

H I G H S C N O T E S



From the Principal High Talent

Congratulations to the following students for their performances in the National Classical Greek examination. High Honour Award – Brendan Woo (12E) - Advanced; Dhuryah Sapra (10E) and Sajan Thiagalingam (10T) - Intermediate; and William Tran (9R) – Beginning Attic. Merit Award-Shoummo Kar (9R) – Beginning Attic. Well done to Mr Burrow for preparing the boys so well in their first attempt at this international examination! Congratulations to Maxi Ibrahim (9M) who was selected in the CHS Open Water Polo Team.

Prefect Good Deed

Last Thursday night on the T8 line at Revesby, a young female university student was waiting for her parents to pick her up from the station, when she noticed a man in dishevelled clothing arise from his seat and follow her. She moved anxiously under a streetlight. At this point a 'tall, wide Asian kid with glasses' put himself between the man and the frightened young woman and asked her if she was OK. When she shook her head, he made a point of waiting with her until her parents arrived, while keeping an eye on the man hovering around. The young woman was moved to write to me and ask me to say thank you to the upright young man who 'put his body between me and someone who could have hurt me and made sure I was safe'. Well done!

Interpreting Semester 2 Year 12 Reports

All Year 12 students will be scheduled to meet with me to get their final reports, commencing 15 September. The ATAR estimate for the second semester report is **based on the results of the Trial HSC alone**. Students can get a more accurate appraisal of how they would perform if the HSC were to be held now. Historically, these ATAR predictions are replicated in the actual HSC with surprising accuracy. Those who performed better at assessment tasks, practical projects or performances than in formal examinations, are disadvantaged by this method of calculation. However, unless the examination marks are earned, they cannot be distributed to those with the best ranks in the course. Unless students take radical steps to address areas of weakness highlighted by their teachers, or until students

adopt rigorous study schedules and stick to them for weeks at a time, then the ATAR predictions given to them at the interview, based on the Trial results, will in all probability, closely reflect the actual HSC ATARs they earn. Intensive effort for a month or so can make a very big difference to examination scores. Students are urged to take the short-term pain for the long-term gain. Working in pairs or triads, sharing question-answering techniques or core essay content, or model answers, can help increase the quantum of HSC marks earned, and hence assessed marks will be scaled up to equal the total of earned HSC examination marks. Student-created resources, as well as ATOMI, are available to students to help boost examination marks after the Trial. Once the rank orders are decided, mutual self-help in revision and study benefits everybody, as the rising tide lifts all boats. Talk to your son about his planned study schedule between now and the HSC examinations. Effective study is promoted by regularity, variety, intensity and consistency.

National Child Protection Week

National Child Protection Week (7-13/9) has a theme which asserts that 'every child in every community needs a fair go. Child abuse and neglect are preventable. Also, it is important for us all to remember that 'Every conversation matters: shifting conversation to action'. When young people are stressed or anxious about relationships in their lives or are suffering the effects of neglect or abuse, they need to share their story with someone. Too often feelings are repressed, leading to unhealthy wellbeing outcomes. As well as raising awareness, we need to make safer environments for children. This is particularly important in schools, where young people spend so much of their time. They need to feel safe and be prevented from suffering harm. Bullying makes children feel unsafe. We need to call it out then work out a pathway forward for the bully as well as the victim.

Dr K A Jaggar
Principal



**NATIONAL CHILD
PROTECTION WEEK**



SBHS P&C



Celebrating 100 Years - P&C - Sydney Boys High School!

Friday 29 August, our school community celebrated a major milestone – 100 years of the Sydney Boys High School P&C Association.

Celebration

The Breakfast event was hosted by the school in the Great Hall and kindly organised by Ms Joanna Chan.

A century of service, commitment, and care. It was a celebration not only of our history, but of the ongoing impact the P&C has on school life today.

Our commitment to the school, the teachers, the coaches, and, most importantly, the students, makes this place extraordinary.

