



From the Principal

High Talent

High football history was made when Liam Nottage was named captain of the combined GPS team which had a clean sweep in five games to capture the CIS title. Aiden McManus and Dylan Dutt also played in the team, with Dylan making the CIS squad. Kudos go to Alexi Barnstone as combined GPS coach and Sam Higgins as Assistant Coach. Well done to the 46 students and their accompanying teachers (Mick Ormsby, Lucas Matto and Jess Christodoulou) for braving the 0630 start in pouring rain to collect \$1678.72 on behalf of the Salvation Army Winter Appeal. Community spirit is alive and well at High! Congratulations to Aryan Ghosh (10S) who was adjudged best delegate from over 250 competitors at the Harvard Model United Nations competition. Well done to our team - Year 9 and Year 10 boys who competed over three days last week.

Our boys are showing great support for the **Duke of Edinburgh Award Scheme** – an internationally recognised quality credential in community service and self-reliance building. The latest group to receive awards are: Year 11 – Oliver Boije (silver); Year 10 bronze awards – Milan Babin, Lucas Chen, Sameer Gupta, Anderson Lee, Tuyvan Mai, Rohan Narushima, Jett Soo-Leui'l, Yassh Vora and Daniel Yi. Congratulations, boys! Well done indeed to Daniel Zmak (10T) who was placed first in NSW in the ASX Game 1.

**WELL
DONE!**

Collection of Semester 1 Reports

All boys in Years 12 have their reports. Year 8 should have collected their reports by Friday, June 6. Regrettably, there are still some students, Year 8 who have not fulfilled their commitments and completed their online *Clearance Forms* (if one appears on their student portal) and booked an appointment time to see me to discuss their progress at school. This is an important step in our feedback loop,

and I insist on speaking to boys **personally**. After making timeslots available for a couple of weeks on sheets provided at the Waterhouse Desk, I then call students out of class to talk to me about their progress and receive their reports. Once students have spoken to me, their reports are uploaded onto the Portal. If there are any issues around Clearance Forms, they need to be communicated to me directly at: principal@sbhs.nsw.edu.au.

Funds Held for the Benefit of High Boys

The **Sydney High School Foundation Ltd** holds funds for the benefit of the school. The **SHS Advancement Fund** enables tax-deductible donations to be made for the purposes of **school buildings [acquisition, management and maintenance] and student support by way of bursaries**. Current funds exceed \$400k. The **Endowment Fund** is designed to hold monies from non-tax-deductible sources – **bequests, trusts, gifts** and the like. Accounts for the Foundation show that as of December 31, 2024, there were the following balances within the *Endowment Fund*: \$128,398 for the **Ethel Killip Memorial Sub-Fund**; \$222,784 for **Prizes**; \$147,522 for the **Phil Day Memorial Scholarship Fund**; \$121,886 for the **Student Participation Account**, \$30,819 in the **Student Activities Account** and \$9,241 for the **Mitchell Seow Memorial Prize**. In total, SHSF Ltd. manages \$661,093 in funds for the school within the *Endowment Fund*. Artworks owned by or on loan to the school from the Ethel Killip Memorial Art Collection held in trust by SHSF are valued at c. \$400,000. The *Mitchell Seow Memorial Prize Fund* is a specific prize commemorating the sudden death from unknown causes of a much-loved student who had just completed his HSC in 2005. The *Student Participation Account* supplements the DoE *Student Equity Funds* with direct financial help to students in necessitous circumstances. The *Phil Day Memorial Fund* finances an annual scholarship, worth \$1,750, in memory of an Old Boy and long serving teacher, Head Teacher and Swimming MIC. The *Prizes Fund* helps to pay for some of \$25,000 worth of prizes awarded each year to students. The *Ethel Killip Memorial Fund* pays for the replacement, addition and upkeep of honour boards, memorabilia of Old Boys, photographs on walls and the Foundation artworks collection, including *Na Ngara*.

The *Student Activities Fund* is a fund to help teams with pre-season tours or fixtures and to subsidise commitments for interstate or international travel.

