



From the Principal High Talent

Congratulations to Chris Moon, Kobe Shin and Junho Won, who were very active on the *International Day for the Elimination of Racial Discrimination* last Friday. They persuaded 200 students to sign "I promise not to" - statements, which they're making into a colourful display to show that SBHS is a welcoming place that doesn't tolerate racism. Events such as these spotlight our need for constant vigilance against any forms of racist remarks, social media posts, or playground slurs. The behaviours, left unchallenged, characterise our tolerance of racism. Well done for raising such an amount of awareness of what is right among our school community. Well done to Leon Park (7T) who added another Judo title to his collection – NSW champion for U13/ U66kg!



Weights Room Memberships Closed

Memberships for the *Weights Room* have now closed. The free trial period ended as of March 26. Thank you to the many boys who value this facility and have joined for 2025. Quite a few Year 7 students took advantage of our great introductory offer to join the Weights Room for their first year for just \$190.00. Kurt Rich can now focus on the personal preparation, training and development of all members. From now on, training session times to suit all members can be allocated. Visits, when space is available, are unlimited throughout the year and extend to school holidays when the Weights Room is open but with reduced hours. The development and maintenance of core strength is enhanced through regular Weights Room programs and sprints sessions. Another opportunity to join the Weights Room will be made available in semester two.

Head of the River Results

More than 300 students made the trip to Penrith to watch their representative's row in the annual Head of the River regatta on Saturday March 22. The water was nearly perfect, enabling fast times, so all crews were able to row PBs on the day, which is always a source of satisfaction for sportsmen. High boated nine crews for the first time since 2004. The first VIII had its best result since 2021 with a 6m19.42s, which was the winner's time (WT) +9.06% and well inside the long-term average of 6m.26s. The first Year 10 VIII rowed WT+9.21% - the best result since 2017. The second VIII came in at WT+10.85%, our best result since 2018. Our depth was reflected in three 7th places, with the second IV taking out Sydney Grammar in the best row since 2018. The atmosphere was buoyant and the results full of promise for next season. Congratulations to Mr Barris and his team.

Staff Changes

I will be on leave for the last two weeks of this term. Mr George Barris will be the Relieving Principal. Ms Kerryn Ibbott will relieve for Mr Barris as DP. Mr Matthew Hood will be Relieving Head Teacher of Science for Ms Ibbott.

Early Bird Payments Closed

Recently, there was some commentary in the media about the budget summary I wrote in High Notes (HN 25.02.28). It was one part of my annual reporting to the wider community. My position is that **I appreciate and support the voluntary nature of contributions to the public system of schools such as ours.** Nevertheless, *High* has more compelling reasons than do most Department schools for being grateful to its community for their financial support. Those reasons touch on those differences which may have attracted them to High in the first instance as a desirable location for their sons' education. These differences I am determined to maintain.

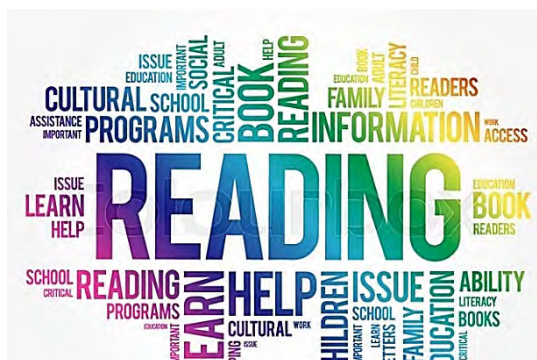
I am fully aware that economically, times are tough; yet I am confident in the high priority placed by all of our parents on their sons' education. By the end of the early bird period on March 21, 84.18% of parents had given the school their financial support in full or in part. On behalf of our wider school community thanks to you all for your unwavering and generous support for the ethos of our school.



A Big
Thanks
to you All!

Please ensure outstanding payments and due book returns are received **before** the clearance form is generated.

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



SBHS Library Team

ADVENTURE STARTS HERE 2025

TELL ME MORE



The Duke of Ed is a prestigious award that's all about getting active, learning a skill, and giving back to your community. You get international recognition for doing the things you love and you get to go on awesome adventures in the bush.

YouthAdvance is partnering with your school to offer this amazing opportunity for all students in Year 9-12.



