



## From the Principal

Thank you to all staff and students for a good start to the academic year. Towards the end of term it did seem as if there were hardly any students in class because of all the sporting and other events that we were engaged in. As usual at High, people have a way of accommodating each others' priorities in the interests of the personal development of the boys.

## High Talent



As a result of the NSW Inter Regional Championships Merlin Li and Chris Morrow were selected to represent NSW Combined High Schools in the Trans Tasman Volleyball Challenge: NSW, Queensland, North Island NZ, South Island NZ. Well done boys! I received this congratulatory email that shows how much people care about genuine good manners. Well done, boys! "We recently had the pleasure of billeting two of your students who were here for the CHS Boys Volleyball Championship – John Gim and Pat Lai. On behalf of our family, we would like you to know how polite and kind they were and how easily they "fitted into" family. We were also delighted at the time they gave and the manner in which they interacted with, our three (younger sons). John and Pat were great role models. We thoroughly enjoyed having them in our home – they are welcome back here at any time. Thank you for the opportunity to get to know two of your fine students". Congratulations to our cadets who qualified for the 'Adventure Training Award 'in Tasmania: CDTSSGT Jim



Nguyen, CDTSGT Alexander Saunders, CDTCPPL Alan Low and CDTCPPL James Lee. The ATA is the highest individual AAC accolade available to cadets. Over the week, April 3-10, the cadets will be assessed on navigation, first aid, communications, field-craft, initiative, marksmanship, abseiling, physical fitness and endurance in the Buckland Military Training Area, north of Hobart. The ATA is designed to be the ultimate test for those cadets who have already proven themselves with their field skills, leadership, initiative, self-reliance and

ability to work as part of a team. Thank you to the very large number of boys in the senior school who donated blood this week.

## Senior School Awards Scheme



The Senior School Awards Scheme will commence as from day 1 term 2. The students in Years 11 & 12 elected overwhelmingly to stay with the existing scheme for the remainder of their time at High. Change is obviously scary even when you're young! Consequently, Year 10 2010 will be the first beneficiaries of a better, fairer, broader and deeper awards scheme. The 'old scheme' will apply to Years 11 and 12 in 2010. Administrative protocols for the 'old scheme' will remain the same but the way points are communicated and recorded may change to an even more electronically controlled system. Our message is the same: stay involved in school life for the whole time you are here.

## Rowing Assembly



Last Friday we were honoured to host the Yaralla Cup winning crew from 1960. John Callaway, Alan Grover, John Kelly and Graham Williams attended our assembly. Alan Grover delivered the occasional address. He outlined his experiences as an Olympian and then subsequently as an Olympic Official. He drew the connection between his opportunities at High and his subsequent life's work in sports administration and promotion which arose directly from his sporting experiences. My address to the assembly is reprinted below:

Special guests, Head of the River crews, coaches, parents, teachers, students. It is a very special rowing assembly for us this year. We have with us the crew of the first IV from 1960. They won the Yaralla Cup. High has experienced some lean times in GPS rowing since then. I am pleased to be able to welcome these distinguished Old Boys to our assembly. We join together each year before the Head of the River to acknowledge and honour our rowers who are preparing for the biggest event of the year for rowing. I want to thank Oliver Wilson for coaching the first VIII and Simon Hoadley for bringing a fresh perspective to the rowing program and also coaching the second VIII.

James Mackay was very busy coaching all the IVs. The Year 10 Vllls were coached by David Vien, David Luscombe and Chong Shao. Thank you too, Jonathan Adams and Mark Gainford for managing the five crews in the Year 9 Quads. Shahar Merom has done a great job in his first year as coach, working with the Year 8 Quads. Assisting him were: Matthew Ling, Jonothan Le, Robert Chen and Nathan McDonnell. Well done to all our dedicated coaches.

The Rowing program owes a great deal to the efforts of the Rowing Committee, in particular Julie Blomberg, Geoff Andrews, Peter Ambrose and Steve Whiting. Their dedication to the cause and teamwork in implementing Simon's vision to re-design the promotion and presentation of rowing at the Outterside Centre, their great organisation of the inaugural Taree Camp and the smooth running of the High regatta, went way beyond what could be expected of volunteer committee members. The season was complicate by problems with our pontoons and the Rowing Committee rose to the challenge. They gave up their time in maintenance of the southern pontoon and during the most unfortunate sinking of the northern pontoon. Their work helped greatly to keep boating crews on training and racing days. They stuck together wonderfully and made it happen for the boys. I must also thank Cranbrook School Rowing for their generosity in allowing our first VIII to compete in one of their Sykes racing hulls. Psychologically, the crew is primed to row fast.

Goal setting is a very significant aspect of competitive sport. Goals need to be established within each person or team's zone of proximal development. That is, the goal is within your reach if you strive extra hard to achieve it. The first goal for our rowers at the Head of the River is to better High's long term average time 1999-2009. For all our crews, this is our benchmark of performance and an attainable goal. The second goal is to go for the margin of excellence, set at 5% longer than the winner's time. If you can reach a level of performance that is 95% of the best possible on the day, that would be an excellent row. For the first VIII, goal one is High's long term average of 6:22:48. They bettered this time on Wednesday at 6:21:12 and can do it again tomorrow. Their second goal is 6:14:19, the 5% barrier. The second VIII has a first goal of winner's time + 7.85%. That figure is High's long term average for that event. They can row sub 6:30. The first IV need to row within 8.36% above the winner's time. The second IV has a target of 11.39% and the third IV 12.35%. The first year 10 VIII needs to beat 7.82% and the second Year 10 VIII, 9.58%. I will be judging your performances as High crews against standards set by High rowers before you. Your place in our history should be your prime motivator. If you can do better than that, your proximity to other competitors will give you the adrenalin you need.

