

From the Principal High Talent

Congratulations to Maurice Wong (12T), who was invited to Government House in Canberra as a guest of the Governor-General, Her Excellency the Honourable Ms Sam Mostyn AC. One of her many roles is as the Prior of St John Ambulance Australia. Maurice is a trained and serving volunteer first responder and was recognised for his service in volunteering. Volunteers often feel a sense of purpose, personal growth and connection to community that comes from giving back to others. An admirable community service indeed! Well done to Benjamin Hunter (7M) who competed in Open Skiff, Division 6 at the Combined High Schools Regatta at Lake Macquarie during the holidays. He placed 3rd in his Division. He performed very well for his age in open competition. Some good weekend fencing results – Roberta Nutt Intermediate (29 competitors– Epee (William Huang 9F – gold, Daxton Sor 9M bronze eq. Sabre (Rafael Zaslavsky 8S – gold, Uday Sharma 9M bronze eq. Well done boys!



UNSW Co-op Applications

Students should be aware of what happens to UNSW Co-op applications, considering how popular they have been at High. Australia-wide, 1003 applications were submitted from 277 schools but another 1,596 remained in draft form and so were never officially submitted. At High in 2024 there were 31 applications in draft and 30 were properly submitted [Takeaway – that was our best ever conversion rate. Once you begin a project, finish it!] There were 320 interviews held for 280 applicants. Forty scholarships have been offered so far. From High, there were nine interviews, with five short listed and two students received offers - Fynn Hopkins (Data Science and Decisions) as well as Justin Nguyen (Electrical or Telecommunications Engineering). [Takeaway – if you are really interested in a course,

research it and put significant effort into your application because nearly every year someone from High is successful].

Literacy Development in Years 7-9

As part of our *Strategic Excellence Plan*, we intend all students to engage in literacy development. In a nutshell, we want our students to be **more skilful, accurate, versatile and purposeful writers**. We want them to **read more widely, analyse more closely and listen more actively**. There is an ongoing whole school emphasis on **closer reading, clearer writing**. Students need to focus on *audience, sentence construction, ideas generation and vocabulary*. Examples of text types you should be able to identify when you read, and compose when you write, include – *narrative, procedure, report, description, discussion, exposition, recount, poem, text response, analysis and evaluation*. We want students to create more concise, legible, coherent and accurate texts.

In addition, students need to **read more closely**. We want students to do five things to become better readers. **Read actively** – engage with the text by asking questions, making predictions and summarising key points as you read. **Annotate what you read** – Mark important passages, jot down notes or page numbers and highlight key concepts to aid understanding and retention. **Build your vocabulary** – Look up unfamiliar words in a thesaurus and note their meanings in different contexts to grasp the author's intention better. **Find context clues** – Scan the surrounding sentences/ paragraphs/ illustrations to infer the meaning of unfamiliar words or concepts. **Read reflectively** - Take a break from what you have read to synthesise and summarise the big idea, connect it to your prior knowledge and think critically about the content.

We are asking for parental support to encourage wide reading using the Junior Library resources to assist in building student vocabulary. Dr Love has purchased many books recommended by the students themselves that can be borrowed from the **Andrews Library**. Help us to make reading an important part of your son's weekly routine in 2025.

Dr K A Jaggard
Principal

STUDENT CLEARANCE FORMS

Half Yearly Reports - Clearance Forms Year 9

Clearance forms for report collection will be online during the coming weeks. Please ensure outstanding payments and due book returns are received **before** the clearance form is generated.

Sharon Kearns

SAM

CODE OF CONDUCT

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.

