



## From the Principal High Talent

Congratulations to Albert Ng (Yr 11) who has been selected as an Australian Science Olympiad Chemistry Scholar. He will attend the ANU January training camp. Justin James and Oliver Konakoff were awarded Sydney East Sporting Association Blues for outstanding achievement in their chosen sports – well done boys. First grade basketball – a great team win first up over Kings! Congratulations also go to Rikky Cohn (Yr 8) who was presented last Tuesday with a Medal for Computing and Eric Luu (Yr 11), a Medal for Writing at the ICAS Competition run by UNSW. A great effort.

## Foundation Meeting



Last Tuesday the Sydney High Foundation Inc met. The final legal requirements for the tennis court development and licensing project were tabled.

The meeting discussed the marketing plan proposed by Ms Shuttleworth. There was considerable discussion about the school's relationship with the Outterside Centre and its operating costs. An urgent need for a ten year plan for the Centre was identified. It was agreed that the recent most welcome **Raymond Leslie Casey Bequest** of \$130,000 would remain invested and that an endowment fund or trust would be established. A proportion of the interest derived from that investment will be used to benefit individual students and support school projects from time to time.

## HSC Examinations

Examinations have been proceeding smoothly this week for our HSC students. Students are asked to be respectful of our restrictions on movement and noise around the school during these most important few weeks. You would all expect the same courtesy when your turn comes.

## Summer Sports Assembly

Our second annual basketball / cricket Summer Sports Assembly was held last week. My speech is reprinted below:

Welcome to staff, special guest speaker Mr Barry Davison, coaches, parents and students. As this is now our second preseason summer sports assembly, it has almost become a tradition. With the first GPS game this week the teams are preparing for a big season. This morning I would like to thank several people who have worked hard to make a difference in sports delivery at High.

Basketball is thriving at High thanks to the energy and drive of Mr Hayman, his coaching staff and his basketball committee. Mr Pluis has guided the financial development of High basketball very ably for several years. Thank you for your dedication. The basketball committee has run the kiosk well on Saturdays but could always use more volunteers from among the hundreds of basketball families. It is your sport. Get in and support its fundraising efforts.

Competition to secure places in our basketball teams is intense. I urge unsuccessful boys to try their hand at another sport rather than opt out for the summer season. GPS basketball has been flooded with very competent players and our standard must rise to a new level to remain competitive and win our share of games. I had hoped to have our two new outdoor basketball courts ready but weather delays have thrown out our schedule. Laying of formwork should commence next week with a concrete pour by the week after. Twenty-one days of curing time must be allowed so the courts are unlikely to be in action before our last GPS game in December. They will be ready for 2007.

Turning to cricket, I acknowledge Mr Kourtesis who served first XI cricket with great dedication and skill for many years. A great number of High cricketers over the years owe him their thanks, as I do mine. Mr Howey has taken over the reins this year and we all wish him well. Mr Ayre and Mr Heil have formed a formidable partnership that augurs well for the future of cricket at High. With a strong cricket committee behind them, coaching and team management will spread more effectively to more teams. We are trying to build a 5<sup>th</sup> XI, a great sign of the growing depth of cricket at High. Next week we will have our new cricket nets completed and we will set up bowling machines to enable the intensity of batting practice to be raised. We will install lights before the end of the year to allow extended practice sessions. There is an optimistic mood among High cricketers. Let's produce quality performances this season.

I want to talk a little this morning about routines and focus and the roles they play in sport. A very non-sporting English writer, Samuel Johnson once wrote: "The chains of habit are generally too small to be felt until they are too strong to be broken". Dr Johnson was alluding to bad habits, but good ones can be built the same way. In the context of school life, if you exert the early self discipline to get into a routine of studying and training several times a week, it will be easy to maintain once you are in the habit. If you persist long enough the habit of training and studying will become difficult to break, because your body and your mind set will become used to it.

A very successful American baseball player defined concentration as "the ability to think about absolutely nothing when it is absolutely necessary". If you have ever tried to do a known routine repetitively – a chip and run in golf, a cover drive in cricket, a gybe in sailing, a free throw in basketball – you will know what Mr Knight is talking about. It is fine to visualise before the action starts. However, in operation these actions need to be driven kinaesthetically by our bodies falling into learned physical rhythms. Quite often our performances are reduced in proportion to the amount of time we think about what we are doing as we attempt to do it. This concept of deep focus is about clearing your mind before action. Concentrate on nothing the moment before you go into action. Just do it. Don't think about it. If you get into the zone you will have a higher frequency of successful performances.

The students we are honouring here today know the value of team sport. They are skilled and experienced individual performers united in a common cause. They represent us. They continue the sporting traditions of our school. They have earned our admiration and we respect the efforts they have made to be selected in the best teams in our school. We know they will try to develop good habits and attempt more deeply focussed attempts at skill reproduction. Good luck to all teams this summer.

This morning it is my pleasure to introduce our guest speaker, Mr Barry Davison. Mr Davison has been a Sportsmaster, Regional Sports Organiser and PDHPE teacher with the NSW DET for many years.

As a Foundation Member of the NSW Cricket Association Coaching Panel, Mr Davison was one of the first coaches in Australia to be awarded Level 3 status. His Masters thesis on Participation Rates in Junior Cricket in the Sutherland Shire (1978-79) and his program Cricket Decathlon had the combined impact to act as the catalyst for the Australian Cricket Board to develop the ACB Junior Cricket Policy. Many other sports then followed suit modifying rules to increase participation and enjoyment.

Mr Davison is recognised as one of the leading coaches in the country. He provides consultancy to NSW Cricket at all levels from state senior squads to coaching the coaches. His numerous cricket coaching credits include National Titles with the NSW U/17 team, Green Shields (Sutherland) and Davidson Shields.

Mr Davison's services to cricket have been recognised at the highest level. In the year 2000 he was awarded the prestigious Australian Sports Medal for services to cricket. In 2003 Barry was awarded the Hurstville City Council's Australia Day Ambassador Award, and the NSW DET recognised his service to education in 2005 awarding him a NSW Director Generals Education Award for Excellence in Teaching. Please welcome, Mr Barry Davison.

Mr Davison's address is reprinted below:

The Principal, Dr Jaggar, Mr Ayre, teachers and pupils of Sydney Boys High School.

Firstly I would like to thank Dr Jaggar and Mr Ayre for inviting me here today to be part of your annual GPS Summer Sport Assembly. I have always been a big fan of traditional assemblies and I am very impressed by the manner in which you have presented yourselves today. Pride in your uniform is very obvious and I am sure that this pride will spill over onto the sporting fields during the upcoming summer sporting competitions.

