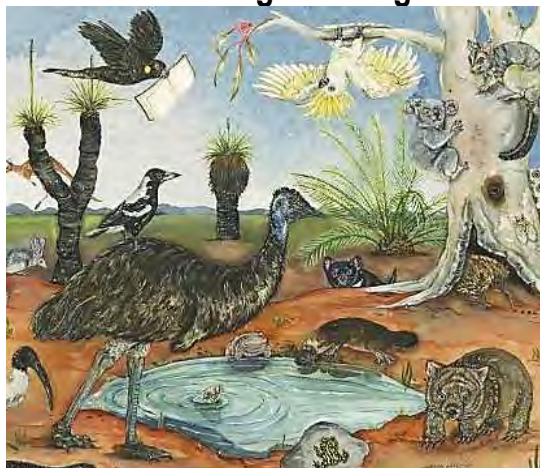
Paddington-Woollahra RSL Remembrance Day

This year marks the 105th commemoration of Remembrance Day, a tradition that has been held every year since 1919, to honour servicemen and women who have given their lives in service to our country. This year, 4 members of SHSCU, CDT Raphael Xiao, CDTSGT Willard Fan, and CDTCUO Oscar Zhang, as well as myself, were lucky enough to be invited by Paddington-Woollahra RSL to take part in their Remembrance Day Service. Alongside members of 248 ACU, we participated in the RSL's yearly commemoration, serving as a wreath layer. Formed up at Victoria Barracks, we were first briefed, before splitting into drill groups to rehearse for the service. As we formed up beside the obelisk, it was a moment to silently reflect and consider Remembrance, contemplating the underappreciated efforts of both our serving ADF members, and those who have served in the years before. Many discharged service members and dignitaries from the community were in attendance, highlighting the significance of Remembrance throughout Australia and Australian culture. The Minutes Silence, a tradition in all commemorative services throughout Australia, was a sombre reminder of the great sacrifice that those who have and are currently serving have given to our country, especially those who have lost their lives in the line of duty. After the service was completed, we were kindly invited to Paddington RSL to enjoy lunch, provided by the RSL. This year's service has highlighted the importance of recognizing and commemorating our ADF personnel, both serving and discharged.

CDT Ethan Ma



Premier's Reading Challenge 2024



We have had another excellent year for the **Premier's Reading Challenge (PRC)**. The state had over 432,000 participants this year, from kindergarten to year 10. Of the 337 High students who entered, 134 completed **The Premier's letter to the Principal** reads, "The NSW Premier's Reading Challenge encourages students to engage with reading for leisure and pleasure and fosters a lifelong love of reading. It offers the opportunity for students to read from a wide range of authors, styles and genres and to gain new perspectives about themselves and the **world around them.**"



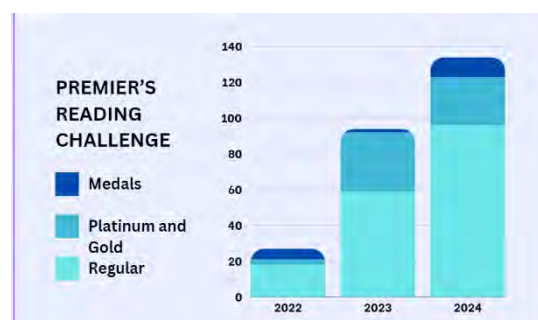
We had eleven year 9 students, and 10 students received medals this year. It is the largest number of medal recipients in the three years since I have been at the school. There were lower numbers for 2022 and 2023 probably which had something to do with the disruptive COVID years. The following students were awarded a medal this year: Alay Mahidadia, Anay Gautam, Jack Francis, Kyle Lee, Lucas Chen, Otis Candy, Ryan Park, Talha Adnan, Cassiel Yun, Liam Fong, and Samuel Wen. We also had 27 students receiving Gold and Platinum certificates (for completing the PRC four times, and 7 times respectively).

We also had fifty-five year 7 students, fifty-five year 8 students, eighteen year 9 students, and six year 10 students. There were many students collecting certificates - Medal Recipients – Platinum, Gold certificate.



