



From the Principal

Sleep

Sleep is crucial for teenagers' physical, mental, and emotional well-being. Adolescence is a period of rapid growth and development. Many teenage boys fall short and blame sport for their issues when in fact it is due to mismanagement of time completing schoolwork and excess screen time. This lack of sleep can lead to poor concentration, memory issues, and decreased academic performance. It also affects mood, increasing irritability. Physically, insufficient sleep weakens the immune system, making teens more prone to illnesses.

Beyond these effects, research indicates that chronic sleep deprivation can suppress growth hormone production, which is primarily released during deep sleep and is essential for muscle development, bone growth, and overall physical maturation. A study published in the *Journal of the American Medical Association* (2011) found that young men who slept only 5 hours per night for one week experienced a 10% to 15% reduction in daytime testosterone levels, which are crucial for growth and physical development. This hormonal disruption can lead to stunted growth and delayed puberty, particularly in teenage boys.

One major contributor to poor sleep in teens is excessive computer and screen use at night. Blue light emitted from screens suppresses melatonin, the hormone responsible for regulating sleep, delaying sleep onset and reducing overall sleep quality. Additionally, engaging in stimulating activities such as gaming or social media use before bed can make it harder to wind down and fall asleep, further exacerbating sleep deprivation.

OVERALL HEALTH

To improve sleep quality, teens should maintain a consistent sleep schedule, limit screen time before bed, and create a relaxing bedtime routine. Prioritising sleep enhances cognitive function, emotional stability, and overall health, helping teenagers perform better in school and daily activities. By recognising the importance of sleep, teens can develop lifelong habits that promote well-being.

George Barris
Relieving Principal



SBHS Library!

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

Senior Library Opening Hours:

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

Junior Library Opening Hours:

- 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

MUFTI DAY



CSC Lak Saviya Bake Sale and Mufti Day

On Friday 14 March (week 6), the Community Services Committee (CSC) held our annual bake sale and mufti day to raise money towards education initiatives by the Lak Saviya Foundation in Sri Lanka.

The Lak Saviya Foundation Australia (LSF) was set up in 2003 to assist communities in Sri Lanka.

Following the 2004 Boxing Day Tsunami, a need for ongoing support for Sri Lankans was recognised, and our school has endeavoured to donate to the foundation every year.

LSF now has a specific focus on impoverished students and young people in rural and remote areas. The proceeds we raise every year go to Kahawa Rathanasara High School, in the area impacted by the tsunami.

We started off the day with plenty of Year 10 volunteers helping to set up our cake stall and prepare the cakes for our recess and lunchtime sales.

During break times, there was high demand for our baked goods and the popular cakes were rapidly sold out by the end of our second sale.

This year, we raised an outstanding amount of \$2,367.

Thank you to all the hard-working volunteers and students wearing mufti.

We hope to continue supporting the Lak Saviya Foundation and anticipate successful bake sales in the coming years!

Lucas Wang 11R
2025 CSC Publicity Officer



CAREER

CAREERS SBHS

SBHS TASK 2 exams have commenced, and it is time to boost your study with the revered Pomodoro Technique.

To manage Exam stress, there are some techniques I have linked below and to unwind after Exams, I have added suggestions.

Pomodoro Study Technique

I am a student achievement prefect, and I find the Pomodoro Technique very useful. This is a technique where you study for 30 minutes, then take a 5-minute break, you repeat this cycle, called a Pomodoro!

What's the Point?

The 5-minute breaks are all about movement and resetting your focus. Just stopping work for 5 minutes helps your mind relax and create a new slate of focus. Regardless, breaks are essential not only for studying, but managing your energy, staying motivated, and reducing stress.