I first began playing cricket in 1956 as an eight year old and my love of the game has seen me being actively involved in the playing, coaching and administration of this sport for over 50 years. I have played with and against former Test players and have had the privilege of being involved in the development of numerous cricketers who have gone on to play First Class cricket. Working alongside such talented cricketers as Glen McGrath, Brett Lee, Philip Jaques, and especially Adam Gilchrist, when they were younger, was a real buzz.

To teach young cricketers new skills and to improve their knowledge of the game has been a passion of mine for over 38 years. But I have also taken great satisfaction in being able to impose my own personal philosophies upon a great many players that have sought guidance from me. Cricket is a great character builder and there are many lessons that can be learnt from taking part in this great game.

To play cricket successfully requires courage, dedication, determination, patience, skill, discipline, enthusiasm, and energy. These particular traits correlate very closely with similar attributes that you must all try to emulate when it comes to achieving academic and social success in your school environment as well as in other aspects of your life.

In a game of cricket you will experience setbacks (form slumps do occur!) - your expectations may not always materialize (a brilliant catch can often curtail a promising innings) and sometimes you might have to perform in conditions over which you have no control -(eg bowling with a wet ball or being sent in to bat on a wet, sticky wicket).

There could be a case made to compare some of these experiences with your progress through any academic year at Sydney Boys High. Let's consider the possibility of being given a rather difficult assessment task to complete – and the content is of no particular interest to you. It has been set and you

have no other option but to do it by the closing date or else receive no marks. Isn't this a bit like being sent in on a sticky wicket? Not too many batsmen want to be exposed to this most difficult and uncomfortable task.

However, it has to be done and so you need to face up to the challenge with a positive attitude and an understanding that your self esteem will be enhanced when the task is successfully completed. Don't be like the frightened, regular opening batsmen, who constantly asks to be dropped down the order when confronted by a fast bowler or a dampish wicket. Tackle the situation head on. Don't avoid doing these unpopular assessments until the last minute. Get stuck into them immediately and get them out of the way so that the anguish associated with the completion of the task won't linger on over a number of weeks and provide you with unnecessary levels of anxiety.

I often tell all my players that to be successful at cricket requires the unification of two important factors. They are opportunity and preparation. Some players get plenty of opportunities because selectors favour them over others. However, if they fail to prepare themselves adequately by practicing their skills, or if they ignore maintaining satisfactory fitness standards they are still prone to fail. Other cricketers do all the preparation but are denied the chance to be successful because of lack of opportunities offered by selectors or captains. It is only when preparation and opportunity are linked together effectively that we can have some real chance of being a success at whatever we want to achieve in life. All of you students at this school have been given some sort of opportunity to be successful and the support of your families and teachers in providing these opportunities should never be underestimated. Having worked very closely with Mr Ayre in the promotion of cricket and sport over many years I know he will work extremely diligently in ensuring that many opportunities will be provided for you to match your skills against other schools. And I know that the dedicated sports coaches in this school will always be available to nurture your interest and progress. However, it is your responsibility to carefully consider how much time and effort you are going to devote to the preparation phase that is vitally necessary if you want to achieve true success. Remember – If you fail to prepare – then – you must be prepared to fail.

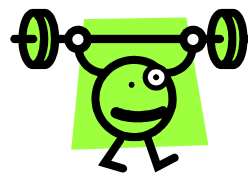
Very shortly I am going to be given the honour of presenting some cricket caps and basketball singlets to those players who have been selected in the FIRSTS. I would like to pass on a very special message to those students who have achieved this high distinction.

I hope that they are proud of their efforts in being selected in these prestigious teams. They have earned the accolades that will soon be bestowed upon them. However, I also hope that they realize the responsibility that they will carry with them as they wear this cap or special uniform. They have to appreciate that they are representing more than just the team they have been selected in. They are representing the entire school population - including your Old Boys Union that will

have any number of past First Grade players. They are representing their families, and, in particular, they are representing all those other players both young and old who have wanted to, or are still aspiring to become, members of First XI teams at this school. I trust they will play their games hard but fair -that they will be humble winners, or, if the need arises they will be gracious losers - and that at the end of the summer season that they will be able to look back with pride, having known that their efforts both on and off the field have brought great distinction to the school that they have represented.

I wish all your summer sport teams the best of luck. I will follow your progress in the press with special interest this season.

### Speed and Endurance Training



The Sports Council endorsed the policy on setting selection standards for first and second grade teams based on strength and fitness benchmarks. All aspiring first graders should be on a weights program. Junior basketballers and tennis players and all sailors should be running with Jason Tassell on Monday afternoons. Others should do his Wednesday lunch gym sessions. Let's raise the standard of our fitness and gain the confidence to compete.

Dr K Jaggar

### Australian Mathematics Competition (AMC)

The school received the results of the AMC towards the end of Term 3.

Anthony Morris (Yr 11) was awarded a medal in the Senior Division. Congratulations on an outstanding effort.

The prize winners were:

#### Year 7

Declan Gorey  
Michael Liui-Li  
Zhuang Chen

#### Year 8

Benjamin Ly  
John Wormell  
Oliver Wu  
Jacky Poon

### Year 9

Thomas Wilson  
Nishan Abeysuriya

### Year 10

Howard Gu  
Garland Huang  
Richard Hua  
Daniel Chim  
Zid Mancenido

### Year 11

Anthony Morris  
Trong Nguyen  
Patrick Chen  
Jamie Tao  
Kelvin Yu  
Leslie Wong

### Year 12

Edward Pham  
Vinh Pham  
Thomas Wong

The overall performance is listed in the table below:

Year	No.	P	HD	D	C
7	172	3	19	95	55
8	167	4	9	100	50
9	176	2	29	88	49
10	171	5	28	93	38
11	156	6	32	64	47
12	106	3	23	50	24

### Australian Intermediate Mathematics Olympiad (AIMO)

This is a national competition. In 2006 there were 819 participants from 133 schools. Students in Years 7-10 are eligible.

The school entered 40 boys – 21 from Year 10 and 17 from Year 9 and one from each of Years 7 and 8.

### Results

Year	No.	HD	D	C	Participation
10	21	3	4	6	8
9	17	-	7	7	3
8	1	-	-	1	-
7	1	-	1	-	-

Edwin Montoya (Yr 10), Yu Sun (Yr 10) and Remy Ji (Yr 10) were awarded HDs. Edwin was two marks off a prize. Declan Gory (Yr 7) performed exceptionally well, he was one mark off a High Distinction.

