



From the Principal High Talent

Our Team has qualified for the grand finals of the state TheatreSports Competition. Congratulations to Macallister Giles (10F), Ahyen Haque (10T), Jason Huang (9R), Jasper Jakubauskas (9M) and Mihir Shah (9M). Our thanks go to Nat Jensen, their Coach, and to Anna Barry, their MIC. Leon Park (7T) won an individual gold medal at the 2025 Judo Australia National Championships, 66Kg division. A very impressive accomplishment, Leon! He also won a gold as a member of the successful NSW Judo State Team.



Annual Tax Time Appeal

More and more **Australians are thinking about philanthropy, about giving something back to society to help others.** Universities and schools are benefitting more than ever before from this growing social conscience. High is a state school providing all the opportunities and activities of an independent school at c.6% of the cost. That's value for money! We succeed because of the goodwill and financial support of our staff, our parents and our alumni. This year at tax time, please make a donation to a tax deductible SBHS project – preferably to the **Sydney High School Advancement Fund** – which is raising money to begin construction of a **replacement for Fairland Pavilion within five years.** This is our priority project this year. Alternatively, a donation to the **NSW Education Public School DGR Fund** would help us to build our new **Table Tennis Centre** which is currently at the design and approvals stage.



Interpreting Year 9 Reports – Semester 1

By Friday, June 13, all Year 9 boys should have seen me to get their reports. Parents should be aware that students have fewer compulsory subjects in Year 9: English, mathematics, science, history, geography and PDHPE. They have added **two electives** to the core group of subjects having completed compulsory music, visual arts and technology. **All of the stage 5 requirements for history and geography are completed in Year 9**, so there is plenty of content and many skills to learn. This also means that students in history and geography **may receive 'warning letters'** for missing assigned tasks necessary for the completion of stage 5 compulsory subjects. *The cut-off points standard for Year 9 is 24 (or 8 subjects at credit).* Parents are cautioned that large fluctuations in points earned and rankings in the cohort can be caused by a few marks more or less at the cut-off scores for HDs, Ds or credits. An influx of **30 new students** into the cohort has an immediate impact on rankings, enlarging the rank order swings. Also, all the Ds could be near to the top, just below the cut-off mark for a HD. Sometimes, boys deliberately underperformed last year in subjects they knew they did not have to continue. This would cause a recovery in their rank this year if they tried harder in the subjects they chose this year. Conversely, the additional challenge of stage 5 work or a mistaken elective choice, could impact on a student's ranking negatively, particularly if he were good at the practical subjects in Year 8. In Year 9 students are expected to be **developing some autonomy.** They should be responsible for managing their personal workload and thinking ahead about what commitments they have in the near future. Ask to look at their **personal organiser** – electronic or paper, to see how well they are managing their time. Their weeks should be planned in advance, not only to ensure that tasks and activities are not omitted, but also to fit in with family, social and leisure activities scheduled for that week. Parents are asked to discuss their son's **learning behaviours profile** and the teachers' next steps recommendations for **areas for improvement.** We need teachers and families to work together to build boundaries around our boys – both side lines and goal lines – to focus behaviour and inspire maximal personal achievement.

REPORTS

IMPORTANT

Student Leave Requests – Reminder

There is a Department of Education and school policy on **Student Leave of Absence – Extended Leave Travel** requests. This applies to leave that is **five school days or more** in duration. Parents are reminded that as a matter of policy leave may not be processed or approved unless **four weeks'** notice has been given. Also, **cogent reasons** for travelling during school term need to be supplied. No travel should be booked during the assessment or examination blocks affecting your son. The effect of this decision is that all leave requests that involve that last four weeks of term should have been lodged with me for approval by **the end of week 6, each term**. If you are planning to travel during the school term you need to download, complete and submit the form for my approval by the closing date. **NB Week 7 is this week!**

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

SOCIAL SCIENCE NEWS



Congratulations to **Daniel Zmak** Year 10 for coming First in NSW in the ASX Sharemarket Game.

All students in Year 9 and 10 Commerce are enrolled to play in this game twice a year. Players are given \$50,000 to invest into the Australian Stock Market over a 10-week period. Daniel's portfolio value grew to a whopping \$67,268.10, a return of 35% in just 10 weeks!

While his returns in the game were fictitious, Daniel won a \$500 cash prize from the ASX, along with a Duffel Bag, Water bottle, Laptop sleeve and ASX investing Book.

Congratulations Daniel, what a remarkable achievement!

The next ASX game runs from Thursday August 14 to Thursday October 23 2025.

Good luck to all competitors!

J Rowlands
Teacher





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 the efforts of SBHS, The Salvation Army was able to achieve their total goal of \$50,000 this year.