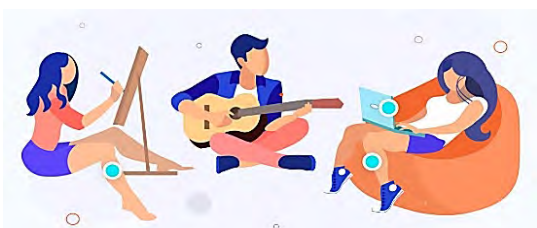


A quick 3 minute read about more benefits:

<https://studyworkgrow.com/boost-your-study-game-with-the-pomodoro-technique/>

Burnout: Tips to Prevent and Manage

Anyone can experience burnout – whether it's school, work, or personal factors influencing you, your mental load may feel increasingly difficult to handle. Get some stress relief through enjoying your hobbies!



Ask for HELP! IT IS OK to not feel OK



<https://studyworkgrow.com/burnout-tips-to-prevent-manage/>

Seven Ways to Forget Exam Stress

Taking time to properly recover after exams is important for both your mental and physical health.

Prolonged stress can affect your sleep, mood, and even your immune system.

By actively working to reduce your stress levels, you will be better prepared for whatever challenges come next, whether that is starting something new, planning for next year, or simply enjoying your well-earned break!

Clear your study space!

Focus on relaxation!

Celebrate finishing!

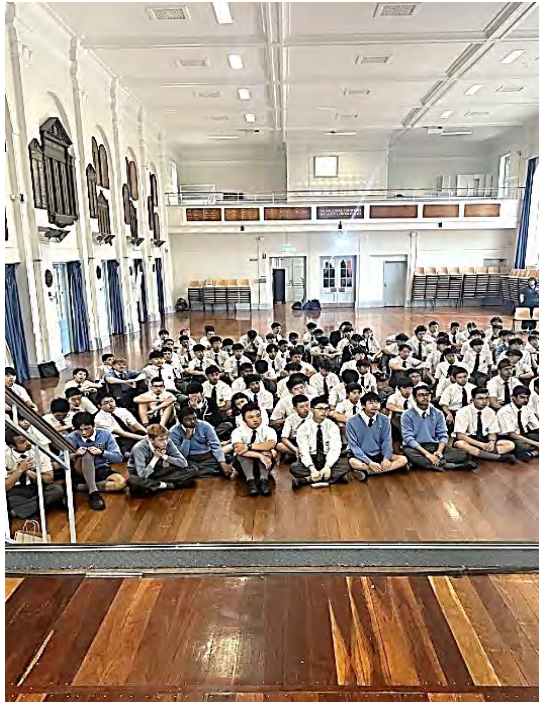


Seven Tips I recommend AFTER EXAMS!

<https://studyworkgrow.com/7-ways-to-forget-exam-stress/>

Andrew Ding
Careers Prefect

THINK
Positive



UNSW Legal Centre Presentation

On Monday 24 March, representatives from Kingsford Legal Centre visited our school to educate Year 10 students about sexual harassment and sexual assault.

Kingsford Legal Centre is a community-based legal service that provides free advice and support, making their expertise particularly valuable for young people navigating legal and personal safety issues.

The solicitors and law students explained the difference between sexual harassment and assault and explained scenarios where each of them may take place. We were told the different avenues of legal and personal assistance to take if any problems regarding sexual assault or harassment took place.



One of the most important points they emphasised was that harassment is often determined by how the victim feels, making awareness and respect for personal boundaries essential.



We also discussed the role of bystanders and how helping a victim of harassment or assault does not have to involve starting a fight with the offender, it could just be a helpful and comforting conversation with the struggling person.

After this, we split up into smaller groups and the solicitors and law students handed out scenarios.

We discussed what each of them, in terms of harassment, assault or neither. This helped us translate the correct way of handling a situation and how to apply if necessary.

Overall, the representatives from Kingsford Legal School provided a clear and helpful eye-opening guideline for identifying and responding to these issues but also encouraged us to reflect on how we can contribute to a safer and more respectful environment. It was a very important experience for Year 10.

Charlie Cheshire 10T





Public Speaking Co-Curricular

Term one has been a busy time for us. Our Year 7 registration has required us to engage two coaches.

