



From the Principal High Talent

Congratulations to Liwen Deng (11E) who won the People's Choice Award (\$150) at the recent Youth Photographic Competition sponsored by Woollahra Council.



Term 4 Ends

Thank you to all our teaching and non-teaching staff for nurturing and supporting our students this term. Thank you to coaches, parents, canteen and events volunteers and P & C Committees for their work, particularly behind the scenes. The term was eventful and productive. It tested our corporate character.

AAGPS Athletics

Congratulations to our winning athletes and school record holders at the GPS carnival. Dylan Dutt – school record 22.05 winning the Open 200m. Also won Open 100m. Ilya Tsoutsman – 1st in 100m hurdles in 14.16 (school record). Liwen Dang, Charlie Cheshire, Jiwan Cha and Sayyan Doke (2nd in 16 years 4 x 400m relay (3.48.52 school record). Jake Hybler -3rd in 15s 400m – school record 53.37. The team had 5 second placers and 13 3rd places. Thank you to all the competitors, staff, coaches for their efforts and to Kurt Rich for his leadership and management of the program.



The Myth about Sport Hurting Academic Success

Participation in sport is good for you; it gives your mind a break and helps your social life. It does not reduce your academic performance. Here's why. There were 12 scholar-sportsmen awards at High this year for Trial HSC ATAR of 99.5 and competing in **two** sports in Year 12. There were 22 High Dedication Awards for Trial HSC ATARs of 97 + and participation in **two** GPS sports for six years.



Year 12 Farewell and Graduation Assembly 2025

The class of 2025 headed off to study vacation this week to prepare for their final HSC examinations. We wish them all well. My speech to them is reprinted below:

'Good afternoon Year 12, staff and parents. Welcome to our *Farewell and Graduation Assembly* for the Class of 2025. I acknowledge the Gadigal people of the Eora Nation on whose country we meet and pay my respects to elders, past and present. They represent the aspirations and spiritual connections of the traditional custodians to this land and waterways. I extend those respects to any Aboriginal people here today.

One hundred and seventy-three of you are completing your six-year journey at High, today. When I wrote my *Principal's Message* printed in the Year 12 Farewell Booklet, which you will receive today, the defining moment in your shared story had not happened – the tragic loss of your classmate Andrew Xu. Sadly, many students have had to confront and cope with adversity or loss, during their six years at High. Your cohort has demonstrated an impressive level of resilience and collegiality. Ironically, twenty years ago the class of 2005 suffered a similar loss of a very popular member of their year. They have had a special bond because of that experience ever since. In time, so will you, bound together by Andrew's memory. Adversity must be experienced by everyone in varying degrees of intensity. What happens next is what matters. As Hemingway observed - 'the world breaks everyone, and afterward, some are strong at the broken places.' Whatever befalls us, we need to learn to lean in on each other to weather life's vicissitudes and remain hopeful. We learn to grow as people better because we have experienced all facets of life.

The Farewell Booklet contains a selection of notable results by graduating Year 12 students. To that list we add our Year 12s who have had more recent successes. James Cao was a member of the rifle shooting team which won the All-Schools Championship. Congratulations to our table Tennis Team - Alex Huang, Jasper Wu, Bryan Liu, Timothy Zhou and Thomas Cao – who earned 3rd place in the CHSSA Table Tennis Championships.

Congratulations to 2nd Grade Volleyball for winning the 2nd Grade Volleyball Premiership (The Trinh Loi Shield) - Branson Chan was in the team coached by Old Boy, Edward Ly. Well done to our Year 12 representatives at state cross country – Tanish Sarathy, Aaron Chu, Matthew Taylor and Micah Jouravlev. Alex Shao was first in the NSW Weightlifting championships in the Junior Division. Dylan Dutt made metric High history at the GPS carnival by winning the open 100m and 200m double – a super impressive effort. (Ken Grover won the double in yards in 1965).

