

# H I G H N O T E S



## From the Principal High Spirit

This week's High Talent is replaced by High Spirit after a tough match for the 1<sup>st</sup> XV against St. Joseph's College. Despite having half the team out injured, the team tried their best the entire game and managed to keep Joeys scoreless for the first 15 minutes of the game. Thank you to George Mermelas (11F), Albert Dao (11F) and Jason Lee (11E) for coming up from 2<sup>nd</sup> grade and playing exceptionally well. Special mention also goes to Oscan Chen (12S), Jin Shim (12F), Jinho Moon (12R) and John Hong (12F) for leading the group in the absence of so many in the team.

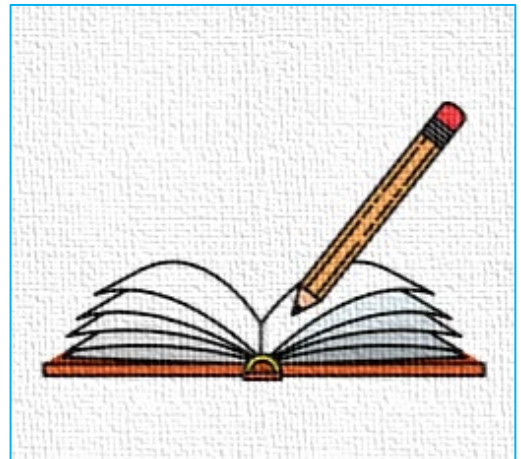


## NAPLAN results 2025

In the 2025 NAPLAN results, Sydney Boys High School outperformed both the Similar Schools Statistically Group (SSSG) and the state average across Year 7 and Year 9 domains. Year 7 students achieved exceptionally high proficiency rates, with 100% exceeding standard in Numeracy and over 90% in all literacy domains. Average scores consistently sat above state and SSSG benchmarks, with particularly strong results in Numeracy (758.6) and Spelling (666.7). Writing remained a relative area for development, though we still maintained a lead over state and SSSG averages.



Year 9 results showed strong performance, achieving the highest average scores in Grammar and Punctuation (731.2) and Numeracy (794.7) compared to SSSG and state. Proficiency rates for Numeracy were exceptional, with 98.6% exceeding standard. Reading and Spelling also remained above SSSG and state levels. While Writing proficiency was slightly lower than in other domains, the average score still exceeded the state and was only slightly below the SSSG. Overall, the data highlights consistent academic strength, particularly in Numeracy, Spelling, and Grammar and Punctuation, alongside opportunities to further elevate Reading and Writing outcomes.



## Summer Sport

The summer sport selections were completed in week 3 and 97.5% of the school was successful with their sport choice for the summer season, the highest rate in recent years.

**George Barris**

Relieving Principal





## The Entertainment Book

The Entertainment Book is on sale at Sydney High, raising funds for the school.

This is available in digital format only for our school.

For those yet to experience the benefits of **The Entertainment Book**, it is offered in a digital form using their easy-to-use app so that:

- ✓ You do not need to carry around a book.
- ✓ You get access to it almost immediately – just download - **The Entertainment Book** app.
- ✓ You can easily see on a map all the eligible restaurants and activities (e.g. cinemas) around your current location or in a specific area.
- ✓ You can easily look up if the restaurant you are currently eating in has a discount before paying the cheque.
- ✓ You can share it amongst a few people with access on up to FIVE devices to use any time they are out.
- ✓ Memberships are now valid for 12 months from date of activation.
- ✓ You can monitor how much use you are getting out of it to easily see your savings.

**There are two different region options, with 20% of all sales going to the school!**

**As a Father's Day bonus, for a limited time all purchases will receive a free upgrade to the Multi-City membership - a saving of \$50!**

**The cost is a standard Single City membership for \$70!**

**Furthermore, a bonus \$30 Visa gift card will be issued.**

**Only one or two nights out throughout the year will currently recoup the initial cost.**

So, if you are interested in helping the school while making some big savings, use the following link to order your copy:  
<https://www.entertainmentbook.com.au/orderbooks/2h19779>

**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](mailto: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.





As Term 3 flies by, our SBHS Canteen has been busy serving wholesome meals to our boys and supporting school events. A huge thank you to our wonderful Canteen Managers and staff for their amazing efforts each day, and to all our superstar volunteers - mums, dads and grandparents - whose generosity and dedication keep our P&C-run Canteen thriving, with all profits directly reinvested into our school's activities and projects.

