



## From the Principal High Talent

Well done to some more Year 10 students who earned Duke of Edinburgh Bronze Awards – Otis Candy, Sebastian Finn and Theodore Hui. In the NSWFA AJ Rae Intermediate Team championships last Saturday, our teams won five medals, one of which was gold – Intermediate Epee. Congratulations to all SBHS teams.



## Caught Doing the Right Thing

Congratulations to Aaron Hassan (8R) who exhibited the school value of integrity by handing in the \$300 he found in the playground last Friday. The money was reunited with a grateful Year 9 boy on Monday. Aaron models how ethical behaviour can enrich a community.

## Recurrent Software Licence Costs

Modern schools are **embedded with computer hardware**, and they **require software** to maintain and operate them. In order to run a school like ours with complex technology needs, we require **annual software licences** that are **not paid for by DoE**. The following (incomplete) list illustrates their ubiquity, complexity and *annual subscription* cost - Clipboard \$22,000, Sentral \$20,000, Vivi \$14,000, Edval \$14,000, Electronic form processing \$13,200, Virtual desktop \$12,000, Clickview \$11,000, Canvas \$8,000, School Bytes \$7,000, Atomi \$6,000, Desktop/mobile device management \$5,000, Turnitin \$5,000, Student ID- \$4,500, Security scanner \$3,700, Papercut \$3,200, Foldr storage access \$3,000, Internet presence \$3,000, Veeam Backup \$3,000. Hence, we require around \$165k on a yearly basis, just to keep our software services to students and staff at the current level. These funds come from our community, mostly from our *Technology Support Contribution*. We need you all to support our technology support contribution to keep up this very high standard of delivery.

## SBHS Parent Operated Canteen

Our school is one of a declining number of schools with a parent-operated canteen. With the help of parent volunteers, our managers Karen and Eirini, deliver high quality, low-cost food options for our boys. They offer seasonal variety and nutritious foods in a certified operating environment. Each year we need parents to give some of their time, once a **month for a few hours**, to help keep prices low and quality high. Last year some of our Committee members retired once their sons left the school. We are relying on new and existing parents to fill the gaps under the leadership of our Canteen Committee President, Alison Dao. Our High community has always relied on self-help in our canteen, helping to make possible a donation of c \$65k annually to school funds from Canteen profits. If you can help out on our Committee, please contact Tania Kirkland, P & C President or Alison for more details and a role briefing. [pbhs.pandc@gmail.com](mailto:pbhs.pandc@gmail.com)

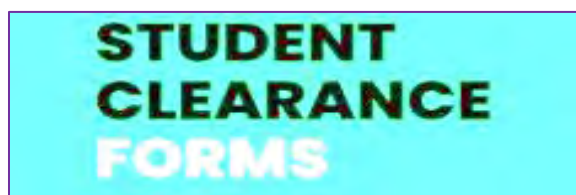
## Interpreting Semester 1 Year 12 Reports

All Year 12 students should have their reports. For the first time during their high school life, the students have an ATAR calculation based on their best ten units. However, not all parts of their courses have been examined at this time. The full examination does not happen until the Trial HSC in August. A limited number of topics have been completed in the HSC courses so far this year. Usually, only one or two tasks have been completed. Any predictions about overall success in a course must be cautious. Despite these limitations, the May report is extremely important as a yard stick for possible HSC performance. Every year, I would love to be proved wrong. Every year, I would be glad to applaud students who do much better in the HSC than their ATAR prediction, derived from their April performances. Inevitably, if nothing changes in the student's approach to study and revision, the predictions will be more or less accurate, assuming our quantum and spread of marks earned this year are similar to those earned in last year's HSC.