Not everyone picked up his certificate at the appointed time, but I think we have a representative sample of the students who completed the PRC this year. Congratulations to **everyone who completed, and if this year's year 8s** complete again next year, we could have over 30 medal recipients. Also, encouragement to those **who signed up this year, but didn't complete;** hopefully they will try again next year and discover all the fabulous books to read in the school libraries with which to complete their 20 books for the PRC.

Dr R Love
Teacher-Librarian
Andrews Junior Library







As Term 4 almost wraps up, we thank everyone who has supported our SBHS Canteen this year, from our wonderful Canteen Managers and assistant staff to our amazing volunteers who generously give up their time to help each week. A special shout out to our graduating Year 12 Canteen volunteer parents - thank you for all your dedicated volunteering over the past 6 years ❤️. We will miss you all and wish you and your sons all the very best in your future endeavours!



Stay tuned for our final 2024 Canteen Report in **next week's last High Notes of the year!**

From our Canteen Managers: On Wednesday 18 December, as it is our last day, the boys will be able to order recess or lunch orders at the window during breakfast, but not through Flexischools.

There will be a limited menu that day!

As the end of term approaches, some menu items may not be available for sale. However, please come and speak to the Canteen Managers if you have any specific dietary requirements. We aim to minimise wastage and therefore thank you for your understanding.



Please line up at the designated "snack" window when purchasing drinks and snacks. This will ensure you are served faster and reduce queues at the other service windows.

The 2024 Canteen Committee AGM was held on Wednesday 20 November 2024, where Committee positions were re-elected. Our elected 2025 Canteen Committee members are responsible for overseeing the operations of our SBHS Canteen alongside our Canteen Managers and Dr. Jaggar. We sincerely thank Canteen Vice President Vivian Chen; Canteen Volunteer Coordinator Grace Guan; Canteen Co-Treasurers Nhan Pham, Crystal Yeung, Ruchi Sehgal; and Chairman Charmaine Francis for taking on these vital positions, and for your expertise, time and energy devoted to supporting our SBHS Canteen.

A heartfelt thank you to Alison Dao, who will be stepping down from her role as Canteen President due to her demanding work commitments. We are **very grateful for Alison's past two years of service** leading the team, and her tireless, behind-the-scenes work to ensure the smooth operations and compliance of our SBHS Canteen with governing legal requirements. Thank you, Alison, for all your hard work and we send you very best wishes for all your future pursuits!



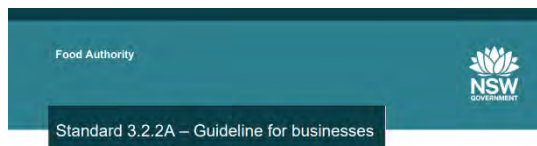
We are seeking expressions of interest for the Canteen President role. If you have relevant experience or are interested in this role, please reach out to any admins in the Canteen Volunteers Whatsapp Group.

CELEBRATE!

As a P&C operated Canteen, all operating profits are returned to the school to fund specific projects for the benefit of all students. This year, we are very proud of the \$85,000 contribution from the Canteen that directly funded school projects, including new science textbooks, Literacy Workshops, the Student Support Fund, car space expansions, future bus replacements, resources and events for Rifle Shooting and Cricket, and equipment repairs and replacements for Industrial Arts. This is possible only due to the generosity and commitment of our parent volunteers, Prefects, SRC students, and our experienced Canteen staff.



For those who haven't had the chance to visit our Canteen yet, there are still 1.5 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.



With the December 8 deadline very quickly 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 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.

Heartfelt THANKS TO OUR VOLUNTEERS!

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

A heartfelt thank you to our incredible volunteers for helping in the Canteen over the past few weeks.

Thursday 21 November: Thi Ly, Xiaoyan Xu.

Monday 25 November: Grace Guan, Yongmei Jin.

Tuesday 26 November: Wei Chen, Renee Levitt, Ajay Chamoli, Thava Subramanian, Anilkiran Nittala.

Wednesday 27 November: Qian Shen.

Thursday 28 November: Vivian Chen, Sandra Jouravlev.

