



From the Principal High Talent

Congratulations to Franklin Huang (10M) who has been accepted into the John Locke Institute's Oxford Summer School, where he will be taking philosophy and either economics or politics as an elective. Well done indeed, Franklin! Over 1000 students attended our recent school swimming carnival, managed by Jake Rowlands. Age Champions for the meet were: Kevin Yuan (12s) Rubie, Will Meng (13s) Fairland, Joshua Chen (14s) Eedy, Ryan Chai (15s) Saxby, Mark Yan (16s) Fairland, Jiazi Chen (17s) Torrington and Jason Yu (Open) Saxby. School records set – Jiazi Chen – 50m backstroke (30.07), 50m butterfly (27.45) and 50m freestyle (24.67); Kester Jan 15s 50m breaststroke 33.04 (21 years at 33.44); Cassiel Yun (Open) 50m backstroke 33.68; Mark Yan 50m breaststroke 34.29; Jason Yu 50m butterfly 29.53 and Johnathan Zhou 17+200 individual medley 2:39:11. Congratulations, boys! High won the 3rd place playoffs in the GPS Water Polo 16As division with a close game, 5 – 5 (4-3) against St Joseph's College. In the second division, High was beaten in the final 6-4, by St Joseph's College. Our Water Polo program is growing in strength, thanks to strong swimming talent, good coaching headed up by Jake Rowlands, and enthusiastic management by Jessica Millar.



Everybody Belongs

Harmony Week, March 17-23, is an annual celebration of our shared humanity and the differences that make us stronger. It brings together Australians from all different backgrounds. We reflect on and discuss our nation's rich cultural heritage. We emphasise inclusiveness, respect and a sense of belonging for everyone. Thursday, March 20 is *Harmony Day*, celebrated by the wearing of orange coloured apparel. Next Friday March 21 is the *International Day for the Elimination of Racial Discrimination*. It highlights the injustice and stigma that racism brings to individuals, community and societies. It focuses on the urgency of combatting racism wherever and whenever it arises in our society. See racismnoway.com.au - more information.

Spelling Tests in Years 7-10

We have too many '*culp kids*' – at HSC mark 88 or 89. They don't quite get Band 6. Why didn't they get there? Often, it is because their expression, sentence construction, spelling or handwriting or a combination thereof, produced what I call an '*apprehension of flawed excellence*' in the mind of the examiner – conscious or subconscious – that led to a reduction in an assessed mark by the examiner on one or more questions, even if just by one mark. Teachers have great difficulties in moving students from band 4 to 5 at the HSC in only two years if expression is holding them back. We need to fix this problem in the Junior School. Many faculties have vocabulary lists aligning with topics taught. It is easier to learn to spell words you will be using. The Executive agreed in March of 2023 to commence 10-word spelling tests for every class in Year 7-9 once a cycle, to increase *spelling accuracy in context*. **More sophisticated, confident and accurate writers will deliver more band 6 outcomes at the HSC in more courses from the same base of ability, knowledge and understanding.**

P & C Funding of Teacher Laptop Renewal

Back in 2020, we responded to the COVID crisis by putting laptops into the hands of teachers to help them with asynchronous and synchronous lesson delivery for students off site. Those machines are at the end of their useful life. Also, the desktops installed in classrooms for roll marking, Daily Notice displays and Vivi connection, have reached the end of their lives. Desktops will be removed from classrooms progressively. Last year, the P & C saw the value in funding a rapid transition into teacher laptop connectivity to the network in both staffrooms and classrooms. The laptops will all be the same model with identical peripherals, if they are replaced within three years. Last year, the program commenced and the P & C kindly donated \$68k. Teacher laptops were distributed to Mathematics (13), Science (14), Industrial Arts (8) and Visual Arts (4) – 39 units in all. Around 95 old staffroom and classroom desktops were decommissioned. This year, the next faculties in line will be English, History and Social Science. This week the P & C passed a motion to grant \$78k for the second year of this important project. On behalf of our staff and students we thank the P & C for their strong commitment to this important technology renewal project.

Yearly memberships for the weights room **close on Wednesday 26 March 2025**. If you want to have unlimited access to a supervised weights program, act now. **No further membership opportunities will be offered after that date until semester two**. At just \$315.00 for a **full year of unlimited, supervised sessions, this is great value for money**.



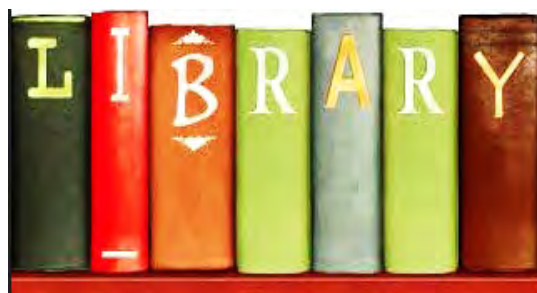
Melbourne High (\$3,627), Hornsby Girls (\$2,704), James Ruse (\$2,521), Fort Street (\$2,518), North Sydney Boys (\$2,452) and Sydney Boys (\$2,430). We operate a six-day school. High represents very good value for money. *We appreciate and support the voluntary nature of contributions to public schools.*

Leave Early

The school **does not** accept early leave applications via email or telephone.

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.

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.



A world of knowledge awaits students in the library, and we are thrilled to support your academic journey.

