



From the Principal

High Talent

Congratulations to our 8A Volleyball Team who won the NSW Volleyball Schools Cup - Year 8 division, Jay Li (C), Eric Chen, Johnny Ding, Justin Ip, Thomas Nguyen, Ivan Shi, Sean Tippet, Ilyusha Tsoutsman, Cloud Wang, Titus Zheng, Kevin Luu. Coach: Edward Ly, Assistant Coach: Nelson Lee.



Congratulations to our 10A Volleyball Team who won the NSW Schools Cup Year 10 division, Anthony Ly (C), Axel Lam, Ethan Yu, Kevin Bui, Eugene Cho, Aaron Jin, Roger He, Ethan Huynh, Ethan Wang, Lennard Suen, Charlie Morgan. Coach: Oswald Xie.



Congratulations to Cassiel Yun who won the 2025 Harmony Day Poster Competition for the Year 11 category.



Good Samaritans

Thank you to Dio Vickkanov who found \$50 at the basketball courts and our GA Daniel Xu who found \$20 outside the gym. Both handed the cash in to the main office.

Why Exercise is Important for All Students at High

From my experience working with teenage boys, it is clear that regular physical activity does more than just improve fitness - it gives boys a cognitive edge and promotes positive self-esteem. Exercise positively affects cognitive skills, including memory, attention, and problem-solving abilities, all of which are essential for academic success. Regular physical activity promotes the process of creating new neurons - helping to improve learning and memory, both crucial aspects of academic performance. In this context, incorporating exercise into daily routines can help adolescent boys perform better in school, setting a foundation for both academic and personal growth.

Physical activity not only enhances cognitive skills but also plays a critical role in managing mental health, which is directly tied to academic success. Research highlights the impact of exercise on reducing symptoms of anxiety, depression, and stress, which are often experienced by adolescents. Research from the Journal of the American Academy of Child and Adolescent Psychiatry found that "that exercise reduces depression and anxiety symptoms in children and adolescents.

These results suggest that structured exercise programs should be considered as part of comprehensive care approaches" (Systematic Umbrella Review and Meta-Analysis: Effectiveness of Physical Activity in Improving Depression and Anxiety in Children and Adolescents, Singh, Ben et al, Journal of the American Academy of Child and Adolescent Psychiatry, Online ahead of print). Mental clarity, reduced feelings of stress, and improved self-esteem all contribute to a better attitude toward learning and a stronger academic performance.

Moreover, exercise provides an outlet for energy and promotes better sleep, both of which are vital for academic success in adolescents. This improved sleep routine is particularly helpful during high school years, which are crucial for laying the foundation for future academic and personal success.

Exercise during high school fosters the development of critical life skills, such as discipline, time management, and goal-setting, that go beyond academic achievements and contribute to a balanced life after school. These skills are not only beneficial for athletic performance but also transfer to various areas of life, particularly as adolescents transition into adulthood. Exercise teaches grit, it is about showing up, even on the tough days. That same mindset translates to school and life.

High school students who stay physically active tend to manage their time more effectively, balancing school, co-curriculars, and social lives. The habits they build now help them adapt to the demands of university or the workforce. Exercise is a powerful tool - not just for boosting academic performance, but for building a healthier, more balanced life.

George Barris
Relieving Principal



Zone Athletics Carnival

On Thursday 26 June, 74 Athletes from Sydney Boys High School competed at the Zone Athletics Carnival at ES Marks Athletics Field. **It was a fantastic day of competition, highlighted by all Relay Teams placing 1st.**

Despite technical issues with the starting equipment, our boys showed great adaptability - adjusting their warm-up times and remaining patient to ensure their best possible performances.

Due to the consistently high level of competition in our Zone, this year an additional Athlete per event will progress to Regionals.

Updated Progression Criteria - as follows:

100m, 200m, 400m, and Hurdles: Top 4 Athletes progress.

All other Track Events: Top 3 Athletes progress.

All Field Events: Top 3 Athletes progress.

As a result of this change, an impressive **61 boys** from SBHS will be progressing to the Regional Athletics Carnival, which will be held on **Tuesday 5 August and Wednesday 6 August**.

In preparation, **all Athletes are strongly encouraged to attend the Tuesday morning training sessions** as we continue building towards both the Regional Carnival and the upcoming GPS season.

Results: SBHS CHS Athletics Results Google Sheet: [Click here to view the results](#)

Please check your results and report any errors to me **before the end of Term**.

Acknowledgements: A huge thank you to the dedicated staff who assisted on the day - without their support, the competition simply could not happen.

Special Thanks to: Ms Lena Park - Social Science, Mr Jack Rowlands - Social Science, Ms Natalie Luu - History and Religion.

Thank you also to our Coaching Team for their continued efforts in preparing the Athlete's and supporting them throughout the day. Your expertise and commitment are deeply appreciated.

Key Upcoming Dates:

- **Regional Athletics Carnival:** Tuesday 5 and Wednesday 6 August.
- **GPS Athletics Season Begins:** Monday 18 August.

Kurt Rich
MIC Athletics





PARENT TEACHER INTERVIEWS

The following is information on the final parent-teacher night 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 the 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:
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 10 and 11 parents only.

