

H I G H S C H O L A R S



From the Principal High Talent

Congratulations to Alex Deng, who was invited to participate in the Global Future Space Scholars Meet (GFSSM) in Beijing, China.

Congratulations to Tristan Dean who was selected for the 2025 GPS Combined Rifle Shooting Team.

Congratulations to the Fencing Team who had another successful Australian Senior Schools Fencing Championships over the weekend - Saturday 26 - Sunday 27 July 2025.

The following are the highlights of the competition:

Senior Boys Epee Individual Event - Tommy Xu (12E) won equal bronze.

Senior Boys Epee Team Event - Our Senior Epee A Team won the gold. Team members comprised of: Hudson Cai (11M), Xavier Perry (12M), Tommy Xu (12E), Daniel Zhu (10R).

Senior Boys Sabre Individual Event - Daniel Ilyffe (12R) won the gold, Akith Perera (12E) won equal.

Senior Boys Sabre Team Event - Our Senior Sabre A Team won the gold. Team members comprised of: Daniel Ilyffe (12R), Ethan Li (12F), Akith Perera (12E), Oliver Xie (10R).

Senior Boys Foil Individual - Benjamin Dang (11R) won equal bronze.

Senior Boys Foil Team Event - Our Senior Foil A Team won silver. Team members comprised of: Lyndon Chow (11E), Benjamin Dang (11R), Tom Ye (10T), Jeremy Yan (10F).



NSW Public Schools Survey

We are incredibly proud of the strong results reflected in the recent NSW Public Schools student survey, which clearly demonstrate the positive and supportive environment we strive to maintain at our school. Our student motivation rate stands at an impressive 80%, significantly above the state average of 58%. Additionally, 86% of our students report a strong sense of belonging and connectedness—well above the state average of 70%—while 76% feel supported by a caring adult at school, compared to the state average of 63%. Student engagement is also high at 78%, outperforming the state average of 65%. The survey also highlighted an opportunity to build on our efforts in addressing discrimination and preventing bullying. By enhancing education around our school values, we are committed to ensuring that all students feel valued at school. These efforts are essential to maintaining the positive environment that our school is known for and ensuring it extends to every member of our community.



Summer Sport Selections

Summer sport selections will take place during Weeks 7 and 8 of this term. Information on how to select or change sports was shared with students in Week 1. The new rollover system, which automatically re-enrols students in their previous sports, has made it easier for parents to view upcoming schedules and plan ahead for summer activities. Years 7 and 8 were given the option of changing sport without MIC approval, while Years 9-11 had to seek the approval of both MICs before changing sports.

George Barris
Relieving Principal



Subject Selection



2026

All students currently in Years 7 to 10 will be required to pick their elective subjects for 2026 later this term.

There will be information evenings that students are required to attend, while we also recommend at least one parent attend to develop a better understanding of the selection of elective subjects. These are held online via zoom and will go through the requirements for each year group, including the process students use to select electives.

The following are the dates and times for each event:

- Year 8 into Year 9 – 6:00pm - 7:15pm Tuesday Week 8 – 9 September.

<https://sbhs.zoom.us/j/87585436846?pwd=B4METfYbToi78lVqrtFagukLqgOJtE.1>

- Year 9 into Year 10 (including acceleration processes) – 5:30pm - 6:45pm Monday Week 8 – 8 September.

<https://sbhs.zoom.us/j/84321438712?pwd=1OjtEaeFkPDq0aHVdXnmRauDsF5cKJ.1>

- Year 10 into Year 11 – 6:00pm - 7:15pm Tuesday Week 7 – 2 September

<https://sbhs.zoom.us/j/81384265014?pwd=qNYFhwkbsHubsZuqoNN069CwTqC7OZ.1>

N.B. Year 7 into Year 8 information on language choices will be provided in a Year 7 Meeting during the school day in Week 8.

Students will only have two weeks to make their decision after the information sessions above. It is essential for them to thoroughly research their available options as early as possible, including:

- Reading course outlines (previous years' information is found on <https://sydneyhigh.school/curriculum/subject-choices>, with the updated booklets emailed to students and added to the website on the night).
- Speaking with their teachers.
- Asking questions of students in older year groups.

Every year many students miss out on subjects from realising too late that the course they picked was not what they thought it would be. Students are very strongly encouraged to research the content and skills in the subjects they select, as there are limited opportunities to change electives as we move towards the end of the year.