The P&C plays a crucial role in ensuring our school runs smoothly, thanks to our amazing team of volunteers who are so motivated, dedicated and generous.

At Sydney Boys High School, our parents and carers are not just volunteers, they are part of a big family. It is this sense of belonging that continues to make our P&C so successful.

The event was also a great opportunity for volunteers and past committee members to reconnect, reflect, and celebrate. Conversations flowed easily, as old friends shared stories and reflect on the P&C over the years.

Ms Chan thought of everything, from a celebration cake and coffee cart to the commemorative mugs. The school media team was on hand to capture the memories. The delicious breakfast food added the finishing touch!

Thank you to our Prefect helpers who arrived very early in the morning, at 7:00am, to help set up the Great Hall and prepare the food. We were also treated to a beautiful performance by our Strings Quartets.

Here's to the next 100 years! Together, we will ensure that Sydney Boys High School continues to thrive with the same care, dedication, and commitment that have brought us this far.

Tania Kirkland
2025 P&C President







With only a few weeks left of Term 3, our SBHS P&C-run Canteen has been busy as ever, serving up wholesome meals such as Beef Massaman curry, katsu don, nachos, yakisoba, freshly grilled chicken wraps, butter chicken, fresh rice paper rolls, and our ever-popular Bahn Mi.

Our students are truly fortunate to enjoy such a wonderful array of freshly prepared, cooked food choices. All this would not be possible without the amazing efforts of our Canteen Managers and staff, together with the continued support of our Canteen volunteering community.



A heartfelt thank you to all who support our Canteen - your efforts feed our boys each day and ensure profits are reinvested into school programs that directly benefit them. There are still plenty of spots available to volunteer this term, and we warmly invite you to join us. Thank you again to everyone for your wonderful efforts and generosity!





Volunteering in our SBHS Canteen is a fantastic, rewarding experience that not only supports our boys, but also provides a wonderful opportunity to connect with other parents and our school community. If you have not visited our Canteen before, we would love to see you!

Please feel free to sign up on the online link below, where you can choose your preferred dates:



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



**Lunch
Orders**

Students can place orders between 8:30am-9am directly at the Canteen, or anytime via the Flexischools app or website. Orders can be cancelled through Flexischools until 9:05am the day of the order.

Please ensure you select the correct break - Morning (recess) or Afternoon (lunch) - so that your order is ready for you to collect at the desired time.

Morning Break 21 hours left to order for tomorrow	
Afternoon Break 21 hours left to order for tomorrow	

Ordering ahead helps you avoid missing out on popular items, reduces waiting times and minimises food wastage.

Please remember to collect your orders, as uncollected items will be sold and refunds are not provided unless there is a valid reason.



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

Thursday 28 August: Emily Chow, Mingmin Jian.

Friday 29 August: Sandra Jouravlev, Yan Yu, Yan Jiang.

Monday 1 September: Grace Guan, Jessica Tam.

Tuesday 2 September: Matthew Pang, Gordon Gao, Yong Lin, Meixi Yan.

Wednesday 3 September: Wing Yee Ma, Ka Man Chan, Chun Xiao.

Thursday 4 September: Salena Nguyen, Rosaline Perry.

Friday 5 September: Sureka Thiagalingam, Clare Yang.

Monday 8 September: Thi Ly, Grace Guan, Yue Xing.

Tuesday 9 September: Matthew Pang, Gordon Gao, Joyce Yuan.

Wednesday 10 September: Pam Jolly, Linda Halim, Haibo Wang.

J Yuan
On Behalf of the SBHS Canteen Committee



ENRICHMENT ACTIVITIES

Enrichment Activities

Tournament of Minds Sunday 31 August at Randwick High School

Year 7 Team GO chose the difficult discipline of STEM.

Their solution was creative and sufficiently effective to gain an Honours rating.