- By **6pm Wednesday 2 July**, all parents of boys in **Years 10 and 11** 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 10 and 11 students**. If you have not received this email by the morning of **Thursday 3 July**, 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 23 July**.
- 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 24 July**.
- **Interviews should not exceed five minutes' duration.** If there is insufficient time, a further appointment may be arranged for a later date.

Mr J Kay
Deputy Principal





As Term 2 draws to a close, we extend our heartfelt thank you to everyone who has supported our SBHS Canteen. A special shoutout to our dedicated Canteen Managers and assistant staff, whose tireless efforts keep our operations running smoothly each day, serving up a wholesome, delicious menu filled with culturally diverse favourites.

We are especially grateful to our wonderful volunteers - our superstar mums, dads, grandparents and siblings - who generously give their time each week to help feed our boys. Thanks to your generous support, all profits earned by our P&C-run Canteen are directly reinvested back into school programs and initiatives that benefit our students.

Thank you also to our Prefects and SRC leaders for stepping up during recess and lunch duties - your teamwork embodies the strong community spirit that defines our school!

Wishing everyone a restful, well-deserved holiday break. We cannot wait to welcome you all back in Term 3!



We are delighted to announce that Vivian Chen, (previously our Canteen Committee Vice-President) has recently been elected into the role of President of our SBHS Canteen Committee. Many of you will already know Vivian as our Canteen Masterchef extraordinaire and talented organiser of our Canteen Special Days with her exquisite seasonal creations. Thank you to Vivian for stepping into the responsibilities of this vital role and for all your dedication and hard work supporting our SBHS Canteen!

We also extend sincere thanks to Alison Dao, our former President, for her invaluable assistance and guidance over this year that has ensured a seamless transition. We are truly grateful for everyone's combined efforts that keep our SBHS Canteen thriving!



UPDATE

As we prepare for the upcoming semester, a few of our menu item prices will see a small increase due to rising supplier costs. We have worked hard to keep these changes minimal and continue offering fresh, nutritious meals made with quality ingredients. Thank you for your understanding and ongoing support - it helps us keep serving our boys the best each day!



Volunteering in our 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. Time slots for Term 3 are already available and we would love to see everyone at our Canteen, especially if you have not visited before. Please sign up through this online link, where you can choose your preferred dates:

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



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 19 June: Tania Kuskoff, May Wong.

Friday 20 June: Cassie Cheng, Ying Li.

Monday 23 June: Grace Guan, Jennifer Wang, Jin Ning.

Tuesday 24 June: Matthew Pang, Gordon Gao, Eri Tjhin, Cecilia Gondokusumo.

Wednesday 25 June: Emily Chow, Pam Jolly.

Thursday 26 June: Thuy Nguyen.

Friday 27 June: Tran Huynh, Karen Cheung, Jagnoor Jagnoor.

Monday 30th June: Jessica Tam, Grace Guan, Aik Foo Lau, May Lee.

Tuesday 1st July: Amy Wang, Renee Levitt, Qing Guo.

Wednesday 2nd July: Tania Kuskoff, Susanna Xie, Pam Jolly.

J Yuan
On Behalf of the SBHS Canteen Committee





Academic Achievement List

Congratulations to the students in Years 8, 10 and 12 listed below for being placed on the Academic Achievement list for Semester 1. Being placed in the top 20% of your year group is something all of these students should be proud of and are encouraged to continue their dedicated approach to their studies into next year and beyond!

YEAR 8

Aryan Ambre 08F
Owen Chan 08M
Nicholas Duong 08R
Dharav Gohil 08F
Reyansh Gupta 08M
Alejo Hartigan 08R
Derek He 08M
Isaac Hu 08F
Noah Isaacs 08E
Thommen Jacob 08F
Lucas Ji 08R
Harold Jiang 08M
Rohan Joshi 08S
Alistair Khuu 08S
Jackson Lai 08F
Vincent Lee 08E
Robert Lei 08F
Jaydon Liu 08S
Nathan Liu 08S
Kevin Luu 08F
Andy Nguyen 08E
Callum O'Loughlin 08F
Theo Pham 08T
Victor Pham 08T
Isaac Tang 08S
Guru Thanabalasingam 08S
Kuzma Tkachenko 08F
Ethan Trinh 08T
Ryan Truong 08S
Justin Vuong 08M
Cloud Wang 08T
Nadisha Widanagamage Don 08E
Owen Yang 08E
Elliot Yuan 08F
Titus Zheng 08F
Tony Zhou 08F

YEAR 10

Kevin Bui 10R
William Cahyadi 10R
Matthew Cai 10F
Otis Candy 10M
Dennis Chen 10S
Lucas Chen 10T
Charlie Cheshire 10T
Luca Dadic 10T
Om Dave 10S
Aryan Ghosh 10S
Roger He 10E
Ethan Hong 10R
Alexander Howe 10M
Hriman Joshi 10R
Isran Kanwar 10S
Jasper Kim 10T
Joshua Kuo 10R
Kyle Lee 10R
Geoffrey Li 10S
Nicklas Li 10F
Ricky Luo 10R
Alay Mahidadia 10E
Jiekai Miao 10E
Aarav Mishra 10M
Rohan Mittal 10E
Nishith Munasinghe 10R
Adam Ly Nguyen 10M
Hayden Nguyen 10S
Pradyum Nuggehalli 10S
Sharvil Pande 10S
Jun Shim 10F
Haroon Syed 10E
Jadon Tang 10R
Ryan Teng 10R
Sajan Thiagalingam 10T
Aiden Ton-That 10T
Felix Tran 10E
Vivaan Wadhwa 10F
Terence Wang 10T
Yuhai Wang 10M
Tom Ye 10T
Terry Zhang 10T



