



From the Principal High Talent

Congratulations to Tony Roberts (10E) whose team competed in the RoboCup Junior NSW Open and won first place in the Open Soccer Division, requiring great persistence and the ability to master advanced technologies under stress. His team will now represent NSW in the National Competition in Canberra in October. High has achieved fine results again in the *National Latin Examination* (an American competition with > 100,000 entries). **Gold Medals** - Year 9: Theo Su, Abhinav Lahiri, Chase Chan, Bill Han, Aidan Li, William Tran, Yihong Zhu, Leo Chen, Caleb Ma, Andrea Capuano, Shoummo Kar, Alexander Hwang, Aditya Sharma, Mohammed Syed. Year 10: Sajan Thiagalingam, Daniel Zmak, Charles Morgan, Om Kothari, James Carmichael, Felix Tran, Adam Nguyen. Year 11: Hudson Cai, Lachlan Yuen, Kevin Xie. **Silver Medals** -Year 9: Ryan Zhao, Barry Zhang, Charles Fawcett, Shafayat Khan, Buster Nicholls, Matthew Zhang, Jason Kwok, Troy Daher. Year 10: Lucas Chen, Thomas Qiu. Congratulations to the boys and to their teachers, Dorothy Matsos and Dale Burrow.



Staff changes

I would like to thank the people who stepped up and did such a fine job during my extended leave competing in two major sailing events.

George Barris represented the school very well in my absence, while still managing some of his DP functions. Thank you to Kerryn Ibbott for covering George's position as Deputy for 7, 9 & 11. Well done also to Matthew Hood who relieved as Head Teacher of Science. The three staff members resumed their usual duties on Monday. The depth of leadership experience at High is growing, cementing our policies and practices across the school and promoting better whole school collaboration to work together for the betterment of each and every student.

Enrolment 2026 Update

We received 125 applications for Year 8 with five students placed on a Reserve List. There were 219 applicants for Year 9. Thirty offers were made and five placed on the Reserve List. 57 students applied for Year 10. Five were placed on the Reserve List. For Year 11, there were 61 applications. Seven offers were made and five placed on the Reserve List. I was very pleased with the interest in enrolling in High across greater metropolitan Sydney. Thank you to George Barris who managed the entire process as Relieving Principal. His dedication and efficient management meant the offers could be sent well before the end of August, less than a month since the closing date for applications. Thank you to Maria Glenn for her expert recording and processing of the data and for her liaison with parents of applicants. Thank you to our 20+ Assessors for their prompt attention to the task of assessing and ranking up to 30 applications overnight. Thank you also to our non-staff Selection Committee members - community representative, Xi Chen, and Old Boy representative Paul Almond. We look forward to welcoming these new students to High next year to enhance our scholar-sportsman ethos.

Cadets passing out parade

On Tuesday, our annual passing out parade was held in front of military personnel, returning Old Boy cadets, family and friends, as well as the principals of the two participating schools. The ranking officer, Colonel Cameron, addressed the parade, focusing on four values – courage, respect, teamwork and commitment. He talked about having the moral courage to do the right thing, particularly when no one was

watching. He reiterated that respectful relationships must be at the heart of good character. He extolled the importance of teamwork, collaboration and striving towards team goals. He urged cadets to strive to do their best at all times, throughout their life journeys.

The military personnel were very pleased with the standard of the parade and commented on the participation profile of our 140 -strong unit. The mix of ages and strong female representation were seen as auguring well for the future of the unit. Thank you to Lieutenant Matisse Stringer for her leadership of the cadet unit in 2025. A special thanks goes to MIC Natalie Luu for all her coordination of the elements of the program and managing the on-site lesson delivery which is a vital element of the cadet experience. Thank you to Geoff Denyer and Shane Jennings for their assistance during the year and to Rachel Powell for actively supporting cadets at SGHS. I was proud of the efforts of everyone who ensured that the program turned around from languishing to thriving in less than 18 months.

Dr K A Jaggat
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



2025 National Latin Exam – Outstanding Results

Each year, the students of Latin from Year 9 and higher participate in the National Latin Exam, an annual international examination organised by the University of Mary Washington, Virginia, U.S.A.

This year, the results were outstanding. Many students achieved a high standard, resulting in the awarding of a Gold or Silver Medal and Certificate from the University. Though a few did not receive a medal, their results were still above the national standard. Overall, the results this year were impressive.

Below are the names of recipients of the Gold and Silver Medals from this prestigious examination:

Gold

Year 9: Theo Su, Abhinav Lahiri, Chase Chan, Bill Han, Aidan Li, William Tran, Yihong Zhu, Leo Chen, Caleb Ma, Andrea Capuano, Shoummo Kar, Alexander Hwang, Aditya Sharma, Mohammed Syed.

