



From the Principal High Talent

Sriram Srikumar has been selected in the Australian debating team to represent us in the world debating tournament for high schools in Wales in July. This is a great achievement for Sriram personally and pays tribute to the strength of our debating program, with its high quality coaching and administration. In public speaking in the PESA Sydney Region Final, High had two successful contestants who will proceed to the state semi-final – veteran campaigner Kelvin Yu and fast improving newcomer Chris Lopes. Congratulations to all the boys!

Half Yearly Reports



Parents of boys in Years 7 and 9 should have received their half-yearly reports. If not, please ask your son to see the Principal outside of school hours or at recess / lunch to discuss his progress and collect his report. A reminder to Year 12 boys that they must bring a print out of their vocational investigations via jig cal – Career Voyage 05 or the Careers Website – both available on the student intranet.

Year Group Meeting –Year 7

I was very pleased to be asked to address the Year 7 Parent Group Meeting last Wednesday evening. At least 30 parents were in attendance – a great testimony to the interest High parents have in their sons' education. I really hope that this Year Parent Group will get to know each other socially as well as for school functions and provide the nucleus of strong parent involvement in our school for the next six years. I outlined the theoretical basis for the school's interventions on behalf of gifted boys, based around Gagné's differentiated model, and provided examples of the programs and processes that addressed the domains of giftedness and nurtured positive catalysts to enrich the developmental process that turns giftedness into talent. My message was that our school aims to put boys in the way of many and varied opportunities to express themselves and to interact with others.

Sir Roden Cutler Charities Day

The Cadets and Prefect wheel chair rollers were tremendous ambassadors for the school on Monday last. Their dress, demeanour, self-discipline and patience were a credit to them. Our cadets at Manly Village PS presented certificates to students in classrooms at the conclusion of the ceremony dedicating the statue of Sir Roden. I was proud of their contribution to the day. The roll ended as the three volunteers were wheeled through the Sir Roden Cutler Memorial Gates. I received a very congratulatory phone call after the roll from one of the 'Cutlerteers', earnestly expressing her thanks for the wonderful way she was looked after by our Prefects. Thank you again to all those involved – it was a long day of service! Year 11 boys looked great and gave of their time freely collecting for Sir Roden Cutler Charities in various parts of the city. The day lifted the public profile of the charity, more than fulfilled the service obligations of the Year and raised money to help many people in need.



Winter Sports Assembly

Our winter sports assembly had a welcome addition this year – a well received musical item from a jazz ensemble. The captains of teams introduced their team mates in the usual disrespectful mode, using esoteric and at times, salacious sobriquets. It would be refreshing one year if we had entirely positive insights into the contribution of individuals to their team's performance. Our special guest Dave Carney, affirmed the single minded dedication required to reach the top in football. The text of my speech follows:

Welcome to our Winter sports Assembly for 2006. I extend a warm welcome to our special guest this morning, SFC footballer, Dave Carney, players, parents, coaches, staff and students. On this occasion, so close to the visit by Boggabilla students and Sorry Day, we would like to acknowledge the original occupants of this land, the Gadigal clan of the Eora nation, and their elders past and present, on whose traditional land our school is situated. We respect their caring

custodianship of our continent over millennia. We are gathered at our Winter Sports Assembly to honour our students who have been selected to represent our school in GPS teams.

We are celebrating our 100th year in the GPS by focussing on improving facilities in tennis, cricket and basketball. In winter sports our prospects are in the hands of people – good coaches and committed team members. We need a broader spectrum of support from parents and Old Boys to extend participation and deepen the skills base of our players. I commend to you the Friends of High Rugby Inc. a recently established support group, aimed at building support. It could be a good model for other sports to follow. Wednesday and Thursday coaches are needed to mentor and nurture forty teams of students. Our teaching staff alone cannot meet their needs. GPS competition is tougher than ever as more talent is congregating in GPS and CAS schools. In CHS knockouts we contest against enclaves of excellence at Sports High Schools and pockets of traditionally sports loving comprehensives. We must involve more parents and increase the participation of students who are talented but not playing for us in competition.

Our school attempts to reach high standards in a wide array of activities. We must therefore manage our time impeccably. We must eradicate time wasting and balance work and play appropriately. We must focus and get more out of our training time. We must value personal strength and fitness and take personal responsibility for achieving high standards in our own time. We value teamwork and try to inculcate its virtues in our students. Ceremonial occasions such as this reinforce the educational purpose of team sports.