YEAR 12

Lucas Adamson 12T
Aayan Azhar 12R
Thomas Cao 12E
Clinton Chau 12F
Jerry Chen 12E
Jayden Djakaria 12R
Henry Duong 12E
Dylan Dutt 12F
Matthias Elgawly 12R
Rayan Foiz 12S
Samuel Gao 12M
Pranav Gupta 12M
Adib Habib 12E
Thomas Han 12T
Dane Hong 12M
Shafayat Hossain 12F
Ric Hou 12R
Alex Huang 12R
Daksh Joshi 12T
Matthew Kuskoff 12T
Harry Liu 12E
Mahdin Mamun 12R
Rupantar Nirvor 12R
Liam Nottage 12S
Akith Perera 12E
Xavier Perry 12M
Jawwad Prodhon 12T
Arthur Qiu 12R
Tanish Sarathy 12S
Alif Siddiqui 12R
Jeff Tse 12R
Zarif Uddin 12T
Timothy Wahib 12E
Maurice Wong 12T
Brendan Woo 12E
Nicky Wu 12T
Nicolas Yan 12M
Ryan Yu 12R
Stephen Yue 12M
Jonathan Zhang 12R
Ruo Bin Zhang 12M
Timothy Zhou 12T

In addition, we like to acknowledge students with outstanding learning behaviours across all their subjects. We recognise students who have achieved the following percentage of **Consistently** learning behaviours as a total:

- 80% Consistently for Years 7 and 8
- 85% Consistently for Years 9 and 10
- 90% Consistently for Years 11 and 12

These students must also not have any Sometimes or Rarely for their learning behaviours in any course. These benchmarks indicate student application in areas evidence supports as essential for academic growth, while also understanding that students should be developing these skills more over time, with engagement increasing when choosing more elective courses as they enter Year 9 and beyond. Award Scheme points are also added for these students in recognition of their effort.

YEAR 8

Nicholas Duong 08R
Dharav Gohil 08F
Rahul Ram Gopal 08F
Carlson Huang 08F
Nathan Liu 08S
Callum O'Loughlin 08F
Theo Pham 08T
Victor Pham 08T
Isaac Tang 08S
Ethan Trinh 08T
Ryan Truong 08S
Justin Vuong 08M
Nadisha Widanagamage Don 08E
Owen Yang 08E
Lucas (S) Zhou 08S

YEAR 10

William Cahyadi 10R
Otis Candy 10M
Lucas Chen 10T
Om Dave 10S
Andrew Dong 10T
Aryan Ghosh 10S
Roger He 10E
Alexander Howe 10M
Hriman Joshi 10R
Isran Kanwar 10S
Jasper Kim 10T
Om Kothari 10R
Joshua Kuo 10R
Caspar Lai 10M
Kyle Lee 10R
Geoffrey Li 10S
Alexander Liu 10S
Ricky Luo 10R
Jiekai Miao 10E
Aarav Mishra 10M
Advait Nair 10R
Adam Ly Nguyen 10M
Sharvil Pande 10S
Sherwyn Paul 10M

Dhuryah Sapra 10E
 Jun Shim 10F
 Sajan Thiagalingam 10T
 Felix Tran 10E
 Terence Wang 10T
 Tom Ye 10T
 Kenzie Yuan 10S
 Zeeshan Zeeshan 10M
 Daniel Zmak 10T

YEAR 12

Lucas Adamson 12T
 Aayan Azhar 12R
 Arin Bhargava 12E
 Thomas Cao 12E
 Clinton Chau 12F
 Callum Chen 12M
 Jerry Chen 12E
 Dylan Dutt 12F
 Matthias Elgawly 12R
 Rayan Foiz 12S
 Samuel Gao 12M
 Shafayat Hossain 12F
 Ric Hou 12R
 Jordan Komonen 12F
 Mahdin Mamun 12R
 Rupantar Nirvor 12R
 Akith Perera 12E
 Declan Pham 12F
 Jawwad Proddhan 12T
 Andrew Pye 12R
 Arthur Qiu 12R
 Jin Shim 12F
 Nathan Tang 12R
 Jeff Tse 12R
 Zarif Uddin 12T
 Maurice Wong 12T
 Nicky Wu 12T
 Jonathan Zhang 12R

Congratulations to the following students in Years 7, 9 and 11 who had excellent learning behaviours in their semester 1 reports.