Well done to James Lai, Thomas Schliemann, Benjamin Hunter, Max Pang, Sam Brown, Lucas Jin and massive thanks to mum's Di Hunter and Kate Schliemann for their support on the day.

The Year 8 and Year 9 Teams entered the Social Science category. The judges found their solutions entertaining and creative, but the teams from Sydney Girls were better prepared on the day and took home the awards.

Great work

Year 8 students: Vithu Sharmilan, James Young, Ahaan Sharma, Dharav Gohil, Lucas Chen.

Year 9 students: The Thompsons: Vladimir Loukine, Jason Van, Lucas Xu, Anthony Jiang, Ian Huang, Ritaz Alam, Rayyan Junaid.

Meeting of the Minds Tuesday 19 August at Newington College

This event required students to engage in a series of inquires around material relating to Identity, followed by a lecture and demonstration on Consciousness, Mind and Body. It was an intense and engaging day of thinking and collaboration by Junior Philosophy students.



Callum O'Loughlin, Guru Thanabalasingam, Nathan Liu, Kevin Luu, Isaac Hu, Dylan Dang, Sam Brown, Koby Kirkham and Thomas Schliemann were great representatives of SBHS at this event. Well done for sustained engagement and contribution throughout the day.

Free Speakers Forum Rosebank College Monday September 1

SBHS Public Speaking and Philosophy students amalgamated in accepting an invitation to participate in this innovative and contemporary activity which required one student from each school to deliver a 5-minute speech on a controversial and thought-provoking topic in celebration of free speech and thought.

Ryan Allen's speech was celebrated as both original and expansive. He was rewarded by the compliments from audience members. Nine students delivered speeches adjudicated by nominated representatives from each school. Many thanks to Maxi Ibrahim who did a magnificent job representing us in this role. There was an opportunity for audience discussion around each topic. The pros and cons of free speech and individual agency were explored.

The following students attended this all-day event: Matthew Ryder, Adam Barraza Nejedly, Ryan Allen, Kevin Xu, Mohammed Syed, Maxi Ibrahim, Shafayat Khan, Avneet Singh. As you can see, it was a wonderful opportunity to meet and engage with students from a range of educational settings who are like minded in the valuing of Democracy and the opportunities it provides for us in Australia.

Julie Eggleton
Co-ordinator



PUBLIC SPEAKING



Public Speaking News - Sir Robert Menzies Speech Competition

The brief was for a 5-minute Speech delivered via video recording. Six of our Public Speaking group accepted the challenge, which required thorough research, oratory skills and confidence.

'If truth is to emerge and in the long run be triumphant, the process of free debate, the untrammelled clash of opinion must go on.' – Robert Menzies.

How important is respectful debate to the health of a democracy?

You must refer to Robert Menzies's involvement in advancing debate through his actions and policy.

Both Callum O'Loughlin and Guru Thanabalasingam were selected to compete in the Final last Friday evening.



Congratulations

Congratulations Guru for winning the junior section of this prestigious competition. \$500 prize money and airfares for Guru and his mum to travel to Melbourne where he will deliver his speech to a group of academics from Australian universities.



Well Done!



NATIONAL GREEK EXAM

We are delighted to celebrate the outstanding achievements of our Classical Greek students in this year's National Greek Exam, an internationally recognised competition that brings together pupils from schools and universities across the globe. 2025 saw the first time SBHS boys entered the competition.

The success of our boys reflects both their dedication and the strength of our Classics programme, which continues to inspire a love of language, literature, and history.

