



From the Principal High Talent

Leon Park (7T) won gold in the U13/66kg Division at the Judo ACT Canberra International Open. Well done, Leon! Congratulations to Joshua Sim (8R) who gave up his time for a charity - *Kids Giving Back* – helping to make 650 meals, breakfast boxes, snack packs and care packs for homeless and needy people. Justin Nguyen (SHS-2024) was awarded a UNSW Co-op Scholarship in Electrical Engineering.



Junior Awards Assembly 2025

My address at the Junior Awards Assembly on 26 February is reprinted below:

Good morning and welcome to our Awards Assembly for the Junior School, held on Gadigal land, to whose elders past and present I pay my respects. At these assemblies it is pleasing to see so many boys, who embody the ethos of our school, being recognised. We value integrity and dedication. You have shown them in your wide participation in school life. When the Student Awards Scheme is taken up seriously by our students, we also do better academically. High participation rates in the Student Awards Scheme help co-curricular and academic success.

We want all Year 7 and later-enrolling students to take up the challenge to participate in school life. There are five good reasons you should participate. First, you will develop your social skills more quickly in more contexts and you will build positive relationships with more people. Second, you will learn how to manage your time better because you will be busy. Third, you will be able to explore a wide range of interests. Fourth, you will learn the value of commitment to an activity over time – i.e. dedication. Finally, your self-esteem and self-confidence will be lifted by your

involvement with others as you grow a stronger sense of connection with High.

The Student Awards Scheme at High evolved from a six-level system with an honour board entry for all school trophy winners, when Nathan McDonnell (SHS 2008) earned so many extra Award Scheme points that we set up a 7th level for him. The McDonnell Award then became the honour board level. Shuming Wang (SHS-2013) earned a whole lot more points than the McDonnell Award required, so an 8th level was added, named after the first Principal of High, Joseph Coates. An extra honour board was added for this award in recognition of the wonderful involvement in school life demonstrated by the recipients. Beyond that level, recognition is sought for boys at a state level.

How the scheme works is if you earn 30 points within a category (there are seven categories) then you are awarded a nomination for that category. If you achieve three nominations, you will receive a Bronze Award. Eight nominations earn a Silver Award and 13 nominations, a Gold Award. It is possible to earn a maximum of two nominations in one category in any one year. This restriction preserves some breadth of participation in the Awards Scheme. The administration of the scheme is electronic, with a running tally of points being kept for every student. For any discrepancies discovered with a student's individual tally, the **student must contact the teacher in charge of the program**. The closing date for adjustments to be made to a student's tally is by **Friday Week 9 of Term 4 in the corresponding calendar year**. No retrospective points can be allocated once a calendar year concludes.

Last year students in Years 7 & 8 earned 138 (2023 -153) bronze medallions, 43 (2023 - 54) silver and 7 (2023 -11) gold medallions – 188 (2023 - 217) awards in all.

I want to thank each **student** receiving an award today. You showed by your broad participation in school life that you understand our **driving purpose** here – to enlarge ourselves as people, in our IQs, PQs EQs, CQs – as citizens, caring about other people and collaborating or cooperating with them. The Student Awards Scheme helps to develop character (strong mental and moral qualities). Above all, let's show **respect** for one another as individual people. Our goals are collegial as well as individual. We want

you to be **dedicated** students and participants. We hope you will show **compassion** through school or community service or just helping a friend or asking RUOK. Get involved this year for the first time or stay committed to the Scheme if you are in it. Show **integrity**. If you do, you will feel a greater sense of belonging to the school; and you will also understand better what we mean when we say, that we have High spirit.

Senior Awards Assembly 2025

My address at the Senior Awards Assembly on 25 February is reprinted below:

Good afternoon and welcome to our Student Awards Scheme Assembly held on Gadigal land. I pay my respects to elders past and present and who are custodians of our timeless culture, and to any Aboriginal people here today. To all the Awards recipients, well done and thank you for your **dedication and integrity** in staying the course. Students who are strongly connected to our school tend to be fully involved in the Student Awards Scheme. U.S research shows that co-curricular engagement while at high school, if undertaken for two years or more, benefits individuals in multiple ways during tertiary study. Also, in a study of first year college students, their scores on a **test of optimism** were better predictors of their first-year college assessment grades than were their SAT test scores from high school. Work on your optimism through service. Our most successful years academically come when our boys are also the most engaged in school life, when they have the most hope and self-efficacy, so you can understand why I would prefer everybody to be in the Student Awards Scheme. If you qualified for an award in 2024, I really want you to continue in 2025 and earn another one.

Our Student Awards Scheme evolved from three levels to six and later to eight. Only Nathan McDonnell and Joseph Coates Awards are awarded on Presentation Night and have honour board entries for the recipients. Several boys have been so committed to school life that we have sought and received further recognition for them at state level. Today, students receive school trophies manufactured in-house using our laser cutter. I want to thank Ms Dam and Mr Comben for the time and effort spent in manufacturing and engraving these handsome trophies each year. My thanks go also to Mr Kay and Mr Barris who worked hard alongside our student management system provider Sentral to revamp the Student Awards Scheme to fit inside the architecture of the Sentral program last year. I want to thank them for making the Student Awards Scheme more equitable, accessible and efficient in its operation.