### Australian Senior Olympiad Contest (AMOC)

There were 87 students invited to enter this national competition, drawn from 48 schools.

Anthony Morris (Yr 11) was one of the five prize winners.

Congratulations on an outstanding effort. Anthony gained full marks in four of the five questions.

### Social Sciences

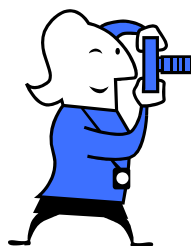
#### Australian Financial Literacy Assessment 2006

Our Year 9 and Year 10 students demonstrated their level of awareness, understanding and skill recently when they participated in the Australian Financial Literacy Assessment. The AFLA was developed by Educational Assessment Australia (EAA) of the University of New South Wales on behalf of the Commonwealth Bank Foundation and conducted nationally during August this year.

Associate Professor Peter Knapp, Director of Educational Assessment Australia, said "The Assessment was designed to engage students with practical real life questions and assess their knowledge of personal finance issues, money management and their personal responsibility in making financial decisions. The results of this assessment will assist schools, teachers, parents and students in improving financial literacy education."

More than 55,000 Year 9 and 10 students participated nationally in the assessment. Of the 339 Sydney High students 71 were awarded a High Distinction and 155 received a Distinction. Notably 3 High students, Jacob Cao Year 9, Jason Wong and Zhi Zu both Year 10 will receive medals in recognition of their perfect scores. The boys were recently interviewed by the Commonwealth Bank Foundation Media Unit and they will be presented with their medals by the Area Manager of the Commonwealth Bank at an upcoming School Assembly.

**T P Dolan, AHT, Social Sciences Dept**



Photos from the Prefects Induction, Summer Sports Assembly Cricket and Basketball and Open Day are now available from the Student Drive in Studentphotoarchive.

**J May**

## Sailing News



This Saturday was the first in a series of weekly races, which culminate in the Tri-Series events held in February and March next year. It was a wet

and cold day. Our sailors did well to maintain their positions and stay on the water. Their competition Scots, Cranbrook, Riverview, amongst others, also felt the tough weather.

This year, there have been a number of changes to the Sailing Program. The most significant one has been the appointment of a new coach; Adam South from Southern Aurora Sailing. He will be training boys for competition on Wednesdays (Seniors) and Thursdays (Juniors). Adam is a very experienced sailor who has competed and held World Championships in a number of classes. His expertise is a valuable addition to the Sydney Boys Sailing Program.

Sydney Boys has also purchased a number of boats, which will be used by our boys. The Sailing Committee is looking to raise funds by encouraging members of the High community to purchase naming rights for these boats. Our fleet consists of a number of classes of boats – Lasers, Pacers and Optis and we welcome all sponsors.

I look forward to warmer weather and happy sailing.

**Ms Boukatos**

## Year 12 References

We are currently experiencing some difficulties with some Year 12 boys' references. Could the following boys please contact the school to assist in clarification of some issues:

Rezwan Ali  
Sadat Cheema  
Hieu Dang  
Felix Taaffe

## Lost Property

There are numerous pairs of glasses, sets of keys, shoes and school jumpers in the Lost Property Office.

If you have lost anything (pencil cases, keys, beanies etc) please check Lost Property in the McDonald Wing. Any items not claimed by 17 November will be donated to charity.

## From PDHPE

### Release of the NSW School Physical Activity and Nutrition Survey (SPANS) 2004 Results

The following information focuses on some key findings of the report which involved 93 government and non-government schools and almost 5,500 students in Kindergarten, Years 2, 4, 6, 8 and 10.

#### Overweight and obesity

Overall, almost 25% of students in the study were overweight and obese. This figure has risen from 11% in 1985 and 20% in 1997. Children from lower socioeconomic areas were more likely to be in the unhealthy weight range.

#### Physical activity

Three quarters of boys and girls aged 11 – 16 met the national recommendation of at least one hour of moderate to vigorous physical activity each day. Boys are more active than girls. Younger students are more active than older students.

#### Sedentary behaviours

Sedentary behaviour is more common among older students, urban students and those students who are overweight and obese. A very high proportion of young people spend more than the recommended maximum of two hours per day watching television and engaging in other small screen behaviours.

#### Travel to and from school (Incidental activity)

The term "active travel" referred to walking or cycling for transport or, walking when using public transport. The median time spent walking by those who engaged in active transport was quite short, about 10 – 15 minutes for those who walked to school and about 5 minutes for those using public transport.

#### Physical fitness

Fitness levels improved from Years 4 – 8, although they dropped for both boys and girls in Year 10. Rural students were fitter than urban students.

#### Fundamental movement skills

Students in NSW are much more proficient in fundamental movement skills in 2004 than they were in 1997.

#### Food habits

The food habits of students were predictable. While most eat reasonable amounts of fruit, few eat the recommended amount of vegetables. Students ate confectionery too often, and many drank too much soft drink instead of milk or fruit juice. Those who drink milk

tended to drink full cream milk, not low fat as recommended. The most striking feature was the proportion of students who miss meals. 30% - 40% of secondary students reported not eating breakfast every day. Regular meals, with the family, away from the TV promoted healthy eating.

**Markers of chronic disease (A sub-study of blood samples collected from volunteer Year 10 students in Sydney Metropolitan schools.)**

The findings of this study are of very real concern. Almost one in five adolescents had high insulin concentrations, which is a significant step along the path to Type 2 diabetes. Overweight and obese boys have significant risk factors for Type 2 diabetes, heart disease and fatty liver damage.

**School environments**

Over the past seven years schools have made their environments, policies and practices supportive of physical activity participation, working to provide physical activity opportunities for students.