Year 10: Sajan Thiagalingam, Daniel Zmak, Charles Morgan, Om Kothari, James Carmichael, Felix Tran, Adam Nguyen.

Year 11: Hudson Cai, Lachlan Yuen, Kevin Xie.

Silver

Year 9: Ryan Zhao, Barry Zhang, Charles Fawcett, Shafayat Khan, Buster Nicholls, Matthew Zhang, Jason Kwok, Troy Daher.

Year 10: Lucas Chen, Thomas Qiu.

Congratulations to these boys and to all participants this year. Thank you to Ms Matsos for nurturing our boys into the world of Latin, and to Mr Burrow for teaching some of them when they were in Years 7 or 8.

Mr T Zheng

Head Teacher Languages





We're progressing through a busy Term 3, and our amazing Canteen Managers, assistant staff, and incredible volunteers have been working hard to create delicious, wholesome meals for our boys, including homemade sushi, Banh mi, rice paper rolls, beef Massaman curry, souvlaki with pita bread and freshly made tzatziki, chicken katsu and teriyaki tofu dons 😊.

Thank you to all our super mums, dads, grandpas, grandmas, and family members who generously give up their time to help keep our P&C-run Canteen thriving. A special shoutout also to our diligent Prefects and SRC leaders for their invaluable support at the windows during recess and lunch.

Your dedication ensures that all profits go back to our school, funding programs and projects that directly benefit our boys. A huge thank you to everyone for your wonderful efforts!



THANK YOU!

On Thursday 21 August, our lovely Year 7 parent volunteer Vivi Jian made mouthwatering braised pork and egg rice bowls for our Canteen menu! These delectable meals were perfectly complemented by Vivian Chen's delightful 'Piglet and Daikon' treats. We are incredibly grateful for the generosity and talent of our Canteen volunteer parents!





Volunteering in our Canteen is a fantastic way to support our boys and connect with fellow parents. If you haven't helped at our Canteen before, we would love to see you! Plenty of spots are available - just choose a day that suits via this online link. Your help is deeply appreciated!

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



We encourage students to place their lunch orders between 08:30 and 09:00 am in person at the Canteen, or anytime online via the Flexischools app or at flexischools.com.au.

By ordering lunch, you avoid missing out on your favourite foods (especially on days where there are special items on offer), decrease waiting times at recess and lunch, as well as help reduce food wastage.

Please note that you can select whether you would like your order for recess (morning break) or lunch (afternoon break). Please make sure you select the correct option, so that your order can be ready for you to collect at your desired time.

PLEASE REMEMBER to pick up your orders. Any uncollected items will be sold, and unfortunately, refunds will not be provided unless there is a valid reason.

Heartfelt 
THANKS
TO OUR VOLUNTEERS!



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

Thursday 14 August: Qihua Xu, Jiayin Roberts, Vivian Chen

Friday 15 August: Yun Mao, Cassie Cheng, Connie Li

Monday 18 August: Jessica Tam, Tania Kuskoff

Tuesday 19 August: Matthew Pang, Gordon Gao, Penny Peng, Susanna Xie

Wednesday 20 August: Yan Wang, Susanna Xie

Thursday 21 August: Vivian Chen, Vivi Jian, Lin Qi

Friday 22 August: Annie Wen, Huanying Pan, Mingmin Jian

Monday 25 August: Sarah Lin, Helena Jiang, Grace Guan

Tuesday 26 August: Thi Ly, Matthew Pang, Gordon Gao, Pam Jolly, Susanna Xie

Wednesday 27 August: Fan Ding, Jin Ding, Lily Wang

J Yuan
On behalf of the SBHS Canteen Committee





CAREERS LEARNING at SBHS

- **7 Tips to protect yourself from workplace bullying!**



- **10 things every Entrepreneur should know!**



Now Trials Are Over – It is the last stretch to the HSC.

Make SURE you take time to relax and rewind, because your body is burnt out, no matter what you tell yourself.

But make sure you keep studying and keep those essays in your memory!

Prepare early and prepare well!

4 Tips to Protect Yourself from Workplace Bullying

Workplace bullying is a serious issue that affects thousands of adults every year. And this doesn't just look like our stereotypical physical or taunts:

Harassing you, as the newbie, with extra work!

Deliberately telling other workers to ignore or leave you more work!

Tip 1 – Maintain your Professionalism

Remember that you are there to work, not hang out. Make friends and have a good time, but maintaining some of the professional lines in your workplace can help you more easily identify inappropriate behaviour.

