



## From the Principal High Talent

Cricketer Saharsh Subramaniam (7F) was the first Year 7 student picked in a 5-Highs Championship Team in the history of the competition – a startling achievement. Advait Ilavajhala (SHS-2024) has had his Musicology work selected for inclusion in ENCORE – an impressive achievement! Oliver Buikema (10F) won the V Fest Junior Competition for his film made at school. Congratulations to Cassiel Yun (10T) whose artwork on the theme – ‘Everyone has a story’ – was judged the winner of the Judy Cassab Prize of \$1000, sponsored annually by her son, Peter Kampfner. Some more Year 10 *Duke of Edinburgh* Bronze Medal awardees – Alexander Pidcock, Adrian Wang, Lachlan Yuen and Lucas Zhang. Well done, lads!



## Final High Notes for 2024

I want to thank all of our staff for their collegial work this year to make our school operate efficiently and effectively. Thank you to the editorial staff – Rosa and Brooke – for pushing out a proofed edition of *High Notes* each week. We have a large number of contributors each week – staff, students, parents, coaches – and much work is required in layout, editing and proof reading. Their efforts to disseminate current news to our school community on a weekly basis takes a lot of time and is much appreciated. Thank you to everyone who helped make the publication a success – contributors and editors alike. I urge more parents to have High Notes emailed to them each week so that they can keep abreast of everything that their boys are doing at High.

Thank you to our properties staff- John Prorellis, Jim Crampton and Daniel Xu for the long list of repairs and improvements to the buildings and grounds. We farewell Eden Boundy (Visual Arts) who will be leaving us at the end of this year and thank her for her service.

## Scholarships Awarded to Accomplished Applicants

Congratulations to Jude Ou (10R) was a worthy winner of the Sir Roden and Lady Cutler Foundation Inc Scholarship, focused on social justice, community service and civic consciousness. He has \$1,500 for both Years 11 and 12 credited to his school account. Matthias Elgawly (11R) was awarded the Phillip Day Memorial Scholarship, emphasising all-round academics, participation and sport. He was credited with \$1,750 against his account for 2025. Encouragement Awards went to Dylan Dutt (11F) for \$500 and Joshua Chen (8E) for \$250. Thank you to the 27 able applicants for this year's scholarships. It was a difficult and painstaking task to find those who fulfilled the goals of the scholarships most closely.

## Collection of Reports

All students except Year 8 should have collected their reports by now. Students in Years 7, 9 and 11 have been very cooperative and all reports have been collected. There a very few left, mostly belonging to students on extended leave and a few Year 10s I have not been able to catch up with so far. I will complete the process early in the new year. With 1207 reports and interviews to schedule, the cooperation level from parents and students has been very high indeed. Thank you to Year Advisers and office staff who have assisted with co-payments and book returns. Thank you to all the teachers who have had students coming and going from their classes to have their interviews with the principal.



## Music Awards Assembly

Cameron Morrison (SHS-2011) spoke about the importance of music in his life as enjoyment, stress relief and as an aid to gaining employment in his legal profession. He reinforced the benefits of wide participation in co-curricular activities while at school. My address is reprinted below:

Special guest Mr Cameron Morrison (SHS-2011), members of the Music Committee, participants in our Performance Music Program, staff, tutors, parents and students, welcome to our Music Awards Assembly for 2024. At this morning's assembly, we again recognise and honour the accomplishments of our performance music program performers. Many of our students join a variety of ensembles to perfect and perform a varied collection of compositions in a range of styles. High has produced many good musicians, some of whom will perform for you today. The purpose of our assembly is to honour those current students who are upholding the school's fine performance tradition. I congratulate those boys being acknowledged today and urge them to continue their efforts in musical training and performance.