A complete report of the SPANS findings can be found at [www.curriculumsupport.education.nsw.gov.au](http://www.curriculumsupport.education.nsw.gov.au)

G. Stein

HT PDHPE

**Mousetrap Car Race**

During Open-day the Great Hall was the setting for an intense competition. Who would be the outright winner? Competing Year 10 Science 1 teams included:

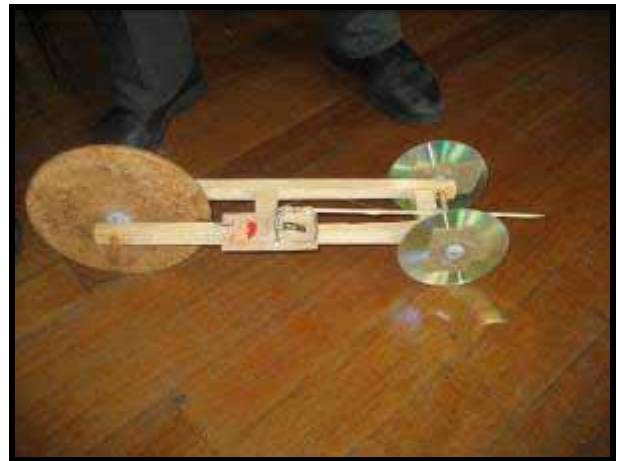
Team Paid	(Phil Wu, David fan, Ishan Bapat, Andrew Tang)
Team Petrol Sniffers	(Danny Fu, Daniel Chim, George Lo, Anthony Huynh)
Team Fish	(Michael Bock, Simon Ting, Jun Dai)
Team Korea	(Alvin Leung, Lucian Tan, Albert Kim, Jason (Osman) Wong)
Team Chinaman	(Simon Liu, Sean lee, Richard Hui, Simin Yang)

and Mr. Kay

This was Round 2 of the Mousetrap Car Race. Tension was high with teams frantically running around making final pit-stop adjustments, bolting on new wheels, setting their mouse-traps to gain maximum thrust and refining their strategy.

The 2-metre wide track was laid out with tape to a distance of 15 metres. As long as the racing car remained within the barriers, distance would be key to victory.

Many of these cars were veterans from Round 1, sporting just minor modifications. The reigning champions, Team Paid, with their K'nex (lego) built machine were reworking their design at the pit stop in a desperate attempt to outclass Team Korea's CD-wheeled tricycle.



Just as the competition was about to begin, Mr Kay entered with his own contraption. A fearsome looking car, forged from a conglomerate of science equipment and scrap metal.

Following tests runs, each team sought to adjust their cars to an optimum level. The first few runs of the day, showed exactly how difficult the conditions were, and how age had wearied the veteran racers. Many ran less than half of what they had during Round 1. Some cars presented peculiar repair problems. Team Paid's car suffered from steering problems right from the out set. The car veered in the fashion of a parabola and left the track within metres. Team Fish lost their axle and spring – their mouse trap exploded !

The race was on. Team Korea stepped up to the plate. Their car bolted along the track setting the standard at 11.88 metres. Everyone watched in anticipation as Mr Kay took his first run. The heavy laden metal contraption managed to eek out 6.60 metres. Team Petrol Sniffers edged past at 7.05 metres. Unfortunately Team Fish was eventually disqualified due to external forces. The winners of the innovative design, the two wheeled scud put together by Team Chinaman managed to travel 7.45 metres.

It was soon clear during the third attempt only Team Paid could threaten the mark set by Team Korea. But Team



Paid's vehicle continually suffered from "a mind of its own" steering itself uncontrollably off the track into the chair barriers shattering its K'nex structural design. Rebuild was quick, several design strategies considered. By the third attempt the redesigned wheel just didn't make the grade.



Round 2, the victory went to Team Korea, at 11.88 metres.

By William , Alvin Leung and Mr. Cheesman.

The Canteen Committee wishes to warmly **WELCOME MAREE**, who is managing the canteen while Christine is on long service leave.....

Why don't you try her new and improved.....



<b>HAM &amp; SALAD SANDWICH</b>	<b>\$2.60</b>
<b>HAM &amp; SALAD ROLL</b>	<b>\$3.00</b>

Remember....all profits are channelled back into the school for the benefit of the boys.

### **P & C Parking**

For all of those who have not yet helped to park cars for fundraising this year, there is an opportunity to learn the ropes on Friday November 10th from 5.00 pm until 8.00 pm (Sydney FCs v NZ Knights).

Boys who participate will be eligible for award scheme points. Please register your intention to attend to the parking co-ordinator ASAP, thank you.

[evansfamily2000@optusnet.com.au](mailto:evansfamily2000@optusnet.com.au)

or phone 0411 430 394

Lyndell Evans for SBHS P & C

## **INVITATION TO ALL TENNIS PARENTS AND INTERESTED PARTIES**

**P & C Subcommittee Tennis  
AGM and General Meeting  
Wednesday 8 November 2006  
7.00 pm in the Board Room**

The AGM will be followed by a General Meeting.

During 2006 Tennis at High underwent major changes - a new MIC, Ms Crothers and four new tennis courts for our boys to enjoy. At the General Meeting you will have the opportunity to inform yourself about the 2007 program and to discuss issues / present ideas on how tennis at High could be further enhanced.

Please note that at the AGM all positions will be declared vacant and Tennis, like all sports at SBHS, needs the active support of ALL parents.

Your attendance at this meeting will be highly valued and I am looking forward to see you there.

**Gabriele Klocker (Treasurer)**

### **Books**

The following books have been very gratefully received from Mrs Ann Kurts, mother of Phillip, Year 9:

The Falcon's Malteser  
Skeleton Key  
Shade's Children  
Point Blanc  
Return to Groosham Grange  
Stormbreaker  
Raven's Gate  
Mister Monday  
Finders Keepers  
Scorpia  
Ark Angel  
Redwall  
Sabriel  
Pyramids  
Sir Thursday  
Grim Tuesday  
Eagle Strike  
Drowned Wednesday  
Count Karlstein  
Truckers  
Public Enemy Number Two  
Evil Star

## Tennis Results

### Sydney Boys High School Vs Kings School

21 October 06

*	High	Kings	Score	Won by
D1	Matt King, Ivan Cerecina	1+3	4,6:5,7	Kings
D2	Chapman Su, Edward Deng	4+5	0,6:1,6	Kings
D3	Ben Lee, Michael Prior	2+6	3,6:4,6	Kings
S1	Matt King	E. Schulze	1,6:0,6	Kings
S2	Ivan Cerecina	J. Ingate	6,3:6,4	HIGH
S3	Chapman Siu	T. Novakovic	1,6:2,6	Kings
S4	Ben Lee	A. Wilson	1,6:1,6	Kings
S5	Michael Prior	V. Kavshik	4,6:6,3:6,3	HIGH
S6	Edward Deng	D. Buid-Jones	1,6:0,6	Kings

## Tennis

During the holidays the boys were encouraged to enter Tennis Tournaments to give them some additional match practice. George Panas was brave enough to enter the Hellenic Tennis Tournament which had as 1st Prize a trip to Greece!! Congratulations to George whose confidence improved as a result of trying himself out. As you can see he did not disgrace himself.

