



From the Principal High Talent

Last Monday, High hosted the local final of the Plain English-Speaking Competition. Franklin Huang (10M) progressed to the Regional Final. Last Tuesday, at Easts Leagues club, the local final of Rostrum, Sharvil Pande (10S) finished third. Well done, lads! Last Wednesday at Knox, who hosted the State Da Vinci Decathlon Final, our Year 9 Team - Chase Chan (9S), Alex Deng (9T), Mekaeel Khan (9M), Vladimir Loukine (9E), Marco Ma (9M), Matthew Ryder (9E), William Tran (9R), Yihong Zhu (9T) – finished in second place. Our Year 11 Team - Aaron Huang (11S), Nathan Nguyen (11S), Hamzah Ahmed (11E), Lachlan Yuen (11S), Michael Zhuo (11S) and Ryan Allen (11E), finished in third place. Congratulations to all our Teams! Well done to Liam Greacan (12E), for winning the U19 Novice Wind section of the Metropolitan Bands competition.

CONGRATULATIONS!

Mabo Day Tuesday June 3 2025

Mabo and others v Queensland (No 2) (1992) was named after Eddie 'Koiki' Mabo, the man who challenged the Australian legal system and fought for recognition of the rights of Aboriginal and Torres Strait Islander peoples as the traditional owners of their land. The *Mabo* case ran for ten years.

Eddie 'Koiki' Mabo was a Torres Strait Islander who believed Australian laws on land ownership were wrong and fought to change them. He was born in 1936 on Mer, which is also known as Murray Island, in the Torres Strait. The Mer Islanders decided they would be the ones to challenge the legal principle of *terra nullius* in the High Court and that Eddie Mabo would be the one to lead the action.

On 3 June 1992, the High Court of Australia decided that *terra nullius* should not have been applied to Australia. This decision recognised that Aboriginal and Torres Strait Islander peoples have rights to the land – rights that existed before the British arrived and still exist today. The Australian Parliament passed the *Native Title Act* in 1993. *To have native title recognised under the Native Title Act 1993, Aboriginal and Torres Strait Islander peoples must prove that they have a continuous connection to the land in question and that they*

have not done anything to break that connection (such as selling or leasing the land).

Native title can be recognised in different ways. Aboriginal and Torres Strait Islander peoples may be granted the right to live on the land; access the area for traditional purposes; visit and protect important places and sites; hunt, fish, or gather traditional food or resources on the land; or teach Aboriginal and Torres Strait Islander laws and customs on the land. In some cases, native title can include the right to own and occupy an area of land or water to the exclusion of all others. Indigenous land use agreements set out arrangements between native title holders and others regarding who can access and use the land in question. These agreements play an important role in making native title work for all Australians. There are currently 967 registered Indigenous land use agreements in place.

High's Regular Giving Scheme

For new and existing parents – there is a really painless way to help the school reach its capital development objectives – the *Regular Giving Scheme*. We have successfully completed building the *Governors Centre* and the *Junior Library Air-conditioning*. The COLA has been extended. Extensive internal building works have sequestered our network switches. The *Table Tennis Centre* will move into design and preliminary construction stage in 2025. It will need more funds to complete. Previous cohorts of parents have helped significantly to build up our assets for the use and enjoyment of the current boys. We need to replace the *Fairland Pavilion*. We need to build a retaining wall at the *Outterside Centre*. The *Regular Giving Scheme* allows you to make a deduction each month from your nominated credit card account. Deductions occur around the 21st of each month. In late June each year, the *Sydney High School Foundation* can send you a statement for taxation purposes, including the total of your donations for the year. I urge you to **do as I do** and make a regular financial investment in public education.

If you are interested, please click: www.shsfoundation.org.au/regular-giving

I find that philanthropy in a public cause is bidirectional - it benefits the donor and the recipient. It makes you feel good to help a worthwhile cause.

Winter Sports Assembly

My speech to the winter sports assembly is reprinted below:

'Parents, staff, students, welcome to our first Winter Sports Assembly, honouring football, rugby and cross country. We assemble before the first official matches of the GPS competition – winter season - to introduce some of our winter teams and acknowledge the work of our staff, coaches and committees. Our second assembly next term will complete the process for the other winter sports.