**PHYSICAL
RECREATION**



SKILLS



**VOLUNTARY
SERVICE**



**ADVENTUROUS
JOURNEY**

Parent Information Night - Wednesday May 7th 6:30pm
TEAMS Meeting ID:492 424 534 585 Passcode:ia7zu7na





As an accredited Healthy School Canteen, we take pride in offering predominantly freshly made, nutritious, and delicious meals every day. Our diverse menu features a mix of traditional favourites and culturally inspired dishes, ensuring there's something for everyone to enjoy.

Over the past few weeks, our amazing Canteen Managers, assistant staff, and incredible volunteers have been working hard to create mouthwatering meals, featuring fresh rice paper rolls, Banh mi, beef Massaman curry, prawn pasta, and Grandpa Guan's ever-popular, scrumptious spring onion pancakes! 😊

A special shoutout to our wonderful Prefects and SRC leaders for their support, and a heartfelt thank you to our entire school community for helping to keep our P&C-run Canteen thriving. Your dedication ensures that all profits go directly back to our school, funding programs and projects that benefit our boys.



Thank you!





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. Please sign up through this online link, where you can choose your preferred dates:

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



YOU ARE
Appreciated

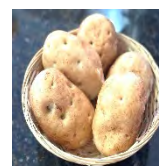


Keep an eye out for our Canteen's Special Days this year: you won't want to miss out on any of these delectably delicious days, organised by our very talented Vice-President Vivian Chen!

Thursday April 3: Easter Special Day!

Friday October 31: Halloween Special Day!

Friday December 12: Christmas Special Day!



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 March: Salena Nguyen, Lin Qi, May Wong.

Friday 14 March: Vivian Chen, Yun Zhou, Jitendra Khanna, Xiaoyan Xu.

Monday 17 March: Jessica Tam, Connie Luo, Grace Guan.

Tuesday 18 March: Thi Ly, Kun Pang, Flora Tang, Lily Jia, Lei Lei.

Wednesday 19 March: Emily Chow, Susanna Xie, Xi Yu, Xin Xu.

Thursday 20 March: Qihua Xu, Gina Jin.

Friday 21 March: Charlene Yu, Grace Guan, Yuming Guan, Huan Cheng, Connie Li.

Monday 24 March: Li Tian, Grace Guan, Helena Jiang.

Wednesday 26 March: Annie Wen, Jin Ning, Thi Ly, Qing Guo.

J Yuan
On Behalf of the SBHS Canteen Committee

CAREER

CAREERS LEARNING SBHS

Are you wondering where you can find new experiences, that will help your resume?

SERIOUSLY Check this Out:

Why don't you:

Balancing work, life, and study as an Apprentice!



Why is Balance Important?

When you are doing an apprenticeship, you have multiple responsibilities to manage.

Working regular hours at your workplace and attending classes or training sessions.

Completing assignments or studying for assessments, and still finding time for friends, family, and things you enjoy.

Have a 3-minute read:

<https://studyworkgrow.com/life-as-an-apprentice-balancing-work-learning-and-personal-time/>

Early Entry FAQ's!

What is early entry?

It's a way to give you some peace of mind knowing you have a place secured at university next year and one less thing to stress about during exam time.

EARLY ENTRY

Have a 3-minute read:

<https://studyworkgrow.com/early-entry-faqs/>

Five Essential Budgeting Tips for Teenagers

- 1 – Set clear financial goals.
- 2 – Track your expenses.
- 3 – Differentiate between needs and wants.
- 4 – Be realistic.
- 5 – Save and invest wisely.



<https://studyworkgrow.com/5-essential-budgeting-tips-for-teenagers/>

Andrew Ding
Careers Prefect





FALL INTO THE
WORLD OF DRAMA
AND IMPROV
WITH SYDNEY GIRLS AND SYDNEY BOYS

MAGIC SPELL ON TO YOU!

SGHS

SGHS Drama

**THEATRESPORTS
PLAYOFFS
APRIL 8TH
TUESDAY
5:30PM TO 8PM (LATEST)
THE GOVERNORS CENTRE**



Music NOTES

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 for this event: 36 King St, Randwick.

RSLS NSW ANZAC DAY March

Our Marching Band has been selected again to participate in this year's ANZAC Day March in the CBD. ALL members are required to wear a school BLAZER. Juniors are to wear a white collared shirt, LONG grey school trousers and school tie (FULL music performance uniform).



