



From the Principal High Talent

Day 1 CHS results: Dylan Huynh, Justin Lee-



Nonis, Nathan Wang and Rowan Tan won gold in the 14s 4x100m relay in 46.84. Eric Holmstrom in 3000m, ran 8.56.19 for a silver medal in 17s. Raghav Ramanathan earned silver in the 16s high jump with

1.83m. Rowan Tan earned a bronze in the 15s triple jump. Day 2 results: Kane Shields ran a school record 2.02.28 to win gold in the 14s 800m. Joshua Suto also broke a school record that has stood since 1971, winning gold in the 13s long jump – 5.68m! Pico Dos Santos-Lee won silver in the 17s hurdles in 15.06. Day 3 results: Rowan Tan won gold in the 14 400m in 53.91. Kane Shields won the 14s 1500m in 4.16.66. In the 17s 1500m, Eric Holmstrom, earned a silver medal with a PB of 4.07.81. Brandon Nguyen, Pico Dos Santos-Lee, Archie Fox and Julian Markworth-Scott earned a silver medal in the 17s 4x100m relay. High's tally was- 5 gold, 5 silver, 1 bronze. Thank you to Neil Song for managing the team for the three days.



Athletics Assembly

Special guest John Hodgkinson AM (SHS-1962) delivered a humorous and entertaining address at the athletics assembly on Wednesday, recounting the preparations the senior athletics team made in the lead up to the 1962 GPS athletics carnival. High won the senior division in the GPS athletics in 1938 and 1962, but has not won since. John contrasted the track conditions, school support, training methods and facilities with what is available today. He stressed the need for team training of baton changes in relay preparation. The team's success was attributed to each

member striving to earn one place better than before in the GPS carnival. My speech to the assembly is reprinted below:



Special guest John Hodgkinson (SHS-1962), staff, parents, students, coaches and possible GPS athletics representatives, good morning and welcome to our annual athletics assembly. I acknowledge this morning the Gadigal people of the Eora nation as the custodians of the land on which we meet and pay my respects to elders past and present and extend that respect to any Aboriginal people here today. We gather this week one week earlier than usual to celebrate our short athletics season, which culminates in the GPS Carnival. I appreciate the effort that every one of our students in the program has made to prepare himself for his event or multiple events. The final representative squad will be chosen next week, just before the GPS carnival. You should all know how each extra point earned matters on a day when the team performance is what counts. Sometimes the margins between schools are very small at the end of the day. Every result in every race matters to all our team members.

On behalf of the High community, I want to thank Kurt Rich once again for his highly effective management of our program as MIC of athletics. He has gathered a team of loyal Old Boy coaches who can relate well to the boys. This year there were unprecedented numbers of boys participating in athletics. Thank you to Natalie Luu who has helped organise the athletes on Saturdays. We are fortunate that we have so many dedicated coaches

to look after a large and enthusiastic group. Thanks again to Head Coach, Joshua Tassell (SHS 2010) who is back guiding our program. For sprints we have Neil Song (SHS-2015), Bovon Lin (SHS-2016), Elias Hall (SHS-2016) and Desmond Cai (SHS-2016). Thank you



again to Lachlan Youll who coordinates the middle and long distance team, comprising: James Tinker (SHS 2015), Kenneth Liu (SHS 2015), Adam Booth

(SHS-2012), Marco Yu (SHS-2017), with Luke and Hayden Schofield (SHS-2016) when available. Christian Lozada is building capacity in our hurdles program. Neil Song, Rick Saha (SHS-2015) and Jason Huo (SHS-2017) support him. Thank



you also to Davina Strauss, our long-term coach for long-jump. Ray Gu (SHS-2017) is working with her this year. Myles Cole-Clark is developing our high jumpers again. Jerry

Gek (SHS-2016) has stepped in to help with shot put. Ethan Kwan (10M) enters the weekly results to monitor athletes and performances – a big job! Thank you to everybody for working so hard to raise the bar in our athletics program.

At the Australian Junior Athletics Championships held in March this year, there were some interesting variations in performance in the finals from first place to eighth. Today, I thought I would share with you a set of results, highlighting the spread of accomplishment among the athletes in the toughest competition in the country. In the 18s competition: 100m, 10.52 to 11.00 seconds; 200m, 21.84 to 22.55; 400m 47.46 to 50.41; 800m, 1.51.05 to 1.57.04 (won by Anthony Vlatko 11F); 1500m 3.58.02 to 4.04.92; and in the 3000m 8.32.90 to 8.53.22. Based on preliminary heats and then finals, these are the fastest U18 male athletes in the country.

If you were to take the slowest time in each final as a benchmark, we have competitors at High who are not far from this standard. What this means is that aspiring athletes at High should know that large gains are possible from consistent training over a number of years, and that excellence is not beyond the reach of many. Like academic study, sport is about self-regulation, sticking to training schedules, maintaining a balance and being committed to goals. That is why training for both is so complementary in our philosophy. That is why we believe in the ideal of the scholar-sportsman. It's all about character and how strongly it is developed through tests such as set by athletics competition.

I congratulate in advance all the boys who will be selected next week to represent High at the AAGPS Athletics Carnival. I wish you all the best of luck. Let's work together to be proud of each other's efforts.

Unauthorised Parking On School Grounds

We have recently had a number of vehicles parked without permission on our school grounds, in some cases for multiple days. We all need to be vigilant – staff, parents and students – when driving, parking or walking through our car parks. Please report to the school office or inform a Deputy Principal if you see someone getting out of a car and then exiting the site. Commuters can save a considerable amount of money by avoiding paying for a car space in the city. Sometimes people working in our



immediate vicinity try to use our grounds as their car space. Car spaces for staff and visiting parents are already at a premium without the burden of freeloading commuters making things worse. Let's be alert together to report strange vehicles on our site!

