



## From the Principal Summer sports Assembly 2025

'Our other area of interest for this morning's assembly is summer sport. I extend a warm welcome to our special guest, Water Polo Olympic Silver Medalist, Danijela Jackovich. I want to acknowledge our teams on their efforts in Term 4, 2024 and exhort them to work hard together for the rest of the competition season in Term 1 this year.



Thank you to our MIC of Cricket, David Smith, for his ongoing dedication to the role. We welcome Billy Barge as first XI coach with Ramin Hossain guiding the 2<sup>nd</sup> XI. Thank you to the Cricket Committee - Rahul Tewari (President), Arun Sehgal (Vice President), Rajesh Lucknauth (Treasurer) and Amit Patil (Secretary). Parking is coordinated by Lakshmy Joshi and Shweta Doke. Thank you also to the match day helpers who organise the catering – Muhammad Hossain, Biplab Saha, Keith Barks and Zonaid Sharafi.

In basketball, long-term MIC and Coaching Coordinator Ben Hayman, has assembled a big team. We extend our thanks to staff members - Andrew Wang, Jo Curry and Viv Paul. Old Boy Geoff Gerlach returns as the first-grade coach. Our coaching staff are Aiden Phan, Maroune Rahme, Andre Baruah, Elijah Thomas, Keeto Browne, Adrian Pluis, Ben Nguyen, Edison and Vincent Dorahy, Aaron Waban, Jonathon Roberto, Mian Wang, Zhang, Patrick Lee, Anson Wen, Ary Bhalero, Jerry Lau, Stephen Li, Daniel Bian, Tian Chen, Garry Liu, Ben Udler and Nives Gilbert.

Thank you to The Basketball Committee, for their support with scoring, timekeeping, the Canteen and after game functions – Shiraz & Rita Zhang, Kelland He, Carol Wang, Lindsay Wu, Michelle Adamson, Colin Wei, Rinaldi and Hui Baruah, Rosaline Perry, Pamela Jolly, Grace Guan, Herbert Lau, Li Huang, Francois Flocard, Al Bhalero, Dawesh Chand and Judy Zhu. Thank you all for your invaluable help.

In sailing, I want to acknowledge long-serving MIC Matt Cotton for his efforts in building the sailing program. Thank you to Stuart Olsen and Domeniki Damianos, Shane Jennings and the Woollahra SC staff for their assistance supervising the students. Thank you to Hugo Leeming (Head coach), Sam Ezra and Zhitian Mai for their guidance, coaching and development of students' skills; and to Scots College's staff for their help in managing Saturday racing. I would like to recognise the work of the Sailing Committee Delia Leung, Florence Li, Rebecca Bui, Dustin Nguyen, Bill Shui and Sarah Lin and all our enthusiastic parent helpers in supporting sailing at High.

Thank you to Jessica Millar, MIC of Water Polo for her management of the program this year and to Jake Rowlands who coached first grade and David Li second grade. Salvador Alfaro is doing a great job with our 16As. Thank you to Jake Rowlands as MIC Swimming. He was assisted by Ike Matsuoka in coaching our squad.

Thank you to Kurt Rich for his ongoing role as MIC of tennis. A rebuilt David Deep is again High's Coaching Coordinator and first grade coach. Irina Vasiliev served again as second grade coach. Thank you to Stepan, Will and Andy who coached our age groups.

I congratulate all boys selected in GPS teams this season. It is an honour and a privilege to represent your school in such a prestigious competition -a memorable experience and conversation point for life. It is always about self and team improvement through setting and pursuing collaboratively established goals. Good luck and stay strong!

PS I want to thank Daniela for her inspiring recount of her quest for excellence in academics and sport. She was invited to attend Stanford and earned her degree while playing water polo. She tried for USA team selection but was cut from the squad. Undaunted, she relocated to Australia, became a citizen, trialled for the Olympic team and was rewarded with a silver medal in Paris. A tale of talent and determination!



## Weights Room for 2025

High's Weights Room offers exceptional value for money with unlimited visits for members. The room has appropriate equipment for preparing the bodies of teenage boys and crucially, it is **constantly supervised**. When handling weights, technique is vitally important, and boys need to learn the correct way to lift. Kurt Rich, our Head Strength and Conditioning Coach, is a well-credentialed and experienced trainer. His presence ensures that the boys are training safely and sensibly. So, as well as getting gym facilities, **members have a trained supervisor and adviser to help them during their unlimited visits**. *The Weights Room* operates much more effectively if all boys get their training in how to use the various pieces of equipment and in proper lifting technique, as soon as possible. Kurt Rich provides this service at the beginning of each year and can tailor individual programs for members after the introductory sessions. Having a fixed clientele makes his job more productive and leads to a better training experience for members and better strength outcomes for participants. Hence, we decided to close off memberships by the end of March each year. Boys who have not paid by that time can no longer attend the weights room in term one.

Costs for this service are held down to a minimum and reduced by boys taking out a full year's membership. For 2024, a **full year** Weights Room membership costs **just \$315**. As an incentive to **Year 7 students**, an introductory one-year membership is available for a mere **\$190**. **Our program is tailored to suit developing young bodies**. Boys wishing to have full year membership must register and pay by **Friday, March 14, 2025**. There will be no extensions of time. In semester 2, **half-year** memberships will be offered to students for a short period of time at a cost of **\$175** for terms 3 and 4.