Tip 2 – Report a Problem

The best thing you can do if you are experiencing any form of bullying is tell someone. Your employer not only has an obligation to keep you safe at work,

chances are they are also probably a good person who doesn't want any of their workers to be hurt or upset. You could go to your manager, someone in human resources, or even a union representative.

Tip 3 – What if your boss or manager is the problem?

All tips can help, but if your boss or manager is causing the issue you may need to go 'over their head'. Organisations are becoming more proactive at stamping out bullying at every level, so chances are someone more senior than your boss or manager will want to help.

If all else fails, you can try your legal options.

Contact your local [Legal Aid clinic](#), explain what is happening, and they should be able to point you in the right direction.

This [resource](#) from the Fair Work Ombudsman goes over your rights and options to stop bullying in the workplace.

Take a quick read: <https://studyworkgrow.com/7-tips-to-protect-yourself-from-workplace-bullying>

Things every Entrepreneur should know

Start with a problem, not just an idea. All great businesses solve real problems or fill voids. Your mate struggling to find decent study spaces during exam season might seem like a minor annoyance, but if students across your city share that frustration, you could be looking at a real business opportunity.

Failure May be Your Friend (kind of)

Every entrepreneur fails. Failure is not the opposite of success – it is a stepping stone towards success.

Your network is your net worth.

Time is your most valuable resource.

Unlike money, you cannot make more time.

Successful entrepreneurs learn to prioritise ruthlessly. Not every opportunity is worth pursuing, and not every task needs to be done perfectly.

To all students, it is about time to start warming up the engines and fuelling them into overtime. Start those habits, polish those exam techniques, study hard. Goodluck everybody! I wish you the best. If you need personal help, I am also the student achievement prefect.

Andrew Ding
Careers Prefect

Music NOTES

Om Kothari (Year 10 Music Accelerant) competed in Melbourne's Altamira Guitar Competition last weekend and was a finalist in the Juniors Category (U18). He was one of six finalists out of 30 entrants to be a part of the Melbourne competition and participated in workshops and performance masterclasses while he was there. Congratulations on this wonderful achievement.

Another great success, Bach Nguyen (Year 8) gained first place in the Oz Schools Instrumental Championships (NSW Drums Secondary Junior Years 7-9 category) over the weekend. He scored an outstanding 98/100 from the adjudicators, who were highly impressed by his musicianship and technical facility on the drums. A fantastic achievement, Bach!



NEW Ensemble – Indian Music Ensemble

We have Advait Ilavajhala (old boy 2024) taking the Indian Music Ensemble on Friday afternoons in the Governors Centre from 4pm-5pm. We welcome all interested to come along and have a listen, current instruments include tabla, mridangam, harmonium and voice. We are looking to expand this wonderful group and look forward to them premiering at the end of year 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 45min 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.

Suzanna Lim
Music Teacher



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 & 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 Auditorium |
| | | | | Indian Music Ensemble 4.00pm – 5.00pm Governors Centre Green Room |





BOGGABILLA BAKE SALE & MUFTI DAY

Raising funds for Boggabilla Central School to provide essential learning materials, and celebrating their proud Indigenous heritage

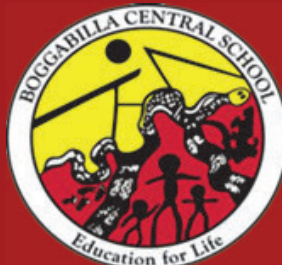


**FRIDAY 5TH
SEPTEMBER**



Lunch and Recess at Cricket Nets

\$2 MUFTI DONATION





SBHS TENNIS – 2025 SEASON INFORMATION

Stan Jones Cup – Congratulations to Coach David Deep and Tennis athletes - Tanish Sarathy, Eamon Wu, Lucas La, Jameson Vu and Isaiah on making it to the Stan Jones Cup final. Our opponents Endeavour sport proved to be too strong on the day.

Try Outs

Try outs for the upcoming Tennis season will be held in **Week 7 on Wednesday 3 and Thursday 4 September** during sport time.

All students who have selected Tennis will trial on these days, including those involved in GPS Athletics.

- **Juniors (Years 7 - 9):** Any student wishing to be considered for **1st or 2nd Grade Tennis** must see me in person by **Friday 29 August (end of Week 6)**. If appropriate, I will provide a Sport Acceleration Form which must be completed before assessment by the Principal. *Note – this does not guarantee selection in 1st or 2nd Grade but allows the opportunity to trial.*

Training Weeks 8 - 9

- GPS athletes will remain in Track & Field training.
- Non-GPS athletes are to attend Term 3 Tennis Training as per the schedule (see Clipboard).

