HIGH NOTES

The Weekly Newsletter of Sydney Boys High School Vol 5 No 41 December 17 2004

Change of Organisation for Years 7, 8, 9 and 11 Tuesday December 21, 2004

Last Day of Term 4 2004

Students in Years 7, 8, 9 and 11 will be dismissed at 1:00pm. Some minimal supervision will be available for those students who would like to wait for their normal buses.

School Canteen

The School Canteen will be closed on Monday 20 December and Tuesday 21 December.

2005 Return to School

Staff return to school on Friday 28 January, 2005. Students in Years 7, 11 and 12 in 2005 commence school on Monday 31 January. Students in Years 8, 9 and 10 in 2005 commence school on Tuesday 1 February.

2005 Term Dates

Term 1	28 January – 8 April (Easter Sunday 27 March)
Term 2	26 April – 1 July
Term 3	18 July – 23 September
Term 4	10 October – 21 December

FROM THE LIBRARY

Did you know…….? That Neil Whitfield's Dan Brown link from the Communities page website – which he had added as a book rap site for year 8 Literacy Circles is the 7th most hit on site in Yahoo on Dan Brown and has been listed in the top 10 websites on 9MSN.

Sludge

Neil is finding fame and we hope fortune!!!! Look what happens when you join a book rap (about a popular book).

Mrs Crothers

Talented issues

If anyone is interested in parenting a talented child, studying if you are talented or accessing assignments that have been devised for talented students, you could borrow a new magazine coming in to our Library called TalentEd. The last issue had a comment on Aspbergers Syndrome (not a very helpful one I thought but I may wrong about this)

Mrs Crothers

THANKS – Maths Olympiad papers

Thanks to Scott Yeung and to Steven McGlinn for supplying us with a set of Maths Olympiad papers. Thanks for thinking about us Scott.
Mrs Crothers

CHARITIES COMMITTEE

The Charities Committee this year has held a number mufti days for the three nominated Sydney Boys High School charities, Suicide Prevention Awareness, Children's Hospital Research and the Spastic Centre. In addition, the school community has continued to support the Bogabilla School with organised fund-raisers and reciprocal visits by students.

The current year 12 students have once again made a fantastic fundraising effort for Father Chris Riley's Youth off the Street Foundation. Two boys, Peter Luu and Tanvir Uddin, participated enthusiastically in the MS Readathon program. As well a group of senior students volunteered to support the Lions Club by fundraising before school at Central Railway this year. Hopefully students will continue to support the Charities Committee with fundraising and practical activities in 2005.

FROM PDHPE

This year's 1km Christmas fun run has been run and won. Even **Santa Claus** had a go. The fastest kilometre was run by **Eugene Stadnik** in 3m 42s. Eugene picked up the $20 Westfield voucher prize and being the only Year 9 runner he won the closest predicted time for a Year 9 runner ($30 voucher) as well. Closest predicted time for a Year 8 runner was won by **Lachlan Street** ($30 voucher). Closest predicted time for a Year 7 runner was shared by **Chris Evans** and **Jeremy Ireland** ($20 voucher each). The $10 participation vouchers for having a go were won by **Simon Hoang**, **Matthew Wong**, **Michael Chan** and **Patrick Locke**. **Christian Katsikaros** won the Christmas fancy dress section ($40 voucher). Thanks to everyone that participated and a special thanks to Mr Hayman, Mr McDermott and Mr Baldock for their assistance.

I wish all our students and their families a very merry Christmas. See you in 2005.
G Stein

FROM CRICKET

We have had a very busy finish to Term 4: the opportunity to establish a new partnerships with Brisbane Grammar School who visited Sydney on 4th / 5th of December, participate in the Year 9 Barberis Cup Challenge in Melbourne and the First XI visited water logged Brisbane for the Five Highs Carnival.

Reports, scores and individual performances for the Five Highs Carnival and Year 9 Barberis Cup Challenge will appear on the Cricket Website this coming weekend and may make interesting end-of-term reading.