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

Our volunteers each received a Free Big-Mac coupon and a 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 school at start of lunchtime 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:

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 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 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.

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 19 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 20 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

Important



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

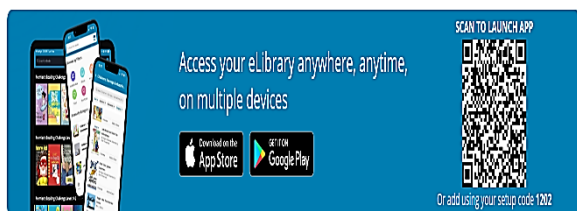
Universities will be visiting the library at lunchtime to discuss course options, campus life, and pathways after graduation. Students are encouraged to attend and ask questions about entry requirements and study experiences.

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.



Recent Updates

Legal Debating at Sydney Boys is led by MIC Ms Stephens and encompasses a wide range of co-curricular activities such as Mock Mediation, Mock Trial and Model United Nations.

SBHS has a distinguished history of success in legal debating competitions, with the Mock Mediation Team reaching the semifinals in 2024 and students competing the prestigious Harvard Model United Nations - John Fang, winning Best Delegate in 2024.

Recently, the Mock Mediation Team, led by our Coach, Nikolai, achieved an exceptional score of 83 out of 100 in Round 1 of the Mock Mediation Competition. Furthermore, in Mock Trial, the Team secured a narrow yet impressive victory of 198 to 197 against The Kings School in Round 2.

Congratulations to both the Mock Mediation and Mock Trial Team for their outstanding efforts and successes as well as coaches Nikolai Shchekochikhin and Octavio Carabajal Zapata for their support and expertise.

In Model United Nations news, the Legal Debating program launched a new MUN Team in 2025. Last week, students from the Team had the opportunity to attend two events.

Ryan Park 10T

UNSW MUN Excursion

Model United Nations is an activity where students represent different countries in the United Nations and work together to solve global issues.

On Tuesday 27 May, members of the Legal Debating Program attended a Model United Nations event held at UNSW. This excursion involved schools such as Sydney Technical High School, James Ruse Agricultural High School and Punchbowl Boys High School.

This event started off with an Opening Ceremony, where we were treated to the visit and words of former Prime Minister of Australia, Malcolm Turnbull, who spoke about the importance of international organizations like the United Nations in promoting peace, especially during these challenging times of global conflict.



After the opening ceremony, schools were divided into rooms, where we met students from Sydney Technical High School, our Chair Minh Son Nguyen - Old Boy 2022 and other UNSW Mentors. In this room, the topic of unsustainable mining practices was discussed.

In the discussion of this topic, moderated and unmoderated caucuses were held, where there were debates about the importance of ethical and environmentally friendly mining practices and foreign financial aid to countries such as Bolivia and the Democratic Republic of Congo. Many key issues were raised in these caucuses, the delegate of India - Aarav Shah - raising concerns of the lack of transparency in recent partnerships between Bolivia and Russian mining companies and Bolivia. Vivaan Wadwa suggested the possibility of receiving foreign aid in exchange for a particular trade deal.

After lunch, under the guidance and support of our UNSW mentors, several draft resolutions were formulated and put to a vote. The first resolution was presented by the Delegate of France - Ryan Park, the Delegate of Congo - Akshobya Kumar, and the Delegate of Australia - Sajan Thiagalingam. This resolution emphasized the importance of increasing domestically owned mining operations and called for greater transparency in agreements with foreign nations, particularly those involving financial and technological assistance. This resolution was successfully adopted following the passage of a motion to suspend veto powers. Subsequently, SBHS delegates Jack Nguyen and Sami Rashid, representing the United Kingdom, proposed a resolution encouraging the European Union to take a leading role in coordinating financial aid. Unfortunately, this resolution did not pass.



Finally, the day ended with a closing ceremony where we were addressed by the Labor Member for Reid, Sally Sitou, and awards for the best delegate and diplomat were presented. Congratulations go to the award winners: Akshobya Kumar, Ryan Park, Jack Nguyen and Sami Rashid.

Commendations go to all participants who contributed to discussions marked by insight, diplomacy, and a high standard of professionalism. Furthermore, we thank UNSW for creating and organizing a very well-structured and enriching experience that allowed students to develop key diplomatic and collaborative skills. Finally, we extend our sincere gratitude to our Legal Debating MIC, Ms Stephens, whose constant commitment and support is instrumental in making experiences like this both successful and meaningful.

On our excursion to UNSW DiscoverMUN, we met our Chair for the day, Minh Son Nguyen, who happened to be an SBHS Old Boy (2022). We decided to conduct a short interview with him about his experience at High and the benefits of Model United Nations.