In our Football program, I would like to thank MIC Sam Higgins who has worked tirelessly to lift High Football from no wins when he took over, to taking out the GPS Premiership last year – a tribute to his perseverance, energy and skill. Thank you to our Football Teaching staff – Jamie Kay, Matthew Hood, Jeremy Ohlback and Richard Gifford. We acknowledge and appreciate our GPS competition coaches - 1st XI coach Alexander Barnstone, who is looking to repeat the 2024 success, along with Bruno Pivato piloting second grade. Thank you to our Old Boy coaches - Dean Rong (2019), Ohm Bhandari (2021), Samir Uddin (2021), Mushfique Ahmed (2021), David Li (2022), Liam Cowan (2024), Praneil Manandhar (2024), Zarif Faisal (2024), Sachit Kashoji (2024), Nitin Raghavan (2024), Gurik Sall (2024), Daniel De Costa (2023), Ramin Hossain (2023), Hikun Nguyen (2023), Ben Pirom (2023) and Vithushan Srimurugakumar. Old Boy coaches are the backbone of our program. We appreciate all the support and time offered by our Parent Committee - Kevin Leung, Cynthia Leung, Amy Sim and Luke Nottage. Thank you to you all. Let us get behind our boys as they defend their title this season.

I want to applaud Vivian Paul for his efforts as Rugby MIC again this year. If his enthusiasm for the sport were contagious, we would have many more Teams. Thank you to our High staff – George Barris, Hannah Jackson, John James, David Knox, Stuart Olsen, Shane Jennings and Kurt Rich. Thank you also to our coaches: Jack Bowditch, Liam Scolari, Hugo Roach and our Old Boys - Vincent Dorahy (2020), Edison Dorahy (2019), Ethan Cusick (2020), Jordan Wong (2022), Jack Mulder (2023), Thomas Britton (2022), Joseph Britton (2024), Nelson Cheng (2202), Quan Nguyen (2023), Patrick Ta, Joo-Young Kim (2024), Jeremy Lu (2024), Daniel Bian (2024) and Neil Song (2015). We appreciate the work of our *High Rugby Association* members: Yves Stenning, Diana Chan, Andrew Kuo, Tuan Truong, Kelland He, and Brian Peakall, and our parent helpers organising events: Parking – Peter Zeng: Dinner – Grace Quan.

Our thanks go to Kurt Rich, MIC cross country for 2025, who has brought a fresh development perspective to the sport with interval sprinting for developing runners. Thank you again to Rebecca Dam for her decades of service in this MIC role from which she is taking a well-earned break. Thank you to John Prorellis for his long-term support for cross country. Thank you also to Lena Park for her assistance in the program. We acknowledge and thank our coaches: Ren-Shyan Balnave (SHS-2018), Max Russell (SHS-2023) and Neil Song (SHS -2015).

Last season, in the thirtieth anniversary of the 1995 GPS victory, our first XI were successful. Back in 1995, Alex Lamb summed up their 1995 season in *'The Record'*: the Team did not have an easy game in the GPS season and if it were not for the determination and spirit of both the players

and our coach Mr Dolan, things may well have turned out differently. We battled injuries and other setbacks to record a "tradesman-like" performance of five wins and two draws in the competition, which was enough to gain us the premiership by the second last round. Our real preparation for the season began back in first term with Mr Dolan's fitness sessions, followed by a succession of trial matches in which we recorded impressive victories against keen sides such as Moriah and Cranbrook. Although we were eliminated from the CIS Cup in the early rounds, we felt we were ready to produce a consistent performance in the GPS competition'. Combined GPS representatives that year were three in 1st grade; and two in each of 2nd and 3rd grade.

'In cross country, the GPS Championship was held at St Ignatius and High lived up to its earlier promise by winning the 16s Team event with the small total of 14 points, beating its nearest rival by 30 points. This was the first time that any age group from Sydney High had won such an event since the advent of Cross Country as a GPS sport. Placings Under-16 Marc Bennie 1st Andrew Bennie 3rd Sean Garber 4th Justin Lodge 6th. In hindsight, this result seems phenomenal.