Team psychology is all important. Teams develop a kind of collective personality that leads them to succeed or self-destruct, to perform to their ability or under perform, squabble and blame shift. Steve Waugh in his autobiography, sub titled 'Out of my comfort zone' explained how this team personality works even at the professional and national level. In describing the preparation for the first test against the West Indies in 1988, he wrote. "As a team, I don't think we ever expected to beat the Windies. Our meetings were often based around the word 'competing'. To me, this said, 'Let's have a go and you never know what might happen', rather than believing we could actually control parts of the match and be in charge of our own destiny. But maybe it was realistic." The West Indies dominated the Gabba test and the series.

You can do something in your team to be in charge of your own destiny. You can minimise penalties by observing the rules. You can stick to the defensive patterns set up in training. You can do the fundamentals well. Irrespective of the strength of the competition, you can concentrate on playing your part and doing the next thing properly. Satisfaction is derived from repeatedly executing basic manoeuvres properly. Always look for positives.

In conclusion, I congratulate warmly all students who have been selected to represent the school in rifle shooting,

debating, fencing, volleyball, cross country running, football and rugby, for winter 2006. To all other team members I offer this advice: stay committed to enjoying team sport participation, put pressure on the first and second grade team members and focus on what you have trained to do. Avoid 'paralysis from analysis'. Do the simple things well. Strive for your team... and above all have fun.

Dr K Jaggar

SBHS COMPETES IN THEATRESPORTS



Ever watched "Whose Line is it Anyway"?

Well, Theatresports is the Australian version. It is improvised comedy. It's when a team of up to 4 people are

given a topic and must make up a scene on the spot. It's funny! It's crazy! It has the audience sitting on the edge of their seat sometimes in laughter and other times in suspense.

Currently 45 schools are competing in the Theatresports High Schools Competition to see who will take out the championship. On May 19th, Sydney High competed in Heat 4. Our representatives were Lawrence Boikov, Lewis Burger, Beau Greenslade, Johnny Lieu and Nathan McDonnell.

The other teams in our heat were Trinity Grammar, Newtown Performing Arts, Canterbury Girls High, Christian Brothers Lewisham, St Ursula's Kingsgrove and Lucas Heights Community School (the winners of the heat).

Congratulations go to our boys as they performed some outstanding scenes. Although they have just recently commenced learning the games and were the newcomers to the competition, they showed amazing creativity and outstanding improvisational skills. The amount of talent among the boys is impressive.

Workshops will continue to run once a week at lunchtime. Everyone is welcome. Watch out for future notices. Also, anyone wanting to join us at the Enmore Theatre on June 25 at 4.00 pm to watch the grand final please call me on 0413 233 319.

Yours in comedy
Yvette McDonnell

University of Adelaide – Media Competition

The University of Adelaide has invited students to participate in a web-media competition. The Bachelor of Media students have made 12 web-ready testimonials of life impact on campus, the top three entries will be made into television commercials as part of the University of Adelaide's Life Impact campaign. Sydney Boys High School students can go to the website www.adelaide.edu.au/lifeimpactonuscampus and vote before the 16th June 2006. Everyone who votes for the most popular of the 12 films will be eligible to enter the draw for an Apple computer package including a Dual-Core 2.0GHz processor, 30" Cinema High Definition monitor and Final Cut digital film editing software, a package worth in the vicinity of \$7,000.

Public Speaking

Congratulations to Kelvin Yu and Chris Lopes who have made it through to the **state semi-final** of the Plain English Speaking Award. Both boys were well prepared and presented insightful and entertaining speeches. The semi-final will take place on 23rd June in Lewisham. If the boys make it through they will compete in the State Final at The Powerhouse. Best of luck!

Ms Howland

MIC Public Speaking

P & C PARKING - JUNE 10

The second parking day for 2006 is on Saturday 10th June. If you have never helped with parking this is your chance!!

So far I have only one response from a Yr 7 family! We need about 8 more!

Helpers required from 3.45 pm. The Swans game kicks off at 7.10 pm. If you would like to help raise funds which will assist all of our boys at High please contact me ASAP so that I can include your name on the roster.

Thank you.

Lyndell Evans

P & C Parking co-ordinator

evansfamily2000@optusnet.com.au

0411 430 394

Words of Wisdom



"It is a miracle that curiosity survives formal education."
(Albert Einstein 1879 – 1955)

"The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn."
(Alvin Toffler 1928 -)

Charities

Save the Children Book Sale



Save the Children aims to ensure that all children, regardless of gender, race, country of origin or religious belief, have the means for survival, receive protection and have access to nutrition, primary health care and basic education. Save the Children fights for children's rights. The book sale will be held at the following venues:

Paddington United Church,
395 Oxford Street, Paddington
Friday 9 and Saturday 10 June 2006

Crows Nest Community Centre,
2 Ernest Place Crows Nest
Thursday 15 and Sunday 18 June.