YEAR 11

Oliver Boije	11M
Aaron Chan	11R
Lucas Chang	11S
Max Chen	11R
Tristan Dean	11E
Liwen Deng	11E
Liam Fong	11R

Aaron Huang	11S
Issac Lai	11E
Anthony Li	11F
Ethan (M) Li	11M
Max Mcleod	11F
Kai Mitsumoto	11E
Nathan Nguyen	11S
Nehan Rahman	11E
Aiden Trinh	11M
Lucas Xu	11S
Jerry Yeung	11R
Lachlan Yuen	11S

YEAR 9

Arittro Aumi	09E
Jiwan Cha	09E
Joshua Chen	09E
Ruyee Chen	09E
Max Feng	09F
Orie Hossain	09E
Alexander Hwang	09M
Maxi Ibrahim	09M
Anthony Jiang	09T
Maksim Kireev	09R
Alex Li	09M
Matthew Lim	09S
Maadhav Manikandan	09R
Michael Nguyen	09M
Buster Nicholls	09R
Lokesh Paditham	09R
Chris Pan	09E
Araf Rahman	09M
Jinosh Rajendra	09T
Lakshmipathy Ramanathan	09M
Ayush Sarathy	09M
Aditya Sharma	09T
Theo Su	09T
Xavier Tanhueco	09F
William Tran	09R
Jason Van	09E
Barry Zhang	09T
Ryan Zhao	09E



YEAR 7

Angad Aujla	07R
Sam Brown	07R
Johnson Budiman	07M
Kai Chieng	07E
Ethan Cui	07M
Benjamin Hunter	07M
Zaed Khan	07F
Benjamin Lau	07E
Matthew Law	07M
Ki Lee	07M
Nishanth Madhalam	07M
Safwan Mah	07E
Lachlan Mak	07T
Sarvesh Manikandan	07M
Krishnan Nair	07T
Kevin Qin	07F
Jason Sim	07M
Aaron Tarjadi	07E
Danson Wang	07M

Congratulations to the following students in Years 7, 9 and 11 who made the merit list in their semester 1 reports.

YEAR 11

Arnav Agrawal	11S
Sidney Bi	11M
Oliver Boije	11M
Hudson Cai	11M
Lucas Chan	11T
Lucas Chang	11S
Ray Chen	11M
Liwen Deng	11E
Brooks Feng	11S
Liam Fong	11R
Aaron Huang	11S
Jamie Jin	11S
Eugene Jung	11S
Lucas La	11S
Issac Lai	11E
Max Lau	11F
Elijah Lees	11F
Anthony Li	11F
Ethan (F) Li	11F
Shane Ma	11T
Siddharth Menon	11E
Azam Mohamed	11M
James Nguyen	11S
Jude Ou	11R
Manish Paul	11S

Alex Pidcock	11F
Mark Sharp	11M
Brooklyn Su	11T
Aolin Tang	11T
Arpit Thapaliya	11F
Abithan Vithuran Kumaravel	11M
Clyde Wang	11M
Leo Wang	11S
Vincent Wang	11T
Yuwen Xiao	11M
Kevin Xie	11R
Mark Yan	11F
Shine Yang	11T
Lachlan Yuen	11S
Lucas Zhang	11R
Lucas Zhou	11T
Delbert Zou	11S

YEAR 9

Arittro Aumi	09F
Andrea Capuano	09R
Jiwan Cha	09E
Chase Chan	09S
Joshua Chen	09E
Bill Han	09T
Orie Hossain	09E
Ian Huang	09T
Jason Huang	09R
Alexander Hwang	09M
Jasper Jakubauskas	09M
Anthony Jiang	09T
Andrew Kang	09M
Mohit Kapoor	09E
Abhinav Lahiri	09R
Dylan Lee	09E
David Li	09R
Matthew Lim	09S
Jamie Liu	09S
Vladimir Loukine	09E
Yashneil Lucknauth	09R
Caleb Ma	09E
Marco Ma	09M
Maadhav Manikandan	09R
Deep Ojha	09R
Lokesh Paditham	09R
Chris Pan	09E
Araf Rahman	09M
Jinosh Rajendra	09T
Lakshmipathy Ramanathan	09M
Nithan Rameshkumar	09E
Aditya Sharma	09T

Rishabh Srivastava
 Theo Su
 William Tran
 William Wang
 Lucas Wong
 Tom Yang
 Martin Ye
 Joshua Yu
 Barry Zhang
 Ryan Zhao
 William Zhou

YEAR 7

Eamon Au
 Angad Aujla
 Johnson Budiman
 Lucas Chen
 Siddharth Cherian
 Kai Chieng
 Marcus Chu
 Ethan Cui
 Peiran Dong
 Alex Huang
 Benjamin Hunter
 Lucas Jin
 Juan Joby
 Zaed Khan
 Koby Kirkham
 Benjamin Lau
 Matthew Law
 Ki Lee
 Aidan Lewis
 Nishanth Madhalam
 Safwan Mah
 Aharshi Majumdar
 Sarvesh Manikandan
 Daivik Patadia
 Archie Pham
 Max Poon
 Kevin Qin
 Dennis Shek
 Jason Sim
 Aaron Tarjadi
 Liam Tran
 Alex Wang
 Danson Wang
 Liam Xu
 Eric Yan
 Jacob Yen
 Anson Zhong
 Charlie Zhou

09F
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07M
 07R
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Well Done to all Students!

