



From the Principal High Talent

Congratulations to Daniel Iliffe (12R) for winning the Open National Australian Championships in Sabre and being named 'Athlete of the Year' by the NSW Fencing League.



Musical Co-Production

The students from both SGHS and SBHS offer an evening's entertainment for you and your family. *The Addams Family* features an original story, and it's every father's nightmare. Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family -- a man her parents have never met. And if that weren't upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before -- keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's 'normal' boyfriend and his parents'. Support our combined Schools Musical!

SGHS and SBHS present The Addams Family Musical at The Governors Centre:

Wednesday 28 May 7pm.

Thursday 29 May 7pm.

Saturday 31 May 7pm.

Sunday 1 June 1pm.

Tickets available at: <https://sbhs.co/aft>



Caught Doing the Right Thing

Members of the public were very impressed by the behaviour of our Year 7 students at the *Big Day Out* at the NSW Art Gallery. Ms May reported that one person said that we were the best school she'd ever encountered at the gallery and could not believe such a huge number of kids could be so well behaved. Well done, Year 7!

Erratum: When praising our honest Year 8 boy last week I misspelled his name. It should be Aarosh Hasan of 8R. My apologies, Aarosh!

Public Schools Survey

The Department of Education has commissioned a new survey for public school staff, students and their parents. The New South Wales Public Schools Surveys (NPSS) are designed to gather insights from stakeholders about their experiences at school. The surveys are replacements for **Tell Them from Me** surveys that have been administered in schools for many years. It was time that they were redesigned and refreshed. They are designed to monitor trends over time and to assess impact. The plan is for the new student surveys to be rolled out in week 6, with staff and parent surveys to be introduced in 2026. The survey takes less than twenty minutes to complete and will be administered in class. If you do not want your son to be involved in the survey, there is an opt out form at <https://sbhs.co/npssoo> Please let the school know by Monday, June 2, if you want your child to opt out of the survey.

Sorry Day May 26

In December 1992, Paul Keating's *Redfern Speech* gave political recognition to the genesis of our racial problem being non-aboriginal Australians who "took the traditional lands and smashed the traditional way of life," essentially as a result of invasion. Non-aboriginal Australians showed their ignorance and prejudice in their treatment of indigenous people. As human beings we failed "to imagine these things being done to us". By December 1993 a Commonwealth Native Title Tribunal was established under the Native Title Act to confront dispossession and find a way to return to indigenous people land that had always been theirs. A social justice spin-off from this legislation was a public exposure of the policy

of assimilation and the forced removal of children from their families. The report of the subsequent judicial inquiry was handed down in 1997. '**Bringing them home**' accused white society of gross violations of the human rights of indigenous people. The policy amounted to attempted genocide in practice – communities and cultures were the targets. A year after this report was tabled, May 26, 1998, the first *National Sorry Day* was held. It has been held annually ever since.

National Reconciliation Week May 27 – June 3 **Theme: 'Bridging Now to Next'**

During this week as Australians, we need to focus on our awareness of our shared histories and achievements alongside Aboriginal people, and to explore how each of us can contribute to achieving reconciliation in Australia. The week is bookmarked by the successful referendum of May 27, 1967, in which ATSI people were recognised in the census, and June 3, 1992, when the historic Mabo decision by the High Court overturned the 'terra nullius' legal fiction. Native Title has emerged since the decision, recognising ATSI people as the traditional owners and custodian of lands. National Reconciliation Week started in 1993 as a week of Prayer for Reconciliation to commemorate the International Year of the World's Indigenous People. In 1996 the Council for Aboriginal Reconciliation launched *Reconciliation Week*. In 2001 *Reconciliation Australia* was established to provide national leadership on reconciliation. *Bridging Now to Next* – the 2025 theme - urges us to look ahead and continue the push forward towards a more united and respectful nation as past lessons guide us.

Dr K A Jaggar
Principal



HIGH STORE

WET WEATHER JACKETS, SCARVES and BEANIES for Winter.

Available now at the High Store.

Be quick not to miss out!

Wet Weather Jacket \$55.

S.H.S Scarves \$27.50.

HIGH Beanie \$35.00.

The Entertainment Book

The Entertainment Book is on sale at Sydney High again this year, raising funds for the school.

This is available in digital format only for the school.



For those yet to experience the benefits of The Entertainment Book, it is offered in a digital form using their easy-to-use app so that:

- ✓ You do not need to carry around a book.
- ✓ You get access to it almost immediately – just download The Entertainment Book app.
- ✓ You can easily see on a map all the eligible restaurants and activities - e.g. cinemas. around your current location or in a specific area.
- ✓ You can easily look up if the restaurant you are currently eating in has a discount before paying the cheque.
- ✓ You can share it amongst a few people with access on up to FIVE devices to use any time they are out.
- ✓ Memberships are now valid for 12 months from date of activation.
- ✓ You can monitor how much use you're getting out of it to easily see your savings.