Friday 29 November: Sureka Thiagalingam, Daisy Tan.

Monday 2 December: Grace Guan, Yongmei Jin.

Tuesday 3 December: Li Jia, Katherine Cowan.

Wednesday 4 November: Thi Ly, Grace Qiu.

J Yuan
On Behalf of the SBHS Canteen Committee Secretary

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 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.

Rehearsal

Music Ensemble Rehearsal

ALL Music Ensembles wrap up this week, there will be no more ensemble rehearsals from week 9 after the End of Year Concert this Sunday. Have a wonderful and well-earned holiday, see you back at rehearsals week 2 next year.

Instrumental Lessons

Instrumental lessons will continue until the end of the term, please organise with your music tutors if you need to change lesson times or finish lessons prior to end of term.

Suzanna Lim
Music Teacher

2025 Proposed Music Ensemble Schedule (Subject to Changes)

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 and Senior String Quartet 7.45am – 8.45am Room 202		Marching Band GH/MPW Scheduled Sessions
Guitar Ensemble 7.45am-8.45am Room 201	Marching Band GH/MPW Scheduled Sessions	Senior Stage Band 7.45am – 8.45am Room 201	Symphony Orchestra 7.45am-8.45am Room 201	Chamber Choir Ensemble 8.00am – 9.00am Room 201
Philharmonic Strings Ensemble 7.45am – 8.45am Room 204	Symphonic Strings Ensemble 7.45am – 8.45am Room 101	Junior Stage Band 7.45am – 8.45am Room 101	Intermediate Stage Band 7.45am – 8.45am Room 101	
After School	After School	After School		After School
Guitar Ensemble 3.20m-4.15pm Room 201	Percussion Ensemble 3.15pm – 4.15pm Governors Centre			Jazz Ensemble 3.20pm-4.15pm Room 201

Awards Assembly

SHOOTIN' HOOPS

High wraps up this year with a final competition against Kings, predominantly at home. Many games were cancelled because of rainy weather, however we still pulled through with some great outcomes ending the year on a positive note.

The 2nds have managed to surpass King's this weekend, pulling off a 3-point victory. The final score, 38 - 35, was held up by Nelson Lee, scoring 12 points and from a resounding team effort overall. Likewise, the 4ths managed to snatch the win for themselves, bringing High a wondrous 4-point success. Marley Masya dropped 13 points, a great performance leading to the 4ths eventual 28 - 24 match. A great way for both the 2nds and 4ths, **driving through King's teams, to end off on a positive note for the year.** Unfortunately, the rest of the matches throughout the graded teams were cancelled this Saturday due to poor weather conditions. The teams with fixtures that still went on had a terrific outcome.

Focusing on the younger years, the 16s and 14s did very well as a group with many close matches and victories. **The 16A's had a fierce competition,** both sides clawing for the win until the game buzzer, Charlie Caro leading the way as MVP. It eventually resolved in a 26 - 26 draw between them and Kings.

Another great game was in the 16D's, also tying their match in a 26 - 26 final score. A strong collective performance was held throughout the game, paving way for an equal fixture against Kings. **A special mention to the 16F's, holding their ground from the start with Dennis Chen on the aggressive hustle. Only shy of a triumph, the 16F's lost by 8 points, 24 - 32.**



On a brighter note, the 14C's had great success, earning for High a 7-point victory, 40 - 33. Eytan Goh of the 14C's paved the way for this win, with 13 points, bringing up the score in our favor. A mention to the 14A's and 14F's, who only just had victory slip out of their hands. The 14A's had an exceptionally close match, neck and neck throughout from the start. Lucas Hu dropped 13 points on King's but unluckily, their fixture led to a small 2-point loss, 25 - 27. The 14F's were in a similar situation to the A's, them keeping defense strong from the beginning, but eventually resulting in a 7-point loss 10 - 17. Sadly, all 15s matches rained out this weekend, but overall, from the 14s and 16s and opens sides, there were outstanding results.



