

Vol 6 No 17 June 17 2005

From the Principal University Information Evening. SBHS-SGHS

A very large crowd attended the Universities Information Evening last Wednesday in the Great Hall. I was gratified to witness the interest the families in the two schools showed in tertiary destination options. Once the crowd of 'show bag' visitors died down there were opportunities for personal discussions with university personnel. The universities were impressed and are anxious to send representatives next year. Mr Watson is hoping to make this careers evening an annual event if the demand from our school communities is sustained. Thank you to the two Careers Advisers for their work in organising the event and to Mrs Varady for her support.

Seminar on Islam



The Islamic Society of SBHS hosted another forum on Islam on Tuesday. This year the topic was Islam as a

political ideology and social system. The forum was well attended as usual and the speakers were passionate and eloquent. Forums on religious ideologies are meant to be promoting intercultural understanding. They are not designed as platforms for the promotion of sectarian views, nor are they meant to offer arenas for debates on controversial issues in societies governed by different ideologies.

Boggabilla Visit

Students from Boggabilla visited High this week as part of our annual exchange visit program. Our two schools have established a connection designed to raise the mutual awareness of participants about geographic, social, economic and cultural contexts. Mr Barris is the driving force behind this project. We believe it has worthwhile objectives.

Reports Distribution

Parents should have received reports from their sons for all years except 11 and 9. If you would like to give them advice about how to raise their grades, you might discuss: focus in class, task completion, time management, organisation for learning or effective revision / study methods. Many teachers comment about these matters in their reports about our students and their learning. Boys need to be made to see that they have to care enough about their learning to take personal responsibility for it.

School Insurance

Parents are reminded that the school carries a defined 24/7 injury insurance cover on all its students. Sports injuries are the target. There are awards for specific injuries and emergency transport costs. The scheme does not cover basic medical costs if a student is covered by private medical insurance. It is not a policy to cover the gap between medical insurance claims and the fees charged by service providers. Rather than generalise about what it does cover, I prefer prospective claimants to ask for a copy of the policy from the office and to consult Mr Beringer about the process, prior to making any commitment for medical services based upon expectation of financial assistance from the school's insurer.

Commitment to GPS Sport



Participation in Saturday sport at our school is voluntary. It is a strong expectation

of our culture but students are not coerced into playing competition sport. However, once teams have been chosen and fixtures arranged and grounds booked and officials engaged, participation is compulsory. Students



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E

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who make the commitment to belong to teams have to honour their commitments for the full season. Football, rugby, cross country, fencing and rifle shooting are sports organised for competition on Saturdays. We allow non-competitors to run in cross country on Wednesdays and Thursdays. Seniors can play table tennis, but only if they are willing to play for the school team if chosen.

Rifle Shooting MIC



Advertisements have been distributed among Rifle Clubs for the position of MIC of rifle shooting. Given that no teacher has come forward to take on the role, I am attempting to out source it. Failing that, the sport will have to change its method of operation to club participation with paperwork controlled by the school and a couple of camps prior to the GPS shoot. If no one is prepared to coordinate this level of involvement then I will have no option other than to discontinue the sport in 2006.

Registration Fee

Administration, coaching and Occupational Health and Safety costs are rising. In some sports the soaring costs and lack of fund raising support have necessitated proposals for the introduction of registration fees for players. The registration process will determine who is committed for the season and will allow us to establish enough coaching positions to service all teams in competitions. MICs of individual sports are discussing this issue with their P & C subcommittees.

Saturday Detention

High is a six day school. Many staff and two thirds of the students are engaged in activities on Saturdays. The senior executive staff is discussing a proposed Saturday morning detention strategy. This option could be a substitute for an in-school suspension or used as an alternative to a single day out of school suspension when morning detentions at school have not effected the desired modification in student behaviour. It could be imposed for recidivists not responding to other negative consequences. The imposition of this sanction would only be possible after consultation with the parents of the boy concerned. Your

responses to this proposal are welcome. Email me via office@sydneyboys-h.schools.nsw.edu.au

Dr K Jaggar

From Lote Year 7 French Cheese Tasting

On Tuesday 31st May 7R, 7T & 7E had the opportunity to taste French cheese, washed down with grape juice and bread, while listening to French pop singer, Lorie.