It was an exceptional year for rugby in 1995. MIC Steve Storey wrote: Our 1st Grade were unlucky not to win the GPS Competition, coming second, and the 15 Years made the semi-final of the state-wide Buchan Shield Competition. Special tributes must be extended to coaches Tony Hannon (1st Grade) and Steve Codey (15 Years). Mark Stcherbina captained the Australian Schoolboys to Europe and together with fellow tourists, Luke Mann and Jason Jones-Hughes, these boys join an elite group in the tradition of High.

These snapshots of past exploits highlight the long tradition of achievement by High boys. We extol the virtues of competitive sport because it is educational and healthy, because it increases camaraderie among students, and because it provides Team memories that can last a lifetime'.

Dr K A Jaggar
Principal

TEAM

MEMORIES

camaraderie



PARENT TEACHER INTERVIEWS

The following is information on all parent-teacher nights this year. Please note that for the day of all parent-teacher interviews, periods will be shortened, with the school day finishing early. **Boys from all years will be dismissed from class at 2:00pm on each of the dates listed below.** The light rail will run to normal schedules and there will be minimal supervision in the Junior Quad of boys waiting for any services.

The dates of the parent-teacher interviews are:

Years 8 and 9 will take place in Term 2 via zoom on:

Monday 16 June 2025
2:00pm – 7:30pm

Year 7 will take place in Term 2 via zoom on:

Tuesday 24 June 2025
2:00pm – 6:00pm

Years 10 and 11 will take place in Term 3 via zoom on:

Tuesday 29 July 2025
2:00pm – 7:30pm

IMPORTANT INFORMATION

Booking interviews with your son's Teachers

We use a web based electronic scheduling system for arranging interviews. This produces better results for all participants, especially more compact time schedules for both parents and teachers. The system works as follows:

N.B. The following dates are for Year 8 and 9 parents only. Parents of boys in all other years will receive their codes via email in the lead up to each evening. Notification of these emails will be placed in High Notes.

By 6pm Wednesday 4 June, all parents of boys in Years 8 and 9 will be sent details of the scheduling system and a unique code to be entered via email.

This scheduling email will be sent to the main family email address currently held by the school for **all Year 8 and 9 students**. If you have not received this email by the morning of **Thursday 5 June**, please check your junk mail or any alternative email addresses provided to the school by either parent.

N.B. The office regularly receives queries about undelivered parent-teacher emails when the email was in their junk mail. Please check there before contacting the school.

If your email address has changed from what had been previously advised, you should notify the school at office@sbhs.nsw.edu.au. Please indicate your son's name and roll call class (or date of birth) so that the information can be forwarded to you.

Following the instructions in the email, on the Edval website you will see your son's teachers listed and you will be able to select those with whom you require an interview (if you hover over a teacher's name, the subject involved will be shown). At the same time, you can indicate your availability between **2:00pm and 7:30pm**. You should provide this information **by 9am on Wednesday 11 June**.

The overall schedule will be generated by the school and your individual schedule should be available for you to **download and print from 6pm on Thursday 12 June**.

INTERVIEWS

Interviews should not exceed five minutes' duration. If there is insufficient time, a further appointment may be arranged for a later date.

Similar arrangements will be in place for **all other year group interviews**. Keep an eye on future High Notes for the timing of these processes.

Mr J Kay
Deputy Principal



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.



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.



Half Yearly Reports - Clearance Forms – Year 11

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

This Week at HIGH:

Pointers From Ike Matsuoka:

Don't be afraid to ask lots of questions, reach out and connect. **Because we are all just people living our first lives, we could always do with a little bit of help here and there.**



FINANCE – ATAR

MEDICINE – UCAT – ATAR - INTERVIEW

If you are **YEAR 11**, you should start around October (for a year of practice), but **the earlier the better**.



My friends have all either **done UCAT Tutoring** and/or some sort of **Interview Tutoring**. I do recommend this for experience.