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.



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



SWIMMING

SBHS GPS Swimming Finals

Good luck to our swimmers competing in the GPS Swimming Finals Friday 28 March at SOPAC from 6-9pm.

The GPS Swimming finals is the highlight event of the swimming calendar. Thousands of GPS school boys will gather at Olympic Park to cheer on their School Swim Team.

SUPPORT

Be there to support your fellow HIGH athletes, your support is appreciated and will help our team perform well on the night.

If you are attending, please make sure your parents have completed the online permission form emailed to them. Five award scheme points apply.

J Rowlands

MIC Swimming





**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

Weights Room

At Sydney Boys High School, the Strength and Conditioning (S&C) program offers a comprehensive approach to physical well-being, athletic performance, and life skills. The program includes various categories of training and support, such as the Weights Room, in-sport S&C (e.g., outdoor weight circuits), PE S&C (including resistance band training), Speed and Agility, onsite physiotherapy, and ongoing exercise physiologist support.

Daily Activities

This well-rounded program ensures students excel in sports and thrive in daily activities.

The school's Weights Room provides a structured environment for students to build strength and conditioning. In this space, students refine their technique and develop physical and mental resilience. Weight training improves strength, mobility, and overall fitness, while bodyweight and weighted exercises help enhance body control. This leads to improved performance in both sports and everyday tasks, such as carrying heavy school bags, which can sometimes weigh more than what students lift in training.



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.

Physical Conditioning

Research highlights the importance of early physical conditioning, especially integrative neuromuscular training that focuses on fundamental motor skills. Such training provides long-term benefits like improved movement biomechanics, reduced sports-related injuries, and better health outcomes in adulthood. A program addressing students' physical and psychosocial needs supports not just short-term athletic success but also lifelong physical activity and health.

The Weights Room also teaches valuable life skills, including perseverance, discipline, and respect. Under the guidance of Mr. Rich, students from all year groups are given equal opportunities to train and develop personally. The program emphasizes continuous learning, accountability, and hard work. Overcoming challenges builds resilience, benefiting both academic and personal lives beyond the gym.

The success of Sydney Boys High School's weightlifting program is reflected in the achievements of its alumni and current students. In 2024, Old Boy Nelson Cheng was crowned Junior National Champion, demonstrating the program's high level of training. Additionally, the Youth National Championship, showcases the talent nurtured within the Weights Room. These accomplishments underline the exceptional opportunities the program offers.

For students with injury concerns or those recovering from injuries, the school provides comprehensive physiotherapy support. A physiotherapist is available every Monday from 7am-9am for free expert advice. For students requiring long-term rehabilitation, Coach Neil Song, an Old Boy, works closely with students, their coaches, PE teachers, and external health professionals to manage recovery and ensure safe return to full training.

Sydney Boys High School's Strength and Conditioning program offers a supportive environment for physical and personal development. With a registered weightlifting club and impressive achievements, the program prepares students for success in both sports and life.

Kurt Rich

Head Strength and Conditioning Coach



Alex Shao and Nelson Cheng receiving - National Weightlifting Champion Certificates at the 2024 Annual NSWWA Award Ceremony!

ATHLETICS



The Winning 5 x 100m Post to Post Relay at the 2024 Armidale Exchange,
Rohan Chand, Mekael Khan, Tim Chen, Aditya Munir and Roger He

SBHS Athletics Carnival 2025

The Annual School Athletics Carnival was, once again, a standout event for both students and staff. We had 1,062 students in attendance, including 199 Year 12s (participation data is still being processed). A huge thank you to all the students for their enthusiastic participation and incredible effort throughout the day. Well done to the staff for ensuring that all students had the opportunity to compete in high-quality events.

This year's carnival featured electronic timing, allowing us to replace the traditional age group 100m finals with a Best of the Best event, showcasing the top 10 fastest 100m runners in the school. Congratulations to Alex Rufus from Year 10, who triumphed in this inaugural event. Additionally, we welcomed back the Jaggar Gift, a time-staggered 1500m run. Congratulations to Year 10 student Nathaniel NG for claiming victory in that race.

