

# H I G H S C H O O L N O T E S



## From the Principal High Talent

Boris Zhang (SHS-2025) was the 3rd place winner (\$50) of the Wollongong Art Gallery Window-Themed Photography Competition in the category for Years 11 and 12, for his photograph: *The Hushed Glow*. Jiekai Miao (10E) was also a third prize winner (\$35) in the same competition in the category for Years 9 and 10, for his photograph: *It's just a burning memory*. Well done, boys! Andrew Pye (SHS-2025) has been invited to the Australian Maths Trust State Awards in recognition of his Gold Certificate in the Australian Informatics Olympiad. Well done, Andrew!



## Welcome Back to Term 4.

Term 4 is important because of examination results and decisions about future pathways. Year 12 has the high stakes HSC examination and tertiary entrance targets. Year 11 accelerants get a taste of the HSC, and the results may determine their pattern of study for Year 12. Year 10 has the compulsory Life Ready course to complete, stage 6 benchmarks to meet in some courses, as well as a final selection of a pattern of study for stage 6. Year 9's examination results determine their eligibility for certain subjects for Year 10 (such as acceleration or online learning). Year 8 get to make their first major choice of curriculum – what two electives would I like to do? Year 7 must decide on whether to continue with two languages in Year 8 or just their favourite one. Consequently, the whole school must arc up and focus on maximised performance and informed decision-making. Summer sports get fully underway. Outdoors we need to protect ourselves from the heat. Let's work hard and have fun!



## Staff Changes

Sarah Kim will be relieving for John Prorellis as Head Teacher Administration for the first two weeks of term. Robyn O'Driscoll will be relieving for Joanna Chan as Head Teacher Student Wellbeing until 29.10.25. Richard Kable joins us in LOTE teaching German.

## FOUNDATION DAY ASSEMBLY 2025

My speech to the assembly is reprinted below: 'Special guest, Neil Green, School Captain 1975, Ms Rachel Powell, Principal Sydney Girls High School, Emeritus Professor Geoffrey Kellerman AC (1942), Mr Bruce Corlett AM (1961), Dr David Sweeting OAM (1977), Mr Jacob Ezrakhovich OBU President (2003), Mr Paul Almond past OBU President (1982), Professor Ron Trent (School Council President), Mr Phil Lambert (Life Governor) and Jill Lambert, Mr Fred Bolling OBU Executive (1967), Class of 1975 attendees, Mr Luc Tran (school captain 2024), Mr Ron Schwarz (senior prefect 1962), Mr Matthew Lam (vice-captain 2023), Mr Alan Wong (senior prefect 2020), Mr Graham Gard OAM (1956), Ms Xenia Palmer, Ms Saaini Sivaseelan and Ms Elsha Lim (SGHS), staff and students, welcome to our 142<sup>nd</sup> Foundation Day Assembly held on Gadigal land. I pay my respects to Aboriginal elders, past and present, and to any Aboriginal people here today. We are assembled to re-affirm our traditions, to reconnect with our cultural values, to honour leaders and leadership, and to endorse the candidature of the Prefect Interns who will make their own unique contributions to our history. We welcome back our Old Boys who graduated 50 years ago and compare their context and ours. High has the appeal of a long tradition, which gives newcomers comfort and confidence that quality education will be maintained. Returning Old Boys demonstrate the spirit at High that stays within our graduates and motivates them to stay connected.

On November 11, 1975, Gough Whitlam was removed from office by the Governor-General, Sir John Kerr. This was a severe shock to our constitutional government, with lingering ramifications in our political landscape. In May, Gerald Ford formally announced the end of the 'Vietnam Era', drawing a line under America's failed effort to intervene in a civil war. Haldemann, Ehrlichman and Mitchell were convicted for their roles in the Watergate break-in and cover-up which brought about the resignation of Richard Nixon. Colour television broadcasting commenced in Australia, and the Sony Betamax video cassette recorder was launched. There was a hugely increased TV audience and doom sayers predicted

the demise of cinemas. Bill Gates and Paul Allen founded Microsoft. We are now experiencing an AI world and quantum computing. Let us hope in 50 years there will be a celebration of today as the beginning of the settlement of the Palestinian Question which has bedevilled Middle East international relations for more than one hundred years.

