



From the Principal High Talent

Congratulations to 2nd Grade Volleyball for winning the 2nd Grade Volleyball Premiership (The Trinh Loi Shield). The team consisted of: Axel Lam (C), Branson Chan, Kevin Bui, Ethan Yu, Isaiah Goh, Ethan Huynh, Anthony Ly, Eugene Cho, Ariz Mahmud, Kevin Lin, Kirby Li and coach Edward Ly.



Congratulations!

Goal Setting

We all know setting goals is important, but it is not just about writing them down – it is about making a plan that actually works. Break big goals into smaller steps and focus on one thing at a time. Even hitting a small milestone, like finishing a study session or improving a personal best in training, counts.

But goal setting also means being realistic. Aiming too high without considering your current capacity can leave you feeling frustrated, while setting goals that are too easy won't push you to improve. The key is to find that balance. Choose targets that challenge you but are still achievable with consistent effort. Review your goals regularly and adjust them as you grow, so they stay relevant and motivating.

Remember that setbacks are part of the process. Not every goal will go smoothly, and sometimes progress feels slower than you would like. The important thing is to learn from challenges, adjust your plan, and keep going. Resilience and grit are what turn short-term struggles into long-term success.

Exercise can assist in your quest to achieve your goals. Being active helps you think clearly, stay focused, and manage your time better.

When you schedule workouts around school, training, or other commitments, you are practising the same skills that help you stick to any goal. Regular activity also reduces stress and keeps your mind sharp, which makes following through on your plans a lot easier.

Sleep and screen time matter just as much. Skipping sleep or staying on your phone too long makes it harder to concentrate and slows progress toward your goals. Turning screens off before bed and sticking to a routine helps you get the rest you need to stay productive and focused.

Finally, tracking what you do and celebrating small wins keeps motivation up.

Use a planner, tick off each step, and reward yourself along the way. Doing a bit each day adds up, and soon you will see real progress on academic and co-curricular goals.

George Barris

Relieving Principal

GOAL SETTING

STAY FOCUSED





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



JUNIOR LIBRARY CHESS TOURNAMENT

We started games for the annual Junior Library Chess Tournament in Week 1 of this term and held our finals on Monday 11 August.

We had over 80 students participating this year, up from around 60 when I started in 2022. We continued with the two-competitions format, with students from the Chess Club and Amateurs playing separately.

We did have some mix-ups with the terms "Chess Team" and "Chess Club," so next year we will be calling them the "Amateur" and "Competitive Chess" streams.

Nestor Chan and Kayden Santoso - Year 11 competed in a best-of-three battle for the top spot, with Nestor winning first place for the second year in a row.

Quan Nguyen 11E, not competing in the final after a three-year run, ended up in 3rd place, edging out Leo Le 11S for an all Year 11 top 4 in the Competitive Chess games.

In our Amateur competition, Aryan Rahulan 10T took the number one spot over Geoffrey Li 10S, and Shafat Imtiaz 9M beat Nishanth Madharam 7M for 3rd place.

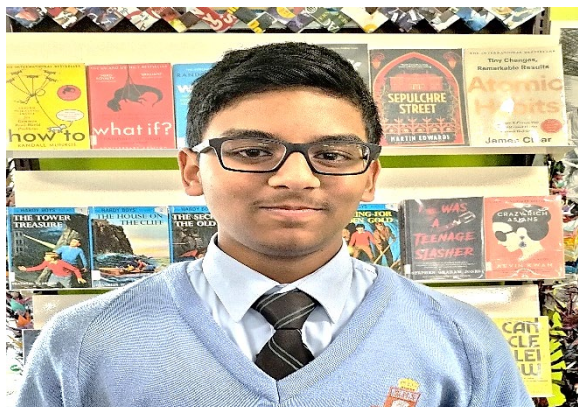
Once again Ms Barr, the Chess Club MIC lent us the clocks, and Ms May, HT of Creative Arts, generously took photos of the final games for us.

Nestor Chan once again did a great job of organising the games, and hopefully next year he will train up a new organiser to take over duties in 2026 and 2027!

Well done to all competitors, and thanks to the crowds of boys who came to support the players. Let's see if we can get to 90 registrations next year!