The State Library of NSW has donated books for the event.

S Plummer

HIGH STORE

The High Store will now be open on Wednesdays from 9.00 am to 1.00 pm. Michelle has kindly offered to open the store to accommodate parents who would not normally have the opportunity to get to the store. Please take advantage of this and pop into the store on Wednesday when you drop your children off.



Please also ask Michelle about the fabulous new "supporters" polar fleece that she has designed for winter.

Any inquiries please call Michelle on 9331 7075.

**Suze Greenslade
for the Foundation**

Academic Achievement List Year 9 Semester 1 2006

Congratulations to the following boys in Year Nine whose excellent academic achievements in Semester 1 are recognised.

Points were awarded as follows - High Distinction: 6, Distinction: 5, Credit: 3, Pass with Merit: 2 Pass: 1, with the qualifying total being 39.

Adrian ANG	Daniel LO
Yiming CAO	Edward LU
Matthew CHAN	Mark LUCCHITTI
Jack CHEN	Maxeem MIKHA
Simon CHENG	Kent NGUYEN
Benjamin DIEP	Thomas NGUYEN
Matthew DINH	Daniel SHAN
David FAN	Nevin SPOLJARIC
Desmond HI	Denis STOJANOVIC
Shah HUDA	Wilson SZET
Christian KATSIKAROS	Joshua TASSELL
Danny LAM	Anthony TRAN
Victor LAM	Victor UNG
Brian LAU	Samuel WAN
Matthew LAU	Thomas WILSON
James LEE	Jeffrey WONG
Victor LIM	Michael YIU
	Shorson ZHANG

Chess News

In Round 4 of the inter-schools chess competition our Senior team defeated All Saints Grammar 2.5 to 1.5. The Intermediate As drew 2-2 with Sydney Grammar C and the B team lost 0-4 to Trinity A.



In Junior division the As had a 4-0 win due to a Holy Spirit B forfeit, the B team 4-0 over Sydney Technical D and our D team went down 0-4 to last years champions Newington A.

Year 12 Parents

Dinner Invitation



Let's all get together for dinner during our boys' final year at school.

Date: Friday 23rd June

Time: 7 pm

Place: To be advised – from the Entertainment Book

Cost: We are trying to find a cheap deal and where you can use vouchers from the Entertainment Book.

Please mark this date in your diaries now and let us know whether you intend coming so we know how many to book for. More details next week.

**Sue Levy and Antoinette Farrow
Year 12 Parent Reps.**

Email:

Sue: suefleavy@anatomy.usyd.edu.au

Antoinette: Antoinette.farrow@tafensw.edu.au

Volleyball – 1st Grade



Sydney High 1st Grade owned Riverview last weekend in straight sets. Like all other GPS teams, Riverview thought they had a chance. They were mistaken.

High produced high percentage servers (excuse the pun) that left Riverview in its wake. We succeeded. New High boy Oliver K. set out to destroy Riverview receivers by setting the net ablaze

with his ridiculously high velocity hits that conserved momentum.

Outside hitters: Capt. Sam, Weiping and Jamie made use of perfect sets conceived by Victor and Alex. He did this by hitting powerful and consistent spikes that were not contested at the net throughout the game.

High put on a show in the 3rd set using newly formed plays to confuse and amuse Riverview. Desperate to run these plays, High relaxed on the serves in a hope to get an easy return. Our centre blockers dominated, particularly Ping Du and Warren Trac in the front court, abusing the perfect sets at their will to scare Riverview.

The setters couldn't have set so well if it wasn't for David Dizon in the backcourt and his invaluable loudness.

At this rate, Sydney High is looking in shape to win the GPS.

Volleyball - 2nd Grade

Second Grade's second game of the season took place at the usual time of 9.30am in the High gym against St Ignatius College. However, this week's game was played at a more relaxed pace than last week's intense game against Newington College, and rather served as an opportunity for the newly formed team to get acquainted with each other and more importantly, to gain experience in functioning as a unit.

New players who were absent from last week's game include Zid Mancenido, Daniel Chim and Stephen Dong, all of whom displayed exceptional passing and serving abilities.