In *The Record* of 1975, the Headmaster, Greg Bradford, observed in his Headmaster's Report that the 'close association of (High's) community generates strong feelings of independence and concern for the school's place in a rapidly changing learning environment.' Our strong community involvement and unique culture still define the High experience today. The pace of educational change has accelerated since 1975, requiring complex responses. Also in *The Record*, school captain Neil Green, observed that it is 'up to the individual himself whether he joins with his friends and takes part in one of the organised groups within the school'. He asserted that 'High's sporting teams appear to enjoy themselves far more than their GPS counterparts, regardless of whether they win or lose'. School spirit is still a core driver of student involvement in school life. The modern context has more variety in offerings but has fiercer competition at the elite level than 50 years ago, because of the gradual professionalisation of sport at all levels.

On Foundation Day we can take this time to recount our historical foundations in October 1883 and our enduring traditions. The school has changed physically in the last 50 years, yet the core that defines High is the same. We prepare our students for university. We rally support for GPS sport. Our returning Old Boys today include representatives from 1975 from first grade tennis, GPS athletics, the first XV in rugby and the 2nd XI in cricket. They are enduring examples of High Spirit.

Today, in remembrance of the school's founding, of its illustrious alumni, and of its student leaders, we celebrate a new cohort of student leaders as they take the *Prefect's Pledge*. These Prefect Interns have had to meet performance benchmarks. They have had to show lived experience of leadership. They have had to meet academic standards. They have had to represent their school in two GPS competition sports in each of their final two years. They have had to reach at least platinum level in the Student Awards Scheme and score at least 100 points in Year 11. They need to comply with expected standards – wearing school uniform and modelling good behaviour and punctuality. They compose an online personal statement of why they would like to lead. They have faced an electoral college consisting of their peers in Years 10 and 11, the outgoing 2025 Prefects and the staff. They will have leadership training and be assigned specific roles. These representatives who will be standing before you are ready for the tasks ahead.

We celebrate our founding as a school to prepare young men for tertiary study. We celebrate our institution that enlarges character through opportunities to pursue excellence. We celebrate a culture of camaraderie that has influenced positive character development in many cohorts of young men. The representatives of this year's students are being inducted today. They will prove to be worthy bearers of the High tradition of leadership by

example, across many areas of school life. I offer my congratulations to them and remind them to preserve the best examples from the past while adding their own initiatives to enhance the leadership culture of the School. One of the measures of effective leadership is the extent to which leaders create emotional commitment to the enterprise. I wish the 2026 Prefects good luck in their roles and trust they will be effective in building that commitment'.

**Dr K A Jaggar**  
**Principal**

## EARLY LEAVE

### **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, **coherent 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](mailto:absences@sbhs.nsw.edu.au) to explain the absence.

### **STUDENT LATE ARRIVAL**

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

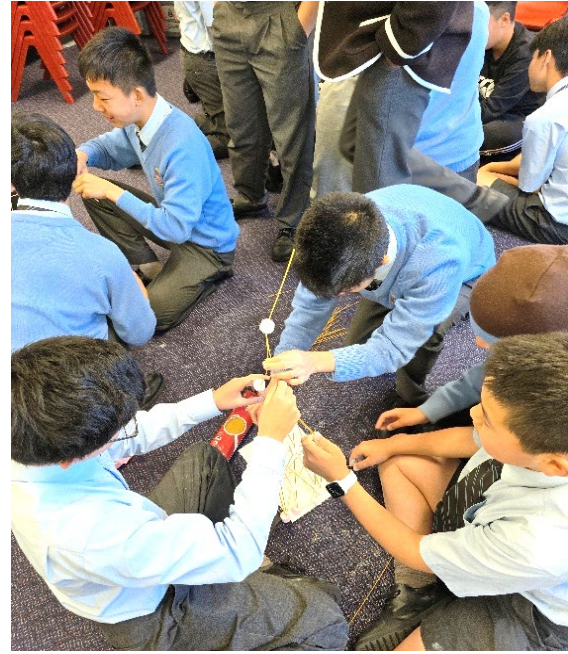
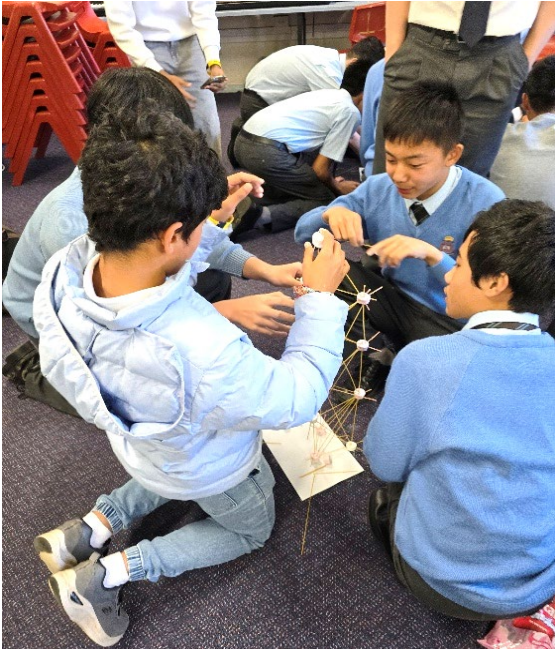
### **EARLY LEAVE**