Dr K A Jaggar
Principal

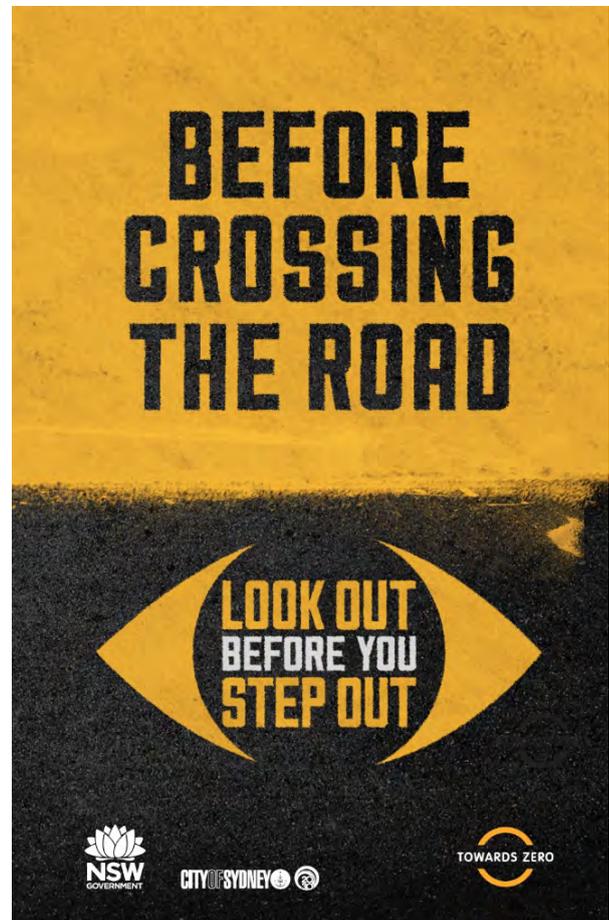
HIGH STORE



HIGH STORE WILL BE CLOSED

The high store will be closed from Thursday 13 September through to Thursday 27 September. Susan Borscz & Wendy Dar have kindly volunteered to open the store on my behalf, on Thursday 20 September 10.30am – 1.30pm for your convenience. No exchanges or blazer orders will be processed on this day.

The store will re-open on Friday 28 September.
M Gentile
High Store





From the Canteen

Volunteering is a long standing tradition at SBHS and we at the High Canteen are proud to be one of very few high school canteens that are entirely parent run. Not only is bulk of our extensive menu made fresh daily on the premises but the prices are heavily subsidised to encourage our scholar sportsmen to eat healthy. In doing so, we also raise substantial funds for the school community each year. We are very privileged to have the constant and continuing support of parent volunteers, who help prepare these foods on site and serve at canteen windows during recess and lunch. They come from diverse cultures, value systems and working backgrounds, often travelling great distances on their rostered days off to serve our boys with a smile. They willingly do it because of their genuine desire to participate and contribute.

It has been brought to the committee's attention that the behaviour of a small section of students who queue up to be served is less than satisfactory. This is very disappointing as most students always do the RIGHT thing. Could we please request everyone to show utmost courtesy at all time. Don't forget to say thank you to canteen managers Karen & Tracey who juggle a lot of responsibilities to ensure that canteen always delivers on its commitments.



Urgent reminder: It is MANDATORY for all school volunteers to complete the 100 point check. This is a legal requirement for anyone in a child-related work environment. This has to be done in person at the school office. Documentation that needs to be sighted could include birth certificate, passport, driver's licence, Medicare card, bank statement etc. It is easy, quick and completely confidential. Personal details are securely managed by designated school staff and cannot be accessed otherwise. All new volunteers and those who have not previously registered with the front office are requested to do so immediately.

Volunteers could apply for a FREE Working With Children's Check through www.kidsguardian.nsw.gov.au.

Notice of AGM: The canteen committee will be holding its AGM in November. Vacancy exists for Assistant Treasurer. Would suit someone with accounting background. More details to follow. All are welcome. Please consider joining the committee.
Usha Arvind
President Canteen Committee

Sports Physio



Sydney Boys High would like to remind all students participating in GPS sports that we have an onsite physiotherapist every Monday morning from 7am – 9am. The School has covered this cost so it is free for your child.

Our physiotherapist Mr Mark Beaven has quite extensive experience in physiotherapy and we are very lucky to have him here at Sydney Boys High School. Mark is from South Sydney Sports Medicine and is a physiotherapist with expertise in hand therapy, musculoskeletal physiotherapy, occupational health, orthopaedics and sports physiotherapy. Mark's experience includes being a club physiotherapist for South Sydney Rabbitohs Rugby League club for 15 years as well as spending 5 years as the physiotherapist for the Australian Kangaroos Rugby League team. He was also the touring physio with the Australian Fijian and Maori Rugby League teams, and has been three times to Europe with the A.I.S. U/18 Rugby League team.

If you would like an appointment to see the physio please see Mr Marcos.
Mr S. Marcos
Head of Sport





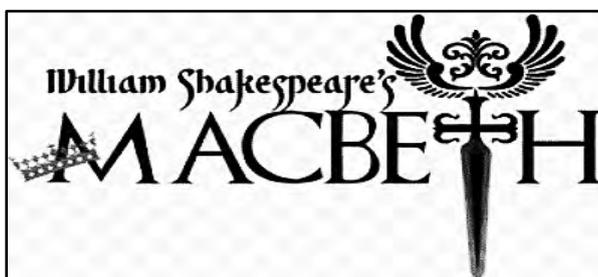
We are thrilled to announce a special excursion for Year 9 this year: we have managed to book seats in early November for a live matinee performance of Shakespeare's *Macbeth* at the Pop-Up Globe Theatre. The Pop-up Globe is finally bringing its critically acclaimed productions and unique venue to Sydney, and will be walking distance from Sydney Boys at The Entertainment Quarter at Fox Studios. *Macbeth* is a haunting and timeless tragedy that explores the darkest corners of the human mind set in a world where the supernatural is real and the quickest way to the top is by murder. *Macbeth*, presented by Pop-up Globe's mixed Southampton's Company sees darkness, chaos and conflict unfold. The Pop-Up Globe is a unique open air theatre, and is a replica of the original theatre which presented many of Shakespeare's plays to Elizabethan and Jacobean audiences. The boys will experience what theatre was like for 'groundlings', and see *Macbeth* as it was originally intended to be enjoyed: this is a raucous, immersive live-theatre experience not to be missed.