# HSC Year 12

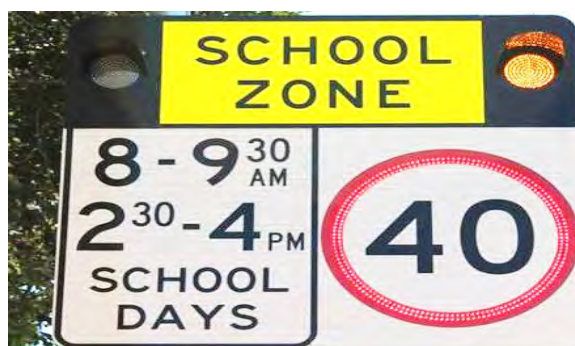
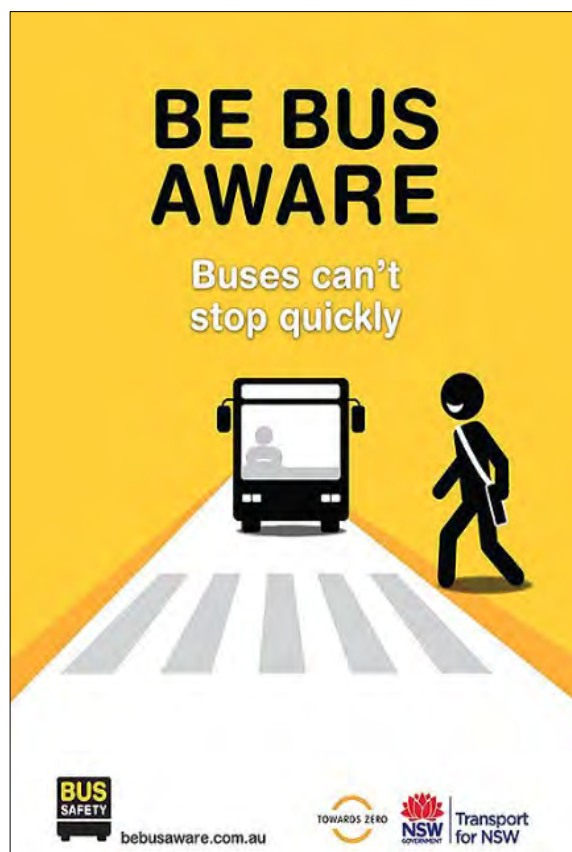
The first report in Year 12 is often a wakeup call for boys who have been coasting. Students ought to take advantage of practice tasks which are opportunities for re-writes or early submission of drafts of essays to receive very useful feedback, prior to submission of their work. Students should be re-visiting their personal growth goals to see whether they are on track or have fallen behind their own expectations in each course. Lunchtime workshops are also offered for some courses. Individual Faculties also provide targeted coaching for students with weaknesses in the period up until the HSC Trial examination. Students with their backs to the wall start to listen when we talk to them about study routines, life balance and focus. I hope parents will support us once again this year by impressing upon their sons how important it is from now on to get themselves organised, stick to a study routine, and find the time each week (15 hours) to work hard. It is equally important to maintain co-curricular activities and to sleep well to allow the brain some downtime to process information.

**Dr K A Jaggar**  
Principal



**Half Yearly Reports - Clearance Forms Year 7**  
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









## 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 to the main office as soon as possible. **Payment to be made ONLINE via Parent Payment Portal by end of week 4.**

## Sydney Eisteddfod Events

We have entered in several events for the prestigious Sydney Eisteddfod Music Competition this year, starting with our Piano Quartet comprising of John Nguyen, Jason Yu, Terence Yan and Ryan Chai performing Brahms' Piano Quartet in G minor (Rondo alla Zingarese) in the Chamber Ensembles event on **Sunday 25 May** at 11:30am at Knox Grammar. We invite you to come along and hear them play.

**Monday 2 June**, our Symphony Orchestra will perform in the Premium Orchestra event starting at 4pm followed by our Intermediate Stage Band at 6:30pm at The Concourse, Chatswood.

**Tuesday 3 June** will see our Senior Stage Band compete in the Premium Stage Band event commencing at 3pm.

**Monday 16 June**, our Symphonic Strings will perform at 4pm.

We wish all our boys the best of luck as they work hard in their ensemble rehearsals leading up to these events.

# Rehearsal

## Music Ensemble Rehearsals

ALL music ensembles are up and running, 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.