A special Congratulations to the following Age Champions:

- 12s: Destin Nguyen
- 13s: Robert Lei
- 14s: Shawn Handoko
- 15s: Mekaeel Khan
- 16s: Tim Chen
- 17+: Dylan Dutt

Full results can be found here: [2025 Athletics Carnival Results](#). Please report any errors to me by Friday 4 April.

Looking ahead to the Zone Athletics Carnival in Term 2 – Thursday June 26, there is still plenty of time to prepare. Students wishing to qualify for the CHS Pathways and GPS Teams need to continue training on Tuesday mornings at 7:15am at MPW. Big things are expected this season, and reaching those expectations will require consistent effort and commitment.

Kurt Rich

MIC Athletics



By now, all GPS Runners should have received their bibs. These need to be securely sewn onto your running tops and presented to the MIC of Cross Country before this Saturday's invitational trial run. Please ensure the bibs are attached correctly to avoid confusion at the finish line and prevent any deduction of school team points.

Calling All Parent Volunteers:

We're looking for parents who are available to assist with this Saturday's Cross Country event (we only host this event once a season). If you can help, please email me at richk@sbhs.nsw.edu.au.

A reminder of the weekly training schedule:

- **Monday afternoon** sports sessions.
- **Wednesday (Senior) or Thursday (Junior)** sports sessions.
- **Wednesday (Junior) or Thursday (Senior)** afternoon training.

Additionally, there will be **Saturday competitions or training** each week. Development squad will commence Saturday training in term 4 and there is only one competition this term – Saturday 29 March.

Ensure you are available for these sessions as they are a vital part of the Cross-Country season!

All GPS Runners are required to be at the venue by 8am regardless of their division and all are to remain until the whole squad is dismissed at the conclusion of the senior event at roughly 12pm.

Additional and live details can be found on the students' clipboard.

The CANVAS sport page features a Google document with key dates for the 2025 season.

Key Dates for this Term:

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

Ms Donna Lees-mother of year 11 runner Elijah Lees has invited parents to join the SBHS cross country whatsapp group - Follow this link to join:

<https://chat.whatsapp.com/Hm7BVOnExxb5euo4FtpD8k>

Feet Health

In cross-country, feet are a runner's most important asset. Proper foot hygiene and the correct use of socks and shoes are essential not only for comfort but also for preventing injury, enhancing performance, and ensuring long-term foot health. By maintaining foot health and wearing the right gear, athletes can maximize their potential and minimize the risk of painful and debilitating foot issues.

Below are some tips for feet hygiene tips!

1. Foot Hygiene:

- **Wash and Dry Feet Properly:** After every run, wash your feet with soap and water, then dry them thoroughly, especially between the toes, to prevent fungal infections like athlete's foot.

2. Socks:

- **Ensure a Proper Fit:** Make sure socks aren't too tight or too loose. Avoid wrinkles, as they can cause friction and irritation.

3. Shoes:

- **Wear Properly Fitted Shoes:** Ensure shoes are the correct size for your foot, with enough room in the toe box to prevent rubbing and blisters. Consider getting fitted for running shoes specific to your gait and foot type.
- **Lace Shoes Correctly:** Lace your shoes securely to avoid any movement inside the shoe that can lead to discomfort or injury. Use a locking lace knot for extra security.
- **Check for Wear and Tear:** Regularly inspect shoes for signs of wear and replace them when the cushioning or tread is worn down.

By maintaining proper foot hygiene and wearing the right socks and shoes, you will reduce the risk of blisters, infections, and injuries.

Kurt Rich
MIC Cross Country



Sydney High School Cadet Unit SHSCU Highlights

RSL and Schools Anzac Commemoration

SHSCU has been asked to participate in the annual Anzac service is hosted by RSL NSW in coordination with the NSW Department of Education, Catholic Schools NSW and the Association of Independent Schools. It is held at the Anzac Memorial in Hyde Park Sydney on Thursday April 3, and is a service "for students, by students", with all key roles performed by students representing the three education sectors in NSW.

We were lucky enough to have Lisa Whitehouse (Events Manager at RSL NSW), WO1 Darryl Holzhauser (RSM Joint Ceremonial NSW and ACT), and WO2 Cutler (Army Band) to attend our rehearsal on this past Tuesday to prepare for the service.

Good luck to all Cadets participating!



New Intake - Term 2

A reminder that the below form for Try-Cadets will be closing this Friday 28 March. Further information regarding this will be sent out once the form closes.