## Welcome Night for new Parents

On Tuesday evening a large number of parents attended a welcome function hosted by the Sydney High P & C Association. Guests were entertained by a student music ensemble in the foyer of the

Governors Centre. In the theatre, new parents were welcomed by Ms Tania Kirkland (P & C President), she stated the role and objectives of the P & C and outlined the role of the P & C and its representatives in the various governance organisations operating in the school. She asked questions of parents in relation to their expectations of the secondary schooling experience for them and their sons. My address outlined the history and function of the various High Family structures and activities. I urged parents to get involved in following the Saturday fixtures where their sons were competing and to engage with volunteering through our many Committees. I underlined the fact that the sixth day of every school week was funded entirely by parents and Old Boys, and I asked for their financial support to help us maintain our wide range of activities, resources and coaching services. Mr Barris (DP for Years 7,9,11) ran through a lot of orientation information to help parents and students become accustomed to their new environment. Mr Kris Daryanani, a 2024 new parent, shared his experiences, insights and several tips for parents to help them and their sons to quickly acclimatise and get the most out of their High experience. A Q & A session followed, with quite a few parents staying on to ask more questions of Mr Barris and me. Supper provided by the Sailing Committee and served by student sailors in the foyer, rounded off the evening. The atmosphere was very positive and enthusiastic. Thank you to all staff, parents and students who assisted in so many ways to make the evening a success. Next P& C meeting March 10<sup>th</sup>. I will be discussing HSC results from 2024.

Dr K A Jaggar  
Principal





### HIGH STORE VOLUNTEERS

Special thanks go to the High Store's wonderful and caring parent volunteers who worked continuously to service our new students to the school on Enrolment Day, Orientation Day and throughout 2024, Joyce Yuan, Delia Leung, Jess Tam and Mary Parakkal.

The High Store is looking for new parents who can commit to offer their time **once a month** to help in the store.



Please email Michelle at [highstore@sbhs.nsw.edu.au](mailto:highstore@sbhs.nsw.edu.au) or call on 9662 9360.



### 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](mailto:highnotes@sbhs.nsw.edu.au)

N.B. Content is subject to approval







## CAREERS LEARNING SBHS

School has just started, it's the perfect time to settle in and get ahead.

6 effective study habits in high school



Key skills you could learn from work experience. 

Two Scholarships for the Master of Liberal Arts at Australian Catholic University. 

## 6 Effective Study Habits in High School

It's the perfect time to establish new study habits as you start high school or continue into a new year. Here are some of my favourite habits:

### Space it Out

DONT cram everything into one last minute session before an assignment.

### Test Yourself

Make sure you understand what you're reading, not just read to get it over with.

### Look after Yourself

SLEEP and exercise and even fun will help you concentrate.



Three-minute skim:

<https://studyworkgrow.com/6-effective-study-techniques-for-high-school-students/>

Key skills you could learn from work experience.

When you apply for work experience or even work, make the most out of it.

### Some Skills Include:

#### Communication

How do these professionals communicate, and what specific words do they say?

#### Technical Skills

Skills that professionals have honed over the years that you can copy.

#### Problem Solving

How do these professionals solve tasks under stress?

## WORK EXPERIENCE



Two-minute skim:

<https://studyworkgrow.com/skills-you-could-learn-from-work-experience/>

Scholarships for the Master of Liberal Arts at the ACU

Closing Date: Thursday, 13th February 2025.



Valued at \$48,000 each for eligible candidates.

If any potential candidates would like further information, please contact Postgraduate Course Coordinator Associate Professor Johanna Harris -- [Johanna.Harris@acu.edu.au](mailto:Johanna.Harris@acu.edu.au)

Andrew Ding

Careers Prefect



Dear Parent or Caregiver

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.

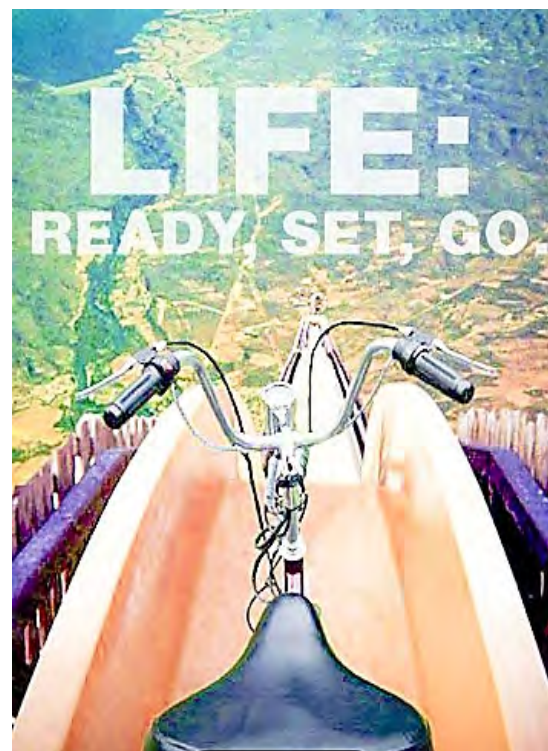
- Communication and interpersonal skills.
- Decision making, problem-solving and critical thinking skills.
- Building independence and confident transitions.

- Independence
- Mental health and wellbeing
- Respectful relationships
- Sexuality and sexual health
- Drugs and alcohol
- Safe travel

The program will run across 3 days, Monday 15 December 2025 – Wednesday 17 December 2025 - during the last week of the school year.

Payments will need to be made in 2025.

Kurt Rich  
Life Ready Coordinator







Hope everyone has enjoyed a smooth start to Term 1, 2025! We are very proud of our P&C-run Canteen, where all profits are returned to our school, directly funding our boys' activities and school projects.