Please Describe Yourself?

I am currently studying Law and Finance at UNSW and am passionate about global affairs (economics, business, politics, modern history) and sports (football, cricket). I started my schooling in Vietnam, learning to write in cursive, using fountain pens and being reprimanded if my handwriting smudged. By Year 12 everything could be done on computers. I barely had to touch a scrap of paper outside the exam hall, so I can relate to many generations.

How was Your Experience at SBHS?

I attended Sydney Boys High from 2017 to 2022 and was involved in a range of activities, from school bands to a rotating mix of sports including tennis, cross country, cricket, athletics, and table tennis, making many friends whose bonds have only grown stronger as we entered university and adulthood together.

How did you first get involved in MUN, and what kept you coming back?

Honestly, I happened upon it at university because I met people with similar interests and thought Model UN would be a great way to channel it. Turns out, not only is it fun, but you also access ludicrous opportunities to travel and meet high level people. I am

headed to New York for a MUN in July. I previously went to Canberra, and NSW Parliament in 2024.

What are some of the most valuable skills MUN has helped you develop?

MUN sharpened my research, public speaking, and strategic thinking. It teaches you how to understand the perspectives of others, build alliances, and lead with persuasive rhetoric. You roleplay countries, negotiate like diplomats, and build genuine relationships, even with highly accomplished professionals. These are skills you carry into every corner of life.

What advice would you give to someone attending their first MUN Conference?

Have fun! If you know a lot, this is the place to pour it all out among a crowd of intelligent yet welcoming, supportive people. The facilitators will teach you everything you need, in a zero-judgment environment. Speeches are not always eloquent, people pause and stumble at times, this is perfectly normal, and really, if you do not remember people's errors, they certainly will not remember yours.

How would you encourage Students at High to get involved in the Legal Debating program and MUN?

You do not have to love public speaking. I am an introvert who chose extroverted challenges, I used to fear public speaking until Year 10, I then had the opportunity to speak with confidence and I felt completely in command of the room. I understood why people like public speaking so much. You learn to argue, convince, manipulate (ethically), and win. These people skills matter, they are key to success in any career.

What advice would you give your younger self and Students currently at High?

TIME is your ally. Any interests you have, explore and cultivate them as your unique specialty. I never did Model UNs or debating in high school, despite a keen interest in history and a penchant for arguments. Ms Harcourt from the History Faculty might remember my commanding presentation skills, which wildly juxtaposed my demeanor in class - a quiet shadow. Do not follow what others do, chase the rainbow, excel in what YOU like, out do others in areas of your passion, make it your future. Follow what you have a comparative advantage in or take the time to share detailed and helpful responses.

We wish Minh Son Nguyen the best of luck at his upcoming MUN in New York.

For those interested in learning more about Model United Nations or the Legal Debating Program, see Ms Stephens in the Social Science Staffroom.

Ryan Park 10T

TheatreSports Grand Finalists!

Congratulations to Mihir Shah, Jason Huang, Jasper Jakubauskas, Ahyen Haque and Mac Giles who have progressed to the Grand Finals of the TheatreSports School Challenge competition.

The Team placed second in the Intermediate semi-finals. Hosted by SBHS on Thursday 5 June at The Governors Centre with convincing scores in some of their favourite games such as 'genre replay' and the gold standard: 'death in a minute.'

With bravery, humour and a great sense of collaboration, the Team improvised beautifully and demonstrated that all you need to pull off a great scene is your imagination and a willingness to step out of your comfort zone.

Thank you to our excellent coach Nat Jensen who has supported the boys in developing their skills each week in the Drama Room. We cannot wait to see how they perform in the Grand Finals at The Enmore Theatre on Sunday 22 June at 2pm. We would love to have an audience of supporters so please come along – all welcome!

Anna Barry

TheatreSports Co-ordinator



Axis of Awesome - Keyboard Player Benny Davis accompanies Teams as they improvise their scenes!



2025 Intermediate Grand Finalists: Mihir Shah, Jason Huang, Jasper Jakubauskas, Ahyen Haque and Mac Giles



Congratulations to Mihir Shah, Jason Huang, Jasper Jakubauskas, Ahyen Haque, Mac Giles and Coach Nat Jensen



Coach - Nat Jensen Backstage - warming up - Team Members from SBHS and SGHS

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THEATRESPORTS[®]

SCHOOLS CHALLENGE

GRAND FINALS

TWO
SEPARATE
SHOWS
ON SALE



8 TEAMS
FACE OFF
IN EACH
DIVISION

IT'S THE TSC'S 20th ANNIVERSARY!