On Thursday 7 August, our Canteen hosted a delicious Dumpling Festival Day. Thank you to our amazing dumpling Masterchef - Year 7 Mum Lin Qi, who provided and prepared all the ingredients! Our lucky boys were treated to a mouthwatering spread of pan-fried beef dumplings, pork dumplings and pork wontons - a heartfelt thank you to all our wonderful parent volunteers who helped prepare this scrumptious feast!



On Friday 8 August, our boys were again served another special treat: Grandpa Guan's renowned spring onion pancakes! Freshly handmade from scratch by Grandpa Guan and Grace Guan in our Canteen, these golden, flaky delights are always a popular favourite for our boys!

**DELICIOUS!**





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

**Your help is deeply appreciated!**

**THANK YOU!**



# Heartfelt THANKS TO OUR VOLUNTEERS!

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

**Thursday 31st July:** Penny Peng, Tania Kuskoff, Chimala Jayawardhana.

**Friday 1st August:** Li Tian, Charlene Yu.

**Monday 4th August:** Grace Guan, Louise Sun, Jin Ning, Jason Feng.

**Tuesday 5th August:** Susanna Xie, Gordon Gao, Cherry Lin.

**Wednesday 6th August:** Wei Chen, Emily Chow, Hongjun Zhou.

**Thursday 7th August:** Vivian Chen, Lin Qi, Salena Nguyen, Fan Jian, Vivian Wong.

**Friday 8th August:** Thi Ly, Sureka Thiagalingam, Grace Guan, Yuming Guan, Donna Lees.

**Monday 11th August:** Sarah Lin, Grace Guan.

**Tuesday 12th August:** Matthew Pang, Susanna Xie, Gordon Gao, Lily Jia.

**Wednesday 13th August:** Jitendra Khanna, Pam Jolly.

**J Yuan**  
On Behalf of the SBHS Canteen Committee



# PHILOSOPHY



## Ascham Philosophy Conference – Wednesday 6 August

Ms Harcourt's Year 10 Philosophy elective class joined our lunchtime Philosophy group for a day of 'thinking'.

We began with 'The Rules of Logic', followed by 'What is Courage' and 'Escaping the Cave'.

### "Why Plato's Ideas still shape the World"

The afternoon session was 'Religion, Science, Evil and Free Will'.

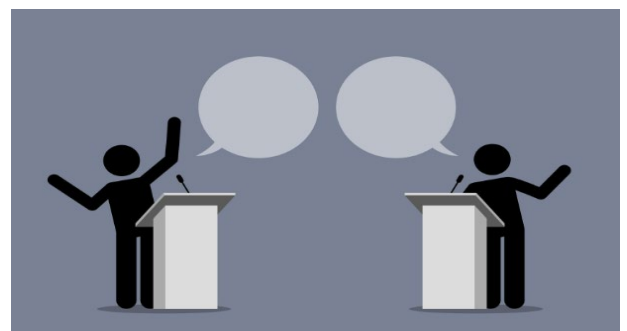


Our students made valuable contributions to the afternoon Debate: "What makes the world go round" "Money of Love".

Well done to the following students' for being great ambassadors for SBHS at this event.

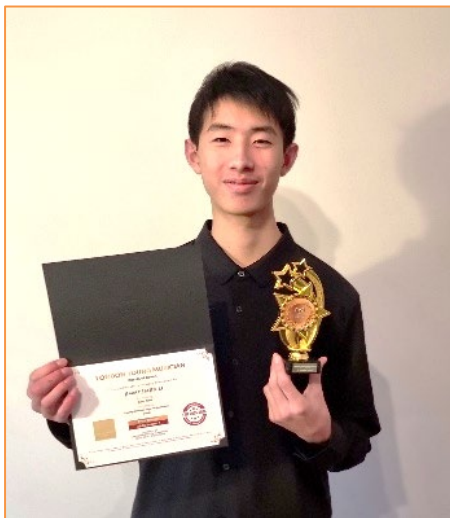
Tristan Chee, Charlie Cheshire, Aryan Ghosh, Nicholas Li, Ryan Mather, Jiekai Mai, Nishith Munasinghe, Advait Nair, Sharvil Pande, Henry Thai, Aarya Retnasingham, Aarav Shah, Sajan Thiagalingam, Felix Tran, Ethan Yu, Sadakat Zamee, Ryan Allen, Balhar Athwal, Jude Ou, Diren Sarathchandra.

