



From the Principal High Talent

Congratulations to our Philosophy Team who competed at the NSW Philosothon at Newington last week and came second and qualified for Nationals. Jude Ou (11R), Mohamad Rachid (11M), Uday Sharma (9M), Guru Thanabalasingam (8S).



Congratulations to the following boys for completing their Duke of Ed Awards:

Bronze: Wesley Hamilton (10E), Reza Bassam (10E), Vihaan Rajit (11E).

Gold: Daniel Iliffe (12R), Alasdair Yong (12T).

Screen Time

Screens are everywhere—from phones and laptops to gaming consoles and TVs.

Almost everyone uses or has access to a screen during waking hours. Technology brings undeniable benefits, but it can also be harmful when used in excess.



A growing body of evidence links high screen use with reduced academic performance and poorer sleep.

Excessive gaming and online activity often cut into study time and can leave students feeling more agitated, making it harder to concentrate. Too much screen time also affects sleep.

As I discussed in the 4 April *High Notes* article, young men who slept only five hours per night for one week experienced a 10% to 15% reduction in daytime testosterone levels, hormones that are crucial for growth and physical development. This hormonal disruption can lead to stunted growth and delayed puberty, particularly in teenage boys.

Screen use before bed disrupts melatonin production, resulting in poorer sleep quality—an essential component of healthy brain development in adolescents.

Additionally, long hours spent on screens reduce physical activity levels, which contributes to lower energy throughout the day.

The NSW Government recommends no more than two hours per day of recreational screen time (excluding schoolwork) within a 24-hour period.



One of the best things families can do to increase non-screen time at home is to create tech-free zones. Making bedrooms and mealtimes screen-free promotes better sleep and stronger social connections.

Technology is part of everyone's world.

How students use it shapes their success, relationships, and mental health.

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

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



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.



Music NOTES

Manly Jazz Festival

Sydney Boys High Senior Stage Band have been selected to perform at the Manly Jazz Festival this year.

The band will have a 45-minute set on **Sunday 21 September at 12pm on the Jazz Stars of the Future Stage.**

The Jazz ensemble featuring Marley Masya on keys, James Carmichael on trumpet, Andrew Dong on tenor sax, Ayhen Haque on bass and Bach Nguyen on drum kit will also perform some charts in the set.

We have renowned jazz trumpeter Bob Coassin directing the Senior Stage and up and coming jazz tenor player Justin Yeo working with the Jazz Group.

We welcome you to enjoy a weekend of high energy performances featuring some of our talented young musicians.

Music Ensembles

All music ensembles are back and busy preparing for the end of year music concert in the Governors Centre on Saturday 6 December. This year we will bring back our Jazz in the Courtyard concert on Sunday 7 December, where families and friends can bring along a picnic and enjoy some wonderful music by our jazz ensembles on the lawn.

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

CAREERS

CAREERS LEARNING SBHS

Its exam week! Here are some tailored articles:

The perfect morning routine for high school. 🌱

7 tips for tackling procrastination for students. ⚡

Partying safely after exams. 🍻

The Perfect Morning Routine for High School Success!

The right routine can set the tone for a successful, productive day. A good routine can help:



- Reduce Stress
- Enhance focus
- Improve time management

Especially with exams coming up, you want to wake up feeling refreshed and confident. Some tips include:

1. Getting enough sleep
2. Planning your day
3. Staying positive

Have a quick **3-minute** skim:

<https://studyworkgrow.com/the-perfect-morning-routine-for-high-school-success/>

Seven Tips for Tackling Procrastination

Ever found yourself mindlessly scrolling reels or falling down a YouTube rabbit hole? Or maybe playing Brawlstars when there's maths homework due? Even though 75% of students consider themselves procrastinators, letting it get out of hand **will** ruin your school schedule. Getting rid of this anxiety of upcoming unfinished tasks will make your life easier.

But How Can I Do That?



- Break tasks into smaller steps so they do not overwhelm you.
- Set clear goals.
- Put away distractions.

If you do have exams or are falling behind, a quick **3-minute** read will absolutely change your life!

<https://studyworkgrow.com/7-tips-for-tackling-procrastination/>



How to Party Safely Without Spoiling the FUN!