How the revised scheme works is if you earn 30 points within a category (there are seven categories) then you are awarded a nomination for that category. If you achieve three nominations, you will receive a

Bronze Award. Eight nominations earn a Silver Award, 13 nominations, a Gold Award; 18 gets you a Platinum Award; 24 a School Plaque, 30 a School Trophy, 37 a Nathan McDonnell Award and 44 a Joseph Coates Award. It is possible to earn a **maximum of two nominations in one category in any one year**. This restriction preserves some breadth of participation in the Awards Scheme. The administration of the scheme is electronic, with a running tally of points being kept for every student. For any discrepancies discovered with a student's individual tally, the **student must contact the teacher in charge of the program**. The closing date for adjustments to be made to a student's tally is by **Friday Week 9 of Term 4 in the corresponding calendar year**. No retrospective points can be allocated once a calendar year concludes.

We depend upon coaches, MICs and program managers to submit text files of the names of boys who have satisfied requirements for the completion of an activity. Nonetheless, students need to check their files frequently to see if they have been awarded all the points they are entitled to. It is their individual responsibility to advocate for the points they deserve.

I want to thank Mr Kay and Mr Barris for managing the scheme and Ms Ashton for her ordering, sorting, and checking of hundreds of awards each year. It is a lengthy and complex operation, but I think it describes the co-curricular life of our students accurately. Academics and co-curricular involvement complement each other in character development. That is why we go to so much trouble to record and recognise both aspects of personal enlargement. Learn organisation and self-management by involving yourself in school life. It will help your study.

Last year for Years 9, 10 and 11, there were 100 bronze medallions, 126 silver, 81 gold and 48 platinum. Also, 9 School Plaques. We are making 364 Awards today. As well, 6 School Trophies, a McDonnell Award and 9 Joseph Coates Awards were presented at Presentation Night.

To the students receiving an award today, you have shown by your broad participation in school life that you understand our primary purpose here – to grow as people, to enlarge our characters through our involvement with other people. We try to develop our physical, emotional, cultural and cognitive intelligences. Stay involved in the Scheme right until the end. Don't drop off in Year 11 or 12. Universities appreciate students who can demonstrate broad-based commitment over time to co-curricular endeavours as well as to academic success. It shows integrity. You do what you say you are going to do. It shows dedication – you stick at what you do over time to improve yourself. You grow your self-efficacy. Treat all others with dignity – that shows respect. Treat others as you would be treated – that demonstrates compassion. Congratulations again to everyone acknowledged this morning.

2025 Budget Summary

Balance brought forward was \$987,344. Total **revenue** was \$18,995.84. The appropriation from DoE was \$13,615,742. Total income from school and community sources was \$5,370,009, *including* school generated revenue (\$5,017,190); donations and individual contributions (\$223,598); sale of goods and services (\$76,328) and investment income (\$39,407). Total **expenses** were \$19,920,909, predominantly salaries and wages for staff (\$15,297,112) and operating expenses (\$4,623,737); *including* fees for service rendered (\$1,373,610), mostly coaching payments, and other operating expenses (\$3,250,177) - teaching and learning (\$327,709); property maintenance (\$387,299); furniture and equipment (\$296,045); and computer costs (\$240,319). Deficit for the year was \$925,069. The carried forward figure of \$62,276, does not include the unspent contract for the table tennis Centre (\$450k +GST). The building fund capital is to be expended on the proposed *Table Tennis Centre*.

Overall, **expenses** as a percentage of **revenue** were 105%, meaning all our reserves are gone. Why? DoE removed \$170,000 from our budget during the year. The wages' structure was changed – casuals had to be paid a high minimum wage of \$30 and a minimum hire of two hours. Salaries were increased for teaching staff and support staff during the year. There was a surprise deduction of \$542,000 for December for wages, which we had not estimated. Our wages costs ballooned. We had multiple capital projects in the pipeline that we had to see through. We committed to using our carried forward buffer to preserve all our services to our boys and complete the projects. **All** the funds we received were spent to benefit your sons. We cannot do it again this year. We will have to increase income and reduce expenditure to break even this year. **At High, the very strong reliability of our income flows from parents through donations and contributions. This has allowed us to maintain an extremely high expenditure percentage for 25 years. I am counting on that great support continuing in 2025!**

Dr K A Jaggar
Principal



Sydney High School Cadet Unit (SHSCU) Highlights

Welcome to 2025

With the new year well underway, Sydney High School Cadet Unit has had a fantastic start to 2025.

Our Junior and Senior Leaders have stepped up into leadership roles with confidence, attending planning conferences and training to upskill them in preparation for guiding the newest members of our unit. Meanwhile, our cadets have returned to lessons and activities, with the first few weeks being designed with skill-building exercises, teamwork, and strong camaraderie that aim to set a solid foundation for the year ahead.

New Intake - Term 2

We are also looking forward to welcoming a new intake of cadets in Term 2. This is a great opportunity for students who are interested in developing resilience, leadership, and teamwork in a challenging yet rewarding environment. Whether you're looking to step outside your comfort zone or make lifelong friendships, the AAC program offers a unique experience that is unlike any other co-curricular. The program is currently open to those turning 13 this year, or up to 17 years old.

If you are interested, please use the link below to find out more about applications:

<https://forms.gle/Ch3gJh4YZ6SWTGbj8>

With plenty more training activities, exercises, and leadership opportunities ahead, 2025 is shaping up to be an exciting year for SHSCU. We look forward to seeing our cadets continue to grow and excel as the year progresses.