Students must bring a note that has been signed by **both a parent AND a Deputy Principal** to the office **BEFORE 8.55am**.

The note must contain the student's name, ID number, roll class, date, time of departure and reason for leave. The student then returns to the office at the stated time and collects an early leave pass.

**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.

# RUOK? DAY



## RUOK Day?

On Friday 12 September - Term 3 Week 8, Sydney Boys High School celebrated RUOK Day.

The day helped raise awareness about mental health and encouraged students to look after the wellbeing of both them and their peers through having RUOK conversations. It involved a yellow themed mufti day, which an overwhelming number of students participated in, showing wide support for the cause within our school.

We also hosted a workshop in the Junior Quad at lunch to educate students about how to have effective and meaningful RUOK conversations to support their friends who may be struggling. It also taught students practical steps they can take to look after their own wellbeing.

Similarly, we hosted workshops for Year 8 students during their Period 2 classes to help build their awareness of wellbeing and mental health before they enter the pressures of Year 9 and beyond.

The workshop featured a spaghetti marshmallow tower building challenge, RUOK-themed ball games, and an interactive Kahoot to engage students around the values of teamwork, communication, and supporting each other's wellbeing.

Overall, the day was a huge success and made an extremely positive impact on the culture surrounding mental health and wellbeing at Sydney High.

I would like to thank my fellow Wellbeing Ambassadors for the extraordinary amount of effort they put into organising the workshops, alongside our dedicated MIC Mr. Fong who helped organise the materials for the day.

I would like to further thank my fellow Prefect-Interns for 2025-2026 for helping run the workshops, along with the Period 2 Year 8 teachers for their support.

Lastly, I would like to thank all the Year 8 students, along with any students who wore mufti and got involved with the lunchtime workshop, for your enthusiastic support of RUOK Day.

**Ryan Allen**  
**Chairman Wellbeing Ambassadors**  
**Wellbeing Prefect**

**Thank You**  
for your support



### **P&C Thank You!**

Firstly, I would like to sincerely apologise for the delayed thank you message regarding the Year 12 Graduation P&C Afternoon Tea, as I missed the deadline for inclusion in the Term 3 Week 10 edition of High Notes.

On Tuesday 23 September, the school celebrated the Year 12 Graduation. It was a significant milestone for the Year 12 students and their families.

The P&C was proud to support this special occasion by helping with food service at the Afternoon Tea and decorating the courtyard with beautiful fresh flowers and an eye-catching balloon stand, creating the perfect photo setting. The P&C would like to thank you all, the wonderful parents who gave their time, talents, or donations to help make this event such a success, either on the day or behind the scenes leading up to it. Their dedication, generosity, and teamwork helped create a memorable day for the graduating Year 12 boys and their families. We couldn't have done it without you!

A special mention goes to Emma Pham for her outstanding work in organising the afternoon tea. Emma's attention to detail and impeccable planning ensured that everything ran smoothly. A big thank you to our amazing kitchen team, who did a fantastic job heating and plating the finger food.

Thank you also to Sunny Song for organising the stunning balloon arch, and Qihua Xu and Bonnie Wong for their beautiful flower arrangements, which brightened up the courtyard and added a lovely touch to the celebration. A special acknowledgement to Sunny and Bonnie, both Year 12 parents, who generously helped in the lead up to the event when they could have been relaxing and celebrating their own son's achievements.

This event wouldn't have been possible without the guidance of Miss Joanna Chan, the Year 12 Graduation organiser. Her coordination was invaluable, especially in ordering the delicious food and the enormous chocolate cake that everyone enjoyed.