Jamie Kay
Deputy Principal



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.



Half Yearly Reports - Clearance Forms – Year 12

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

Lost Property

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.





A warm welcome back to everyone as we step into Term 3! Huge thanks to our amazing Canteen Managers and staff for their hard work keeping our P&C-run Canteen running smoothly - and a very heartfelt thank you to our wonderful volunteers who have been stepping in each day with energy and enthusiasm.

As an accredited 'Healthy School Canteen', we are proud to serve freshly prepared, nutritious meals daily - featuring both wholesome favourites and culturally diverse options. All profits from our P&C-run Canteen go back to supporting our boys, funding school activities, resources and projects. Thank you to everyone for your continued support!



We are proud to launch an exciting new initiative at our SBHS Canteen to support students undertaking the Duke of Edinburgh's Award. For the first time, participating boys can apply to complete their community service hours by volunteering in our Canteen.

Student selection for our SBHS Canteen Duke of Edinburgh Volunteering Program prioritises boys whose family members have consistently volunteered at our Canteen since Year 7, with top priority given to families with the highest regularity of contribution. Twenty Year 9 students will be chosen each year, with eligible students selected during Terms 2 and 3. Selected boys are divided into 2 groups, with their volunteering service scheduled across Terms 2-4. This initiative not only rewards the continued support of our dedicated Canteen volunteers but also provides our boys with a meaningful opportunity to give back and gain valuable experience through service.

Thank you to all families for their support! Our first group of boys - Lucas Xu, Keiran Tedjasaputra, Ryan Zhao, Sayyan Doke, Daniel Qian, Weier Lu, Rhys Chen, Ryan Liu, Shao Xu - commenced last term, gaining valuable experience in their volunteering efforts, with positive feedback from all involved. We extend special thanks to Dr. Jaggar, our Canteen Managers Eirini and Karen, our Duke of Edinburgh programme Coordinator Joanna Chan, and Vivian Chen for making this wonderful project possible!



LUCKY DRAW

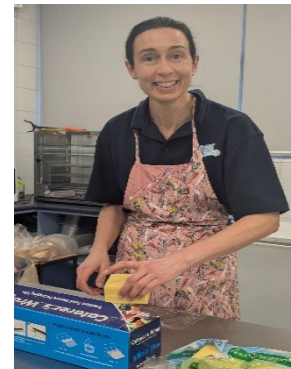
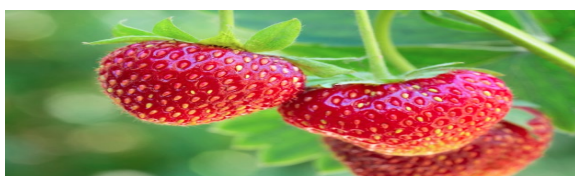
Held once each term, our SBHS Canteen Volunteers Lucky Draw scheme offers five \$10 vouchers as a token of appreciation to our amazing volunteers. These can be redeemed by the volunteer's son for a single \$10 transaction at the school canteen.

Congratulations to the winners of our most recent draw: Emily Chow (Marcus Chu 7M); Susanna Xie (Ethan Lam 9T); Aik Foo Lau (Benjamin Lau 7E); Helen Fang (Thomas Ma 7S); and Joyce Yuan (Elliot Yuan 8F). We are grateful for the ongoing support from our wonderful community!



Volunteering in our Canteen is a fantastic way to support our boys and connect with fellow parents. Plenty of spots are available this term - just choose a day that suits via this online link. Your help is deeply appreciated!

<https://www.signupgenius.com/go/10C084CADAA2A7FEC61-53985370-2025#/>



Heartfelt 
THANKS
TO OUR VOLUNTEERS!

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

Thursday 3rd July: Salena Nguyen, Rosaline Perry.

Friday 4th July: Pam Jolly, Salena Nguyen, Thi Ly, Gana Mundiylolanda, Clare Yang.

Tuesday 22nd July: Thi Ly, Matthew Pang, Lorna Deng, Grace Guan, Lei Xu.

Wednesday 23rd July: Yun Zhou, Emily Chow.

Thursday 24th July: Vivian Chen, Sandra Jouravlev.

Friday 25th July: Val Tedjasaputra, Crystal Yeung, Wesley Koh.

Monday 28th July: Thi Ly, Grace Guan, Pam Jolly, Jennifer Yi

Tuesday 29th July: Matthew Pang, Cecilia Gondokusumo, Olivia Li, Gordon Gao, Vivian Chen.