<https://forms.gle/Ch3qJh4YZ6SWTGBJ8>

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 above to find out more about applications.

The EOI for joining SHSCU will be closed at 2359 on Friday 11 April, the link can be found either on the Google Form above or by searching 'AAC Cadets' online.

We look forward to seeing our potential new Cadets next week for our first Try-Cadets session!
LT (AAC) Mattise Stringer

School Student Code of Conduct



Students Travelling on Buses must: -

Tap your Opal card when joining and again when exiting the bus or tram. This is particularly important as the data collected from the fare collection system may be used for service planning purposes.

Use school bus specials when provided.

Vacate seats for adults when requested.

Follow all instructions about safety.

Respect the needs and comfort of other passengers.

Always behave appropriately, e.g. no offensive language, no throwing things.

Students are reminded to: -

Only use the Opal card for its intended purpose i.e. for travel between home and school during school days, does not include travel to and from Saturday sporting activities.

Always maintain possession of your Opal Card.



Transport Inspectors

Authorised transport officers are deployed to inspect **Code of Conduct** compliance on school bus and tram services in the Eastern Region. Students who are found to have breached their obligations may lose their travel entitlement and possibly incur an infringement fine.



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

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



Tap on and tap off your
School Opal card every time





The Study Samurai Library includes:

1. THE ELES ONLINE STUDY SKILLS HANDBOOK WEBSITE

Working Better At Home Units

1. Home Study Environment
2. Organisation and Filing
3. Time Management Skills
4. Managing Workload
5. Dealing with Distractions
6. Overcoming Procrastination
7. Developing Motivation
8. Goal Setting
9. Lifestyle and Balance
10. Managing Stress

Improving Your Skills Units

1. Reading Skills
2. Writing Skills
3. Mathematical Skills
4. Science Skills
5. Foreign Language Skills
6. Assignments Skills
7. Research Skills
8. Presentation Skills

Improving How You Study Units

1. Summarising
2. Active Studying
3. Preparing for Exam Blocks
4. Test-Taking Techniques
5. After Tests & Exams

Working Better At School Units

1. Will we ever use this?
2. Using Classtime
3. Asking for Help
4. Dealing with Conflict
5. Groupwork Skills

Using Technology Units

1. Technology Tools
2. Basic Computer Skills
3. Be CyberSmart
4. Useful Apps for iPads
5. Microsoft OneNote

Skills for Specific Stages Units

1. Preparing in Primary
2. Starting Secondary School
3. Mastering Middle School
4. Becoming a Senior Student
5. Studying at University

Tools for Managing Challenges Units

1. Strategies for Dyslexia
2. Remote Home Learning
3. Living Across Two Houses
4. Bullying: Issues and Strategies
5. Managing Part-Time Jobs
6. Educational Kinesiology
7. Your Brain and Memory
8. Live Your Best Life
9. Tips for Parents
10. Tips for Teachers and Schools

NOTE: A subscription to the Study Skills Handbook includes all topics in this first section.

The Study Samurai Library includes everything on this whole page including all the handbook topics.

2. THE HUMAN CONNECTIONS ONLINE WELLBEING RESOURCE

- Module 1: What is stress?
- Module 2: Stress and peak performance
- Module 3: Positive Psychology, what determines happiness
- Module 4: Quick relaxation & wellbeing tips
- Module 5: Learning how to relax, progressive muscle relaxation
- Module 6: Meditation
- Module 7: Mindfulness
- Module 8: Stress and the way you think

- Module 9: Changing your thinking
- Module 10: Turning negative thinking into positive thinking
- Module 11: Breathing techniques
- Module 12: Changing your focus
- Module 13: Pressure points to help you relax
- Module 14: Time management
- Module 15: Self-image beliefs
- Module 16: How to create positive habits

3. THE STUDY SAMURAI LIBRARY VIDEO LESSONS BY DR PRUE SALTER & ROCKY BIASI (20-30 MINS EACH)

Performance: Achieve personal best performance

- Neuroplasticity (ROCKY)
- Brain Rules (ROCKY)
- 7 Motivation Strategies (ROCKY)
- What Drives Human Behavior (ROCKY)
- How to Set Goals (ROCKY)

- Maximising Classtime (PRUE)
- Practice Methods (ROCKY)
- Mental Practice (ROCKY)
- Practice Principles (ROCKY)
- Getting in the Flow (ROCKY)