Please note the amended dates:

Tickets: \$25

Payment Due by: Friday 24 September

Performance: Tuesday 13 November



The English Faculty are thrilled to announce a very special excursion for Year 7 this year: we have managed to secure seats in late September for a live matinee performance of Shakespeare's *A Midsummer Night's Dream* at the Pop-Up Globe Theatre. The Pop-up Globe is finally bringing its critically acclaimed productions and unique venue to Sydney, and will be walking distance from Sydney Boys at The Entertainment Quarter at Fox Studios. Justly regarded as Shakespeare's comic masterpiece, *A Midsummer Night's Dream* enchants audiences with a brilliant mix of hilarious comedy and beautiful poetry. Students will be entertained by Pop-up Globe's all-male Buckingham's Company in a production which fuses spectacular Jacobean costumes and the lyrical poetry of Shakespeare with Māori folklore and language in the magical setting of an ancient forest. The Pop-Up Globe is a unique open air theatre, and is a replica of the original theatre which presented many of Shakespeare's plays to Elizabethan and Jacobean audiences. The boys will experience what theatre was like for 'groundlings', and see *A Midsummer Night's Dream* as it was originally intended to be enjoyed: this is a raucous, immersive live-theatre experience not to be missed.

Please Note: Attendance of all Year 7 students is required.

Tickets: \$25

Payment Due by: Tuesday 18 September

Performance: Tuesday 25 September





Upcoming GPS Tennis Schedule

***GPS Athletes do not attend Tennis trials until after 22 September**

Term 3 Wk 9 - 10 (Trials)						Does not include GPS Athletes in week 9. Week 10 all players to commence trials. 20th September there will be no u15's as year 8 are on camp therefore u16's will go to Moore Park West on Thursday for week 9.
Starting Date	19-Sep					
Group	Monday	Tuesday	Wednesday	Thursday	Friday	
1st-3rd	School 7:15-8:45am		School 1-3pm	Eastcourts 1-3pm	School 7:15-9am	
4-8th			Moore Park 7:15-8:45am & 1-3pm	School 7:15-8:45am		
16's		School 7:15-8:45am		Eastcourts 1-3pm		
15's			School 7:15-8:45am	Moore Park 1-3pm		
14's		Moore Park 7:15-8:45am		School 1-3pm		

***GPS Athletes do not attend Tennis trials until after 22 September**



Free workshop for supervisors of learner drivers.

Ensure your learner driver has the best possible introduction to driving; their life could depend on it! The City of Sydney aims to improve road safety with a workshop for supervisors of learner drivers.

Tuesday 25 September 2018

6pm to 8pm

Customs House

Alfred Street, Circular Quay

The two hour workshop will provide pertinent practical advice regarding:

- laws for learner and P-plate drivers.
- how to use the Learner Driver Log Book
- how to plan on-road driving sessions and supervise learner drivers
- understanding the benefits of supervised on road driving experience

Bookings are essential, please phone The City of Sydney on 02 9265 9333 or email lmcconnell@cityofsydney.nsw.gov.au to reserve your seat.



MUSIC NOTES

2020 Music Tour – 1st Meeting

The Music Department will be holding the 2020 Music Tour [Finland & Russia] Information Evening for parents, guardians and students on Tuesday 25th September. An email was sent to those who submitted an 'expression of interest' form and are on the Parent/Guardian Music Contact List. Please ensure to RSVP by Wednesday 19th September [+ include details as mentioned in the email].

Sydney Youth Orchestras [SYO]

SYO is the leading provider of youth orchestral training in NSW. There are weekly programs, catering for string,

wind, brass and percussion musicians. All musicians are required to audition each year and are then offered places in orchestras based on their skill level. Successful applicants will have the opportunity to perform at professional venues across Sydney, participate in regional and international tours, masterclasses etc. Applications for 2019 close on 18th September 2018. There a number of SBHS students who are in the SYO program.

For more information, visit www.syo.com.au

Music Events Calendar

Date	Event	Music Students Involved
Tuesday 18 th September	HSC Music 2 & Extension Practical Exam, 10.45am [Great Hall & Rm 101]	HSC Music 2 & Extension Students
Monday 24 th September	Year 12 Farewell Musicians	2 x Piano Players Senior Strings
Tuesday 25 th September	Music Tour Information Evening [2020 Music Tour Finland-Russia]	Interested students wanting to attend the 2020 Music Tour from Music Performance Program
Friday 28 th September	Last Day Term 3	All Students & Staff
Monday 15 th October	Term 4 Resumes	All Students & Staff
Friday 19 th October	HSC Music 1 Aural Exam Room 201	HSC Music 1 Students 1.55pm – 3.00pm
Friday 19 th October	HSC Music 2 Aural/Musicology Exam Room 201	HSC Music 2 Students 3.25pm – 5.00pm
Sunday 25 th November	End of Year Concert, Great Hall Time TBC	All students involved in Music Ensembles Years 7-12
Tuesday 27 th November	Annual Music Assembly 9.55am, Great Hall	TBC

Music Events are continually added and are subject to change.

Parent/Guardian Music Contact List

Please send the following details to music@sbhs.nsw.edu.au if you would like to receive emails regarding the Music Performance Program only [i.e. Music Events e.g. Music Camp/Concerts/Workshops, Music Committee Meetings etc.].

- Email Subject Line: Music Contact List

- Student Name
- Student Year
- 1 x Parent/Guardian Name
- 1 x Contact Email Address

If you would like to be removed from the Parent/Guardian Music Contact List, please email music@sbhs.nsw.edu.au





SYDNEY BOYS HIGH SCHOOL

Music Tour 2020

The Baltic Triangle [HELSINKI, TALLIN & ST PETERSBURG]

Itinerary - subject to change

Friday 10 th April [Good Friday]	Depart Sydney
Saturday 11 th April	Arrive Helsinki and transfer to Tallin via Ferry
Sunday 12 th April	Tallin - Sightseeing & Concert [TBC]
Monday 13 th April	Tallin - Sightseeing & Concert [TBC]
Tuesday 14 th April	Transfer to Helsinki via Ferry
Wednesday 15 th April	Helsinki – sightseeing & Concert [TBC]
Thursday 16 th April	Helsinki – sightseeing & Concert [TBC]
Friday 17 th April	Helsinki – sightseeing & Concert [TBC]
Saturday 18 th April	Transfer by rail from Helsinki to St Petersburg
Sunday 19 th April	St Petersburg – Sightseeing & Concert [TBC]
Monday 20 th April	St Petersburg – Sightseeing & Concert [TBC]
Tuesday 21 st April	St Petersburg – Sightseeing & Concert [TBC]
Wednesday 22 nd April	Departure from St Petersburg to Sydney
Thursday 23 rd April	Arrive Sydney