Wednesday 30th July: Jennie Su, Susanna Xie, Xiaoyan Xu.

J Yuan
On Behalf of the SBHS Canteen Committee

Music NOTES

We have had a busy start to the term with HSC showcase concerts, HSC composition recording and trial performance exams in preparation for the HSC exams in September. This year we have 15 Music 2 and 7 music extension candidates who are required to perform in an ensemble as part of their program. The ensemble works include a saxophone quartet, a Jazz Combo, a Piano Quartet and 4 Piano Trios. The students have been working intensely with their accompanists throughout term 2 and during the school holidays, we wish them all the best in their approaching music exams.



HSC Showcase Concerts

On Thursday 24 July, HSC Music 2 students performed their solo pieces in the hall to only a small audience of elective music students and a few parents. Sunday's concert was held in the Governors Centre Auditorium with a wider parent audience and music elective students. Music Extension students played their ensemble works with professional accompanists including Rebecca Irwin and Andy Hines (Opera Australia Orchestra) and John Napier (Associate Professor of Music, UNSW), along with some Music 2 students who required piano accompaniment for their repertoire.

HSC Music Composition Recording

HSC Mandatory and Elective composition recordings were recorded last Monday and Tuesday in room 101 with professional audio engineer, Matt Stewart from A Sharp Recording Studio. Eighteen compositions including jazz combo, work for 2 vibraphones, piano trio, several duos and solo works were amongst the HSC compositions this year.

HSC Trial Performance Exams

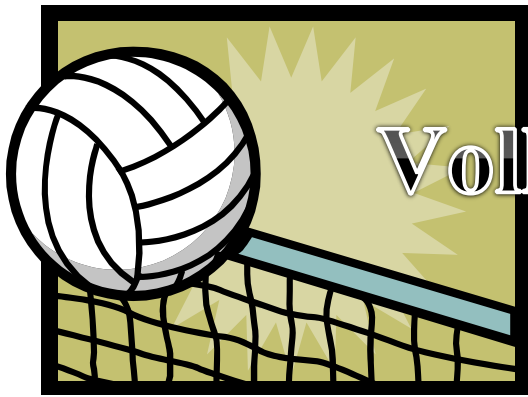
HSC Music 2 and Music Extension students had their trial performance exams on Thursday 31 July and Friday 1 August in the Great Hall. The boys performed their entire program, including the sight singing component for Music 2 candidates in preparation for their HSC performance exam in September.

Suzanna Lim
Music Teacher

2025 Music Ensemble Schedule

| MONDAY (Before School) | TUESDAY (Before School) | WEDNESDAY (Before School) | THURSDAY (Before School) | FRIDAY (Before School) |
|--|---|---|--|--|
| Intermediate Concert Band 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 Term 1 |
| 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 |





Volleyball Notes

Volleyball Results Sydney High School vs Newington College - Saturday 26 July - Term 3 Week 1 2025

1sts, 2nds, 3rds, 4ths, 16A, 16B, 15A and 15B vs NC at NC.

14A vs 15B, 14B vs 15C, 13A vs 13B and 13B vs 13A All vs SGS at SBHS

1sts, 2nds, 3rds, 15A, 15B and 13A all had a 3-0 Win.

16A had a 2-0 Win. 4ths, 14A, 14B all had a 2-1 Win.

16B had a 1-1 Win on Points. 13B all had a 1-2 Loss.

1st: 25-12; 25-14; 25-16. 3-0 Win. 2nd: 25-20; 25-9; 26-24. 3-0 Win.

3rd: 25-17; 25-12; 21-14. 3-0 Win. 4th: 25-8; 20-25; 25-18. 2-1 Win.

16A: 25-11; 25-21; 11-7. 2-0 Win. 16B: 25-22; 21-25; 12-9. 1-1 Win on Pts.

15A: 25-16; 25-7; 25-7. 3-0 Win. 15B: 25-14; 25-9; 25-23. 3-0 Win.

14A: 25-16; 25-22; 11-14. 2-1 Win. 14B: 25-22; 24-26; 21-19. 2-1 Win.

13A: 25-13; 22-15; 25-19. 3-0 Win. 13B: 19-25; 23-25; 25-21. 1-2 Loss.