Our Canteen is an accredited 'Healthy School Canteen,' with much of our food freshly made daily on-site, providing an enticing range of wholesome meal options that are traditional favourites and culturally diverse.

A big thank you to our amazing Canteen Managers for getting everything in order before the start of Term, ensuring that our Canteen is well-stocked and ready to feed our hungry boys each day!



## LUCKY DRAW

Held at the end of each term, our SBHS Canteen Volunteers Lucky Draw scheme offers five \$10 vouchers as a token of appreciation to our amazing volunteers. These can be redeemed by the volunteer's son for a single \$10 transaction at the school canteen.

Our fourth draw took place at the end of Term 4. Congratulations to our winners: Connie Luo (11E), Maggie Duan (8F), Annie Wen (9M), Ganapathy Mundiylolanda (8M), and Tania Kuskoff (12T, 10M). Thank you for everyone's continued support!



Thank you to all our wonderful volunteers who have assisted at our Canteen, including our enthusiastic new year 7 parents, grandparents, dads, big brother and our very dedicated regulars! Thank you also to all the Prefects and SRC leaders who have diligently given up their recess and lunch breaks to assist with window service. All your generous help allows us to keep our Canteen running efficiently for our boys!







Volunteering in our Canteen is a fantastic, rewarding experience that not only supports our boys, but also provides a wonderful opportunity to connect with other parents and our school community.

To sustain our Canteen's busy operations, we rely on the support of volunteers each day. Your support is invaluable, allowing us to continue offering wholesome and flexible food options for our boys. Please sign up through this online link, where you can choose your preferred dates:

<https://www.signupgenius.com/go/10C084CADA22A7FEC61-53985370-2025#/>



To comply with Standards 3.3.2A of the Australian New Zealand Food Standards Code, all school canteen volunteers must demonstrate appropriate skills and knowledge of food safety and hygiene.

To support this, we've created a condensed, in-house training presentation that covers essential food safety knowledge relevant to our SBHS Canteen, along with further information about our Canteen operations and volunteering system. Please take a moment to review it:

[https://docs.google.com/presentation/d/1zi95p\\_zlYErhqKirz4H4CGuHu51GT03Pd0\\_dY8Ldtiil/edit?usp=sharing](https://docs.google.com/presentation/d/1zi95p_zlYErhqKirz4H4CGuHu51GT03Pd0_dY8Ldtiil/edit?usp=sharing)



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

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

PLEASE REMEMBER to pick up your orders. Any uncollected items will be sold, and unfortunately, refunds will not be provided unless there is a valid reason.

### PLEASE NOTE

Banh Mi day will now be Thursdays this term. Please remember to order in advance so you don't miss out!





# EVENTS

On Tuesday, February 11, the P&C held the Welcome Evening for new parents to the school. Our Canteen welcomed new parents with our special table, featuring our Canteen Vice President Vivian Chen's exquisite, delectable creations, including red bean 'bunny mochi', mango cream 'welcome mochi', milk puddings and divine swan cream pastries 🥰.



## Heartfelt THANKS TO OUR VOLUNTEERS!

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

**Thursday 6 February:** Grace Guan, Rosaline Perry, Vivian Chen, Emily Chow.

**Friday 7 February:** Harry Pang, Hester Pan, Joyce Yuan.

**Monday 10 February:** Grace Guan, May Wong, Louise Sun, Yan Xing.

**Tuesday 11 February:** Ting Luo, Zhuoya He, Annie Wen.

**Wednesday 12 February:** Vivian Chen, Yan Wang, Susanna Xie.

J Yuan

On Behalf of the SBHS Canteen Committee

appreciated



Canteen Price List 2025	
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Breakfast		Lunch and Recess Items			Hot Food	
Ham & Egg Muffin	\$4.50	*So you don't miss out on what you want for lunch, make sure you ORDER it before school			Butter Chicken - Homemade	\$6.00
Toast - Cheese	\$3.00				Chicken Burger	\$6.00
Toast - Cheese & Ham	\$3.50	Sandwiches / Rolls / Wraps			S/W	ROLL
Toast - Cheese & Tomato	\$3.50				Chicken Fingers	\$3.00
Cereal & Milk	\$3.00	Cheese & Tomato (v)	\$4.00	\$5.00		
		Cheese & Salad (v)	\$4.50	\$5.50	Chicken Mayo Sandwich (hot)	\$5.00
Hot Chocolate (Term 3 only)	\$2.00	Egg & Lettuce (v)	\$4.50	\$5.50		
		Ham, Cheese & Tomato	\$4.50	\$5.50	Falafel Wrap	\$6.00
Fruit / Snacks		Roast Beef & Lettuce	\$4.50	\$5.50		
Sea Salt Chips 28gr	\$2.00				Noodles In A Cup	\$3.00
Yogurt 100gr	\$2.00	*sandwiches made to order for lunch & recess orders.				
Banana Bread	\$2.00				Garlic Bread (v)	\$3.00
Pop Corn 25g	\$2.50	THIS IS A P&C CANTEEN. REMEMBER, ALL PROFITS GO BACK TO YOU BOYS!!!				
Fruit - Apple/Orange/Banana	\$1.50					
Fruit Salad	\$3.50					
Ice block	\$1.00					
Drinks						
Chill - Aloe Vera or Ice Tea	\$4.50					
Water - Spring	\$1.50					
Juice	\$2.50					
Juice Bomb	\$3.00					
		*prices subject to change without notice.				
					Sausage Roll	\$4.50
Up & Go	\$2.50	Salads			Spinach Ricotta Roll (v)	\$4.50
Milk Flavoured 300ml	\$3.00	Salad Box (CHICKEN) - Small		\$6.00	Sweet Chilli Chicken Wrap	\$6.00
Milk Plain 600ml	\$3.50	Salad Box (CHICKEN OR EGG) - Large		\$7.50	Chicken Yakisoba- Homemade	\$6.00
Milk Flavoured 500ml	\$4.50	Salad Box (plain)		\$6.50	Teriyaki Chicken Don - Homemade	\$6.00
		Sushi & Rolls				
					Miscellaneous	
		Sushi - Homemade		\$4.00		
		prawn extra \$0.50			Spoons / Forks - supplied free with meal purchase	\$0.10
					Sauce	\$0.30
		Nachos - Wednesdays & Fridays			Tissues	\$1.00
Special Orders					Seasonal Foods	
# If you have specific dietary needs or your favourite sandwich is not on the menu - all you have to do is ask! We may be able to make it for you. Make sure you order before school.		Nachos (beef or vegetarian)		\$6.00	**NB Not all food items are available all the time. For example, home style lunch boxes - pasta, rice, salads, soup etc are all seasonal. Please check with the canteen before you order.	