Mr Jamie Kay
 Deputy Principal

Mr George Barris
 Deputy Principal



And





Coach Cameron Ryan with the TSC Intermediate Team



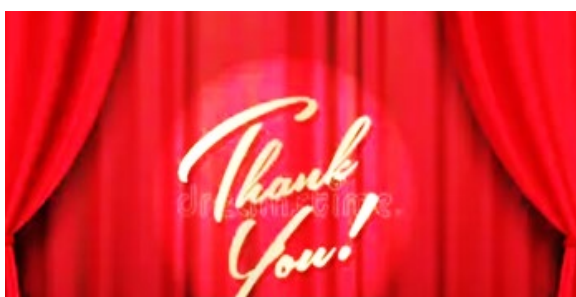
Intermediate TSC Grand Finalists on Stage, The Enmore Theatre! Coach Nat Jensen, Mac Giles, Jason Huang, Ahyen Haque, Jasper Jakubauskas and Mihir Shah



Intermediate TSC Team backstage-The Enmore Theatre



The Enmore Theatre



Intermediate Theatresports Grand Finalists 2025

On Sunday 22 June, our Intermediate Team consisting of Mihir Shah, Jason Huang, Jasper Jakubauskas, Ahyen Haque and Mac Giles performed brilliantly at the Grand Finals of the annual TheatreSports School Challenge competition.

This is the first time we have made it to the Grand Finals in this division so it was a huge achievement.

The Team were lucky enough to perform at the beautiful Enmore Theatre along with eight other schools competing to take home the cup.



Our boys demonstrated great courage and creativity, and we are so proud of their efforts to make it this far in the competition.

Thank you to the SBHS students and families who came along to support our players.

Thank you to our coaches Nat Jensen and Cameron Ryan who have supported the boys and the development of Theatresports at SBHS for many years now.

Anna Barry
TheatreSports Co-ordinator



Push Up Challenge Campaign – 2025

Last Thursday 26 June 2025 marked the conclusion of the Push Up Challenge, an event which saw 149 Sydney High Students complete 139,582 pushups - from Wednesday June 4 to Thursday June 26.

This tremendous effort was done in solidarity with the many Australians who struggle with their own Mental Health and Wellbeing.

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 that affect our society today, whilst promoting exercise - a tangible solution to help clear the mind and improve our wellbeing.



I would like to congratulate everyone who took part this year.

During the Challenge, it was great to see so many students pushing in solidarity.

If you would like to help Headspace continue supporting the wellbeing of young people nationwide, then you can do so by making a donation to our school page using the QR code or this link:
<https://www.thepushupchallenge.com.au/fundraisers/SydneyBoysHighSchool2025Team>

We look forward to hosting this campaign again next year, where we hope to see even more students push for better mental health.

Ryan Allen 11E

SBHS Wellbeing Ambassador



Salesforce Excursion - Year 10 Computing Technology Students



Selected students from Year 10 Computing Technology classes attended an excursion at Salesforce Tower in the City on 26 June.

The program deepened our understanding of Artificial Intelligence (AI), particularly its implications in a business setting.

Throughout the day, we learned about different types of AI, its ethical implications as well as its significance in modern global enterprises. We also explored the development of AI over time, and its practical applications in our daily lives.

We then split into groups, and collectively designed an AI to assist businesses, promoting our problem-solving ability using technology. We further engaged in a career panel which allowed us to learn about the backgrounds of various employees and how their passions led them to take a role at the company. They enlightened us with insights on University Studies, Internship opportunities, and future Career pathways.

We truly enjoyed the highly interactive and informative workshops, and the chance to connect with the friendly staff members.

We are grateful for this precious opportunity to learn about the potential of AI for businesses and careers in the Information Technology sector. Our sincere thanks go to Ms. Dam and Mr. Comben for organising this event, and to all the boys whose curiosity and teamwork made it so successful!

Key Takeaway Quotes:

- “Maintain your curiosity in all things and people, Use AI as a tool and do not let it replace you”, (meaning – don’t lose yourself, and your own creativity and innovation).
- “Say yes to everything, you can sleep when you are old!”, says a 24-year-old intern. 😊

Nicklas Li 10F
Ricky Luo 10R



Have you ever been to a Demo Day?
Interested in startups & entrepreneurship?

AUSTRALIA'S FIRST HIGH SCHOOL-AFFILIATED:

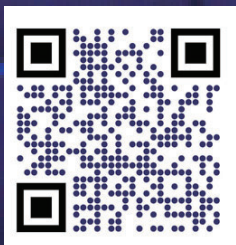
STARTUP DEMO DAY

with

Old Boy
Startup Founders



5.30pm Friday | 25 July
(refreshments provided)



Presented by:



key

YEC

Sign up at key.ai/demo-day

Venue: The Governors Centre

WORLD REFUGEE DAY



On Thursday 19 June 2025, students from the Equality Committee visited the Fullerton Hotel in celebration of World Refugee Day, fundraising for the UNHCR Foundation.

UNHCR – the United Nations High Commissioner for Refugees is a non-profit organisation that stands to lead and coordinate international action to protect refugees and resolve refugee problems worldwide.

Students arrived at the Fullerton at 10am and were then invited into a vast hall for lunch.

Many of the attendees consisted of wealthy individuals or company representatives.

Our boys' aim was to collect as many donations as possible from many generous diners.

The event was a huge success, garnering roughly **\$180,000 for charity!**

The students had great fun and gained tremendous experience!

Well Done!