- Monday, Tuesday, Thursday, Friday- 8:00am - 3:15pm.
- Wednesday - 8:00am - 12:25pm.

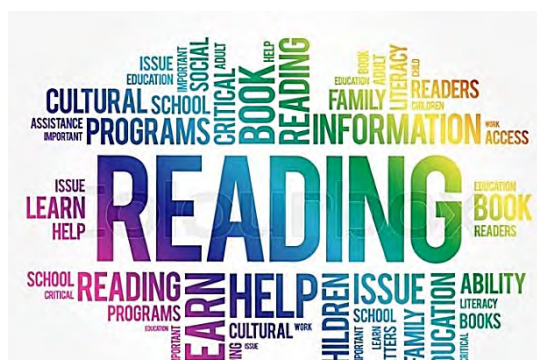
- Monday - Friday – 7:30am – 3:10pm.

The library is a hub for learning and personal development. Here's how students can make the most of our resources:

Study: Utilise our quiet spaces for individual or group study.

Read: Explore our extensive collection of books and study guides.

Catch Up: If your classes are cancelled, remember you can use the library to catch up on assignments and coursework available on Canvas.



Please remember - to maintain a conducive learning environment, we have a strict no mobile phone and no gaming policy within the library.

We are looking forward to an enriching and productive year.

SBHS Library Team

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>



As Term 1 flies by, our SBHS Canteen has been kept busy, serving our school community with wholesome meals. A huge thank you to our dedicated Canteen Managers and staff for their tireless efforts in supporting our school's many events and ensuring smooth operations each day!

It's been fantastic to see so many amazing volunteers from our lovely school community generously give up their time to help keep our boys well-fed. Thank you to all our superstar mums, dads and grandparents for your invaluable help - we are truly grateful for your ongoing support that keeps our P & C run Canteen thriving, with all profits directly reinvested into our school's activities and projects.



Our boys were treated to some scrumptious specials these past few weeks, featuring our very talented Canteen Vice-President Vivian Chen's mouthwatering beef/pork shallot pancakes and exquisite snake bun with karaage chicken, as well as Yili's delectable rice paper rolls!





Volunteering in our Canteen is a fantastic, rewarding experience that supports our boys and offers a great opportunity to connect with other parents and our school community. Please sign up through this online link, where you can choose your preferred dates:

<https://www.signupgenius.com/go/10C084CADAA22A7FEC61-53985370-2025#/>



Canteen Specials!

Keep an eye out for our Canteen Spicy Wings specials on Mondays and Wednesdays: our wings are in-house made and prepared from scratch, deliciously marinated with garlic, chilli and ginger - ensuring a wholesome, consistently delicious option. Be sure to place your orders in so you don't miss out!



Heartfelt 
THANKS
TO OUR VOLUNTEERS!

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

Thursday 27 February: Emily Chow, Tania Kuskoff, Qi Lin, Vivian Chen.

Friday 28 February: Yun Zhou, Donna Lees, Charlene Yu.

Monday 3 March: Jessica Tam, Sherry Chen, Wesley Koh, Lei Lei.

Tuesday 4 March: Kun Pang, Thi Ly, Grace Guan, Ming Duan, Wesley Koh.

Wednesday 5 March: Susanna Xie, Emily Chow, Wei Chen.

Thursday 6 March: Bonnie Liu, Rosaline Perry.

Friday 7 March: Yun Zhou, Nelly Gong, Kathy Du.

Tuesday 11 March: Cathy Jiang, Grace Guan, Tom Li.

Wednesday 12 March: Yan Wang, Donna Lees, Tania Kuskoff.

J Yuan
On Behalf of the SBHS Canteen Committee



SBHS DRAMA

Congratulations - Year 10 Drama Students Macallister Giles and Ahyen Haque who have been selected to be 2025 Griffin Theatre Company Ambassadors.



Macallister Giles



Ahyen Haque

What is a Griffin Ambassador?

A Griffin Ambassador is a person who represents their school at various workshops, plays and other theatre-related activities organised through Griffin Theatre Company. We go to workshops to learn new skills and get free access to watch plays to expand our knowledge of the dramatic world. A fun fact about Griffin Theatre Company is that they are the only theatre company to exclusively stage Australian plays written and performed by Australian playwrights and actors.

What was the first day like?

We showed up at the Juanita Nielsen Community Centre along with representatives from a multitude of other schools. Our coordinator, Hayley Schmidt, began with some icebreakers, where we were introducing ourselves, before beginning our first activity related to paragraph writing. We were given 8 prompts which were very ambiguous. Some of the prompts included filling the page; writing something to throw away; and to write something in 10 seconds. These prompts really gave us some insight into how to be a writer and gave us lots to think about going into the last activities. The next thing we did was clowning. One activity we did was to create an "emotion orchestra" where groups of people make sounds related to an emotion before being conducted to make the sounds in a certain order. We played a few more drama games and learnt the basics of clowning before wrapping it up for the day.

Macallister Giles 10 F

Drama Student

What did you learn?

During our first day as part of the Griffin Ambassador, we explored what it meant to be creative in writing and how to entertain the audience in the clowning. For the former, we were encouraged to think in a unique context and examine our own ideas that we can come up with. Using the very simple prompts, we wrote about pretty much anything we could come up with (I even started ranting about the obscurity of the instructions!). The purpose of putting whatever we can onto paper was so that we understand how to build upon simple ideas and have a creative flow.