As usual, my thanks go to our Student Leaders in all areas of school life for their dedication to enhancing our school culture, often without fuss, fanfare or recognition – Prefects, SRC, Community Service, PAWS, Equality, Social Justice, Environment, Captains of Sports Teams and Co-curricular Leaders. A special thank you goes to Jin Shim who led the school admirably this year, particularly in stressful situations. He was ably assisted by Liam and John.

Well done to the 32 students whose predicted ATAR was 99 or higher. I want to recognise and honour the **12 scholar-sportsmen** who competed in two seasons of GPS Saturday sport in their final year and earned **99.5 ATAR** or higher in the Trial HSC. I also recognise the **22** students who had a **97** or higher predicted ATAR and competed in **two sports for six years** while at High. These students will be presented prizes at Presentation Night next year if they receive no other major award recognising their efforts. Eleven students competed in three sports. Xavier Perry competed in three sports for six years – a notable commitment! *Triple firsts* were James McLoughlin and Tanish Sarathy. *Double firsts* this year were Edward Barks, Dylan Dutt, Jacob Jim, Matthew Kuskoff, Julian Luchko, Aiden McManus, Jin Shim, David Sun, Matthew Taylor, Brendan Woo and Ruo Bin Zhang. In the *One-Two Club* were John Fang, Jamison Lai, Nelson Lee, Bevan Shen and Andy Zhang. Our Double-Twos were Justin He, Hoger Kow and Jesse Wu. Congratulations to the 64 students who played two sports every year they were at High.

I want to thank the 121 Year 12 boys who showed pride in their school and represented High in at least two GPS sports in their last year. 78 of these were selected in either first grade or second grade teams. This depth helped us to have solid sporting results over five or six grades. Another 64 played one sport. So, greater than 86% of the cohort showed their dedication to our scholar-sportsman ethos in their last year at school. I applaud our graduating Year group for their dedication, integrity, compassion and resilience. The level of ongoing Year 12 commitment affirms that our students value our ethos of scholarship and participation in school sport. Thank you to all the MICs, coaches and parents who helped in our sporting and co-curricular programs.

Gentlemen, as you wind up school life and move into study vacation mode, try to maintain your revision and study routines over the next month or so. Routines are critical to eventual examination success. Help each other to stay on track. Share study time. Good luck in the HSC. My best wishes go with you all in your future endeavours. It has been an honour for me to serve you as your principal.

Dr K A Jaggar
Principal



Year 12 Academic Awards

Congratulations to the students listed below on achieving either a place on the academic achievement list or displaying outstanding learning behaviours across all their subjects.

The large number of students displaying such positive traits bodes them well for the HSC and beyond!

Academic Achievement - Placed in the Top 20% of the Year Group

Lucas Adamson (12T)
Aayan Azhar (12R)
Thomas Cao (12E)
Clinton Chau (12F)
Jerry Chen (12E)
Henry Duong (12E)
Dylan Dutt (12F)
Matthias Elgawly (12R)
Rayan Foiz (12S)
Eric Gao (12R)
Samuel Gao (12M)
Adib Habib (12E)
Thomas Han (12T)
Shafayat Hossain (12F)
Ric Hou (12R)
Nathan Hu (12T)
Alex Huang (12R)
Daksh Joshi (12T)
Matthew Kuskoff (12T)
Frederick Lam (12S)
Mahdin Mamun (12R)
Aiden McManus (12R)
Rupantar Nirvor (12R)
Liam Nottage (12S)
Akith Perera (12E)
Xavier Perry (12M)
Jawwad Prohdan (12T)
Andrew Pye (12R)
Arthur Qiu (12R)
Alif Siddiqui (12R)
Samuel Tanama (12S)
Jeff Tse (12R)
Zarif Uddin (12T)
Timothy Wahib (12E)
Maurice Wong (12T)
Brendan Woo (12E)
Jesse Wu (12R)
Nicky Wu (12T)
Nicolas Yan (12M)
Jason Yu (12S)