The students are in the capable hands of Luc Tran-School Captain, class of '24) and experienced public speaker, Kirato Porte, who are focussed on creating a supportive environment within which to develop self-efficacy through public speaking while having fun. Also, on the agenda is entering our two strongest speakers in the Junior Plain English Competition in July.

Saaranan Arvind-class of '21 is tutoring our Year 8 and Year 9 students who are benefiting from his public speaking experience. (Saaranan's popularity is enhanced by his reputation as a handy cricketer).

Our seniors are very fortunate to have Eric Scholten mentoring them under the coordination of Ryan Allen Year 10, Ryan is our Lawrence Campbell candidate for 2025. This prestigious event is to be held at Barker on the evening of Friday May 2, Ryan is committed to delivering his best. He has demonstrated success in previous public speaking events, and he invests time in the preparation required by an event of this calibre. Ryan also has the support of a great team!

We are looking forward to entering two seniors in the Plain English-Speaking Competition which SBHS is hosting on Monday 19 May.

Eric Scholten (class of '24) is studying at ANU in Canberra. However, we are the beneficiaries of his generosity and commitment to furthering the public speaking programme. He is available via Zoom on Tuesdays from 3.15pm - 4.15pm. He also drops in when he is in Sydney.

Nathan Lui, Guru Thanabalasingam, Callum O'Loughlin, Liam Fong, Jude Ou and Sharvil Pande entered the Rostrum Voice of Youth

Competition 2025 which was held over the past two weeks at various locations across the Metropolitan area. Congratulations to all, especially well done to Nathan for achieving runner up in his heat and to Sharvil who has progressed to the regional round, having won his tough heat at Ascham on Wednesday night 25 March.

All students were mentored by Ryan Allen and Eric Scholten. The students value Eric's expertise and are thriving from his feedback. Eric is also mentoring Ryan Allen on Sundays via Zoom. It really is 'Rally Round Boys' in action!

Enrichment Activities

Senior Philosophy meets on Thursday at lunchtime in 402 and recently has expanded into 403. We have entered two teams in the upcoming Senior Ethics Olympiad on Monday 5 May (Held via Zoom). These 12 students are debriefing specified Case Studies in preparation for the competition. The second group is also developing thinking through the community of inquiry protocols using scenarios of Ethical dilemmas. Newcomers are welcome to join this group.

Junior Philosophy meets on Wednesday at lunchtime in 208. This group is tutored by Michael Alam, (graduate of SBHS) who was inspired (by Mr Con Barris who taught Michael in Year 10 Philosophy), continuing Philosophy in tertiary studies at UNSW. This group is shaping up to be our future formidable thinkers. The Olympiad is not until November. They are building the foundations of Philosophical thought before they begin applying this to the case studies. Ten students will be attending Rosebank on Wednesday 4 June for Ethical Explorations. In term 2, we will begin the Year 7 Introduction to Philosophy group. Numbers will be capped at 6 - 8 students. Enquiries: eggletonj@sbhs.nsw.edu.au

Julie Eggleton
Coordinator

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 this **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.

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





GPS Carnival 5 Results

The fifth and final GPS carnival was held on Friday 28 March at SOPAC.

After four carnivals, there was a growing momentum behind the team and a feeling of excitement going into the final night, the boys were keen to perform at their absolute best in front of a sea of blue and brown supporters.