LT (AAC) Mattise Stringer
Officer Commanding



SYDNEY HIGH SCHOOL FOUNDATION

Rebuilding the Pavilion at McKay Oval

McKay Oval in Centennial Park has been an important school fixture for almost 100 years. Generations of High boys have fond memories of participating in rugby, football, cricket, athletics and cross-country at the McKay Oval playing fields and preparing for games in the Fairland Pavilion dressing rooms. Parents enjoy watching their sons emerge from the Pavilion through the tunnel of boys onto the Oval. But how many of us know the full history of how our school happened to have these great facilities within the Centennial Parklands area?

Almost one hundred years ago, to provide playing fields for the school, a group of Old Boys secured the rights to what was then swamp land and drained it to become what we now know as McKay Oval. Old Boys and parent volunteers worked together to maintain the land and eventually build the Fairland Pavilion in 1933. Over the years Fairland Pavilion has been extended and renovated with the support of these two important parts of the school community—Old Boys and parents.

The legacy of this partnership has had an impact beyond our students. The Pavilion and McKay Oval have welcomed visitors from across the state, country and even the world. From clashes with CHS competitors to AAGPS rivals, it has been a site where school pride, sportsmanship and camaraderie has thrived.

The Pavilion is due to be replaced, acknowledging the need for modern facilities that match the evolving demands of sports and community engagement. We have reached an agreement with the Centennial Park Trust that will allow us to continue our legacy by rebuilding the Pavilion at McKay for the community and the next generation of High boys. To do this, we need the support of the entire Sydney High family, as this project will be wholly funded by the Sydney High community.

We will be kicking off our fundraising with a series of events over the coming year. Help us to create a space that will continue to serve our students, give back to Centennial Park and the wider community, and ensure that the legacy of Sydney Boys High School continues to thrive in the heart of Sydney.

Please reach out if you would like to discuss ways in which you can help us achieve our vision:
Jacob.Ezrakhovich@shsfoundation.org.au.

Jacob Ezrakhovich 2003

Chair, Fundraising Committee

Director, Sydney High School Foundation

President, SHSOBU



Volunteer Working Bee-McKay Oval-1957



CAREERS

CAREERS LEARNING at SBHS

- 5 reasons to apply for Scholarships- STUDY.



- How to include Competitions in your Resume-WORK.



- A guide to Rites of Passage for young people-GROW.



Not all Scholarships are based on Academic Merit. There are literally thousands of Scholarships on offer. There are plenty of other Scholarships for different criteria such as:

- Elite Athletes or Performers
- Community Service
- Leadership Potential
- Disability
- Financial Disadvantage
- You have nothing to lose, a way to STUDY

A quick 3-minute skim can save thousands of dollars: <https://studyworkgrow.com/5-reasons-to-apply-for-scholarships/>



Why should you include Competitions on your Resume? Taking part in competitions is a great way to build up your skills and experience. Even if you didn't win anything, it's still good to include participation in a competition on your resume to show what you learned, and how you honed your skills.



Example

Google Code an App Contest – September 2024 – Participated.

– Improved my coding skills relevant to this career.

– Work as part of a team in a future I want to pursue.

– Keep to strict deadlines in a new environment.

A quick-3minute skim- a way to WORK:

<https://studyworkgrow.com/how-to-include-participation-in-a-competition-on-your-resume/>

What makes a Rite of Passage?

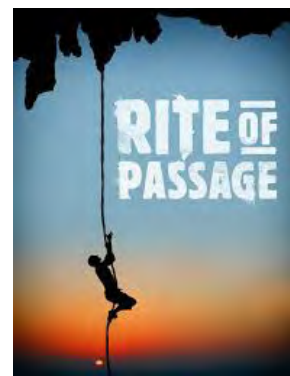
A true Rite of Passage involves three distinct stages:

- First comes separation, stepping away from the comfort zone.
- Then comes the liminal, pushing forward and facing challenges beyond their comfort.
- Now there's incorporation, returning to your zone with new skills and confidence.

A way to Grow:

<https://studyworkgrow.com/understanding-rites-of-passage-a-guide-for-students-and-parents/>

Andrew Ding
Careers Prefect



Parent Teacher Interviews



PARENT TEACHER INTERVIEWS

The following is information on all parent-teacher nights this year.

Please note that for the day of all parent-teacher interviews, periods will be shortened, with the school day finishing early. **Boys from all years will be dismissed from school at the start of lunchtime on each of the dates listed below.** The light rail will run to normal schedules and there will be minimal supervision in the Junior Quad of boys waiting for any services.

The dates of the parent-teacher interviews are:
Year 12 will take place in Term 1 via zoom on:

Tuesday 11 March 2025
2:00pm – 4:30pm

Years 8 and 9 will take place in Term 2 via zoom on:

Monday 16 June 2025
2:00pm – 7:30pm

Year 7 will take place in Term 2 via zoom on:

Tuesday 24 June 2025
2:00pm – 6:00pm

Years 10 and 11 will take place in Term 3 via zoom on:

Tuesday 29 July 2025
2:00pm – 7:30pm

Booking Interviews with Your Son's Teachers

We use a web based electronic scheduling system for arranging interviews. This produces better results for all participants, especially more compact time schedules for both parents and teachers.

The system works as follows:

N.B. The following dates are for Year 12 parents only. Parents of boys in all other years will receive their codes via email in Term 2 in the lead up to each evening – notification of these emails will be placed in High Notes next term.

- By 6pm Wednesday 26 February, all parents of boys in Year 12 will be sent details of the scheduling system and a unique code to be entered via email.