Lastly, I would like to thank both Mr Hayman, our longstanding head of basketball, and all coaches, volunteers and committee members for supporting and developing the basketball program this year. It can be agreed that without this special help, we would not be where we are today with such excellent histories and futures ready to be molded and made. Basketball is no easy sport, and success only comes from hard work and dedication to the game, so to all players, congratulations pulling through to the end of this half of the season and good luck as we move onwards to next year and remember that great things are ready for those willing to push through and strive for it.

Brought to you by:
Anthony Jiang
Yves Rinaldi





SBHS GPS Tennis Term 4 Week 8 Update

Over the weekend we saw fixtures mostly washed out with 1st and 2nd Grade almost able to complete their matches. 1st grade went down 1.5 to 7.5 and 2nd grade lost 2-7.

With this being the last fixture of the year it is a shame that many did not get on. However, with a term of mostly good weather I am sure that most are satisfied with the number of matches and training sessions so far this term.

In these final weeks of term 1st – 3rd grade will continue full training. All other groups will have their sport time session and speed and agility session.

Students are reminded to check Clipboard for updates, e.g. week 9 – Thursday sport time, year 9's will be at school courts.

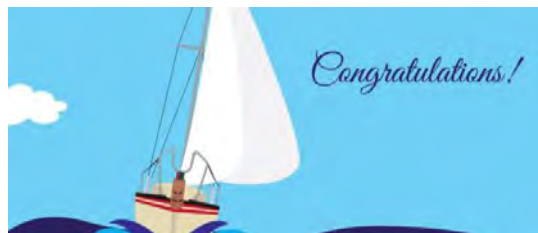
Kurt Rich
MIC Tennis



HIGH SAILING

Thursday Sailing

On Thursday, minimal wind allowed our juniors a rare on land theory session, refreshing their knowledge on boat handling, starts and basic right of way rules. Our Juniors have seen major improvements, with some crews hopefully looking to **join our teams' racers** in the coming years.



Christmas Party!

On Saturday we held the annual Sailing Christmas Party. Thank you to all the parents and everyone who brought food and drinks and Thank You to all who helped set up the party.

Also, many students received awards for their excellent improvements and sportsmanship over the course of the past few years. Congratulations to Meldeen Sundarsagar, Julian Luchko, William Zheng, and Gordon Chen, who received awards for their outstanding excellence in Sailing.

Despite the foggy weather we went sailing with parents and family and there was just a little rain. Fortunately, the wind was not too heavy, making it an enjoyable sail for all who participated.



Moth World Champion Sailor and Old Boy, John Harris, spoke at the party, sharing with us his sailing experiences, particularly the opportunities and connections it provided him in developing both his working and sporting careers.
Matthew Kuskoff 11T





High Regatta Report

The first junior regatta took place on Saturday November 30. For the first time in a few seasons, we had four of the six Year 8 quads racing at the first regatta. Congratulations to the 2nd Year 8 quad who fought a tight race and were the closest to first place of all crews on the day. A huge thank you to the parents who ran the BBQ and made the other schools feel welcome at Bayview Park.

Holiday Training

Please look over the training plan for the holidays. The suggested activities are for when you are not training with school. You are expected to do a lot of running and core work before your return to rowing training. School training is highlighted by the green cells. Senior A start back Jan 8, Senior B and Yr 10 VIIIs Jan 21 and Year 8/9 quads Jan 28.

George Barris

MIC Rowing

Week Beginning Dec 16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior A	AM - ergs		Enjoy the last day of school	Core 1+2 + 40-minute run	Core 1+2 + 40-minute run	At home - 60-minute run
Senior B	At home core workout 1, 2, 1		Enjoy the last day of school	At home - 40-minute run	At home core workout 2, 1, 2	At home - 40-minute run
Year 10 VIIIs	At home core workout 1, 2, 1		Enjoy the last day of school	At home - 40-minute run	At home core workout 2, 1, 2	At home - 40-minute run
Year 9 Quads	At home core workout 1, 2, 1		Enjoy the last day of school	At home - 40-minute run	At home core workout 2, 1, 2	At home - 40-minute run
Year 8 Quads	At home core workout 1, 2, 1		Enjoy the last day of school	At home - 40-minute run	At home core workout 2, 1, 2	At home - 40-minute run
Week beginning Dec 23	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior A	Core 1+2 + 40-minute run	Core 1+2 + 40-minute run	Enjoy the holiday		Core 1+2 + 40-minute run	At home - 60-minute run
Senior B	At home core workout 1, 2, 1	At home - 40-minute run	Enjoy the holiday	At home - 40-minute run	At home core workout 2, 1, 2	At home - 40-minute run
Year 10 VIIIs	At home core workout 1, 2, 1	At home - 40-minute run	Enjoy the holiday	At home - 40-minute run	At home core workout 2, 1, 2	At home - 40-minute run