The Year 12 Graduation Assembly provided a special opportunity for the P&C to recognise the outstanding contributions of parents of graduating students who have gone above and beyond in their volunteer roles throughout their time at SBHS. These parents were nominated by the sports and co-curricular MICs, committee members, and fellow parents for their unwavering dedication and commitment: James Lai (Jamison Lai), Kevin Leung (Lachlan Leung), Michele Adamson (Lucas Adamson), Olga Sukhovskaya (Mark Sukhovsky), Rosaline Perry (Xavier Perry), Sandra Jouralev (Micah Jouralev), Sunny Song (Timothy Zhou), Sureka Thiagalingam (Arjuna Thiagalingam), Tania Kirkland (Ryan Kirkland), Tania Kuskoff (Matthew Kuskoff), and Xi Chen (Andrew Siqi Chen).

Thank you to the following parents for helping with or contributing to the afternoon tea at the Year 12 Graduation. We sincerely apologise if any names have been missed from the list, which has been compiled from the Volunteer Registration sheet.

Annie Liu, Annie Wen, Bonnie Wong, Carmen Tse, Chamila Jayawardhana, Cynthia Leung, Dan Ni, Emma Pham, Florence Li, Helena He, Jennifer Du, Jianming Yin, Jin Ning, Jocelyn Jiang, Jocelyn Yem, Kathy Du, Kelly Ding, Lili Liang, Lingli Zhuang, Lucy Xu, Penny Peng, Qihua Xu, Qing Guo, Rachel Flynn, Rosaline Perry, Sophia Xue, Sunny Ma, Sunny Song, Tania Kirkland, Veronica Shim, Vivian Chen, Vivian Wong, Wei Gao, Xiaoyan Xu, Yanping Zhong (Carla), Ying Sun.

**Tania Kirkland**  
2025 P&C President



# Broken Bay



**Year 8 Camp** has come and gone, and what is left are memories and the **photos!**

Thanks to all the Teachers and Helpers that made the Year 8 Camp so great for the boys!

Opportunities still open for assistance - Year 9 Camp!

**Owen The Science Teacher / SRC and Outdoor Education Cordinator**



**Year 8**



## 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

## TERM 4 Music Ensembles

Welcome back! All music ensembles are busy preparing for the **end of year music concert in the GREAT HALL on Saturday 6 December at 1:30pm**. All Concert Bands, Percussion Ensemble, Guitar Ensemble, Chamber Choir, Strings Ensembles and Orchestra will be performing at this concert.

This year we will be bringing back our **Jazz in the Courtyard Concert on Sunday 7 December at 3pm**, where families and friends can bring along a picnic and enjoy some wonderful music by our Stage Bands and Jazz Ensemble on the lawn. FREE entry to both performances.

## HSC Music Encore Nominations

CONGRATULATIONS to 9 of our HSC music students across Music 2 and Music Extension courses who gained nominations in performance at the end of last term – Jerry Chen, Jerry Du, Liam Greacen, Jacob Jim, Ryan Kirkland, Oscar Kuo, Kevin Liu, Andrew Yao and Jason Yu. We are so proud of your achievements!

## 2027 European Music Tour

An exciting music tour is underway with plans to travel to Prague, Salzburg and Vienna. The tour is open to orchestral instrumental players with a cap of 40 students and 4 staff participating.

Our information evening held in the last week of term 3 in the Great Hall, saw a huge number of students and parents in attendance. We will be holding auditions in a few weeks and hope to start rehearsals at the end of the year and into 2026

**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

WHERE WORDS FAIL  
**MUSIC**  
SPEAKS 

## Music Old Boys Reunion Dinner

A great turnout on Saturday 27 September for our first Old Boys music reunion dinner with graduates from 2007 to this year's outgoing music students in attendance.

The night opened with the school song sung by a hundred strong voices resonating through the Great Hall accompanied by Jerry Chen and Tafley Fan. The evening then proceeded with entertainment by the amazing Opera Bites company performing a variety of popular Opera numbers.

As the night progressed, our talented old boys took to the stage to sing and play, demonstrating they still had what it takes to wow an audience. We hope to start a SBHS Alumni Band and Orchestra in the near future.



Reunion Dinner



Class of 2007 and 2008



Class of 2012-2015



Class of 2016-2020



Class of 2021-2024



Class of 2025



The OG Jazz Ensemble-2008 with Muhamed Mehmedbasic, Ashwin Thomas and Ivan Cerecina, joined by Nelson Cheng-2022, on guitar.



Darren Taing (Bass - 2015), Manson Luk (Drums - 2017), Jordan Chung (Keys - 2017) and Nelson Cheng (Guitar - 2022).