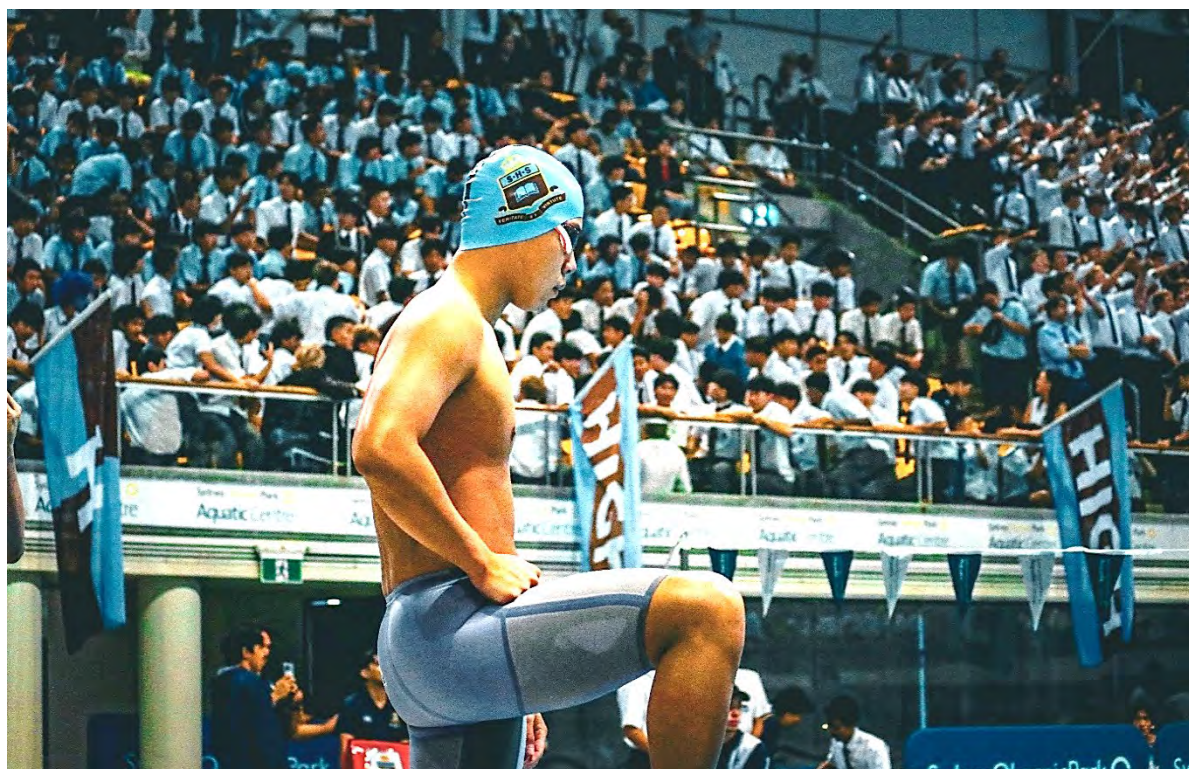
HIGH were the SECOND biggest school in attendance (behind Joeys), we had completely filled our section of 251 seats and even had additional boys sitting in a separate section of the stands. The total was 361 student supporters, 7 members of staff and a team of 30 competitors.

Thank you to our team photographers, Alexander Lau, Anderson Lee, Jiekai Miao, Oscar Zheng, Stevin Yin for taking photos of **Jiazi Chen before winning the 100m Freestyle!**

Thank you to the following members of staff who supported our students on the day – Dr Jaggar, Mr Kay, Mr Loizou, Ms Christodoulou, Ms Park, Mr Song and Coach - Ike Matsuoka.



Thank you to the prefects for assisting with timekeeping on the night, as well as leading the chants and not only demonstrating their HIGH spirit but also instilling it into our juniors. Our boys performed incredibly well, competing in back-to-back races throughout the night to gain points for the team. At the end of the final event, the point scores were as follows – 6th Juniors, 4th Intermediates (narrowly missing 3rd by 3 points), 7th Seniors and 8th Opens.