Year 9 Quads	At home core workout 1, 2, 1	At home - 40-minute run	Enjoy the holiday	At home - 40-minute run	At home core workout 2, 1, 2	At home - 40-minute run
Year 8 Quads	At home core workout 1, 2, 1	At home - 40-minute run	Enjoy the holiday	At home - 40-minute run	At home core workout 2, 1, 2	At home - 40-minute run
Week beginning Dec 30	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior A	Core 1+2 + 40-minute run	Core 1+2 + 40-minute run	Enjoy the new year	Core 1+2 + 40-minute run		At home - 60-minute run
Senior B	At home core workout 1, 2, 1	At home - 40-minute run	Enjoy the new year	At home - 40-minute run	At home core workout 2, 1, 2	At home - 40-minute run
Year 10 VIIIs	At home core workout 1, 2, 1	At home - 40-minute run	Enjoy the new year	At home - 40-minute run	At home core workout 2, 1, 2	At home - 40-minute run
Year 9 Quads	At home core workout 1, 2, 1	At home - 40-minute run	Enjoy the new year	At home - 40-minute run	At home core workout 2, 1, 2	At home - 40-minute run
Year 8 Quads	At home core workout 1, 2, 1	At home - 40-minute run	Enjoy the new year	At home - 40-minute run	At home core workout 2, 1, 2	At home - 40-minute run
Week beginning January 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior A	Core 1+2 + 40-minute run	Core 1+2 + 40-minute run	Row - 7-9am		Row - 7-9am	Row - 7-9am
Senior B	At home core workout 1, 2, 1	At home - 40-minute run	At home core workout 1, 2, 1	At home - 40-minute run	At home core workout 2, 1, 2	At home - 40-minute run
Year 10 VIIIs	At home core workout 1, 2, 1	At home - 40-minute run	At home core workout 1, 2, 1	At home - 40-minute run	At home core workout 2, 1, 2	At home - 40-minute run
Year 9 Quads	At home core workout 1, 2, 1	At home - 40-minute run	At home core workout 1, 2, 1	At home - 40-minute run	At home core workout 2, 1, 2	At home - 40-minute run
Year 8 Quads	At home core workout 1, 2, 1	At home - 40-minute run	At home core workout 1, 2, 1	At home - 40-minute run	At home core workout 2, 1, 2	At home - 40-minute run