Students learnt more about the UNHCR and what they stand for.

It was also great to meet former SBHS student Subhan, who used to volunteer at this fundraiser when he was a student at SBHS.

Subhan is now working at the Fullerton, while studying for an Arts and Law Degree.

Subhan deliberately chose to work on this day, so that he could say hello to the current Equality Committee members and encourage them in their fundraising efforts.

Hazel Stephens
Teacher



CAREERS SBHS

- Why Work Experience matters for your Future!



- 7 best Time Management apps for Students!



We all struggle with time management from time to time, and as a student, juggling homework, extracurriculars, social life, and sometimes even a part-time job can be a real pain!



Work Experience

You might have strong academic **interests or exciting ideas** about certain industries, but how do you know if those translate into careers you will **enjoy**?

The answer lies in getting **real-world experience** before committing to a future direction – and that is **where work experience comes in**.

The reality behind the dream job is not so sweet.

Take marine biology – you might picture swimming with dolphins, but a work experience placement might reveal that much of the job involves:

- Data analysis in labs.
- Writing detailed reports.
- Applying for research funding.

That is not necessarily bad news, but it helps you make informed decisions about whether the reality matches your expectations.

Try Before you Commit:

Essential human skills you cannot learn in a classroom.

Building confidence and self-awareness preparing for job applications and interviews.

Standing out from the Crowd!

To Maximise Your Work Experience:

- Approach it with curiosity and **ask plenty of questions**.
- Volunteer for different tasks when possible.
- Observe how various roles interact.
- Pay attention to what energises or drains you.

Luckily, there is an app out there for just about anything nowadays:

- Todoist allows you to create to-do lists and organise them by project.
- If you are a visual learner, Trello might be the perfect app for you.
- Forest is a unique app that helps you stay focused and manage your time better by planting trees.
- My Study Life is designed specifically for students, making it a perfect choice for managing your school schedule.
- Evernote allows you to create notes, to-do lists, and reminders all in one place.
- TickTick combines a to-do list, calendar, and habit tracker in one app.
- Notion combines notetaking, task management, and database functions in one place.

I personally use notion and YPT (free version of Forest) which is always better with friends.

If these apps do look interesting - check them out!

To all students, it is about time to start warming up the engines and fueling them into overtime.

Start those habits, polish those exam techniques, study hard.

Goodluck everybody!

I wish you all the best! If you need personal help, I am also the student achievement prefect.

Andrew Ding
Careers Prefect

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 the last four weeks of term should have been lodged with Dr K A Jaggar 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 approval to Dr K A Jaggar.



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

School Absence

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.

Requests

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.





Dear Parent or Caregiver

The Life Ready program is a mandatory program. The course aims to prepare and support students to lead, and contribute to, healthy, safe and meaningful lives, which promote respect, responsibility, enjoyment, inclusion and social justice for self and others.

The Key Skills:

Communication and Interpersonal skills.

Decision making, problem-solving and critical thinking skills.

Building independence and confident transitions.

The course addresses six learning contexts:

Independence.

Mental Health and Wellbeing.

Respectful Relationships.

Sexuality and Sexual Health.

Drugs and Alcohol.

Safe Travel.

***Note – these skills have been addressed in but not limited to the PDHPE program and Values Education.**

IMPORTANT

The program will run across 3 days:

From Monday 15 December 2025 to Wednesday 17 December 2025.

During the last Week of the School Year 2025!

Any student who does not complete this course will be required to complete the **2026 program** which will again be in Term 4 - **therefore during their 1st Term of Year 12.**

Kurt Rich

Life Ready Coordinator



NEW SOUTH WALES RIFLE ASSOCIATION

Rifle Shooting at the NSW Rifle Association Kings Series

Sydney High's Fullbore Squad competed in the McIntosh and Kings Rifle Shooting Competition last week at the Anzac Rifle Range in Malabar.

Our Team was provided with valuable experience against other shooters of all different ages and skill levels, serving as preparation for the upcoming GPS competition in July.

Over the course of five gruelling days, our squad faced various challenges, including unfavourable weather and unpredictable winds across distances from 300 to 800 metres.

Despite these conditions, our Team followed through and delivered excellent results, with many shooters being recognised with numerous range prizes. Most notably, Tristan Dean secured first place in C Grade, with an exceptional aggregate of 484.42/500.

Even those that did not receive prizes still managed to set personal records and perfect 50/50 scores.

Committment

These results have been a testament to the Team's commitment and devotion, inspiring great hope for the season ahead.

We are deeply grateful to our MIC, Mr. Comben, and our coaches, for their support and guidance, which have enabled us to reach our full potential.

We also want to thank the NSW Rifle Association for hosting all our shooters at Malabar and for staging this excellent competition.

Lachlan Yuen

Vice-Captain of Rifles





Dear Students and Parents,

Just to remind you that our school is a subscriber to the study skills website www.studyskillshandbook.com.au including the Study Samurai video library.

This website will help you develop essential skills for academic success.

There are units of work on improving time management skills, how to study, research skills, summarising, technology use, brain and memory as well as many wellbeing topics in the Study Samurai Library.

Everything you need to know about becoming a more powerful learner and improving your marks at school can be found on this site.