**2020 Term 1 will end on Thursday 9th April*

**2020 Term 2 will end on Monday 27th April*



SYDNEY BOYS HIGH SCHOOL

Music Tour 2020

The Baltic Triangle [HELSINKI, TALLIN & ST PETERSBURG]

EXPRESSION OF INTEREST

Please fill in the form below with your details and return to the Music Department by Friday 8th December

STUDENT FULL NAME: _____

DATE OF BIRTH: ___/___/____ ACADEMIC YEAR IN 2020: Year ___

MUSIC INSTRUMENT: _____

Performing Music Ensemble, [please TICK]:

- | | |
|-------------------------------|----------------------------|
| Junior Stage Band [] | Junior Strings [] |
| Intermediate Stage Band [] | Senior Strings [] |
| Senior Stage Band [] | Philharmonic Orchestra [] |
| Intermediate Concert Band [] | Symphony Orchestra [] |
| Senior Concert Band [] | |

PARENT/GUARDIAN FULL NAME: _____

PARENT/GUARDIAN CONTACT MOBILE NUMBER: 04 _____

PARENT/GUARDIAN EMAIL: _____

PARENT/GUARDIAN SIGNATURE: _____ DATE: ___/___/20___



STUDIES OF RELIGION EXCURSION

Last Wednesday the Year 12 Studies of Religion classes had an excursion to Auburn Gallipoli Mosque which was an interesting and eye-opening experience for 12SoR. None of us had been inside a Mosque before, so we were lucky to have our tour guide, Osmond, who was able to give us a complete walkthrough of the building. He outlined the history of Turkish Muslims in Sydney, who first arrived in the early 1960s, and explained many important Islamic rituals and events which take place at Auburn Mosque such as Wuḍū, Friday Prayers, and the

Burial Ceremony. Inside the vast domed room of the Mosque, Osmond held a Q&A session, allowing us to ask questions from which we received many insightful answers which will be useful in our upcoming HSC exams. Of course, the day finished off with grabbing a feed at the kebab shop down the road. 12 SoR gained valuable experience while visiting Auburn Gallipoli Mosque and as a class we have come to a deeper understanding of Islam as a whole.

Jack Ralph 12M



Joshua Chan Writes Up His Experiences As Indigenous Literacy Ambassador

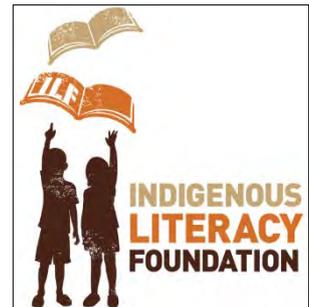


Selected to be one of 15 Indigenous Literacy Foundation (ILF) Student Ambassadors, I met the Founder of the ILF Suzy Wilson, and a few ILF Ambassadors including singer Jessica Mauboy and Josh Pyke, Play School host Justine Clarke and writer Alison Lester. On 5th September 2018 the Indigenous Literacy Day was celebrated at the Sydney Opera House, simultaneously celebrated at Melbourne's Federation Square. Alongside five other Student Ambassadors from across New South Wales, I met visiting Binjari community members and eight students from St Joseph's Catholic College in Katherine, a town in the Northern Territory.

This 2018 Indigenous Literacy Day marked a truly significant event for Indigenous communities around Australia as it was the first time that Kriol had been read in the Sydney Opera House. The *Binjari Buk* series of nine books, written and illustrated by Binjari women in their first language Kriol, was launched to help remote Indigenous children tackle their low literacy standards. Three of the books in the series were read by the St Joseph's students to approximately 700 upper primary school students from New South Wales. It is vital that remote Indigenous children have access to these books because English is their fourth or fifth language and they have no books of their own at home.

Justine Clarke and Josh Pyke celebrated the event by singing *Words Make the World Go Around*. A Great Book Swap among the students followed where they swapped picture books and novels for \$1. This Great Book Swap was the highlight of the Indigenous Literacy Day for me. It was sensational to see as many as 700 students participating in the book swap to support the literacy of remote Indigenous communities.

Joshua Chan 8T





SAILING

Training in the pre-season has been quite fruitful so far, with the past few weeks being focused on building up our skillset in boat handling and racing. Thanks to the celebrated return of last season's coach, Manfred, the senior members of sailing are looking forward to what is to come in the future. Due to how early it still is, Fleet racing is yet to begin, but it is safe to say that we are all optimistic about the results of the coming season. Last week's training focused on some race starts and courses, after a couple of weeks of mark rounding and practicing boat manoeuvres, which was a welcome change. We rigged up five boats, with myself, Ben Kernohan, Jarrod Khaw, Sam Trustrum and Justin Wayne-Lowe at the helms. After several races, with some starts being redone due to a lack of effective timing from some skippers, Ben Kernohan was the clear winner.

Once we had returned to the club, we made sure to pack up as neatly as possible. This was to make room for the new coach boat that was due to arrive, for the purpose of implementing a new program that allows graduated students to temporarily return as a secondary coach for the sailing program. Dallas Yan, who graduated last year, has been coming down on Wednesdays to assist with the seniors as part of this new program.

So far, the season has gone off to a great start, with all seniors exhibiting a positive mindset for the weeks to come. Thanks once again to all those involved in improving and maintaining the sailing program, and for your continued support. I look forward to what this season will provide.

Jack Vorgias
Sailing Captain





During this past week of training it has been great to see that my fellow rowers have both maintained the fitness and technique required for to propel a boat fast through the water. In the weeks to come we are going to use our on-water sessions to focus on the fundamentals of the rowing stroke to lay the foundations for what should hopefully be some of High's most technically proficient crews. We will also continue on improving our fitness from the high levels that most boys maintained over the winter with three morning weight sessions, one erg session, and one run whilst still rowing every Saturday morning. Some

boys even took the initiative to join and row with an outside club over winter to prepare for the season. Most of the boys in the social crews also had a successful first water sessions. Under the close supervision of our MIC, George Barris, they took advantage of the flat water to learn how to handle and row a single scull. All in all, this first week was a strong start for a season of which I have high hopes for.