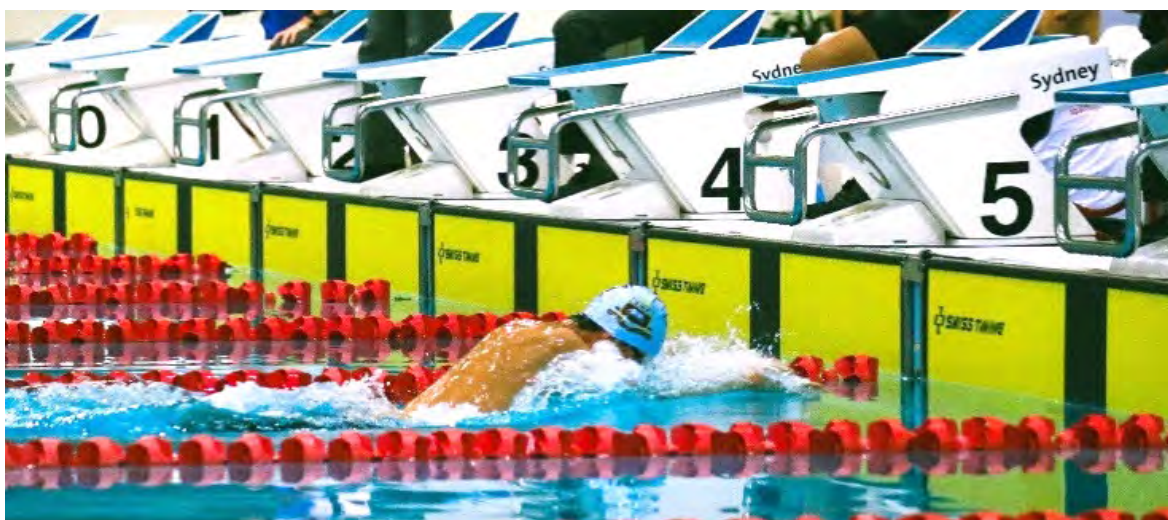


Jiazi Chen before Winning the 100m Freestyle



Highlights

- **Kester Jan** – 15 Years 50 Breaststroke championship 31.56 1st place, winning by almost 2 seconds, a massive PB and only 0.09 off the GPS record set in 2013.
- **Jiazi Chen** – 17 Years 100 Freestyle championship 54.59 1st place, 17 Years 50 freestyle championship 2nd 24.97, 17 Years 50 Backstroke championship 2nd 29.17, 17 Years 50 Butterfly championship 2nd 26.62.
- **Ryan Chai** – 15 Years 50 Backstroke championship 30.50 1st place and PB time.
- **Johnathan Zhou** – 17 Years 50 Breaststroke division 32.49 1st place and a massive PB, 17 Years 50 Freestyle division 25.98 3rd, first time under 26.
- **Maksim Kireev** – 15 Years 100m freestyle championship 59.49 3rd place, first time under 1:00. 15 Years 50m Backstroke division 33.33 2nd place and PB time.
- **Boys 15 Years 4x50 Medley** - (Ryan Chai, Kester Jan, Daniel Choi, Maksim Kireev) 1st place beating Grammar by 0.04!
- **Robert Lei** – 13 years 50 freestyle division 29.95 4th, first time ever under 30.
- **Daniel Choi** – 15 Years 50 breaststroke division 34.15 1st.



Kester Jan Dominating the 15 Years 50m Breaststroke with a Time of 31.56, only 0.09 off the GPS Record!

Congratulation to the following boys who have all qualified for the GPS Team to compete at CIS in May during Term 2 - **Ryan Chai, Kester Jan, Maksim Kireev, Joshua Park, Mark Yan, Jiazi Chen, Cassiel Yun, John Hong, Johnathan Zhou.**



The following boys will also be competing at the Australian National Age Swimming Championships in Brisbane in April, representing their own Clubs - **Jiazi Chen, Kester Jan and Maksim Kireev.**

J Rowlands
MIC Swimming



TRAINING SCHEDULE

Weekly Training Schedule:

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

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

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.



SBHS Cross Country Carnival
Friday 11 April 2025



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 foot 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

SHS Cross Country



A heartfelt thank you to the parents who braved the rain and volunteered to help at our host race on Saturday. A huge thank you to the staff who helped on the day particularly John Prorellis. Despite the weather, the event had great participation, and we are proud to see some strong performances across all categories. Our seniors came in 2nd in the GPS overall, more work at higher intensities will be required to be ready for our 1st competition.