Now you are done with exams, take some time to relax.

Partying is okay if its controlled and safe. But to be safe, you **need** to take precautions:

- Know your emergency contacts.
- Stay together, plan together, have a safe exit plan.
- Watch your alcohol consumption. **YOU MUST KNOW YOUR LIMITS.**

Take a **3-minute** read that **WILL** save your entire night.

<https://studyworkgrow.com/how-to-party-safely-at-schoolies-without-spoiling-the-fun/>

Andrew Ding
Careers Prefect



Public Speaking

On Monday 28 July, SBHS hosted the Junior Secondary Speaking Award.

We were represented by Year 7 students Ishaan Joshi and Ruhaan Bareja, competing with students from Cranbrook, Danebank, Sydney Grammar, St George Girls and Ascham.

Many thanks to Dr Love and Ms Thomas for providing the venue, also to the canteen for catering and well done to the following Public Speaking Students who staffed the event.

Year 8 Students - Nathan Liu, Guru Thanabalasingam, Callum O'Loughlin.

Year 7 Students - Marcus Chu, Anson Yang, Anson Zhong, Zion Kim, Matthew Law.

Also thank you to Marcus Lam Year 11 for timekeeping.

Thank you to our Tutor Luc Tran, who also attended to supporting his students in their first public speaking venture.



This was a wonderful opportunity to meet students from a range of educational contexts, sharing perspectives on the contemporary world.



Philosothon 2025

This event was held on Thursday 31 July at Newington College Stanmore, on behalf of the Philosophy in Schools Association.

Each Team must consist of 4 students, one student from each year group 8/9/10 -Senior 11/12.

SBHS was represented by Jude Ou, Mohamad Rachid, Uday Sharma, Guru Thanabalasingam and our reserve Kevin Luu.

Prior to participating in three Communities of Inquiry, there are resource materials which require processing and consideration. Many thanks to Jude Ou for mentoring the junior students in preparation sessions over many weeks. His efforts were rewarded on the night when the adjudicators proclaimed SBHS second place.

This is an outstanding result considering that our competitors are representing schools where elective Philosophy is taught in Year 7 and offered as an elective for years 8-12. Credit also, to the contribution of our tutor Michael Alam who has worked with all members of the Team over recent years.



Thank you to Dr Jaggar and the school for supporting Enrichment activities.

J.Eggleton
Co-ordinator





On a morning when most outdoor sports were cancelled due to rain, I was pleased to have zero questions about whether cross country would be going ahead.

positive

This reflects the positive attitude and strong work ethic that have defined our Team all season - we train regardless of the weather.

Another highlight worth celebrating is the selection of **Nestor Chan - Year 11** to represent the GPS in the GPS v CAS Opens Race.

This is an outstanding achievement, particularly as Nestor is still eligible to compete in the intermediate division based on his age.

Our GPS standings remain strong, but we must guard against complacency.

Two more weeks of hard, consistent training remain.



Nestor Chan Before the Race

I continue to emphasise the importance of school training sessions over random ones. For the next fortnight, remember: **The Best Ability is Availability!**

IMPORTANT

GPS Team Standings After Round 6:

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

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



Nestor Chan After the Race

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





Sydney High School Fencing

High's Sabre Performance at Roberta Nutt U18 Championships 2025

With the conclusion of the Senior Schools Roberta Nutt Championships, Sydney Boys Sabre is proud to announce our victory and collective success as a team and school.

This competition being equivalent to the School State Championships, we are proud to claim the title for a second consecutive year.

High Sabre dominated this competition, claiming 11 out of the top 16 positions, 5 out of the top 8 positions, and 3 out of 4 of the podium positions.

This is a Huge Accomplishment!

Sydney Boys Sabre is becoming synonymous with our strength and overrepresentation on the podium. High claiming 75% of all podium positions demonstrates more than just a strong cohort of fencers, it showcases the excellence of our program and the love and care poured into our program by our MIC Mr Huynh, our assisting teachers, the coaches, and the High parents who contribute their time, healthy snacks, and support not just to their children but to every single fencer.

This community is what allows us to excel not just in fencing but as a school.