Entry to LAW is just the ATAR for every UNIVERSITY **EXCEPT UNSW**, which requires the Law Admissions Test. (LAT). This is run by **ACER** and has been online since **MAY 12 2025**. So, if you want to do UNSW Law, (LAT IS RECOMMENDED EITHERWAY) **sign up now!** <https://lat.acer.edu.au/register>

Our recent medicine talk had a turnout of over **90 students**, from both our school and our sister school, SGHS.



We had our **first Actuarial / Startups** Seminar!

Andrew Ding 12F
Careers Prefect



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

Payments and forms are now due, please see the music staff if you require any assistance.

Sydney Eisteddfod Events

We have entered in several events for the prestigious **Sydney Eisteddfod Music** Competition this year, with our senior piano quartet competing against 30 other entrants in the Chamber ensemble event last Sunday. The group comprising of year 12 students; John Nguyen and Jason Yu, and year 10 students; Ryan Chai and Terence Yan, performed Brahms' Piano Quartet in G minor (4th movement). They gave a special lunchtime performance in the hall last Friday in preparation for the competition.



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.

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 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



Our final



A Big Day Out - The Art Gallery of New South Wales

We arrived and we headed down to the new building where we looked at the First Nations artwork and found artworks by artists who were in our own school gallery!

Next, we headed to the old building which had all the finalists and winners of The Archibald, Wynne and Sulman Prizes. We also saw artwork created by old boy - Jason Phu. This was in the Archibald finalist's room. The portrait of Jason Phu titled "No Mountain High Enough" won the Packing Room Prize of \$3,000.

The artworks we saw were not just stunning and unique, but they made us think, helping us understand art better.

We then looked at Australian Artworks, the old and the new, one of the favourites was the painting by Edouard Detaille called Vive L'Empereur. We also had a brief look at the Asian section, many people were glued to the screen about Asian Culture. We also saw paintings, artworks and sculptures of many different cultures.



destination in the gallery was the Young Archies finalists.

We then had lunch in a park on a lovely hillside, after lunch, each class went to separate places, where we did a drawing of a postcard about the Gallery.

Such a Great Day!

The day we spent at the Art Gallery of New South Wales was like no other. We spent the day looking at well-known paintings, sculptures, and photographs. Although many aspects of the Art Gallery were incredibly loved and respected, the standout was the Archibald Prize!

We saw many paintings, the winner painted by Julie Frager – the piece called "Flagship Mother Multiverse (Justene)". Overall, the excursion to the Art Gallery was a way for Students to understand art, read it, and think about it, helping students have a deeper understanding than just looking and only seeing a painting.

This trip could not have been as successful without the Teachers who not only brought us to the Gallery but also helped us understand and see art in a different way.

Thank you to all the Teachers who helped with our excursion to the Art Gallery.

Jackson Huang 7T

Thank You

LANGUAGES DAY

Languages Day 2025

In April, Year 8 students had the opportunity to enjoy the 2025 Languages Day - a day of excitement we will never forget.

EXCITEMENT

Students were split up into six groups, which rotated through fun activities unique to each language: Jiànzì and Tóuhú (Chinese), Ephedrimos (Classical Greek), Pétanque (French), Kettenfangen (German), Sumo (Japanese), and Trivia (Latin). Each activity offered a cultural experience – helping us learn about the heritage and traditions of the diverse countries from which the languages come.

The day was continued with a delicious lunch at the “International Food Hall”. Each language offered a tasty sample of its cuisine, allowing students to connect with different cultures through food.

This was preceded by a stunning, interactive performance from YuNiOn Taiko Percussion - *taiko* meaning “drum” in Japanese. Throughout the show our two guests entertained us with various drumming techniques and enlightened us on the rich history of *taiko*.

This astounding performance, combined with the engaging activities and mouthwatering international lunch, made for an utterly unforgettable Languages Day for Year 8. It also broadened our cultural connections, allowing us not only to deepen our appreciation of the languages but also to learn about the millennia of tradition behind them.

Nathan Liu 8S

Callum O'Loughlin 8F





HIGH SAILING

Tacker Holiday Program

The 3-day Tackers holiday program was attended by six Year 7 Sailors. It was quite effective; it gave us the opportunity to work on our sailing skills and gave our parents' the assurance that we were not on our phones. We worked on specific skills that our Year 7 coach, Zhitian, thought we had to improve the most.