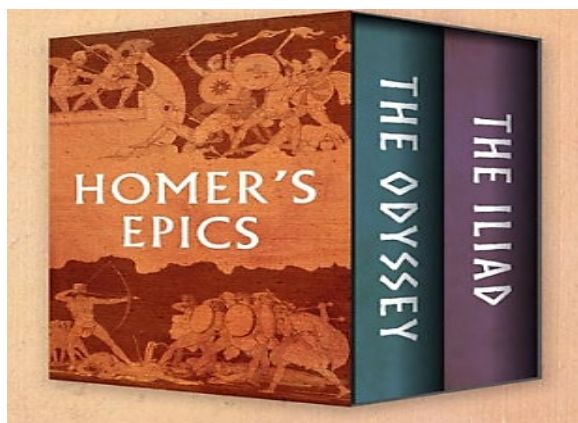
High Honor - Distinction Awards were achieved by:
Brendan Woo 12E in Advanced examination.
Dhuryah Sapra 10E in the Intermediate examination.
Sajan Thiagalingam 10T in the Intermediate examination.
William Tran 9R in the Beginning Attic examination.

Merit – Bronze Awards were achieved by:
Shoummo Kar 9M in the Beginning Attic examination.

We congratulate these boys and all who took part, and we look forward to further successes in next year's competition.

Why Greek?

The opportunity to study Classical Greek at high school in Australia is a rare privilege which the boys of SBHS are lucky to have. Learning Classical Greek is not only an academic challenge; it is also a journey into the foundations of Western thought. It gives students access to Homer's epics, Plato's philosophy, and the tragedies of Euripides in the original words. It sharpens analytical skills, enriches English vocabulary, and can help to strengthen performance across the curriculum.



Most importantly, Classical Greek offers students the chance to become part of a living tradition of inquiry and excellence—connecting them to a heritage of stories, ideas, and values that continue to shape our world.

Current Year 7 Latin students who are weighing up their Year 8 language options are warmly invited to choose Classical Greek for study in 2026. With the enthusiasm and success of our current pupils lighting the way, there has never been a better time to join our thriving Classics community!

Mr D Burrow
Teacher of Classics

I would like to congratulate the award winners for their outstanding results and all participants for their effort in studying Classical Greek. My sincere thanks go to Mr. Burrow for leading our boys into the fascinating world of Classics and introducing this competition opportunity.

Mr T Zheng
Head Teacher Languages

ΕΥ-ΧΑΡΙ-ΣΤΩ

(thank you in Greek)





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

Music NOTES

NEW Music Group - Indian Music Ensemble

The Indian Music Ensemble directed by Advait Ilavajhala (OB 2024) had their first rehearsal on Friday afternoon in the Governors Centre. We welcome all interested students to come along and have a listen at 4pm in the GC green room. Current instruments in the ensemble include Tabla, Mridangam, Harmonium and Voice.



Music Ensembles

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

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 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.



2027 European Music Tour

An exciting music tour is underway with plans to travel to Prague, Salzburg and Vienna. The tour will be open to orchestral instrumental players with a cap of 40 students and 4 staff. Our first information evening on the Thursday in week 10 25 September at 6:30pm. Considering the high interest, the meeting location has been moved to The Great Hall where further details will be provided and expressions of interest taken. Please let the music staff know if you are unable to make the evening and interested in the tour and leave your email/contact details to forward on the information.

Suzanna Lim
Music Teacher

2025 Music Ensemble Schedule

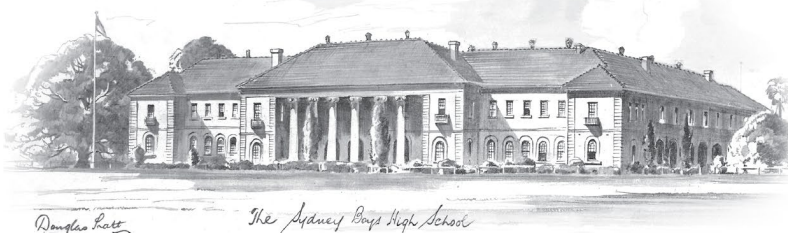
MONDAY (Before School)	TUESDAY (Before School)	WEDNESDAY (Before School)	THURSDAY (Before School)	FRIDAY (Before School)
Intermediate Concert Band 7.30am – 8.30am Governors Centre	Senior Concert Band 7.30am – 8.30am Governors Centre	Symphonic Strings Ensemble 7.45am – 8.45am Room 204		Marching Band GH/MPW 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
				Indian Music Ensemble 4.00pm – 5.00pm Governors Centre Green Room