Week beginning January 13	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior A	Weights for weights room members	Row - 7-9am	Row - 7-9am	At home core workout 2, 1, 2	Row - 7-9am Erg - 9-10.15am	Row - 7-11am
Senior B	At home core workout 1, 2, 1	At home - 40-minute run	At home core workout 1, 2, 1	At home - 40-minute run	At home core workout 1, 2, 1	At home - 40-minute run
Year 10 Vllls	Weights for weights room members or core workout	At home - 40-minute run	Weights for weights room members or core workout	At home - 40-minute run	Weights for weights room members or core workout	At home - 40-minute run
Year 9 Quads	Weights for weights room members or core workout	At home - 40-minute run	Weights for weights room members or core workout	At home - 40-minute run	Weights for weights room members or core workout	At home - 40-minute run
Year 8 Quads	Weights for weights room members or core workout	At home - 40-minute run	Weights for weights room members or core workout	At home - 40-minute run	Weights for weights room members or core workout	At home - 40-minute run
Week beginning January 20	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior A	2km erg test	Rowing camp starts at 2pm	Nepean Rowing camp	Nepean Rowing camp	Nepean Rowing camp	Nepean Rowing camp finishes 3pm
Senior B	At home core workout 1, 2, 1	Row - 7-9am	At home core workout 1, 2, 1	Row - 7-9am	Row - 7-9am	Row - 7-9am
Year 10 Vllls	Weights for weights room members or core workout	Row - 7-9am	Ergs at school - 7-9am	At home core workout 1, 2, 1	Row - 7-9am	Row - 7-9am
Year 9 Quads	Weights for weights room members or core workout	At home - 40-minute run	Weights for weights room members or core workout	At home - 40-minute run	Weights for weights room members or core workout	At home - 40-minute run
Year 8 Quads	Weights for weights room members or core workout	At home - 40-minute run	Weights for weights room members or core workout	At home - 40-minute run	Weights for weights room members or core workout	At home - 40-minute run
Week beginning January 27	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior A	Weights for weights room members or core workout	Row - 7-11am	Row - 7-11am	Row - 7-11am	Row - 7-11am - boatload	SIRC Regatta
Senior B	At home core workout 1, 2, 1	Row - 7-9am - 2km erg test	Row - 7-9am	Row - 7-9am	Row - 7-9am	Row - 7-9am

Year 10 Vllls	Weights for weights room members or core workout	Row - 7-11am - 2km erg test	Row - 7-11am	Row - 7-11am	Row - 7-11am - boatload	SIRC Regatta for 1sts/2nds. 3rds train - 7-9am
Year 9 Quads	Weights for weights room members or core workout	Row - 7.30-9.30am	Row - 7.30-9.30am	Row - 7.30-9.30am	Row - 7.30-9.30am	Row - 7.30-9.30am
Year 8 Quads	Weights for weights room members or core workout	Row - 9-11am	Row - 9-11am	Row - 9-11am	Row - 9-11am	Row - 9-11am
Week beginning February 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior A	Row - 7-9am	Ergs at school - 7-9am	Row - 7-9am	School begins - afternoon row /camp	Morning row	Row - 7-11am
Senior B	Row - 7-9am	At home core workout 1, 2, 1	Row - 7-9am	School begins - afternoon row		Row - 7-9am
Year 10 Vllls	Row - 7-9am	At home core workout 1, 2, 1	Row - 7-9am	School begins - afternoon row	Morning row for camp group	Row - 7-11am
Year 9 Quads	Row - 7.30-9.30am	At home core workout 1, 2, 1	At home core workout 1, 2, 1	School begins - afternoon row		All schools Regatta
Year 8 Quads	Row - 9-11am	At home core workout 1, 2, 1	At home core workout 1, 2, 1	School begins - afternoon row		All schools Regatta





High Cricket



East Coast Cup Victory! Sydney Boys High School triumphs against Brisbane State High

The 14A's and 15A's were playing the highly anticipated East Coast Cup against a very talented Brisbane State High team last week. The 14A's had a convincing whitewash, even without key players Vedansh (overseas) and Saharsh (chosen for combined CIS).

We had a great first game, restricting Brisbane to a mere 95/9 after 40. Tavish starred with the ball, and his 1/2 off 5 overs was key to slowing their run rate down. We were able to easily chase the small total in 17 overs, with Anish (43*) and Rohan making light work of the task.

The next day, in the absence of Saharsh, we had Ary play for us, for our first game at McKay Oval. We were put to bat first, and Anish scored 51* with Rohan and Ary supporting with 30+ scores. In the end, Arjun finished with 46* for a score of 202. We comprehensively bowled them out for 90, with the wickets distributed across Ary, Krishna and Imaan, to cap off a dominating win.

We then got Hitansh for the next day, as James was away, and played a T20 against Brisbane. We batted first, and our openers both batted well with Anish retired on 30 and Rohan putting up 28. Our innings ended on 126 off 20 overs. Brisbane put up their hardest fight in this game, however, Imman's 3-fer helped secure the series.

The boys had a lot of fun, socialising and playing against a quality team, and it's good to see the strength and depth of our team winning competitions like this.