Our program lasted three days with a break in between because of Easter. The day lasted from 9am to 3pm, and we enjoyed a quick lunch break for thirty minutes.

While sailing we worked on skills like how to move from side to side with more control, and we also moved on, trying to manoeuvre a pacer (which is much bigger than the Opti's we previously sailed).

The best parts were watching your friends capsizel!

We were provided with delicious food at the end of the course by our Sailing P&C Catering Coordinator Grace Zhou (Charlie Zhou's mother), which we enjoyed with our coach.



My personal favourite moment was when one of the Year 8's came along to help us, and he fell off the boat he was skippering (driving), A little FUN!

Raymond Lee 7T



Racing Program

The 3-day Racing Program ran from Thursday 24 April to Saturday 26 April with 11 total SBHS Sailors and 5 boats.

The main aim was to practise and learn skills related to Fleet Racing. Our coach Hugo even taught us a new Teams-Racing tactic called 'mark trapping'. The boys used these skills during several Fleet Teams, and match races (1v1 races) on an upwind/downwind course.



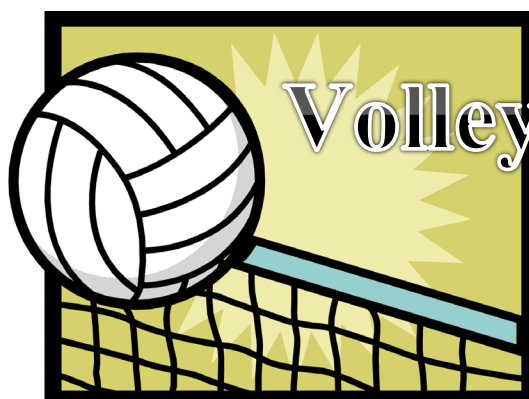
The end of the program featured a catered afternoon meal with plenty of snacks and food.



Sadly, this was Hugo's last day and last chance for all the juniors who do not go to the States Teams-Racing competition to see him. Hugo has been coaching High Sailors for five years now, and the whole SBHS Sailing community was sad to see him go. Hugo gave a short speech about his time teaching us and the memorable moments we had. The juniors and many other sailors collaborated to write a heartfelt farewell card for Hugo and gave him a gift.

Overall, this holiday program was quite fun and boosted our racing skills considerably.

Adrian Lin-Daryanani 8M



Volleyball Notes

Volleyball Results Sydney High School vs The Kings School Saturday 24 May - Term 2 Week 4 2025

ALL Matches vs The Kings School at The Kings School

1sts, 2nds, 3rds, 4ths, 16A, 15A, 15B and 14B all had a 3-0 Win.
 16B and 14A had a 2-0 Win. 13B had a 2-1 Win.
 13A had a 1-1 Loss on Points (58 - 60).

1st: 25-19; 25-14; 25-18. 3-0 Win. 2nd: 25-10; 26-24; 25-19. 3-0 Win.
 3rd: 25-11; 25-18; 25-14. 3-0 Win. 4th: 25-17; 25-18; 25-13. 3-0 Win.
 16A: 25-17; 25-19; 15-3. 3-0 Win. 16B: 25-16; 25-12; 10-6. 2-0 Win.
 15A: 25-15; 25-19; 20-3. 3-0 Win. 15B: 25-17; 25-8; 25-16. 3-0 Win.
 14A: 25-17; 25-22; 10-3. 2-0 Win. 14B: 28-26; 25-21; 18-2. 3-0 Win.
 13A: 26-28; 25-22; 7-10. 1-1 Loss. 13B: 25-20; 22-25; 25-15. 2-1 Win.