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Sydney Boys High School

1883



Sydney Boys High School
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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)*

PHOTOS

Ordering - Sport Photos

To order individual, cohort, sport and co-curricular photos please go to:

<https://www.melbastudios.com.au/>

Select "SCHOOLS"

Use password "HIGH"

<https://bit.ly/SBHS2025>

Photo Coordinator
Kurt Rich



REMINDER

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

RUOK? OK?

RUOK? Day

Friday 12 September marks RUOK? Day, a national initiative dedicated to raising awareness about mental health and encouraging meaningful conversations.

At High, we will be celebrating this important day with a mufti day and a series of special activities.



Students are invited to come dressed in yellow mufti for free, showing solidarity with the RUOK? movement.

Alternatively, if your outfit is not yellow - for example, blue, green, red, or sports uniform - you can participate by purchasing an RUOK? wristband for \$1.

Wristbands will be available to purchase before school outside the school gates on the day, with all proceeds supporting mental health initiatives. Of course, students are also welcome to attend in full school uniform if they prefer.

Together with the Prefects, we will be hosting a fun Year 8 group session as well as a lunchtime RUOK? Day workshop in the Junior Quad.

The Lunchtime workshop, led by our Wellbeing Ambassadors, is open to all students and will provide a space to reflect, learn, and connect.

Through interactive activities, it will explore how to start a conversation, check in with friends, and provide support when someone struggling.

For more information about the importance of this day, visit: <https://www.ruok.org.au>

Thank you
Wellbeing Ambassadors

PAWS – Saint Grey Exhibition Excursion

On Friday 22 August, students from the PAWs group attended Elliot Fox's Saint Grey Exhibition at the M2 Gallery, Surry Hills.

Fox, a mixed media artist based in Canberra, draws on his lived experiences and advocacy for greyhounds to create thought-provoking and soulful works. His debut solo exhibition, Saint Grey, challenges audiences to reconsider how greyhounds are seen in Australian society.

In the exhibition, Fox divided the gallery into two distinct halves. On the left side of the gallery, he displayed artworks which celebrated Greyhounds, their characters and personalities. This was contrasted on the right, where he presented more darker and confronting works which highlighted the harsh reality of the Greyhound Racing Industry which strips these animals of their dignity, reducing them as commodities.



As well as displaying 18 new original works, Fox also hosted a Rescue Greyhound Group Exhibition, which featured artworks from various artists and perspectives.

Throughout the excursion, members of the PAWs committee were able to view and interact with several multi-media artworks, from sculptures, paintings, and screen prints, we were able to see how Elliot was able to engage audiences to showcase Greyhound's characters and personalities as family members, as well using subtle messaging and symbolism to stimulate conversation about the commodification of animals for gambling exploitation.

Saint Grey, the exhibition's centerpiece, is a life-size sculpture that reimagines a patron saint for greyhounds and all dogs, offering protection and guidance through life and death. Inspired by the legend of Saint Guinefort, a 13th-century French greyhound venerated as a saint after saving a child, the work is crafted from discarded materials, including costume and pillow feathers. This artwork aims to remind the audience that exploitation and death are often easily overlooked when paired with apathy and ask the audience to reflect on how other animals are often abused and discarded.

This life-size greyhound sculpture is enveloped in paper currency from the five regions where commercial greyhound racing remains legal (Australia, New Zealand, Ireland, England, and West Virginia, USA). By presenting the dog's form entirely in money, the work challenges viewers, prompting reflection on where value lies in profit, or in compassion.