James Appleton
Vice Captain of Boats

Term 4 Training Program

Senior A	
Monday	AM –Weights
	PM – Run
Tuesday	Rest
Wednesday	AM – Weights
	PM - Erg
Thursday	PM – Row
Friday	AM- Row
Saturday	Row
Senior B	
Monday	
Tuesday	AM - Erg
Wednesday	PM - Run
Thursday	PM – Row
Friday	AM- Row (every 3 rd week)
Saturday	Row

Yr 10 Vlls	
Monday	AM – Erg
	PM – Weights
Tuesday	Rest
Wednesday	AM – Run
Thursday	PM – Row (during sport time)
Friday	AM- Row (every second week) Run (every second week)
Saturday	Row

Juniors	
Monday	PM – Ergs/run
Tuesday	
Weights	PM - Ergs/run
Thursday	PM – Row
Friday	
Saturday	Row

George Barris
MIC Rowing





During this past week of training it has been great to see that my fellow rowers have both maintained the fitness and technique required for to propel a boat fast through the water. In the weeks to come we are going to use our on-water sessions to focus on the fundamentals of the rowing stroke to lay the foundations for what should hopefully be some of High's most technically proficient crews. We will also continue on improving our fitness from the high levels that most boys maintained over the winter with three morning weight sessions, one erg session, and one run whilst still rowing every Saturday morning. Some

boys even took the initiative to join and row with an outside club over winter to prepare for the season. Most of the boys in the social crews also had a successful first water sessions. Under the close supervision of our MIC, George Barris, they took advantage of the flat water to learn how to handle and row a single scull. All in all, this first week was a strong start for a season of which I have high hopes for.

James Appleton
Vice Captain of Boats

Term 4 Training Program

Senior A	
Monday	AM –Weights PM – Run
Tuesday	Rest
Wednesday	AM – Weights PM - Erg
Thursday	PM – Row
Friday	AM- Row
Saturday	Row
Senior B	
Monday	
Tuesday	AM - Erg
Wednesday	PM - Run
Thursday	PM – Row
Friday	AM- Row (every 3 rd week)
Saturday	Row

YR 10 Vills	
Monday	AM – Erg PM – Weights
Tuesday	Rest
Wednesday	AM – Run
Thursday	PM – Row (during sport time)
Friday	AM- Row (every second week) Run (every second week)
Saturday	Row

Juniors	Term 4
Monday	PM – Ergs/run
Tuesday	PM - Weights
Weights	PM - Ergs/run
Thursday	PM – Row
Friday	
Saturday	Row

George Barris
MIC Rowing



Invitational Carnival #4 SOPAC 15th September

TRACK EVENTS

Start Time:	Event:	Age group:
8.00am	3000m	Opens
8.30am	HURDLES	13s - Opens
9.10am	200m	13s - Opens
10.10am	800m	13s - Opens
11.00am	100m	13s - Opens
12.15pm	400m	13s - Opens
1.15pm	1500m	13s - Opens
2.10p.m	4 x 100m	13s - Opens

- * ALL TRACK TIMES ARE A GUIDE ONLY
- * Championship heat to be run first
- * A lane draw will be distributed on the day
- * Where time permits there may be unlimited entries from each school for track events

FIELD EVENTS

Start Time:	Event:	Age group:
8.30a.m	JAVELIN	13 years
8.30a.m	DISCUS	16 & 17 years
8.30a.m	SHOT	Opens
9.00a.m	LONG JUMP	17 & Opens
9.00a.m	HIGH JUMP	13 & 14 years
10.00a.m	JAVELIN	14 & 15 years
10.00a.m	DISCUS	Opens
10.00a.m	SHOT	16 & 17 years
10.00a.m	LONG JUMP	13 & 14 years
10.45am	HIGH JUMP	15 & 16 years
11.00a.m	DISCUS	13 years
11.30a.m	JAVELIN	16 & 17 years
11.30a.m	SHOT	14 & 15 years
12.00p.m	LONG JUMP	15 & 16 years
12.30p.m	HIGH JUMP	17 & Opens
12.30p.m	DISCUS	14 & 15 years
12.45p.m	JAVELIN	Opens
1.00p.m	SHOT	13 years

- * Maximum 4 jumps / throws for every athlete
- * Maximum of 5 athletes from each school for field events
- * Please use discretion for Open Field events. If time permits possible allow 5 or 6 throws due to fewer competitors.

Athletics Week 3 Update



A very productive week of Athletics, training attendance has been good, please ensure that all absences are explained in a email. The boys had a strong showing at ES Marks at the last invitational. This Saturday 15th September we will be at SOPAC for the boys last opportunity to showcase their best in an effort to make the final squad for the final GPS carnival on 22nd September. Our annual boys to men session in the rain & our juniors lining up to learn how to use blocks, something I never got to learn in high school and proud to say our coaches spend the time to teach our athletes.

CHS State Athletics Day by Day Report (by Neil Song)

CHS Day 1 Wrap up

Great start to the next 3 days of competition out at Homebush today.

[Eric Holmstrom](#) kicked things off for High, running an incredible 8:56.19 to finish 2nd in the 17+ 3000m. Eric ran a fantastic race, only being beaten by an athlete who broke a long standing CHS record by a massive 10 seconds. Fantastic achievement leading into GPS Finals [Raghav Ramanathan](#) continued his fine jumping form, clearing all heights in 16s high jump on his first attempt up to 1.83m. Unfortunately he just missed out on clearing a lifetime best of 1.86, but he still finished with a silver medal. HUGE!

[Kane Shields](#) took part in the 14s 800m heats. Leading the race from the start out in lane 10, Kane cruised through his run well ahead the rest of the pack, running a 2:06.50, finishing the fast time of 3 heats by 3 whole seconds. Kane looks very hyped for the final coming up tomorrow, and is hoping to take some massive scalps.

[Rhys Shariff](#) ran a 2 second personal best in the 15s boys 3000m, running 9:38 to finish 5th in the event in wet and windy conditions. He has his 1500m on friday to finish the week.