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

| Area (/3) | First Grade | Second Grade |
|------------------------------|-------------|--------------|
| Serving | | |
| Serve Reception | | |
| Freeball Passing | | |
| Outside and Opposite Hitting | | |
| Middle Hitting | | |
| Setting | | |

No Statistics taken on Saturday 26 July 2025 at Newington College.

Mr Coan
Teacher





Ski and Snowboard Trip to Perisher Valley - Sunday 13 – Friday 18 July 2025



The Thrill of Snow Sports!

8am Sunday - Seventy-five students gathered on the basketball courts ready to embark on a five-hour bus trip to Jindabyne Sport and Recreation Centre. We were warmly welcomed by our instructors at the Centre for the week and shortly thereafter hired our skiing/snowboarding equipment. After dinner, we were given a talk about safety on the mountain and our schedule.

The next morning, upon exiting the Skitube platform, we were taken aback by Mt Blue Cow covered in pristine snow and a sky absent of anything but blue.

Everybody headed out for their 10:30am lessons. In these first two hours, many discovered the thrill of snow sports (despite their ineptitude) while others were enthralled by the challenge of recalling their technique and form.

A skier I spoke with on the chairlift described how this day was the best he had seen in five years of his regular Perisher visits!

After lessons, we had lunch in the Sport and Rec base room and were then allowed over three hours of free time.

A tremendous day in terms of conditions; everyone was now certainly excited about the days to come, and we made the trip back home via Skitube and coach.

After dinner, boys participated in a fiercely competitive trivia where a brilliant team - 'Tommy's Right Shoe' - prevailed over an arrogant 'We Know Everything' team by four points. With the night finishing on a high, everyone went off to their dorms.



In the following days, we were lucky to have sustained great temperatures and snowfall. Visibility was slightly limiting on a couple of days; however, boys were nonetheless determined to improve their skills.

I would like to thank Salena Nguyen for her generosity and effective organisation, as well as Mr Cotton, Mr The and Ms The for their time. Everyone I have spoken to thoroughly enjoyed the trip and are looking forward to next year!

Ethan Wilkinson 11F

Seeing Snow for the First Time!

As the Skitube pulled up to the station, many of us saw snow for the first time. As we began to ski, we learnt how to make a pizza shape with our skis, using our inside edges, and how to come to a stop. We then progressed to turning, a skill which took a little bit more practice. We practised turning on the magic carpet many times, sometimes using the hill on the side to give us a little bit more speed. The conveyor belt would then take us back up to the top of the carpet where we would try again. Each day we would have skiing lessons and then two free ski sessions where we could practise our skiing, build snowmen or have some snowballing fun.



On our third day, we went down the Pleasant Valley run (which was indeed very pleasant), where we had to continuously turn in a zig-zag pattern to avoid losing control or running into trees. The run was very wide and not too steep, perfect for beginners like us. The next day, we took on the Early Starter and Terminal runs, both of which were steeper than Pleasant Valley. Many of us fell or lost control on the way down thanks to the icier ground and tight turn at the end of the Terminal run. After much practice and help from our instructor, some of us began to advance to parallel skiing, a great achievement for beginners who, only a few days prior, had never touched snow, let alone skied.



Back at the campsite in Jindabyne, we would participate in night activities such as trivia, "Minute to Win It", and an assortment of other fun games, bringing out the more competitive side of ourselves. After we headed back to our cabins, many of us would play Uno or Murder in the Dark while eating a bit of late-night ramen or popcorn, getting to know each other a little better.

This ski trip has been an unforgettable experience for all of us, and we would love to come back next year!
Max Feng 9F

Amazing Ski Trip to Start Year 7 on a HIGH!

During the school holiday's, on a Sunday morning, SBHS boys dragged themselves out to the school for the beginning of our first ski trip, on our way to the snowy bluebird peaks of Mount Blue Cow Perisher. After a foot-numbing drive to McDonald's and then Jindabyne Recreation Centre, we were able to rent our gear and settle in our cabin before dinner and a safety briefing and rules.

The following morning, we took a bus, and two ski-tube rides up the mountain to Blue Cow Terminal, where we met our instructors at 10:30am. For the next two hours, most of us would tumble down flat slopes whilst others were taken down surprisingly powdery runs. We then returned from our lessons to roll call and for lunch in our own private room. We were able to have free time with a strict check-in at 2:30pm. We returned down the mountain on a truly 'back-aching' ride before wrapping up at 4:10pm.