This interactive sculpture invites viewers to place their hands inside a glass cube, connecting with another person across from them. Depicting human hands holding greyhound paws, it poses a poignant question: Are dogs any less worthy of receiving the love that we share with others and expect ourselves? The glass used to convey this message also serves as a reminder of the fragility of life and the importance of compassion.

Greyhounds, the second fastest land mammal after cheetahs, can reach speeds of up to 77 km/h (48 mph). While humans receive extensive safety measures at these speeds, the wellbeing of racing greyhounds is far less protected, leaving them at constant risk of catastrophic injury or death. In Australia, one greyhound dies on the track every three days, and over 30 are injured daily, despite claims of "world-class" racetrack safety. The artwork's Broadway-style font echoes public safety posters, highlighting the stark contrast between human concern and animal neglect.

Many thanks to Elliot for sharing his work with us, and to Ms. Stephens (PAWs MIC) for organizing the excursion.

To explore more of Elliot's artworks, visit <https://www.elliottfox.art/>

Artworks from the Saint Grey exhibition can also be viewed or bid on via - <https://app.galabid.com/saintgrey/items>

Ryan Park 10T



Chinese

學 中 文



Year 8 Chinese Excursion: Nine Dragons Restaurant - Chinese Garden of Friendship

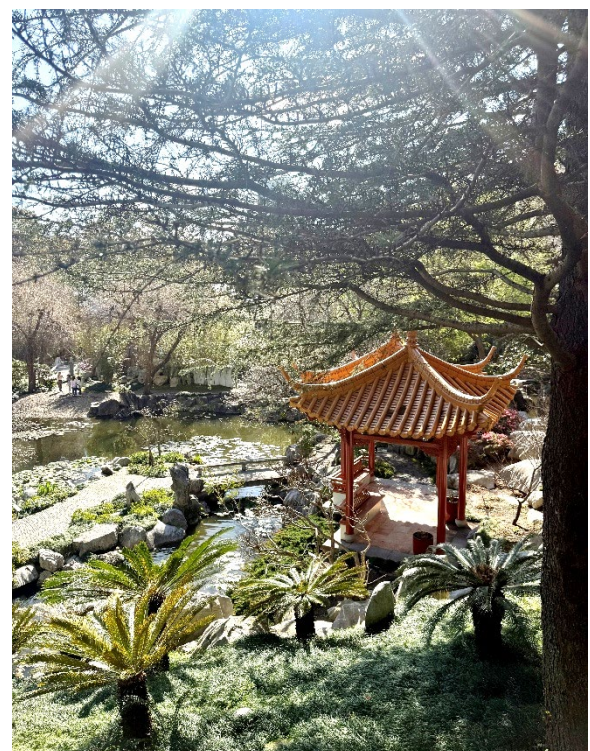
On Tuesday, September 2, our Year 8 Chinese students had an exceptional opportunity to engage in Chinese culture during an excursion to the Nine Dragons Restaurant and the Chinese Garden of Friendship in Chinatown, filled with great food, education and experiences.

We started the day with a terrific traditional lunch at Nine Dragons in Chinatown, where we were able to experience a range of authentic dishes. We had dumplings, noodles, rice, and a special variety of tastes offered in traditional Chinese cuisine. For many of us, we were able to try dishes we had never eaten before, which was both an exciting and amazing opportunity.

After lunch, we travelled for about 10 minutes to the Chinese Garden of Friendship, a tranquil oasis in the middle of the city. Walking along curved paths, crossing stone bridges and discovering the detailed pavilions, we learned about the significance behind some parts of the garden's design. There was a display of features, including rocks, plants, water and structures that all contribute to a sense of balance, harmony and many other fundamental ideas in Chinese philosophy. The peacefulness of the environment allowed us to enjoy the beauty of nature, reflect on the world around us and appreciate the artistry in traditional Chinese gardens.

This excursion was both an enjoyable and important educational opportunity. It allowed us to integrate our study of language and culture with real-life observations. We would like to thank Ms Zhang and Ms Fong for arranging such an unforgettable day and looking after us the entire trip. The excursion was truly fantastic, and we will always remember it.