Mrs Crothers



### Hellenic Tennis Tournament by George Panas

I participated in the Hellenic Tennis Tournament on 12 October, at Concord. My tournament group was 14 and under boys singles. I was lucky enough to get a bye for the first round so I gained entry straight into the quarter-finals. It was not the best day for tennis, cloudy and breezes coming without warning. I had a quick warm up and we were on. My opponent was 14's A2 for Newington while I was 12 and 13's A1, not the most even match up but it was a good match nonetheless. It was a hard match and he proved too good for me. His forehand was amazing and left me struggling to return. The end score of the match was 6-3, 6-3.

## High Store - New Line

The High Store has now in stock a car number plate cover with HIGH SPIRIT at SYDNEY BOYS HIGH available to purchase for \$44. Two different sizes to accommodate square or premium plates. A great idea for Year 11 and 12 boys with wheels!

## Swimmers



Chlorine resistant new costume available for purchase from the High Store for \$35. This fabric has approx. 4-5 times the life expectancy of the original swimmers. Made in Australia.

## OPEN DAY 2006

Over 200 parents and boys came to view Sydney Boys High in action last Wednesday. Members of the P & C generously gave up their time to buy and wrap prizes and to man the P & C information counter, manage the Tennis Tournament and the Tea and Coffee Stall and Canteen. Prefects escorted prospective parents on tours of the school and Dr Jaggar addressed the parents and year 5's in the Great Hall.

Sports Associations had imported fun machines to interact with the boys. Basketball had a complex ball return machine for shooting practice and Rugby had a passing competition. Tennis ran a one up/one down competition. Sailing had imported part of their now impressive fleet to sail on the grass of the Cloisters and Volleyball and Fencing impressed everyone with a demonstration match.

The Cadets ran activities on the Lower, Art had a display of students work and ran an Arty Cakes stall, Public Speaking ran a competition and Chess had a Lightning Chess Tournament and a Beat the Feldmans Competition. Music played up a storm in three different venues and Drama and History ran open classroom activities

As always Sydney Boys High found that it was marketing as much to its own students and parents as it was to the prospective parents. All in all the activities appeared to be well attended and very impressive to our visitors.

Many thanks to everyone involved. It is a big effort but it is a very worthwhile public relations exercise.

Mrs Crothers



# shootin' hoops

edition 28

The weekly dose of court-side action



## High vs Kings Term 4 2005-(last time)

TEAM	RESULT	SCORE	TOP SCORER
1st	LOSS	114-61	D.SUN 25
2nd	LOSS	72-36	M.LEVY 9
3rd	LOSS	39-11	M.POPESCU 3
4th	WIN	19-10	H.DANG 9
5th	WIN	20-14	C.WONG 4
6th	LOSS	7-12	M.KELDOULIS 3
7th	DRAW	21-21	F.CHEUNG 9
8th	WIN	8-2	J.PHU 4
16A	WIN	33-32	TEAM EFFORT
16B	WIN	30-17	P.LOCKE 8
16C	WIN	34-8	C.YANG 10
16D	LOSS	11-9	R.JI 3
15A	LOSS	40-27	L.TENG 10
15B	LOSS	26-18	C.REEVES 8
15C	LOSS	30-26	S.KE 4
15D	WIN	17-15	M.FENG 7
15E	LOSS	7-47	W.MA 4
14A	LOSS	28-16	L.GORDON 6
14B	LOSS	34-16	A.KUGENDRAN 6
14C	LOSS	34-10	UNKNOWN
14D	WIN	30-16	I.LU 8
14E	LOSS	46-22	Z.GUO 6

## High Swept the games for A-grades

What an astounding difference boys! 1st grade defeated Kings with a 14 point difference, 15As claimed victory by 13 improving from their 12 point lost last year, and 14As finishing on top by 4 points. Despite the rain flushing out a few games of this first round, there were still a lot great games played.

## High vs Kings Term 4 2006

### THIS WEEK'S RESULTS- WOW!

TEAM	RESULT	SCORE	TOP SCORER
1st	WIN	91-77	V.NGUYEN 29 PTS-13 ASSISTS, H.WALKER 20 PTS-MADE THE BIG SHOTS WHEN NEEDED
2nd	LOSS	67-64	A.LE 16, D.HU 10, D.NG 6 REBOUNDS
3rd	LOSS	20-25	J.TRAN 8
4th	Rain		
5th	WIN		KINGS FORFEIT
6th	WIN	26-9	C.LIU 6, D.HUANG 6
7th	WIN	39-33	M.CHEN 8, C.PALANA 8
8th	WIN	25-23	J.LAI 8, D.TRAN 6
16A	Rain		
16B	LOSS	21-12	B.YANG 6
16C	LOSS	35-21	No scorers provided
16D	RAIN		
16E	LOSS	25-12	No scorers provided
15A	WIN	38-25	J.SUTTON 11, S.YOON 7
15B	LOSS	19-29	B.CHEN 6, L.LI 6 REBOUNDS
15C	LOSS	19-26	I.LU 6
15D	WIN	38-18	R.MA 8
15E	LOSS	11-17	S.YUNG 7
14A	WIN	23-19	M.WONG 7
14B	LOSS	12-15	A.CHIN 4
14C	DRAW	17-17	D.CHANDRA 10
14D	LOSS	23-24	A.HO 11
14E	LOSS	9-32	M.WEI 4



## 15As Match Report

Score: 38-25 (Win). Top Scorer: J.Sutton 11, S.Yoon 7

A great win by the 15As. High came out keen for revenge after a narrow loss to Kings in term 1. High started strongly and played smart basketball, adapting to the opposition playing zone defence previously not encountered in the younger age groups. The game stayed close through a freakishly tall Kings player. Midway through the second half, High switched to full court pressure defence, a 12-0 run lead by Captain Jeremy backed up by consistent finishing by Joshua Sutton and some classy transition from Steven Yoon saw High's 15As cruise to a strong win. A great team effort. The 15As are looking forward to a successful season ahead. I encourage all boys to get involved in the exciting new concept starting soon- the junior firsts! See Mr Hayman for more details.

COACH SALOMON, coach of the 15As

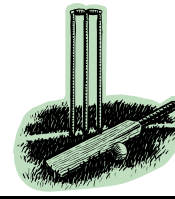
\*Reminder to all team captains, please hand in your match reports by Monday to Mr Hayman\*

~Brought to you by Francis Wong, Johny Shih and Justin Liang.  
~Thank you to Mr Hayman for all his contributions to basketball and information



## **SYDNEY BOYS HIGH CRICKET**

[www.sydneyboyscricket.info](http://www.sydneyboyscricket.info)



This week the HSC commenced and we have a number of our cricketing community sitting in their final year at school. On behalf of all of our coaches and players we wish not only our cricketers, but all students who are sitting, the very best of results for the study they have put in and our best wishes for their futures.