Top Four placegetters in each division for GPS:

Seniors: Max Chen Y11 – 3rd, Elijah Lees Y11 (running up division) 9th, Aayush Kumar Y11 10th.

Intermediate: Nathaniel Ng Y10 – 9th Anthony Li Y11 – 13th Umar Dewanata Y11 17th.

Juniors: Anton Bolofer Y8 12th Ayush Sarathy Y9 24th Robert Lei Y8 44th.

How to Prevent Running Injuries for Sustained Training and Improved Performance, focusing on prevention helps you maintain consistent training, which leads to long-term improvement and better performance.

Preventing Injuries for Consistent Training:

- **Overtraining:** Increasing intensity or mileage too quickly is a major cause of injury.
- **Improper Footwear:** Ill-fitting shoes can alter your gait and lead to injuries. Wearing the right shoes, fitted for your foot type and running style, helps maintain proper form and prevents overuse injuries, keeping you running longer and stronger. Replace shoes every 550-800 km.
- **Hard Running Surfaces:** Running on hard surfaces like concrete increases impact on your legs. By choosing softer surfaces like grass or dirt trails, you reduce the risk of injury, enabling you to train consistently without disruption.

- **Tight Muscles:** Tight muscles affect your form and can lead to injury. Regular stretching and using a foam roller post-run helps improve flexibility, ensuring your muscles stay supple and your stride remains efficient, which is crucial for sustained training.
- **Heel Striking:** Landing with your heel first is inefficient and increases injury risk. A mid-foot strike is more efficient and reduces joint stress, enabling you to run longer distances with less risk of injury.
- **Improper Foot Orientation:** Running with feet pointing outward can cause ankle and knee strain. By aligning your feet with your body, you reduce unnecessary rotational stress, allowing for smoother, more efficient movement.
- **Poor Posture:** A strong core and good posture reduce strain on your lower back and improve breathing, enabling you to train for longer periods without discomfort.
- **Head Tilt:** Keeping your head aligned with your body improves your posture and breathing, preventing neck pain and allowing you to maintain focus and energy throughout your runs.

The Bigger Picture: Preventing injuries means fewer disruptions to your training, allowing you to remain consistent and gradually improve. Whether you are training for a race or simply aiming to stay healthy, preventing injuries ensures you can sustain your effort over time.

More details can be found on CANVAS – Sport – Cross Country. **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 Date:

Friday 11 April - School Cross Country Carnival.

Kurt Rich

MIC Cross Country



HIGH CROSS COUNTRY WHOLE SCHOOL CARNIVAL!

Date: Friday 11 April 2025.

Location: McKay Oval, Centennial Park.

Times:

Periods 1 and 2 are normal lessons. All staff and students head down at / after recess.

12pm: Walk the course.

Order of events: 17 and 18, 16's, 15's, 14's, 13's and 12's.

Course Marshals: There will be course marshals out on the course to assist in the smooth running of each race. The marshals will be instructed to note down any infringement they observe or of which they are informed and report the matter, either during or at the end of each race.

All students are required to attend and participate unless they have a diagnosed injury or condition that prevents them from competing.

Students who are unable to participate must report this to Sport Admin to have their condition documented on Clipboard by Thursday April 10 - NO later than 12:30 PM.

Information and Directions:

- There are changing facilities and fixed toilet facilities available at the ground.
- Please bring a personal water bottle.
- Students are to attend regular classes for periods 1 and 2.
- On the day of the carnival, all students are to wear either PE gear or school sportswear for the day.
- Runners should eat their lunch at the recess break, at the latest - prevent getting sick while competing in the race.
- Students will have the opportunity for a pre-racecourse walk to familiarise themselves with the course. Students must be there for a 12pm start.
- Students are to stay in their Year Cohort supervised viewing area and watch the other Year Group races until your race is called. NO ball games allowed on the grounds / oval.
- When your race is called go to the starting area.