With the help and support from new coach Ms Howland and Captain Jordan Luong, High took the game in three straight sets 25-9, 25-13, 25-8. Volleyball rookies Paul Tran and Yo-ha Kim pulled their weight admirably, providing second grade with huge hits at the net from spot on sets delivered by Zid and Shorson Zhang. Consistent serving led to an easy victory, which was provided by Daniel Shan and Henry Dang, who closed out the third set and game with another 10 point serving streak.

Second grade will be looking forward to the upcoming Saturday's game against Grammar, who pose as the biggest obstacle to the GPS champion's title.

Henry Dang

From the Gym



Welcome back to all boys who are diligently continuing their strength program and to those boys who have started new this term. There have been a few small equipment additions to the weights room with only small improvements needed now to ensure the school has a top class facility for you all to utilise. I would again like to take the opportunity to invite all of the newer boys to the school (Years 7 & 8) to sign up for a strength program. I assure you the gym is not just for the Big Boys to use and weight training will definitely not stunt your growth (read more about this on the schools web site). Again I encourage all parents to come along to the weights room and discuss their boy's progress or just tap me on the shoulder at the rugby or basketball (this is where I am the most as my son also goes to the school and these are the sports he has chosen to do) and ask me anything regarding the training that I have the boys do. A couple of mum's did ask me the other week a few questions regarding weight training and they were very honest in their worries. I did assure them that

- a) Boys all have a program to follow (which is adjusted in regards to age, strength, commitment, personal goals etc)
- b) Boys **are** watched and form **is** corrected where needed
- c) Discipline is a big part of the program and penalties do apply (see rules of the gym on the web site)
- d) All boys are treated as equals in the weights room regardless of age or size
- e) Strength training is perfectly safe for their child as long as the rules are followed and they listen to all advice given.
- f) Weight training will not stunt growth.

Strength programs

To achieve results in the gym a commitment must be made to continue your strength training pre-season, in-season and post-season. It is no good to just do a few weeks every now and then and expect results. **They will not happen.** Programs that are written for specific sports require general strength conditioning work to be done for a period of 4-6 weeks before moving on to the main part of the program and this may again be broken into many stages each designed to do elicit a specific training response. IF THIS IS NOT DONE THEN THE BENEFITS OF THE MAIN PROGRAM WILL BE MINOR. Do not walk in to the gym expecting to leap straight into the junior or senior Rugby weights program without the prep work. Programs are written in stages for a purpose. Do not skip stages, as it will hinder your

progress. Those who have know who you are and it is why you have hit a plateau. Along the way you have skipped something small (mainly some technique points) that you may think is insignificant and it blocks your path forward and will continue to do so unless corrected. You may have to take five steps back before you again move forward. I will point out the boys below who continue to progress consistently and are moving forward in their goals to highlight this point. These boys deserve a mention as they DONT TAKE SHORT CUTS and some of you should take a leaf out of their books and follow. It will work for you too. Remember there is only one substitute for **hard work** and that is **SMART hard work**. The boys who have, through their actions, taken a long-term commitment to their training (and it shows in their results) are:

- David Vien (hardest worker even though he is presently injured)
- Harry Song (getting stronger and bigger every week)
- Daniel O'Keefe (continually striving to fix his imbalances, getting big)
- Leo Shi (reliably turns up week in week out, very strong, physique is changing)
- Josh Tassell (chose to put in from day one, technique first, weight last, growing out of control)
- Arun Krishnan (Mr Reliable and getting very strong, will fill out soon)
- Robert Chen (starting to grow in both strength and size)
- Blake Angell (has been one of the most regular senior trainers)
- Jonathon Culibao (pound for pound one of the strongest in the gym)
- Shahar Merom (began by talking a good workout but now is one of the hardest workers around, getting big)
- Harrison Reid (Mr Technique, getting stronger, size will come)
- Alex Vertoudakis (works hard, getting huge, where are you?)
- Clement Lee (King of the Barry's, most workouts in the gym by far, has a serious interest to train hard)
- Warren Trac (works hard, strong but will be stronger and bigger)
- Louis Yang (consistent, works hard, gone missing, where is he?)

WHO WILL YOU FOLLOW?

TJ

Record Contributions

The summer reports for the 2006 school magazine, The Record, are now overdue. It is essential that all reports are received so that all groups are represented in the Record. If people have items of interest, photos or articles, sports reports, interesting events that have occurred in 2006 then they should forward them to me. Below is a sample of a Sports Report for this year which is suitable for publication.