For example, learn how the colour of your room affects your ability to study, what the best study techniques are for your type of brain, how to improve your handwriting and useful software and Apps to block yourself from technology distractions.

You will also see lots of useful handouts, grids and planners at the bottom of the THINGS TO PRINT page.

To access the handbook, go to www.studyskillshandbook.com.au and **login** with these details:

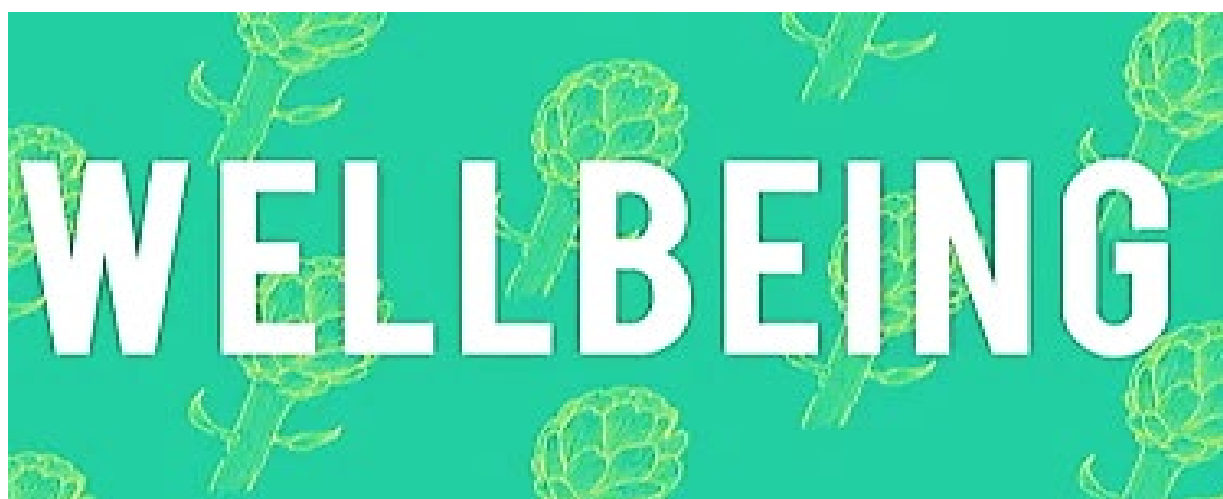
username: **sydneyboys**

password: **sydneyboys**

OR, through the Student Portal, go to My Library then Online Databases, scroll down to the Study Samurai.

The more of this website you can work through, the more you will set yourself up for academic success.

Miss Joanna Chan
Head Teacher Student Wellbeing





STUDY SAMURAI

FIVE KEYS TO UNLOCK PERSONAL ACADEMIC PERFORMANCE

The Study Samurai Library includes:

1. THE ELES ONLINE STUDY SKILLS HANDBOOK WEBSITE

Working Better At Home Units

1. Home Study Environment
2. Organisation and Filing
3. Time Management Skills
4. Managing Workload
5. Dealing with Distractions
6. Overcoming Procrastination
7. Developing Motivation
8. Goal Setting
9. Lifestyle and Balance
10. Managing Stress

Improving Your Skills Units

1. Reading Skills
2. Writing Skills
3. Mathematical Skills
4. Science Skills
5. Foreign Language Skills
6. Assignments Skills
7. Research Skills
8. Presentation Skills

Improving How You Study Units

1. Summarising
2. Active Studying
3. Preparing for Exam Blocks
4. Test-Taking Techniques
5. After Tests & Exams

Working Better At School Units

1. Will we ever use this?
2. Using Classtime
3. Asking for Help
4. Dealing with Conflict
5. Groupwork Skills

Using Technology Units

1. Technology Tools
2. Basic Computer Skills
3. Be CyberSmart
4. Useful Apps for iPads
5. Microsoft OneNote

Skills for Specific Stages Units

1. Preparing in Primary
2. Starting Secondary School
3. Mastering Middle School
4. Becoming a Senior Student
5. Studying at University

Tools for Managing Challenges Units

1. Strategies for Dyslexia
2. Remote Home Learning
3. Living Across Two Houses
4. Bullying: Issues and Strategies
5. Managing Part-Time Jobs
6. Educational Kinesiology
7. Your Brain and Memory
8. Live Your Best Life
9. Tips for Parents
10. Tips for Teachers and Schools

NOTE: A subscription to the Study Skills Handbook includes all topics in this first section.

The Study Samurai Library includes everything on this whole page including all the handbook topics.