I want to acknowledge and thank our performance music staff - Sarah Kim, Suzanna Lim and Peter Aoun. Thank you also to Annette Dilling - Administrative Assistant for Music. Our music staff organise soirees, concerts, music camps, recitals, overseas tours and supply performers for our assemblies and special occasions, such as the Anzac Day marching band. I extend our warm appreciation to you for your work on behalf of the boys, much of which occurs outside of school hours. Specialist tutors provide expert mentoring for our aspiring musicians. The Music Committee raises funds to purchase large instruments and sheet music to refresh our performance repertoire. Our boys are given many opportunities to perform.

Our music performance program is a very large co-curricular activity. Music and musicians are integral to the many assemblies, formal occasions and special events that define and build our school culture. Musical performance is integrated vertically at High and access to ensembles is based on merit. Performing in an ensemble is an activity that builds teamwork, self-confidence and social cohesion. More importantly, being in an ensemble provides opportunities for students to perform for an audience, which is one important reason why people learn to play instruments. Musical performance publicises the talents of our students to the wider community. It has many styles.

Country music originated from the combination of English ballads with Irish and Celtic fiddle songs, with a touch of European influences from the old continent's immigrants. It became popular around 1900 in the Southern States in America. Unlike other music genres, country music doesn't rely heavily on non-diatonic chords, which are notes that are not in the scale. So, all the notes of diatonic chords are in the scale, but one or more notes of a non-diatonic chord are out of the scale. Instead, this country style of music utilizes traditional chord progressions. The chords are major, meaning that

they contain the 1st, 3rd, and 5th notes of the major scale. Country Music artists like to work on duet pieces with fellow artists. It's also not uncommon to find entire families performing together in the same band. Country music is all about string instruments. These include pedal steel, lap steel, bass, guitar, fiddle and banjo. Country artists often sing with a twang in their voice to separate country music from other music genres. Country Music heavily relies on storytelling. Country music artists often share stories about work, heartache, pride, and love. Some songs are full-blown ballads that narrate a story from its beginning to its end. Country Music is a very popular genre today thanks to Taylor Swift.

Our special guest today is Mr Cameron Morrison, who is a senior lawyer at the Australian Government Solicitor's Office. Cameron graduated from SBHS in 2011. While at SBHS, Cameron was heavily involved in the music program - including touring France with the marching band and senior stage band in 2010. Following high school, he attended the University of Sydney for his Bachelor of Arts and Bachelor of Laws, graduating with honours. Following university, Cameron worked as the Associate for Justice Thawley in the Federal Court of Australia, before practicing as a lawyer for several years with a private law firm. He holds a Master of Taxation Law from the London School of Economics. He currently works as a senior lawyer at the Australian government solicitor where he acts for the ATO in tax controversy and litigation. Please welcome to the stage, our guest speaker, Mr Cameron Morrison.

**Dr K A Jaggard**  
**Principal**



## 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**



“  
The only place success comes before work is in  
the dictionary.  
”



JIN SHIM



## School Captain Rugby Prefect



### SUBJECTS

English Ext 1

Maths Adv

Economics

History Ext

Mod Hist Acc

SOR I

### FUN FACTS

- Is a Godfather
- Started walking at 8 months
- Was “scouted” by Manchester United from a Youtube highlights video

**HIGH TIDE**  
*lifts all*







LIAM  
NOTTAGE

Vice Captain  
Debating Prefect



Football



Water Polo



Athletics

### SUBJECTS

Maths Ext 2

English Ext 1

Chemistry

Economics

Mod Hist Acc

### FUN FACTS

- Scored own goals in both Football and Waterpolo
- First person to represent both First Grade AAGPS and CHS in Year 11

*Tomorrow will worry about itself. Each day  
has enough trouble of its own.*

**HIGH TIDE**  
*lifts all*





JOHN FANG

Senior Prefect  
Afternoon Tea Prefect



Football



Water Polo



Athletics

### SUBJECTS

Math Adv

English Adv

Physics

Chemistry

Geo. Accel

### FUN FACTS

- Almost born in Israel
- Has driven to every state in Australia (Tasmania included)
- Had the world record in Google Doodle Champion Island Games Skateboarding when it first came out

*Live and let live.*

**HIGH TIDE**  
*lifts all*







As the year ends, we would like to extend heartfelt gratitude to everyone who has contributed to making our SBHS Canteen a thriving hub of wholesome food and community. A big shout out to our amazing Canteen Managers Karen and Eirini, and assistant staff for all their commitment and care to nourishing our scholar-sportsmen throughout the year!