- This scheduling email will be sent to the main family email address currently held by the school for **all Year 12 students**. If you have not received this email by the morning of **Thursday 27 February**, please check your junk mail or any alternative email addresses provided to the school by either parent.

N.B. The office regularly receives queries about undelivered parent-teacher emails when the email was in their junk mail. Please check there before contacting the school.

- If your email address has changed from what had been previously advised, you should notify the school at office@sbhs.nsw.edu.au. Please indicate your son's name and roll call class (or date of birth) so that the information can be forwarded to you.
- Following the instructions in the email, on the Edval website you will see your son's teachers listed and you will be able to select those with whom you require an interview (if you hover over a teacher's name, the subject involved will be shown). At the same time, you can indicate your availability between **2:00pm and 4:30pm**. You should provide this information **by 9am on Wednesday 5 March**.
- The overall schedule will be generated by the school and your individual schedule should be available for you to **download and print from 6pm on Thursday 6 March**.
- Interviews should not exceed **five minutes' duration**. If there is insufficient time, a further appointment may be arranged for a later date.

IMPORTANT

Similar arrangements will be in place for **all other year group interviews**. Keep an eye on future High Notes for the timing of these processes.

Mr J Kay
Deputy Principal



The Life Ready program is a mandatory program.

The Key Skills:

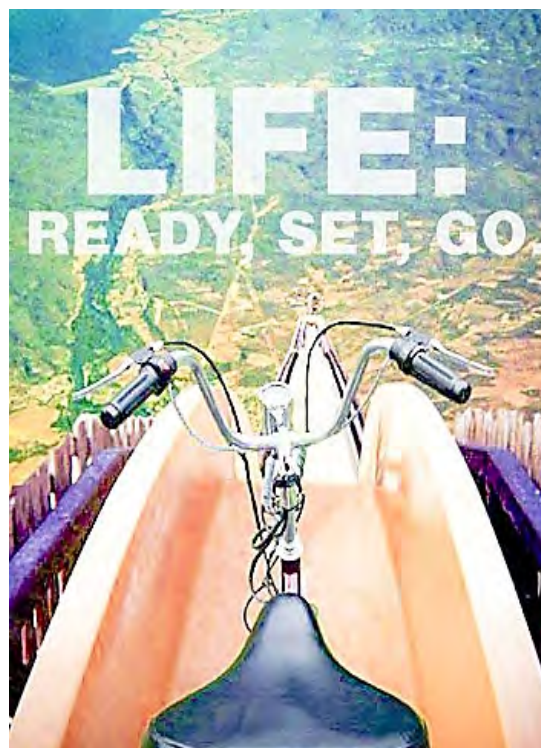
- Communication and interpersonal skills.
- Decision making, problem-solving and critical thinking skills.
- Building independence and confident transitions.

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

Any student who does not complete this course will be required to complete the 2026 program which will again be in Term 4, therefore during their 1st term of Year 12.

More details will come out closer to the end of the year.

Kurt Rich
Life Ready Coordinator





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.

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

Thank you to all our amazing volunteers, wonderful Canteen Managers and staff, plus our hard-working Committee members who all work together to keep our Canteen running efficiently and smoothly each day! Heartfelt thanks also to our Prefects and SRC leaders who diligently give up their recess and lunch breaks to assist with window service.



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/10C084CADAA22A7FEC61-53985370-2025#/>






Lunch Orders

We encourage students to place their lunch orders between 08:30am and 09:00am 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 note that you can select whether you would like your order for recess (morning break) or lunch (afternoon break). Please make sure you select the correct option, so that your order can be ready for you to collect at your desired time.

Morning Break 21 hours left to order for tomorrow	
Afternoon Break 21 hours left to order for tomorrow	

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.



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:

https://docs.google.com/presentation/d/1zi95p_zlYErhgKirz4H4CGuHu51GTo3Pd0_dY8Ldtill/edit?usp=sharing

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 13 February: Thi Ly, May Wong.

Friday 14 February: Salena Nguyen, Jingyi Fang, Shiliang Fang.

Monday 17 February: Jessica Tam, Helena Jiang, Grace Guan.

Tuesday 18 February: Yun Zhou, Qihua Xu, Wesley Koh

Wednesday 19 February: May Wong, Emily Chow, Susanna Xie.

Thursday 20 February: Sandra Jouravlev, Val Tedjasaputra, Vivi Jian.

Friday 21 February: Yuncheng Zhu, Carmen Chan, Sureka Thiagalingam.

Monday 24 February: Grace Guan, Celine Xing, Li Tian.

Tuesday 25 February: Matthew Pang, Zhuoya He, May Wong, Qing Guo.

Wednesday 26 February: Yan Wang, Sue Lee, Iva Barraza Nejeda, Gilberto Barraza.

J Yuan

On Behalf of the SBHS Canteen Committee

Music NOTES

HSC Encore Concert

HSC 2025 Encore Concert was held on Monday evening at the Sydney Opera House, showcasing a selection of outstanding compositions and performances from 2024 HSC music candidates. All our Year 10 to Year 12 elective music students attended this valuable concert.

Music Ensemble Rehearsals

Thank you to all the ensemble members who have been attending rehearsals this term. Please note that 80% attendance is required for award scheme points each semester.

Marching Band Rehearsal

Marching band rehearsals will be scheduled this term on Fridays, please check Clipboard and Canvas MPP announcements to ensure you know when to attend. New Year 7 members (woodwind and brass players) and all Year 8 and 9 students will have the first session with 2024 drum major and old boy, Michael Li to revise music and marching drills.