Ryan Yu (12R)
Jonathan Zhang (12R)
Timothy Zhou (12T)

Outstanding Learning Behaviours - over 90% Consistently

Aariz Anowar (12E)
Aayan Azhar (12R)
Arin Bhargava (12E)
Thomas Cao (12E)
Clinton Chau (12F)
Callum Chen (12M)
Jerry Chen (12E)
Henry Duong (12E)
Dylan Dutt (12F)
Tafley Fan (12F)
Rayan Foiz (12S)
Eric Gao (12R)
Adib Habib (12E)
Shafayat Hossain (12F)
Ric Hou (12R)
Jacob Jim (12S)
Jordan Komonen (12F)
Frederick Lam (12S)
Nelson Lee (12R)
Harry Liu (12E)
Rupantar Nirvor (12R)
Liam Nottage (12S)
Akith Perera (12E)
Xavier Perry (12M)
Jawwad Prohdan (12T)
Arthur Qiu (12R)
Jin Shim (12F)
Samuel Tanama (12S)
Nathan Tang (12R)
Jeff Tse (12R)
Zarif Uddin (12T)
Eric Wang (12R)
Maurice Wong (12T)
Jesse Wu (12R)
Nicky Wu (12T)
Jonathan Zhang (12R)
Oscar Zhang (12F)
William Zheng (12M)

Well done to all the above students and the best of luck in your HSC examinations!

Mr Jamie Kay
Deputy Principal

Congratulations



As Term 3 ends, we extend a heartfelt thank you to everyone who has supported our SBHS Canteen.

A special shoutout to our amazing Canteen Managers and assistant staff whose tireless efforts keep our operations running smoothly each day, along with their extra hard work supporting our many school events.

We are especially grateful to our wonderful volunteers - our superstar mums, dads, grandparents and family - who generously give up their time each week to support our P&C-run Canteen. Wishing everyone a safe, restful and relaxing holiday break, and looking forward to welcoming everyone back in Term 4!

THANK YOU!

Our SBHS Canteen extends a very special thank you and farewell to all our Year 12 Canteen Parent Volunteers. Your years of dedication and service have been invaluable, helping make our Canteen what it is today and ensuring its smooth operations and success.

We would especially like to thank our Year 12 Parents: Sandra Jouravlev, Rosaline Perry, Judy Zhu, Nicole Ma, Carmen Chan, Sureka Thiagalingam, and Tania Kuskoff for their very regular services to our Canteen. Our Canteen Committee was delighted to acknowledge their dedicated efforts with SBHS memorabilia wine glasses from the High Store.

To all our Year 12 parents - thank you once again for all your wonderful support. We wish your boys all the very best for the HSC and beyond - your presence, warmth and generosity will definitely be missed by us all!



All the Best!



To our Year 12 students - our SBHS Canteen and the entire school community wish you every success for your final HSC exams. We encourage you to give it your best effort, while also keeping balance and perspective. Thank you so much for supporting your SBHS Canteen throughout the years, with a special shoutout to the Prefects and student leaders who have consistently stepped-up during recess and lunch duties. May you all stay nourished, healthy and motivated as you tackle these final weeks with the best of your 'High Spirit'!

Graduation

As a special send-off, we're delighted to share these 'Graduation Special' culinary highlights from our talented Vivian Chen, with a '99.95 ATAR' karagee chicken special plate, Graduation mochi, and hand-crafted 'Congrad-ulations' Chupa Chups; and wonderful Year 10 parent Qihua Xu, who prepared a very 'lucky,' delicious stir-fried rice cake dish. Wishing our Year 12 boys academic success in their final exams!



OPEN DAY

On Thursday September 11 2025, our school welcomed visitors to our SBHS Open Day. A huge thank you to our Canteen President Vivian Chen and Canteen Volunteer Co-ordinator Grace Guan for setting up our special Canteen Stall and delighting everyone with their delectable, handmade treats!