Clowning, very simply put, cannot exist without a crowd. The idea behind clowning is to entertain the audience and make them love the person on stage. Clowns have a very simple role: Be the protagonist of a short skit, loved by all. We expanded upon that idea by finding what the audience loved, and then exaggerating those sets of decisions made, whether that be through action or sound. What we discovered through this was that communication with the audience was vital in recognising what they enjoy and going through to deliver them.

Ahyen Haque 10 T

Drama Student



SBHS DRAMA

THEATRESports NEWS

We have had an excellent start to the year with lots of enthusiastic new players and some very experienced ones returning to demonstrate their expertise.

We said goodbye to longstanding and respected coach Cameron Ryan. We now are very fortunate to have Nat Jensen continue as our coach. Nat brings a wealth of experience to our sessions and has much to offer from the Sydney Impro scene.

Please be reminded that these afternoons are device-free sessions so no mobile phones in the drama room. Also, there are several outstanding permission notes still to be returned. Please hand these signed permission notes ASAP to me in the English Staffroom.

The Playoffs on Tuesday 8 April will be our first competition of the year against Sydney Girls High School in The Governors Centre. Boys who have never competed before have the chance to perform improvised scenes in front of a live audience. It is scary but also lots of fun. We will also be hosting several of the TheatreSports School Challenge heats early next term.

Please come and support your team!

Anna Barry

TheatreSports Co-ordinator



Improvised Scenes in TheatreSports Coaching

Music NOTES

Marching Band Rehearsal

Marching band full rehearsal for ALL members will be held next Friday 21 March in periods 4 and 5. Please ensure you bring your instruments and have your music memorised (*Waltzing Matilda*, *I Am Australian* and *Life on the Ocean Wave*). We will run through music in period 4 and march on MPW in period 5.

Combined Concert with Chatswood High

Our Percussion ensemble, Choir and Strings will be combining with Chatswood High (along with St George Girls, Northholm Grammar and Brigidine St Ives) to celebrate Chatswood High's 10 years of percussion ensemble program on Sunday 6 April. Special guest artist will be Javier Nandayapa from Mexico. The concert will be held in their Multipurpose Centre at 2pm - entry is FREE (unreserved seating). Students involved will be required to be at Chatswood High at 11am for rehearsal prior to the concert.

Transdev John Holland Randwick Buses 77th ANZAC Memorial Service

Selected members of our marching band have been invited to perform at the 77th Annual ANZAC Day Memorial Service at Randwick Bus Depot on Wednesday 16 April at 11am. We would like to invite parents and families to attend this special event. Address is: 36 King St, Randwick.

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

violin

Performance Workshop

With Erth Visual
& Physical Inc.

14–27 April
(school holidays)
at Bondi Pavilion

Whether you're an actor, storyteller, dancer, musician, creator, maker, writer, troublemaker, clown or into production, we've got just the thing for you!

Led by Erth Visual & Physical Inc., one of Australia's leading theatre companies, this workshop and performance opportunity is a chance to build your drama and ensemble skills, operate large-scale puppets and perform an original site-specific show at Bondi Pavilion.



Find out more
bondipavilion.com.au/erthworkshop

**BONDI
PAVILION**



INTERESTED?
Apply before 21 March.
Open to Secondary School students



Swimming Carnival

SBHS Swimming Carnival 2025

The school swimming carnival was held on Monday 10 March at Des Renford Leisure Centre, Maroubra. Over 1000 boys attended the carnival, awesome work SBHS students! Great job to all the boys that had a go and participated in events, I hope that you all had fun and enjoyed a day at the pool alongside your fellow students and teachers. It was outstanding to see students supporting our new novelty races (in absence of the GPS 4x100m relay) of the open 50m freestyle. Congratulations to **Jiazi Chen** for cementing himself as the fastest 50m swimmer in the school, house relays and of course the Teachers vs Y12 Relay.

Congratulations to our House Champions - **Fairland**. Well done to the following boys for setting new school records (these can be viewed below): **Jiazi Chen**, **Kester Jan** (breaking a 21-Year-old 50m Breaststroke record), **Cassiel Yun**, **Mark Yan**, **Jason Yu** and **Joshua Park**. Great work to **Mr Ormsby**, **Mr Rich**, **Ms Nolan**, **Mr Kay**, **Mr Fong**, **Mr Beare** and **Mr Hood** for hopping in the water for the Teachers vs Y12s Relay.



All results can be viewed via this link: [SBHS Carnival 2025 Event Summary](#)

In Summary:

Age Champions

12 Years – Kevin Yuan (Rubie)

13 Years – Will Meng (Fairland)

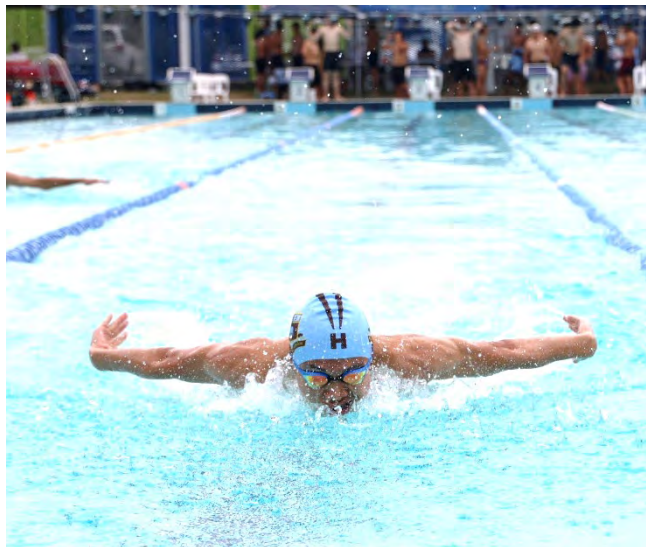
14 Years – Joshua Chen (Eedy)