Con Barris

Basketball Report

YEAR: 2005/06

TEAM: 16Ds

COACH: Hughoco Feng

CAPTAIN: Jason Wong

In Term 4 2005, Our team had 2 wins, 2 draws (one due to weather) and 3 losses, Which was greatly improved on in Term 1 2006 with 4 wins, 1 draw and 2 losses, bringing our total for this season to 6 wins, 3 draws and 5 losses.

	SGS	TSC	TKS	SIC	SJC	SHORE	NC	TOTAL
<i>Term 4</i>	12 to 22	30 to 10	9 to 11	Rain	22 to 19	20 to 22	16 to 16	Wins: 2
<i>Term 1</i>	39 to 22	21 to 21	20 to 14	27 to 19	18 to 25	15 to 20	31 to 18	Wins: 4

Our best defender would probably be Matt Lee. Either dropping to zone or running a press, he would probably be the first to get there. It was unfortunate that he had an accident during Term 1, taking him out a couple of games, but he managed a comeback and his consistent defence really helped us quite a bit in the last few games.

Our Best offensive player would be Jun Dai. His size allows him to plough through opposition, be it zone or man, and he manages to get a lay-up in or a crucial pass. His Free-throw percentage is surprisingly good, and his steady points build to a comfortable lead most of the time. Due to this he would probably be our most valuable player.

Our Best Rebounder would be Simon Liu, with his impressive height and box-out skill. Simon has saved us numerous times with saving a wild shot and putting it in, or stopping the opposition touching the ball again after the shot. This is a great improvement from even Term 4, where after much learning he finally learnt how to box-out, making him our most improved player. However, his sometimes "over enthusiastic" attitude leaves much to be admired.

Our season was one filled with memories and fun, and the determination to train hard. Looking at our results, we improved greatly, with much thanks to the personal work from all of the members and a special thank you to Hughoco for training us outside school hours.

THE ONION BAG



A mixed start to the GPS season. In open competition, 2nd Grade came back from 1 nil down to post an important 2-1 win. Played in slippery conditions, the team displayed the type of determination required to win GPS games. Goals to Alex Lee and a thunderbolt from Daniel Song.

First grade suffered a disappointing 3-1 loss to a sharp Scots outfit. Luck was against High, with a speculative Scots shot, looping over keeper Street to open their account and the woodwork denying captain Blaxell an equaliser. A scrappy second goal saw Scots cruising at half time, 2-0 up. In the second half, simple errors again made it difficult for High to build any promising attacking raids. A third Scots goal effectively ended the contest. However, pleasingly, High refused to throw in the towel and fought it out till the end, eventually being rewarded with a penalty late in the game. The spot kick was neatly converted by Ed Curran.

I had the pleasure to watch the 14A and B in action at Centennial Park. The quality of play was extremely encouraging, with Kieran Taylor, Enoch Hui and keeper Josh Sutton all having outstanding games.

In other games, the 15As scored an impressive 2-0 victory, as did Mr Pearson's 3rd grade. Congratulations also go to the 14Ds, who, on the back of their 3-0 win, have taken an early lead in the Dolan cup.

A reminder to all players that you need to be at your training venue, ready to start at 1.00, to obtain maximum benefit from the session.

This Weekend sees the majority of fixtures against Joeys. Good luck to all teams and lets see if we can improve our winning percentage this week. Check times and venues right.

CONTACT: giffordr@sydneyboys-h.schools.nsw.edu.au

Quote of the Week



'In some ways, cramp is worse than having a broken leg.' Kevin Keegan



GPS Round 2 JOEYS 3/6

Team	Opponent	Venue	Time
1 st	Joeys	Lower Park	1.15
2 nd	Joeys	Lower Park	12.00
3 rd	Joeys	Lower Park	11.00
4 th	Joeys	Tarban Creek	12.00
5 th	Joeys	Tarban Creek	1.00
6 th	BYE		
16A	Joeys	Lower Park	10.00
16B	Joeys	Tarban Creek	11.00
16C	St Pats	MPW 16	12.00
16D	Barker	MPW 16	1.00
15A	Joeys	Lower Park	9.00
15B	Joeys	Tarban Creek	10.00
15C	BYE		
15D	St Pats	MPW 16	11.00
14A	Joeys	Lower Park	8.00
14B	BYE		
14C	St Pats	MPW 16	10.00
14D	St Pats	MPW 16	9.00
14E	St Pats	MPW 16	8.00
13A	Joeys	Tarban Creek	9.00
13B	Joeys	Tarban Creek	8.00
13C	St Pius	McKay 4	9.00
13D	Knox	McKay 4	8.00