Historically, after a FUM charge, half of the interest earned on these managed funds is donated to the school for uses as determined by the principal, in accordance with the original Fund Deeds. However, due to a sustained period of very low interest rates, interest was retained in the foundation accounts 2014-23, in order to maintain the real capital value of the funds. Given that interest rates have normalised, the payments from the Endowment Fund were reinstated in 2024. A secondary objective is to make these funds self-funding so that the school can rely on a predictable annual contribution to its worthy causes going forward. We are always seeking donations for any of these fund purposes. If you would like to help, contact 96629300 or manager@shsfoundation.org.au

Reports

Interpreting Year 8 Reports Semester 1

All boys should now have seen me to get their reports. Parents need to know that a few marks up or down near cut-off scores for Distinctions or High Distinctions can make a big difference in their son's points' totals. Also, these grades are sometimes calculated from only one or two snapshot assessment tasks, thus providing a narrow view of achievement. When moving from Year 7 into Year 8 students get to make a decision – one language or two? As a consequence, some boys do ten subjects as in Year 7 and others, nine. To calculate the boys' scores, their best 9 subject outcomes are counted (27 points at credit level). So, boys doing more subjects may have an advantage. Conversely, they may be disadvantaged by having more subjects to master. Language choice can affect ranking outcomes. For example, some boys chose Chinese Advanced. Some chose Latin, other chose Latin and Classical Greek. These are demanding subjects. Getting Distinctions in these subjects is harder – fewer students do them, too. Boys not doing two languages have to have their PE results counted. Sometimes boys in Year 8 start to think about what electives they might do in Year 9 and what the compulsory subjects there are. These projected future choices might affect their motivation to succeed in some of the compulsory subjects that they are doing currently. Because of the semesterisation of history and geography, students who perform much better in one of these disciplines more than the other can produce big swings in points earned at the half yearly or yearly report. Quite a few boys who have done well in their Yearly Report take their foot off the accelerator and coast through semester one, with effects on their ranking. Often, they get back on track by the time of the Yearly Report again. In short, there are many

reasons for big swings in rank. I think that +/- 20% of the cohort (36+) positions of swing means that something has altered. Their biggest issue usually is **distraction**, due to gaming, unrestricted device use, social media immersion or other myriad teenage activities. Often, big positive or negative fluctuations are due to **changes in learning behaviours**: boys listening in class, acting on teacher feedback, being organised and managing their commitments, taking notes, doing homework, accessing past papers and revising before assessment periods. Alternatively, if they stop doing these things, their results may decline. Circumstances in their domestic life may affect their learning concentration or motivation and result in big swings in the rank order also. Despite the shortcomings identified, our stable statistical expectations over more than two decades provide a fairly reliable overall academic profile for students and parents to consider. Also included in the reports are teacher statements about **recommended next step/s** for students to improve their learning. We hope parents will discuss these suggestions with their sons and encourage them to implement them.

Dr K A Jaggar
Principal



LOST PROPERTY

Please label all items clearly with a first and last name to enable identification.

It is the responsibility of students to claim their lost property from the **McDonald Wing Office** during recess.

Parents are NOT permitted to collect lost property on their son's behalf.

Items are cleared every fortnight and will not be available for collection after then.

McDonald Wing Office Staff



RED SHIELD APPEAL

Salvation Army Red Shield Appeal Morning Collection

On Friday 23 May the Community Services Committee (CSC) held the Salvation Army Red Shield Appeal, our first morning collection of the year for our senior CSC volunteers. Despite the heavy wind and rain, we still had an outstanding number of committed volunteers show up early in the morning.

The ongoing cost-of-living crisis has deepened homelessness and housing stress across Australia, and SBHS continues to be a valued partner of the Salvation Army Red Shield Appeal in collecting money to combat the terrible realities of homelessness.

Thanks to our efforts, The Salvation Army is able to smash their total goal of \$50,000 this year.

We contributed \$1,678.72 raised on our Friday morning collection which contributed to their overall total this year of \$58,180.50.

Our volunteers each received a Free Big-Mac coupon and certificate for their hard work.

Keep up the dedication for more great rewards to come!

Lucas Wang 11R
2025 CSC Publicity Officer



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

BOOKING

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.

IMPORTANT

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

Parent Teacher Interviews



N.B. The following dates are for Year 7 parents only. Parents of boys in all other years will receive their codes via email in Term 2 in the lead up to each evening – notification of these emails will be placed in High Notes next term.

- By 6pm Wednesday 11 June, all parents of boys in Year 7 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 7 students. If you have not received this email by the morning of **Thursday 12 June**, please check your junk mail or any alternative email addresses provided to the school by either parent.

Please read

IMPORTANT Information

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 6:00pm**. You should provide this information **by 9am on Wednesday 18 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 19 June**.
- **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

thank you



We are progressing through a busy Term 2, and our amazing Canteen Managers, assistant staff, and incredible volunteers have been working hard to create delicious, wholesome meals for our boys, including homemade sushi, Japanese chicken curry, souvlaki with pita bread and freshly made tzatziki, chicken katsu and teriyaki tofu dons. 😊

Thank you to all our super mums, dads, grandpas, grandmas, and family members who generously give up their time to help keep our P&C-run Canteen thriving. A special shoutout also to our diligent Prefects and SRC leaders for their invaluable support at the windows during recess and lunch.