2025 PRICE LIST	
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8.30 to 9.00 am	*Breakfast is available	* Time to place lunch orders
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ALL CANTEEN PROFITS ARE RETURNED TO THE SCHOOL FOR THE BENEFIT OF THE BOYS' EDUCATION AND DEVELOPMENT

## 2025 Drama Ensembles applications now open!



Students performing at the 2024 Drama Ensembles Festival (c) Anna Warr

The 2025 Drama Ensembles is a program that runs at The Arts Unit in Lewisham every Wednesday from Week 1 of Term 2 through to the Drama Ensembles Festival, scheduled to take place at the Seymour Centre in Week 2 of Term 4, 2025.

This auditioned program offers students the unique opportunity to collaboratively devise an original piece of theatre under the guidance of an experienced tutor.

For further information and to apply, visit the online application form at the link below or scan the QR code:

<https://artsunit.nsw.edu.au/form/state-drama-ensemble-app>

**Applications will close Friday 14 February (Term 1 Week 3 2025).**

### In this program, you will:

- learn from an expert tutor
- work with other highly motivated and gifted students
- deepen your understanding of performance styles and devising
- nurture your confidence and performance skills in drama.

SCAN ME





# Music NOTES

## WELCOME BACK!

Happy new year and welcome back to an exciting new year of music in the performance program. 2025 will be filled with many musical endeavours, and we look forward to having all new and old members getting involved in the many performance opportunities.

## MUSIC SESSION ATTENDANCE

### Music Ensemble Rehearsals

Most ensemble rehearsals have begun this week, please check updated changes on clipboard. There are some day, time and venue amendments this year. Please note that 80% attendance is required for award scheme points.

### Instrumental Lessons

Music tutors have resumed teaching this term, please contact your tutor to arrange a lesson time if you have not done so already.

### P&C Parent Welcome Evening

Thank you to our wonderful Junior String Quartet and Senior String Quartet for playing at this event. Both groups played impressively and entertained the guests as they arrived in the Governors Centre.

### Sunday Afternoon Performance

There will be a concert on this Sunday 16 February, 3pm at Pitt St Uniting Church featuring our HSC accompanist; Hank Xiang performing with members of the Sydney Symphony Orchestra. Piano Quartets by Mozart and Faure.

Please see the link below for more information and ticket purchase.

<https://www.wollemichambersociety.com/mozart-faure>

Suzanna Lim  
Music Teacher

### 2025 Proposed Music Ensemble Schedule

MONDAY (Before School)	TUESDAY (Before School)	WEDNESDAY (Before School)	THURSDAY (Before School)	FRIDAY (Before School)
Intermediate Concert Band 7.30am – 8.30am Governors Centre	Senior Concert Band 7.30am – 8.30am Governors Centre	Symphonic Strings Ensemble 7.45am – 8.45am Room 204		Marching Band GH/MPW Scheduled Sessions
Guitar Ensemble 7.45am – 8.45am Room 201		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 101	Junior and Senior String Quartet 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)	(After School)
Guitar Ensemble 3.15pm – 4.15pm Room 201				Jazz Ensemble 3.15pm – 4.15pm Room 201
				Percussion Ensemble 3.15pm – 4.15pm Governors Centre



# SHOOTIN' HOOPS

High jumps back into a thrilling new half of the basketball season where after a long period of both rest and training, we finally resume our games against fellow GPS schools. Throughout the holidays, there have been many fulfilling basketball training camps set up by both school coaches and the NBA alike, which many students have attended. To all new students who have recently joined the ranks of the basketball community, we hope that you will be able to thoroughly enjoy and excel in one of our school's most popular sports. Our first game of this year was none other than Scots College, and although year 7s did not play this weekend, we still upheld some considerable victories throughout all age groups.



The first of many triumphant games this week starts with 7th grade. Having a ridiculously close game against our first adversaries so far this year, the one-point match was won in High's favor with R. Chan boosting the score to 45 - 44 with 14 impactful points on his stat line. Similarly, 10th grade snatched a victory in yet another extremely close game. The top scorer of their game, O. Li, dropping 13 points, sealed their victory on top of excellent overall teamwork. The final score for the 10ths was a close 35 - 33 win. Following efforts likewise to the 7ths and 10ths, are the 9th and 12th grade teams. Although both teams did not "win" their matches per se, both teams were hard-fought and just shy of a W. The 9ths resounding team effort combined with E. Song's impressive 8 points allowed for a 30 - 30 draw. Following this close yet strong effort, the 12ths had scooped up a 31 - 31 draw. Their combined defence and strong offense allowed them to stabilise the match and, though not coming out as victors, proved their prowess on the court. Special mention goes to the 6ths and 11ths for coming close in their matches; both teams only lost by a small margin of four points each, 26 - 30 and 20 - 24 respectively.