THE ONION BAG

Match Reports & Stats 2006



I encourage all teams to submit a short match summary each week, to be included in The Onion Bag. It is a great way to recognise the efforts of teams and individuals alike. Reports need to be submitted by Monday afternoon. They can be forwarded on to me at the following address.

giffordr@sydneyboys-h.schools.nsw.edu.au

16D V SCOTS

The 16Ds season, so far, has been a good season. Their 4 matches of the non GPS season resulted in 3 spectacular wins. Faced by the Scots boys in their first match of the GPS season they held out for a win with the help of a few players in the 16Cs. Richard Hua scored our only goal, but there were some amazing shots. Our opponents gave us a good fight. They towered over us, but we proved that stature isn't everything. Goalkeeping by Bob Xu and myself, ensured we kept the lead. Our players took a lot of hits. No one on our team came out of our match without getting hurt. Hopefully our season will end happily with not too many losses. Hari.

GPS Results and Tables			
1XI			
Scots	3	:	1 HIGH
Kings	3	:	0 Shore
Riverview	1	:	1 Grammar
Newington	5	:	0 Joeys
2XI			
Scots	1	:	2 HIGH
Kings	1	:	1 Shore
Riverview	1	:	0 Grammar
Newington	2	:	0 Joeys

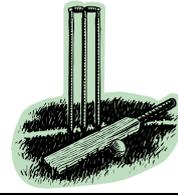
DOLAN CUP					
TEAM	PLD	W	D	BP	Pts
14D	1	1	0	2	5
15A	1	1	0	2	5
Opens 3	1	1	0	2	5
16D	1	1	0	1	4
16A	1	1	0	0	3
14C	1	0	1	0	1
14B	1	0	1	0	1
15C	1	0	1	0	1
13D	1	0	0	0	0
13C	1	0	0	0	0
13B	1	0	0	0	0
13A	1	0	0	0	0
14E	0	0	0	0	0
14A	1	0	0	0	0
15D	0	0	0	0	0
15B	1	0	0	0	0
16C	1	0	0	0	0
16B	1	0	0	0	0
Opens 6	1	0	0	0	0
Opens 5	1	0	0	0	0
Opens 4	1	0	0	0	0

1XI	Pld	W	D	L	F	A	Pts
Newington	1	1	0	0	5	0	3
Kings	1	1	0	0	3	0	3
Scots	1	1	0	0	3	1	3
Grammar	1	0	1	0	1	1	1
Riverview	1	0	1	0	1	1	1
HIGH	1	0	0	1	1	3	0
Shore	1	0	0	1	0	3	0
Joeys	1	0	0	1	0	5	0
2XI	Pld	W	D	L	F	A	Pts
Newington	1	1	0	0	2	0	3
HIGH	1	1	0	0	2	1	3
Riverview	1	1	0	0	1	0	3
Kings	1	0	1	0	1	1	1
Shore	1	0	1	0	1	1	1
Scots	1	0	0	1	1	2	0
Grammar	1	0	0	1	0	1	0
Joeys	1	0	0	1	0	2	0



SYDNEY BOYS HIGH CRICKET

www.sydneyboyscricket.info



Planning for the 2006/2007 season has now been completed in draft form and will incorporate a variety of activities leading to a determined push to exhibit that High talent can be a leader in the GPS Cricket arena.

To achieve this however, we need to have support elements such as coaches, team managers, scorers and parental involvement to ensure that the cricketers can have every confidence that their efforts are appreciated and acknowledged.

For the coming season our two main goals are to strengthen our base (Year 7, 8 and 9) and to aim for the No 1 position with all of our Senior XIs.

Pre-season training will start in August and the proposed programme will be published on the cricket website in mid-June. All training will be programmed in a manner that it will not overlap winter sports

PARKING

One area that will allow us to provide additional facilities for our cricketers is the parking roster where we need to make every post a winner on the day. To this area we now welcome Mr. Andrew Bowes who has taken over the role of Parking Coordinator (as well as President of the Cricket Sub Committee) and his energy will be of great assistance to this important element of our season's commitments.

Our next parking is scheduled for ROUND 19 of the NRL when the Sydney Roosters play the Cronulla Sharks on the weekend of the 14th – 16th JULY 2006.

Andrew can be contacted by email atarbowes@hotmail.com

SUMMER SPORT NOMINATIONS – TERM 4

To assist in your advance planning I must reiterate that to be accepted for cricket all players must be available for the GPS Cricket Competition on Saturdays as well as participating in cricket on Wednesday and Thursday at sport.