Thank you so much to all our incredible volunteers who have generously dedicated their time and energy to helping at our Canteen. Your selflessness and commitment have been invaluable, and we are truly grateful for your ongoing support!



With the holiday season upon us, we hope you all take this well-deserved time to relax, recharge, and enjoy the festive spirit with your loved ones. Wishing you all a joyful holiday season and a happy, healthy new year ahead - thank you for your amazing contributions, and we look forward to seeing everyone again in 2025!



Our Canteen held a very festive Christmas Special Day yesterday, featuring handmade, culinary delights by our brilliantly talented Canteen Vice President Vivian Chen! Our lucky boys indulged in holiday cheer with Gingerbread-Man Bao and Roasted Chicken Drumsticks, Snow-Man Buns with Crispy Karaage Chicken, Reindeer Pan-Fried Beef Buns and Yuletide Beef Buns, followed by scrumptious Santa Mango Mochi and Cookie-Cream Reindeer Mochi desserts 😊.





# EVENTS

At our SBHS 2024 Orientation Day on Tuesday 10 December, we were very proud to showcase our new SBHS Canteen banner. Thank you so much to Grace Guan, Vivian Chen and Annie Wen for manning our Canteen Stall throughout the day, and welcoming new parents and students with delectable handmade treats!



# THANK YOU

A sincere thank you to Vivian Chen for all her hard work coordinating our Canteen banner project! We also extend our deepest appreciation and a very special thank you to year 8 parent Sukie and the exceptional team at Arrow Signs Digital (Artarmon) for generously donating the Canteen Banner to our school - it looks amazing, and many compliments were received throughout the day!  
<http://www.arrowsigns.com.au>



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You are welcome to send us a email or make a call to discuss your requirement.

**IMPORTANT  
MESSAGE**

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.

Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

A heartfelt thank you to our wonderful volunteers for helping in the Canteen over the past week.

Thursday 5 November: Vivian Chen.

Friday 6 November: Donna Lees.

Monday 9 November: Jitendra Khanna, Grace Guan.

Tuesday 10 November: Tania Kuskoff.

Wednesday 11 December: Thi Ly, Becky Zhou

J Yuan  
 On Behalf of the SBHS Canteen Committee



On Tuesday, 10 December, the P&C hosted a morning tea during the Orientation Day for parents and students entering Years 7, 9, and 11 in 2025.

Thank you to the parents and carers who volunteered their time to help at the event. They served refreshments, signed up parents to volunteer at the Canteen, and addressed questions from our new families, such as taking public transport to school and installing SZapp and joining the parent WhatsApp group for their year.



Thank you to Grace Zhang who coordinated food donations from her team of 19 parents, and thank you to Vivian Chen for making her famous sweets which attracted a crowd that allowed Grace Guan to recruit new parents to the Canteen 😊

Thank you to Ms Joanna Chan, the coordinator of Orientation Day, for her guidance and support of the P&C in organising the morning tea.

Below are the names of parents who donated food or volunteered at the Orientation Day!

Annie Wen, Bai, Chunxia Liu, Daisy Feng, Daisy Tan, Dong Man, Emily Yu, Gianini\_Lynn, Ginny Geng, Grace Guan, Grace Zhang, Iris Liu, Jessica Lim, Jianming Yin, JJ Florence, Joanne, Kelland, Kelly Lee, Lily Zhuang, Maggie Duan, Matt Fawcett, May G, Michael Van, Nay, Nicki Dadic, Qihua Xu, Quynh Luu, Rachael Flynn, Rosaline Perry, Sarah Lin, Tania Kirkland, Tony, Vivian Chen, Vivian Wong, Xiudan Wen, Yirong, Yvonne Van.