Congratulations to the following Fencers on their outstanding results in this Competition:

Daniel Iliffe - 1st
Ethan Li - 3rd
Akith Perera - 3rd
Oliver Xie - 5th
Nathan Lee - 7th
William Cahyadi - 9th
Jio Oh - 11th
Aaron Li - 12th
Kenzie Yuan - 13th
Andrew Pye - 15th



High's Sabre Performance at AJ RAE Shield Competition 2025

Sydney Boys Sabre just finished their second and final State Competition, we are proud to continue an undefeated season and demonstrate High's collective excellence.

The AJ Rae is a team competition where groups of four fencers compete against another team to a total of 45 points. These competitions are incredibly valuable in demonstrating the shared strength of our program and the camaraderie and teamwork that fencing fosters.



Sydney Boys entered two Sabre Teams, both winning a medal and displaying their strength as fencers. High's B Team advanced from the round of eight to compete against Cranbrook in the Semi-finals. Unfortunately, the team lost despite a close score and great effort, ultimately placing third. High's A Team fenced Newington's A Team in their semi-final match, winning 45-10. This dominance continued into the final, where they beat Cranbrook and took this title for a second consecutive time.

We are proud to bring back bronze and gold and remain as the majority on the podium. Beyond our results, these competitions are always valuable; fencers work together, coaching, supporting, building connections, and learning about each other and themselves under pressure.

As always, we are grateful for our opportunity to compete and win in High colours, and, as always, very grateful to the staff, teachers, and parents for the vital foundations of our program.

SBHS Senior Sabre Team A: Gold: 1/5

Daniel Iliffe 12R
Ethan Li 11F
Akith Perera 12E
Oliver Xie 10R

SBHS Senior Sabre Team B: Bronze: 3T/5

Nathan Lee 12R
Jio Oh 10F
Andrew Pye 12R
Aaron Li 10S

Find results and more photos at:

<https://sbhsfencing.com/>

Daniel Iliffe 12R
Senior Sabre Captain



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



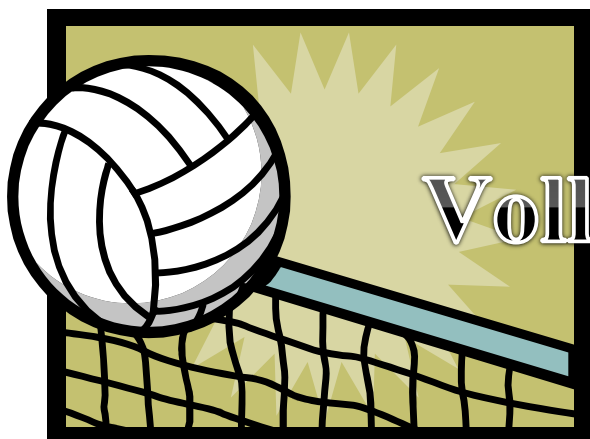
Epee



Foil



Sabre



Volleyball Notes

Volleyball Results Sydney High School vs The Kings School - Saturday 2 August - Term 3 Week 2 2025

ALL Matches vs TKS at SBHS.

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

15A had a 2-0 Win. 16B had a 2-1 Win.

1st: 25-11; 25-6; 25-11. 3-0 Win. 2nd: 25-13; 25-20; 27-25. 3-0 Win.

3rd: 25-9; 25-18; 25-17. 3-0 Win. 4th: 25-14; 25-17; 21-15. 3-0 Win.

16A: 25-20; 25-21; 16-9. 3-0 Win. 16B: 25-8; 25-19; 11-25. 2-1 Win.

15A: 25-13; 25-11; 8-9. 2-0 Win. 15B: 25-17; 25-21; 22-16. 3-0 Win.

14A: 25-18; 25-13; 24-10. 3-0 Win. 14B: 25-15; 25-17; 25-4. 3-0 Win.

13A: 25-17; 25-21; 16-8. 3-0 Loss. 13B: 25-10; 25-9; 25-18. 3-0 Win.