Our visitors were treated to handmade joyful karaage chicken buns; ham and salad wraps; specialty rabbit and turnip buns, and sweet bunny mochis - all which were snapped up in seconds! We also extend our gratitude to all volunteers who contributed to making the day a success.



Heartfelt THANKS TO OUR VOLUNTEERS!

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

Thursday 11 September: Emily Chow, Grace Guan, Donna Lees, Renee Levitt.

Friday 12 September: Li Tian, Hester Pan.

Monday 15 September: Sarah Lin, Maggie Duan.

Tuesday 16 September: Matthew Pang, Gordon Gao, Lei Lei, Pamela Jolly.

Wednesday 17 September: Katie Kim, Penny Peng, Hyun Kim.

Thursday 18 September: Vivian Chen, Ruolin Li.

Friday 19 September: Qihua Xu, Lei Miao, Sandra Jouravlev.

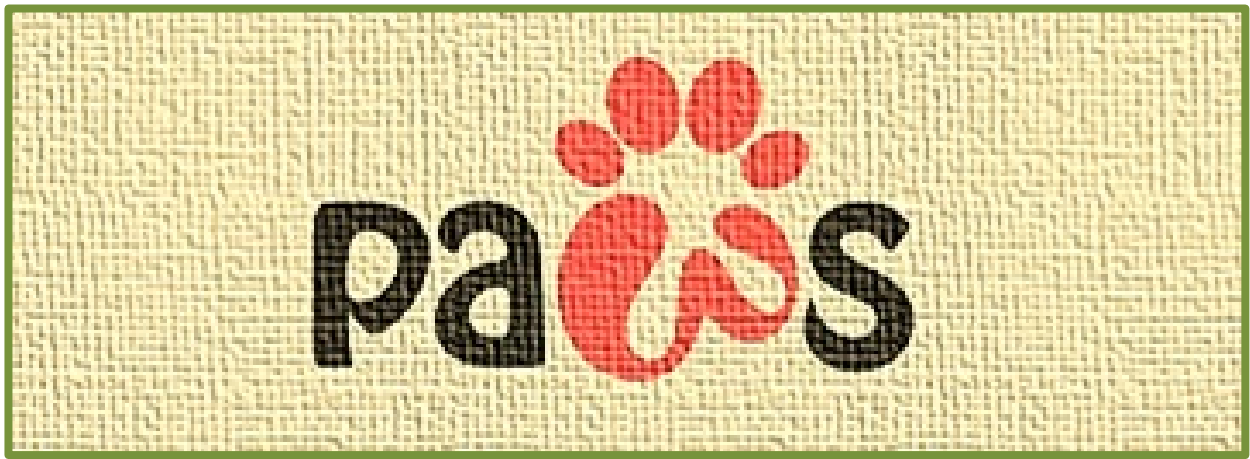
Monday 22 September: Grace Guan, Sukie Geng.

Tuesday 23 September: Qiwen Dong, Gordon Gao.

Wednesday 24 September: Jitendra Khanna, Lucy Xu.

J Yuan
On Behalf of the SBHS Canteen Committee

Greatly Appreciated!



PAWS Environment Day

On Monday September 8 students of the PAWS Committee held and organised our second annual PAWS Environment Day, inviting the Environment Warriors from Crown Street Public School to the Governors Centre.



Our Environment Day consisted of several interactive activities, designed to allow students to have fun but also learn the importance of our environment and animals.

The day kicked off with one of last year's favourite activities: **recycled bottle bowling**.

Students from the PAWS group collected plastic bottles and tennis balls to reuse as equipment.

This year, we added a twist with a High School vs Primary School competition. Crown Street Public entered two Teams, the Fluffy Capybaras and the Sumo Tigers, against the Bowled Eagles, a PAWS Team, in a fun yet competitive showdown.