Your dedication ensures that all profits go back to our school, funding programs and projects that directly benefit our boys. A huge thank you to everyone for your wonderful efforts!



Thank you!



Volunteering in our SBHS Canteen is a fantastic, rewarding experience that not only supports our boys, but also provides a wonderful opportunity to connect with other parents and our school community. If you haven't visited our Canteen before, we would love to see you! Please feel free to sign up on the online link below, where you can choose your preferred dates:

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



EVENTS

On Thursday 29 May, our Canteen featured special treats celebrating the 'Dragon Boat Festival' created by our super talented Canteen Vice President Vivian Chen. Our lucky boys were treated to Purple Sticky Rice Mochi, Mango Mochi, and Rice dumplings ('Zhongzhi').

A huge thank you to Vivian for organising this wonderful event and for your delectable creations! 😊

DELICIOUS



Lunch Orders

Students can place orders between 8:30-9am directly at the Canteen, or anytime via the Flexischools app or website. Orders can be cancelled through Flexischools until 9:05am the day of the order.

Please ensure you select the correct break - Morning (recess) or Afternoon (lunch) - so that your order is ready for you to collect at the desired time.

Ordering ahead helps you avoid missing out on popular items, reduces waiting times and minimises food wastage. Please remember to collect your orders, as uncollected items will be sold, and refunds are not provided unless there is a valid reason.

Heartfelt 
THANKS
TO OUR VOLUNTEERS!

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

Thursday 22 May: Pam Jolly, Sandra Jouravlev, Vivian Chen, Wing Yee Ma.

Friday 23 May: Cassie Cheng, Yun Mao, Connie Li.

Monday 26 May: Grace Guan, Hyun Jung Son, Hyun Kim, Yongmei Jin.

Tuesday 27 May: Matthew Pang, Pam Jolly, Lily Jia, Lei Lei.

Wednesday 28 May: Gordon Gao, Xiaoyan Xu, Helen Fang, Susanna Xie.

Thursday 29 May: Salena Nguyen, Rosaline Perry, Vivian Chen, Fan Jian, Lin Qi.

Friday 30 May: Sureka Thiagalingam, Charlene Yu,

Monday 2 June: Grace Guan, Helena Jiang, Jessica Tam.

Tuesday 3 June: Jianping Wang, Qian Shen, Lily Jia.

Wednesday 4 June: Thi Ly, Qing Guo.

J Yuan

On Behalf of the SBHS Canteen Committee



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 10

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.

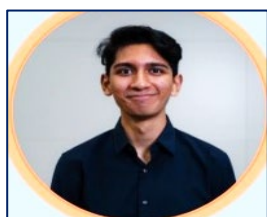
Sharon Kearns
SAM

CAREERS

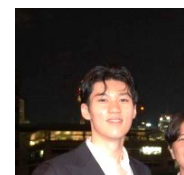
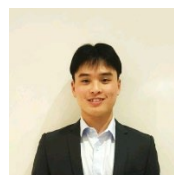
CAREERS SBHS

Recently at HIGH

SBHS hosted a LAW seminar recently – a huge success! Victor Yan, Aman Mohamed and Aryan Jani - all industry experts! They came to answer, not just general questions, but also, brutally honest questions, and provided enormous insight.



The SBHS Business Society are hosting a Finance Seminar with Old Boys Samuel Yu, (2019 SBHS Honor Cap, REISA founder) Sean Lim (2023 School Captain) Xile Xie (2024 Alumni).



Guides

Here are some current guides that will help you:

Early Entry Guide

For students & their families

2025

<https://studyworkgrow.com/education/wp-content/uploads/sites/2/2025/05/Early-Entry-Guide-2025-School-Licensed-Edition.pdf>

Sum Up - Three Points!

- Overcommunicating is always better than under communicating.
- Admitting failure and asking for help is a solution.
- Make the most out of UNIVERSITY, get connections, copy successful people.

Because we all have our own minds - being clear and direct always benefits!



Gap Year Guide

For students & their families

2025

<https://studyworkgrow.com/education/wp-content/uploads/sites/2/2025/04/Gap-Year-Guide-2025.pdf>

Open Days Guide

For students & their families

2025

<https://studyworkgrow.com/education/wp-content/uploads/sites/2/2025/05/Open-Days-Guide-2025-School-Licensed-Edition.pdf>

Andrew Ding
Careers Prefect 12F

Music NOTES

2025 Sydney Eisteddfod Challenge

On Monday 2 June at The Concourse in Chatswood, our Symphony Orchestra placed 3rd in the Sydney Eisteddfod Premium Orchestra event, performing Mozart's Violin Concerto in D Major (1st movement), featuring Jason Yu as soloist, and Dvorak's Symphony no.7 (3rd movement Scherzo).