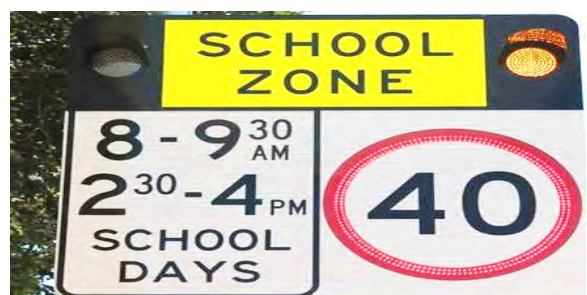
Light Rail Safety

Heads Up – play it safe around light rail. Whether you are walking, riding, driving or catching public transport, it is important we all know the rules and play our part to stay safe around Light Rail.

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.





A warm welcome back to everyone as we kick off another great term in our P&C-run Canteen! Huge thanks to our amazing Canteen Managers and staff for their hard work keeping everything running smoothly - and a very heartfelt thank you to our wonderful volunteers who have been stepping in each day with energy and enthusiasm.

As an accredited 'Healthy School Canteen,' we are proud to serve freshly prepared, nutritious meals daily - featuring both wholesome favourites and culturally diverse options. All profits go back to supporting our boys, funding school activities, resources and projects.

Thank you to everyone for your continued support!



LUCKY DRAW

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

Congratulations to the winners of our most recent draw: Gina Jin (Jaydon Liu 8S); Rosaline Perry (Xavier Perry 12M); Emily Chow (Marcus Chu 7M); Sureka Thiagalingam (Arjuna and Sajan Thiagalingam 12R and 10T); and Yun Zhou (Charlie Zhou 7R). We are grateful for the ongoing support from our wonderful community!



HAPPY MOTHER'S day

Yesterday, our Thursday parent volunteers were surprised with beautiful handmade 'bun-flower' gifts, lovingly created by our Canteen Vice-President Vivian Chen. We hope all our special mums enjoy a joyful and relaxing Mother's Day surrounded by loved ones this Sunday!



Volunteering in our Canteen is a fantastic way to support our boys and connect with fellow parents. Plenty of spots are available this term - just choose a day that suits via this online link:

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

Your help is deeply appreciated!



Lunch Orders

Students can order lunch in-person at the Canteen from 8:30am-9:00am, or anytime online via the Flexischools app or website. Ordering helps secure your favourite items, cuts down wait times, and reduces food waste.

PLEASE REMEMBER to pick up your orders - unclaimed items will be resold, and refunds won't be given without a valid reason.



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!

Wednesday 30 April: Emily Chow, Yun Zhou, Grace Guan.

Thursday 1 May: Thi Ly, Vivian Chen, Lin Qi, Rosaline Perry.

Friday 2 May: Sureka Thiagalingam.

Monday: Grace Guan, Yukari So, Yun Zhou.

Tuesday: Matthew Pang, Wei Chen, Jianping Wang, Cindy Wang, Pam Jolly.

Wednesday: Thi Ly, Susanna Xie, Joyce Yuan.

J Yuan



On Behalf of the SBHS Canteen Committee

CAREER

CAREERS LEARNING SBHS

Task 2 came out for Y12's. If you did not do as good as you hoped, there's still time to study for task 3. But for now, consider these career courses, and planning for your future.

SERIOUSLY Check These Out

- National Careers Week (next week). 
- Life Maps - why you need one! 
- Medicine Experience: Tuesday 13 May 2025 - 1:30pm to 2:10pm at the SLB.

One more thing. The 2025 Early Entry Guide comes out tomorrow - watch out for it if you are in Year 12 and aiming to apply for a place at university next year in Australia.

What is National Careers Week?

National Careers Week is a nationwide initiative dedicated to promoting career education, guidance, and opportunities across Australia.

Why should you get involved?

You will learn what skills employers are looking for, make valuable connections with professionals, and get practical advice on pathways to your dream career.

<https://studyworkgrow.com/national-careers-week-2025/>



What is a Life Map?

A life map is a visual way of plotting out what is possible for your future. You have a starting place (where you are now) and one or more possible destinations (where you want to be) – then you need to fill in the gaps in between that tell you how you will get from A to B.



Planning for your future past your degree and HSC should be considered, to see if what you are doing suits you for LIFE!