Eric Feng 7R

Ahhhh...cheesy! "C'est formidable"! That tasty Tuesday is one to remember. This wasn't ordinary cheese, like Bega from Australia. No, this was cheese that came from France, via a specialty

cheese shop.



Benjamin Ly 7T

There are hundreds of different types of cheese and there is usually one type that

suits each person. It just requires tasting them all. But we have done some work for you!

Rafat Kamal 7R

"Salut!" Man, the cheese from France sure tastes nice! Penicillium, made from special mushrooms, is added to give **blue-vein** its rather strong flavour.

The **chèvre**, made of goats' milk, is my favourite. It tastes a little sour, like yoghurt. The **brie** is a soft cheese with a rather bitter coating, but inside the cheese is heart-meltingly creamy! It was by far the most popular with Year 7 this year. The **ash cheese** is a semi-soft cheese. It is salty and tastes funky. The **Swiss Emmental** is a hard cheese with holes in it. It tastes very good.

Zaine Guo 7T

I really, really didn't like any sort of cheese, before I tasted blue vein. I like its strong, bitter flavour - like a ghost drop!

Declan McCrea-Steele 7E

"Mmmmm...fromage!" The French love cheese just as they love wine. I like cheese a lot. We tried it with crackers and French baguettes. My favourites were the soft brie, which you can scoop out and spread, and the blue-vein, which is very, very strong. I apparently have expensive taste <groan>.

Caillin McKay 7R

Although I did not enjoy the strong taste and smell of blue-vein cheese, I enjoyed the different experience. The "chèvre" (goat cheese) is one of the best, but ash cheese (with ash in the middle) is my favourite!

Justin Chan 7R

I think we should have an annual French cheese-tasting for each Year 7 class. That period was a great experience.

Joshua Sutton 7E

After the cheese and bread, we played fun games, including a French ball game called "boules" or "pétanque". We took photos too. I had a wonderful time! It was a great experience. Thanks to Madame Fleming.

Justin Liang 7T

National Chinese Eisteddfod



The 2005 National Chinese Eisteddfod took place last Saturday at Burwood Girls High School. More than 3000 candidates aged from 4 to 18 participated in this year's Event.

The Eisteddfod is a poetry and prose-recital competition that provides students with the opportunity to display their acquired Chinese language skills and appreciation of Chinese literature. Our school participated in both individual and group competitions with 28 individual and 3 group entries a total of 40 High students. Although the Eisteddfod was extremely tough, many competitors having recently arrived from China, our boys showed great enthusiasm, strength and excellent achievement.

A huge congratulations to 11 boys from Year 9 Chinese Community class: Harry Chen, Richard

Hua, Chris Lam, Tom Sun, Kevin Wang, Phillip Wang, Phil Wu, Caly Yang, Simin Yang, George Zu and Schuman Zhang. They competed against 12 other schools and won **1st prize** in the 13-15 age group. Well done boys!

Congratulations also to Chamberlain Zhang and Shorson Zhang, who came 2nd and 3rd in the individual entries with their outstanding performances.



Congratulations to all boys who took part in this event for your dedication and achievement. Although it was a bit disappointing that some of our candidates missed out on awards after their great work, I am sure you

impressed the audience and gained a lot from this experience. Many thanks to the parents and grandparents, who gave immense encouragement and support to our boys. It was great to see families so involved. I hope you enjoyed the eisteddfod as much as I did.

W Zhang

On 4th April, the pride of Sydney High was carried on the capable shoulders of our Chinese cohorts. Chinese students of all years competed at Burwood Girls High for the prestigious awards granted by the highly qualified judges.

In the morning we won our first award in the group competitions. Since we had the expert tutoring of Ms Zhang combined with our perseverance, the year 9 SBHS team managed to win 1st prize. We were extremely honoured to receive the prize, for we only scraped a 3rd place award last year. This award gave us all a huge morale boost for the individual competitions that took place later in the day. Although our success in the individual competitions was not as significant, we were all smiles as we went home, knowing that we gave it our all.