## Spring Holidays Report

With the gruelling off-season training block coming to an end, the rowers had mixed feelings about upcoming crew selections.

This season, the change to a 5km erg test proved both a challenging and exciting obstacle for Senior A. In combination with single scull time trials, these ergo tests exposed rowers' levels of mental and physical strength and served as the basis for crew selections.

Congratulations is due for the lads who made their breakthrough performances and made the Eight. However, more seriously, it is important not to become complacent as these crews are only fixed until the upcoming Newington Regatta.

The Year 10 VIII's had trialled sweeping sessions in the winter holidays, which proved useful.

Their transition from scull to sweep was smooth as ever, displaying great potential to be a strong year group.

The 2026 season's goals revolve around building a culture of continuity, leadership and professionalism, which are elements I believe to be key in building a successful program.

It is vital that we as rowers in all year groups continue to step up as leaders to keep our boys accountable and up to a high standard.

The Traditional Quote of the Week is:  
**"Performance, commitment, effort, dedication, there is no middle ground. You do something very well or not at all."** - Ayrton Senna.

**Roy Zhang**  
Captain of Boats 2026

## 2025 Athletics Season MIC Report

The 2025 Sydney Boys High School Athletics season was one of participation, achievement, and tradition.

From our School Athletics Carnival through to the CHS and GPS pathways, our athletes displayed resilience, determination, and pride in wearing the blue and brown.

The **Annual School Athletics Carnival** was, once again, a standout event for both students and staff. This year, 1,062 students participated, including 199 Year 12s, making it one of the largest turnouts in recent years.

A highlight of this year's carnival was the introduction of electronic timing, which allowed the replacement of age group 100m finals with the new "Best of the Best" 100m event, showcasing the 10 fastest sprinters in the school.

Congratulations to Alex Rufus (Year 10), who won the inaugural race.

The much-loved Jaggar Gift also returned, a staggered 1500m that tests both endurance and tactics. Nathaniel Ng (Year 10) claimed victory in that event.

The season continued with 74 boys competing at the **Zone Carnival**, resulting in an impressive 68 qualifiers for **Regionals**. From there, a strong group advanced through to the **CHS State Championships**, where our athletes battled through torrential rain and challenging conditions.

Across three days of competition, High athletes secured 1 gold, 3 silvers, and 1 bronze, alongside numerous top eight finishes. Relays were a particular strength, capped by the Year 12 squad's golden run in the 17+ 4x100m, a fitting farewell for several six-year program members.

Special recognition goes to Athletics Captain Dylan Dutt, whose historic Opens sprint double will be remembered as a landmark in the school's athletics history. Beyond his results, Dylan has been an outstanding leader—driving standards at training, uniting the squad, and inspiring younger athletes with his example. His combination of discipline, humility, and performance has set the tone for the entire program.

Our Vice Captains – Nicholas Fung, Lachlan Leung, and James McLoughlin – also deserve mention. Each has provided exceptional service and leadership, ensuring that the team culture remains strong both on and off the track.

Their efforts in mentoring younger athletes and supporting the coaching staff have been invaluable.

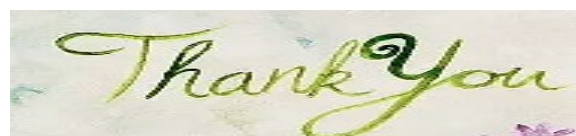
This year also marked the farewell of our Year 12 athletes, many of whom have been part of the program since Year 7 2020 Covid season. At the annual Coaches and Year 12 Dinner, they were honoured for their dedication and example. Despite the heavy demands of their final year, they continued to wear the school colours with pride, embodying the ideal of the scholar-sportsman. Their leadership leaves an enduring legacy for younger athletes to follow.

A sincere thank you goes to our coaches, whose ability to adapt and overcome challenges continues to drive the strength of our program. The progress of Athletics at High would not be possible without their expertise and commitment.

A special mention must go to the ever-present **Neil Song**, who this year celebrated his **10th season of coaching** with the program—a remarkable milestone. We also extend our thanks to staff members **Ms Natalie Luu** and **Ms Lena Park** for their ongoing support and involvement. Behind the scenes, the program is well supported by **Ms Hannah Jackson** (Head Teacher of Sport), **Dr Jaggar** (Principal).

From the energy of the School Carnival, through to the challenges of CHS, and the prestige of the GPS Championships, the 2025 season was a celebration of both participation and excellence. With multiple State medals, historic GPS achievements, and a culture of discipline and camaraderie, this season stands as one of pride and progress for Sydney Boys High School Athletics.