Statistics for 1st and 2nd Grade Teams - Round 3:

Area (/3)	First Grade	Second Grade
Serving	Frederick LAM – 2.00 (3) Jerald YU – 1.90 (21) Athi MAYURAN – 1.88 (8)	Ariz MAHMUD – 2.50 (5) Ethan HUYNH – 2.00 (3) Anthony LY – 1.80 (5)
Serve Reception	Jerald YU – 3.00 (4) Owen LI – 2.86 (7) Roger HE – 2.18 (11)	Branson CHAN – 3.00 (4) Anthony LY – 2.27 (11) Ethan YU – 2.00 (12)
Freeball Passing	Jerald YU – 2.67 (3) Owen LI – 2.25 (8) Roger HE – 2.20 (5)	Branson CHAN – 3.00 (6) Anthony LY – 2.67 (3) Ethan YU – 2.50 (4)
Outside and Opposite Hitting	Jerald YU – 2.17 (17) Dash LAM – 1.66 (12) Steven YIN – 1.55 (18)	Isaiah GOH – 2.09 (11) Anthony LY – 2.00 (16) Ethan HUYNH – 1.4 (5)
Middle Hitting	Athi MAYURAN – 2.43 (7) Adam FLOCARD – 2.33 (3) Luke LIU – 2.16 (6)	Kevin BUI 2.38 (8) Eugene CHO – 1.2 (5)
Setting	Nelson LEE – 2.79 (33) Jonathan ZHANG – 2.65 (25)	Axel LAM – 2.79 (14) Kirby LI – 2.66 (41)

Mr Coan
Teacher



Thanks to the support of Mr George Barris and the Rowing Program, the SBHS Cross Country Team now have access to an excellent indoor training facility for use during wet weather.

Thank You!

On Thursday, all Cross-Country runners took full advantage of the space by participating in a comprehensive cross-training session. The program included stair-runs, rowing ergometers, echo bike intervals, resistance training, and guided stretching.

ENTHUSIASM

The boys embraced the varied training activities with enthusiasm and effort. It was inspiring to see them push themselves, demonstrating their commitment to improving fitness, building resilience, and enhancing physical literacy. Their adaptability and determination to keep progressing, regardless of conditions, was commendable.



Junior and Intermediate Cross Country Runners on Rowing Machines

Due to poor weather, there was no racing on Saturday, 24 May.

Racing will resume this Saturday, followed by the Zone Cross Country event next Tuesday.

INFORMATION

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](#)

Clipboard

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



Oliver Liu Year 8-Working Hard on the Echo Bike



RED CROSS CLOTHES DRIVE WEEK 6 WINTER APPEAL

Dear Students, Staff and Parents:

Donate your unused or outgrown garments to support the 1 in 7 Australians who cannot afford clothing, especially in colder weather

**DONATE THROUGHOUT WEEK 6
BEFORE SCHOOL @JUNIOR QUAD**

***YR 11 CAN DONATE FRIDAY 30TH MAY
(BEFORE EXAM PERIOD)**

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

The
Kidman
Centre



FREE WORKSHOP CALENDAR 2025

The Kidman Centre UTS is a youth mental health treatment and research centre based at the Prince of Wales Hospital in Randwick.

These workshops are designed to equip parents and caregivers with practice, evidence-based psychological strategies to help them navigate a range of life's challenges.

To register for a workshop please make sure to sign up:

[https://tinyurl.com/
KidmanParentWorkshops](https://tinyurl.com/KidmanParentWorkshops)



Call us
02 9514 4077

Email us
roanna.chan@uts.edu.au

The Kidman Centre UTS
Parkes 10 East
Prince of Wales Hospital
High Street
Randwick Sydney 2031

@thekidmancentreats

WORKSHOP 1

Raising Resilient Kids: Helping Children Manage Anxiety

WHO IS THIS FOR: Parents and caregivers of children aged 6–12

DESCRIPTION: Learn how to support your child's anxiety using practical tools drawn from Cognitive Behavioural Therapy (CBT). This workshop explains the science behind anxiety and introduces strengths-based strategies that help children challenge unhelpful thinking and build brave behaviours.

TUES 27 MAY 2025 (6–7PM)

WORKSHOP 2

Teen Anxiety (Part 1): Understanding Worry and Thinking Traps

WHO IS THIS FOR: Parents and caregivers of teens aged 12–18

DESCRIPTION: Does your teen get stuck in their worries? In this first session of our two-part series, we unpack the science of anxiety and explore how to support teens using CBT-based strategies to manage worry, rumination, and unhelpful thinking patterns.