Training Commitment (Term 4 onwards)

All Tennis Athletes will train a minimum of **3 times per week:**

- 2 court sessions (including the sport-time session) (1st & 2nd Grade have an additional court session).
- 1 afternoon speed and agility session

Additionally:

- **Saturday fixtures/training commence Term 4, Week 1 (Saturday 18 October – Saturday 29 November).**
- A reduced training schedule will continue until the end of the school year.
- The **Term 1 schedule** will be confirmed later in Term 4.

Clipboard remains the best way to stay informed about training and fixtures.

SBHS TENNIS SELECTION CRITERIA

1st – 2nd Grade

- Ability to follow Team, School & GPS rules
- SBHS Tennis takes priority over outside commitments.
- Attendance: minimum **4 sessions per week** (3 on court, 1 sprints); weights room strongly encouraged.
- Commitment to perform in every Saturday match (trials & season)
- Make-up sessions during exam periods
- Commitment to scheduled holiday training
- Ability to follow instructions & tactical plays under pressure
- Team player mentality
- Strong doubles ability
- Volleying & smashing ability
- Effective second serve (speed & spin)

3rd – 8th Grade

- Ability to follow Team, School & GPS rules
- On-time attendance at all sessions (2 on court & 1 sprints) and Saturday match play.
- 100% effort in every session & match, including post-match evaluation.
- Ability to follow instructions immediately
- Minimum fitness benchmark: 1-minute drill / 10 push-ups.
- Doubles understanding & formation awareness.
- Ability to serve, return, and begin a point consistently.

Age Groups (13–16)

- Ability to follow Team, School & GPS rules
- On-time attendance at all sessions (2 on court & 1 sprints) and Saturday match play.
- Strongly encouraged to use the school weights room for physical development.
- 100% effort in every session & match, including post-match evaluation.
- Ability to stay focused and take sessions seriously.

| Term 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|-------------------------------|---------|---|--|--------------------------------|
| 7 - 9am | | | | | 1st -3rd Grade @ School Courts |
| 1 - 3pm | | | 1st-3rd Grade @ School Courts 4-8th Grade @ Moore Park | 14's @ School Courts 15's @ Moore Park Courts 16's @ Prince Alfred | |
| 3:15 - 5pm | 1st-3rd Grade @ School Courts | | | | |

**Kurt Rich
MIC Tennis**



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



Application for Exemption from Attendance

Dear Parent/Guardian
Student Leave for 5 days or more needs to be submitted **directly to the School Principal**.

The Application for exemption from attendance: 99 days or less - including participation in elite arts, elite sports and entertainment industry can be downloaded from the parent portal, alternatively your son can collect the extended leave form from the school office.

Please note: Electronically submitted forms **will not** be accepted.

The School Principal needs to authorise and sign the document.



GPS Athletics Season Week 1 Summary

I have been very impressed with the start of the season. Despite a wet first week, training continued with coaches adapting sessions and athletes – particularly our long-distance runners – showing outstanding dedication in tough conditions.

By contrast, Saturday's Invitational provided picture-perfect weather and many excellent performances. It was especially pleasing to see strong participation from our juniors and intermediates in the 400m and 800m events.

Our 2025 Athletics Captain, Dylan Dutt, has led from the front with his hard training and exceptional performances. I look forward to seeing our Year 12 athletes step up after their HSC trials and follow his example.

Top 3 Results from Invitational #1

Opens

Dylan Dutt - 1st 100m - 11.5

Dylan Dutt - 2nd 200m - 22.71

Noah Isaacs (u13), Dylan Dutt, Lachlan Leung & Zeyad Hammad 4x100m - 3rd

17's

Nicholas Fung - 2nd 110m Hurdles - 16.27

Oliver Buikema - 1st High Jump - 1.85

16's

Alex Ruhfus - 1st 200m - 22.86

Joshua Kuo - 110m Hurdles 19.22

Reagan Chen - 3rd High Jump - 1.7

15's

Lloyd Zeng - 2nd 100m Hurdles 15.04

Jake Hybler - 1st 800m - 2:09.84

Nathaniel Ng - 3rd 1500m - 4:50.72

Mekaeel Khan - 2nd High Jump - 1.7

Arjit Grewal - 3rd Shot Put - 12.61

Nelson Ta, Mekaeel Khan, Christian Paipetis &

Sayyan Doke - 2nd 4x100m - 48.03

14's

Cloud Wang - 1st Long Jump - 5.29

Heshel Kariyawasam - 2nd High Jump - 1.65

James Wong, Tom Yu, Ilya Tsoutsman & Eytan Goh -
2nd 4x100m - 50.78

13's

N Isaacs - 3rd 200m - 27.06

Leon Park - 3rd Shot Put - 10.14

Leon Park, Noah Isaacs, Jayden Shan & Harry Wu -
3rd 4x100m 52.26



2025 High Athletics Head Coach Neil Song is in his 10th season of coaching at High.

Best ways to stay informed:

Training, where and when - Clipboard

Saturday Invitationals - [Athletics](#)

Summary of Results and Publications –

High notes and [SBHS Athletics](#)

Results - [2025 SBHS Athletics Results](#)

Videos and photos - @performathigh (instagram)

MIC Athletics

Kurt Rich



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:

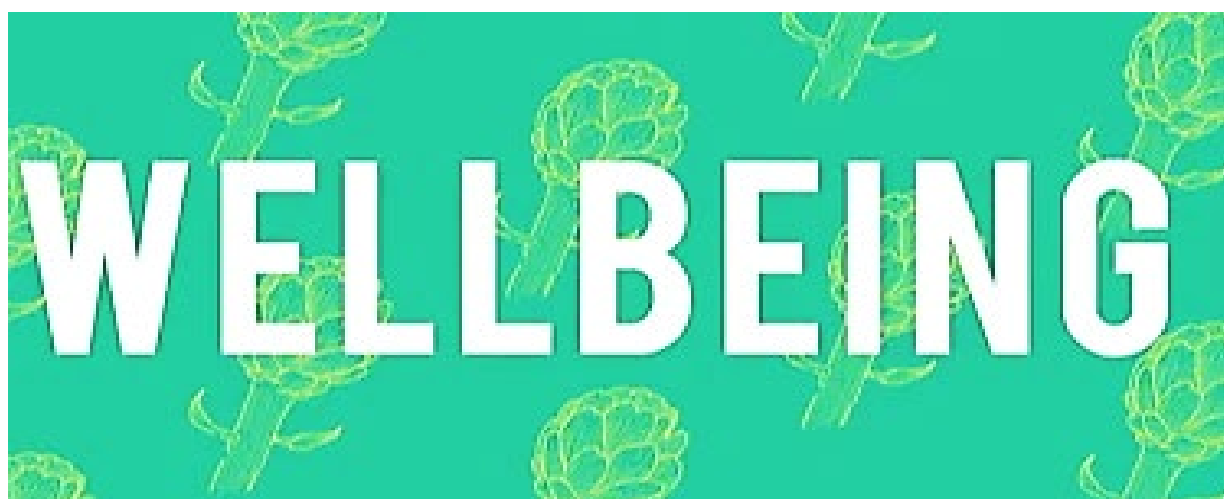
username: **sydneyboys**

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)



On Sunday 31 August, there will be various impacts and partial closures on the L1, L2 and L3 lines while the marathon is underway and major road closures are in place.

L1 Dulwich Hill Line

- Early morning services will commence **from 3.45am** running every 10 minutes.
 - **From 9am**, L1 services between Dulwich Hill and Central Grand Concourse will resume as normal.
-

L2 Randwick Line

- Early morning services will commence **from 3.45am** running every 15 minutes.
 - **From 3.45am until 11am** L2 services will only run between Town Hall and Randwick.
 - Services will not run between Circular Quay and Town Hall due to event road closures.
 - **From 11am**, full L2 services between Circular Quay and Randwick will resume as normal.
-

L3 Kingsford Line

- Early morning services will commence **from 3.45am** running every 15 minutes.
 - **From 3.45am until 6am** L3 services will only run between Town Hall and Juniors Kingsford. Services will not run between Circular Quay and Town Hall due to event road closures.
 - **From 6am until 11am** L3 services will only run between Town Hall and Moore Park. Services will not run between Circular Quay and Town Hall or between Moore Park and Juniors Kingsford due to event road closures.
 - **From 11am until 1.30pm** L3 services will only run between Circular Quay and Moore Park. Services will not run between Moore Park and Juniors Kingsford due to event road closures.
 - **From 1.30pm** services resume as normal operating between Circular Quay and Juniors Kingsford in both directions.
-

- When L2 and L3 services are partially closed between Circular Quay and Town Hall, use alternative transport including trains or walking if able to.
- When L3 services are partially closed between Moore Park and Juniors Kingsford, use alternative transport. L2 Randwick line services continue to run to the city.
- Due to the Sydney Marathon road closures in the Kensington and Kingsford areas, light rail replacement buses will not operate.

Please allow extra travel time and use the [Trip Planner](#) to plan ahead, or check [travel alerts](#) to see if your travel is affected or for more information on alternative transport options.

For enquiries and feedback visit transportnsw.info

Kind regards,



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