Music Instruments in Storeroom

A reminder to place your instruments neatly in their designated areas in the music storeroom to avoid damage and leave a clear pathway down the aisle as it becomes a safety hazard otherwise. All instruments should have a tag attached to the case with student's name and contact details clearly labelled.

Instrumental Lessons

Instrumental lessons are available before and after school. Please see the music notice board outside the music staffroom for tutor contacts to arrange a suitable time.



Violin available to purchase

If you are looking to purchase a high-quality violin, please see the music staff for details. The violin is a German factory instrument certified by French violin maker and restorer, Antoine Lespets.

Suzanna Lim
Music Teacher

2025 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



HIGH SAILING

Wednesday Sailing

On Wednesday we split into two different groups for our training sessions. The first group included the fleet races, who practised their upwind sailing skills and refined their mark rounding.



The second group were the team racers. We worked primarily on our "mark trap" skills, specifically between mark 1 and 2 on the course. The aim of this mark trap is to force an opposing boat onto your inside when you have Buoy Room (within 3 lengths of the mark). Once on your inside, you sail parallel to the boat, and prevent him from ducking back underneath you, thus taking him off the course, allowing your teammates to take his position.



Saturday Teams Racing

On Saturday we raced against Scots College, their 1st, 2nd, and 3rd grade teams. Our second-grade team was able to secure some impressive wins against their third-grade team, including an impressive first place victory by Justin He (Skipper) and Jesse Wu (Crew).

Our first grade also faired quite well against the other two Scots teams, with very close races and impressive manoeuvres conducted. Our improvement has been incredibly visible over the past few weeks with great leaps in our racing strategies and tactics.



Bevan Shen-2nd Grade Crew for Ethan Ma
Matthew Kuskoff 12T

DRAMA

Drama Excursion to OnSTAGE 2025

What is OnSTAGE?

OnSTAGE is a celebration of the top HSC individual and group projects from 2024. This year, all Elective Drama students attended on Thursday 13 February 2025 at The Seymour Centre's York Theatre.

Onstage really showed how great a performance can be in drama through hard work and grit.



There were 9 main performances including a moving reading of a script entitled The Bricks and Mortar Company.

Individual projects can be undertaken in Critical Analysis, Design, Script Writing or Video Drama. These were viewed by all the students in the foyer during interval. Many boys were impressed at the standard achieved by last year's HSC cohort.

Anna Barry
Teacher



Year 9, 10 and 11 Elective Drama Students attending OnSTAGE at The Seymour Centre



Noel Que and Tra Nguyen before the show at The Seymour Centre.



Elective Drama Students in the audience for OnSTAGE 2025





High Cricket



Cricket Results - 2025 Term 1 Week 3 GPS Cricket 2024/2025 vs St. Joseph's College

	Score	Result	Highlights
1 st XI	SJC 10/128 def. by SBHS 5/129	Win	V. Bhosale 51* A. Sharafi 4/56
2 nd XI	SBHS 10/128 def. by SJC 6/129	Loss	C. Simmons 31 N. Yohanda 3/20
3 rd XI	SBHS 7/93 def. by SJC 4/94	Loss	S. Menon 24
4 th XI	SBHS 6/91 def. by SJC 5/94	Loss	B. Chudal 50 P. Rachamulla 2/12
16 A	SJC 10/114 def. SBHS 10/112	Loss	
16 B	SBHS 5/107 def. SJC 10/85	Win	
15 A	SBHS 6/138 def. by SJC 5/139	Loss	S. Doke 41 A. Kaushik 4/23 vs Scots
15 B	SJC 10/116 def. SBHS 10/83	Loss	
14 A	SBHS 9/159 def. SJC 10/107	Win	V. Chammoli 76 T. Tewari 5/13 I. Hossain 2/15
14 B	SJC 7/127 def. SBHS 10/55	Loss	Arnav 2/14

1st XI Report

Coming off many promising results over the past few weeks, High hosted St Joseph's College at McKay for round 11 of the GPS season. The day started perfectly, with High winning the toss for the first time this calendar year, sending the opposition to bat. The reliable duo of Adrian Sharafi and Aayush Kumar opened the bowling, both of whom struck early taking 2 huge wickets in the opening 5 overs. As Joey's top order began to settle whilst punishing the loose deliveries, off-spinner Nehan Hossain entered the attack. Starting strong from ball one, Nehan looked dangerous, restricting the flow of runs before getting one to skid through the

defenses of the St Joseph's opener, and leaving them 3/36 after 10. A devastating spell of bowling from Vivaan Bhosale and Nehan Hossain soon followed, applying relentless pressure from both ends. Exemplary persistence and quality were shown from High, Joey's 9/87 after 28 overs.

Unfortunately, some subpar fielding combined with powerful ball striking from the number 6 batsman led to an impressive 10th-wicket partnership. Adrian finally took the last wicket, ending with figures of 4/56 (9.3) and dismissing St Joseph's College for 128 in the 35th over.