15 Years – Ryan Chai (Saxby)

16 Years – Mark Yan (Fairland)

17 Years – Jiazi Chen (Torrington)

Open – Jason Yu (Saxby)



House Points

PLACE	TEAM	TOTAL
1	Fairland	241
2	Torrington	195
3	Rubie	185
4	Saxby	159
5	Eedy	126
6	McKay	56



Record Holders

Backstroke 50m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
12_U Male	Ryan CHAI	Saxby	37.13 Secs	7/02/2022
13 Male	Ryan CHAI	Saxby	34.22 Secs	6/02/2023
14 Male	David KIM	Eedy	33.00 Secs	1/02/2021
15 Male	Jiazi CHEN	Torrington	30.35 Secs	6/02/2023
16 Male	Jiazi CHEN	Torrington	29.65 Secs	5/02/2024
17 Male	Jiazi CHEN	Torrington	30.07 Secs	10/03/2025
18_O Male	Brian CHO	Saxby	31.06 Secs	5/02/2024

Breaststroke 50m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
12_U Male	Kester JAN	Saxby	40.49 Secs	7/02/2022
13 Male	Nathan WANG	Rubie	37.69 Secs	6/02/2017
14 Male	William (Geon) LEE	Rubie	34.78 Secs	1/02/2016
15 Male	Kester Jan	Saxby	33.04 Secs	10/03/2025
16 Male	Mark Yan	Fairland	34.29 Secs	10/03/2025
17 Male	John HONG	Fairland	33.56 Secs	5/02/2024
18_O Male	Cassiel Yun	Torrington	33.68 Secs	10/03/2025

Butterfly 50m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
12_U Male	Kester JAN	Saxby	35.50 Secs	7/02/2022
13 Male	Jiazi CHEN	Torrington	31.15 Secs	1/02/2021
14 Male	Jiazi CHEN	Torrington	29.05 Secs	7/02/2022
15 Male	Jiazi CHEN	Torrington	27.55 Secs	6/02/2023
16 Male	Jiazi CHEN	Torrington	27.22 Secs	5/02/2024
17 Male	Jiazi CHEN	Torrington	27.45 Secs	10/03/2025
18 Male	Jason Yu	Saxby	29.53 Secs	10/03/2025

Freestyle 100m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
12_U Male	James LUO	McKay	1'09.00 Mins	3/02/2014
13 Male	Kazuo NAKAMURA	McKay	1'05.05 Mins	14/02/2011
14 Male	Jiazi CHEN	Torrington	0'59.29 Mins	10/02/2022
15 Male	Jiazi CHEN	Torrington	0'57.07 Mins	6/02/2023
16 Male	Kalem BEST	McKay	0'59.00 Mins	2/02/2015
17 Male	Thomas MILLER	Torrington	0'55.57 Mins	3/02/2004
18_O Male	Thomas MILLER	Torrington	0'55.57 Mins	3/02/2004

Freestyle 200m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
12_U Male	James LUO	McKay	2'31.00 Mins	3/02/2014
13 Male	Kester JAN	Saxby	2'22.82 Mins	6/02/2023
14 Male	Oliver YIN	Torrington	2'17.25 Mins	6/02/2023
15 Male	Jake ROWLANDS	Rubie	2'10.00 Mins	3/02/2014
16 Male	Christian HADD0	Eedy	2'10.00 Mins	3/02/2014
17 Male	Thomas MILLER	Torrington	2'05.41 Mins	3/02/2004
18_O Male	Thomas MILLER	Torrington	2'05.41 Mins	3/02/2004

Freestyle 50m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
12_U Male	James LUO	McKay	31.50 Secs	3/02/2014
13 Male	Jiazi CHEN	Torrington	26.90 Secs	1/02/2021
14 Male	Jiazi CHEN	Torrington	26.18 Secs	7/02/2022
15 Male	Jiazi CHEN	Torrington	25.53 Secs	6/02/2023

DIVISION	COMPETITOR	TEAM	RESULT	DATE
16 Male	Jiazi CHEN	Torrington	24.85 Secs	5/02/2024
17 Male	Jiazi CHEN	Torrington	24.67 Secs	10/03/2025
18_O Male	Thomas MILLER	Torrington	25.18 Secs	3/02/2004

Individual Medley 200m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
12-14 Male	Andrew Reis	Eedy	2'28.00 Mins	8/02/05
15-16 Male	Joshua Park	Torrington	2'26.00 Mins	10/03/2023
17_O Male	Johnathan Zhou	Fairlan	2'39.11 Mins	10/03/2023

With an incredible team of SBHS swimmers lined up, I am immensely looking forward to the GPS swimming final which is held on Friday 28 March at SOPAC from 6-9pm - 5 award scheme points apply.