Harold Jiang 8M







Week 3 Summary - GPS Athletics Season

A big Thank You to the 2026 Prefects and our wonderful staff – Ms Stephanie Francis, Ms Lena Park, Mr Jake Rowlands and Ms Natalie Luu – for assisting me in hosting Saturday’s GPS/CAS/ISA Invitational at ES Marks. I could not have done it without their support.

As we enter the final two weeks of competition, training will see an increase in intensity with a decrease in volume. Our goal is to have everyone as prepared as possible for the Championships. Some of our standout athletes will also be competing at the CHS Championships from Wednesday 10 to Friday 12 September – stay tuned for updates.

The GPS Championships Team will be selected after Saturday 13 September. Please note that teams may change up until five minutes before each event on the day of the Championships. It is therefore vital that all athletes remain focused at training.

A reminder that all GPS Athletes must attend the Championship on Saturday 20 September at SOPAC.

If any student feel they have been overlooked in selection, they are welcome to meet me outside the PE Staffroom at lunch on Monday 15 September.

Opens

Nestor Chan (16) - 2nd 1500m - 4:19.78, Brendan Woo, Lachlan Leung, Jiazi Chen and Dylan Dutt - 3rd 4x100m - 45.35.

17’s - Lachlan Leung - 1st Long Jump - 5.45 Nicholas Fung - 3rd High Jump - 1.75.

16’s - Charlie Cheshire - 2nd 400m - 54.39 and 3rd 800m - 2:02.15 Reza Bassam - 3rd Hurdles - 18.69.

15’s - Mekaeel Khan - 3rd 100m - 11.65, 3rd Long Jump - 5.56 and 3rd High Jump - 1.7 Jake Hybler - 2nd 400m - 54.4 and 1st 800m 2:06.30 Nelson Ta, Mekaeel Khan, Christian Paipetis and Jawad Ahmad - 3rd 4x100m - 47.68.

14’s - Ilya Tsoutsmana - 2nd Hurdles - 14.76 Cloud Wang - 3rd Long Jump - 4.95 and 2nd High Jump 1.7 Heshel Kariyawasam - 1st High Jump - 1.7.

13’s - Noah Isaacs, Liam Rajab, Adrian Lin-Daryanani and Harry Wu - 3rd 51.31.

Best Ways to Stay Informed:

Training, where and when – **Clipboard**.

Saturday Invitionals - [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



Dialed In



Prefects Helping Host - GPS, CAS, ISA Athletics Invitational on Saturday



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.

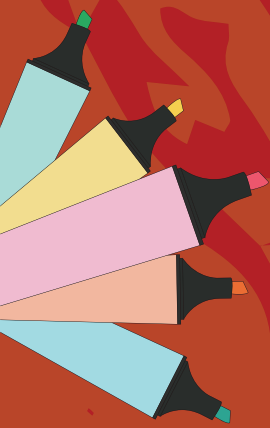
During the last Week of the School Year 2025!

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





HOA MAI



STATIONERY DRIVE



HOA MAI is one of the longest operational orphanages in DÀ NẰNG, Vietnam. Currently, they take care of 45 orphans and vulnerable children aged between 5 to 18 years old.

Donate WEEK 9 Mornings and Recess
@ Junior Quad

What you can donate:

- Unopened, unused stationery,
- *do not repackage
- NO scissors or money



ABOUT THE CAUSE

At Hoa Mai Orphanage in Da Nang, children facing hardship and orphanhood find safety, education, and a caring community. Since 2002, this grassroots centre has supported around 45 children aged 5 to 18, providing boarding, schooling, recreational space, and emotional stability in a home-like setting. Many students continue on to vocational training or higher education with help from sponsors and the orphanage.