Congratulations to everyone who participated in the competitions and special thanks to Ms Zhang for her coaching and Burwood Girls High for hosting the event.

Simin Yang 9ChiBS

Are you the parent of a 5-16 year old?

Macquarie University is looking for 5-16 year old children and their mothers to be part of an exciting research project. We are investigating a range of factors that might be linked to childhood and adolescent anxiety disorders. Anxious as well as non-anxious children are welcome.

The research project involves completing a few questionnaires, speech tasks, and an interview. Mother and child will receive a total of \$20.00 for their time and to assist in any travel expenses.

If you are interested in learning more about the project and your child has never received any treatment please contact Natalie Gar on 0404-618-685.

THE ANNUAL GENERAL MEETING

of The Sydney High School Foundation Inc

will be held on Tuesday 21 June 2005 commencing at 8.00 pm in the School Boardroom

For any enquiries please contact the Secretary at PO Box 888 Strawberry Hills 2012 Phone enquiries 0427 070 569

Communities

Last time I mentioned the addition of Google Search to the ESL and Communities website. It is working very well and makes finding what you need so much easier.

You should check the Blog regularly as there is almost always something new there. See http://neilwhitfield.tripod.com/blog/ Last Friday, for example, dealt with the issue of plagiarism, which had been raised in the *Sydney Morning Herald* that morning. The Blog is often topical!

The previous entry had news of Ouyang Yu, the Chinese poet who spoke to Year 11 a few weeks back. He is now Professor of Australian Literature at Wuhan University in China, and is anxious to secure books for the new Australian Studies Department there. Perhaps you or someone you know can help. Go to http://neilwhitfield.tripod.com/blog/index.blog?entry_id=1127876 for more information.

Finally, the big question for senior students is "How can I improve my essay grades, especially in exams, without learning "model essays" off by heart? "Find the answer at http://neilwhitfield.tripod.com/faq18.html

Neil Whitfield

Science News Results of Science Quiz no. 5



This was a difficult quiz about the connection between **Archimedes**, **a Monk and a Linear Accelerator**. Congratulations to Aditya Hatle (8s), for being the only student to answer the quiz.

(Thanks to Mr Hatle for putting in an entry!) Any other parent can find the answer on www.wired.com/news

This fortnight's quiz (number 6) is again open to everyone.

Scientists believe that in the next century sailing ships would be "plying the trade routes" between Earth and Mars.

- 1. **Explain** the significance of the phrase in italics.
- 2. **Identify** the source of the "wind" for the sails?
- 3. **Contrast** (show how things are different or opposite) the structure, steering and acceleration of a conventional spacecraft with the proposed "sailing" spacecraft. (a table might be useful)

I Cox

SGHS Junior Dance



There will be a Disco for Years 7, 8 and 9 students in the School Hall, Sydney Girls High School on Monday, 20 June from 7:00 pm – 10:00 pm. This function is for current students at Sydney Boys and Sydney Girls. No others will be permitted.

Staff from both schools and security will provide supervision.

At the conclusion of the dance boys are to be collected promptly at 10:00 pm from the SBHS Car Park (Cleveland Street).

Tickets will be on sale during the week prior to the dance. Details will be announced in the Daily Notices.

Please contact Mr Beringer for further information.

From the PDHPE Department Caramello Cup

Congratulations to 7R and 7E who played a free flowing, high scoring Wallarugby final. Each team scored four tries with goal kicking proving the difference with 7R running out winners of the Caramello Cup 24-20.



There was plenty of rugby talent on display during the two week competition from all the Year 7 classes. My thanks go to Mr Hayman, Mr Ryan and Mr Farrington who again supported the competition with their coaching of the teams.

Thank you also to all the Year 7 players who took part. Your enthusiasm made my job very easy and very rewarding.

Lifelong Physical Activity

As part of the Lifelong Physical Activity unit, 8PE3 conducted a survey of community physical

activity attitudes and patterns. The following analysis was coordinated by **Beau Greenslade** and indicates some very positive community attitudes towards regular physical activity.