This Term saw the First XI finish with one victory, the Third XI won two of their three encounters and the Fourth XI with three wins were our most successful teams.

Unfortunately our junior teams did not fare as well, although we started to see a gradual improvement in most teams up to and including the final fixture.

The section has lost some talented cricketers to other sports and this has affected the balance in several teams. At the same time we have many talented cricketers in our ranks who, with more application and commitment, could fulfil their potential and not only gain personal satisfaction, but take pride in the fact that they had given High 100% when representing the School in the GPS and other competitions.

During this term I have heard players blame umpires, unplayable balls, unlucky catches and cricket pitches for their dismissals, whilst

their opponents of the same age and with the same conditions continually scored more runs than us. Perhaps the coming vacation period will allow players to review their cricket ability, their commitment and application to their cricket and decide that rather than being an average cricketer with potential, that they will return in Term 1.next year with renewed determination to be competitive and winners

BARBERIS CUP Year 9 MELBOURNE TRIP – saw 13 players travel to Melbourne and be billeted by the Melbourne boys during their stay. The boys travelled in school uniform both ways and were a credit to High in the public arena both at the airports, onboard and during our stay. Melbourne High were most gracious hosts and I would like to acknowledge the organization of Peter Wood, prior to his departure for the Five Highs and to Ross Pritchard, the Sports Master who was our Host, managed our visit to the last detail. Ross created a great competitive atmosphere and was never short on stirring our lads all in good humour. Although Day 1 was washed out when we had Melbourne in a precarious position, Day 2 saw the wheels fall off for us.

Our thanks go to the Melbourne parents who billeted our boys, to the Melbourne Year 9 team for their success in retaining the Cup and very big vote of thanks to Ross Pritchard as our host.

BRISBANE GRAMMAR VISIT – their under 14As (our 15As) and under 15As (our 16As) teams provided High with tough opposition during their visit with teams with representative and talented players. Grammar had comprehensive victories on Day 1 and on Day 2 Our Third XI played the Senior Team and acquitted themselves competitively on Turf at Maroubra. The only disappointing note was on Day 2 High were to field a combined 15A / 16 A team, and lads from the 16A component of the team let the side down by not attending. To the credit of the 6 boys from the 15A team, plus some subs, batted and made 72 and showed some real grit and commitment. Brisbane were accommodated at Riverview during their stay and provided their own transport and High as hosts provide lunches and on Day 1 a combined Barbecue. We would like to acknowledge the efforts of Mr. Ron Cochrane, Coordinator of Sports at Grammar who led the tour group, the visiting players and parents for their support. We would also like to thank those of our High parents who helped with the Barbecue, scoring and assistance during the weekend. Most appreciated.

See our Cricket Website for details, scores and individual performances.

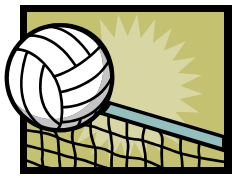
PARKING DUTIES for the CRICKET SECTION. – We have been allocated several Parking dates to assist us in fundraising for the promotion of cricket in general. Our first day is the Sydney Test Match on **Wednesday 5th.JANUARY 2005.** Volunteers are required to assist on the day and the Senior Teams (1st.and 2nd.XIs) should be well represented as all funds raised this season will be apportioned based on teams support. Our Parking Co-Coordinator is Mrs Katharine Deacon and she has requested all available volunteers to contact her directly on Tel 9580 3001.

THANKS and SEASON GREETINGS- I would like to thank all team coaches, team managers, scorers, parents who provide lunch and afternoon teas for the 1st and 2nd XIs and all parents who assisted with umpiring and transport for the boys during this term. Without your support and input we would not be as active and as successful in going forward as we have been this season. My sincere thanks to all.