J Rowlands
MIC Swimming





Cricket Results – 2025 Term 1 Round 13 GPS Cricket 2024/2025 vs. St. Ignatius College

	Score	Result	Highlights
1 st XI	SIC 10/152 def. SBHS 10/112	L	A. Nayani 5/29
2 nd XI	SBHS 8/141 def. SIC 10/124	W	G Govindan 33 M. Ahmed 23* A. Surendran 26 and 4/11 A Vithuran Kumaravel 3/15 S. Shaikh 3/20
3 rd XI	SIC 10/89 def. by SBHS 4/93	W	K. Cusick 5/7
4 th XI	SBHS 7/97 def. by SIC 3/103	L	A. Pidcock 42
16 A	SBHS 7/139 def. by SIC 6/140	L	A. Shah 62
16 B	SBHS 10/44 def. by SIC 6/45	L	
15 A	SBHS 10/140 def. by SIC 5/143	L	S. De 35 C. Paipetis 26 A. Kaushik 2/16
15 B	SIC 4/99 def. SBHS 10/40	L	
14 A	SBHS 4/209 def. SIC 9/90	W	V. Shankla 91* A. Nittala 39 I. Hossain 3/11
14 B	SIC 9/85 def. by SBHS 2/86	W	A. Dixit 3/19 A. Ambre 39*
13 A	SIC 4/128 def. by SBHS 4/129	W	R. Joshi 94*

1st XI Report

Entering the penultimate round of the GPS season, High looked to extend their recent run of positive results. High elected to bowl first, winning the toss, favoring their process over the conditions. Riverview started their innings strongly surpassing 50 just 1 wicket down. In search of wickets, Bibek Saha entered the attack in his first game in over a month, before striking quickly with 2 huge wickets, both via LBW. Abhinav Nayani came on to bowl as Riverview chipped away at their lead, despite not taking a wicket since the reverse fixture at Riverview. An incredible spell of bowling granted him figures of 5/29 (10), the first 5-wicket-haul in many years for High, which saw Riverview bowled

out for just 152. Coming off a great spell with the ball, Abhinav Nayani could not replicate such promise as a peach from the opening bowler dismissed him in the first over leaving High 1/0. High attempted to bring the game back in their favour, with some quality batting from Arjun Narayanan before he was dismissed softly for 23 (38). Despite fight back shown from the High middle order, through Adrian Sharafi, Alex Wu, and ultimately Bibek Saha, the total proved too large because of too many preventable dismissals. High was bowled out for 112 in the 42nd over to lose by 40 runs. The highly anticipated semi-final clash against Dubbo High School awaits on Thursday at Mckay, with the 1st XI looking to show greater fight in the contest to hopefully progress through to Bathurst.

Eddie Barks 12T

1st XI Captain

2nd XI Report

After losing the toss we were sent out to bat on a very green pitch which we expected to create tough batting conditions. While the ball was swinging, we lost our openers early. However, the 3rd and fourth wicket partnerships (Vedantik, Shahzaib, Rabaab) were setting a nice foundation for the rest of the batting innings. The puddles on the pitch led to a few wickets falling in quick succession. At drinks, the scores were not in favor of our team at all, despite these facts Gopala and Ashvin put up a 50-run partnership, and alongside some key runs from Mahtab and Swagat we were able to put up an extremely competitive total, especially considering the soft pitch. The opening bowlers bowled extremely well restricting the oppositions runs as well as taking some wickets. The momentum of the game quickly shifted when one of the opposition's batsmen scored 70 runs very quickly after capitalising on some missed chances in the field from our boys. In those tough moments, the boys did well to keep their heads high to take the remaining wickets. ending with figures of 4-11 for Ashvin, 3 wickets for Abithan and 3 for Shazaib, securing the 4th victory out of 5 games this year.

Tafheem Choudhury 11E

2nd XI Captain

14A's Report

As the 14A's entered the last home of the season, we looked to continue our winning streak against Riverview. We won the toss and elected to bat first. The opening pair of Tavish and Vedansh cashed in Riverview's wayward deliveries, resulting in an opening partnership of 50. Vedansh struck a memorable 91* from 85 and carried us to a mammoth 210, along with Anish's 40 and cameos from Rohan and Saharsh. Arjun and Krishna were rampant against an edgy Riverview as the pair produced a swing bowling masterclass. Imman

bagged 3 as we had Riverview 47/7 at drinks. However, as the rain started pouring, the spinners raced against time, and we managed a 120-run victory. We look towards our final match.

Saharsh Subramanian

14A's Captain

14B's Report

Round 13 of the GPS Season saw the 14B's take on Riverview's 14Bs. We unfortunately lost the toss and were sent to bowl in wet conditions. With an extremely slow outfield, Riverview had a slow start, with our bowlers giving minimal runs with tight fielding. After the constant pressure there was a run out in the fourth over, and after another four overs, with the run rate even lower was another runout, followed by another in the next over. After ten overs Riverview were on 44/4. Quickly after the drinks break, Ajmain struck, making the batsman hit it to James. Riverview subsequently lost another wicket due to a runout in the 12th over. Riverview started to gain momentum, getting to 77 until Arnav stopped them in their tracks, getting 3 wickets in 4 balls. James then bowled a fast delivery nicking it to Sheik, who took a wonderful catch. Riverview finished up with 85/9.

After the rainy conditions cleared, we were sent to bat, with an early wicket collapse in the first over, Arya and Aryan had a magnificent partnership of 57 in 7 overs. Arya unfortunately got sent out on 24 off 22. Aryan and Rishabh had great running between the wickets, getting runs almost every single ball. Soon enough we chased their score in 14 overs with only two wicket losses. Credits to Aryan's 39* and Arnav's 3/19 and 2 runouts. Our team had strong fielding getting 4 runouts.