Dr Love

Andrews Junior Library



Shafat Imtiaz



Nestor Chan and Kayden Santoso



Nestor Chan and Kayden Santoso



Aryan Rahulan and Geoffrey Li

Congratulations

Music NOTES

HIGH Music Talent

Alexander Wu - Year 10 music accelerant student will be performing next Monday 25 and Tuesday 26 August at the Sydney Opera House as part of the NSW State Wind Band.

This concert series features musically diverse performances by over 1000 outstanding student musicians from NSW Public Schools who are auditioned to partake in this festival.

Concert

Monday's Acacia concert and Tuesday's Banksia concert will be on at 6:30pm in the Concert Hall venue.

Tickets available via the link below:

Monday Acacia:

<https://www.sydneyoperahouse.com/contemporary-music-classical-music/festival-instrumental-music-acacia-concert>

Tuesday Banksia:

<https://www.sydneyoperahouse.com/contemporary-music-classical-music/festival-instrumental-music-banksia-concert>

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

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

musicology

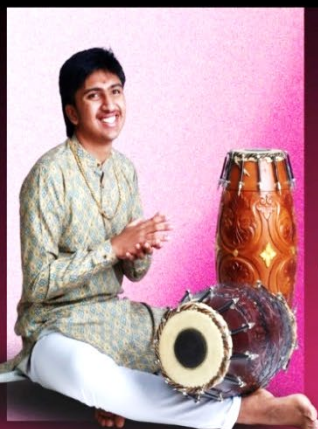
Old Boy Music Talent

2024 SBHS Graduate Advait Ilavajhala has pursued his musical journey after gaining a band 6 in the Music 1 course last year and an outstanding encore nomination in his Musicology elective.

Outstanding

Advait debuted on the Mridangam earlier this month on his tour in India and will be leading our new Indian music ensemble consisting of Tabla and Mridangam players and traditional Indian music vocalists this term.

We are excited to welcome back another one of our old boys taking on an ensemble and hope to expand in this area of traditional music.



Chi. **Advait Ilavajhala**

Advait Ilavajhala is a budding Mridangam artiste from Sydney, Australia, with a growing reputation for his nuanced rhythmic expression and commitment to the Carnatic tradition. His journey began at a young age, driven by curiosity for the intricate world of laya. He commenced training under Vidwan Sri. Subangan Nirmaleswaran, who laid a strong technical and theoretical foundation. Under his guidance, Advait developed discipline, musical awareness, and a deep understanding of the richness within Carnatic music. Early performances in both Australia and India helped in shaping Advait as a performer.

In pursuit of further depth and refinement, Advait pursued advanced training under Maestro Vidwan Sri. Dr. Patri Satish Kumar and Vidwan Sri. V Sai Raghavan. Their mentorship has been instrumental in refining his artistry - broadening his understanding of rhythm, enhancing versatility, and deepening his creative expression. Whether accompanying vocalists, instrumentalists, or presenting solo work, Advait brings attentiveness, dynamism, and a unique passion for the art both on and off stage.

Currently pursuing a Bachelor of Engineering at UNSW, Advait maintains a diverse musical background. In addition to Mridangam, he has trained in Carnatic vocal, guitar, and snare drumming, performing with leading ensembles across multiple genres. These experiences have enriched his rhythmic understanding and ensemble sensibilities across traditions. As he continues his journey, Advait remains passionate about exploring the evolving landscape of Carnatic percussion and hopes to contribute meaningfully through performance, collaboration, and lifelong learning.

Honors & Recognitions

- Youth Ambassador Award from Birmingham Tyagaraja Festival.
- Encore Selection from New South Wales Education Standards Authority (Australia).
- Achieved 2nd place in drumming at the 2022 Australian Pipe Band Championships with Governor Macquarie Pipe Band.
- Principals Award for Outstanding Achievement in Music from Sydney Boys High School.



Presents

Mridangam Arangeltram



Chi. **ADVAITH ILAVAJHALA**

Disciple of Mridangam Maestro

**Vidwan Dr. Sri. Patri Satish Kumar
&
Vidwan Sri. Sai Raghavan**

August 2nd - 2025 | Saturday 5:30PM

SRINIVASA SASTRI HALL

Luz Church Road, Kapali Thottam, Mylapore,
Chennai - 60004, Tamilnadu.