**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](http://www.melbastudios.com.au)

Select SCHOOLS

Use password SBH

Kurt Rich  
Photo Coordinator

# Monday

May 26th



# SHS Cross Country

## High Cross Country Community

I would like to bring to your attention the following changes to the schedule - both have been updated on the Cross Country Schedule on the Google Doc. **Saturday 31 May has been changed to Huntley Cove. All schools - now - 23/7**

### Results from Saturday: Opens - Seniors – 2<sup>nd</sup>

- Nestor Chan – 9<sup>th</sup> place
- Max Chen – 11<sup>th</sup> place
- Aayush Kumar – 13<sup>th</sup> place
- Tanish Sarathy – 28<sup>th</sup> place

### Intermediates – 3<sup>rd</sup>

- Nathanael Ng – 8<sup>th</sup> place
- Anthony Li – 13<sup>th</sup> place
- Umar Dewanata – 18<sup>th</sup> place
- Aaron Xu – 24<sup>th</sup> place

### Juniors – 6<sup>th</sup>

- Anton Bolofer – 15<sup>th</sup> place
- Ayush Sarathy – 28<sup>th</sup> place
- Robert Lei – 29<sup>th</sup> place
- Charlie Xue – 48<sup>th</sup> place

### Team Standings After Round 2:



- Opens (Seniors): 2<sup>nd</sup> Place
- Intermediates: 3<sup>rd</sup> Place
- Juniors: 6<sup>th</sup> Place

## Notes and Reflections

The team showed improvement across several areas this week. More athletes were mindful at the start, helping avoid getting boxed in, and the practice of staying until the end ensured everyone completed a proper cooldown. Results were strong: the Opens placed 2<sup>nd</sup> by just one point, Inters held onto 3<sup>rd</sup>, and the Juniors improved by one position overall. Focus areas remain, including maintaining effort through the finish line.

**GREAT  
EFFORT**

## 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're prepared and arrive on time to every session and event.

Kurt Rich  
MIC Cross Country



Potential Long Term Physical Activity for Cross Country Runners-Old Boy and Pro Triathlete Sam Musgrove Completing the Port Macquarie Triathlon.

## SBHS Athletics

I am proud to announce the three students who have been elected to lead us into the 2025 season. These individuals have already demonstrated strong leadership, dedication, and team spirit. We have every confidence in their ability to guide and inspire the squad throughout the year.



Captain – Dylan Dutt



Vice-Captain – Nicholas Fung



Vice-Captain – James McLouglin



Tim Chen in the final leg of the 5x100m relay at Armidale, it was a dominant performance by the boys - Noah Isaacs u13, Reuben Zhang u14, Lloyd Zeng u15, Rohan Chand u16 and Tim Chen.



**Reminder:** Pre-season Athletics training takes place every Tuesday morning. This is an excellent opportunity to prepare for the CHS pathways, with the Zone competition happening on Thursday 26 June, and the GPS season starting next term.

Kurt Rich  
MIC Athletics



## Volleyball Results SHS vs TSC Saturday 10 May Term 2 Week 2 2025

All Senior Grades and Junior A Teams vs TSC SBHS - 16B, 15B, 14B and 13B vs TSC at TSC in The Lions Den

4ths, 16B, 14A and 14B had a 3-0 Win. 3rds, 16A and 15A had a 2-0 Win.  
 2nds had a 3-2 Win in a 5 Set nail-biting cliffhanger!  
 13A and 13B had a 2-1 Win. 15B had a 1-1 Win on Points.  
 1sts had a 1-3 Loss in a very high-quality match.

1st: 1-3 Loss. 2nd: 25-17; 25-19; 21-25, 29-31, 15-9. 3-2 Win.  
 3rd: 25-15; 25-12; 4-6. 2-0 Win-4th: 25-12; 25-19; 25-11. 3-0 Win.  
 16A: 25-17; 25-15; 10-4. 2-0 Win-6B: 25-8; 25-9; 25-9. 3-0 Win.  
 15A: 25-12; 25-21. 2-0 Win. 15B: 25-9; 24-26; 21-21. 1-1 Win on Points.  
 14A: 25-9; 25-13; 14-4. 3-0 Win. 14B: 25-12; 25-9; 25-3; 6-7. 3-0 Win.  
 13A: 25-16; 25-21; 7-21. 2-1 Win. 13B: 25-17; 24-26; 25-21. 2-1 Win.