Last Saturday 21<sup>st</sup> October saw our teams in action in Trial Matches against teams from Scots and Kings on the usual wet start to the season with the conditions marring several matches as the day wore on. However, we achieved some terrific results and although enthusiastic about the standard we presented on the field, we also learnt that we have plenty to work on over the next few weeks.

Across the board there is a need to address our fitness, bowling accuracy and batting fundamentals to maintain the encouraging start we witnessed during the trial matches. However our fielding was enthusiastic, effective and vastly improved on our Term 1 performances this year and deserves acknowledgement.

There will be changes to several of the teams based on the trial match performances as well as some rotation with captains as we progress in these first weeks as the sides settle down. We also will be addressing the cricket section's overall fitness for all of the School's "A" Teams and boys striving for selection will be encouraged to participate in the School's fitness sessions on Mondays and Wednesdays as a condition of selection..

### **AROUND THE GROUNDS**

Unfortunately the weather caused the 3<sup>rd</sup> XI and 16 As to be abandoned and the 5<sup>th</sup> XI had a bye due to the late inclusion of the team

#### **First XI            SCOTS 8 for 217 - defeated - HIGH 7 for 216**

High won the toss and batted and with the loss of early wickets High were in real trouble at 4 for 35. D'Arcy Blaxell then set about steadying the innings with some intelligent batting supported by the middle and lower order in debutant Kerrod McPherson and Tasneef Rahman. Congratulations to D'Arcy Blaxell who completed the first Century for High finishing with 114 Not Out. High's innings closed with 216 from 50 overs in an innings interrupted by rain. Tom Castleton picked up 2 early wickets at the start of Scot's innings which was being scored at a fast rate with the No 5 drop producing a match winning knock assisted by some periods of loose bowling from the High attack. Kogulan Sriranjana also took 2 wickets in the Scot's innings which eventually reached our target with 4 overs to go and 8 wickets down. Report from Hugh Howey.

#### **First XI A.W.Davidson Shield    High 3 for 56 - defeated - Endeavour Sports High 10 for 55**

(Mon 23<sup>rd</sup> October) Played at MPW 15 High dismissed Endeavour for a meager total on a synthetic wicket which favored neither team. High in reply lost 3 wickets passing Endeavour with overs to spare.

**High have now been credited with 3 wins from 3 fixtures with the first two schools forfeiting.**

#### **Second XI            SCOTS 6 for 280 - defeated - HIGH 9 for 240**

Scots batted first and put together 7 for 281 and High's quicks struggled in the cold windy conditions with slippery run ups and Scots were able to score freely. Through some additional wayward bowling and lack of enthusiasm in the field Scots capitalized and amassed 280. Kevi Lam took 3 /17 wickets and Blaise Prentice Davidson 1/27 were the best of our bowlers. In High's innings a good display of aggression and control saw Louis Yang put together a sound 62, Michael Coutts 43 returned to form, Roshan Karunaratne 32 and Blaise Prentice-Davidson 24 being our major scorers. See a complete report on the Cricket Website.

#### **Fourth XI            HIGH - V - KINGS**

No match report filed.

**16 Bs                    KINGS 4 for 71 - defeated – HIGH 8 for 68**

Several members of this team failed to attend the match and it was left to 7 players against Kings which of course left us short of bowlers and batsmen as well as providing easy runs for Kings when we were in the field. Credit to the boys who attended and put up a strong fight over 28 overs only to Have Kings pass our score for the loss of 4 wickets. Best batting came from Jeffery Chen whilst Nick Lindeback provided our best bowling. Match summary provided by Lachlan Brown.

**15As                    SCOTS - defeated - HIGH**

#### **MATCH OF THE DAY**

**15 Bs                    SCOTS 6 for 157(30 overs) - defeated - HIGH 10 for 146(30<sup>th</sup> over)**

High won the toss and put Scots into bat and at 30 overs 6 for 157 with Bill Wang, Tim Molloy, Jimari Bastable , Angud Chawla and Liam Aylmer taking one wicket each. High in chasing Scots score ended up 11 runs short with Angud Chawla hitting a half century to be 53 N.O at stumps(with 10 fours), Jimari Bastable with 34 (with 7 fours), Julian Ubaldi 7, Bill Wang, David Ma and Oliver Fio all making 4 each and High all out in the 30<sup>th</sup> over. Well done to all of the boys on a fine effort.

**14 As                    SCOTS 6 for 199 - defeated - HIGH 10 for 134**

Scots won the toss and batted and finished at 199 in 32 overs. Howard Tran and Kumudika Ganaratne being our only wicket takers with 3 batsmen retiring and one run out. High then proceeded to chase the total and in the 30<sup>th</sup> over lost their last wicket with the score at 134. Michael Phung led the challenge with 42, Ishman Bari 21, Pasan Pannila 18 and Ryan McDonald 5 were the main scorers. Well done to all on a good team effort.

**14 Bs                    KINGS 5 for 225 - defeated - HIGH 10 for 55**

Kings won the toss and batted first. Wicket takers Andrew Huynh 3 / 17, Rahib Azwad 1 / 4 and Saif Haque 1 / 33. High batting second Leon Li 13, Iftiar Khan 12 and Andrew Huynh 8.

**14 Cs                    KINGS 8 for 112 - defeated - HIGH 10 for 78**

Kings won the toss and batted first. Wicket Takers for High were Samir Kinger and Botong Cheng took 2 wkts eac and Leo Lu, Vino Anandaselvakumar and Isaac Everleigh each took one wicket. High then batted with Nathan Kok 16 as the top scorer, Willian Shao and Yasar Chowdhury each with 12 and Isaac Everleigh 11 were the main scorers.

#### **JUNIOR CRICKETER OF THE YEAR**

Points will start in Round 1 this week for all Awards. Please check the Cricket Website for changes to the points allocations for the Junior Cricketer and the new qualifying statistice for Batting and bowling awards. Will all player in junior teams make sure you check the scorebook at the end of a match to see that the catches you took have your name recorded against it and that the number of wickets you have taken are correct. Failure to do so will see you miss out on 10 pts (catch) and 20 pts for a wicket

Laurie Heil

## DOUBLE BAY BRIGHTSTARS COMPETITION

Do you watch Australian Idol and wish it could be you? Can you sing, dance or play a musical instrument? Yes? You need to enter the **Double Bay Brightstars** idol competition. This is your chance to be discovered!

Auditions will be held on **Saturday 28th October and Saturday 4th of November** at Double Bay Public School, 80 William Street, Double Bay – all you have to do is rock up, fill in an entry form, pay your \$15 entry fee and audition for our judges.