- Your Brain and Memory (PRUE)
- Finding Help (PRUE)
- Aligning Goals To Values (ROCKY)
- Model Masters (ROCKY)
- Sustain Progress Develop Mastery (ROCKY)

Study Skills: Know how to make learning easy

- Study Notes 1 (PRUE)
- Mind Maps (PRUE)
- How to Study (PRUE)
- Test-Taking Techniques (PRUE)
- Common Study Mistakes (PRUE)

- Study Notes 2 (PRUE)
- Learning Preferences (PRUE)
- Improving Reading Skills (PRUE)
- Improving Handwriting (PRUE)
- After Tests & Exams (PRUE)

- Study Notes 3 (PRUE)
- Subject Specific Study (PRUE)
- Advanced Memory Techniques (PRUE)
- Preparing for Exam Blocks (PRUE)
- Essay Writing Skills (PRUE)

Time Management: Become organised, efficient and productive

- Home Study Environment (PRUE)
- Organisation and Filing (Paper) (ROCKY)
- Organisation and Filing (Digital Resources) (PRUE)
- Independent Learning (PRUE)
- Managing Workload (PRUE)

- Time to Allocate to Schoolwork (PRUE)
- Creating Afternoon Routines (PRUE)
- Dealing with Technology Distractions (PRUE)
- Dealing with Other Distractions (PRUE)
- Overcoming Procrastination (PRUE)

- Prioritising Techniques (PRUE)
- Managing Workload 2 (PRUE)
- Planning Holiday Study (PRUE)
- The One Thing (ROCKY)
- 80/20 Rule (ROCKY)

Mindset: Develop a growth and success mindset

- When will we ever use this? (PRUE)
- How Winners Think (ROCKY)
- Identity Beliefs (ROCKY)
- Fixed and Growth Mindset (ROCKY)
- Vision and Purpose (ROCKY)

- Senior School Mindset (PRUE)
- How to Change Negative Thinking (ROCKY)
- Problem Solving Questions (ROCKY)
- Mental Mindset of Champions (ROCKY)
- Focus (ROCKY)

- Keeping Things in Perspective (PRUE)
- The Power of Failure (ROCKY)
- 5 Steps To Get Your Head Right For Senior School (ROCKY)
- Changing Your Thinking ABC (ROCKY)
- Strategies for a Growth Mindset folder (ROCKY)

WellBeing: Have energy and motivation

- Lifestyle Factors (PRUE)
- Power Poses (ROCKY)
- Positive Psychology (ROCKY)
- Starting Your Day For Success (ROCKY)
- Creating Positive Habits (ROCKY)

- Sleep and Study (PRUE)
- Stress and Anxiety Relief with The Tapping Technique (ROCKY)
- Accessing The Emotions You Want (Anchoring) (ROCKY)
- Asking Better Questions to change your mental focus (ROCKY)
- Healthy Mind Platter (ROCKY)

- Nourishing Body and Brain (PRUE)
- Meditation and Mindfulness (ROCKY)
- Happiness Advantage (ROCKY)
- Wellbeing Factors (ROCKY)
- Progressive Muscle Relaxation (ROCKY)

STUDY

Dear Students and Parents,

Just to remind you that our school is a subscriber to the study skills website www.studyskillshandbook.com.au including the Study Samurai video library.

This website will help you develop essential skills for academic success.

There are units of work on improving time management skills, how to study, research skills, summarising, technology use, brain and memory as well as many wellbeing topics in the Study Samurai Library.

Everything you need to know about becoming a more powerful learner and improving your marks at school can be found on this site. For example, learn how the colour of your room affects your ability to study, what the best study techniques are for your type of brain, how to improve your handwriting and useful software and Apps to block yourself from technology distractions.

You will also see lots of useful handouts, grids and planners at the bottom of the THINGS TO PRINT page.

To access the handbook, go to www.studyskillshandbook.com.au and **login** with these details:

username: **sydneyboys**

password: **sydneyboys**

OR, through the Student Portal, go to My Library then Online Databases, scroll down to the Study Samurai.

The more of this website you can work through, the more you will set yourself up for academic success.

Miss Joanna Chan

Head Teacher Student Wellbeing



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- Adult Orthodontics
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