For the next few days with great times amongst our cabin friends and the beautiful weather, we had thrilling times. We had fun times, experiencing taking a tumble together on the T-Bar and showing off to one another. We learnt skiing/snowboarding skills while being able to enjoy each other's company as we slid and glided down the mountain together.

I recall poor visibility at one stage and ending up down a challenging run called the 'Outer Limits', we were a group of 4 and struggled to find the groom path while tumbling on our knees, lots of fun!


The best part of the trip was going on many runs with friends and having so much fun at the nightly activities.

I could hear and see laughter throughout the trip as we were making many everlasting memories. Thank you to Teachers, Sport Coaches, and Volunteers, Supervisors and the hospitality of the Sport NSW staff.

We are very fortunate!

I am fortunate to start Year 7 on such a high!
Winston Wang 7T





SHS Cross Country



Ren-Shyan Balnave 2023, Nikolai Shchekochikhin 2022, Michael Lo 2022, Danny Pan 2022, He-Shyan Balnave 2021, Kelvin Meng 2020, James Li 2019

Thomas Schanzer 2019, Anthony Vlatko 2019, Daniel Ma 2018, Jayden Schofield 2016, John Chen 2016, Ian Zhou 2015, Frank Torok 2011, Phil Balnave 1984 (not pictured – Max Russell 2023)

A Special Saturday – Trinity Relay

Last Saturday featured a standout event in the GPS Cross Country calendar – the *Trinity Relay*. Athletes took on a fast-paced 2km course, providing an excellent opportunity to push themselves over a shorter distance and develop their racing speed.

The day also celebrated teamwork, with athletes competing in teams of four. Adding to the atmosphere, the tradition of Old Boys, Staff, and even Parent relay teams continued in full force. Sydney Boys High proudly fielded four Old Boy teams, creating a fantastic opportunity for past students to reconnect. Teams checked in with current athletes and gained a deeper understanding of how the program is progressing.

It was a morning filled with camaraderie, competitive spirit, and school pride.

We put together a strong intermediate team who placed 2nd out of the GPS and CAS schools.

Next Saturday 2 August will be the 6th official round of the GPS season, it is also the GPS vs CAS Race.

Stay Up to Date – SBHS Cross Country

Stay connected with everything happening in the world of SBHS Cross Country through our new all-encompassing hub: [SBHS Cross Country](#)

Clipboard remains the go-to platform for all scheduling updates, training times, and event details: [2025 Cross Country Invitations](#)

Kurt Rich
MIC Cross Country



Elijah Lees (Y11), Anthony Li (Y11), Nestor Chan (Y10), Nestor Chan (Y11)



PHYSIOTHERAPY

Injury and Rehab Updates!

School Physiotherapy will now take place on **Wednesday mornings**.

Please note this is a change from the previous Monday sessions.

Physiotherapy sessions will be held in **Room 901** from **7:00am–9:00am**.

Bookings can be made via this link:
[Physio Booking Sheet](#)

Jeremy Granger has recently moved overseas, and we thank Jeremy for his valuable contribution to the school.

Thank you!

We now welcome **Jason Huo** as our new School Physio.

Welcome

Jason, an Old Boy of Sydney Boys High School was **Athletics Captain** in 2017.

Jason has been coaching Athletics since graduation and is now a qualified physiotherapist. Jason brings both clinical expertise and a deep understanding of the physical demands placed on our students. He is eager to support student performance, recovery, and long-term wellbeing.

In addition, **Neil Song** will continue his work as the **School Physiologist**, located on the **gym gallery steps** during the physio sessions.

Kurt Rich
Head of Strength Conditioning



Jason Huo, Kurt Rich at GPS Athletics Championships 2024



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





2025 END OF SEASON FENCING DINNER

SBHS Fencing Committee invites fencers and their families to celebrate another successful fencing season with teammates, coaches and MIC of Fencing at the End of Season Fencing Dinner. We are having an American BBQ catered by *Smokey Mary BBQ*, Achievement Awards, games and lucky door prizes!