There are two different region options, with 20% of all sales going to the school:

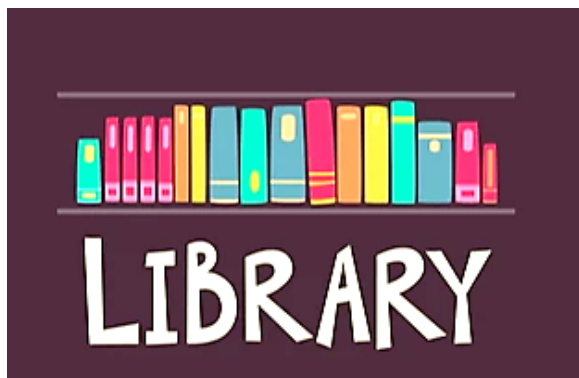
1. Single City for **\$70.**
2. Multi-City for **\$120** - special promotion with a free upgraded to multi-city for a limited time.

Only two or three nights out throughout the year will easily recoup the initial cost. So, if you are interested in helping the school out while making some big savings, use the following link to order your copy:

<https://www.entertainmentbook.com.au/orderbooks/2h19779>

Jamie Kay
Deputy Principal





Term 2 is now underway, and we are pleased to see our **Senior Library** serving as a quiet, structured space where students prepare for upcoming assessments.

Here's What's Happening This Term:

"Voices After Empire | Stories from the Margin"

We have put together a collection of postcolonial works aimed at supporting Year 11 Extension students. These texts introduce voices and perspectives that can enrich essay writing and classroom discussion.

Year 12 English Help Sessions

Every Monday during Period 5, we hold scheduled tutorials on *King Henry IV, Part 1*. These sessions follow a set agenda covering key scenes, themes, language and skill. Spots are limited to 30 and students can register their interest every week through an email link.



Expanded ATAR Notes Collection

In response to student feedback, we have added new ATAR study guides across all subjects. These materials are available for loan to help your child consolidate their revision.

Lunchtime Careers Sessions

Universities will be visiting the library at lunchtime to discuss course options, campus life, and pathways after graduation. Students are encouraged to attend and ask questions about entry requirements and study experiences.

Old Boys Union Talks

Former students from our Old Boys Union will be giving career-focused talks in the library over the coming weeks. Their firsthand insights into various industries can help your child explore potential future directions.

Beth Hinton

Teacher Librarian Senior Library



STUDENT ABSENCE

If your son is absent from school, please email absences@sbhs.nsw.edu.au to explain the absence.

STUDENT LATE ARRIVAL

If your son is going to be late for school, please ensure that he scans in on arrival outside the main office.

The scanner will generate a late slip that can be presented to the teacher on arrival to class.

EARLY LEAVE

Students must bring a note that has been signed by **both a parent AND a Deputy Principal** to the office **BEFORE 8.55am**.

The note must contain the student's name, ID number, roll class, date, time of departure and reason for leave.

The student then returns to the office at the stated time and collects an early leave pass.

Please note: Early leave requests sent via email or telephone will **not** be accepted. It is the student's responsibility to bring the note and submit with signatures before 8.55am Monday to Thursday and 9.25am Friday.

EXTENDED LEAVE

This form is if you require **extended leave** for your son for **five days or more**, please apply in writing using the departmental application leave form available on the parent portal or front office. Your son must then present this application to **Dr Jaggar** for permission for extended leave.

Please note: Leave applications need to be submitted **four weeks prior** to your son's leave of absence.

SPORT ABSENCE

If your child is unable to attend sport training outside of school hours or Saturday fixtures, please fill in the 'Report a sport absence' form on the parent portal.





As Term 2 progresses, our wonderful Canteen Managers, assistant staff and amazing volunteers have been working hard each day, serving our boys with delicious specials such as Beef Massaman Curry, Chicken Ribs with Rice, in-house marinated and baked Chicken Wings, Banh Mi and fresh rice paper rolls.

The commitment of our generous volunteer parents enables our P&C-run, Healthy Menu accredited Canteen to provide high-quality, wholesome, reasonably priced food for the boys - while helping raise valuable funds for our school. If you have not volunteered before, we would love to see you at our Canteen lending a hand. It is a rewarding way to support our boys and connect with other parents. Thank you for everyone's ongoing support - we could not do it without you!



Happy birthday this week to our superstar Canteen Manager Eirini! We are so grateful for your care, warmth and the incredible effort you put in every single day. Thank you for all that you do - we hope you have a wonderful celebration!