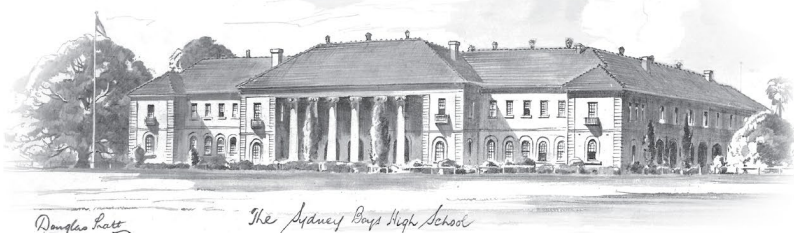




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Sydney Boys High School

1883



Sydney Boys High School
556 Cleveland St
Moore Park NSW 2021

Dr K A Jaggar OAM
Principal

2027 European Music Tour (Budapest, Vienna, Salzburg & Prague)

Dear Parents, Guardians and Students,

The Music Department is pleased to announce an upcoming European Music Tour in 2027 to Budapest, Vienna, Salzburg and Prague. This is an exciting opportunity for students in Years 7-10 from the Music Performance Program to represent Sydney Boys High School at an international platform and perform in world class venues.

A request and tentative application to the Department of Education (DOE) has already been submitted, however, it is still subject to and pending formal approval (DOE review and assessment will occur at the start of 2026).

An Information Evening will be held for interested students and their parents/guardians as follows:

Date: Thursday, 25 September 2025 (Term 3, Week 10)

Time: 6:30pm

Venue: Senior Library

This tour will be limited to 40 students and is open to only orchestral instrument players. Please see list of eligible instruments below:

- Strings: *Violin, Viola, Cello, Double Bass*
- Woodwind: *Flute, Oboe, Clarinet, Bassoon*
- Brass: *Trumpet, French Horn, Trombone*

We strongly encourage all interested students to attend this meeting accompanied by at least one parent or guardian. The Information Evening will cover information, including the proposed itinerary, audition/selection process, costs, and other essential details.

To assist with planning the information night, please confirm your attendance by submitting an **RSVP** by **Thursday 18 September** via the link or QR code provided below:

<https://forms.gle/g928RBtWS4gQEGyR8>



We look forward to seeing you at the Information Evening. Please feel free to bring any questions about the Music Tour, as others may have similar queries and could benefit from the discussion. If you have questions about the Information Evening, please do not hesitate to contact Ms Sarah Kim (KimS@sbhs.nsw.edu.au).

Sincerely,

Music Department
Sydney Boys High School

(Please note: To receive news and notifications regarding the Music Tour, please download **SZapp** from the Apple App Store or Google Play and subscribe to MUSIC. Installation guide can be found on the following page)

Stay up to date with SZapp

Download this App to be kept up to date with everything that is happening at **Sydney Boys High School**. It features School Calendar, School Newsletters, School Contacts, Documents, and Push Notification Alerts. Messages can be translated through the app into many different languages.

Installation Instructions



1. DOWNLOAD SZAPP

Search the App Store / Play Store for **SZapp**.
Download and install SZapp. **Install is Free.**



2. FIND OUR SCHOOL

Select Region: Asia Pacific
Sydney Boys High School

3. REGISTER A USER

You will need to register a user with your email or sign in with Google or Facebook.



4. MANAGE NOTIFICATIONS

Choose which group/s you would like to receive notifications from. Groups with arrows indicate that there are sub-groups which you can join.



5. CHECK SETTINGS FOR APP NOTIFICATIONS

Check your phone settings to allow for push notifications from SZapp.

For any further information see:

<http://www.schoolzineplus.com/app-faq>

HISTORY

Passing the Baton - Remembering Hiroshima

On August 16, the Preliminary Modern History class attended the "Pass the Baton" memorial event at the NSW Teachers Federation Conference Centre, commemorating the 80th anniversary of the end of World War II and the atomic bombings.

The boys were introduced to the Consulate General of Japan, Osamu Yamanaka, and the Deputy Secretary of Public Schools, Deb Summerhayes, who both stressed the importance of educating future generations, quoting, "All wars are fought against children".