Anish Nittala
14's Captain



Captain's Anish and Sayyan with the Trophy in the Post-Match Celebrations!

Last week, Sydney Boys High hosted Brisbane State High for the East Coast Cup, the first in six years. Our 15s team faced tough competition but showed great effort and grit across the three games.

In the first 40-over match at McKay Oval, our bowlers got off to a great start with Ary and Taheem taking key wickets. Brisbane scored 210 runs, and despite 25 runs from Hitansh, we collapsed for just under 100.

In the second match at CP wicket, our bowlers, led by Abhinav, Will, and Yashneil, restricted Brisbane to 80 runs after 20 overs. They rallied to 219 by the end. While Yashneil and Sayyan added 25 and 26 runs respectively, we fell short, scoring just 160.

The final T20 saw Brisbane post 160, thanks to good bowling, including a sharp fielding effort from Owen. Our openers started strong, scoring 40 runs in 6 overs, but another batting collapse left us all out for 110, as Sayyan scored 36 and William added 25 not out.

Thankfully, our 14s team won all their games, helping Sydney retain the trophy. Big thanks to Mr. Smith, coaches Ramin and Harris, our Year 10 scorers (Vedantik, Rabaab, Nithilan, Nehan and Gopala), and our Media Team (Zuhayr) for making the cup a success!

Sayyan Doke
15's Captain



Post-Match Victory Celebrations at McKay Pavilion



15's Ary Kaushik with Media Team Zuhayr - Year 10





Brisbane State High and Sydney Boys High

During the Barberis Cup, we played a very good



15's Batter Hitting a Boundary

MIC Report

Congratulations to all the SBHS Cricket Teams who played in the GPS Competition so far this season.

The highlight is our 14A team who are undefeated so far by winning six out of six GPS games, and 3 out of 3 ECC games for a 9-0 record. This is an outstanding achievement, and we need to make sure this team keeps developing each year. It will be exciting to see them, once they make the 1st XI in the future seasons. Most of our teams had some good wins in the competition, especially our 15A, 16B and 3rd XI sides.

Our 1st and 2nd XI teams are finding some tough opposition each week and hopefully, we start to win some games at the back end of the season. The 1st XI is still in the Davidson Shield Finals next year, a competition we hope we can win with the knockouts around the corner. We have played our cricket school exchanges recently for each cohort. The players enjoy these trips and will remember these school highlights forever. Also, many players form friendships with the players from the other schools on these school exchanges. Unfortunately, our Barberis Cup Team (year 9) had four injuries to key players and these players have been out all season.

Melbourne side who outplayed us in the three-game series, after High won the Cup last year 2 games to one. Our East Coast Teams (Years 7 and 8) played some very good Brisbane State High School Teams and came out as eventual winners, retaining the trophy we won in the last match (2019 due to COVID-19).

Our 5 High Open Team are playing in Brisbane against some very strong opposition from Perth, Adelaide, Brisbane and Melbourne. It is a great carnival and one all the players enjoy! If anyone interested wants to watch them play live, all the action is streamed free on PlayCricket and PlayHq via FrogBox!

I would like to wish all our cricket community the very best for Christmas and a fantastic New Year. We are starting to have more success as the program is building each year.

Mr David Smith

MIC of Cricket

Vedantik Bhattacharyya 10S



Weights

Room

SBHS Weights Room

Year 7 Chin Up Championship

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

SBH Weightlifting Club

Tom Ye and Lloyd Zeng made their Weightlifting Competition Debut on Sunday 1 December. Both boys competed in the m81 category, both weighed in just over 75kg, with both hitting 5/6 attempts. Tom 15 years old finished with a 61kg snatch and 84kg clean and jerk. Lloyd 14 years old with 61 and 78.

Well done to both boys who executed the game plan quite well. I'm sure both have a fire in the belly to compete and test themselves further next year.

Head Strength and Conditioning Coach

Kurt Rich



Tom Ye - executing his split jerk at 83kg



Lloyd - great display of leg and back strength

Well done!





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SPORT



Year 10 Drama Production

THE BOOK OF EVERYTHING



By Guus Kuijer

*Adapted by
Richard Tulloch*

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