- There were 270 responses to the survey, 153 males and 117 females, aged between 14 and 81 years.
- 23 different regular physical activities were mentioned in the survey. The most common activity was walking and jogging (96), gym



workouts (22), football codes (18), swimming and cycling (15 each),

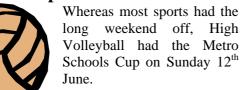
tennis (13), basketball and aerobics (9 each), dancing and martial arts (7 each), golf (5), volleyball, netball, rifle shooting, surfing, ice skating, gardening and lawn bowls (3 each), cricket and sailing (2 each), hockey and snooker (1 each). 27 responses (10%) said that they did no regular physical activity.

- On average the participation was three days per week.
- The main reasons given for being physically active were as a social activity having fun with friends (34%), improved fitness and body image (32%) and good health and well being (21%).
- The major benefits received from being physically active were having fun with friends (37%), improved fitness (31%) and good health (30%).
- Despite some costs associated with their chosen activity in the form of equipment purchase or hire, membership or entry fees, 75% of responses indicated that this did not negatively affect their motivation.
- 87% chose an activity that they could do year round.
- 68% were maintaining an activity they were doing five years ago.
- 78% expected to be still participating in the activity in ten years time.

This weekend, like many of the people who did our survey, get out and get active and take a friend with you.

G Stein HT PDHPE

Volleyball Report # 5



High sent their U15s and U16s teams along to play. The U15s had to play against older and taller boys in the U16s division. The U15s A team was called the Blue team, The U15s B team was called the Brown team and the eventual winners, the U16s team was called the Black team.

The As and Bs finished 6th and 7th respectively in this division. A very respectable result given their age and experience.

The As would have finished higher if not for Steven Ke's unfortunate accident in the first set of the first game. Our *Crouching Tiger* was unfortunately put out of the tournament.

Sydney High Brown Match Report

Unfortunately, the Sydney High Browns were playing none other than the Sydney High U-16s for their first match. They had greater experience, height, and skill. There were some great serves by Danny Lam and Edward Lu, but this was not enough in the end result, a 2-0 loss, facing 2 first grade players and a couple of second graders.

Soon after, Browns found themselves against Westfields, a team comprised of only Years 10 and 11. Again, the opposition dominated, winning in 2 sets. Great Lakes 1 was the next match. They won comprehensively- 2-0. But the team gained in confidence through this match - perfect sets by Stanley He were smashed with some spikes by Nishan Abeysuriya. Michael Chan did some great serves, flat and deadly, while Matt Wong did great passes.

The last match, a playoff to come in at 7th place was the final match-this time - we annihilated them. The team worked very well together. Sam Wan made extremely accurate serves, while Great Lakes 2 crumbled, losing 2-0. Stanley He had "interesting" attempts at jump-serving - but they went over and the Browns finished 7th out of the 8 teams in their division- a great effort against older and stronger boys.

Ritam Mitra

Sydney High Blues Match Report

Sunday was an exciting day for our U15s Blues and definitely had our coach Mr Parker, hanging on to the edge of his chair.

Our first match was against the NSW U15s. We were in a stunning 6-point lead when disaster struck. Unfortunately, one of our best servers Steven Ke was injured and unable to play. Matthew Chan came on but even with his help, we lost the match 1-0 despite leading 23 to 22 in the second set.



Our match against Great Lakes (Forster) 2 was a success. We won 2 sets to 0. Danny Lam from the Browns came to help and proved to be a great asset. Both Matthew Chan and

Danny won us many points just through serving. We had excellent sets from both Daniel Shan and Shorson Zhang leading to fabulous spikes from Stephen Dong and Thomas Ngyuen. Later, we played Christian Brothers who were all massive. Both ways. We played well and nearly took a set off them but despite our efforts we lost in straight sets. There was consistent serving from our team and some great blocks from Thomas, Daniel and myself, James.

After a very long break, we had a match against Great Lakes 1. It was our last match of the day. We took the first set with ease, 25-15 because of our excellent play. Sadly, we lost the second set by only 3 or 4 points. By now, all of us were feeling anxious. Would we lose? It was a 15-point set. We started off badly and they were in the lead by 4 points. We played our best but couldn't take the lead off them and lost 15-11.