I appreciate that things are different on race day. Sometimes crews are worn out by expending their nervous energy in anticipation of their event. On the race course the wind conditions or wash from other competitors will be difficult for our crews battling in outer lanes. Nevertheless, the test of character and crew performance remains constant for all crews. If you can row to your best time or improve on it, that's

all we can ask of you and all you need to expect from yourselves. The main competition will be within yourselves – working in unison, coping with the pressure, mastering the race conditions, striving to the end, wherever you finish in the race. High crews have done it before, seven times since 1999. In 2003 all three Year 10 Vllls rowed within 5% above the winner's time. Be inspired by the occasion and sustained by your self-belief. Congratulations to all crews selected to represent High.

## Head of the River results

On a hot, humid morning High rowing put on the best shed result since 2005 at the Head of the River with an average margin to the winner's time of 33.54 seconds or 8.38%. High is 91% there. Next year we want 92% or better. The row of the day was the excellent 1<sup>st</sup> IVs effort to get to 4.4% above the winner's time in a strong 7<sup>th</sup> place, the best row since 2004 by a 1<sup>st</sup> IV. Next best was the 2<sup>nd</sup> VIII, at 6:28:67 and 5.36% longer than the winner. Only two second Vllls have rowed better than this since 1999. The 1<sup>st</sup> Year 10 VIII had the shed's best row since 2004 at 6.28% above the winner's time. The 1<sup>st</sup> VIII (7.87%) and the 2<sup>nd</sup> IV (8.67%) did not perform right up to their potential but were within the 10% basic standard.

## Vegetable Garden



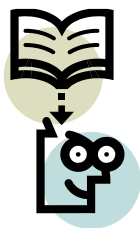
I would like to establish a vegetable garden at school. It would be interesting if we could produce vegetables to consume in our Canteen. I am thinking of a small area at the corner of Macdonald Wing. Once the Casey COLA has been secured and the area rehabilitated, a vegetable garden would be a nice addition to the reconstruction and rehabilitation of what was a wilderness area. If any staff member and / or students are interested in pursuing the idea of a vegetable garden, please email me.

## Serious Water Leaked Fixed

We have had a major water leak on Anzac Parade near the Sir Roden Cutler Gates. A broken pipe resulted in a very significant amount of water bubbling down the Junior Quad into the storm water drain. Sydney Water had several attempts at fixing the problem but could not turn off the water supply to the 80mm feeder supply to the school and the pipe was too large to be frozen. In a major operation last Saturday night, households had to be notified, streets closed and a large number of water valves shut down in an area from Dacey Avenue to South Dowling Street, Cleveland Street and east on Anzac Parade as far as the Captain Cook Hotel. The area is back to normal but the garden bed in front of the Sir Roden Cutler Gates wall is damaged. Thank you to the school community for your patience while we had water running through the property.

**Dr K A Jaggar**

## FROM THE TWO LIBRARIES



### BOOK FAIR – MAY 28th (Buy one, read it, donate it)

If every boy in the school donates at least one new book to one of the Libraries it is a great way of supporting your son as a reader and at the same time helping lots of other boys at your son's school to enjoy the very latest good books.

As the librarians locate brand new resources for the Fair they will be creating a website and putting these on. It will have prices and availability. Your son might like to find a great book he would like to read from this website. Would he please email the 2 Libraries Book Fair on [bookfair@sydneyboys-h.schools.nsw.edu.au](mailto:bookfair@sydneyboys-h.schools.nsw.edu.au) ? This resource will then be requested from one of the participating bookshops and reserved for your son to order on May 28<sup>th</sup>. Bookstores participating in the Book Fair are: Dymocks and Borders from Bondi Westfield, The Children's Bookshop at Belrose and MacKay's Bookstore at Double Bay.

### OLD BOYS COLLECTION

Big thanks to Ian Heads and his wife, Joy, for taking the trouble to drop in one of Ian's latest books on Shane Webcke and a rare earlier book which our Library did not have – *True Blue, the Story of NSW Rugby League*. The Old Boys Collection is a constant inspiration to our present boys that they too can aspire to write and is a wonderful connection with older generations. While here Joy Head revealed that her father was also an Old Boy and Mrs St Leon revealed that her husband should perhaps put some of his translations into this collection as he too is an Old Boy.

### NEW RESOURCES OUT THIS WEEK – ANDREWS LIBRARY

#### DVD's

*Zulu* (History); *Schindler's List* (History, English – Belonging); *Menzies and Churchill at War* (History); *The Tracker* (Aboriginal Studies, History, Film Studies); *Ten Canoes* (Aboriginal Studies, History, Film Studies); *First Australians*, (Aboriginal Studies, History); *Atonement* (English, Film Studies); *Alexandra's Project*, (English – Belonging, Film Studies); *High School Musical* (English); *Cruel Intentions* (English – Belonging); *E Business* (Business Studies); *Populations on Earth* (Geography); *Consumer Law* (Legal Studies) *The Online Music Revolution* (Music); *Howard Goodall's Choir Works – South Africa* (Music), *Howard Goodall's Choir Works – United States* (Music) *Ultimate China* (LOTE); *Wild China* (LOTE)

**Mrs Crothers – Andrews Library**

## From the Canteen



**Before you buy anything from canteen....** please spare a thought for the canteen managers who have been there since 6.30 am and the volunteers who have given up their spare time to help. A simple **PLEASE** or **THANK YOU** goes a long way to making their day much more pleasant.