Life maps are not static – they are just a reflection of your thoughts and ideas at one moment in time. You can adjust your life map as you grow and change or even scrap it completely if it doesn't make sense anymore: <https://studyworkgrow.com/life-maps/>

I have attached a template below!

<https://studyworkgrow.com/wp-content/uploads/2024/04/Life-Map-Template-2024.pdf>



Upcoming at SBHS

University Speakers → Medicine Experience:
Tuesday 13 May 2025 - 1:30pm to 2:10pm at the Senior Library.
Andrew Ding
Careers Prefect





Lawrence Campbell Oratory Friday 2 May Barker College

Lawrence Campbell MBE taught oratory at several Sydney schools and prominent institutions. He was eminent across Australia as an elocutionist and professor of elocution from the late 19th Century until his retirement in 1935 when he presented a trophy to the Headmasters' Conference schools for competition in impromptu speaking. This is now organised by a joint committee from CAS and GPS schools.

The rules are not altered since its inception.

Each candidate is required to speak for eight minutes on one of three topics given to him 15 minutes beforehand. There is a draw for the order. There are three adjudicators, who expect 'more than the expounding of a point of view or a resume of the speaker's attitude to life: the manner of presentation counts at least equally with the subject matter.'

The Topics:

Lilies that fester smell far worse than weeds. - Shakespeare's Sonnet 94.

"A man's reach should exceed his grasp, or what is heaven for?" Browning.

The eyes of others our prisons, their thoughts our cages. - Virginia Woolf.

Our candidate, Ryan Allen is to be congratulated on his performance. He has been meticulous and committed in his preparation, having set a goal 12 months ago to hone his impromptu skills and to develop confidence to a point where he felt he could be competitive. Eric Scholten was our candidate in 2023 and again in 2024. Eric not only identified Ryan's potential to achieve. He has mentored Ryan and travelled from Canberra where he is now studying at ANU, to support him on Friday night. This is High Spirit in action. Ryan was outstanding. He delivered a wonderful impromptu speech, holding his composure under the tough conditions and fulfilling the expectation of 'being entertaining'.

St Aloysius's Callum O'Loughlin took home the trophy. Ryan was congratulated by coaches from other schools who were impressed by his skills and who encouraged him to participate again next year. Ryan is to be admired for his tenacity and dedication to achieving this goal.



Ryan Allen

Enrichment Activities

OzCLO Australian Computational and Linguistic Olympiad 2025 Monday 5 March.

This competition has existed in Australia at State and National levels since 2008. The two-hour challenges require sophisticated skill in de-coding and linguistics. The tasks are complex, and the participants must work intuitively as a team to complete within the time frame. The **First Round** is a two-hour competition. The competition is held at the school with teams submitting their answers through an online quiz. All participants complete the same tasks, with achievements recognised at the Junior level (years 7-10) and the Senior level (years 11-12).

This year SBHS entered four teams. Year 8 Rafael Ahmed, Isaac Hu, Nathan Liu and Callim O'Loughlin won gold class in their first attempt at this difficult event. Year 9 were Lokesh Padithan, William Tran, Jason Van and Barry Zhang, silver class result. Senior teams: year 11 Lachlan Yuen, Joshua Kimpton, Tristen Cheung, Nathan Nguyen and year:10 Sajan Thiagalingam, Aryan Ghosh, Aryaman Pachori and Sharvil Pande. Both teams gained silver class results.

Training sessions were carried out in their own time and organised independently. The students threw themselves into an intense two-hour session after school, finishing a very difficult paper within the time limit. Although we didn't progress to Nationals, these students can be very proud of what they achieved.



Senior Ethics Olympiad 2025 Monday 5 May

SBHS entered two teams who have been preparing Case Studies on Ethical issues since the start of the year, supported by our Senior Philosophy Discussion group in inquiries during lunchtimes. The event involves 'engagements' with the thinking of teams from a range of school, facilitated by an accredited philosophy academic. Unfortunately, we did not encounter the top two teams during the course of the event. The boys were disappointed to miss out on medals. (We are not short on self-belief.) Lime did well with a seventh place.