After a spirited contest, the Sumo Tigers emerged victorious. The excitement grew in the Champions Challenge Round, where the top scorer from each Team bowled in one giant setup combining all three lanes. In a tense finish, the Fluffy Capybaras' representative emerged victorious, crowned the Champion of Champions.

The event closed with a short presentation on The What, How, Why of recycling, tying the fun back to its important message.

The second activity was our **Endangered Animals Craft Session**, where students and PAWS members used a variety of materials (cardboard, pipe cleaners, corks, and more) to create models of endangered animals.

Afterwards, each student presented their creation to the judges and, in a reality show-like fashion, were awarded scores out of 10.

We were also treated to a surprise performance from PAWS members Jeremy Yan, Ethan Huynh, and Milan Babin who, using cardboard and other recycled materials, dressed Ethan up as a turtle to act out the story of a Turtle's extinction due to human neglect. Their light-hearted performance brought plenty of laughs while still highlighting the important message of environmental care.



Finally, the day wrapped up with our highly anticipated **Animal Scavenger Hunt**. Students explored the Governors Centre, using clues from the Scavenger Sheet to track down hidden animals and collect their corresponding letters to reveal a secret code. This was a favourite from last year, the activity returned with an exciting new twist, two levels of difficulty, adding even more fun and suspense.

In line with this year's theme, the final code was revealed as "Go Green". A special mention goes to Tuyvan Mai and Alay Mahidadhia for leading the organisation of such a successful activity once again!
Thank you!

I would also like to thank Crown Street Public School and their teachers for attending and bringing such enthusiasm to the day, as well as all the PAWS members for their incredible help.

A much-deserved thanks also goes to our MIC, Ms Stephens, whose support allows for PAWS and events such as this.

Ryan Park 10T

Music NOTES

Open Day

The Jazz Ensemble and both Junior and Senior String Quartet played at Open Day Thursday 11 September, showcasing the amazing talents at SBHS. Thank you to Binh Johnsun for organising the Music Banner just in time to display next to the music table and Oscar Zahng for taking all the great pics of the music boys.



HSC Music Performance Examinations

Our Music 2 and Music Extension students completed their HSC performance exams earlier this week on Monday 15 September and Tuesday 16 September. The boys worked very hard over the year preparing demanding programs and engaged in performance masterclasses, showcase concerts and class workshops in front of their peers. We wish them well in preparation for their written musicology exam first week back next term.

Manly Jazz Festival

Sydney Boys High Senior Stage Band performed at the Manly Jazz Festival on **Sunday 21 September 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 also played some charts in the set. Bob Coassin directing the Senior Stage and up and coming jazz tenor player Justin Yeo working with the Jazz Group.

A vertical banner for Sydney Boys High School Music. At the top is the school crest and the text 'Sydney Boys High School Nurturing scholar-sportsmen since 1883'. Below that is a yellow bar with the word 'MUSIC' in black. The main part of the banner is a photograph of a string quartet performing outdoors on a lawn. At the bottom is a blue section with four bullet points: 'PASSION, CREATIVITY, GROWTH', 'COMPLEMENT ACADEMIC LEARNING', 'TEAMWORK & LIFETIME FRIENDSHIPS', and 'COLLECTIVE HIGH SPIRIT'. Below the blue section is a dark blue bar with the website address 'https://sydneyhigh.school/'.



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 is in week 10 Thursday 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.

NEW Music Group - Indian Music Ensemble

The Indian Music Ensemble directed by Advait Ilavajhala (OB 2024) had their first rehearsal on Friday afternoon, 12 September 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 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.