**J Eggleton**  
Co-ordinator



# Music NOTES

Congratulations to Jimmy Li in Year 11 who is the recipient of the 2025 London Young Musician Gold Prize for Young Masters in the under 18 category. The London Young Musician is an international online classical music performance competition for musicians under the age of 28 from around the world and is open to all instrumentalist and vocalists. This competition is renowned for its high standard of international jury panel, including professors from the Royal College of Music, London. This unique competition provides a platform to professional pathways and resources for young musicians to gain musical experience.



## 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 45minute set on **Sunday 21 September - 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 be bringing 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

# CHINESE CULTURE



## Chinese Cultural Afternoon

On August 8, the Year 11 Chinese Continuers travelled to the Chinese Consulate General in Camperdown to attend the “Sing for Peace, Voice the Future” event.

We joined many other Chinese language students from across NSW.

The aim of the day was to embrace Chinese culture, connect with fellow learners of the language, and engage in a variety of activities.

The boys participated in numerous cultural events, including traditional Chinese games such as (投壺) Pitch Pot and (毽子) Shuttlecock, with each student earning prizes for their outstanding performances.

Some students fully immersed themselves by wearing traditional Hanfu (汉服) and learning ancient Kungfu practices of Wushu sword techniques.

All the boys showcased their calligraphy skills by writing the message “Wishing Sydney Boys peace and prosperity” with ink and brush. With examinations approaching, they also learned to weave traditional Chinese lucky charm bracelets inscribed with the phrase “金榜题名,” wishing them the greatest success in their upcoming studies.

We were privileged to sit in the front row for two splendid performances: a mesmerising Sichuan face-changing act and a dazzling traditional lion dance, followed by a joyful musical performance.

## PERFORMANCE

The Chinese Consul General, Wang Yu, delivered an inspiring speech encouraging students to persevere in their Chinese studies and to continue exploring Chinese culture.

Students from other schools also showcased a variety of performances, including singing, dancing, and poetry recitation.

During a well-prepared dinner feast, the boys openly socialised with students from other schools such as Kings, Shore, Newington, PLC, and Trinity Grammar, further strengthening interschool connections. These moments of cultural exchange made the day even more meaningful and enriching. Ultimately, this event deepened our passion for Chinese traditions, fostered new friendships, and inspired us to continue learning the language and culture.


**Ryan Wu**  
Year 11



# 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





# SHS Cross Country



Seniors putting in the effort – at the start of training

On a very wet Saturday, our boys put on a strong display of Team Cross Country running.

## CROSS COUNTRY

The Northbridge course offered excellent viewing for spectators in the stands and provided opportunities for fast running, particularly on the grass track loop.

I was especially impressed with the boys after competing at Regional Athletics earlier in the week on Tuesday 5 August and Wednesday 6 August.

This round featured only GPS schools, with the CAS season already concluded.

With just one more round remaining, our juniors sit in 6th place overall, coming off an outstanding 4th place finish over the weekend — their best result of the season so far.

Our intermediates placed 3rd and are on track to maintain that position, while our seniors, who were available, ran valiantly to secure 3rd on the day but will need to dig deep to hold onto their current 2nd place standing.

### GPS Team Standings After Round 7:

- **Opens (Seniors):** 2nd Place.
- **Intermediates:** 3<sup>rd</sup> Place.
- **Juniors:** 6th Place.

### Top 4 Runners for each division:

#### Opens:

Nestor Chan 12th, Max Chen 16th, Tanish Sarathy 22nd and Joshua Kimpton 24<sup>th</sup>.

#### Intermediate:

Anthony Li 9th, Nathaniel Ng 14th, Umar Dewanata 18th and Aaron Xu 24<sup>th</sup>.

#### Junior:

Anton Bolofer 13th, Ayush Sarathy 25th, Robert Lei 30th and Jackson Blinman 45<sup>th</sup>.

### 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





### Regional Athletics Carnival – SBHS Results

Over two glorious days of sunshine a welcome change from recent weeks, 68 SBHS students proudly represented the Sydney Eastern Suburbs at the Regional Athletics Carnival.

There were several standout performances, but perhaps the most memorable came in the very last event — the 17+ 4x100m relay. With three of the original team members unavailable, Oliver Buikema and Ethan Wilkinson (Year 11) stepped up to join Dylan Dutt (Year 12) (Athletics Captain) and Brendan Wood (Year 12).

The makeshift team rose to the occasion, claiming 2nd place and securing a spot at the State Championships.

This result was a testament to the program's depth and the strong foundations built in training — every Year 7 athlete in the program learns relay changeovers from day one.