The better appreciated they feel, the more they will try to give you good service and good food. Thank you very much.

### \$10 canteen voucher winners...

We know how busy life can be for today's parents, which is why we'd especially like to thank our loyal volunteers for their contribution to the smooth running of the canteen. Volunteer help is *vital* to ensure healthy food for our boys and an ongoing income stream to the P&C for allocation to worthy school projects.

We'd like to say thank you by rewarding our volunteers with the chance to win a *\$10 Canteen voucher* for their sons. All volunteers have to do is turn up for duty as usual and sign the duty roster book. A draw will be held each month for the lucky voucher winner. Remember, if you find you can't make your shift, just call a fellow parent on the roster and arrange a swap.

Watch this space in week 1 next term for our February and March winners.

**Please phone Tracey and Karen on 9360 4027 to organize days you are free to help. They really would appreciate it!**

*Thank you The Canteen Team*



GPS sports competition is very demanding on people and resources. At High we have ongoing needs for facilities development, equipment and development through expert coaching. If you would like to help through a tax deductible donation for a particular sport, the appropriate form can be posted to you by calling 9361 6910. Alternatively, you can go to our website [www.sydneyboyshigh.com](http://www.sydneyboyshigh.com) click on Sport /Sports Donations to download either *Development Donation Form* or *Equipment and Facility Donation Form*.

### DISCLAIMER

Products and services advertised in *High Notes* are not necessarily recommended or endorsed by Sydney Boys High School.



# MUSIC NOTES

## HSC Encore Concert

The 2009 HSC Encore Concert was held last Monday evening at the Sydney Opera House with our HSC Music student, Brian Lau (Yr 12, 2009) performing his Beethoven *Variations* in a packed out Concert Hall. This prestigious concert features a selection of the top HSC Music students from across NSW and is highly regarded. Our entire senior elective music students attended *Encore* showing Brian support. Congratulations to Brian on a very fine performance.

## Music Tour 2010 to France & Flanders

We are nearing the Music Tour to France and Flanders during the April holidays and the excitement is certainly building up. We will have a concert on **Wednesday the 7th of April at 7pm in the Great Hall** and would like to invite you to come and hear the ensembles and soloists perform. Please note the **rehearsal** on the day **from 1 pm** and **group instrument pack up on Thursday 8th April from 10am**.

## Music Parking

Thank you so much to all the students and parents who volunteered and gave up their time to help out with the Music parking last Friday, all the funds raised go towards supporting the Performance Music Program at High.

## Music Storeroom

Please be advised that the music storeroom will only be accessible from 8:45-9am and 3:10-3:30pm each day until the start of week 3, next term whilst the Music Staff is away on the French Music Tour.

## Triple J's Unearthed High Band Competition

Triple J is the ABC's Youth network and will be holding the biggest ever competition to find Australia's best high school band. Bands need to upload a recording of their song to the Triple J site: [www.triplejuneearthed.com](http://www.triplejuneearthed.com) and enter the **Unearthed High Competition**. The winning band will have their song recorded by Triple J's Music Producers and played on Triple J.

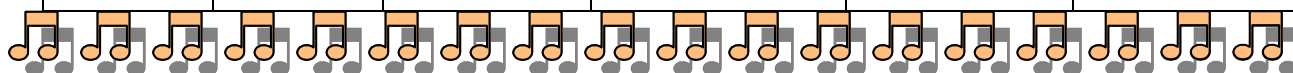
**Entries open:** Monday 29th March 2010

**Entries close:** midnight Sunday 16th May 2010

**Winner announced:** Wednesday 9th June 2010

**Ensemble Rehearsal Times for 2010** - Commencing Term 2, Week 3 except for Junior String Ensemble, Philharmonic Orchestra and Guitar Ensemble which will start in week 1.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7.45am</b>	Intermediate Concert Band Room 201	Chamber Choir Room 201	Chamber Choir Room 202	Senior Concert Band Room 201	Symphony Orchestra Room 201
	Junior String Ensemble Room 207	Junior Jazz Ensemble Room 101	Senior Stage Band Room 201 7:30am START		Guitar Ensemble Room 101
	Training Concert Band Room 101		Junior Stage Band Room 101		Senior String Ensemble
			Philharmonic Orchestra Room 207		<b>Marching Band Term 4</b> MPW 8.00 - 9:00am
<b>Afternoon rehearsals</b> (3.30-4.30pm)		<b>Marching Band Term 4</b> Basketball Courts			







## SRC and CSC Training Day 2010

The 2010 Leadership Training Day was held at the Outterside Centre at Abbotsford on the 19<sup>th</sup> of March. It was a great opportunity for the 2010 SRC along with the executives of the school's Community Service Committee to bond and build a better relationship.



The program was designed by **Rising Generations** and having attended the program in 2009, it was evident that the program had been refined and renewed for the better. The aim of the day was to build strong connections within the SRC, open up our minds to a new way of thinking and inspire us to lead and bring about much needed change in the school community.

The training incorporated a number of creative and engaging activities that enlightened us to the roles that as an SRC, we should look to fulfil. From viewing inspirational scenes from films, to working collectively to solve an escape path in a maze, the day included a number of activities that not only bonded the team together but presented to us, a better understanding of leadership.