The highlight of the day was meeting Keiko Ogura, a Hiroshima survivor (hibakusha). At 88 years of age, Ogura spoke with remarkable energy about her experiences during the bombing, which she lived through as an eight-year-old. Through her moving storytelling, the boys gained a deeper understanding of the devastation caused by nuclear weapons and the importance of peace. Ogura has long been a voice for peace, speaking at United Nations events and now to students around the world.

Students also watched an excerpt from the Japanese play *The Face of Jizo* (父と暮せば), exploring grief and survivor's guilt in post-war Hiroshima.

The day concluded with the boys folding origami hearts as a symbol of peace. It was a memorable, eye-opening experience that left a lasting impact on all.

Ryan Wu 11T





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



JAPANESE



Year 8 Japanese Excursion – Nihongo Tanken Centre

Last Tuesday 12 August, Year 8 Japanese students went on an excursion to the Nihongo Tanken Centre in Kirrawee.

We were greeted by Frank-Sensei, more commonly known as Mr Xia, our former German teacher who now works as an Officer at the Tanken Centre.

As we entered the space built in the style of a Japanese house, the genkan and tatami floor stood out as unique features that many of us found extremely intriguing and fascinating.

At first, many of us were hesitant to speak a foreign language for the whole day, but we soon adapted to the complex style of colloquial yet respectful Japanese.

Throughout the day, we gained a deeper insight into Japanese language structures, applying our knowledge to a variety of engaging educational activities. The games challenged our knowledge of Japan and the Japanese language while also drawing on our competitive and co-operative natures.

As a highlight of the trip, we enjoyed tasty okashi for recess and a delicious ōbento for lunch in the beautiful Japanese garden. Although simple, this change from our usual lunches - reflecting the diet of an average Japanese student - helped us foster a deeper connection with their culture.

We would like to express our deepest gratitude to Mr Zheng and Ms Fong for organising this memorable experience for the Japanese classes. ありがとうございます (arigatō gozaimashita).

Jay Li 8F

Carlson Huang 8F



SBHS Cross Country



GPS Cross Country Season Wrap Up

In what may sound obvious, endurance is at the heart of competing in the GPS Cross Country season.

Trial runs, relays, eight rounds of competition, CHS pathway races, and three training sessions each week demand consistency and resilience.

I am proud of the squad's efforts this season and believe that Cross Country at High has strong potential to grow and improve in the years ahead!

GPS Team Standings After Round 7:

- **Opens Seniors:** 3rd Place.
- **Intermediates:** 3rd Place.
- **Juniors:** 6th Place.

Top 4 Runners for Each Division:

Opens: Tanish Sarathy 11th, Nestor Chan 19th, Lucas Zhang 23rd and Max Chen 24th.

Intermediate: Nathaniel 3rd, Umar Dewanata 12th, Kevin Xie 17th and Yuwen Xiao 24th.

Junior: Anton Bolofer 19th, Ayush Sarathy 29th, Tavish Tewari 58th and Jackson Blinman 60th.

TEAM SPIRIT

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



Nathaniel Ng earning a GPS singlet with a 3rd place in the Intermediate division



Welcome to GPS Athletics

The season officially commences on Monday 18 August and runs for five weeks. This is an intense program with three training sessions per week - refer to the clipboard for details and weekly invitational meets. Each invitational provides the perfect opportunity to sharpen your skills, test yourself in competition, and build the qualities needed to excel in your chosen event.

GPS Athletics Standards

High athletes must attend three sessions per week including their sport time session. Any training exemptions must be approved via the sports absence process.

All injuries need to be brought to the attention of Athletics MIC - Kurt Rich.

High athletes must compete in events they are training for or told to by the coach/MIC at each invitational meet. Exemptions to this, need to be made by Sydney Boys High Athletics Coach/MIC.

High athletes must strive to represent their school with utmost effort, respect and pride at every session and meet. Failure to do this can result in being banned from High Athletics.

Attendance at the AAGPS Carnival and the ceremony is compulsory for all athletes, regardless if they are in the competition squad or not.