The Intermediate Stage Band performed afterwards at the 6:30pm event, competing against 11 other schools, receiving a highly commended award.



Our Senior Stage Band played on Tuesday and placed 3rd in the Premium Stage Band event.

Congratulations to our wonderful young musicians on their huge effort and hard work in preparing for these eisteddfods.

On **Monday 16 June**, our Symphonic Strings ensemble will perform at 4pm again at The Concourse, Chatswood in the Premium Strings Event led by Sydney Symphony Orchestra violist, Ms Anne-Louise Comerford. We wish the boys the best of luck and hope you can make it to support them.

High Performance Talent

Congratulations to Liam Greacen (Year 12 Music Extension) who participated in the Sydney Metros Band Competition and gained 1st place in the U19 Novice Woodwind and 4th place in the U19 Woodwind sections, a commendable achievement!



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.

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



PUSH UP CHALLENGE!

2025 Push Up Challenge

Last Friday, the SBHS Wellbeing Ambassador Team hosted our annual Push-up Competition.

We were incredibly grateful to have 28 students participate in this endeavor. Congratulations to Charlie Cheshire (10T) who was able to complete an astonishing 98 push-ups, and to our year group winners:

- Year 7 – Darren Truong (7S)
- Year 8 – Christopher Ha (8R)
- Year 9 – Orland Tampi (9R)
- Year 11 – Oliver Tsang (11E)
- Year 12 – Aaron Chu (12F).

This event was a great precursor to the Push-Up Challenge, which began on Wednesday this week. The challenge requires students to complete 3,214 push-ups throughout the month of June in solidarity to raise awareness and support people experiencing mental health difficulties in Australia.

The Push Up Challenge is one of Australia's largest physical and mental wellness campaigns which focuses on raising awareness about the various mental health issues whilst promoting exercise - a tangible solution to help clear the mind and manage these issues.

You can join the Sydney High community in this endeavor by signing up for the challenge using our link: <https://www.thepushupchallenge.com.au/fundraisers/SydneyBoysHighSchool2025Team>

You can adjust your goal to do a different number of reps or do an alternative exercise to push-ups which suits your own physical ability and needs.

By participating in the Push Up Challenge, you will be pushing in solidarity to raise awareness and support for young people in the community who experience mental health difficulties, whilst reaping the physical and mental benefits of exercise.

So, what are you waiting for?

Let's push for better mental health!

Ryan Allen 11E
SBHS Wellbeing Ambassador





Volleyball Results Sydney High School vs Saint Ignatius Saturday 31 May - Term 2 Week 5 2025

1sts, 2nds, 4ths, 16A, 16B, 15A, 14A and 14B vs SIC and Sydney Boys High School

3rds vs BC at SBHS; 15B vs SGS 15D at SBHS; 13A vs SBHS 13B at SBHS

1sts, 2nds, 3rds, 4ths, 16A, 16B, 15B, 14B and 13A all had a 3-0 Win.
15A (vs SGS 15D) had a 2-0 Win. 14A had a 2-1 Win.

1st: 25-12; 25-13; 25-22. 3-0 Win. 2nd: 25-13; 25-13; 25-19. 3-0 Win.
3rd: 25-10; 25-11; 25-15. 3-0 Win. 4th: 25-15; 25-18; 25-19. 3-0 Win.
16A: 25-11; 25-22; 25-9. 3-0 Win. 16B: 25-14; 25-17; 21-19. 3-0 Win.
15A: 25-12; 25-15. 2-0 Win. 15B: 25-13; 25-16; 25-14. 3-0 Win.
14A: 24-26; 25-14; 25-4. 2-1 Win. 14B: 25-7; 25-9; 25-9. 3-0 Win.
13A: 25-16; 25-23; 25-16. 3-0 Win. 13B: 16-25; 23-25; 16-25. 0-3 Loss.