With a close yet very impressive match, the 16A's had a tough game, pushing on until the final buzzer but only just falling short of a win. Though this isn't to discount the skill of the A's, as being able to hold up against Scots with an equally strong offense and defense that almost succeeded, is no easy feat. The final score ended at 37 - 44, unfortunately in Scots favor, a well-played end to a thrilling match. Carrying onto the 16Ds, who have led a rather successful first half of the season, had a tight first game, ending at 26 - 27. The match itself was extremely close, with each side continuously striving for the win, but sadly Scots managed to snatch it away. On a more positive note, the 16Fs managed to secure a victory for High, winning by one point with an oddly familiar score, 27 - 26. T.Mai, the top scorer of the match, stole the game away after sinking a clutch 3-pointer shoot, allowing the Fs to celebrate a triumphal start to a new year. Continuing this upbeat streak are 15F's, who swept the floor, doubling Scot's points, 29 - 13, with William Huang, dropping 9 points with some excellent shooting. The 15F's, likewise to the 16F's, have established a strong footing into the new half of the season, ensuring more success to come later in the term. Finally, a mention to the 14A's, with a dedicated team effort on defense as well as a great individual performance from Eric Chen, dropping a whole 20 points in the match, almost defeated Scots. The final score was an extremely close, 50 - 53, a layup and a half away which Scots barely scraped away with the win. Good job to the 14A's though on this skilled performance this weekend.

As we head into the few games that remain of the 24-25 basketball season, make sure to continue putting in the effort in training and striving to improve your skills whenever possible. Hard work will always overcome talent. Thank you to our MIC, Mr. Hayman, for continuously organizing and dealing with the difficulties of the sport we enjoy as well as to all volunteers that had helped run the basketball canteen and barbecue. Your efforts do not go unnoticed and are deeply appreciated by all those within the program. Good luck to both players and coaches for the following matches of the year.

**Go HIGH!**  
**Play Hard, Play Smart and Play Together!**  
Thanks to everyone who makes Shootin' Hoops possible  
Brought to you by Anthony Jiang and Yves Rinaldi





## 2025 Swimming Leadership Dinner

On Thursday 6 February, the AAGPS hosted its annual swimming leadership dinner at St Joseph's college.

### Leadership Dinner

The dinner was attended by the GPS convenor, Executive Officer, MICs of each school as well as each schools swimming Captains and Vice-Captains. Dr Kitching (Swimming Convenor) set the stage with a warm welcome to all the captains and reflected on the rich history of GPS swimming which had entered its 23<sup>rd</sup> premiership season.

This was followed by a speech from each swimming captain. Our 2025 Captain Cassiel Yun gave a light-hearted speech, with a few jokes which had everyone in the room laughing while also highlighting the lessons and skills swimming had given him. Our Vice-Captain Jason Yu then assisted with picking lane draws for the season.

I would like to express a huge thank you to the GPS and St Joseph's college for putting on such a prestigious dinner which is always such an invaluable experience for the students.

**J Rowlands**

**MIC Swimming**



## Cricket Results – 2025 Term 1 Week 2

### GPS Cricket 2024/2025 vs. Scots

	Score	Result	Highlights
1 <sup>st</sup> XI	Scots 6/277 def. SBHS 6/218	Loss	A. Sharafi 3/45 22* V. Bhosale 80 A. Kumar 47
2 <sup>nd</sup> XI	SBHS 10/67 def. Scots 10/50	Win	B. Saha 6/10
3 <sup>rd</sup> XI	SBHS 9/82 def. Scots 10/76	Win	K. Cusick 3/13 V. Rajit 2/8 A. Gandhi 2/11 A. Thusoo 2/6
4 <sup>th</sup> XI	Trinity 9/153 vs SBHS 2/41	Draw DLS	M S Kumar 3/31 A Wangde 3/25 A. Pidcock 15 L. Grundy 15
16 A	SBHS 8/237 def. Scots 10/167	Win	A. Kaushik 90 3/24 A. Wu 53 A. Rufus 3/12
16 B	SBHS 9/63 def. by Scots 4/64	Loss	
15 A	Forfeit	Win (F)	
15 B	Trinity 10/18 def. by SBHS 0/25	Win	Christian 4/8 22*(7) Hameed 3/2 Shoummo 2/2
14 A	Scots 10/116 def. by SBHS 2/115	Win	R. Joshi 67 A. Patil 6/10
14 B	Scots 8/98 def. SBHS 10/47	Loss	J. Young 4/18

### 1<sup>st</sup> XI Report

Coming off a disappointing performance vs Shore, the team was keen to rewrite their fortunes heading into round 8 of the GPS season away at Scots. Losing the toss and being forced to bowl first on a ground with a 35-metre boundary at one end would prove to be challenging, with the Scots batsmen firing from ball one attempting to put pressure back on the High bowling attack. A few missed opportunities allowed the opposition top order to settle before High consolidated through the middle overs with Nehan Hossain remaining economical throughout his 10 overs. Returning to the top of the bowling attack, medium pacer Adrian Sharafi starred throughout the innings picking up three huge scalps and ending with figures of 3/45 (10). Quality bowling from Aayush Kumar and Vivaan