Standout performances from all the other 3 key bowlers included Aayush 1/29 (10), Nehan 2/20 (8), and Vivaan 2/18 (6). A change in the batting order saw Abhinav Nayani open the batting alongside Vivaan. A blistering start from Nayani saw him access all parts of the ground, quickly putting the pressure back on the opening bowlers. However, the fireworks were ultimately cut short as he was soon dismissed for 29 (25). Arjun Narayanan headed to the crease, looking to make an impact down the order at number 3. Despite a slow start from Viv, the pair began to keep the scoreboard moving along, trying to hit singles wherever possible. A much-needed 50-run stand between the two was brought up, putting High well in control of the game before Arjun was dismissed for 19 leaving us 2/85 after 20 overs. A minor collapse from High's middle order saw spin strike twice in a matter of overs with the score reading 4/94 after 24.3. High's captain, Eddie Barks came to the crease, looking to make an impact alongside Viv who was beginning to accelerate. Despite needing 30 to win in 25 overs, the pair attempted to not let the opposition settle by batting with intent. After the loss of 3 wickets in 5 overs, Eddie seemingly hit one straight down deep-midwicket's throat first ball, however, fortunately, the fielder dropped it over the rope despite High only picking up 2 runs, allowing another partnership to form. Playing many aggressive shots out towards the boundary, Eddie tried one too many, eventually being dismissed for 20 (25), with 7 runs to win.

The required runs dwindled to just 3 as Vivaan took Joey's leg-spinner straight back over his head for 4, bringing up a monumental win for High Cricket - and in doing so finished the innings on 51*. A generational performance from start to finish brought up the first win for High's 1st XI in 707 days.

Eddie Barks 12T
1st XI Captain



Vivaan Bhosale 11R - 51*

2nd XI Report

Although the weather was looking a bit bleak, and it had been raining over the weekend, the boys were excited to play some cricket after coming off two consecutive wins at the start of this year. After winning the toss, we sent the opposition out to field on the dewy pitch. However, after a few changes in the batting order, the opening batsmen fell quickly within the first two overs. After this quick fall of wickets, our morale was lowered, and a few more wickets fell in quick succession. However, after losing seven wickets for only 54 runs, the tailenders put up a good fight alongside Caleb Simmons, who put up a crucial 31 runs, giving us a total to defend. Although a few early wickets led to pressure on Joey's, their batters held it together, making it very difficult to take wickets and chased down the total of 130 runs with 2 overs to spare.

Tafheem Choudhury 11E
2nd XI Captain



Team of The Week – 14A's

As we entered Round 11 of the GPS Season, the 14A's needed a solid performance to overcome a strong St. Joseph's side.

After choosing to bat first, Vihaan and Tavish negated the opposition's opening spell. From there on, it was absolute carnage from Vihaan as he blasted a blistering 76. At drinks, we were in a commanding position at 0/60. However, we lost wickets in quick succession but handy cameos from Vedansh, Arjun, and Krishna, pushed us to 159. Arjun, Krishna and Vihaan maintained tight lines to restrict St. Joseph's openers from a good start. Saharsh got the all-important breakthrough before Imaan got two and Tavish took an outstanding 5-fer to finish the game.

Overall, it was a comfortable win against a good St. Joseph's side, and we look to take this momentum to defeat a great Newington side next week.

Saharash Subramanian 8F
14A's Captain



Team of The Week – 16B's

Going into the game, the team was confident with two players returning from the 16A's, and a win earlier this season against this St Joseph's 16B side. We won the toss and elected to bat, and our openers took the crease with a big total in mind. Unluckily, Vivaan and Om were dismissed in the first 7 overs. Krishna and Sherwyn had a partnership that stabilised the innings, with Krishna scoring 25. Aryan and Aryaman also batted well in the middle order, scoring 12 and 23 respectively with some impressive power hitting from Aryaman. We finished our innings with 107 runs and looked hopeful to defend it. With tight fielding and impressive chatter in the field we managed to defend our total successfully. Sherwyn and Sadakat both picked up 3 wickets and kept low economies. Aryan, Vivaan, and Aryaman also took one wicket each. Joeys only managed to get 85 runs after 16 overs thanks to a great team effort by our side. The team is hopeful to get revenge on Newington following an upsetting loss earlier in the season.

Vivaan Wadhwa 10E
16B's Captain

Vedantik Bhattacharyya 11S



16B's - after winning their game

Sydney Boys High School Dinner 2025



Sydney Boys High End of Season Cricket Dinner 2025



All players and parents are warmly invited to help celebrate Sydney Boys High School annual Dinner marking the end of Cricket Season for 2024-2025.

The evening is an opportunity for all players, parents and coaches to come together and celebrate our boys' cricketing achievements during the season while enjoying some mouth-watering food - vegetarian and halal options available.

On the evening, we will have a guest speaker, video footage of the Teams in the GPS Competition, monster raffles, lucky door prizes and a cricket quiz.

EVERY Student/Player will receive a Team Medallion on stage with their Coach and a photograph taken.

Major Awards for each Team will also be presented on the evening.

When: Saturday 22 March 2025
Where: The Great Hall Sydney Boys High School
Cost: \$55.00-PORTAL PAYMENT PREFERRED-includes three-course meal
Time: 5:30pm-8:30pm - Please be there by 5:15pm for a prompt 5:30pm Start!
RSVP: ASAP-last day for Payment-Wednesday 19 March 2025
Dress Code: All Students must wear full School Uniform. Smart casual for others
Beverages: Water and soft drinks supplied

Please note Seats are limited to 250 so please ensure you book your tickets early by returning the form below, along with your payment to the main office.