WHEN: Friday 29 August 2025
Arrive at 5.30pm for 6pm start, finish at 9pm

WHERE: Great Hall, Sydney Boys High School, Moore Park

DRESS CODE: Fencers to wear full school uniform

Fencers (all ages), adults, siblings over 12 years old - \$60 each
Siblings 12 years old and under - \$30 each

- 1 Buy your tickets in the School Parent Payment Portal
- 2 When you have paid, complete the RSVP/ Catering Form by clicking [HERE](#) or scan the QR code:



PAY & RSVP BY
WEDNESDAY 20 AUGUST 2025



Epee



Foil



Sabre



Sydney High School Fencing Australian Senior Schools Fencing Championships 2025, Sydney Olympic Park Day 1 – Epee / Sabre Individuals and Teams Events

Last Saturday, High's Epee and Sabre fencers delivered a stellar performance at the 2025 Senior Schools Fencing Championships held at Olympic Park. In sabre, Akith Perera claimed an equal bronze, while Daniel Iliffe powered through to win gold, taking the final bout with an impressive 15 - 8 score. In the Team's event, the High A Team - Daniel Iliffe, Ethan Li, Akith Perera, and Oliver Xie - struck gold with a commanding 45 - 34 victory in the final and the High B Team - Nathan Lee, Aaron Li, Jio Oh, and Andrew Pye - earned equal bronze.

Senior Boys Sabre Individual Event:

Daniel Iliffe (12R) won the gold (1/14 competitors)
Akith Perera (12E) won equal bronze (3T/14).

Senior Boys Sabre Team Event:

Our Senior Sabre A Team won the gold (1/3 teams).

Team members comprised of:

- Daniel Iliffe (12R)
- Ethan Li (12F)
- Akith Perera (12E)
- Oliver Xie (10R)



Over in Epee, Tommy Xu earned equal bronze in the individual event, and the High A team - Tommy Xu, Xavier Perry, Daniel Zhu, and Hudson Cai - brought home gold with a decisive 45 - 29 win in the final. Many of last year's strong results have been matched once again, a true testament to the consistent dedication and hard work of our fencers throughout the season. A special thank you to Mr Huynh and Ms Stewart for their support on the day, a thank you to our coaches Mark and Leo, for their expert guidance, and to all the parents who contributed behind the scenes.

Senior Boys Epee Individual Event:

Tommy Xu (12E) won equal bronze (3T/28 competitors).

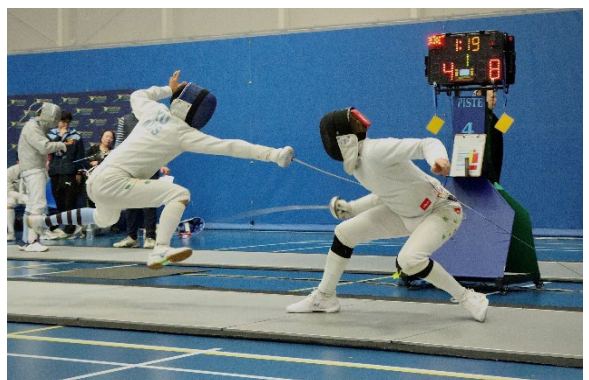
Senior Boys Epee Team Event:

Our Senior Epee A Team won the gold (1/7 teams).

Team members comprised of:

- Hudson Cai (11M)
- Xavier Perry (12M)
- Tommy Xu (12E)
- Daniel Zhu (10R)

Hudson Cai 11M



Day 2 – Foil Individuals and Teams Events

On July 27 our school's Fencing Teams, Senior Foil Team A - Benjamin Dang 11R, Lyndon Chow 11E, Tom Ye 10T, Jeremy Yan 10F and Senior Foil Team B (Pranav Gupta 12M, Tyrone Traynor 10F, Jentzen Lim 10F and Archie Wijaya 12F) competed in the 2025 National Senior Schools Championships.

A culmination of months of hard work and training throughout the season. We arrived at the venue bright and early and began warming up for the long day ahead. The competition kicked off strongly in the individual pools, with all Sydney Boys competitors securing solid rankings.

Tom Ye placed 4th, Ben Dang 5th, and Pranav Gupta 12th. Unfortunately, the direct elimination rounds saw Ben and Tom placed in the same bracket, leading to a head-to-head match in the quarterfinals. Tom was knocked out in a close bout, and Ben progressed to the semi-finals. After a tight match, Ben placed equal third and earned a well-deserved bronze medal.



In the team events, our B Team faced the top seed early on and, despite their best efforts, were eliminated. Our A Team made it to the finals and, after a valiant effort, secured a silver medal - an incredible achievement.



None of this would have been possible without the support of those behind the scenes. Huge thanks to Dr Jaggar for his tremendous support of our fencing program and to Mr Huynh, our tireless MIC, for making sure everything ran smoothly on the day.