Bhosale restricted Scots to 6/277 off their 50 overs. High's batting innings started slowly, losing an early wicket and leaving us 1/7 off the opening 2 overs. Skilled bowling from the Scots bowling attack saw High fall to 3/59 after 18, chasing a large total. With a partnership required, number 3 batsman Vivaan Bhosale and number 5 batsman Aayush Kumar batted beautifully, with Vivaan making 80 (112) - the highest individual score for a 1st XI High batsman in 2 seasons - whilst Aayush chipped in with a well-crafted 47 (76). In search of runs, more wickets fell, bringing Eddie Barks and Adrian Sharafi to the crease. An array of aggressive strokes from the pair, including a masterful slog sweep for 6 by Adrian, reduced the deficit further. High unfortunately finished their innings 6-218 after 50 overs falling 59 runs short. Nonetheless, the batting serves as a testament to the rapid improvement of the team, with High posting their highest total in the 1st XI in over 2 years. Likewise, only losing 6 wickets through the entire 50 overs showed signs of promise for the rest of the season. A performance that all players should be greatly proud of. The 1st XI looks forward to the CHS last 16 match against Hurlstone, before hosting Sydney Grammar on Saturday.

Eddie Barks 11E

1<sup>st</sup> XI Captain

### 2<sup>nd</sup> XI Report

Sent out to bat, the boys were excited to start the new year on a good note. However, the team's hope quickly crumbled after a collapse in wickets, scoring only 25 runs with 5 wickets falling. A little fight back from Ashvin and Shahzaib allowed the team to reach a low total of 67, but one that allowed the team to have something on the board to allow them to dream of defending the heavily unimpressive total. However, their dreams were turned into reality when the opposition lost seven wickets within the first 10 overs led by Bibek Saha with bowling figures of 6 wickets for only 10 runs. With the rest of the bowlers bowling nice tight lengths, the team was able to restrict the opposition to 50 runs, bowling them out 17 runs short of the target - a miraculous defense from our team!

Tafheem Choudhury 10E

2<sup>nd</sup> XI Captain

Team of The Week – 16A's





We won the toss and decided to bat, the team was excited at the opportunity to secure a win in the first match of the year. Aarav and Akshobhya opened, Aarav found the boundary on a few occasions, however he and Akshobhya were dismissed relatively cheaply. Alex and I were second and first down respectively, this is where we steadied the boat with a colossal partnership of 113 in around 12 overs both of us bringing up our 50's. However, Alex was caught on 53 moments before drinks and we went to drinks at 3/155. Solid double digits knock from Arjun, Alex and Alay helped boost our run rate while I remained at the other end and was the last to be dismissed on 90, as we finished at 237/8. We were ready to defend our total however the openers posed a problem as their partnership was boosted to 70 of 7 overs, however I was able to pick up both within the span of 4 overs. After this Alex R, Alex W, Arham and I were able to put pressure back onto the batters by piling on dot balls with Alex R picking up 3 wickets for 12 runs and I added one more wicket to my tally by bowling off spin. Spinners were very effective as Alay, Arham and Akshobhya all picked up wickets and cleaned up the tail end. A spectacular direct hit underarm runout in the last over from Arjun sealed the game as we bowled out Scots college for 167.

**Arnav Kaushik**  
16A's Captain



### **MIC Report**

We had a very successful day against the Scots in cricket, winning most of our matches. Congratulations to our 2<sup>nd</sup> XI for winning their first GPS game this season and our 1st XI for scoring over 200 runs. Well done on outstanding batting from Vivaan by scoring 80 runs and Aayush scoring a well-made 47 runs in only their second GPS game. Other exceptional highlights by players on the weekend were Arnav Kaushik (16A) – 90 runs, Bibek Saha (2nd XI) 6/10, and Arjun Patil (14A) 6/10. Our 1st XI has a big game vs Hurlstone in the Davidson Shield in the last 16 at McKay 1 on Wednesday, 12 February. It will be great to play in the semi-finals in the Davidson Shield at Bathurst if we can win our next two games. Our Cricket Presentation evening to celebrate the season will be held in the Great Hall on Saturday 22 March, starting at 6.30 pm. It promises to be a great evening, and we had a record attendance last season. Tickets and more information about this evening will be in the High Notes over the coming weeks.

**Mr David Smith**

**MIC of Cricket**

**Vedantik Bhattacharyya 11S**



# Weights ROOM

## Weights Room Trial and Membership Offer

We are excited to announce that the school's weights room is now open for free trials until March 26th. This is a fantastic opportunity for students to enhance their movement skills, build confidence, and develop a valuable life skill. The weights room is fully supervised, and all programs are designed to gradually increase strength, skill, and power.

## Weights Room Hours:

- Monday to Friday: 7:00 am – 9:00 am
- Monday and Tuesday: 3:15 pm – 5:00 pm
- We also open during the school holidays.

For first-time users, we ask that students arrive no later than 7:15 am to ensure a smooth introduction to the weights room. There is no formal booking process for trial sessions—students simply need to arrive on time and introduce themselves to the coach.

## Membership Fees:

- For 2025, a full year's membership costs just **\$315**. To receive this rate, students must register and pay by **March 26, 2025**.
- **Year 7 students only:** If you have already qualified for an early bird discount by paying your invoices in full, you can enjoy a special introductory offer for a full year's membership at only **\$190!** Don't miss out on this fantastic deal.

# PAYMENTS

Payments can be made easily online through the parent portal.