James Lee

High Store

The High Store is having a clearance of assorted rugby training jerseys. Normally \$35 - for one week only – a special offer of only \$25.

Be quick so you don't miss out on this special offer.

PARENT – TEACHER INTERVIEWS

for

Years 7-12

will take place

on

Thursday, 30 June 2005

3.00pm - 7.30pm

Please note the following arrangements –

- Boys will be dismissed from class at the conclusion of Period 5 (2:15 pm) on this day. School Special buses will run to normal schedules and there will be supervision in the Junior Quad of boys waiting for these buses.
- All boys will be issued with details of arrangements for interviews early next week. They should complete the *Record of Appointments* section in consultation with teachers. It is the responsibility of boys to negotiate interview appointment times with their teachers.
- Details of interview times with teachers should be recorded in the *Record of Appointments* section of this booklet. Teachers will sign to confirm the appointment.
- If a teacher is unavailable this fact should be recorded in the *Record of Appointments* section and signed by the teacher as confirmation.
- All interviews will take place in classrooms on the upper floor of the Main Building and the Killip Wing. A map and details of locations of teachers will be provided.
- Interviews should not exceed five minutes' duration. If there is insufficient time, a further appointment may be made for a later date, or contact by telephone arranged.
- Timing of appointments should allow for movement from one location to another between interviews.
- Tea and coffee will be available for parents throughout the evening in the Staff Common Room.

Sydney Girls High School and Sydney Boys High School Parents and Citizens Associations

Invite you to the 2005 Joint Meeting

The topic for the evening is

Raising a Gifted Adolescent - Creating a Resilient Family

Guest Speaker: Andrew Fuller,

Clinical Psychologist and Family Therapist



Andrew Fuller is the author of HELP YOUR CHILD SUCCEED AT SCHOOL, (Inyahead Press) RAISING REAL PEOPLE (ACER), FROM SURVIVING TO THRIVING (ACER), WORK SMARTER NOT HARDER and BEATING BULLIES. Andrew has also co-authored a series of programs for the promotion of resilience and emotional intelligence used in over 2000 schools in Britain and Australia called THE HEART MASTERS. He is a Fellow of the Department of Psychiatry and the Department of Learning and Educational Development at the University of Melbourne.

WEDNESDAY 22 JUNE at 7.30 pm

in the MULTI PURPOSE HALL

SYDNEY GIRLS HIGH SCHOOL

Come and hear Andrew Fuller's presentation which will be followed by question time and refreshments.



As a service to the High Family a

FULL PAGE ADVERTISEMENT

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Whether it be a Business Service, Course/s or something to sell etc!

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P.S. Subject to approval

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Competence in MYOB is a prerequisite.

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YOUR CHILD CAN HELP TO PREVENT MYOPIA

What is myopia?

Myopia is also known as short-sightedness or near-sightedness. People with myopia have difficulty seeing distant objects clearly.

The myopic eye is longer than the normal eye. This means that light from distant objects focuses in front of the retina rather than on it, causing blurred vision.

What influences whether an eye becomes myopic?

The environment. Living in cities and close-range activities e.g. reading and computer work, are making us a near-focus species.

Genetics also has a strong influence.

Statistics

1 in 5 Australians suffer from myopia. Myopia affects a quarter of the world's population (1.6 billion people). 1 out of 3 Americans and in some Asian countries, 1 out of 2 people are affected.

Myopia is a rapidly increasing epidemic. By 2020, it is estimated that the number of people with myopia will grow to one third of the population (2.5 billion).

For example in Singapore a series of studies has shown an increase in myopia in males aged 15-25, from 26% of this group in the late 1970s, to 83% in the late 1990s.

What affect can myopia have?

Vision impairment can affect all aspects of an individual's life – education, health, employment, well-being, and social interaction.

High myopia creates a significant risk of other eye disorders such as glaucoma, retinal trauma, malfunction and detachment. These may lead to significant loss of vision or blindness.

What are we doing in our myopia study?

Bifocal or multifocal contact lenses might be able to slow the development of myopia.