**Kurt Rich**  
MIC Athletics



**Nicholas Fung Vice-Captain, James McLoughlin Vice-Captain, Neil Song Coach - 10 Seasons, Dylan Dutt Captain, Lachlan Leung Vice-Captain**



## Cricket 2025 Term 4 - Week 1 Central West Cricket Tour - Pre-Season Training Report

The 1st XI and 2nd XI assembled alongside several junior cricketers at Moore Park West on the 27th of July for our first pre-season training as part of the new cricket program. After a quick warm-up, we formed a circle around our coaches and discussed our goals for the season. As a group, we came up with the goals of being a competitive Team, being athletic as a group and winning as many games as possible. Over the entire term, for 9 weeks on a Sunday, we showed up eager to learn and improve. With the help of elite coaches Neil D'Costa, Param Uppal, Gihan Ebert, William Barge, David Freedman and Nikethan Radhakrishnan, we chipped away at our goals, structuring our sessions to work on our weaknesses. We prepared all parts of our game, including skills both on and off the field. Through these intense sessions, we strengthened our skillset and bond week by week.

We largely benefited from the experienced coaches. Billy, our 1st XI coach, worked relentlessly with our fast bowlers, helping them in all the aspects of bowling. Meanwhile, Gihan taught the spinners, Neil D'Costa the batters, and Nikethan developed our wicketkeepers. In addition, we were privileged to have ex-first-class cricketer and now NSW selector David Freedman and U19 Australian representative Param Uppal attend our sessions, passing on their on-field experiences to better our Teams. By the end of this program, we could see and feel the improvement in our fielding, fitness and attitude. As a group, we can see ourselves winning by working together and implementing skills that we enhanced over the course of the sessions.

We look forward to the fast-approaching season and are anticipating an exciting season ahead.

**Vedansh Shankla 8S**

### 1st XI Report

After an exceptionally productive and disciplined preseason training program, the boys embarked on their tour of the Central West of New South Wales with determination and confidence. The opening fixture pitted High against the Dubbo Clubs Representative Team, where we were sent in to bat first. Despite an early collapse at the top order, the lower order demonstrated remarkable composure under pressure, lifting the total to a competitive 177 through the invaluable contributions of Nehan Hossain and Aayush Kumar.

The target was defended comfortably as Bibek Saha delivered a magnificent opening spell, while Adrian Sharafi sealed the victory with a decisive three-wicket burst.

The second match took the boys to Orange, where they faced the Bathurst Rhinos, an experienced adult side. Bowling first, High exhibited exceptional discipline, dismissing the opposition for a mere 96 runs, highlighted by a clinical two-wicket maiden spell from Abhinav Nayani. The chase was executed with confidence as the top order displayed poise and aggression, securing a commanding victory without difficulty.

Our final encounter came against the formidable Scots All Saints in Bathurst, a powerhouse within the Independent Sporting Association (ISA). The tone was set early by opening quicks Kushal Bashyal and Bibek Saha, whose relentless accuracy built immense pressure. This foundation allowed spin maestro Nehan Hossain to weave his magic through the middle overs, claiming four crucial wickets. His efforts were perfectly complemented by Adrian Sharafi, who produced a spell of sheer brilliance, taking five wickets and a sensational hat-trick to dismiss the opposition for 175.

Chasing the target, Adrian continued his dominant form, crafting a sublime innings of 81 as an opener, anchoring the chase with maturity and class. The victory was ultimately sealed by the two rising stars of the squad, juniors Anish Nittala and Saharsh Subramanian, who displayed composure beyond their years to guide High home in style.

Overall, the tour was a resounding success as the First XI emerged undefeated, demonstrating not only skill and teamwork but also the resilience and discipline forged through an intensive preseason.

These performances have laid a strong foundation for what promises to be a brilliant start to the GPS season.

**Abhinav Inala 11M**

**1st XI Captain**



## 2<sup>nd</sup> XI Report

After an exciting preseason, the boys were eager to kick off the Central West Tour, arriving in Dubbo, where the boys had an eventful first two days in the pool facilities and cabins of the Dubbo Discovery Park.

In our first game as a Team against the Dubbo District Cricket Association, we began to grow more familiar with each other's styles and plans. Although we could not perform to our best on the day, there were promising glimpses of what was to come.