May I wish one and all a very Merry Christmas and a Happy and Prosperous New Year in 2005

Laurie Heil
MIC Cricket.
www.sydneyboyscricket.info

Volleyball Report National Schools Championships



Result summary of final positions

Under 14	– 7th place	(Division 2)
Under 16	– 6th place	(Division 1)
Opens	- 11th place	(Division 1)

CHICKENPOX

A small number of cases of chicken pox and shingles has been reported in the school recently. The following information is supplied by the NSW Department of Health.

WHAT IS CHICKENPOX?

- Chickenpox is a viral illness ca used by the herpes zoster virus (also known as the Varicella-Zoster virus).
- It is very contagious.
- It commonly occurs in children.
- Over 90 per cent of the population have had chickenpox by the age of 15 years.

WHAT ARE THE SYMPTOMS?

- Chickenpox is an acute illness that begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- Sores usually begin as small lumps and turn into blisters and then scabs.
- The sores appear over three to four days, and at any one time, people affected will have sores in various stages of development.

HOW IS CHICKENPOX SPREAD?

- The virus is spread by coughing (early on in the illness) and by direct contact with skin sores.
- People are infectious from one to two days before the rash appears (that is, during the runny nose phase) and up to five days after (when all the blisters have formed crusts).
- The incubation period of chickenpox is around two weeks.
- People rarely get chickenpox twice.

HOW CAN I PREVENT CHICKENPOX?

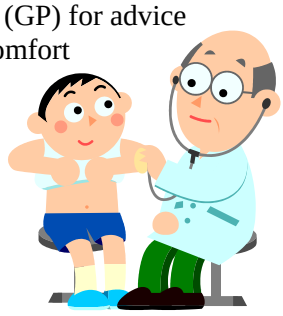
- Pregnant women should avoid contact with someone with chickenpox.
- People with chickenpox should avoid others (and not attend childcare or school) until at least 5 days after onset of the rash and all the blisters have crusted.
- Good personal hygiene should be maintained, such as covering the nose and mouth when coughing or sneezing, disposing of soiled tissues, washing hands carefully and not sharing eating utensils, food or drinking cups.
- A vaccine is available for children 12 months and older, but is not on the standard childhood vaccination schedule. One dose is recommended for children younger than 13 years old. The vaccine is recommended for persons 13 years and over who are not immune. This includes 2 doses, 1 to 2 months apart. It is especially recommended for non immune people at high risk, for example, health care workers, persons living with or working with small children, women planning a pregnancy, and household contacts of persons who are immuno-suppressed.
- People with a history of chickenpox are very likely to be immune. Even adults with no history of chickenpox have a good chance of being immune (because of past mild infection), so for these people the doctor may wish to do a blood test to see if you need a vaccination.

WHAT IS SHINGLES?

- Shingles is caused by the reactivation of the virus that causes chickenpox.
- This usually occurs many years after the initial illness.
- Shingles is characterised by the development of painful groups of small skin eruptions.
- Skin eruptions generally occur on an area on one side of the body.
- Symptoms may persist for three to five weeks, but in most cases clear up after two weeks.
- The virus can be spread by direct contact with the skin eruptions of infected people.
- Shingles occurs more commonly among older people.
- Adults with cancer, patients on immunosuppressive drugs and those with compromised immune systems are also more susceptible.

HOW CAN CHICKENPOX AND SHINGLES BE TREATED?

- See your General Practitioner (GP) for advice on ways to minimise the discomfort associated with the symptoms of herpes zoster infection.



For more information please contact your local public health unit, community health centre, pharmacist or doctor.

NSW Department of Health
South Eastern Sydney 9382 8333

INVITATION TO
END OF YEAR 8 / BEGINNING OF YEAR 9 PARENTS DINNER

AT IMPERIAL PEKING HARBOURSIDE - FRIDAY 4 FEBRUARY 2005

Thank you for all the work that's been going on behind the scenes such as making sure our boys can get to sports training, music practice, language classes, Saturday sport etc; supporting our boys from the sidelines; organizing car pools; helping in the canteen / uniform shop; providing support and refreshments at Debating; helping with rowing and rugby bbqs; helping out on the ski trip; supporting musical performances; volunteering at parking; selling raffle tickets; helping out at Open Day / Orientation; . the list goes on.