Sydney Boys High School Cricket Dinner 2025

STUDENT NAME: _____ ROLL CLASS: _____

Type of payment: Cash/Cheque ☐ Credit card (in person) ☐ POP (online) pay.sbhs.net.au ☐

Please note: credit cards cannot be accepted over the phone

Number of Tickets: _____ @ \$55 per ticket Number of Tickets (under 10yo): _____ @ \$35 per ticket

Total Amount Paid: \$ _____

Contact Phone: _____

Please complete the following to assist with table allocation:

Student Name/s: _____

Team/s _____ e.g. 15A

Number of Adults: _____ Number of Students: _____

Number of Under 10s: _____

Do you have any dietary requirements? _____

Number of alternative meals required _____

PORTAL PAYMENT PREFERRED!

PLEASE RETURN THIS FORM TO THE FRONT OFFICE ONCE PAYMENT IS MADE



Refer to images below: The image on the left shows a student's first attempt at a deadlift to the knees. The deadlift is a hip-hinge movement action like picking something up, taking a rowing stroke, preparing to tackle someone, or getting ready to receive a serve in tennis or volleyball. In the middle image, notice how his back is relatively flat, maintaining a natural inward curve in the lumbar spine. When an athlete is unable to achieve this posture and their lower back rounds forward, as shown in the left image, the muscles of the lower back and abdominals are unable to function efficiently. This improper alignment places excessive strain on the ligaments and spine, increasing the risk of injury to these critical structures. Therefore, training in the weight room is about more than just lifting weights - it's about enhancing the athlete's longevity and preparing them for future activity while minimising the risk of injury. This improvement in posture was achieved in just four sets of five reps. The younger the athlete, the more easily they can adapt and learn.

The School Weight Room is designed to teach students valuable life skills they can carry with them throughout their school years and beyond. Weight training serves as a tool to improve physical health by enhancing strength, mobility, and overall fitness. Through both bodyweight and loaded exercises, students learn to control their bodies, better preparing them to handle the demands of sports, physical education, and everyday activities, like carrying their school bags. The weights room is open for trial until 26 March 2025. It is a great place for students to improve their movement competency, boost their confidence, and learn an essential life skill. The weights room is always supervised, and the programs are carefully designed to progressively build skill, strength, 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:** cost is 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 can be made easily online through the parent portal. We look forward to seeing students benefit from this excellent facility!

Images below are of a year 7 Student in his 1st Weights Training session.



**Head Strength and Conditioning Coach
Kurt Rich**

SHOOTIN' HOOPS



Putting in the long hours for SBHS Basketball-raising funds for the school

This weekend High played against St Josephs, a tough opponent to go up against and although several games were cancelled, because of the on and off rainy weather, there were plentiful wins and impressive performances from various teams throughout all age groups.



Most teams played at home, either in the gymnasium or outdoor courts, with only the 14s and 13s teams playing away at St Joseph's own courts for this week's fixture. The first of the wins from this week was 2nd grade, who cleared through their opponents with much ease and eventually dominated the match.

An excellent team performance was held up until the very end of the game, with a spectacular individual performance of C.Chen dropping 18 points, boosting the 2nds to a 48-39 victory. Moving on towards the 7ths, who have upheld a consistent win streak that has lasted for the majority of 2024-2025 season, and continued it this Saturday. The 7ths played hard against Joeys, grinding away the scoreboard to more and more points, and eventually won 50-42 with MVP J Moon scoring 11 of these points. Likewise, the 8ths had a stellar performance as well, surpassing St Josephs by almost double their score. Star player, S. Ma, paved the way for this stunning victory as they concluded the match 52-27. A special mention to the 9th grade team, who came extremely close, though only just coming short of the win. After a long, tiring match, the game ended at an unlucky 26-30 loss. Unfortunately, the 10ths, 11ths, and 12ths all had their games cancelled due to the rainy weather, however if their fixtures had not been cancelled, there surely would have been some spectacular results from these teams.

Carrying on to the 16s with some remarkable conclusions to their weekend. The 16E's managed to push through and earn a win for High, after fighting hard against St Josephs throughout their match. MVP of the match, V.Luong, sealed the victory for the E's, dropping 9 points and bringing up the score to a round 29-25. Meanwhile the 16F's had a rather exciting competition against Joeys, breezing by all the way until the game buzzer. M.Cao, the top scorer of this match, carried the F's up to this success, scoring 10 of the 40 points they scored as a team, and the final game score being 40-24. Moreover 14s and 13s had a few notable triumphs amongst the two age groups. The 14A's experienced a tough match, but overcame it with the admirable help of Lucas Hu, the player of the match, scoring a whopping 20 points on the court. This aided the A's to a great 36 - 30 hard fought win.

The 13B's had an excellent, but close first win this weekend, 29-28. A commendable achievement of the 13B's, having only recently joined the school and already experiencing great success so soon. It can be hoped that they continue this streak throughout their high school basketball career. A few mentions to other teams that had been just shy of a win in their games, the 15A's and C's as well as the 14F's. The 15A's had a terribly close

competition, a back-and-forth game that ultimately ended in St Joseph's favour after a last second foul call was missed by the referee, ending the game 43-44. In a similar manner, the 15C's had a very tight game as well, losing only by a handful of points by the last buzzer. The win was only just out of reach and ended up at a near 40 - 44 loss. Lastly the 14F's, who tied the match against Joeys, kept enduring on until the end, with Louis W raising the F's score with his appraisable 12-point performance. The match ended in a 20-20 draw, after a match of spirit and competitiveness from both sides.