The day also played an important role in outlining the path for the future and our aspirations for the year. From the planning, it was agreed that this year's SRC would focus on the development of junior years, in providing them with responsibilities that will further enhance their involvement in actively voicing student concerns.

In 2010, the SRC will make a commitment to promoting student participation, particularly through events such as the Talent Quest and Trivia Night which will be joint ventures with the Sydney Girls Student Representative Council. Also, the SRC will endeavour to voice the concerns of students in regards to specific issues and relay them back to the School Council, on which we hope to have representation again this year.

*Image: A competitive communication activity through a maze left the boys silent and focused*





Special thanks must go to Mrs Collignon and Mr Cipolla for organising and running the day, together with Mr Walker, Mr Coan and Ms Kaye for their continual support of leadership initiatives, the SRC and Community Service Committee.

**Samir Kinger –President (Yr 11)**  
**and Isnad Zaman -Vice**  
**President (Yr 11)**

*Image: A ferry trip back from the Outterside centre to Circular Quay on a beautiful Sydney day.*



## ***High Society***

The Bulletin Board for Sydney Boys High P & C Julie Connolly P & C President  
 If you would like to have any parent community news or upcoming events included in *High Society*, please contact Julie Connolly, P & C President, [jcandjc@bigpond.net.au](mailto:jcandjc@bigpond.net.au); 0418 470 203

### **First Meeting for all Year 7 Parents**

**Monday 3rd May, 7.00pm-9.00pm**

The first parent meeting arranged by the P&C for this year, for all Year 7 parents, will coincide with the Junior Dance – Monday 3rd May, from 7.00pm to 9.00pm – could Year 7 parents please make a note of this date.

This first meeting is extremely informative with presentations from staff members and co—curricular leaders, covering the following topics:

1. Year 7 curriculum and academic arrangements
2. Study and homework expectations
3. Parent and student participation in co-curricular programs
4. Year 7 Parent Representatives
5. All your questions answered

### **Big Night Out**

Congratulations to our community. Through all your hard work we raised over **\$7,500** proceeds from last week's Big Night Out.

### **Upcoming Parent Meetings & Events**

(details in High Notes)

**Monday 3rd May, 7.00pm to 9.00pm**

Year 7 Parent Meeting, Staff Common Room

# Weights Room APRIL Holiday timetable 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	1	2	3	4
	<b>NORMAL OPENING/CLOSING TIMES</b>					
5 7-9am STRENGTH -RUGBY 9.30-11am SPEED/AGILITY	6 7-9am STRENGTH -SOCCER 9.30-11am SPEED/AGILITY	7 7-9am STRENGTH -RUGBY 9.30-11am SPEED/AGILITY	8 7-9am STRENGTH -SOCCER 9.30-11am SPEED/AGILITY	9 7-9am STRENGTH -ALL SPORT 9.30-11am SPEED/AGILITY	10	11
12 7-9am STRENGTH -RUGBY 9.30-11am SPEED/AGILITY	13 7-9am STRENGTH -SOCCER 9.30-11am SPEED/AGILITY	14 7-9am STRENGTH -RUGBY 9.30-11am SPEED/AGILITY	15 7-9am STRENGTH -SOCCER 9.30-11am SPEED/AGILITY	16 7-9am STRENGTH -ALL SPORT 9.30-11am SPEED/AGILITY	17	18
19	20	21	22	23	24	25
	<b>NORMAL OPENING/CLOSING TIMES</b>					



**Goodwill in Action**  
Society for Australian - German Student Exchange

## **NSW Host Family Application 2010**

### **Information for Prospective Host Families**

The Society for Australian-German Student Exchange (SAGSE), founded in Melbourne in 1967, awards scholarships to Australian students each year to travel to Germany during the Australian Christmas holidays, and in turn to German students, who travel to Australia during their long vacation in the months of July/August. The exchange program aims to give students an insight into a foreign culture and build up links of friendship between the youth of these two countries. It operates with the co-operation and approval of the Department of Education and Training in New South Wales and is subsidised by private firms.

In mid June 2010 another group of German exchange students will begin their 10-week exchange here under the auspices of the Society. In attempting to give them the opportunity to become acquainted with Australia's people, its culture and experience the 'Australian way of life' first hand, these students are placed with Australian families and attend school with their host siblings.

It is the responsibility of German-Australian Students' Society (GASS) to find compatible host families. GASS consists of former Australian scholarship winners who then participate on a voluntary basis in the day-to-day activities of the exchange program. We warmly invite you to become involved in this program through the participation of families in your school community in hosting an exchange student from Germany. Potential host families should have children in the 16-18 year old age group. Ideally these should be students in year 10 or 11, as it has been found that students in year 12 have too great a workload to host a student as their direct host sibling. (Of course if a student from year 10 or 11 wishes to host, having an older sibling in year 12 is no barrier). The German students are usually 16 or 17 and generally have a very sound grounding in the English language. Thus although a knowledge of or interest in the German language is preferable, it is not essential.

It is also important to note that any successful year 11 2010 applicant to host a German student will automatically be granted an interview for a scholarship (upon receipt of scholarship application form) to travel to Germany for 2 months at the end of this year. Students in year 10 in 2010 will be eligible for an interview for the following year.

If you would like to apply to host a German student, please fill in the accompanying Host Family Application Form. The details contained in these forms will be held in the strictest confidence but are necessary to enable the matching process of students and host families to occur.