TUES 10 JUNE 2025 (6–7PM)

WORKSHOP 3

Teen Anxiety (Part 2): Building Confidence with Exposure Strategies

WHO IS THIS FOR: Parents and caregivers of teens aged 12–18

DESCRIPTION: Building on Part 1, this session focuses on how to support teens in facing their fears—like public speaking or social situations—using step-by-step exposure therapy techniques. Learn how to create an exposure hierarchy to reduce avoidance and build confidence.

WED 9 JULY 2025 (4–5PM)

WORKSHOP 4

Making Space for Anxiety: Tools from Acceptance and Commitment Therapy

WHO IS THIS FOR: Parents and caregivers of anxious children or teens

DESCRIPTION: This workshop introduces practical tools from Acceptance and Commitment Therapy (ACT) to help young people make room for anxiety, rather than fight it. We'll explore mindfulness, defusion strategies, and values-based actions that support emotional flexibility.

MON 4 AUG 2025 (6–7PM)

WORKSHOP 5

Body Calm: Relaxation Skills to Support Emotional Distress

WHO IS THIS FOR: Parents and caregivers of children and teens

DESCRIPTION: Does your child experience nausea, muscle tension, a racing heart, or other physiological signs of distress? This workshop explores body-based coping tools including progressive muscle relaxation, calming breath techniques, grounding skills, and mindfulness to help regulate the body's response to stress.

TUES 26 AUG 2025 (6–7PM)



Compulsory school attendance

Information for parents and carers

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 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
- gives 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 had 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.

Telephone interpreter service

Please contact the school if you would like more information. If you need interpreter assistance to contact the school, please call 131 450, tell them what language you need and ask the operator to phone the school. The operator will get an interpreter on the line to assist you with your conversation. You will not be charged for this service.

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Showtimes

May

7pm Wed 28th

7pm Thu 29th

7pm Sat 31st

June

1pm Sun 1st



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**Sydney High
School
Old Boys Union**
Careers & Mentoring
Sessions

University Insights Series

Medicine Workshop
Lunchtime Tuesday
13 May 2025

Law Workshop
Lunchtime Tuesday
27 May 2025

Resume Workshop
Lunchtime Tuesday
3 June 2025

Location
Senior Library, Killip Wing

Year 7-12 Welcome

University Insights Series

Please join the SHSOBU in their 2025 series of Careers & Mentoring Sessions, with this year's thematic as **University Insights**, focused across three sessions covering the key topics of **Medicine, Law** and **Resume Bolstering**.

Please access the prior year series' recordings available on the SHSOBU website.

These workshops are open to all students from Year 7-12
Senior cohorts are strongly encouraged to attend!

Medicine Experience Workshop

Vincent Le (2022): Y3 Monash Medical Student | Associate Researcher in Cardiothoracic Surgery and Surgical Oncology
Mithilesh Lekhi (2022): Y3 WSU Medical Student | MLTutorings UCAT Mentor
Arghya Gupta (2006): Specialist Anaesthetist | NSW Health and Private Practice

Law Experience Workshop

Victor Yan (2022): Paralegal Herbert Smith Freehills | Founder Sproutify Law | Research Assistant UNSW Law | Ex Paralegal Makdap
Aman Mohamed (2019): Research Assistant to Barrister | Ex Paralegal at BHA | Peer Tutor for UNSW Law and Justice Faculty
Aryan Jani (2019): Paralegal & Summer Clerk @ Corrs Chambers Westgarth | Ex Associate @ PwC | Ex Winter Clerk @ White & Case

Resume Bolstering Workshop

Rahul Pant (2022): Solutions Engineer PayPal | Consultant Deloitte | Business Analyst AMP | Investment Analyst (Incoming) Arowana
Dhruva Bhattacharya (2022): Technical Engineer Intern Viasat | Taste of Research Scholar UNSW Engineering | President UNSW EngSoc
Andy Danis (2021): Systems Engineering Lead Sunswift Racing | Trading Intern Optiver | Published Research on Engineering Design

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