Year 7 cricketers playing in Club teams on Saturdays in Term 1, were advised that they would be expected to join High teams in Term 4 are now presently being allocated to proposed team lists. This is also to remind those players of that commitment made to them by keeping them on our cricketing rolls during Term 1. Their addition to our ranks will certainly add to the competitiveness of our teams.

AWARD WINNERS

It was a pleasure to have the Principal Dr Jaggar attend the Cricket Dinner and Presentation of Awards in April and a very enjoyable evening was had by the 150 attending. A disappointment however was the number of Batting and Bowling Award winners who did not attend. To overcome this problem for future seasons these Awards will be published beforehand and those not in attendance will not receive subsequent trophies as has been the policy in the past. Provision will be made for players who advise in advance of reasons that may preclude them from attending. However ALL Fielding and Team Player awards will not be announced until the night of the Dinner.

EXPRESSIONS OF INTEREST – COACHES and TEAM CAPTAINS

Last season Year 10 cricketers volunteered to assist Year 7 and 8 teams by attending on Saturdays at their matches as coaches, prior to competing in their own match. The response from our younger cricketers was very positive and we will be introducing an expanded use of this system in the coming season.

In addition we are introducing a Team Captain's Forum and training programme, to assist suitable players to captain out High teams.

For this to be included in our cricket programme, we are calling for "Expressions of Interest" from players who may wish to either coach or captain a team in our cricket section. All nominations are to be in my hands by no later than the 31st.July 2006 so that the appropriate times and venues can be arranged to conduct these elements.

All "Expressions of Interest" should be sent tolheil39@bigpond.net.au

Laurie Heil
MIC Cricket

SYDNEY BOYS HIGH – SYDNEY GIRLS HIGH



Years 10, 11 12 Parent/Student
Universities Information Evening

Wednesday, 7 June 2006
7.00 pm – 9.00 pm
Sydney Boys High School Great Hall

University faculties present from:

-  Australian National University (ANU)
-  University of New South Wales
-  University of Sydney
-  University of Technology Sydney
-  Macquarie University

(The UNSW Medical Faculty will be in Room 107 next to the Hall.)

This is an opportunity for parents and students to speak with faculty representatives and gather information from the individual faculty stalls that will be situated around the SBHS Hall.

THANK YOU TO VOLUNTEERS FOR SETTING “THE RECORD” STRAIGHT !!!

The School prints “The Record” at the end of each year cataloguing the wonderful achievements of our boys.

We are a little behind at the moment.

A dedicated group, including, Julie, Cheryl, Susie, Alan and Vikki, have been assisting in contacting ex students to confirm their address and send them their copy of “The Record”.