Please return this form as soon as possible to the address given on the bottom of the form. GASS representatives will then interview the families and students will be placed according to matching interests.

**For further information,  
please contact:**  
  
**Thank you for your interest.**

Elspeth Price  
Host Family Coordinator, GASS NSW  
31 Howell Avenue  
Lane Cove NSW 2066  
Ph : 0400 391 629 / 9427 0259  
gassnsw@sagse.org.au



# No knives at school

NSW Department of Education and Training



## There's no good reason to bring a knife to school.

NSW now has the toughest knife laws in Australia. As a parent, you need to be aware of these laws, as you can also be charged if you allow your child to carry a knife.

## No knives allowed at school under any circumstances.

- If a student has a knife at school the principal may call the police.
- The student may be expelled or suspended immediately. Possessing a knife includes your child simply having one in their bag or locker. Having a knife for self-protection is also illegal. If you are concerned about your child's wellbeing or safety, contact the principal.
- Tough penalties apply for kids convicted of knife offences, including jail sentences of up to 25 years if someone is injured with a knife during an assault.

## What kind of knives are prohibited?

School policy is designed to keep all students safe, and so no type of knife is allowed at school. That means no butter knives or fruit knives in lunchboxes, or knife tools for craft purposes.

- Flick knives, ballistic knives, sheath knives, push daggers, trench knives, butterfly knives, star knives are all prohibited.
- Your child cannot bring to school any item that can be used as a weapon (such as a chisel).
- In lessons requiring the use of knives, for example cooking or trades, your child's teacher will supply and supervise the use of the tools.
- There are some senior subjects, such as hospitality, where kids may be required to have their own knives. Your child's school will advise you about these courses and the procedures for carrying knives legally to and from school and TAFE.

## The law makes parents responsible

You need to make certain your child is aware of the school's rules and the State laws about knives.

If you allow your child to carry or possess a knife at school or in a public place, you can be charged.

- The police can search any child they suspect of having a knife. They can confiscate any dangerous object they might find during the search.
- Your child must comply with such a police search, or they may be arrested and charged.
- It is also illegal for anyone to sell a knife to anyone who is less than 16 years old.

Every child has the right to feel safe and secure at school. There is no good reason for them to ever have a knife at school.

If you want to talk about kids and knives at school, please contact the principal.

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- You are not allowed to have any type of knife at school, including flick knives, ballistic knives, sheath knives, push daggers, trench knives, butterfly knives, star knives or any item that can be used as a weapon, for example a chisel.
- Your principal may call the police and you may be expelled or suspended from school immediately if you are found possessing or carrying a knife.

- You can now receive a fine of over \$2,000 or be sent to jail for many years for knife related offences.
- This may happen even if you just have it at school in your bag or locker, and don't use the knife, or threaten anyone with it.
- You are not allowed to carry a knife, even if you believe it is for your own protection. If you feel intimidated, worried that someone will harm you or you're being bullied, talk to your school principal, counsellor or year advisor.

## Keeping schools safe.

The police can search you in public places and at school if they suspect you possess a knife. They can confiscate any dangerous object they might find during the search.

- If police tell you they are going to search you because they suspect you of having a knife at school, you must comply.

- If you do not cooperate with the police, they can arrest and charge you.
- It is also illegal for anyone to sell you a knife if you are under 16 years old.

## Tough penalties apply.

There are very tough sentences for assaults or threats that involve a knife, for example if you are in a fight and wound someone with a knife. If you commit this sort of crime with other young people, the sentences are even tougher. In some cases the jail term can be for 14 to 25 years. Your parents can be charged if they know and allow you to carry a knife in public places or at school.

There's no good reason for you to ever bring a knife to school.

# A parent's guide to spinal health and laptop safety

Laptops are a useful educational tool if used for appropriate periods and attention is given to their proper use. This factsheet outlines some key considerations in the safe use of laptops.

Research conducted has shown that back and neck pain may be a significant problem amongst children and young people. It is believed to be due to a combination of factors such as poor posture, everyday load carrying and the use of computers.

As the spine is growing and developing it is vitally important to address spinal health issues for a number of reasons. Firstly, to prevent spinal stress and dysfunction that causes pain, which may affect study and participation in sport and recreation. Secondly, to develop good techniques for spinal health that will carry through into adulthood.

## Spinal health

Parents and carers play a vital role in nurturing children's health.

Suggestions on how to encourage your child to take care of their spine include:

- Purchase a backpack as their school bag. Many schools now have backpacks as part of their uniform – check with your child's school about the regulation bag.
- Encourage your child to be organised in terms of packing their school bag – ensure they are only carrying what they need.
- In general, any load a young person carries should not exceed 10% of their body weight. When your child is carrying a heavy load, it is important that they pack the heavier items so that they will be nearer to their back and ensure that the load is kept close to their spine. It is also important that children wear their backpack over both shoulders and if possible, have a pack with a waist strap that when fastened, helps to keep the load in place.
- If your child spends time studying and/or using a computer at home, it is important for them to have an appropriate chair and that they sit correctly when using the computer.
- Encourage your child to be physically active. Physical activity is particularly important when young people are studying for major exams and are spending long periods of time sitting and reading, etc.
- Encourage your child to take regular breaks and stretch or walk around.
- Be a positive role model for your child. When you carry loads on a family outing, choose a backpack. The same applies when you are sitting and using a computer.