SUN 22 JUNE

2PM - INTERMEDIATE FINAL

5PM - SENIOR FINAL

TIX: 9550 3666 or TICKETEK



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The Addams Family



The Addams Family Musical - Combined Production with Sydney Girls High School

On Sunday 1 June we closed the combined school musical.

After 5 performances and many months of rehearsals leading up to opening night, it is safe to say that a new kind of 'show-family' was born. A family that crossed over schools and built connections that can only come about when you have a big show to put on.

Many students from SBHS were performing for the first time. This necessitates a certain kind of tenacity, and I am immensely proud of the way they handled the demanding rehearsal schedule.

The confidence needed to step out of your comfort zone and into another person's shoes is a skill that is particular to drama. You also need to know that you are lifted by your stage crew, the lighting designers, the wonderful costumes, the fabulous music, and of course, the audience.



It was my absolute pleasure directing such a wonderful group of students.

Sincere thanks to all the people that came and saw the show and the parents who helped in many ways.

Thanks to Jamie Kay who was instrumental in his role as Assistant Producer. Thanks to the English Faculty for your continued enthusiasm and support.

Lastly, thank you to all the cast, crew and orchestra who brought this spooky tale to life. Your energy and talent made it all so very special.

Anna Barry
Director





Thank You

Thank You

Music NOTES

2025 Sydney Eisteddfod Challenge

Our Symphonic Strings Ensemble, led by Ms Anne-Louise Comerford (Associate Principal Emeritus Violist of the Sydney Symphony Orchestra), will represent SBHS at 4pm at The Concourse, Chatswood. They will be performing an arrangement of J.S Bach's Chaconne and Elgar's Serenade for Strings, competing against thirteen other schools.

We wish the students best of luck in the competition.

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 Ensemble Rehearsals

ALL students are expected to attend all sessions punctually and prepared.

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 to avoid safety hazards.

ALL instruments should have a tag attached to the case, clearly labelled with student's name and contact details.



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





Congratulations to all 24 Sydney Boys High School Students who represented the school at the Regional Cross Country Carnival in Menai on Wednesday 11 April 2025.

It was a fantastic day for running, with the challenging course offering a true test of terrain handling - featuring hills, mud, and a packed start funnelling into a sharp early bend.

With the top 10 finishers in each age group earning automatic qualification to the State Championships, we are proud to announce that 12 of our runners will be progressing, including four in the Opens division and three in the 17s.

We strongly encourage those who competed but are not currently involved in the GPS Cross Country program to consider joining next season to further develop **their talent**.



Well done to all athletes on your performance and commitment.

Results From CHS Regionals:

12's - Raymond Lee 11th, Kai Tian 18th, Dennis Shek 25th

13's - Anton Bolofer 10th

14's - Ayush Sarathy 23rd, Jeremy Li 25th



15's - Nathaniel Ng 9th, Owen Smith 32nd, Chris Pan 33rd

16's - Elijah Lees 3rd, Nestor Chan 4th, Charlie Cheshire 5th, Arjun Purohit 15th, Anthony Li 23rd

17's - Aayush Kumar 1st, Max Chen 3rd, Lucas Zhang 7th, Lucas Su 24th, Joshua Kimpton 14th

Opens - Tanish Sarathy 1st, Aaron Chu 5th, Matthew Taylor 6th, Micah Jouravlev 9th, James Yang 19th

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



Ahyen Haque, Maxi Ibrahim, Nishith Munasinghe, Aditya Sharma, Aarya Retnasingham, Avneet Singh, Isran Kanwar, Uday Sharma, Matthew Riley, Adam Barraza Nejedly and Mohamad Rachid.

Ethical Explorations Rosebank College 4 June

Many thanks to Ms Cheryl McArthur and the Ethics Centre for a wonderful day of collaboration and thinking around the topic of Identity.

The first session was a presentation followed by Communities of Inquiry structured to create criteria for ethical choices.

This was followed by an afternoon session "Applying the Criteria." Our ethics/philosophy students met and exchanged ideas with students from 15 schools. This was a wonderful opportunity for them to build confidence by finding their voices in a broader context and to enjoy collaborating with like-minded students.

J Eggleton

Co-ordinator Enrichment Activities

PHILOSOPHY

PUSH UP CHALLENGE!

2025 Push Up Challenge

The SBHS Wellbeing Ambassador Team are hosting our annual Push-up Competition.

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





Become a foster carer today

**Open your heart
and home to
a child in need**

We urgently need
more foster carers in
NSW, and you could be
who we're looking for!



Interested?
Snap the code
to learn more

➤ Make a difference
Give stability and
support to a child
or young person.

➤ Be rewarded
Transform lives,
including your own.

**➤ Be part of the
community**
Join a network
making an impact
in young lives.

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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.

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