EVENTS

On Thursday 8 May, our lovely volunteers and Canteen staff were gifted special 'bun-flowers' for Mother's Day, handmade by our exquisitely talented Vice President Vivian Chen! 😊

Thank you also to our wonderful Year 7 mums: Lin Qi, who treated our boys to delicious freshly made Roujiamo (a specialty Shaanxi meat burger) and Salena, who made scrumptious chicken patties that added extra flavour to our Banh Mi rolls that day. 😊



Thank You
For The **Delicious Food**



PLEASE NOTE

Just a reminder to the boys that there is NO cash-out available at the Canteen. Students can make direct purchases using their Flexischools-linked student card, debit/ credit card, or with cash. Thanks for your cooperation!



Heartfelt THANKS TO OUR VOLUNTEERS!

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

Thursday 8 May: Salena Nguyen, Vivian Chen, Lin Qi.

Friday 9 May: Annie Wen, Bin Zhou.

Monday 12 May: Thi Ly, Jessica Tam, Grace Guan.

Tuesday 13 May: Matthew Pang, Pam Jolly, Fu Li, Joyce Yuan.

Wednesday 14 May: Emily Chow, Qing Guo.

Thursday 15 May: Lily Jia, Dexian Ma, Donna Lees.

Friday 16 May: Thavamani Subramanian, Ming Duan, Sarah Lin.

Monday 19 May: Li Tian, Grace Guan, Yongmei Jin.

Tuesday 20 May: Matthew Pang, Cherry Lin, Lei Lei.

Wednesday 21 May: Susanna Xie, Cecilia Gondokusumo, Linda Halim, Joyce Yuan.

J Yuan

On Behalf of the SBHS Canteen Committee





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 with our camp concert held on Thursday evening in the Great Hall – all welcome to attend. All students in the Music Performance Program are expected to attend the music camp.

Please collect a note outside the music staffroom and return completed to the music staff room.

Payment to be made via ONLINE Parent Portal by next Wednesday 28 May - Week 5.

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.**

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** this **Sunday 25 May at 11:30am at Knox Grammar.**

We invite you to come along and hear them play.

On **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** at **The Concourse, Chatswood.** We wish all our boys the best of luck as they work hard in their ensemble rehearsals leading up to these events.



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 ConcertBand 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

SBHS - School Photos - Monday 26 May 2025

Where:	Outdoor Courts	Students are to:
Wet Weather location:	Gymnasium	Arrive 15 Minutes Prior to Their Photo Time
Day:	Monday	Bring ID Card
Date:	26 May 2025	Wear Full School Uniform
Period 0	8:45am	Librarians
	8:50am	Staff Photo
Period 1	9:05am	Prefects
	9:15am	Year 8's
Period 2	10:05am	Year 7's
	10:30am	Year 9's
Recess	11:05-11:22am	Sibling Photos – Room 801
Period 3	11:25 AM	Year 10's
	11:50 AM	Year 11's
Period 4	12:30pm	Year 12's - Blazers Required
	1:10pm	Shed Photo
	1:15pm	Rifle Shooting Squad Photo
	1:20pm	Development Fencing Group
	1:25pm	Squad Fencing Group

Monday

May 26th

To order 2025 Sydney Boys High individual photographs please go to the school order section of the melba studios website, use the **password "SBH"**.

Photo Coordinator
Kurt Rich

SHS Cross Country

The Opens Team remains in second place, but holding that position will require an improved effort, especially with pressure from Joeys. A strong effort this week was noted from several senior athletes, helping keep the Team competitive.

The Intermediates have moved up to second place, an outstanding effort with two of their top runners continuing their running up in seniors.

The Juniors have retained sixth position, they have showed significant improvement in their individual placings which reflects their increased effort, particularly in training. Continued commitment will be key to climbing the ranks in the coming weeks and years ahead.

Results from Saturday: Opens Seniors – 2nd

- **Nestor Chan** – 10th place
- **Max Chen** – 12th place
- **Aayush Kumar** – 15th place
- **Joshua Kimpton** – 20th place

Intermediates – 2nd

- **Nathanael Ng** – 4th place
- **Anthony Li** – 10th place
- **Umar Dewanata** – 14th place
- **Kevin Xie** – 21st place

Juniors – 6th

- **Anton Bolofer** – 16th place
- **Ayush Sarathy** – 25th place
- **Robert Lei** – 38th place
- **Charlie Xue** – 52nd place

Team Standings After Round 3

- **Opens (Seniors):** 2nd Place
- **Intermediates:** 2nd Place
- **Juniors:** 6th Place



Year 8 Junior Anton Bolofer-Leading the Way for Our Juniors

Notes and Reflections

All Athletes must walk the course as part of their preparation. Juniors should jog the second half as a warm-up.



Pack running remains a key focus. Running closely with others helps maintain pace, reduces mental strain, and can offer wind protection. Too many are still trailing packs by several metres - wasting energy and compromising their ability to respond to surges or finish strongly.