Race Guidelines and Important Information

- **Footwear Requirement:** All participants must wear closed shoes during the race.
- **Course Etiquette:** Stay on the designated course and adhere to instructions provided by course marshals.
- **Sportsmanship:** Poor sportsmanship will not be tolerated. Any runner displaying unsportsmanlike behaviour will be disqualified.
- **Spectator Restrictions:** Spectators must remain within the designated viewing area. Access to the course is prohibited.
- **House Points System:** The winning house will be determined by the total points earned by the first 15 runners to finish. Points are awarded as follows: 1st place – 20 points, 2nd place – 18 points – 3rd place – 16 points, 4th – 12 points, 5th – 11 points, 6th – 10 points, 7th – 9 points, 8th – 8 points, 9th – 7 points, 10th – 6 points, 11th – 5 points, 12th – 4 points, 13th – 3 points, 14th – 2 points, 15th – 1 point.
- **Award Scheme Eligibility:** To qualify for the Award Scheme, you must compete and finish the race.
- **First 15 Finishers:** If you finish within the top 15, proceed to the 'First 15' table to have your name and position recorded, then head to your House Roll Table.
- **Other Runners:** If you finish outside the top 15, proceed directly to your House Roll Table to have your attendance marked.
- **Record Your Details:** When reporting to the House Roll Table, provide your name, roll class, and finishing position.
- **Leaving the Event:** Once your name has been recorded, you may leave.
- **Zone Cross Country Carnival:** The top ten finishers will qualify for the CHS Zone Cross Country Carnival on Tuesday 3 June.
- **Regional Carnival:** The first 10 runners at the Zone Carnival will advance to the Sydney East Regional Carnival on Wednesday 11 June.
- **NSW All Schools Championships:** The top 10 finishers at the Regional Carnival will progress to the NSW All Schools Championships on Tuesday 22 July.

Important Note: If you place in the top 10 at the School Carnival and do not intend to compete in the CHS Cross Country pathways (Zone Carnival and beyond), you must inform the MIC by Friday 2 May.

Kurt Rich

MIC Cross County



Recommended Footwear: The course will contain a mixture of surfaces, mostly grass, and could be quite heavy underfoot. The runners will find the conditions unsuitable for spikes.

Course: The course is a 1.5km course (see map). It is a very open all grass course with some gravel and small hill sections. At the Busby's Pond section of the course there is the possibility that part of the course may be wet and boggy; however, this is a very small section.

Race Program

All age groups race anticlockwise

Age Group and Distances:

17 and 18: approx. 4.5km (3 laps of the course)

16: approx. 3km (2 laps of the course)

15: approx. 3km (2 laps of the course)



**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



Sydney High School Cadet Unit SHSCU Highlights

Try-Cadets Sessions

Our first Try-Cadets session ran on Tuesday, with approximately 70 potential new recruits getting to experience what a regular parade afternoon looks like, asking questions about training, and engaging with more experienced cadets.

We are looking forward to seeing a few more new faces next week at our 2nd Try-Cadets session!

If you are still interested in attending and have not signed up yet, please use the link below:
<https://forms.gle/Ch3qJh4YZ6SWTGBJ8>



New Intake - Term 2

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.



If you have any questions regarding the Unit, please contact me either on the SHSCU Whatsapp or my email: oc.shscu@armycadets.gov.au
LT (AAC) Mattise Stringer
Officer Commanding

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.



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



A stylized, colorful cursive word "Wellbeing" with a yellow border. The letters are multi-colored with a gradient effect, transitioning from purple/pink on the left to blue/green on the right.

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



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.

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



**FREE
CONSULT**

TRUSTED BY LOCAL FAMILIES

ORTHOBOUTIQUE

Specialist Orthodontist in Surry Hills

Our services

- Metal Braces
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