## Recommended practices for using laptops

To reduce the risk of injury, laptops must be used correctly. Get your child into good habits before the aching starts as neck, shoulder and back problems build up over time. Some simple solutions include:

## Chair

- Adjust the height of your child's chair to use the keyboard and mouse. If their feet cannot be placed flat on the floor, use a footrest. This encourages good posture, enables proper sitting height, avoids pressure placed on the back of the thigh and promotes circulation.
- Help your child adopt a good sitting posture with lower back support.

# A parent's guide to spinal health and laptop safety

## Mouse

- Instead of using the small constricted touchpad or trackball, if available, use an external mouse.
- Ask your child to place the mouse on the side of the hand that is most comfortable. This places the arms in a neutral and relaxed position and prevents overreaching and twisting of the shoulder, arm and wrist.

## Keyboard

- Use an external keyboard if available.
- Remind your child to not pound the keys. With laptops, the touch is often lighter and the keyboard bed is shallow.
- Position the keyboard so their forearms are parallel to their thighs when their feet are flat on the floor. This helps maintain blood flow in the hands and arms and decreases muscle strain and tension.

## Monitor

- Centre the monitor in front of your child at a comfortable viewing distance from the screen. This places the body in a neutral position.
- Position the laptop to minimise reflective glare from overhead, windows or surrounding light sources.
- Adjust the screen so that the top is at your child's eye level. This will reduce the need to bend their head

forward and encourage the use of their eyes, instead of their neck, to adjust the line of vision.

- Clean the screen regularly; dust on the screen can make it difficult to read and increase eye strain.

## Work area

- Never place a laptop on your child's lap. It is hot, uncomfortable and potentially dangerous to their health.
- Ensure adequate space is available and other regularly used equipment is within their reach.
- If available, use a document holder and place it in front or next to the monitor. This prevents neck and eye strain.
- Create a surface that allows for the following body positioning while typing and using a mouse:
  - Shoulders relaxed
  - Upper arms hanging by sides
  - Right angle at the elbow
  - Forearms, wrists and hands in alignment—no bent wrists
  - Fingers resting lightly on keys.
- Ensure your child changes position occasionally; sitting in one position for an extended period of time can interfere with circulation.

## Take breaks

- Encourage your child to incorporate breaks every 20–30 minutes to rest eyes, stretch hands, muscles and joints; and to break up repetition and static postures.

## Transporting the laptop

- When your child is carrying a laptop:
  - Select a laptop bag designed to hold only the laptop and associated cords. Larger bags have a tendency to fill up with other items, making for a heavier load.
  - Use a bag with a padded shoulder strap and switch the laptop bag from shoulder to shoulder to relieve the weight.
  - Newer laptops are small enough to fit in backpacks so can be carried on the back and both shoulders, distributing the weight.
  - Use a laptop bag with wheels or a wheeled luggage cart.
- When placing the laptop in a vehicle (or putting it down anywhere), set the weight down close to the body. Avoid reaching across a car seat or deep into the trunk while holding the weight of the laptop.
- Eliminate the need to carry a laptop by using portable media storage (memory stick, flash cards).

## Further information

Spinal health and young people  
<http://www.chw.edu.au/parents/kidshealth/spinal/>



# SYDNEY BOYS HIGH STORE & CLOTHING POOL

## AUTUMN \ WINTER PRICE LIST 2010

### SCHOOL UNIFORM

**BLAZERS:** From: \$260.00  
*Please arrange for boys to be fitted  
as early as possible  
( 6-8 weeks delivery from order )*

**PANTS:** Trousers - Junior, Dark Grey w/w \$65.00  
Trousers - Senior, Light Grey w/w \$65.00

**SHORTS:** Grey \$45.00

**BELTS:** Black Leather \$16.50

**SHIRTS:** Sky Blue & White, Short Sleeve Crested  
Sizes 10 - 14 \$24.00  
Sizes 16 - 22 \$26.00  
Sizes 24 - 28 \$28.00

Sky Blue & White, Long Sleeve Crested  
Sizes 10 - 14 \$26.00  
Sizes 16 - 22 \$28.00  
Sizes 24 - 28 \$30.00