All registered athletes will be given the same level of respect and attention by the Coaches and MIC. High has boasted the largest number of athletes in the GPS for several years and we intend to keep it that way.

If all these standards are kept, all athletes can expect to improve their fitness throughout the program. A final competitive team will be selected for the final competition; however, everyone is a valued member.

Selection Policy

Consistent training, attendance and effort. Performances in CHS and GPS competition. Tactical team selection. Long term Athletic Development.

Team Effort

GPS Athletics is a team event. Each event carries the possibility of earning points for your school within the division of competition - Junior, Intermediate and Open.

GPS Championship Points System

Championship: 20, 16, 13, 11, 9, 8, 7, 6, 5
Division: 11, 9, 7, 6, 5, 4, 3, 2, 1. Points are earned by placing high in each event — every position counts towards the team's success!

Refer to GPS Championship events:

https://docs.google.com/document/d/12l_bU9EWH8g3LJvnn1nHH9lpdUxPjnJ5LMv9aE8XqPU/edit?tab=t.0

Please be aware that it is possible for students to run up in age groups.

Best Ways to Stay Informed: Training, where and when: Clipboard.

Summary of Results and Publications:

https://docs.google.com/document/d/12l_bU9EWH8g3LJvnn1nHH9lpdUxPjnJ5LMv9aE8XqPU/edit?tab=t.0

Results:

https://docs.google.com/spreadsheets/d/1WWTC4qVg-A-y5gaSnf_afzqh-UWG77xhTCQmxKzf-PE/edit?gid=0#gid=0

Videos and Photos: @performathigh (Instagram).

Kurt Rich
MIC Athletics



Athletics Captain Dylan Dutt - on his way to win the 17's 400m in the 2024 Championship



Volleyball Results Sydney High School vs Sydney Grammar School - Saturday 16 August - Term 3 Week 4 2025

1sts, 2nds, 3rds, 4ths, 16A, 16B, 15A, 15B, 14A, 14B, 13A and 13B vs SGS at SBHS.

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

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

16A and 15A had a 1-1 Win on Pts.

13A had a 1-1 Loss on Pts. 13B had a 1-2 Loss.

1st: 25-21; 25-15; 25-17. 3-0 Win. 2nd: 25-21; 25-22; 25-15. 3-0 Win.

3rd: 25-23; 25-11; 18-17. 2-0 Win. 4th: 25-19; 21-25; 8-11. 2-1 Win.

16A: 22-25; 25-16; 7-5. 1-1 Win. 16B: 25-19; 25-11; 21-16. 3-0 Win.

15A: 21-25; 25-17; 9-9. 1-1 Win. 15B: 25-13; 17-25; 25-6. 2-1 Win.

14A: 25-19; 22-25; 15-9. 2-1 Win. 14B: 25-22; 25-19; 18-13. 3-0 Win.

13A: 27-25; 22-25; 0-4. 1-1 Loss. 13B: 10-25; 25-27; 16-14. 1-2 Loss.

Statistics for 1st and 2nd Grade Teams - Round 10:

Area (/3)	First Grade	Second Grade
Serving	Luke LIU – 2.00 (6) Adam FLOCARD – 2.00 (3) Steven YIN – 1.86 (7)	Branson CHAN – 3.00 (2) Eugene CHO – 2.00 (1) Kevin LIN – 2.00 (1)
Serve Reception	Owen LI – 2.25 (4) Steven YIN – 1.94 (16) Aaron JIN – 1.83 (6)	Isaiah GOH – 2.00 (12) Branson CHAN – 2.00 (9) Ethan YU – 1.77 (13)
Freeball Passing	Jerald YU – 3.00 (3) Andy ZHANG – 3.00 (1) Owen LI – 2.75 (4)	Ethan YU – 3.00 (2) Isaiah GOH – 2.50 (2) Eugene CHO – 2.50 (2)
Outside and Opposite Hitting	Andy ZHANG – 2.75 (4) Jonathan ZHANG – 2.67 (3) Steven YIN – 2.35 (17)	N/A
Middle Hitting	Andy ZHANG – 3.00 (3) Athi MAYURAN – 3.00 (2) Frederick LAM – 3.00 (1)	N/A
Setting	Jonathan ZHANG – 2.90 (10) Nelson LEE – 2.62 (34)	Axel LAM – 3.00 (6)

Sydney Boys High Weights Room – Half-Year Membership - Now Open

Students who are not currently members of the Weights Room now have the opportunity to join through our **Half-Yearly Membership**.