Over 50 schools are involved so it puts pressure on the judges to evaluate the teams against the criteria, rather than individual opponents. The most important thing is that the SBHS teams felt pleased with their performances at the end of the day, and they enjoyed the experience.

Well done!

Year 10 Aryan Ghosh, Sajan Thiagalingam, Charlie Cheshire, Arnab Kaushik, Franklin Huang (Blue) Year 11 Jude Ou, Mohamad Rachid, Tristan Cheung, Balhar Athwal, Arvind Nandakishor, Azam Mohamed (Lime)

Middle School Ethics Olympiad is in November and the Junior Discussion group is now embarking on preparation for this activity.

We are looking forward to **Ethical Explorations at Rosebank** on Wednesday 4 June (Philosophy students from years 9 and 10) Tuesday 19 August is **Meeting of the Minds** at Newington. We welcome five new recruits from year 7 into our junior discussion group. They will be joining 5 year 8 students at this event.

Finally, students are invited to enter the Philosophy in Schools Essay Competition closes Friday 20 June 2025.



Compose

Compose a philosophical argument in response to the title below. Your essay should explore concepts, outline and interrogate assumptions and discuss the implications of your conclusion.

Title:

Navigating Truth in an Era of Misinformation: Epistemic Responsibilities of the Digital Age.

Details available on their website or eggletonj@sbhs.nsw.edu.au for full competition pack.

Julie Eggleton
Co-ordinator



ETHICS OLYMPIAD

Music NOTES

Annual Music Camp

The annual music camp will be held at Stay KCC in Katoomba in the last week of this term from Monday 30 June to Thursday 3 July. All students in the Music Performance Program are expected to attend. Please collect a note outside the music staffroom and return completed with payment by end of week 4 to the main office.

Music Ensemble Rehearsals

ALL music ensembles have commenced this term, please ensure you attend all sessions punctually and prepared.

ALL Junior students are expected to attend rehearsals during exam weeks.

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.

'Labelled'

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.

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 3.30pm – 4.30pm Governors Centre



PHOTOS

School Photos

Cohort, Individual and Sibling photo day is coming up on Monday 26 May 2025.



PRE
ORDER

INDIVIDUAL

You can pre-order individual photos via the following link:

<https://bit.ly/SBH2025ids> --- link is case sensitive!
AND, via the following link:
www.melbastudios.com.au

Select SCHOOLS

Use password SBH

Kurt Rich
Photo Coordinator

Monday

May 26th



Intermediate Theatresports School Challenge Success!

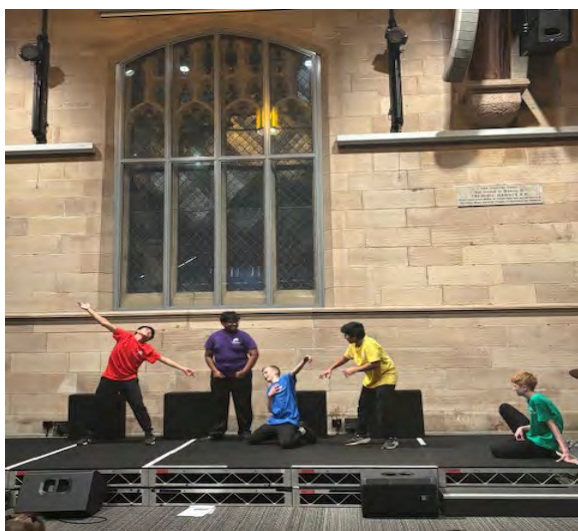
Congratulations to our Intermediate Theatresports Team who successfully competed in Heat 1 of the Theatresports School Challenge.

The Team played at St Andrew's Cathedral School on Tuesday 6 May against 8 other schools from all over the state. Well done to Ahyen Haque, Jasper Jakubauskas, Mihir Shah, Mac Giles and Jason Huang who placed equal 4th in this round.