Beyond daily care, Hoa Mai fosters opportunities for learning, growth, and belonging—whether through mentorship, recreational programs, or volunteers who bring new experiences to the children's lives.

Your stationery contributions will help these students fully engage with their education and express their creativity. Simple tools can make a profound difference in nurturing their potential and supporting their journey toward independence and hope.

THANK YOU FOR YOUR SUPPORT!!!

~ The Community Services Committee

ALL KILL YOU FOR THIS SIMON GASCOYNE THE MAN
HIGH DRAMA PRESENTS
WEARING A DARKISH SUIT WITH A LIGHTISH SHIRT. HE IS O
MEDIUM HEIGHT AND BUILD WHERE'S HIGGS YOU CAN
STAR WITH A PAUSE THE FACT IS I GENUINELY BELIEV
HER PERFORMANCE TO BE BUSINESS IM HERE WH
DUNNIT I'LL KILL YOU FOR GASCOYNE WHERE
GOD? ONE OF YOU IS THE IT INTO
COMPLETE FARCE
SPRING? ARE YOU CHASTISING A MAN OF MY SCRIV
KILLER M...
RADIO AND RESUMED HER CLEANING. SHE DOES NOT SE

THE REAL INSPECTOR HOUND

BY
TOM
STOPPARD

The Governors Centre

25th September 6PM

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Dear Students and Parents,

Just to remind you that our school is a subscriber to the study skills website www.studyskillshandbook.com.au including the Study Samurai video library.

This website will help you develop essential skills for academic success.

There are units of work on improving time management skills, how to study, research skills, summarising, technology use, brain and memory as well as many wellbeing topics in the Study Samurai Library.

Everything you need to know about becoming a more powerful learner and improving your marks at school can be found on this site.

For example, learn how the colour of your room affects your ability to study, what the best study techniques are for your type of brain, how to improve your handwriting and useful software and Apps to block yourself from 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:

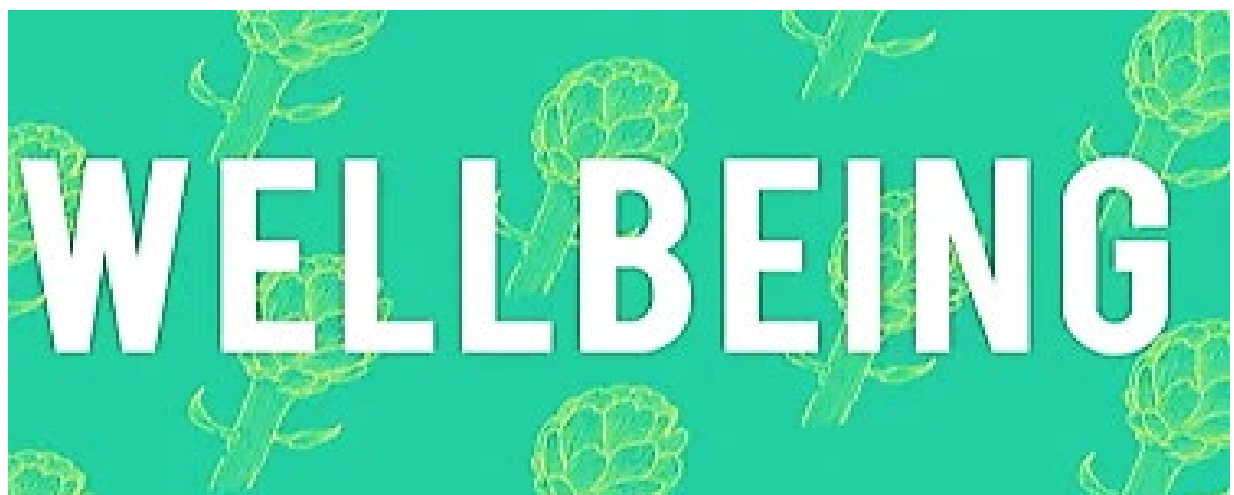
username: sydneyboys

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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