### Registration and Audition Times:

12 years and under – 12pm - 2pm

13 – 18 year olds between 2pm - 4pm



### GRAND FINAL and PRIZES!

The GRAND FINAL will be held on **Saturday 11 November**

**Asha Kuerten from CD:Live** (Fox8 show with Molly Meldrum) will be judging the Grand Final! 20 finalists will be chosen to take part and all finalists will win a professional photographic package (including hair and make-up) from Arthaus Studios valued at over \$1100.

A Grand Final Winner will be chosen from each age category (12 and under, 13 and over) with the Grand Prize each of one year of agency representation from Brightstars Talent Agency located in Paddington (part of the prestigious Artist & Entertainment Group).

This is your chance – don't miss it! For any enquiries ring John Murray on 0417 259 128.

## CANTEEN COMMITTEE NEEDS A LAPTOP

Is there anyone out there in the school community who could supply our Canteen Committee with a laptop computer?

Perhaps older models are being upgraded in your workplace or You simply have a spare!

Whatever the reason....our current Treasurer will be very grateful, And future Treasurers will find it so much easier to step into the role.

The laptop would need to be Windows & MOYB compatible.

If you can help, please contact the school canteen on

**9360 4027**

# The Breakfast Team of the Cruising Yacht Club of Australia and **Pacific Sailing School**

Are offering 3 fully funded scholarships to their Learn to Sail Program  
to sailors from Sydney Boys High.

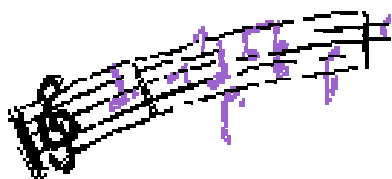
The sailors will receive training on International J24 Yachts and opportunities to crew on  
members yachts at the conclusion of the course.

The courses are run during school holidays from the Cruising Yacht Club  
in Rushcutters Bay.

See Ms Boukatos for further details.







# *MUSIC NOTES*

## An important change to the billing in the *MUSIC PERFORMANCE PROGRAM*

Please be advised of a change to the billing system for instrumental lessons.

The **school** will invoice the students from the start of term 4. Payments need to be made directly to the school for your son's lessons.

It has come to our notice that there are many outstanding fees and **all outstanding fees** need to be paid by the end of week 3, term 4. Non-payment puts the program's continuation in jeopardy.

If you have any financial difficulties, please discuss this in confidence with the music staff as soon as possible.

Thank you.

## *China Music Tour 2007*

The Music Department in collaboration with the Australian Chinese Culture & Arts Group are organising a 16-day music tour to China in the 2007 July holidays. This is a wonderful opportunity for the students to perform in the Beijing International Youth Carnival 2007 with other youth bands from 21 countries worldwide.

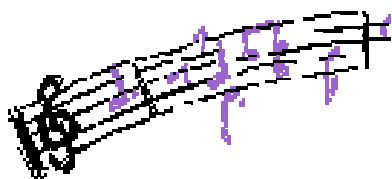
As well as participating in the Grand Parade in Wang Fu Jing and the music show of Olympic Opening Music, students will visit renowned tourist sites around Beijing, Shanghai, Hangzhou and Nan Jing. The anticipated cost of this tour will be approximately \$2850 which includes airfare, all meals, accommodation, and entries.

The information evening for the Music tour to China was held on the last Monday of Term 3. If you were unable to attend but are still interested in joining the tour, please contact one of the music staff at school for information (9361-6910 Ext. no. 109) or collect a copy of the Itinerary and permission note from the Music staffroom.

## *Sydney Boys High Jazz in the Courtyard*

Come along to the Sydney Boys High School Jazz in the Courtyard concert. Join us on **Sunday the 12<sup>th</sup> of November 2006 at 3:00pm** in the school's **Courtyard** for a great afternoon of fun, and be entertained by our fantastic Jazz bands. Bring your Picnic blanket and basket and enjoy the wonderful music





# MUSIC NOTES

## ***SBHS Spring Music Festival***

This year's Spring Music Festival will be a twilight concert starting at 5pm on **Sunday the 19th of November** in the school's **Great Hall**. All members of the music ensemble program except for stage bands are to attend. Information and order forms are outside the music staffroom and tickets can be purchased through the main office and picked up from the music staff once payment is made. Tickets will also be sold on the night, but we encourage you to buy them prior to the performance so the concert will begin promptly on time. We also ask that all students **bring a plate of food to share (tea and coffee will be supplied)** as **there will be a short interval in the middle of the concert**. We look forward to a wonderful evening of quality performances by our talented musicians and hope you are able to attend to support their efforts and hard work.

**Price: \$10.00 per head or \$25.00 per family.**

Please complete and detach the form below and return to the music staff by **Friday 10<sup>th</sup> of November 2006.**  
(Week 4, Term 4)

### ***Spring Music Festival Ticket Order***

Name of Student: \_\_\_\_\_ Roll Class: \_\_\_\_\_

Number of tickets required.....Single: \_\_\_\_\_ Family: \_\_\_\_\_

Total cost: \_\_\_\_\_

(Please tick one of the following)

Type pf payment:      Cheque \_\_\_\_\_      Cash \_\_\_\_\_      B/Card \_\_\_\_\_      M/Card \_\_\_\_\_      Visa \_\_\_\_\_

Name on Card: \_\_\_\_\_ Expiry Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Card No.    \_\_\_\_ - \_\_\_\_ - \_\_\_\_ - \_\_\_\_    \_\_\_\_ - \_\_\_\_ - \_\_\_\_ - \_\_\_\_    \_\_\_\_ - \_\_\_\_ - \_\_\_\_ - \_\_\_\_    \_\_\_\_ - \_\_\_\_ - \_\_\_\_ - \_\_\_\_

Signature: \_\_\_\_\_





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<b>Canteen Price List</b>	<b>Open Hours 8:30am - 1:40pm</b>
<b>8:30 to 9:00 a.m. * a time to place lunch orders * breakfast is available</b> <u>It is to your advantage to pre-order lunches:</u> it saves waiting in queues and ensures you get what you want.	