Our second match against the Kinross Wolaroi school saw a strong turnaround. Batting first, we got off to a flying start thanks to a superb innings from opener Akshobya Kumar (82), who anchored the innings brilliantly. He was well supported by Vedansh Shankla (71) and Kabir Mudgil (52) as we posted an imposing total of 302/5. We carried that momentum into the field, bowling with great energy and discipline. While a few threatening partnerships developed, a highlight catch from Vedantik Bhattacharyya and a match-winning spell from Ashvin Surendran, who claimed a remarkable five-wicket haul, sealed a confident victory for the Team.

Our final match against St Stanislaus' College was another memorable contest. Our openers set the tone once again, with our Most Improved Player, Akshobya Kumar, passing fifty for the second time on tour, and Sayyan Doke producing a brilliant 89.

Although we fell short of a higher total, valuable contributions across the order helped us achieve a competitive 262.

In defence, we faced experienced opposition that looked to take control through a strong middle-order partnership. However, Ary Kaushik was able to take the outside edge of the accelerating batsman as it landed into the hands of the first slip. As the match tightened in the final overs, clinical bowling from Sayyan Doke and Ashvin Surendran held their nerve, leading us to a narrow but confidence-boosting victory against a strong side including several 1st XI players.

Ultimately, the Central West Tour was a tremendous success. After an early setback, the Team demonstrated great resilience, bouncing back with two commanding wins.

Beyond the results, the tour brought the group closer together, forging strong bonds and building a solid foundation for the upcoming GPS season.

The wins have injected confidence into the 2nd XI, keen to carry on our winning ways in the first GPS game against Joeyes.

**Kabir Mudgil 11M**  
**2<sup>nd</sup> XI Captain**



## MIC Report

Welcome everyone to the SBHS Cricket season for 2025/26. Our 1<sup>st</sup> and 2<sup>nd</sup> XI have had a more intense and professional pre-season by training on a Sunday for 9 weeks during 3-hour cricket sessions to improve the players fitness, skills and team development. We also went on a cricket tour during the holiday period to get ready for the GPS season.

I would like to thank Mr Paul Almond vice president of the OB Union for organising the pre-season cricket tour. Also, Paul has started up a cricket supporters' group and has donated some prizes for any player who scores a hundred in a game in the GPS Competition or captures two - 5 wicket hauls for bowling in a game. The prize is a \$500 voucher to Kingsgrove cricket store.

Congratulations to Adrian Sharafi MVP and Akshobya Kumar most improved player on tour. Both boys have won double passes to the ODI vs India on Saturday 25 October 2025, received for their outstanding efforts during the tour cricket matches. Our first GPS game is on Saturday vs St Joseph College. Good luck to all SBHS cricket Teams.

**Mr David Smith**  
**MIC Cricket**

**Cricket Prefect**  
**Vedantik Bhattacharyya 11S**

# SHOOTIN' HOOPS

"High delves back into another fresh basketball season once again with more teams than any other sport (36 and growing), and everyone is excited to participate once again this season.

We enter this year with great optimism with our first opponents of the season being St Joseph's College followed by our longtime rivals from across the city, Sydney Grammar. A and B grade teams have either a former NBL1 or College division player, ensuring the best performance at a highly intensive level from the beginning of this spring to the end of the summer. This fresh start to the season, with new teams and players, will lead to great success and if not, a memorable experience teaching in both basketball and life lessons, for our players.

In recent basketball news, two most notable mentions are Issac Ayoubi (Class of 2022) and Henry Lau (Class of 2024) for their impressive basketball achievements recently in the world of basketball. Issac Ayoubi, having recently graduated from West Texas A&M University after playing with the college team, has recently been signed for Homenetmen, a club part of the national basketball competition in Lebanon. In addition to this excellent news, Henry Lau (Class of 2024) has been offered by Pittsburgh University to join their division one basketball team, the Panthers. Only 1.5% of all basketball players ever make it to college level basketball, which makes this achievement all the more impressive.

Conversely, with regard to school basketball developments, 1st and 2nd grade team selections have been finalised and now look towards actively improving their basketball capabilities. With training consistently throughout these recent holidays, some success looks to be within reach for our top teams, after SBHS had a very difficult start to the Raschke Cup and Yeend AAGPS games; our sides were able to follow Coaches Hayman, Browne and Wabans instruction and get a win vs Joeys and Kings. Along with this good news, the annual Old Boys match, which occurred a few weeks before the holidays

commenced, was a great success with a significant turn out from past High basketballers, overall being an enjoyable event for both older and younger players. In addition, house basketball games between year seven have also been going strong, each week with tough yet close competitions from house to house. These games not only act to bolster students' skills but also allow for a friendlier introduction into basketball for individuals who have never played before. Another notable progression in events is with Sydney Kings players recently having come to our school during sport sessions running various events such as raffles with students, letting both junior and senior players interact with professional standards of the sport.