2025 P&C President  
SBHS P&C Association











# Leave early

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.



# 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.

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

## HOLIDAY OPENING TIMES 2025

Friday 31 Jan 2025 - Hours 10.30am – 1.30pm

Tuesday 3 Feb 2025 - Hours 10.30am – 1.30pm

Wednesday 4 Feb 202 - Hours 10.30am – 1.30pm

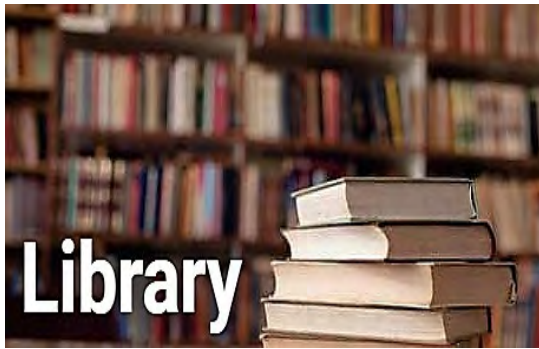
**NEW Students starting 2025 - Year 7, Year 9, Year 11 will not be processed on Friday 31 Jan 2025 or Tuesday 3 Feb 2025.**

High Store



*Happy  
Holidays!*





## Another Stellar Year in the Senior Library: A Testament to Our Students' Dedication

As we close the pages on another academic year, it's time to reflect on the vibrant life of our Senior Library - a hub of academic energy and enthusiasm. This year, more than ever, our Library has seen exceptional levels of engagement and commitment from our students, whose maturity and dedication have only deepened our community's love for learning.

A record-breaking year in terms of book borrowing attests to the growing intellectual curiosity among our students. The Library has not only been a quiet haven for study but also a dynamic arena of academic discussion, where ideas are both discovered and debated vigorously. This engagement is a clear indication of our students' proactive approach to education and their relentless pursuit of knowledge.

One of the highlights of this year was the 3000-piece puzzle that initially seemed an insurmountable challenge. Yet, as the months passed, this intricate puzzle met its match in the tenacity of our students. Special thanks go to Noel Que, whose persistent efforts in his spare time have brought us tantalisingly close to completion.

Looking ahead, the Library is poised to welcome Year 9 students into its fold. This expansion is eagerly anticipated and promises to inject fresh energy into an already buzzing environment. We are excited to see how the inclusion of younger students will enhance the dynamic of our Library community.

As this year ends, we extend our heartfelt gratitude to all the students who have made the Senior Library a cornerstone of their educational journey. Your engagement and perseverance make the library the heart of our school. Here's to another successful year ahead, filled with books, discussions, and puzzles that challenge and inspire us all. Thank you for making our Library a place where the legacy of learning continues to thrive.

**Merry Christmas**

**Ms Hinton**

**Teacher Librarian**





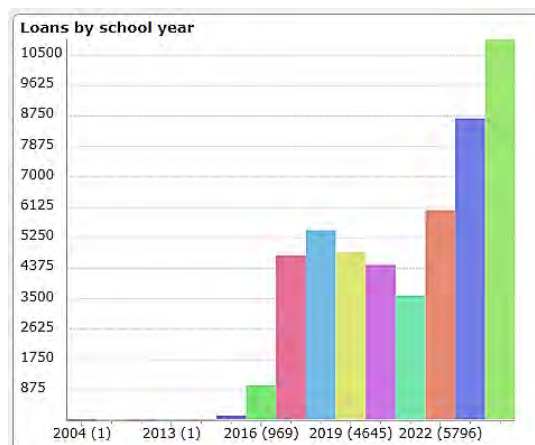


### Reading in the Andrews Junior Library

At the end of another year, I thought I'd share some of our reading achievements in the Andrews Junior Library from the past 10 months. Last week I wrote about the great effort the Junior Students had made this year in the Premier's Reading Challenge to get our number of boys completing up to 134. Our minimum goal next year will be 150!