Statistics for 1st and 2nd Grade Teams: Not Taken for Round 1

Area (/3)	First Grade	Second Grade
Serving		
Serve Reception		
Freeball Passing		
Outside and Opposite Hitting		
Middle Hitting		
Setting		

Mr E Coan  
 Teacher







## HIGH SAILING

### CHS Sailing Regatta – Lake Macquarie

From Monday 14 April to Thursday 17 April, I represented Sydney Boys High School at the Combined High Schools Sailing Regatta, hosted by Belmont 16ft Sailing Club at Lake Macquarie. Over 80 boats from Public, Private, and Catholic Schools competed, with students of all ages racing together across six divisions in a range of boats, including foiling Moths, Flying 11s, Hobies, 29ers, and more.

I sailed solo in a Bic Open Skiff. Day one saw no wind, so racing was cancelled, but the rest of the week was full of excitement, with sun, rain, big swells, 30-knot wind gusts, and low visibility. Each day was unique, with us sailing about 20 km per day.

One of the best parts of the event was the great spirit among the sailors. Parents and students from all schools came together, helping each other during the chaotic launches and landings.

Despite the tough conditions, it was an incredible experience. Sydney Boys High finish 3rd among public schools, 4th in my division, and 31st overall with all divisions and boats.

**Ben Hunter 7M**



## NSW Teams Racing Championships

From Friday 2 to Sunday 4 May our first grade Team participated in the NSW Secondary School Teams racing championships. The Team performed exceptionally well, ending the regatta in 11<sup>th</sup> place out of 20 schools. The most notable achievement was our initial back-to-back wins in our first three rounds, with scores 1,2,6, 1,4,5, and 1,2,6 respectively.



Congratulations to Ruo Bin Zhang, Matthew Kuskoff, Jacob Jim, Julian Luchko, Kevin Xie, Gordon Guo, Ethan Ma, and Bevan Shen for representing the school in the championship competition.

Thanks to all the boys in Teams racing for making it so enjoyable over the past few years.

Thank you to Hugo Leeming, our coach, for his final season here at SBHS sailing and good luck in all your future endeavours.

**Matthew Kuskoff 12T**





The Sydney  
children's  
Hospitals Network



# Tuning in to Teens<sup>®</sup>

## Emotionally Intelligent Parenting

A free six-session parenting program for parents of adolescents

Many adolescents struggle to regulate difficult emotions such as sadness, fear and anger, especially when those emotions are intense.

*Tuning in to Teens<sup>®</sup>* can help you to:

- Improve communication with your teen
- Understand what's going on for your teen
- Help your teen learn to manage their emotions
- Care for yourself in order to care for others



### Where:

**In person:** Sydney Children's Hospital, Randwick

**Virtual:** Microsoft Teams

**When:** Multiple dates and groups between March – August 2025

To register email: [SCHN-SCHPMSCCL@health.nsw.gov.au](mailto:SCHN-SCHPMSCCL@health.nsw.gov.au)

Or call: 9382 0075

*"The most significant changes I noticed were in me. I felt like I had a little more space or calmness about the way I reacted to behaviours from my teen"*

*"For me the most useful aspect was taking some time out each week to allow some room for reflection, and doing so with other parents who themselves were facing challenges with their teens which made me feel like I wasn't alone"*

~Parent Feedback

Program funded by Central and Eastern Sydney PHN



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

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# 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)



Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

## Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An Application for Extended Leave may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.

## My child won't go to school what should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

## What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

- Application to the Children's Court – Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department may apply to the Children's Court for a Compulsory Schooling Order. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

## What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

## Working in Partnership

The NSW Department of Education recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.

# STUDY

Dear Students and Parents,

Just to remind you that our school is a subscriber to the study skills website [www.studyskillshandbook.com.au](http://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](http://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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