### State Qualifiers and Medal Winners 2nd place or better, or meeting the state standard

#### 12 Years

- Leon Park – Shot Put – 1st 10.02m.
- 4x100m Relay – Leon Park, Louis Deng, Destin Nguyen and Kevin Yuan - 2nd 58.75.

#### 14 Years

- Heshel Kariyawasam – High Jump - 1st 1.77m.
- Ilya Tsoutsman – 100m Hurdles – 1st 15.68.
- 4x100m Relay – Shawn Handoko, Ilya Tsoutsman, Tom Yang and Cloud Wang 1st 48.25.

#### 15 Years

- Jake Hybler – 800m 2nd 2:16.77.
- Mekaheel Khan – High Jump 2nd 1.75m.
- Lloyd Zeng – 100m Hurdles 2nd 15.15.

#### 16 Years

- Reza Bassam – 110m Hurdles – 18.37 (3rd place).
- Nestor Chan – 800m – 2nd 2:10.08 / 1500m – 2nd 4:21.77 / 3000m – 1st 9:35.54.
- Roger He – Long Jump – 1st 5.82m.
- Mark Yan – 400m – 2nd 53.62.
- 4x100m Relay – Rohan Chand, Mark Yan, Tim Chen and Liwen Deng (Alex Ruhfus) 2nd 45.76.

#### 17+ Years

- Oliver Buikema – High Jump – 2nd 1.85m.
- Dylan Dutt – 400m – 2nd 51.68.
- Nicholas Fung – 110m Hurdles – 1st 16.59.
- Lachlan Leung – Long Jump – 1st 5.74m.
- Darcy Li – Shot Put – 2nd 12.69m.
- Tanish Sarathy – 1500m – 2nd 4:34.36.
- Oliver Tsang – Triple Jump – 1st 11.57m.
- 4x100m Relay – Dylan Dutt, Brendan Wood, Oliver Buikema and Ethan Wilkinson (James McLoughlin and Lachlan Leung) 2nd 45.84.

Congratulations to all athletes on their efforts and sportsmanship across the two days — an excellent lead-in to the GPS Season and State Championships.

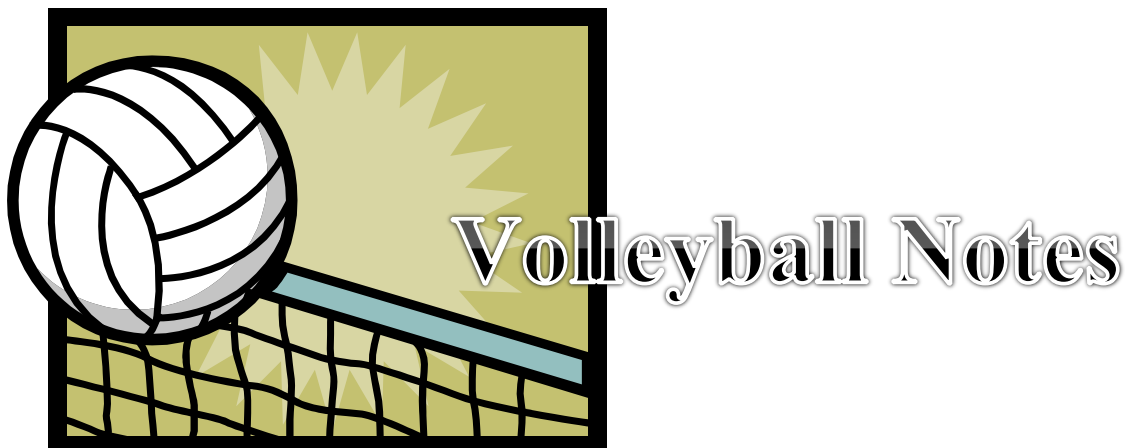
Stay up to date with all things SBHS Athletics — including recent news, results, records and historical milestones : [SBHS Athletics](#)

MIC Athletics

Kurt Rich



Oliver Liu Y11, Ethan Wilkinson Y11, Dylan Dutt Athletics Captain, Brendan Woo Y12



## Volleyball Results Sydney High School vs Saint Ignatius College - Saturday 9 August - Term 3 Week 3 2025

1sts, 2nds, 4ths, 16A, 16B, 15B, 14A and 14B vs SIC at SIC.

3rds vs NC at NC; 15A, 13A and 13B had a Bye.

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

3rds (vs NC), 16B and 14A had a 2-0 Win.

1st: 25-13; 25-14; 25-11. 3-0 Win. 2nd: 25-11; 25-19; 25-20. 3-0 Win.