**BLUE WOOLLEN JUMPERS:**  
Up to Size 14 \$81.00  
Size 16 - 22 \$85.00  
Size 22 - 26 \$89.00

**SOCKS:**  
Cotton Knee High \$12.50  
Cotton Ankle Sock in S.H.S. Colc \$8.80

**TIES:** Junior \$24.00  
Senior \$28.00  
Prefect \$22.00  
Old Boys \$27.50  
G.P.S. Old Boy \$36.00  
SRC \$24.00

**CAPS:** SHS Cap \$20.00  
Beanie \$20.00

**BAGS:** Backpack \$72.00  
Sports Bag \$66.00  
Hav A Sak \$30.00

**MATHS:**  
Grid Book 96 page \$2.20  
Calculator \$33.00  
Protractor \$0.55  
Compass \$1.55

**MUSIC:** Music Book \$2.20

**ART:** Artist Paints \$22.00  
Canvas 18" x 24" \$22.00  
Visual Art Diary A4 \$6.60  
Visual Art Diary A3 \$11.00

**DESIGN & TECHNOLOGY:**  
D.T. Apron \$9.90

**UMBRELLAS:**  
Folding \$16.50  
Golf \$33.00

### SPORTS UNIFORM

**P.E./HOUSE SPORT:**  
Polo ( house colours ) \$22.00

**NEW** Microfibre Short  
Black Baggy with S.H.S. print \$27.50  
Sport Socks \$8.80

**TRACKSUITS: ( sold as separates )**  
Microfibre track jacket \$88.00  
Microfibre track pant \$44.00

**ATHLETICS:**  
Singlet \$38.50  
Short \$38.50  
HIGH Training Top NEW \$49.50  
Socks white with S.H.S. colour \$8.80

**SOCCER:**  
Jersey Sky & Choc. Stripe NEW \$49.50  
Short matching design \$38.50  
Socks \$14.00

**RUGBY:**  
Jersey up to Size 12 \$75.00  
Size 14 - 22 \$80.00  
Size 24 - 28 \$85.00  
Shorts ( black rugby ) \$30.00  
Socks \$14.00  
Scarves knitted in S.H.S. colours \$33.00

**VOLLEYBALL**  
Top with zip \$44.00  
Black Baggy with SHS print \$27.50  
Socks with S.H.S. Colours \$8.80

### Canteen Price List 2010

Cakes/Muffins/Fruit		Drinks			Ice Creams	
Banana bread	\$1.60	300 ml plain milk	\$1.20		Icy Twist	\$1.00
Chelsea bun/ Finger Bun	\$2.00	300 ml flavoured milk	\$1.70		Chocolate thick shake	\$2.50
Choc chip/anzac cookie	\$1.20	600 ml plain milk	\$1.80		Cyclone	\$1.80
Cupcake	\$2.20	600ml flavoured milk	\$2.40		Frozen yoghurt	\$1.40
Custard ball doughnut	\$2.60	Up & Go	\$2.00		Fruit tube	\$0.40
Custard tart	\$2.50	Spring water	\$1.40		Paddle pop	\$1.50
Doughnut	\$2.20	Pumped water	\$2.40		Splice	\$2.30
Fruit - apple/orange/banana	\$0.80	Deep Spring mineral water	\$2.20		Moo	\$1.60
Fruit salad	\$2.50	Berri long life juices 300ml	\$2.00		<b>Treats</b>	
Muffins	\$2.60	Cans 375ml	\$2.00		Frogs	\$0.50
<b>Breakfast</b>		Bottled diet coke 600ml	\$3.00		Pythons	\$0.80
Cereal bowl	\$2.00	Aroona carbonated water	\$1.70		Starburst Gummies	\$2.00
Hot chocolate (term 1 & 2 only)	\$1.00	Powerade	\$3.20		Chips	\$2.20
Cheese toast	\$1.20	Iced tea	\$3.20		Ovalteenies	\$1.00
Cheese & tomato toast	\$1.50	Salad boxes	\$4.50		Boost	\$2.20
Cheese & bacon bun	\$1.60	Wraps	\$3.00		Curly Wurly	\$0.80
Croissant - ham & cheese	\$2.50	Sushi	\$2.60		Mentos	\$1.50
Raisin toast	\$1.20	Vietnamese rolls	\$3.80			
Bacon & egg muffin	\$3.00					
<b>Hot Food</b>		<b>Sandwiches</b>		<b>Rolls</b>	<b>Misc.</b>	
Chicken Fingers	\$1.40	Buttered roll		\$1.20	<b>Tissues</b>	\$0.60
Cheese & spinach puff	\$2.50	Cheese & tomato	\$1.50	\$2.00		
Chicken & corn roll	\$1.40	Cheese & salad	\$2.20	\$2.80		
Chicken burger	\$4.00	Chicken & coleslaw	\$3.00	\$3.80		
Chicken puff	\$2.70	Chicken & lettuce	\$3.00	\$3.80		
Chicken mayo roll(hot)	\$3.80	Chicken & salad	\$3.40	\$4.00		
Chicken mayo sandwich(hot)	\$3.00	Corned beef & tomato	\$2.60	\$3.20		
Chicken schnitzel roll	\$3.80	Corned beef & pickle	\$2.60	\$3.20		
Focaccia	\$4.00	Corned beef & salad	\$2.80	\$3.60		
Garlic bread	\$1.50	Curried egg & lettuce	\$2.20	\$2.50		
Lasagne/ravioli/twista/mac cheese	\$3.00	Dagwood roll		\$3.20		
Noodles in a cup	\$2.20	Egg & lettuce	\$2.20	\$2.50		
Pasta - homemade	\$3.50	Egg & salad	\$2.50	\$3.00		
Pie - meat(sauce+20c)	\$2.80	Ham & tomato	\$2.60	\$3.00		
Pie - cruizer	\$3.10	Ham & salad	\$2.80	\$3.60		
Pie - pizza	\$3.10	Roast beef & tomato	\$2.60	\$3.20		
Pie - potato	\$3.60	Roast beef & mustard & lettuce	\$2.60	\$3.20		
Pie - Vili's	\$3.80	Roast beef & salad	\$3.00	\$3.60		
Pizza pocket	\$1.80	Salad	\$2.00	\$2.50		
Pizza rounda	\$2.00	Salmon & salad	\$3.00	\$3.80		
Pizza slab	\$2.30	Vegemite	\$1.20	\$1.50		
Rice box - homemade	\$4.50	<div>2010 Prices</div> <div>Minor price changes will occur as a direct result of increases by suppliers</div>				
Sausage roll	\$2.00					
Spinach ricotta roll	\$2.30					
Sweet chilli chicken sub/wrap	\$3.80					

8.30 to 9.00 am \*Breakfast is available \*A time to place lunch orders

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

# CrossFit GYM ROSEBERY

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## **New Parent Friendly Fitness Centre in Rosebery! CROSSFIT GYM ROSEBERY**

Located at 55 Mentmore Avenue Rosebery, on the Corner of Morley St CrossFit Gym Rosebery boasts over 15 years experience in the fitness industry.