2. THE HUMAN CONNECTIONS ONLINE WELLBEING RESOURCE

- Module 1: What is stress?
- Module 2: Stress and peak performance
- Module 3: Positive Psychology, what determines happiness
- Module 4: Quick relaxation & wellbeing tips
- Module 5: Learning how to relax, progressive muscle relaxation
- Module 6: Meditation
- Module 7: Mindfulness
- Module 8: Stress and the way you think

- Module 9: Changing your thinking
- Module 10: Turning negative thinking into positive thinking
- Module 11: Breathing techniques
- Module 12: Changing your focus
- Module 13: Pressure points to help you relax
- Module 14: Time management
- Module 15: Self-image beliefs
- Module 16: How to create positive habits

3. THE STUDY SAMURAI LIBRARY VIDEO LESSONS BY DR PRUE SALTER & ROCKY BIASI (20-30 MINS EACH)

Performance: Achieve personal best performance

- Neuroplasticity (ROCKY)
- Brain Rules (ROCKY)
- 7 Motivation Strategies (ROCKY)
- What Drives Human Behavior (ROCKY)
- How to Set Goals (ROCKY)

- Maximising Classtime (PRUE)
- Practice Methods (ROCKY)
- Mental Practice (ROCKY)
- Practice Principles (ROCKY)
- Getting in the Flow (ROCKY)

- Your Brain and Memory (PRUE)
- Finding Help (PRUE)
- Aligning Goals To Values (ROCKY)
- Model Masters (ROCKY)
- Sustain Progress Develop Mastery (ROCKY)

Study Skills: Know how to make learning easy

- Study Notes 1 (PRUE)
- Mind Maps (PRUE)
- How to Study (PRUE)
- Test-Taking Techniques (PRUE)
- Common Study Mistakes (PRUE)

- Study Notes 2 (PRUE)
- Learning Preferences (PRUE)
- Improving Reading Skills (PRUE)
- Improving Handwriting (PRUE)
- After Tests & Exams (PRUE)

- Study Notes 3 (PRUE)
- Subject Specific Study (PRUE)
- Advanced Memory Techniques (PRUE)
- Preparing for Exam Blocks (PRUE)
- Essay Writing Skills (PRUE)

Time Management: Become organised, efficient and productive

- Home Study Environment (PRUE)
- Organisation and Filing (Paper) (ROCKY)
- Organisation and Filing (Digital Resources) (PRUE)
- Independent Learning (PRUE)
- Managing Workload (PRUE)

- Time to Allocate to Schoolwork (PRUE)
- Creating Afternoon Routines (PRUE)
- Dealing with Technology Distractions (PRUE)
- Dealing with Other Distractions (PRUE)
- Overcoming Procrastination (PRUE)

- Prioritising Techniques (PRUE)
- Managing Workload 2 (PRUE)
- Planning Holiday Study (PRUE)
- The One Thing (ROCKY)
- 80/20 Rule (ROCKY)

Mindset: Develop a growth and success mindset

- When will we ever use this? (PRUE)
- How Winners Think (ROCKY)
- Identity Beliefs (ROCKY)
- Fixed and Growth Mindset (ROCKY)
- Vision and Purpose (ROCKY)

- Senior School Mindset (PRUE)
- How to Change Negative Thinking (ROCKY)
- Problem Solving Questions (ROCKY)
- Mental Mindset of Champions (ROCKY)
- Focus (ROCKY)

- Keeping Things in Perspective (PRUE)
- The Power of Failure (ROCKY)
- 5 Steps To Get Your Head Right For Senior School (ROCKY)
- Changing Your Thinking ABC (ROCKY)
- Strategies for a Growth Mindset folder (ROCKY)

WellBeing: Have energy and motivation

- Lifestyle Factors (PRUE)
- Power Poses (ROCKY)
- Positive Psychology (ROCKY)
- Starting Your Day For Success (ROCKY)
- Creating Positive Habits (ROCKY)

- Sleep and Study (PRUE)
- Stress and Anxiety Relief with The Tapping Technique (ROCKY)
- Accessing The Emotions You Want (Anchoring) (ROCKY)
- Asking Better Questions to change your mental focus (ROCKY)
- Healthy Mind Platter (ROCKY)

- Nourishing Body and Brain (PRUE)
- Meditation and Mindfulness (ROCKY)
- Happiness Advantage (ROCKY)
- Wellbeing Factors (ROCKY)
- Progressive Muscle Relaxation (ROCKY)

The
Kidman
Centre



FREE WORKSHOP CALENDAR 2025

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 6

Tech-Smart Parenting: Creating Healthy Screen Time Habits

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

DESCRIPTION: Held during the school holidays, this workshop will help you develop balanced screen time routines with your kids. Learn how to create a family plan, understand common apps, and build healthier digital habits that support mental wellbeing.

TUES 16 SEPT 2025 (4–5PM)

WORKSHOP 7

Supporting Teens with Low Mood and Suicide Risk

WHO IS THIS FOR: Parents and caregivers of teens

DESCRIPTION: Learn how to support teens experiencing low mood and navigate conversations around suicide safely. This session explores the cycle of low mood and offers practical, evidence-based strategies for checking in, building connection, and opening difficult conversations with care.

WED 1 OCT 2025 (6–7PM)

WORKSHOP 8

Helping Teens with ADHD: Tools to Support Executive Functioning

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

DESCRIPTION: Executive functioning plays a key role in ADHD. This workshop introduces practical tools used in therapy—like planners, visual timetables, verbal warnings, and scaffolds—to help teens improve organisation, focus, and independence.

TUES 11 NOV 2025 (6–7PM)

WORKSHOP 9

Putting It All Together: A Clinical Psychologist's Guide to Supporting Your Child

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

DESCRIPTION: Want to know how it all fits together? In this final session, a clinical psychologist shares five key evidence-based strategies to support children's emotional wellbeing—covering thoughts, feelings, behaviours, body signals, and the role of family connection.

TUE 2 DEC 2025 (6–7PM)



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