Thank you to our excellent coach Nathaniel Jensen who has done an excellent job in supporting the boys. SBHS will be hosting the Semi Finals in The Governors Centre in June: stay tuned for more details soon. We would love to have your support in the Semi Finals.

Anna Barry
Theatresports Co-ordinator

THANK YOU!



2025 Intermediate Theatresports Team

Ahyen Haque, Jasper Jakubauskas,
Mihir Shah, Mac Giles, Jason Huang



The Sydney Boys High Cross Country Team kicked off the 2025 GPS season with a strong showing at the first official competition round on Saturday 3 May 2025. The event saw determined efforts across all age divisions, with several standout individual performances contributing to promising Team results early in the season.

Team Standings After Round 1:

- Opens (Seniors): 2nd Place
- Intermediates: 3rd Place
- Juniors: 7th Place

Opens (Seniors)

- Max Chen – 9th place
- Nestor Chan – 10th place
- Aayush Kumar – 17th place
- Elijah Lees – 19th place

Intermediates

- Nathanael Ng – 6th place
- Anthony Li – 11th place
- Umar Dewanata – 21st place
- Aaron Xu – 24th place

Juniors

- Anton Bolofer – 18th place
- Ayush Sarathy – 34th place
- Robert Lei – 43rd place
- Charlie Xue – 54th place

Notes and Reflections

Race Starts: A key takeaway from this round is the need for **stronger and faster starts** to avoid getting trapped in the back of the pack, especially in large fields. Positioning early can make a big difference over the course of the race.



Warm-Ups: It was pleasing to see that **warm-ups were smoother and slightly more focused** across the board. This preparation translated into more composed race performances.

Team Effort: The **commitment was commendable**—they raced with intent, worked well together, and pushed through tough conditions. It was pleasing to see the support shown across the age groups.

Congratulations to all runners on a competitive and spirited start to the season. With continued commitment and training, there's great potential for even stronger results in the rounds to come.

Go High!

Important Information for GPS Runners:

- View the GPS schedule here:
 [GPS Schedule Folder](#)
- A comprehensive season overview (including CHS events) is available here:
 [Season Overview Document](#)

All training sessions and Saturday fixtures should also be visible to students on **Clipboard**. If anything is unclear or missing, students are to let me know as soon as possible.

Expectations for Attendance:

- GPS Runners must arrive **no later than the start of the course walk-through**.
- **Punctuality is essential** for both training and competition.
- Please ensure you are prepared and arrive on time to every session and event.

Kurt Rich
MIC Cross Country



Please join me in Congratulating our 2025 Cross Country Captain Aaron Chu



CIS Secondary Swimming Championships

The CIS Secondary Swimming Championships were held on Monday 5 and Tuesday 6 May 2025 at SOPAC.

Congratulations to the following boys who qualified for the GPS team to compete at CIS - Ryan Chai, Kester Jan, Maksim Kireev, Joshua Park, Mark Yan, Jiazi Chen, John Hong, Cassiel Yun and Johnathan Zhou.

The GPS team competed against other independent school divisions including CAS, ISA, AICES, CSSA and RAS, in order to gain selection for the NSW ALLSCHOOLS Swimming Championships at the end of May.



Congratulations to the following Boys on their Performances:

Congratulations!

The Boys 15-16 4x50m Medley Relay Team:
Ryan Chai (31.30), Kester Jan (32.33), Joshua Park (27.94) and Mark Yan (25.59) placed 5th.
Well Done Boys!

The Boys Open 4x50m Freestyle Relay Team:
John Hong (25.81), Cassiel Yun (26.15), Johnathan Zhou (25.99) and Jiazi Chen (24.18) placed 7th.
Well Done Boys!

Jiazi Chen is a reserve for ALLSCHOOLS, coming 4th in the Boys 17 Years 50 Free with a time of 24.92.