The Vision Cooperative Research Centre is investigating the use of these lenses. Children aged 8-14 will be fitted with either standard contact lenses or multifocal contact lenses. They will then be monitored over 2 years to determine the rate of progression of myopia.

The study will help us to develop new ways to slow or even stop the development of myopia.

Being involved

You can be part of this important work.

We are looking for 100 children to take part in the study. Children will receive free vision testing and eyecare throughout the study. You will need to attend the Vision CRC clinic at the University of New South Wales in Kensington.

What is the Vision Cooperative Research Centre?

The Vision CRC, based in Sydney, is the largest vision correction research centre in the world. It aims to deliver better eyecare for Australia and the world through the development of new vision correction technology and education programs.

Contact

If you are interested in being part of the study, contact visionCRC.



IS YOUR CHILD SHORTSIGHTED?

THE VISION COOPERATIVE RESEARCH CENTRE LTD (VISION CRC)
IS LOOKING FOR CHILDREN TO TAKE PART IN A STUDY OF
SHORTSIGHTEDNESS (MYOPIA) AND DAILY WEAR CONTACT LENSES.



IF YOUR CHILD: IS AGED BETWEEN 8 TO 14 YEARS, HAS MYOPIA, HE OR SHE MAY BE ELIGIBLE TO ENTER THIS STUDY.

FOR THE DURATION OF THE STUDY, PARTICIPANTS WILL RECEIVE:

- ✓ FREE contact lenses,
- ✓ FREE solutions
- ongoing eyecare provided by VISION CRC optometrists.

If you are interested in having your child participate in this Vision CRC study, please contact the Vision CRC Clinic, Monday to Friday 9:00am to 5:00pm, phone: 1300 651 663, email: enquiry@visioncrc.org

The Vision Cooperative Research Centre Ltd is the World's largest vision correction research institute.

VISION EXCELLENCE FOR ALL PEOPLE

Music Winter Festival 2005

When June 23rd 2005- concert begins at 6.30pm

Where Sydney Boys High Great Hall

Time
Boys should remain after school to help set up, tune etc.
The dress is full performance uniform which is a blazer,

white shirt, school pants, tie, school socks and black shoes

There will be a BBQ selling sauges and drinks on sale from 5.00pm for the boys and parents.

The cost is sausage in a roll \$3.00, can of drink \$2.00



Ticket order form:

I would like to purchase the following number tickets (number)

\$12 Adult	_\$9 Concess	sion	\$25 Famil	y Total cost \$	
Student name			Roll		
Ensemble	Instrument				
Type of Payment: Payable to music com	•	Cash	_ B/Card	M/Card Visa	·
Name on Card			Expiry	date/	-
Contact Number					
Card No					
	Cianatuma				

Italy Update:

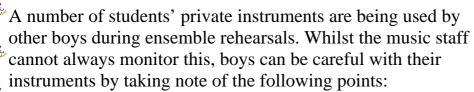


15 days to go!

Time to buy the bubble wrap and luggage straps for your instruments and black pants for the concerts.

State of the Arts

Instrument security
The Music Storeroom





- Instruments should be named clearly on the outside of the case. You should also have the school name, address and phone number on the case.
- It is advisable to buy a combination lock and chain to place around the instrument. This will ensure it cannot be opened.
- The music storeroom is for day use only. Instruments must be taken home each night. Boys should be practising every day.
- When placing your instrument in the storeroom it should be placed on one of the shelves, not on the floor near the door. Instruments in plain sight are easy to grab.
- Smaller instruments such as flutes, clarinets should be placed in your locker if possible.

Coming Up:
Musical Soirees- June 27th – 30th
Cabaret Night- August 6th





4 year old Jupiter 606ML Standard Trumpet in **SUPERB** condition
Lacquered brass body, Hand lapped monel **nickel plated** silver pistons for accurate intonation and easy playabilty! =D

1st valve thumb hook, adjustable 3rd valve slide, .460" bore, 4.8" bell and a **sturdy case** included. **RRP \$899!!!**

SELLING FOR:

\$299

Inspection of trumpet can be organised.