Training intensity also needs to improve. Sessions should be approached with full effort, following pacing and intensity guidelines. Juniors showed promising improvement this week.

Extra runs should be reduced or avoided unless carefully planned. Unless athletes are already training with full commitment and intensity, additional mileage offers little benefit and increases injury risk.

For injury management, support will be available at Moore Park from 3:00pm on Mondays. However, seeing the school physio on Monday morning remains the preferred option for concerns.

Important Information for GPS Runners:

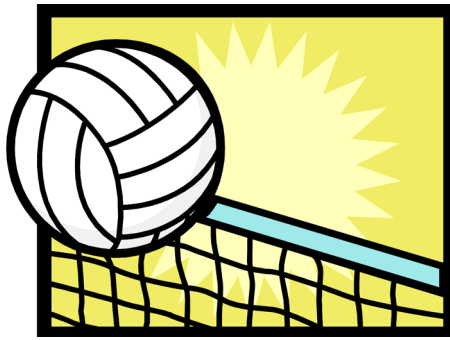
- View the GPS schedule here:
 [GPS Schedule Folder](#)
- A comprehensive season overview (including CHS events) is available here:
 [Season Overview Document](#)

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.

Kurt Rich
MIC Cross Country



Year 10 and Intermediate Nathaniel Ng-Continues to Improve



Volleyball I Notes

Volleyball Results SHS vs NC Saturday 17 May - Term 2 Week 3 2025

1sts, 2nds, 3rds, 4ths, 16A, 16B, 15A and 15B vs NC at SBHS - 14A, 14B, 13A and 13B vs KG at SBHS

1sts, 2nds, 4ths, 15A and 15B all had a 3-0 Win.

14A (vs KG 14B) and 14B (vs KG 14A) both had a 3-0 Win.

16A had a 2-0 Win. 3rds, 16B, 13A and 13B all had a 2-1 Win.

1st: 25-12; 25-13; 25-9. 3-0 Win. 2nd: 25-19; 25-16; 26-24. 3-0 Win.

3rd: 25-18; 25-17; 10-14. 2-1 Win. 4th: 25-15; 25-21; 25-21. 3-0 Win.

16A: 25-15; 25-23; 5-2. 2-0 Win. 16B: 25-19; 23-25; 13-7. 2-1 Win.

15A: 25-14; 25-11; 25-13. 3-0 Win. 15B: 25-8; 25-9; 25-15. 3-0 Win.

14A: 25-11; 25-18; 22-13. 3-0 Win. 14B: 25-17; 25-7; 25-8. 3-0 Win.

13A: 25-12; 22-25; 25-17. 2-1 Win. 13B: 25-23; 20-25; 25-22. 2-1 Win.

Statistics for 1st and 2nd Grade Teams Round 2:

Area (/3)	First Grade	Second Grade
Serving	Steven – 2.00 Jono – 2.00 Adam – 2.00	Kevin – 2.00 Kevin L – 2.00 Branson – 2.00
Serve Reception	Roger – 3.00 Aaron – 2.50 Owen – 2.50	Ethan Y – 2.47 Branson – 2.27
Freeball Passing	Owen – 3.00 Fred - 3.00 Roger – 2.67	Ethan Y – 3.00 Branson – 3.00 Kevin B – 3.00
Outside and Opposite Hitting	Aaron – 3.00 Fred – 3.00 Jerald – 2.79	Branson – 2.53 Isaiah – 2.50 Kevin – 2.00
Middle Hitting	Luke – 3.00 Fred – 3.00 Adam – 2.67	Ariz – 2.78 Kevin – 2.53
Setting	Nelson – 2.25 Jono – 2.28	Axel – 2.36 Kirby – 2.18

Mr Coan
Teacher





Children's Online Privacy Code

The Office of the Australian Information Commissioner (OAIC), the Australian Government's privacy regulator, is seeking input from parents and carers to assist them in its development of the Children's Online Privacy Code (the Code).

The Code will put children at the center of privacy protections in Australia. By the time a child turns 13, it's estimated that 72 million pieces of data will have been collected about them. The aim of the Code is to strengthen privacy protections for the handling of children's personal information.

Your insights as a parent or carer are important.

To have your say, please take a few minutes to complete the parent discussion paper at <https://www.oaic.gov.au/engage-with-us/consultations/childrens-online-privacy-code-consultation-for-children-and-parents>

Your support is also important in helping your child or young person to take part too, please assist them in filling out the appropriate worksheet, provided in the link above.

This consultation will be open until the 30 June 2025. You can read more about the Code at <https://www.oaic.gov.au/privacy/privacy-registers/privacy-codes/childrens-online-privacy-code>

Tuning in to Teens[®]

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[®] 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

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

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





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)

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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