Rahul Ram Gopal 8E

14B's Captain



MIC Report

Congratulations to Abhinav Nayani who got 5/29 against SIC in the 1st XI match on Saturday. Also well done to Kalan Cusick 5/7 in the 3rd XI game, Vedansh Shankla a 91 not out in the 14A match and Rohan Joshi who played for the 13A- scored 94 not out.

Our bowling and batting performances improve each week due to our mid-week cricket trainings. Well done to all our players and coaches who have contributed to our most successful year in cricket.

The 14A team now have won 13 out of 13 GPS games and a 3-0 win in the East Coast Cup. This team will have a tough final game vs King's at King's this Saturday. If they go undefeated, it will be one of the most successful teams ever to represent High. Our Davidson Shield 2024 team have a huge game this Thursday against Dubbo High School in a semi-final game at McKay Oval. If High was able to win this knockout game the team would advance to the final round games in Bathurst.

Our 2025 Davidson Shield Team defeated Port Hacking HS last Wednesday by 219 runs vs 65. Congratulations to Anish Nittala who scored a 104 runs and Nehan 2/1 off 6 overs.

Our Cricket Presentation evening promises to be a great evening. Could I urge our cricket community to purchase their tickets ASAP to confirm your attendance?

Mr David Smith

MIC Cricket IC

Vedantik Bhattacharyya 11S

Sydney Boys High School Cricket Committee End of Season Cricket Dinner!

Celebrate the achievements of our players throughout the 2024-2025 season!

Date: Saturday 22 March 2025

Time: 5:15 PM arrival

Venue: The Great Hall

Cost: \$55.00 per ticket | \$35.00-children under 10

This special evening will include:

Guest Speaker, Team Medallions and Major Awards, Season Highlights Video, Exciting Raffle Prizes – Including a Nathan Lyon Signed Bat and Ball! A delicious three-course meal, with vegetarian and halal options available.

Seats are limited!

Please RSVP by Wednesday 19 March 2025.

Rahul Tewari

Cricket Committee President

Sydney High School Cricket

sbhs.cricket@gmail.com

<http://www.sydneyhigh.org.au/cricket/>

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.

Online Payment Portal

PORTAL PAYMENT PREFERRED!

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

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 _____

Weights Room



Year 7 2024 Weights Room Members with Coach Nelson-Year 12 Students Alex Shao and Jordan Komonen

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

For first-time users, we ask that students arrive no later than 7:15am 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 **\$315.00!** 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 **\$190.00!** Don't miss out on this fantastic deal.

Head Strength and Conditioning Coach
Kurt Rich

SHOOTIN' HOOPS



Across all years, we performed extremely well as a school, with not only many wins but also several close matches and draws. Our opponents this weekend was Riverview (also referred to as St Ignatius), who put up a great effort against us but still succumbed in the end.

Our second last fixture of the season was very strong overall in terms of results, and although we had a few rained-out competitions, we pushed through to some great performances in many different games.

8th grade had considerable success against Riverview this weekend, overcoming them with an impressive 6-point lead by the very end. Their final score was a moderate 34 - 28 win, with a particular performance from Shane. Ma, scoring 15 of these points, carrying them up to such a triumph.

Carrying on this excellent outcome is 9th grade, in a likewise manner, owning the court and continuing this hold until the very end, 26 - 21. There were three other very tight games in opens, with the 10^{ths}, 11^{ths}, and 12^{ths} all losing by only slight margins. The 10^{ths} had held up a strong defense and offense throughout the match, only coming short at the very end, Riverview leading to a final score of 37 - 40.

The 11^{ths} and 12^{ths} experienced similar conclusions to their fixtures, having pushed themselves to the very end, offensively and defensively, but only just coming short.



Their scores were a close 21 - 26 and 22 - 27 respectively.

Continuing, the 15s had a couple of great wins, with B's, C's, and E's all surpassing Riverview's teams. The B's fought hard from the very beginning, continuously pressing up their opponents, and getting steal after steal, allowing for a wonderful 32 - 23 win. Meanwhile, the C's had a much closer encounter, and although being down several points by the end of the first half, they managed to scoop up the game and snatch the win, with the final score being a close 24 - 23 game. Contrasting the C's tight victory, the E's plowed through their match, more than doubling the score of Riverview's. They held the floor with a tough defense and continuous attack to the rim, with Raymond Yang dropping 7 of their points, allowing them a considerable 31 - 13 victory. Comparably, the 14D's held their ground, and secured a stubborn lead that lasted until the end of the match, enabling them a significant 25 - 20 win. The 14F's had a tied match, with both sides giving it their all but eventually balancing out to an equal 27 - 27 game.

A special mention to the teams who came extremely close to success this week but only just fell short. Firstly, the 16E's had a difficult, back-and-forth game against Riverview, and after a long match of continuous defense and offense came shy by 2 points, 22 - 24. Meanwhile, F's had a minimal two-point margin for victory, the game only slipped out of reach after a hard team effort with Jake Hybler dropping 10 of their points, the final score being 27 - 29. respectively. Likewise, the

14C's kept striving for success, fighting hard possession after possession with Reuben scoring 9 points during his time on the court. They ultimately lost by a similar yet close two-point margin, 38 - 40.