We are also incredibly grateful to Coaches Lachlan Blair, Henry Lin, Dean Johnsun and Kevin Chen for their guidance and support during the competition, and to the parents who came along, we thank you for your cheers, the snacks and super foods that kept us going.

While we may not have performed as well as last year, we are proud of the progress we have made. We are walking away with medals, experience, and most importantly, a mindset focused on growth and improvement.

We will be back, stronger and sharper.

Senior Boys Foil Individual:

Benjamin Dang (11R) - won equal bronze (3T/38 competitors).

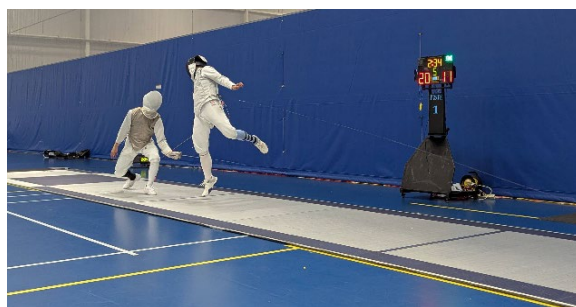
Senior Boys Foil Team Event:

Our Senior Foil A Team won silver (2/8 teams).

Team members comprised of:

- Lyndon Chow (11E)
- Benjamin Dang (11R)
- Tom Ye (10T)
- Jeremy Yan (10F)

Benjamin Dang 11R



Weightlifting

Recent Weightlifting News

Strong Performances at the Quay Centre for Lloyd Zeng and Alex Shao. On the first Saturday of the school holidays, Lloyd Zeng Y10 and Alex Shao Y12 competed in an open Weightlifting Competition at the Quay Centre in Homebush.

It was a long-awaited return for **Alex Shao**, who had not competed since winning Youth Nationals in October 2024.

Alex successfully snatched 92kg - clean and jerked 125kg.

Alex came close to bigger lifts, narrowly missing a 97kg snatch and a 130kg clean and jerk.

With continued strength development, Alex is aiming to build consistency at heavier weights.

His efforts at the Quay Centre earned him qualification for the Junior National Championships in November.

Lloyd Zeng continued his remarkable rise, breaking the U15 National Snatch record with a lift of 77kg.

Lloyd then went on to break his own U15 National clean and jerk record, successfully lifting 100kg.

Both lifters now turn their focus to the upcoming State Championships.



Lloyd will compete in both the U15 and Youth U17 divisions on Saturday August 9, while **Alex** will take part in the Junior State Championships on Saturday August 30. **Lloyd** is also set to compete at the U15 and Youth National Championships in Bribie Island in late October.

Kurt Rich
Head Strength and Conditioning Coach

well done



Lloyd Catching the Clean - 100kg



Alex almost securing the Lockout at 130kg

Amazing

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)



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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)

WHAT MUST SCHOOLS DO FOR STUDENTS WITH DISABILITY?

All students have the right to a quality learning experience at school.

Students with disability must be able to take part in education without discrimination and on the same basis as other students. To ensure this, schools must make reasonable adjustments if needed for students with disability. Educators, students, parents, guardians, carers and others (eg health professionals) must work together to ensure that students with disability can take part in education.

The *Disability Discrimination Act 1992* and the *Disability Standards for Education 2005* describe schools' responsibilities.

WHAT IS A REASONABLE ADJUSTMENT?

An adjustment is an action to help a student with disability take part in education on the same basis as other students.

Adjustments can be made across the whole school (eg ramps into school buildings). They can be in the classroom (eg adapting teaching methods). They can also be for individual student need (eg providing personal care support).

The school assesses the needs of each student with disability. The school provides adjustments in consultation with the student and/or their parents, guardians and carers.

Schools must make reasonable adjustments if needed. The Disability Standards for Education 2005 define 'reasonable adjustment' as an adjustment that balances the interests of all parties affected.

WHO IS INCLUDED IN THE NCCD?

The definition of disability for the NCCD is based on the broad definition under the *Disability Discrimination Act 1992*.

The following students are examples of those who may be included in the NCCD if they need monitoring and adjustments:

- students with learning difficulties (such as dyslexia)
- students with chronic health conditions (such as epilepsy or diabetes).

WHO COLLECTS INFORMATION FOR THE NCCD?