Kester Jan is a reserve for ALLSCHOOLS, coming 4th in the Boys 15-16 200m Breaststroke with a time of 2:35.73.

Ryan Chai came 5th in the boys 15 Years 50 Back, with a time of 30.72.

J Rowlands
MIC Swimming



Sydney Boys High School Fencing

Saturday 3 May 2025 - NSWFA Intermediate
Roberta Nutt Individual Competition Results:

Congratulations!

Intermediate Mixed Sabre:

Congratulations to Rafael on winning the Gold medal and Uday for winning equal Bronze!

- Rafael Zaslavsky 8S – 1/29
- Uday Sharma 9M – 3T/29
- Henry Yang 9T – 8/29
- Alvin Zhu 9S – 9/29
- Ryan Zhao 9E – 10/29
- Kevin Yin 9T – 11/29
- Yihong Zhu 9T – 12/29
- Andy Nguyen 8E – 13/29
- Hector Li 8F – 14/29
- Jason Sim 7M – 15/29
- Oliver Xi 8R – 21/29
- Haoyang (Harold) Jiang 8M – 22/29
- Conan Li 7S – 23/29



Intermediate Men's Epee:

Congratulations to William Huang on winning the Gold medal and Daxton for winning equal Bronze!

- William Huang 9F – 1/27
- Daxton Sor 9M – 3T/27
- Oscar Li 9M – 6/27
- Shawn Handoko 9T – 9/27
- Akiese Bravo da Rosa 9M – 12/27
- Lucas Xu 9M – 16/27
- Ryan Truong 8S – 17/27
- Jamie Liu 9S – 18/27
- Jackson Lai 8F – 19/27
- Ahaan Sharma 8F – 20/27
- Danny Long 8T – 25/27
- Bill Han 9T – DNC



Intermediate Men's Foil:

Unfortunately, all SHS fencers were eliminated in the top 16 DE round.

- Alvaro Ednaldy 8E – 13/58
- Keiran Tedjasaputra 9F – 14/58
- Issac Wong 9E – 18/58
- William Tran 9R – 26/58
- Ian Huang 9T – 29/58
- Chris Cheng 8R – 35/58
- Jayden Wei 8R – 37/58
- Morgan Yao 8E – 46/58
- Rayyan Junaid 9R – 49/58
- Theo Pham 8T – 53/58
- Xavier Xie 8T – DNC (Injured)

For full results and photos, please visit:
<https://sbhsfencing.com/2025-results/>

Dat Huynh
MIC Fencing

**SYDNEY CHILDREN'S
HOSPITAL FOUNDATION**

BBQ & MUFTI DAY



**Friday 16th May
@ Cricket Nets**

**Our Fundraiser
aims to help
Sydney Children's
Hospital provide all
children with
access to the best
possible
healthcare!**

Proudly supporting



Sydney
Children's
Hospitals
Foundation

**Sausage - \$4
Drinks - \$2
Combo - \$5
MUFTI - \$2**



2025 Sydney Girls and Sydney Boys High Schools present

The Addams Family

THE BROADWAY MUSICAL

click

click

Showtimes

May

7pm Wed 28th

7pm Thu 29th

7pm Sat 31st

June

1pm Sun 1st



Venue

The Governors
Centre



Book by Marshall Brickman and Rick Elice
Music and Lyrics by Andrew Lippa
Based on Characters Created by Charles Addams

BY ARRANGEMENT WITH ORiGiN™ THEATRICAL ON BEHALF OF THEATRICAL RIGHTS WORLDWIDE, NEW YORK
www.origintheatrical.com.au



**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



Compulsory school attendance

| Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

What are my Legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age of 17 years. The Education Act 1990 requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the NSW Education and Standards Authority for home schooling.

Once enrolled, children are required to attend school each day it is open for students.

The Importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

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



Wellbeing



STUDY SAMURAI

FIVE KEYS TO UNLOCK PERSONAL ACADEMIC PERFORMANCE

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)

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