Finally, the 13A's had a very close match this weekend, after an excellent offense, persisting throughout their match, they unfortunately lost by 5 points, 47 - 52, although the 13A's lost, they still did perform exceptionally well. A wonderful effort from some of the youngest players at our school.

Thank you once again to everyone involved in the running and organisation of the basketball program. Mr. Hayman, our enduring MIC, working hard and long behind the scenes, the basketball committee, operating alongside Mr. Hayman to ensure our programs fluidity, and all volunteers, whether that be at the barbecue, canteen or any other various positions. None of our success would be possible without all the painstaking efforts you all put in, whether they be big or small. Without you guys, the basketball program would no longer be as great as it is now and we hope for your continued support into future seasons. Good luck to all players as we head into the final week of the season and make sure to keep putting in the work until the very end.

Triumphs

Also, throughout the graded teams, there were some considerable triumphs in the lower grades, and many close matches that were only lost by a few points.

WELCOME



DINNER

*Change
the Date*

FRIDAY 11 APRIL 2025

Important News: The Basketball Dinner--has been moved to--Friday 11 April 2025 - instead of March 28.

Anthony Jiang 9T



Go HIGH!

Play Hard, Play Smart and Play Together!
Thanks to everyone who makes Shootin' Hoops possible.

Brought to you by Anthony Jiang



The winter season is fast approaching, bringing with it the exciting sport of cross country! Trials will begin for Seniors on Wednesday, 19th, and Juniors on Thursday, 20th, from 1:00–3:00 PM. Additional details can be found on the students' clipboard.

Below is a brief guide on how to choose the right shoes for cross country running. For a more detailed article, please visit the CANVAS page under *Sport - Cross Country*. At this time, I would also like to extend a heartfelt thank you to Ms. Dam for her outstanding dedication over the past decade in developing the Cross-Country program and for providing valuable resources, such as this article.

Additionally, the CANVAS page features a Google document with key dates for the 2025 season.

Key Dates for this term are:

- Saturday 29 March – GPS Trial - Centennial Park--High Hosting.
- Friday 11 April--School Cross Country Carnival.

How to Buy the Right Running Shoes: A Summary:

Where to Shop:

For the best running shoes, visit a specialty running store rather than a retail outlet. Sales professionals at these stores can accurately measure and analyze your feet, ensuring a better fit and performance.

Finding the Right Shoe:

1. A salesperson will assess your foot shape, arch type, and any existing wear patterns on your current shoes.
2. Feet are measured while standing, as foot size changes with age, pregnancy, and running activity.
3. A running analysis may be performed to check your running style and foot placement.
4. Provide details about your running habits, surfaces, and goals to help with shoe selection.
5. Ask to run in the shoes during your fitting to ensure proper comfort and fit.

After Buying the Shoes:

Test the shoes over 4-5 days. If you experience discomfort, blisters, or pain, they may not be the right fit. Properly fitted shoes should not require breaking in. If you experience discomfort in other areas (arch, knee, etc.), the insole might be too corrective.



Reordering Shoes:

Replace your shoes every 450-650 km. When reordering, ask the salesperson about any design changes to the model, as slight tweaks may affect fit and performance. Reassess your feet and gait every 3-5 years.

Additional Tips:

- Shop at the end of the day when your feet are swollen for a more accurate fit.
- Bring your current running shoes or orthotics to help the salesperson.
- Don't choose shoes based on style or brand alone—comfort and performance should be your priority.



2024 Senior Cross Country Squad

Kurt Rich
MIC Cross Country

SBHS ATHLETICS 2025 Program

Below are some key details on how to be best prepared for High Athletics 2025:

- Attend and perform at the 1st Trial on Tuesday 18 March - 7- 9am at MPW.
- Attend and perform at – the Annual School Athletics Carnival - Tuesday 25 March at ES Marks.

Athletics Training will occur on Tuesday mornings during Term 2 leading up to the GPS Athletics season.

MIC Athletics

Kurt Rich

School Athletics Carnival Program

Track Guide Times	Track Event #1	Field Times	Field Event
8:30am	Hurdles	8:30am	12's High Jump 13's Shot Put 14's Long Jump 15's Javelin 15's, 16's and 17+ Triple Jump 17's Discus Panel A
9:30am	100m Heats	9:30am	12's Shot put 13's Long Jump 14's Javelin 16's Discus 17+ High Jump Panel B
10:30am	800m	10:30am	12's Long Jump 13's Javelin 15's Discus 16's High Jump 17+ Shot Put Panel A
11:30am	200m	11:30am	12's Javelin 14's Discus 15's High Jump 16's Shot put 17+ Long Jump Panel B
12:30pm	400m	12:30pm	13's Discus 14's High Jump 15's Shot Put 16's Long Jump 17+ Javelin Panel A
1:30pm	100m Best of the Best Final Top 10 from all ages Jaggar Gift 1500m Selected Athletes	1:30pm	12's Discus 13's High Jump 14's Shot Put 15's Long Jump 16's Javelin Panel B
2pm	4x100m House Relays Y12 v Teacher Relay		



SBHS Athletes Training in Winter 2020-Following the 1st Lockdown!

SBHS TENNIS

It has been truly rewarding to see the boys' progress in both Fitness and Tennis since the holidays.

As we approach the final week of the Tennis season, the coaches and I have been reflecting on the season's developments and making plans for the future.