[Dylan Huynh](#), Justin Lee-Nonis, Nathan Wang and Rowan Tan competed in the boys 14 years 4x100m relay heats and finals today. In the final, the boys performed some fantastic changes, but by the final stretch, it looked like Endeavour had built too great a lead for victory to be achieved. Rowan however, could not let this stand, and put on the afterburners to surge from 15 metres behind, crushing the heart of the Endeavour anchor runner for the 3rd race in a row, winning the final by 0.02 seconds in 46.84. An absolutely incredible race that lifted the entire crowd up on their feet.



Rowan Tan also competed up an age in the 15s boys triple jump, jumping 12.69 to finish 3rd against athletes a year older than him. Rowan seemed slightly disappointed in this result, and is fired up to take some scalps in his remaining events throughout the week.

Justin Lee-Nonis ran a 24.60 in the 14s boys 200m heats, winning his heat comfortably and progressing through to the final.

[Julian Markworth Scott](#) jumped a very solid 6.47 in his 17s long jump to finish in 6th, in what was a very close top 8 final.

Joshua Suto competed in the 13 boys high jump in very rainy and windy conditions. Josh performed very well, jumping 1.55 and almost clearing a PB of 1.60. Unfortunately countback rules placed josh into 4th place. Still a very solid achievement for Josh, who still has his

preferred long jump event on Friday. Suto also competed in the 200m heats, running 26.00.

CHS Day 2 Wrap up:

Another great day of competition from our athletes today out at SOPAC.

[Pico Dos Santos-Lee](#) kicked things off today competing in the 17s hurdles, running a great race to finish with a Silver medal in 15.06. He's looking to be in serious form just in time for GPS day.

Josh Suto pulled out a massive 5.68 on his first jump today in the 13s long jump, not only securing the gold medal, but edging out the school record that has stood since 1971! Incredible considering it is one of the longest standing records in Sydney High History! A great way to cap off a great comp for Josh!

[Kane Shields](#) competed in the 14s 800m final today, and for the first time this year he raced without his watch on. Kane pulled away from the pack right from the start, running his first 400 in 58 seconds, and finishing in a new PB and School record time of 2:02.28! Kane has his 1500m final tomorrow to cap off his week.



Justin Lee Nonis competed in a multitude of sprint events today. He finished 6th in the 14s boys 200m final in a time of 24.26, and also ran 11.90 to qualify 6th fastest in the 14s boys 100m final tomorrow, along with his long jump. Justin also competed in the 14s hurdles, finishing 1 place out of the finals.

Rowan Tan competed in his 400m heats, running out in lane 9 he ran his own race, cruising through to finish 1st overall leading into the final tomorrow in 55.56. Rowan has his 400 final and long jump tomorrow.

[Sudaraka Pieris](#) finished 16th in the 16s 100m.

CHS final day Wrap Up

The final day of CHS proved extremely successful for the High Boys.

[Brandon Nguyen](#) [Pico Dos Santos-Lee](#) [Archie Fox](#) and [Julian Markworth Scott](#), kicked things off in the 17s 4x100m relay, finishing 2nd in their heat and also finishing 2nd overall in the final behind an incredibly stacked Westfield's side, who eventually broke a long standing CHS Record. Great achievement from our boys.

Our 3 1500m athletes all put on classy displays as well. [Eric Holmstrom](#) ran an 8 second pb, finishing with silver in 4:07.81. [Rhys Shariff](#) "only ran a 1 second PB" finishing 5th in 4:27.49. [Kane Shields](#) ran in one of the strangest 1500m races you'd ever see, with several athletes deciding to lead the pack at a 100m sprint pace. Nevertheless, Kane overcame these adversities, running a new pb time of 4:16.66 to win another gold medal.

Justin Lee-Nonis ran in the U14s 100m final, clocking an incredible 11.77 seconds in windy conditions. An incredible run from him. Justin also jumped 5.29 in the 14s long jump, completing his 8 total events throughout the week. A tough ask for a 14 year old.

Rowan Tan finished 4th in the 14s long jump, in a top 6 separated by 20cm. Rowan then proceeded to compete in the 14s 400m final, finishing with another gold medal running 53.91. Another great week of competition from him

Frederick Huang finished 14th in the U12s shot put.

Overall, High finished with a fantastic 11 medals (5 gold, 5 silver, 1 bronze) to finish an incredibly successful championships. Hopefully once the points count is finalised, we will have reclaimed the Kippax Cup. Again Congratulations to all the boys who competed throughout the week.





Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop in your area will be held:

TIME & DATE:

6pm, Tuesday
25 September 2018

VENUE:

Level 2, Customs House
31 Alfred Street Circular Quay, Sydney

BOOK NOW ON:

02 9265 9333
Bookings are essential

Helping learner drivers
become safe drivers



Free workshop for supervisors of learner drivers.

Ensure your learner driver has the best possible introduction to driving; their life could depend on it! The City of Sydney aims to improve road safety with a workshop for supervisors of learner drivers.

Tuesday 25 September 2018 6pm to 8pm
Customs House
Alfred Street, Circular Quay

The two hour workshop will provide pertinent practical advice regarding:

- laws for learner and P-plate drivers.
- how to use the Learner Driver Log Book
- how to plan on-road driving sessions and supervise learner drivers
- understanding the benefits of supervised on road driving experience

Bookings are essential, please phone The City of Sydney on 02 9265 9333 or email lmconnell@cityofsydney.nsw.gov.au to reserve your seat



FENCING DINNER 2018

*Sydney Boys High School
Friday, 28th September in the Great Hall
5.30 pm (for a 6.00 pm start) - 9.00 pm*

Come along for a night of fun, food and awards as we celebrate our achievements and recognition of the hard work that parents, coaches, staff and our student athletes have contributed to Fencing at High this year.