Overall, with the basketball preseason coming to a close, we are finally given the opportunity to once again test ourselves within the GPS competition.

Thank you to Mr. Hayman and the basketball committee for your ceaseless support, working weeks, even months in advance to manage the behind-the-scenes administration of the sport program. This endless support allows us players to enjoy the program without interruption, creating a fluid transition into the summer season. Another thanks to the coaches for working hard every training session to ensure that each and every player can push themselves to become more skilled and comprehensive in basketball.

A final thank you to the players for showing up to training sessions, putting in the utmost of effort, and more importantly caring about the game. The 2025-2026 basketball season will without a doubt be filled with great memories, experiences and also successes.



**Go HIGH!**  
**Play Hard, Play Smart and Play Together!**  
**Thanks to everyone who makes Shootin' Hoops possible.**  
**Brought to you by Anthony Jiang.**



### Dear Parent or Caregiver

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

### The Key Skills:

Communication and Interpersonal skills.

Decision making, problem-solving and critical thinking skills.

Building independence and confident transitions.

### The course addresses six learning contexts:

Independence.

Mental Health and Wellbeing.

Respectful Relationships.

Sexuality and Sexual Health.

Drugs and Alcohol.

Safe Travel.

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

# IMPORTANT

**The program will run across 3 days:**

From Monday 15 December 2025 to Wednesday 17 December 2025.

**During the last Week of the School Year 2025!**

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

**Kurt Rich**

**Life Ready Coordinator**



# SYDNEY BOYS HIGH SCHOOL

Sir Roden Cutler and Lady Cutler Foundation

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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](http://www.studyskillshandbook.com.au) including the Study Samurai video library.

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

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

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

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

You will also see lots of useful handouts, grids and planners at the bottom of the THINGS TO PRINT page.

To access the handbook, go to [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) and login with these details:

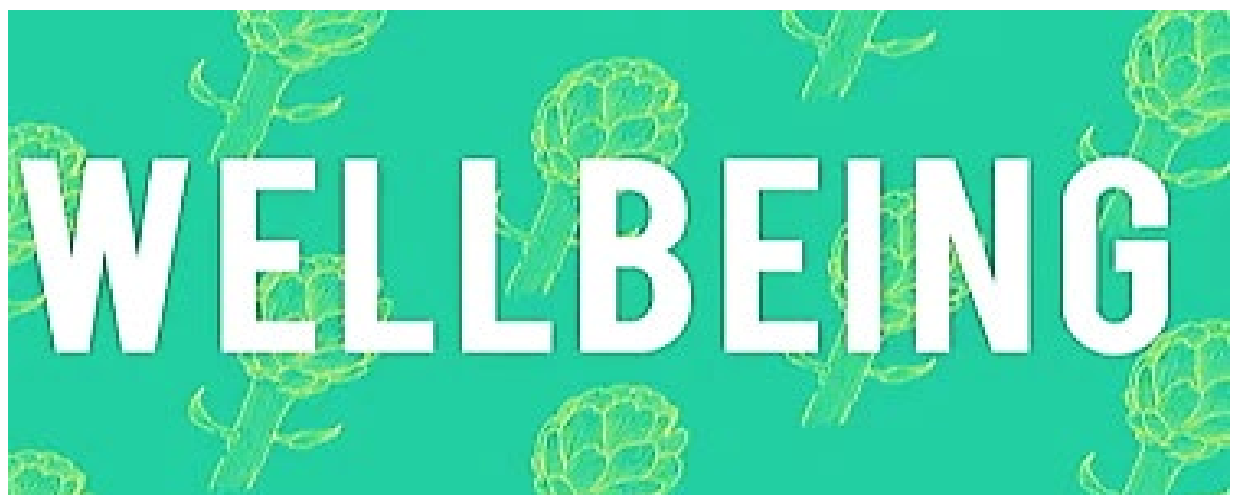
username: sydneyboys

password: sydneyboys

OR, through the Student Portal, go to My Library then Online Databases, scroll down to the Study Samurai.

The more of this website you can work through, the more you will set yourself up for academic success.

**Miss Joanna Chan**  
**Head Teacher Student Wellbeing**





## 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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