Statistics for 1st and 2nd Grade Teams - Round 4:

Area (/3)	First Grade	Second Grade
Serving	Nelson LEE – 2.15 (13) Aaron JIN – 2.11 (9) Jonathan ZHANG – 2.00 (8)	Kevin BUI – 2.00 (9) Kirby LI – 2.00 (8) Branson CHAN – 2.00 (3)
Serve Reception	Owen LI – 2.20 (5) Roger HE – 1.75 (12) Steven YIN – 1.50 (6)	Branson CHAN – 3.00 (1) Isaiah GOH – 2.5 (2) Ethan YU – 2.42 (12)
Freeball Passing	Owen LI – 3.00 (3) Adam FLOCARD – 2.60 (5) Luke LIU – 2.50 (4)	Isaiah GOH – 3.00 (1) Anthony LY – 2.73 (11) Ethan HUYNH – 2.67 (3)
Outside and Opposite Hitting	Luke LIU – 1.86 (7) Aaron JIN – 1.50 (8) Dash LAM – 1.50 (6)	Branson CHAN – 2.75 (4) Kevin LIN – 2.18 (11) Ethan YU – 1.80 (5)
Middle Hitting	Dash LAM – 3.00 (3) Adam FLOCARD – 2.40 (5) Luke LIU – 2.40 (5)	Isaiah GOH – 3.00 (1) Kevin BUI – 2.16 (6) Ethan HUYNH – 1.20 (5)
Setting	Jonathan ZHANG – 2.70 (26) Nelson LEE – 2.50 (26)	Kirby LI – 2.80 (20) Axel LAM – 2.35 (20)

Mr Coan
Teacher





On Saturday 31 May we saw the return of a venue not raced by the GPS since the 1980s - Riverglade Reserve.

The team showed encouraging signs, with many boys, particularly Inters and Opens, taking more initiative, including walking the new course unprompted and showing increased autonomy in warm-ups. The Opens group delivered their best racing effort of the season, displaying real fight and pushing each other to strengthen their hold in 2nd place.

Juniors and Inters struggled more than expected, likely due to the faster pace and hill challenges, with Juniors needing more focus in training. The tough back section exposed a need for more hill-based reps. A deload week is planned, ahead of CHS Zone and Regionals, with race selections and relay teams to be confirmed.

Results from Saturday:

Opens - Seniors – 2nd

- **Nestor Chan** – 11th place
- **Aayush Kumar** – 12th place
- **Max Chen** – 13th place
- **Tanish Sarathy** – 23rd place

Intermediates – 6th

- **Nathanael Ng** – 13th place
- **Anthony Li** – 22nd place
- **Umar Dewanata** – 29th place
- **Kevin Xie** – 36th place


Juniors – 8th


- **Anton Bolofer** – 16th place
- **Ayush Sarathy** – 34th place
- **Robert Lei** – 39th place
- **Charlie Xue** – 57th place

Team Standings After Round 5:

- **Opens (Seniors):** 2nd Place
- **Intermediates:** 3rd Place
- **Juniors:** 6th Place

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](#)

Top 10 Results from CHS Zone and Progressing to Regionals:

12's - Raymond Lee 3rd, Dennis Shek 8th, Kai Tian 10th.

13's - Anton Bolofer 1st.

14's - Jeremy Li 5th, Ayush Sarathy 7th.

15's - Owen Smith 4th, Nathaniel Ng 5th, Chris Pan 8th.

16's - Nestor Chan 2nd, Elijah Lees 3rd, Charlie Cheshire 5th, Arjun Purohit 6th, Anthony Li 8th.

17's - Aayush Kumar 1st, Max Chen 2nd, Lucas Zhang 6th, Lucas Su 8th, Joshua Kimpton 9th.

Opens - Tanish Sarathy 2nd, Aaron Chu 3rd, Micah Jouravlev 4th, Matthew Taylor 5th, James Yang 8th

Congratulations to all 65 SBHS runners who competed in the Zone Cross Country at Sir Joseph Banks Park.

It was a fantastic day for running, and the boys represented the school with determination and pride.

A special congratulations to the 23 athletes who have qualified for the Regional Championships, to be held Wednesday 11 June.

For those who have participated in CHS Cross Country but are not currently involved in GPS Cross Country, we strongly encourage you to join our program. It is a great opportunity to develop your running talent in a supportive and high-performance environment.

Thank you to Ms Park - who continues to support the Cross-Country program on Saturdays and for her involvement.



Thank you to Ms Jing for taking the above photo of the 12's and 13's with myself before the course walk.

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

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



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.

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

@thekidmancentreuts

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)

Tap on and tap off every time

because it tells us how many people are using public transport. This allows us to better plan services for you.



It is a condition of the *School Pass Terms* and the *Student Codes of Conduct* when travelling that students in possession of the School Opal card must tap on and tap off every time when using public transport to travel to and from school. Per section 3.2 of the Opal Privacy Policy, Transport for NSW collects information from taps on and taps off to support coordination, planning and policy development for transport, transport services and transport infrastructure.

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