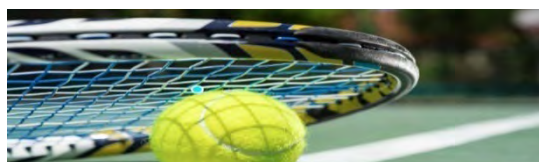
If any tennis player or parent has thoughts or feedback, please feel free to reach out via email or have a chat with me at the dinner.

RESULTS

Week 5 Vs Riverview - Results			
Team	Total Matches Won	Total Matches Lost	Winning Percentage
1st Grade	2.5	6.2	29%
2nd Grade	5	4	56%
3rd Grade	5	1	83%
4th Grade	6	0	100%
5th Grade	5	1	83%
6th Grade	4	2	67%
7th Grade			
8th Grade			
16 A	4	2	67%
16 B	4	2	67%
16 C	4	2	67%
16 D	6	0	100%
15 A	3	3	50%
15 B	5	1	83%
15 C	6	0	100%
15 D	6	0	100%
14 A	2	4	33%
14 B	4	2	67%
14 C			
14 D			
13 A	3	3	50%
13 B	0	6	0%
13 C			
13 D			
Total	74.5	39.2	66%

Key Details to Remember:

- All Tennis Athletes have 2 court sessions 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 and 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



HIGH SAILING

Wednesday Sailing

Last Wednesday the teams racers practised a very important drill which is specifically designed to practise timing for starts, as well as tactics to use before the race. The exercise functions as follows; 4 boats line up on the start line, and then the first boat will begin sailing downwind away from the line with the other boats following closely behind. At 30 seconds the first boat will gybe, followed by the other 3. This means there are now 1.5 minutes to head to the start line, allowing us to practise tactics that including stalling for time, pushing people over the line before the race, and perfecting our lay lines.



Saturday Fleet Racing

On Saturday, fleet racers sailed quite well, achieving a few impressive victories against the other schools. Congratulations to Benjamin Hunter (Year 7M), and Zihan Chi (Year 9T) for winning a race.



Teams Racing

This Saturday our first-grade team, although one of our main skippers was away, managed to perform quite well in our races. Our first race we unfortunately lost, 3, 5, 6, however quickly recovered with an easy 1, 2, 6 victory. Our final race was extremely close, however we only just lost with 2, 4, 5. Overall our racing is improving exponentially, largely due to the hard work undertaken during training.

Matthew Kuskoff 12T

Well Done!



Senior B Report

We're flipping the script!

Expect to see something new!

Something different!

This Head of the River, expect to see our Sydney High crews gap the competition!

Enter – B group rowers!

Last Saturday, Senior B had their final race before Head of the River - also, their very first race of the season, with absolutely nothing to lose and everything to prove.

In the 2nd IV Heats, we started the season with a statement 7:59 in our very first race, completely blowing out the Scots crew, who finished at 14:02 – almost six minutes behind us.

The 4th IV Finals, Sydney High's relatively small 4th IV crew managed to edge out a win against Scots through pure hardcore DAWG, recording a time of 8:16.5, just a fraction ahead of Scots' 8:17.6.

Moving to the 3rd IV Final, our boys put up a strong fight, and despite narrowly losing to Newington by a margin of less than 5 seconds, we finished with a strong time of 7:54, making it one of the fastest 3rd IV crews Sydney High has produced in recent years.

Finally, in the 2nd IV Final, despite a clash of oars with Kings early on, we powered through and left Scots behind with a time of 8:03.9, compared to their 8:38.6.

As for Grammar? We're looking forward to seeing them in a race.

Riding on our dominant performance, the boys are pumped with confidence and fired up for Head of the River (22/3/25). We have put in the work. Now, we need you behind us.

Bring the energy, bring the noise - let's make our High Spirit felt!

Neo Rustandi

2nd IV Stroke

HIGH

STORE

SALE!

Hoodie

BASKETBALL WARM UP HOODIES.

SALE!

ONLY Sizes - L and XL Available.

Normally - \$65.

NOW - \$20.

Great for our new Basketballers!!

High Store



A background image showing a physiotherapist in a white coat and stethoscope working on a student's leg. The student is wearing a white athletic shirt. The scene is set in a gym or school setting.

**PHYSIOTHERAPIST SERVICE FOR
SYDNEY HIGH ATHLETES**

School Physio

**SBHS Gym Gallery
outside Room 901
School Term Mondays
7am-9am
Free of charge**

No need for an appointment
Priority given to 1st and 2nd Grade Athletes

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.

Stay up to date with SZapp

Download this App to be kept up to date with everything that is happening at **Sydney Boys High School**. It features School Calendar, School Newsletters, School Contacts, Documents, and Push Notification Alerts. Messages can be translated through the app into many different languages.

Installation Instructions



1. DOWNLOAD SZAPP

Search the App Store / Play Store for **SZapp**.
Download and install SZapp. **Install is Free.**



2. FIND OUR SCHOOL

Select Region: Asia Pacific
Sydney Boys High School

3. REGISTER A USER

You will need to register a user with your email or sign in with Google or Facebook.



4. MANAGE NOTIFICATIONS

Choose which group/s you would like to receive notifications from. Groups with arrows indicate that there are sub-groups which you can join.



5. CHECK SETTINGS FOR APP NOTIFICATIONS

Check your phone settings to allow for push notifications from SZapp.

For any further information see:

<http://www.schoolzineplus.com/app-faq>

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