Our Guitar Ensemble Director and music tutor Aaron Flower is raising funds for the Leukaemia Foundation this month with a goal of \$3,000 in memory of musician Chris O'dea. Please support this wonderful cause:
Link:

<https://fundraise.leukaemia.org.au/fundraisers/aaronflower>

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





Week 5 Summary - GPS Athletics Championship

In 2025, **151 boys** participated in the GPS Athletics Program, with **73 Athletes** selected to compete at the GPS Athletics Championships. At the Championships, our Juniors and Seniors placed **8th**, while our Intermediates achieved a commendable **4th place**. The squad delivered several outstanding performances, including **five new school records** and multiple podium finishes. A particular highlight was **Athletics Captain Dylan Dutt**, who won **Gold in both the Opens 100m and 200m** - a feat believed to be a first in Sydney Boys High School history.

Videos of all school records broken at the Championships can be viewed via [SBHS Athletics](#)

Top 3 GPS Championship Performances

Opens - Dylan Dutt – **1st 100m** (11.11) and **1st 200m** (22.09) - **School Record**.

17 Years

James McLoughlin – **2nd 110m Hurdles** (15.38).
Oliver Buikema – **3rd High Jump** (1.83m) and **3rd Long Jump** (6.02m).

16 Years

Mark Yan – **3rd 400m** (52.07) – **School Record**.
Nestor Chan – **3rd 1500m** (4:23.82).
Liwen Deng, Mark Yan, Rohan Chand, Tim Chen – **3rd and 4x100m** (44.53).
Liwen Deng, Charlie Cheshire, Jiwan Cha and Sayyan Doke – **2nd 4x400m** (3:38.52) – **School Record**.
Max Gao – **3rd Long Jump** (5.77m).

15 Years

Mekaeel Khan – **2nd 100m** (11.49) Owen Trinh – **3rd 200m** (24.13).
Jake Hybler – **2nd 800m** (2:02.93) & **3rd 400m** (53.37) – **School Record**.
Nathaniel Ng – **3rd 1500m** (4:41.07).
Nelson Ta, Mekaeel Khan, Sayyan Doke and Owen Trinh – **3rd 4x100m** (45.54).

14 Years

Ilya Tsoutsman – **1st 100m Hurdles** (14.16) – **School Record**.
Tom Yang – **3rd 100m** (11.99).
Yashneil Lucknauth – **3rd 400m** (56.86).
Cloud Wang – **2nd High Jump** (1.73m).

13 Years

Noah Issacs, Liam Rajab, Jayden Shan and Harry Wu – **3rd 4x100m** (49.79).

Going on 10 years for the annual Coaches and Y12 Athlete Dinner. The evening honours our Year 12 Athletes who, despite the many demands on their time and energy, continue to wear the school colours with pride. They embody the spirit of the scholar-sportsman, balancing commitment, discipline, and leadership. The Coaches and I are proud to welcome them as young men who lead by example.

Best Ways to Stay Informed: Training, where and when – Clipboard - Summary of Results and Publications - High notes and [SBHS Athletics](#) - Results - [2025 SBHS Athletics Results](#) - Videos and photos - [@performathigh](#) (Instagram).

MIC Athletics
Kurt Rich

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

Year 11

Half Yearly Reports - Clearance Forms – Year 11

Clearance forms for report collection will be online during the coming weeks. Please ensure outstanding payments and due book returns are received **before** the clearance form is generated.

Sharon Kearns
SAM

IMPORTANT

Student Leave Requests – Reminder

There is a Department of Education and school policy on **Student Leave of Absence – Extended Leave Travel** requests. This applies to leave that is **five school days or more** in duration. Parents are reminded that as a matter of policy leave may not be processed or approved unless **four weeks'** notice has been given. Also, **cogent reasons** for travelling during school term need to be supplied. No travel should be booked during the assessment or examination blocks affecting your son. The effect of this decision is that all leave requests that involve the last four weeks of term should have been lodged with Dr K A Jaggar for approval by **the end of week 6, each term**. If you are planning to travel during the school term you need to download, complete and submit the form for approval to Dr K A Jaggar.