3rd: 25-13; 25-17; 18-17. 2-0 Win. 4th: 25-12; 25-22; 23-15. 3-0 Win.

16A: 25-9; 25-12; 23-21. 3-0 Win. 16B: 25-16; 25-21. 2-0 Win.

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

14A: 25-11; 25-16; 12-13. 2-0 Win. 14B: 25-2; 25-2; 25-9; 25-13. 3-0 Win.

13A: Bye. 13B: Bye.

### Statistics for 1st and 2nd Grade Teams - Round 9:

Area (/3)	First Grade	Second Grade
<b>Serving</b>	Adam FLOCARD – 2.00 (10) Frederick LAM – 2.00 (5) Athi MAYURAN – 2.00 (2)	Isaiah GOH – 1.82 (11) Branson CHAN – 1.75 (16) Ethan HUYNH – 1.57 (7)
<b>Serve Reception</b>	Steven YIN – 3.00 (3) Owen LI – 2.50 (4) Roger HE – 2.40 (5)	Anthony LY – 3.00 (2) Isaiah GOH – 2.75 (4) Ethan YU – 2.44 (9)
<b>Freeball Passing</b>	Roger HE – 3.00 (1) Aaron JIN – 3.00 (1) Adam FLOCARD – 3.00 (1)	Anthony LY – 3.00 (5) Ethan YU – 2.80 (5) Branson CHAN – 2.57 (7)
<b>Outside and Opposite Hitting</b>	Aaron JIN – 2.67 (3) Dash LAM – 2.22 (9) Steven YIN – 1.50 (4)	Anthony LY – 3.00 (5) Ethan YU – 2.40 (5) Ethan HUYNH – 2.00 (5)
<b>Middle Hitting</b>	Adam FLOCARD – 3.00 (2) Luke LIU – 2.50 (4) Athi MAYURAN – 1.50 (2)	Eugene CHO – 3.00 (3) Isaiah GOH – 3.00 (2) Branson CHAN – 3.00 (2)
<b>Setting</b>	Nelson LEE – 2.70 (22) Andy ZHANG – 1.00 (1)	Axel LAM – 2.53 (19) Ethan HUYNH – 2.53 (19)

Mr Coan  
Teacher



### 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 1<sup>st</sup> 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 BOYS HIGH SCHOOL

Sir Roden Cutler and Lady Cutler Foundation

## Scholarship



Nurturing scholar-sportsmen since 1883

Applications available at: [sbhs.co/scholarships](https://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](http://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](http://www.studyskillshandbook.com.au) and **login** with these details:

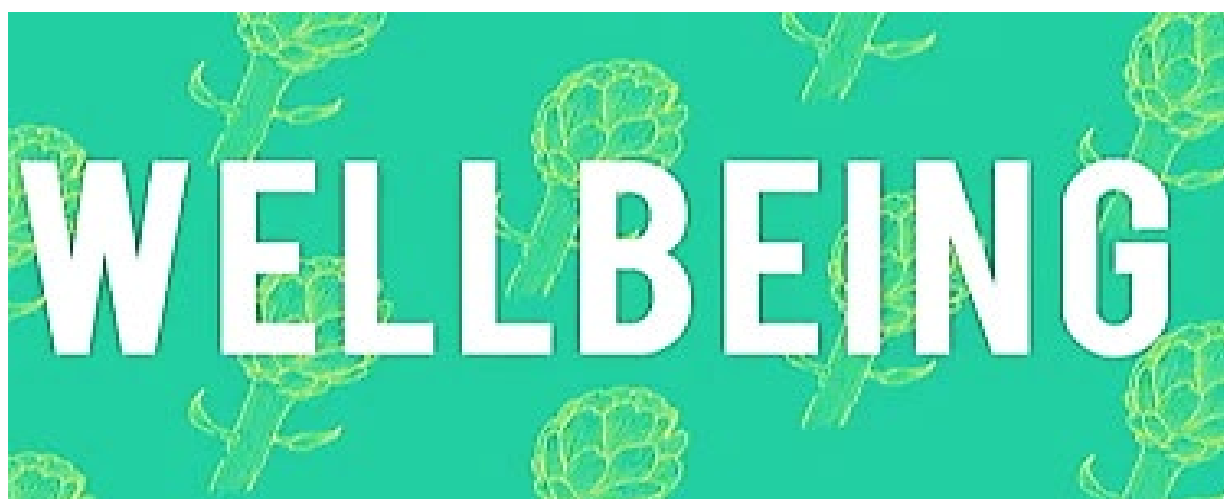
username: **sydneyboys**

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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