We look forward to seeing students benefit from this excellent facility!



## 2025 Weights Room Opening Schedule

Please be aware that Wednesday afternoon has been changed to Tuesday in 2025.

Monday	Tuesday	Wednesday	Thursday	Friday
7am-9am	7am-9am	7am-9am	7am-9am	7am-9am
3:15pm-5pm	3:15pm-5pm			

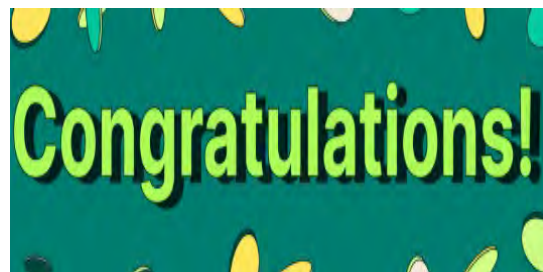


## Year 7 Chin-Up Champion

A big congratulations to Ilya Tsoutsman, who dominated with 14 solid chin-up reps to claim the Year 7 title for 2024!

**Kurt Rich**

Head Strength and Conditioning Coach



Coach: Nelson Cheng – 2024 Champion - Ilya Tsoutsman and Weights Room Prefect - Jordan Komonen



# TENNIS

## SYDNEY HIGH TENNIS

A big welcome to the new students in the SBHS Tennis community, we have 8 new boys in year 9 joining Tennis and a whole new year 7 Squad.

### A few key details to remember:

- All Tennis Athletes have 2 court sessions 1 being their sport time and 1 speed and agility session ahead of their weekly fixtures.
- 1<sup>st</sup> and 2<sup>nd</sup> Grade Athletes have more sessions to help prepare them for their longer fixtures.
- If your son cannot attend a session, please lodge it via the parent portal/Portal services/report sport absence.
- Training and Fixtures can be seen on Clipboard. Saturday fixtures should be visible by Wednesday
- When it is raining the morning Tennis training will be on in the gymnasium gallery steps.

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

## SAVE THE DATE

### END OF SEASON SOCIAL DINNER

Date: Saturday 22 March

Time: 2pm-6pm

Location: School Tennis Courts



**Cost:** \$20 per person or \$50 for family of 3 or more - money goes towards food, drinks, court hire and prizes.

Paid in cash to Kurt Rich by Thursday 13 March 2025.

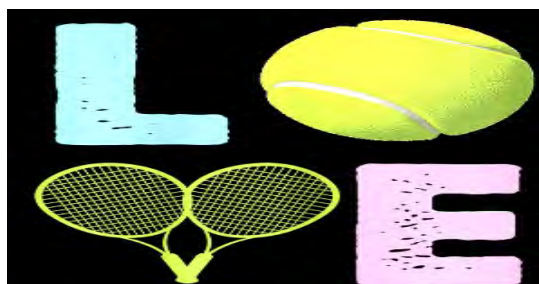
David Deep and Kurt Rich invite and encourage all Tennis parents, siblings, coaches and players to the annual end of season social.

The night is a casual celebration of the 2024-2025 season including a season review, prizes, food, drinks and Games - e.g. Jumbo Tennis, Challenge the Coach/Senior player.

The future success of the tennis program depends on the enjoyment of the boys and parental support.

The School Tennis staff are looking forward to this event, it will be a great chance for everyone to meet and get involved. We look forward to seeing you there.

**Kurt Rich**  
MIC Tennis





## HIGH SAILING

### Saturday Sailing

Getting back into sailing after the holiday break was certainly refreshing for all of us. Although with the Sail GP currently ongoing, and no official teams racing went ahead, we were still able to practise and refine our skills. First and second grade teams participated in training, specifically to practise our "traps" on the first reach. "Traps", or "traps around the mark", are tactics used to quite literally trap the opposing team's boats, and force them to sail away from the course, in the hopes of allowing your team to overtake them. Furthermore, traps can be used to compress the race and reduce the distance between all the boats. This allows for easier overtakes in later stages of the race, increasing chances of victory.



### Try Sailing

On the weekend coach Sam Ezra took our new Year 7 boys out for Try Sailing. This was an opportunity for our newcomers to find out what the sport is like, see what it is about, and learn the basics of sailing. The nice weather, along with the strong breeze, made it a good day to experience sailing. We hope all these boys turn into expert sailors and will continue the sport until year 12.

**Matthew Kuskoff 12T**







### Year 9 Quad Holiday Report

The summer holidays, a pivotal moment in the rowing season. It's what makes or breaks a crew.



For the year 9 first quad, holiday training was an opportunity for us to develop not only individually but as a crew.

Within our first session we had spent quality time refining our technical ability, aiming at developing an edge over other 'rusty' crews. Furthermore, we used the holidays sessions as a time to improve our timing and precision within the water, a factor that had been consistently holding us back as a crew. As we neared the start of the new school year, we used our final sessions to work on our 1K pieces, helping gradually increase our speed and endurance.

During our regatta on the weekend, it was clear that our holiday training had paid off, as we managed to remain with Newington the entirety of the race, narrowly being beaten by a bow ball at the very end.



Furthermore, we managed to beat Scots by time, showing our immense improvement in power and speed over the holidays.

**Mekaeel Khan 9M**



Seniors Training at Nepean River in January



# Public Transport and Light Rail Safety Reminder-Term 1

## Attention Students

Welcome back and welcome to new students.

### Please be Reminded:

Conduct, attitude and appearance are important in public, particularly on all forms of public transport. At all times, students need to display excellent appearance, manners, courtesy, and thoughtfulness.