As the season progresses closer and closer to the end, the 21st annual basketball dinner is coming up on Friday 28 March. Doors will open from 5:30pm and the dinner itself will last from 6:00pm to 8:30pm. There are only a limited 250 seats available, and with a total of roughly 400 basketball players in the program, make sure to pay and hand in your tickets as soon as possible at the office to ensure your seats at the dinner. Preferred Payment to be paid ONLINE on the parent portal. The latest RSVP date is 21 March 2025, and the attire is full school uniform. Make sure you don't miss this special annual event and don't forget to get your coaches a gift for their continual work throughout the season to ensure the improvement of our basketball skills.



Once again, thank you to all basketball coaches and committee members, for all your endless support of the program. Each individual task you've helped us as a community complete, whether that be managing sections of the program or assisting the growth of our game skills, it has always been beneficial to our program's overall success. Another huge thanks to Mr Hayman, our longstanding basketball MIC, for his continued behind the scenes work and effort to ensure our program's smooth sailing. The program would not be the same without your constant support and maintenance and we as a player community thank you for it. Goodluck to all players as we further move forward towards the end of the season. May you all work hard and reap the rewards of your ongoing efforts for the rest of this summer's season.

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

Basketball Dinner



Sydney Boys High School 21st Annual Basketball Dinner 2025

All coaches, players and parents are warmly invited to celebrate the 2025 Basketball season. The Basketball Dinner is an opportunity for all players, parents and coaches to acknowledge the season and meet other friendly faces in the HIGH Basketball Community. The night will involve a talk from the MIC of Basketball, a highlight video, the best meal ever, raffle draw with an array of prizes and each coach, along with the MIC will present their Teams with awards for Most Valuable Player and Most Improved Player.

- When:** Friday 28 March 2025
- Time:** 6:00pm – 8:30pm - Doors Open at 5:30pm
- Where:** The Great Hall - Sydney Boys High School
- Cost:** \$60.00 per person - PORTAL PAYMENT PREFERRED!
- RSVP:** Before - Friday 21 March 2025 - 250 Limited Seats!
COMPULSORY for Award Winners!
- Dress:** All Students must wear full School Uniform

All money raised from the dinner will be used towards the SBHS Basketball program.
Your support of the program is greatly appreciated.

Sydney Boys High School Basketball Dinner 2025

STUDENT NAME: _____ ROLL CLASS: _____

Type of payment: Cash/Cheque ☐ Credit card (in person) ☐ POP (online) pay.sbhs.net.au ☐

Please note: credit cards cannot be accepted over the phone

Number of Tickets: _____ @ \$60 per ticket

Total Amount Paid: \$ _____

Contact Phone: _____

Please complete the following to assist with table allocation:

Student Name/s: _____ Team/s _____ e.g. 15F

Number of Adults: _____ Number of Students: _____

Do you have any food allergies? _____ Number of alternative meals required _____

SBHS TENNIS

Congratulations to all the boys on such impressive results! It was fantastic to see both the 1st and 2nd Grade teams come through with strong performances over the weekend.

The dedication and hard work shown throughout the school term has been inspiring. However, to continue improving, it's important that we maintain this effort and continue to improve fitness during the holidays and the off-season as well.

Let's use this momentum to keep pushing and strive for even greater achievements in the years to come. Keep up the great work, and let's keep building on this success!

Results

Week 3 Vs Joeys Results			
Team	Total Matches Won	Total Matches Lost	Winning Percentage
1st Grade	6	3	67%
2nd Grade	8	1	89%
3rd Grade	5	1	83%
4th Grade	6	0	100%
5th Grade	6	0	100%
6th Grade	6	0	100%
7th Grade	6	0	100%
8th Grade	5	1	83%
16 A	4	2	67%
16 B	5	1	83%
16 C			
16 D			
15 A	4	2	67%
15 B	4	2	67%
15 C	6	0	100%
15 D	6	0	100%
14 A	5	1	83%
14 B	6	0	100%
14 C			
14 D			
13 A	4	2	67%
13 B	4	2	67%
13 C	5	1	83%
13 D	4	2	67%

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. Year 7's (u13's) will do 1 weights

session per week instead of speed & agility.

- 1st and 2nd 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 in the morning, Tennis training will be on in the gymnasium gallery steps.

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





Year 7 Report

Last Saturday was the second weekend of rowing for Year 7. Continuing from the previous week, we worked on our rowing skills both on and off the water.

On the water, we rowed in the Wave-Cutters, which are single person boats that require good balance and precise technique to prevent capsizing. A few people managed to capsize, but with the help of the coaches' expertise, we all got the hang of it eventually.



Back in the shed, we engaged in rowing on the ergs. We had fun doing a warmup and had even more fun watching the other group capsize on the Wave-Cutters.

After warming up, we rowed a 500m sprint and concluded with a 2000m group relay on the rowing machines. After all the sweat and tears on the ergs, we were introduced to the shed weights room where we learnt a few core workouts and stretches which were tiring but helped us to recover after a long session of rowing.

Christopher Wang 7R



Public Transport and Light Rail Safety Reminder-Term 1

Attention 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>

**FREE
CONSULT**

TRUSTED BY LOCAL FAMILIES

ORTHOBOUTIQUE

Specialist Orthodontist in Surry Hills

Our services

- Metal Braces
- Ceramic Braces
- Clear Aligners
- Child Orthodontics
- Adult Orthodontics
- Braces + Jaw Surgery
- Braces + Miniscrew

Convenient location – 6 mins by LR

No deposit payment plan

Pay in full discount

BOOK AN APPOINTMENT

1800-378-678 

www.orthoboutique.com.au 