Students borrowing school library books for the PRC is one of the reasons we have had a record number of loans across the school (Junior AND Senior Libraries) this year. As you can see in the graph in the next column, our loans in 2024 (as of December 9 – with one week still to go, and the pre-holiday lending rush still to happen) are over 10,000, which is 2000 loans more than last year, and more than double the number of loans of 2018, the highest number of loans under the old regime. The new DET computer system was introduced in 2016, which explains the low numbers before that.

Our biggest category of loans has been Graphic Literature, which includes graphic novels and manga. Since early 2022, when the large collection of manga was transferred from the Senior Library to the Junior Library, the number of loans has exploded from a few hundred, to thousands.



Manga are hugely popular with the junior age group, and students can read a large number of them in a short space of time. The Graphic collection is also great not only for general literacy, but also for helping students with visual literacy, a core component of the English curriculum.

## REWARD

To celebrate and reward our students for reading, we have a Junior Library VIP Reader prize draw each year. The draw is open to all junior students who have borrowed more than ten books since the beginning of the year. Last year I added the new rule that students could enter up to 5 times, one for each ten books they've borrowed, up to 50 loans (our number one borrower this year has borrowed more than 400 books!) The prizes were drawn on December 9, and we had over 20 prize winners. We had \$20 gift vouchers from Kinokuniya, and a variety of chocolates for winners to choose from. Congratulations to all our winners!

Dr R Love

Andrews Junior Library





## End of Year Music Ensembles Concert

The music concert held last Sunday December 8 in the Governors Centre, showcased the strong talent and commitment of music students across all fourteen music ensembles, ranging from our stage bands to concert bands, strings and orchestra, chamber choir, jazz, guitar, and percussion ensembles. It was so wonderful to see all the families and friends in the audience supporting these amazing young men in their musical development. Thank you to the music parent committee for their fundraising towards the music performance program, the senior students who helped organise changeover sets and the sound and lighting technical support team - Matthew Ryder, Avneet Singh, James Wong, Max Ibrahim and old boy, Wayne Lee. A huge thank you to the music tutors and conductors, the driving force who work tirelessly to encourage and teach our students and prepare them for performances throughout the year, but above all, the incredible boys who put on such a terrific show!

We look forward to more exciting musical endeavours in 2025.

## Music and Co-curricular Awards Assembly

The assembly held on Monday, following the concert on Sunday, recognised the wonderful talents and achievements of students in the music performance program. The processional music; Merula's Ciaccona, was performed by Jason Yu, Zac Gao, Shine Yang and John Nguyen, with John Nguyen and Tafley Fan playing the piano accompaniment to the school song, National

anthem and recessional. Ryan Kirkland (HSC Encore nominee) performed Faure's Barcarolle in A minor musically, which was well received by the audience. Our special guest speaker was Mr Cameron Morrison (OM 2011), who gave an inspiring and humorous address, promoting not only involvement in the music performance program, but across all areas of school life. The Judy Cassab prize was judged by artist and educator; Karen Prolifio and presented by Judy Cassab's son, Peter Kampfner, who generously donates the annual prize. The theme of the artworks this year was, "Everyone has a story".

## Music Ensemble Rehearsals

ALL music ensembles have wrapped this year and rehearsals will commence back in the week beginning Monday 10 February. We wish you all a wonderful and well-earned holiday and look forward to seeing you all back in 2025. Please do let your instruments see some sunshine during the holidays and continue with your musical practise.

## Instrumental Recruitment Evening

This will be held on Thursday 13 February 2025 in the Great Hall, commencing at 6pm. ALL new incoming students are invited to attend this evening to hear the array of available instruments by our music tutors and organise lessons. Details on the music ensemble program will also be discussed that evening.

## 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	Jazz Ensemble 3.15pm – 4.15pm Room 201 Percussion Ensemble 3.15pm – 4.15pm Governors Centre			





## 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 Partyng – 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**





# SHOOTIN' HOOPS

The GPS basketball season wraps up as we head into the holidays.