Once payment is made, students can begin training immediately — simply show or email your receipt to - Coach Kurt Rich and attend one of our sessions.



Membership Details:

- **Fee:** \$175.
- **Payment Method:** Parent Portal.
- **Payment Deadline:** **Saturday, 31 August 2025.**
- **Membership Period:** Valid until **March 2026.**

About the Weights Room

The Sydney Boys High Weights Room is a welcoming space where students from Year 7 to Year 12 train together in a positive and supportive environment. It is more than just a place to lift weights — it is a community where boys encourage each other, build confidence, and work toward their personal bests.

Here, students develop strength, mobility, and overall fitness through both bodyweight and loaded exercises. These skills prepare them for the demands of sport, physical education, and everyday activities — even something as simple as carrying a school bag more comfortably.

With programs tailored to progressively build skill, strength, and power, and with **constant supervision** to ensure safety, the Weights Room provides an ideal environment for learning lifelong fitness habits.

Training Hours:

- **Monday to Friday:** 7:00 am – 9:00 am.
- **Monday and Tuesday:** 3:15 pm – 5:00 pm.
- **Open during school holidays.**

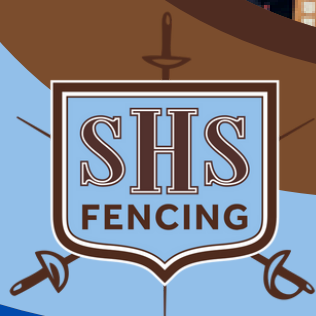
First-time users: Please arrive no later than **7:15 am** for an introduction to the facility. There is no booking process — simply arrive on time and introduce yourself to the Coach.

We look forward to seeing more students take advantage of this excellent facility, build their strength, and be part of our supportive fitness community!

Kurt Rich

Head Strength and Conditioning Coach





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

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:

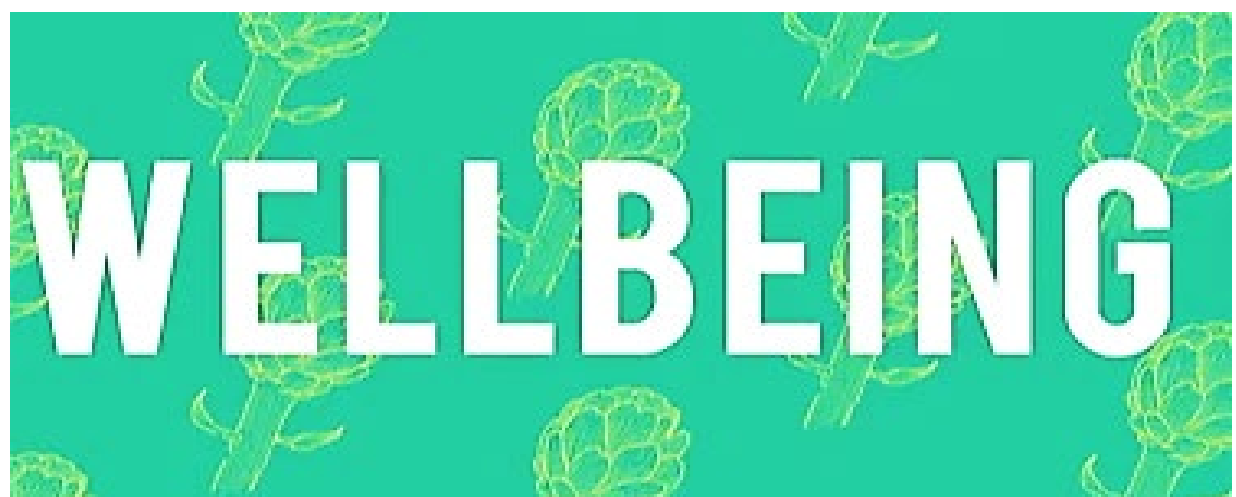
username: **sydneyboys**

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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