Statistics for 1st and 2nd Grade Teams - Round 8:

Area (/3)	First Grade	Second Grade
Serving	Ethan HUYNH – 2.83 (6) Kevin LIN – 2.14 (7) Eugene CHO – 2.10 (10)	Jonathan ZHANG – 2.11 (9) Nelson LEE – 2.03 (34) Steven YIN – 2.00 (9)
Serve Reception	Roger HE – 2.67 (3) Andy ZHANG – 2.67 (3) Steven YIN – 2.20 (5)	Branson CHAN – 3.00 (6) Ethan YU – 2.11 (18) Anthony LY – 2.30 (10)
Freeball Passing	Nelson LEE – 2.67 (9) Roger HE – 2.67 (6) Jonathan ZHANG – 1.50 (2)	Ethan YU – 2.45 (11) Branson CHAN – 3.00 (3) Anthony LY – 3.00 (1)
Outside and Opposite Hitting	Jonathan ZHANG – 3.00 (9) Nelson LEE – 2.38 (8) Steven YIN – 2.13 (8)	Anthony LY – 1.78 (48) Branson CHAN – 1.62 (25) Ethan HUYNH – 1.00 (7)
Middle Hitting	Athi MAYURAN – 2.67 (6) Luke LIU – 2.00 (3)	Kevin BUI – 2.38 (8) Eugene CHO – 1.80 (5)
Setting	Axel LAM – 2.50 (14) Kirby LI – 2.45 (29)	Nelson LEE – 2.85 (26) Jonathan ZHANG – 2.58 (12)

Mr Coan
Teacher

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

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*.



SYDNEY BOYS HIGH SCHOOL

The Phillip Day Memorial Scholarship
Closing Date: **28 November 2025**



Nurturing scholar-sportsmen since 1883

Applications available at: sbhs.co/scholarships

556 Cleveland St, Moore Park NSW 2021 | Ph: **9662 9300**

SYDNEY BOYS HIGH SCHOOL

Sir Roden Cutler and Lady Cutler Foundation

Scholarship



Nurturing scholar-sportsmen since 1883

Applications available at: sbhs.co/scholarships

Closing Date: **28 November 2025**

556 Cleveland St, Moore Park NSW 2021 | Ph: 9662 9300



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:

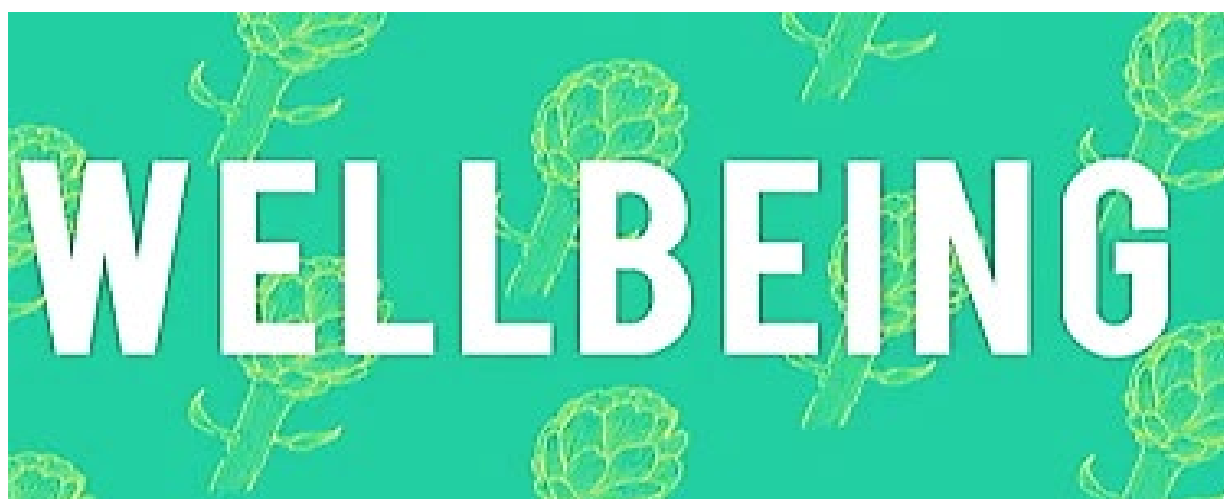
username: **sydneyboys**

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)

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