Give up your seat, don't take up a seat if adults are standing, let people through, don't push, don't obstruct passageways with bags, especially cricket kits and musical instruments etc.

Don't be boisterous or loud. Be mindful of your language.

Help those who need help.

We ask all senior students to not only set a fine example, but to also actively monitor and remind younger students of appropriate behaviour.

### Additionally with the Light Rail:

Please be reminded about Light Rail Safety. Please be extra vigilant whilst waiting on the platforms. Please ensure you follow the guidelines from Transport. NSW as listed below.

## Light Rail Safety

Heads Up – play it safe around light rail

Whether you're walking, riding, driving or catching public transport, it's important we all know the rules and play our part to stay safe around light rail.

### Top 5 Light Rail Safety Tips

1. Know and obey the rules for when you are using the road around the light rail corridor.
2. Stay alert and aware of your surroundings - trams are quiet and unable to stop quickly.
3. Always follow traffic signals and signs.
4. When crossing the tracks on a bicycle, in a wheelchair, or with a pram, keep your wheels at right angles to the track so that they don't get stuck in the track.
5. Pedestrians should cross at designated crossings and intersections where available, and always look both ways.

## Staying safe around the light rail

### Pedestrians

- Take extra care around trams and tram tracks - remember trams can't always see you.
- Don't cross directly behind a tram as other road users may not be able to see you.
- Cross at designated pedestrian crossings where available.
- Don't be distracted by mobile phones and remove headphones before crossing the road.
- Always look left and right and check twice for trams before you cross the road.

### Bicycle Riders

- Take extra care around trams and tram tracks - remember trams can't always see you.
- If you need to ride across tram tracks, keep your wheels at right angles to the track so that they don't get stuck in the track.
- Make yourself visible by wearing bright, light or reflective clothing.
- Look out for other road users, particularly in shared zones or on shared paths, and avoid making sudden movements.
- Give hand signals when changing lanes or turning left or right.
- Always follow the road rules, including traffic signals, and ride with care.

### Drivers and Motorcycle Riders

- Never queue across tram tracks or intersections.
- Always follow traffic signals and signs.
- Never turn in front of a tram.
- Always follow the road rules and drive or ride with care.

For added information, please visit:

<https://roadsafety.transport.nsw.gov.au/stayingsafe/light-rail/index.html>



# Transport for NSW provides students with **free** school **travel**

In return, we ask that you tap on and tap off every time when travelling on public transport to and from school.



Tap on and tap off your  
School Opal card every time



# Tap on and tap off every time

because it tells us how many people are using public transport. This allows us to better plan services for you.



It is a condition of the *School Pass Terms* and the *Student Codes of Conduct* when travelling that students in possession of the School Opal card must tap on and tap off every time when using public transport to travel to and from school. Per section 3.2 of the Opal Privacy Policy, Transport for NSW collects information from taps on and taps off to support coordination, planning and policy development for transport, transport services and transport infrastructure.



# The School Opal card

The School Opal card gives eligible students free or discounted travel between home and school using metro, train, bus, ferry and light rail services you nominate in your application.

## Who can apply?

To be eligible for a School Opal card, students may need to live a minimum distance from their school:

### Years K-2 (Infants)

There is no minimum distance.

### Years 3-6 (Primary)

More than 1.6km straight line distance or at least 2.3km walking.

### Years 7-12 (Secondary)

More than 2.0km straight line distance or at least 2.9km walking.



If you live too close to be eligible for free travel, you may still qualify for a School Term Bus Pass, which offers travel on buses between home and school at a discounted rate for the whole school term.

## Who needs to apply

A new application is only required if the student has not had a School Opal card before.

If the student already has a School Opal card and is changing schools, campuses or home address, you will need to update their Opal card for the new school year before mid-December at [transportnsw.info/ssts-update](https://transportnsw.info/ssts-update)

## How to apply

Applications for next year open at the start of Term 4 this year.

### Step 1

Once the new school has confirmed your child's enrolment, complete the application at [transportnsw.info/school-students](https://transportnsw.info/school-students)

### Step 2

The school endorses your application.

### Step 3

Once Transport for NSW has approved the application, a School Opal card will be sent to the address provided on the application.



A parent or guardian must apply for students 15 years and under. Students 16 years and over can apply for themselves.



## Better together

The School Opal card is only for travel to and from school. So it's a good idea to get a Child/Youth Opal card for travel after hours, on weekends or during school holidays.

### Child/Youth Opal card benefits

- Concession fares across the Opal network
- Half-price travel after eight paid journeys each week\*
- \$1 transfer discount for every transfer between modes (metro/train, ferry, bus or light rail) as part of one journey within 60 minutes from the last tap off†
- Set auto top up and link it to your credit or debit card so there's always enough value on the card to travel.

Find out more at [transportnsw.info/opal](https://transportnsw.info/opal) or pick one up from an Opal retailer. To find a retailer in your area visit [transportnsw.info/opal-retailers](https://transportnsw.info/opal-retailers)



Secondary students aged 16 and over can travel with a Child/Youth Opal card when carrying a Transport Concession Entitlement Card. To apply contact your school or institution.

\* Excluding Sydney Airport station access fee.

#### Privacy

For information on how we handle personal information please refer to the Opal Privacy Policy at [transportnsw.info/tickets-opal/opal/opal-privacy-policy](https://transportnsw.info/tickets-opal/opal/opal-privacy-policy) and the School Pass Terms [transportnsw.info/school-pass-terms](https://transportnsw.info/school-pass-terms)



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