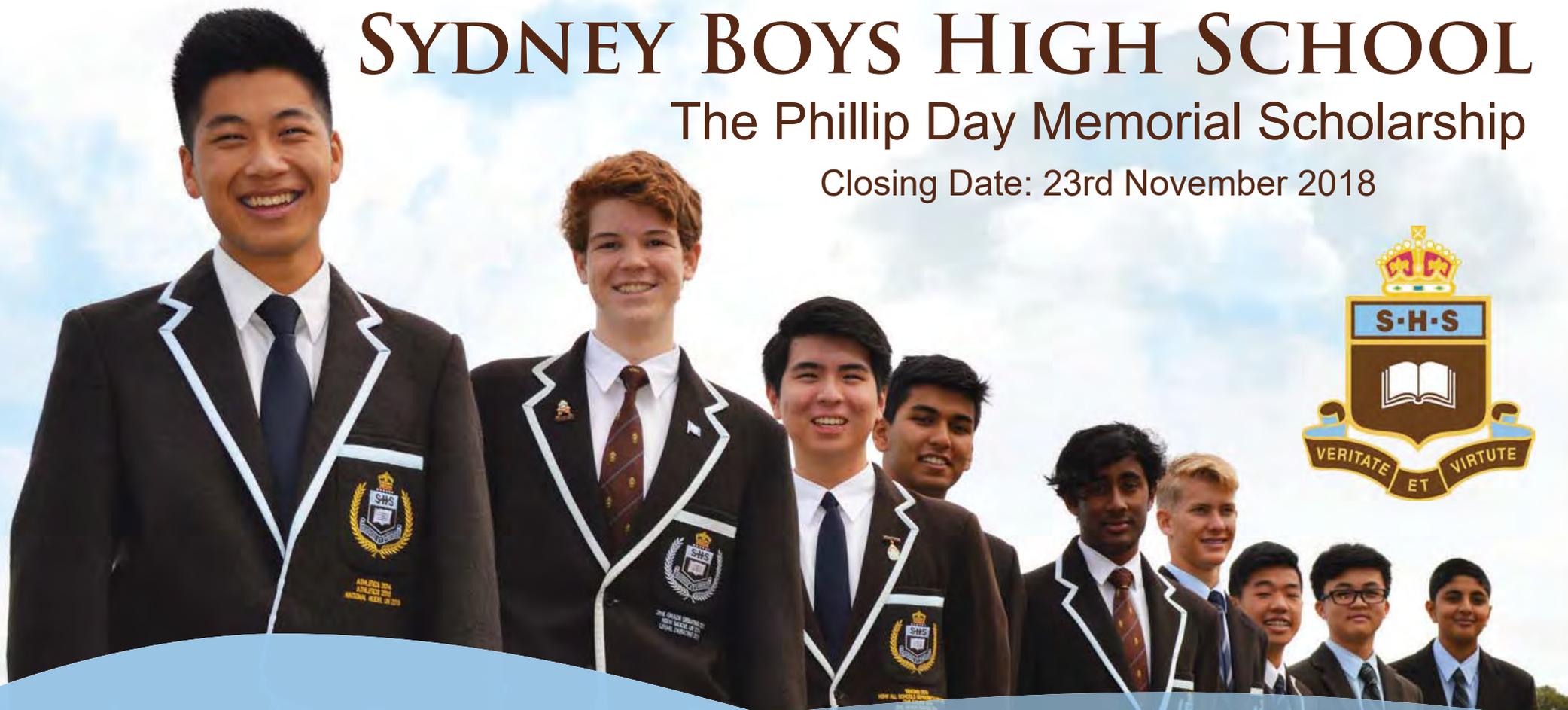
All welcome.

TICKETS \$40 PP | PERMISSION FORMS AVAILABLE OUTSIDE THE IA STAFFROOM
PLEASE PAY AT THE FRONT OFFICE BY 7TH SEPTEMBER 2018

SYDNEY BOYS HIGH SCHOOL

The Phillip Day Memorial Scholarship

Closing Date: 23rd November 2018



NURTURING SCHOLAR SPORTSMEN SINCE 1883

To apply for a scholarship visit www.sydneyboyshigh.com/scholarship for full details

556 Cleveland St, Moore Park NSW 2021 Ph: 9662 9300

SCHOOL HOLIDAY COURSES

OCTOBER 2018



10%
EARLY BIRD
DISCOUNT!

FOR KIDS AND TEENS (Grades 5-12)

The Real Filmmaking Workshop / Music for Film & TV /
Writing a Short Film / Kids Digi Animation / HSC Video Intensive /
Blood & Guts Movie Makeup / AFTRS Film Club /
Get Cutting with Premiere Pro / After Effects for Teens