It must be time for us to give ourselves a pat on the back and go out and enjoy ourselves.

***Imperial Peking Harbourside** has reasonably priced banquets. Everyone seems pretty busy now with the lead up to Christmas, so I am booking a table for the beginning of Term 1 - **FRIDAY 4 FEBRUARY 2005**.*

Can you please let me know by Tuesday December 21st if you would like to come along.

Thanks - and a very happy Christmas to you all.

Barbara Taylor (year 8)
0410 268 444
9665 4357
admin@gtmanagement.com.au

NETWORKING

Thank you to Tennis Supporters

GO FOR COURTS - ISSUE #1

Thank you to the Tennis Committee - this year has been full!

As has been mentioned the 4 - 1STS of GPS Tennis went to Bendigo to compete in the National 1. They received an article in the Daily Telegraph this Tuesday, which is included below.

Thank you to Mrs Noelene Neville for her enormous contribution to the Bendigo trip. Not only did Mrs Neville drive down to Bendigo, but booked the excellent accommodation, cooked dinners and made lunches, and had court tactics up her sleeve, hence kept all the wheels turning smoothly during those 5 quite stressful days away.

A heart felt thank you to her, for this feat and the contribution it made towards the boys better performance on the court. Also (as Tim Neville leaves High)after 6 years of GPS Tennis, and as Mrs Neville during that time has given great dedication , action and ideas, in short a tremendous contribution, we wish to acknowledge how these GPS events can't succeed unless the parents participate– in this case we have been spoilt!

Tennis Courts– To Mr Terry Hayes who has recently accepted appointment to the position of P&C representative on the Foundation. He has been initially driving the progress of the eventual refurbished courts at High. His role as President of the Tennis Committee, supported by Mr Pereira (Vice President) and Mrs Klocker (treasurer and manager of the 16's
Tennis) has ensured the courts remain on the agenda as a viable project for the school. Such dedication over 5 years is something that can't be expected but gladly received, and enjoyed by the School in the near future!

UP AND COMING – GOOD RESULTS !!!

2005 16's	A's B's C's D's	Friday 28th January Practice Parklands 1 –3pm	Saturday 29th January No GPS MATCH	Wednesday 2nd February Normal School Sport Practice at Da Silvas 1.30—3pm
2005 15's	A's B's C's D's	Friday 28th January No practice	Saturday 29th January No GPS MATCH	Thursday 3rd February Normal School Sport Practice at Parklands
2005 14's	A's B's C's D's	Friday 28th January No practice	Saturday 29th January No GPS MATCH	Thursday 3rd February Normal School Sport Practice at Moore Park
2005 3rd/6th	ALL TEAMS	Friday 28th January No practice	Saturday 29th January No GPS MATCH	Wednesday 2nd February Normal Sport Moore Park I..30-3PM

N.B. 1ST GRADE &2nd GRADE Make sure you have your bookings done for 2005 at the GYM!

Star trio start long climb up

THE Illawarra Academy of Sport is celebrating the success of two of its former scholarship holders who have successfully taken the next representative step by being selected in the NSW under 17 cricket team for this week's Australian Championships.

Kiama's Mitchell Gowland and Windang's Jordan Magro are taking the next steps in their blossoming careers by challenging the best junior cricketers from around the nation in Melbourne.

Also making a name for himself is Cambewarra 18-year-old Philip Wells who was named in the Blues under 19 line-up.

His selection comes in the wake of his successful start to the season with the St George Club.

Academy program manger Marji Parr said the trio had provided some great inspiration to the other young crickets presently on scholarship with the academy and all those other aspiring champions hailing from the Illawarra, South Coast and Southern

Designed by Kirk Gleeson, InDestudio. Thanks to coaches for results.