### Sandwiches and Rolls

Filling	Sandwiches	Rolls
Orders only:		
cheese & salad	\$ 2.20	\$ 2.80
chicken & salad	\$ 3.20	\$ 3.80
corned beef & salad	\$ 2.60	\$ 3.40
curried egg & lettuce	\$ 2.20	\$ 2.50
egg & lettuce	\$ 2.20	\$ 2.50
egg & salad	\$ 2.50	\$ 3.00
ham & tomato	\$ 2.40	\$ 2.80
ham & salad	\$ 2.60	\$ 3.00
roast beef & salad	\$ 3.00	\$ 3.50
salmon & salad	\$ 2.80	\$ 3.50
vegemite	\$ 1.20	\$ 1.50

Orders and over-counter sales:		
buttered roll	-	\$ 1.20
cheese & tomato	\$ 1.50	\$ 2.00
chicken & coleslaw	\$ 2.80	\$ 3.50
chicken & lettuce	\$ 2.80	\$ 3.50
corned beef & tomato	\$ 2.40	\$ 2.80
dagwood		\$ 3.00
roast beef & tomato	\$ 2.50	\$ 3.00
roast beef, seeded mustard & lettuce	\$ 2.50	\$ 3.00
salad	\$ 2.00	\$ 2.50
chicken or lamb yeeros wrap		\$ 5.50
Mini wrap		
- chicken & coleslaw		\$ 2.80
- chicken & tabouleh		\$ 2.80
- lamb & tabouleh		\$ 2.80
<b>Available in brown/white bread; extras 20c</b>		
<b>Sushi</b>		
- chicken		
- beef		
- salmon		
- tuna		
- veg		
	\$2.40	

### Sweets and ice creams/blocks over counter

Minor price changes will occur as a direct result of increases by suppliers

**ALL CANTEEN PROFITS ARE RETURNED TO THE SCHOOL FOR THE BENEFIT OF THE BOYS' EDUCATION AND DEVELOPMENT**

### Cakes, Muffins and Fruit

custard tart	\$ 2.20
choc chip/anzac cookies	\$ 1.00
chelsea bun/cupcake	\$ 2.00
muffin	\$ 2.60
apple, orange	\$ 0.80
fresh fruit salad	\$ 2.20
fun bun	\$ 1.30
banana bread	\$ 1.40

### Hot Food

Orders and over-counter sales:	
cheese & spinach puff	\$ 2.30
chicken & corn roll	\$ 1.30
chicken puff	\$ 2.50
chicken Halal pie	\$ 3.30
garlic bread	\$ 1.50
lasagne/ravioli/spaghetti/macaroni & cheese	\$ 3.00
meat pie (sauce + 20c extra)	\$ 2.60
pizza pocket	\$ 1.60
pizza rounda	\$ 1.80
pizza slab	\$ 2.30
potato pie	\$ 3.30
sausage roll	\$ 1.80
steak sandwich w/sauce	\$ 2.50
sweet chilli chicken sub w/sauce	\$ 3.50
hot chicken/mayo roll	\$ 3.50
hot chicken/mayo sandwich	\$ 2.80

### Drinks

300ml plain milk	\$ 1.10
300ml flavoured milk	\$ 1.70
600ml plain milk	\$ 1.70
600ml flavoured milk	\$ 2.40
spring water	\$ 1.40
Powerade <sup>TM</sup>	\$ 2.80
400ml 100% orange juice with iron	\$ 2.40
Diet 375ml Coke/Lift/Sprite Zero <sup>TM</sup>	\$ 1.80
Diet 600ml Coke/Sprite Zero <sup>TM</sup>	\$ 2.60
Aroona-carbonated spring fruits water	\$ 1.50
Berri – Long Life Juices	\$ 1.60
Deep Spring mineral water	\$ 2.00

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**P.S. Content is subject to approval**

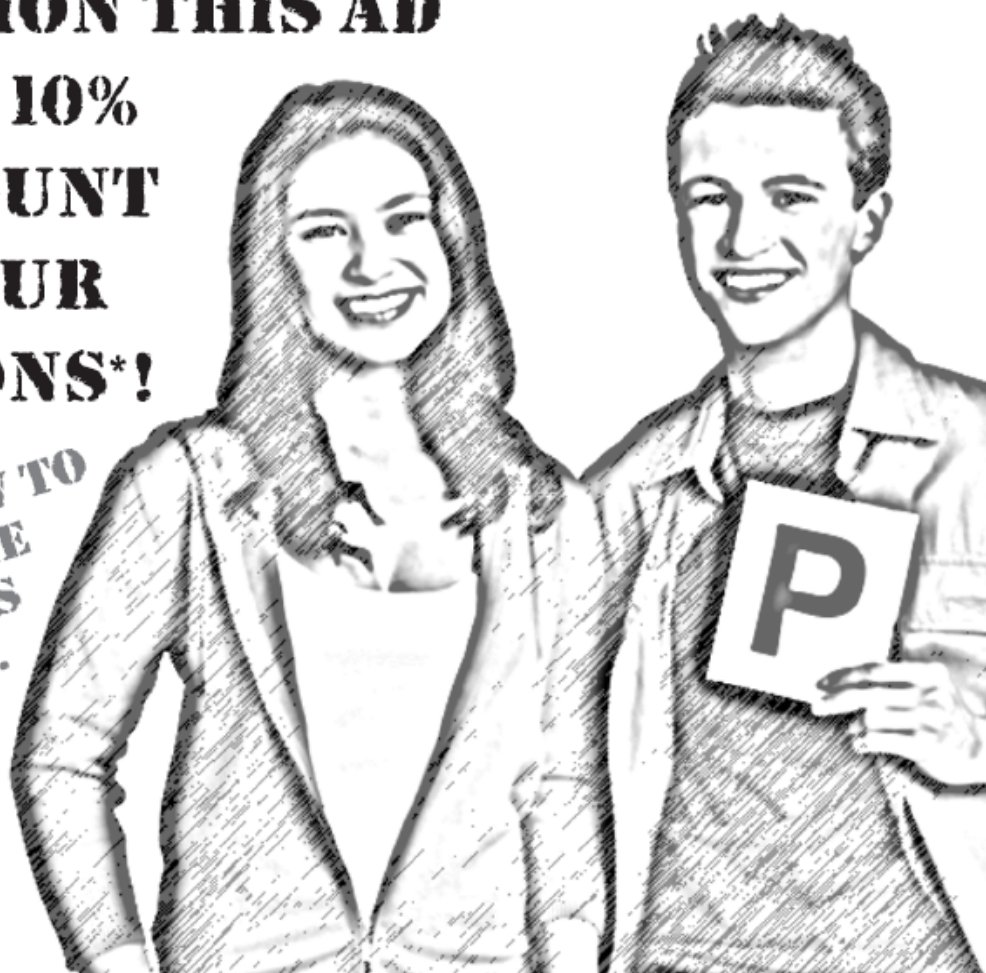


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