Our experience has allowed us to develop a training system that accommodates all levels, from absolute beginners through to the advanced athlete.

## **2 PERSONNAL TRAINING (1 HOUR) SESSIONS \$50 PER WEEK!!**

\*Quote the name of your school and get a further week for free when you sign up - that's an extra \$50 worth of training!

### **& MUM'S ONLY SPECIAL OFF-PEAK MEMBERSHIP**

We know that being a mum means that your time is always precious.

We've got the perfect time for you to work out, when the gym isn't too busy, allowing us to give you the personal attention that you need.

So why not drop your kids off in our fantastic new Creche facility and have a Supervised Training Session, Ultimate Cardio,

Boxing & Ab's, Spinning, Yoga or Circuit Class with some of the other mums in the area!

**To make a booking call us on 9313 6226 or go to [www.xfitgym.com.au](http://www.xfitgym.com.au) for further info.**

# April/May 2010

31-03-2010

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 A	19 Staff Development Day Year 12 Assessment Exams Music Tour	20 School resumes Years 7-11 Year 12 Assessment Exams Foundation Meeting, Board Room, 6:30pm Football: Coaches meeting, Room 203, 6:30pm Music Tour	21 Year 12 Assessment Exams Hockey: Sydney East Trials Music Tour	22 Year 12 Assessment Exams Music Tour	23 Year 12 Assessment Exams Anzac Day ceremony, 11:00 am Music Tour	24 Parking - Swans v West Coast (Rugby)	25 *** Anzac Day Music Tour participating in
2 B	26 Anzac Day - Public Holiday	27 Year 12 Assessment Exams Year 9 Half Yearly Exams Year 8 Geography / History Excursion Music Tour	28 Year 12 Assessment Exams Year 9 Half Yearly Exams Year 8 Science Excursion, Long Reef Music Tour returns Swimming: CIS Carnival, Homebush Rugby: Committee Meeting, Staff Common Room, 6pm	29 Year 9 Half Yearly Exams Swimming: CIS Carnival, Homebush	30 Year 9 Half Yearly Exams Basketball: CIS Trials Debating: Eastside Semi-final, Reddam FED: SHS v NC Rugby Camp, Outterside Centre	1 Rugby: SHS v Scots Bathurst Cross Country: CS/SAC Invitation, Sydney Park, 10am Fencing: School Championships Parking - Swans v Brisbane Lions (Rugby)	2 Football: GPS Trials for CIS selection, Riverview
3 A	3 Year 11 Half Yearly Exams Year 10 Half Yearly Exams HSC Exam Timetable available on BoS website Swimming: NSW All Schools Championships Year 7 Seminar Evening, Common Room Years 7, 8 and 9 Dance, SBHS and SGHS, Multi-Purpose Hall (SGHS), 7pm-10pm	4 Year 11 Half Yearly Exams Year 10 Half Yearly Exams	5 Year 11 Half Yearly Exams Year 10 Half Yearly Exams	6 Year 11 Half Yearly Exams Year 10 Half Yearly Exams Australian Economics Competition	7 *** Year 11 Half Yearly Exams Year 10 Half Yearly Exams Year 12 Geography excursion, Hunter Valley, all day Great Hall Booking Debating: Eastside Grand final, Reddam FED: BC v SHS Sailing: NSW Secondary Schools Teams Racing Regatta, Woollarah Sailing Club, Rose Bay Rugby Camp, Outterside	8 Rugby: SHS v St Augustine's Cross Country: SIC Invitation, Riverview (10:00 am) Fencing: School Championships Sailing: NSW Secondary Schools Teams Racing Regatta, Woollarah Sailing Club, Rose Bay	9 Mothers' Day Sailing: NSW Secondary Schools Teams Racing Regatta, Woollarah Sailing Club, Rose Bay
4 B	10 Year 11 Half Yearly Exams Year 10 Half Yearly Exams Year 8 Half Yearly Exams P and C Executive Meeting Parking: Sydney Roosters v Cowboys (Tennis)	11 Year 11 Half Yearly Exams Year 7 National Assessment Exams Language Conventions; Writing (P1 and 2) Year 9 National Assessment Exams Language Conventions; Writing (P3 and 4) Year 8 Half Yearly Exams OCMC meeting, Board Room, 5:30pm	12 Year 7 National Assessment Exams Reading (P1 and 2) Year 9 National Assessment Exams Reading (P3 and 4) Year 8 Half Yearly Exams Football: CIS Trials, Glenwood Meet the Music Concert, SOH, 6:30pm	13 Year 7 National Assessment Exams Numeracy (P1 and 2) Year 9 National Assessment Exams Numeracy (P3 and 4) Year 8 Half Yearly Exams Australian Business Studies Competition	14 Year 8 Half Yearly Exams Year 9 Geography Excursion, Pyrmont - Ultimo Rugby Camp, Outterside Centre Parking - Waratahs v Hurricanes (Soccer)	15 Rugby: SHS v Melbourne High School, Internal trials Football: Trials Cross Country: KGS Invitation, St Ives Showground (10:00 am) Fencing: School Championships	16