Schools identify which students will be counted in the NCCD. They base their decisions on the following:

- adjustments provided for the student (after consultation with the student and/or their parents, guardians and carers)
- the school team's observations and professional judgements
- any medical or other professional diagnoses
- other relevant information.

School principals must ensure that information for the NCCD is accurate.

WHAT INFORMATION IS COLLECTED?

A student is counted in the NCCD if they receive reasonable adjustments at school due to disability.

Each year, schools collect the following information about the student, including:

- their year of schooling
- the level of adjustment received
- the broad type of disability.

For students who have more than one disability, the school uses professional judgement to choose one category of disability. They choose the category that most affects the student's access to education and for which adjustments are being provided.

A high level summary of the NCCD data is available to all Australian state and territory governments to improve policies and programs for students with disability.

HOW IS THIS DATA USED?

The NCCD data informs funding and work by schools and sectors. It ensures that support for students with disability becomes routine in the day-to-day practice of schools. The NCCD also supports students in the following ways.

- The NCCD helps schools better understand their legislative obligations and the Disability Standards for Education 2005.
- Schools focus on the individual adjustments that support students with disability. This encourages them to reflect on students' needs and to better support students.
- The NCCD facilitates a collaborative and coordinated approach to supporting students with disability. It also encourages improvements in school documentation.
- The NCCD improves communication about students' needs between schools, parents, guardians, carers and the community.

The Australian Curriculum, Assessment and Reporting Authority (ACARA) annually publishes high-level, non-identifying NCCD data.

WHEN DOES THE NCCD TAKE PLACE?

The NCCD takes place in August each year.

IS THE NCCD COMPULSORY?

Yes. All schools must collect and submit information each year for the NCCD. This is detailed in the *Australian Education Regulation 2013*. For more information, ask your school principal or the relevant education authority.

HOW IS STUDENTS' PRIVACY PROTECTED?

Protecting the privacy and confidentiality of all students is an essential part of the NCCD.

Data is collected within each school. Personal details, such as student names or student identifiers, are not provided to federal education authorities. Learn more about privacy in the [Public information notice](#).

FURTHER INFORMATION

Contact your school if you have questions about the NCCD. You can also visit the [NCCD Portal](#).

There is also a free [e-learning resource](#) about the *Disability Discrimination Act 1992* and Disability Standards for Education 2005.

This document must be attributed as *Fact sheet for parents, guardians and carers*.



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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 tech

nology 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:

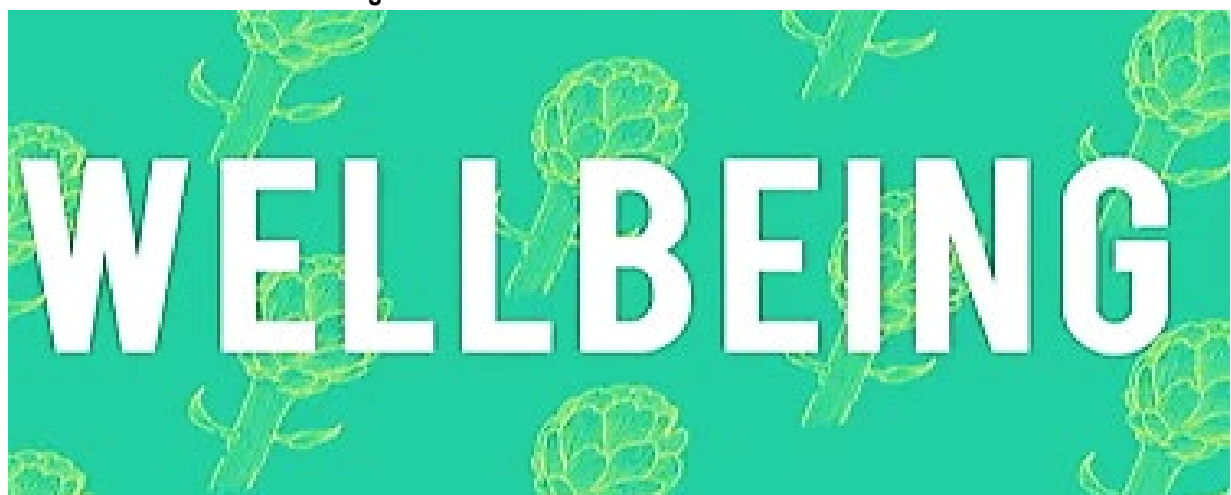
username: **sydneyboys**

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)

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