PH: 1300 065 281

aftrs.edu.au

Australian Film Television and Radio School

AFTRS

September/October 2018

14-09-2018

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 C	17 *** Photos Representatives (GPS, CHS etc), all Music Groups) Music: HSC Music 2 Practicals, Great Hall, set-up, 09:00 Year 9 Meeting, The Great Hall, 09:55-10:20 Faculty Reports, P+C Report, Co-curricular reports, Canteen Report, OBU, School Foundation Record Reports Due, upload to w drive drop	18 *** Year 11 Yearly Exams Class tests: 8MaS-P2, 8MaP-P3, 10ZHS-P4 Music: HSC Music 2 and Extension Practicals, Great Hall, room 201, 10:45-16:40 Basketball: Year 9 House Competition Year 12 Meeting: OASIS collection, P2, amphitheatre Parent Information Evenings, Great Hall,	19 Year 11 Yearly Exams Class test: 10XHs-P2, 10YHs-P3 Year 8 Outdoor Education Camp (Gosford) Change to Summer Sport (10-11)(non-athletes) Fencing Committee meeting, staff common room, 18:00	20 Year 11 Yearly Exams Year 8 Outdoor Education Camp (Gosford) Class test: 9MaU-P3 Change to Summer Sport (7-9)(non-athletes) Room booking, 506, 801, 16:30-19:45 DoE Qualifying Hike Drama Night: room 204, 19:00	21 Year 11 Yearly Exams Year 12 Oasis External Collection Year 8 Outdoor Education Camp (Gosford) DoE Qualifying Hike	22 Athletics: GPS Championships, SOPAC OBU event, The Great Hall, 2013 reunion Parking: NRL Finals Week 3 COLA upgrade: 08:00-16:30	23
	24 *** Attendance and Progress Review (all Years) Year 12 Farewell Assembly and Afternoon Tea, Great Hall, 13:30-16:00 Winter Sport Reports to be submitted to W:\Dropboxes\The Record\2018 Record Reports\Winter Sport 2018 Year 11 Yearly Exams Year 8 History/Geography Excursion	25 Year 11 Yearly Exams Excursion: English: A Midsummer Night's Dream, Year 7, P3-5 Class tests: 9MaA-P5, 9MaB-P5, 9MaP-P5 2020 Music Tour Information Night, Senior Library, 18:30-20:00 Gate 10 and Cutler Drive near Killip Wing closed for Boom Gate prep work	26 Year 11 Yearly Exams Gate 10 and Cutler Drive near Killip Wing closed for Boom Gate prep work	27 Year 11 Yearly Exams Class test: 10MaS-P2 Room booking, 506, 801, 16:30-19:45 Gate 10 and Cutler Drive near Killip Wing closed for Boom Gate prep work	28 Year 11 Yearly Exams Class test: 7MaF-P1 The Festival of Revolutionary Ideas, Lunch 1+2, room 204 Fencing Dinner, The Great Hall, 18:00-21:00 LAST DAY TERM 3	29	30
1 B	15 School resumes - staff and students P+C Executive Meeting, Board Room, 17:30 P+C Meeting, Staff Common Room, 18:30 Cricket: Coaches meeting, 901 and COLA, 18:30-20:30	16 Basketball: Year 9 House Competition, lunchtime Revision planning: P1 - selected year 9s Marching Band Rehearsal, MPW, room 201, 15:30-16:30 Afternoon PD: Great Hall, 15:30-18:30 (CPR)	17 Foundation Day Assembly/Prefect Induction, Great Hall, (Guest Speaker from Class of 1966) 09:50-10:35 (7, 8, 11) Rowing: Committee Meeting, Staff Common Room, 19:00	18 HSC Exams commence HSC: English Advanced Paper 1 (209) 10:20-12:30 Room booking, 506, 801, 16:30-19:45	19 HSC Exams HSC: English Advanced Paper 2 (209) 09:25-11:30 HSC: Music 1 (2) 13:55-15:00 HSC: Music 2 (9) 15:25-17:00 Marching Band Rehearsal, MPW, 08:00-09:00 Class test: 8MaS-P2	20 Sport: Group 1 SJC v SHS, Group 2 SJC v SHS	21
	22 HSC Exams HSC: Legal Studies (27) 09:25-12:30 HSC: Latin Continuers (8) 13:55-17:00 HSC: Visual Arts (4) 13:55-15:30 Debating: DSG AGM, Common Room, 18:00	23 HSC Exams HSC: Ancient History (8) 09:25-12:30 HSC: Chinese in Context (2) 09:30-12:10 Basketball: Year 9 House Competition, lunchtime Prefect Training Day, Outterside Centre Fundraising Management Committee meeting, 17:30-18:30 Foundation meeting, 18:30-20:30	24 HSC Exams HSC: Biology (35) 09:25-12:30 HSC: German Continuers 14:00-17:00	25 HSC Exams HSC: Mathematics General (1) 09:25-12:00 HSC: Mathematics (2U) (162) 09:25-12:30 HSC: Mathematics Ext 2 (119) 09:25-12:30 Room booking, 506, 801, 16:30-19:45	26 Marching Band Rehearsal, MPW, 08:00-09:00 Morning collection: Bandana Day HSC Exams HSC: Senior Science (9) 09:25-12:30 HSC: History Extension (10) 13:55-16:00 Basketball: Sydney School Shoot Out Grand Final	27 Sport: Group 1 SHS v NC, Group 2 SHS v TKS Parking: Sydney FC v WSW, 19:50	28
2 C	22 HSC Exams HSC: Legal Studies (27) 09:25-12:30 HSC: Latin Continuers (8) 13:55-17:00 HSC: Visual Arts (4) 13:55-15:30 Debating: DSG AGM, Common Room, 18:00	23 HSC Exams HSC: Ancient History (8) 09:25-12:30 HSC: Chinese in Context (2) 09:30-12:10 Basketball: Year 9 House Competition, lunchtime Prefect Training Day, Outterside Centre Fundraising Management Committee meeting, 17:30-18:30 Foundation meeting, 18:30-20:30	24 HSC Exams HSC: Biology (35) 09:25-12:30 HSC: German Continuers 14:00-17:00	25 HSC Exams HSC: Mathematics General (1) 09:25-12:00 HSC: Mathematics (2U) (162) 09:25-12:30 HSC: Mathematics Ext 2 (119) 09:25-12:30 Room booking, 506, 801, 16:30-19:45	26 Marching Band Rehearsal, MPW, 08:00-09:00 Morning collection: Bandana Day HSC Exams HSC: Senior Science (9) 09:25-12:30 HSC: History Extension (10) 13:55-16:00 Basketball: Sydney School Shoot Out Grand Final	27 Sport: Group 1 SHS v NC, Group 2 SHS v TKS Parking: Sydney FC v WSW, 19:50	28
	22 HSC Exams HSC: Legal Studies (27) 09:25-12:30 HSC: Latin Continuers (8) 13:55-17:00 HSC: Visual Arts (4) 13:55-15:30 Debating: DSG AGM, Common Room, 18:00	23 HSC Exams HSC: Ancient History (8) 09:25-12:30 HSC: Chinese in Context (2) 09:30-12:10 Basketball: Year 9 House Competition, lunchtime Prefect Training Day, Outterside Centre Fundraising Management Committee meeting, 17:30-18:30 Foundation meeting, 18:30-20:30	24 HSC Exams HSC: Biology (35) 09:25-12:30 HSC: German Continuers 14:00-17:00	25 HSC Exams HSC: Mathematics General (1) 09:25-12:00 HSC: Mathematics (2U) (162) 09:25-12:30 HSC: Mathematics Ext 2 (119) 09:25-12:30 Room booking, 506, 801, 16:30-19:45	26 Marching Band Rehearsal, MPW, 08:00-09:00 Morning collection: Bandana Day HSC Exams HSC: Senior Science (9) 09:25-12:30 HSC: History Extension (10) 13:55-16:00 Basketball: Sydney School Shoot Out Grand Final	27 Sport: Group 1 SHS v NC, Group 2 SHS v TKS Parking: Sydney FC v WSW, 19:50	28