High ends on a hopeful note for next year. With many promising talents throughout all years, developing and improving with each week. Our continuous growth will not go unnoticed and will sprout with victories and great accomplishments in coming times. It is only a matter of time until we eventually claim success and glory for High.

In the holidays, ensure that you do keep up with your game, and maintain practice on a consistent basis as per directions at the Future Firsts Training. Only from this ongoing effort may you individually succeed as players in the competitive game of basketball.

Thank you Mr Hayman, coaches and volunteers of the basketball program, for continuously supporting our school, working towards a future of excellence with us. The program wouldn't be the same without the amazing help of these individuals and we thank you for your continuing service.

Goodluck all players, make sure to continue improving your game in preparation for next year and make sure to take rest whenever necessary.

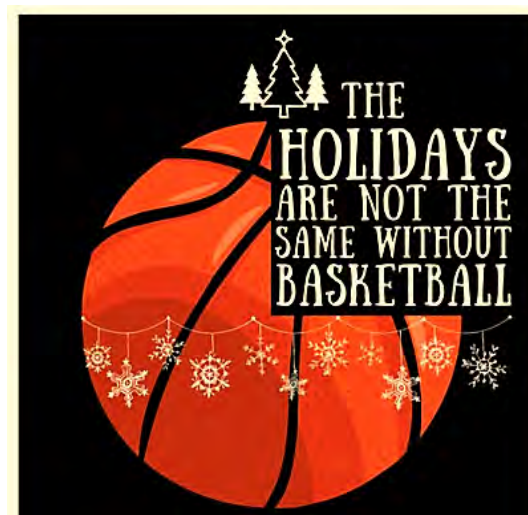
**Brought to you by:**

**Anthony Jiang**

**Yves Rinaldi**



Early Starts - late finishes each Saturday for the Basketball program with 36 Teams.







## End of Term Report

Last Thursday, the Year 11 students who had completed their Task 1 assessments came down to the sheds to bond with the junior rowers. We helped them put their boats on the water and coach the Year 7 rowers on the Wavecutter boats. As the senior rowers in the shed we aim to foster a collaborative and inclusive environment for all rowers, especially our juniors, because ultimately, they are the future of this program.

As we approach the tail end of the year, rowers at Sydney High anticipate the CHS Rowing Championships at Nepean this year, Thursday 12 and Friday 13 December. This is a great chance to win some silverware, experience racing in smaller boats and defend our overall point score title.

We reflect on a promising start to the season, where fast times were set, and crews were beaten showing glimpses of our potential. But the harsh reality is, that no one remembers the first regatta, or any regatta, besides the last one – Head of the River. This upcoming six-week break is arguably the most important, and it's where winning crews separate themselves from the rest – and we will not be left behind.

Let's do ourselves a favor and maintain our level of fitness and strength even during these holidays, so that when we return, we build off the work we put in this term instead of catching up. Make sure to follow the training plans sent from our coaches and I encourage you all to rally your mates and do the training together as teamwork makes the dream work.

Remember, "success doesn't come from what you do occasionally; it comes from what you do consistently."

Well done on a promising start to the season, enjoy the holiday break and I look forward to our future success.

## Holiday Training Shedule

<https://docs.google.com/spreadsheets/d/1-3v7UbyWJXCUHb1qw7QO4rqUnv66YU7FOZabwKvS1yo/edit?usp=sharing>

Jin Shim 11F  
Captain of Boats 2025



Jin Shim – School Captain

# SPORT

Access this guide to answer all your sport related questions: <https://sbhs.co/sportguide>

SYDNEY BOYS HIGH SCHOOL Canvas

Home Sport > Modules

Home

Announcements

Pages

Files

Modules

Assignments

Discussions

Marks

People

Syllabus

Outcomes

Rubrics

Collapse

Sports Central/How to for Students

Training during exam weeks

What to do: If you have an injury

SBHS External Physiotherapist Form.pdf

How to: Lodge and Fix Sport Absences

How to: Award Scheme Points for Sport

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.



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>



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.

Hannah Jackson  
HT Sport





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-  **Braces + Miniscrew**



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