STUDENT ABSENCE

If your son is absent from school, please email absences@sbhs.nsw.edu.au to explain the absence.

STUDENT LATE ARRIVAL

If your son is going to be late for school, please ensure that he scans in on arrival outside the main office. The scanner will generate a late slip that can be presented to the teacher on arrival to class.

EARLY LEAVE

Students must bring a note that has been signed by **both a parent AND a Deputy Principal** to the office **BEFORE** 8.55am. The note must contain the student's name, ID number, roll class, date, time of departure and reason for leave. The student then returns to the office at the stated time and collects an early leave pass. **Please note:** Early leave requests sent via email or telephone will **not** be accepted. It is the student's responsibility to bring the note and submit with signatures before 8.55am Monday to Thursday and 9.25am Friday.



Dear Parent or Caregiver

The Life Ready program is a mandatory program. The course aims to prepare and support students to lead, and contribute to, healthy, safe and meaningful lives, which promote respect, responsibility, enjoyment, inclusion and social justice for self and others.

The Key Skills:

Communication and Interpersonal skills.

Decision making, problem-solving and critical thinking skills.

Building independence and confident transitions.

The course addresses six learning contexts:

Independence.

Mental Health and Wellbeing.

Respectful Relationships.

Sexuality and Sexual Health.

Drugs and Alcohol.

Safe Travel.

***Note – these skills have been addressed in but not limited to the PDHPE program and Values Education.**

IMPORTANT

The program will run across 3 days:

From Monday 15 December 2025 to Wednesday 17 December 2025.

During the last Week of the School Year 2025!

Any student who does not complete this course will be required to complete the **2026 program** which will again be in Term 4 - **therefore during their 1st Term of Year 12.**

Kurt Rich

Life Ready Coordinator



SYDNEY 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:

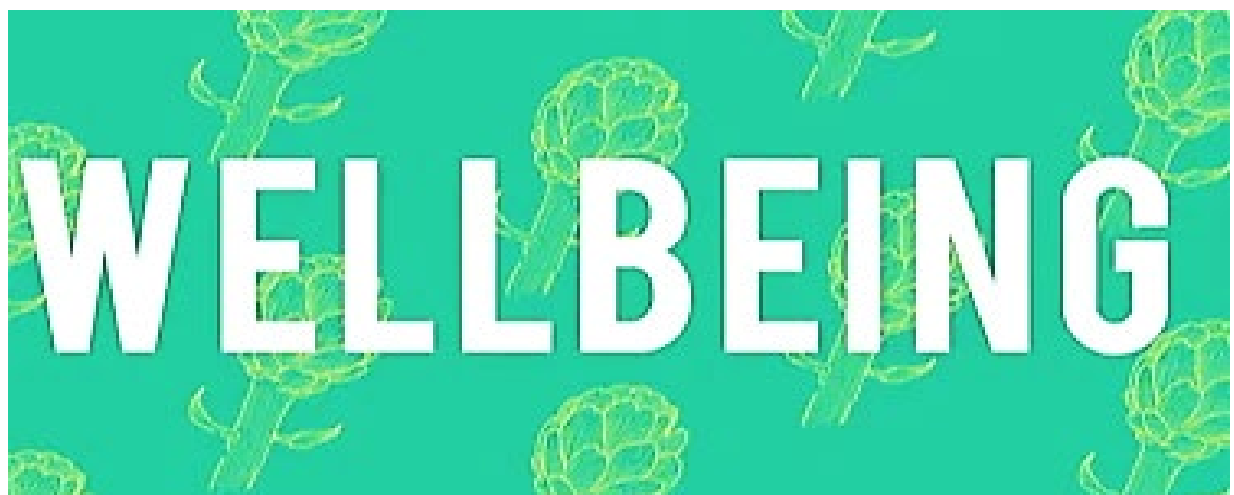
username: sydneyboys

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





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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