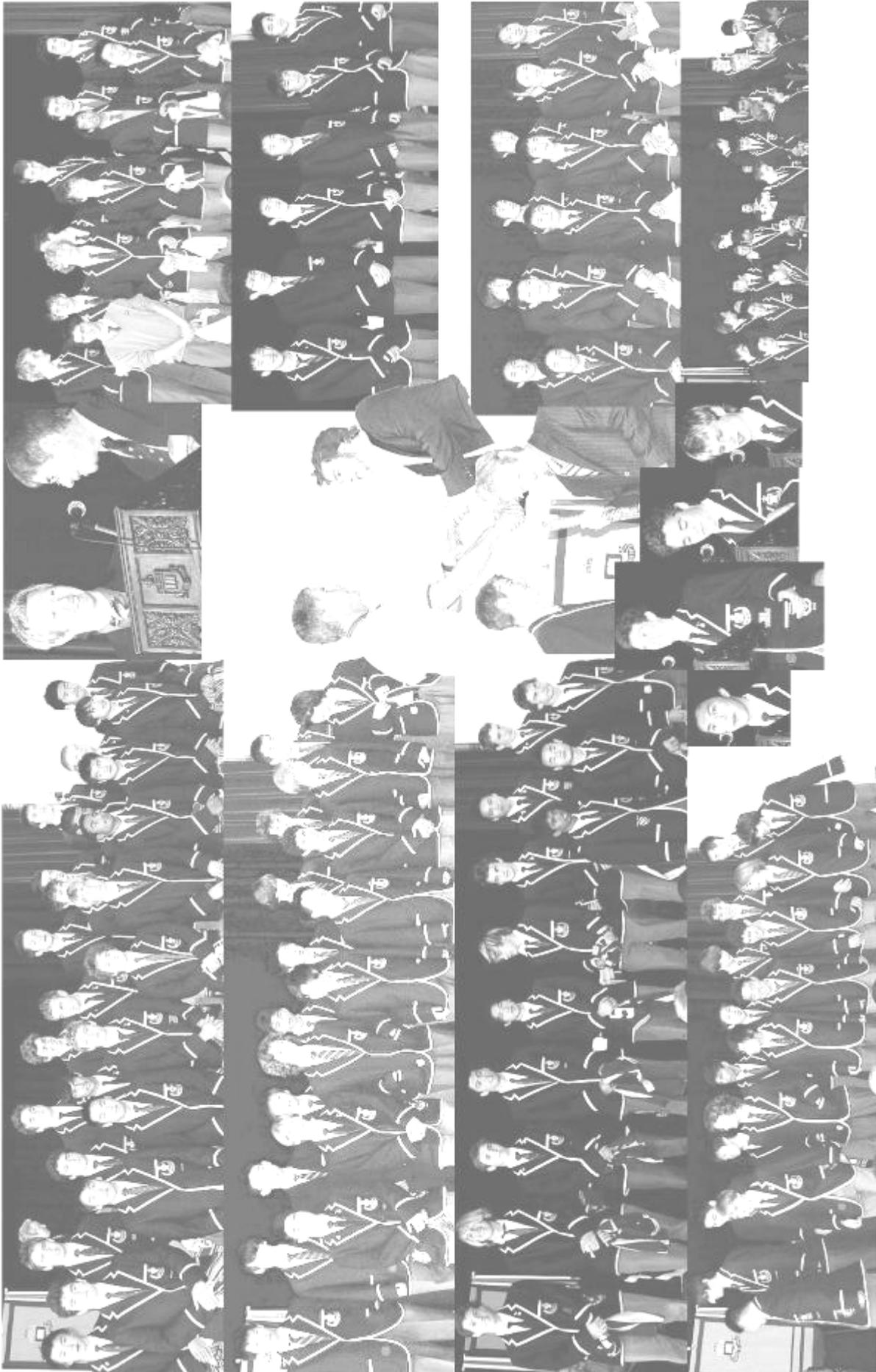
This is rewarding work and builds friendships.

Come and join us on Tuesdays. Please contact Valda Roser on 9361 6910.

Half an hour or more is very worthwhile.



WINTER ASSEMBLY 2006



SBHS Debating 2006

CONGRATULATIONS TO SRIRAM SRIKUMAR

WHO HAS MADE THE AUSTRALIAN SCHOOLS DEBATING TEAM.

This is an incredible achievement - Sriram is the 5th High boy to make the NSW team and the **first ever** High boy in the Australian team. Sriram heads to Wales in July to participate in the World Schools Debating Championships. Australia has won the last three tournaments and we wish Sriram all the best. Check out details of the competition at www.schoolsdebate.com

SCHEDULED DEBATES

JUST ADDED→ Year 7 and 8 debate at SCEGGS, Darlinghurst on **June 9th at 4pm.**

June 16th- Social debate vs Barker College @ HOME 6pm.

June 23rd- Social Debate vs SGHS for year 7 and 8 @HOME from 3.30pm.

THE GPS DEBATING SEASON starts in term 3 and runs on **Fridays** from week 1-7.

GPS TEAM SELECTIONS

GPS Team Selections get underway this term. Each Year level has a slightly different process which involves looking at the debater's skill in the areas of manner, matter (general knowledge) and method, as well as the boy's attitude and commitment to coaching, his reliability and the completion of set tasks. Social debates as well as debates in coaching are used to observe the boys' skills. More information will be provided in coaching, in your inbox & on the notice board.

DON'T FORGET TO CHECK YOUR EMAIL!

Are you receiving emails about debating each week???

Email is the main form of communication for debating. Only basic notices are printed in High Notes, important team information is emailed to the relevant students or parents each week. A large number of addresses that were supplied in the registration process were incorrect and are bouncing back to me. ☹️ **If your email bounces - your address will be deleted.**

If you want to debate this year and are NOT getting the team information each week you need to send an email to sbhsdebating@gmail.com stating your name, your year and your phone number so that you can be added to the mailing lists.

DEBATING SUPPORTERS GROUP

The DSG has a new email address- sbhsdsg@gmail.com.

If you can assist with suppers at home debates please email Alice Paul at the above address.

The next meeting is Tues June 6th at 6.30pm - Staff Common Room.

We encourage all debating parents (especially those with sons in Years 7, 8 and 9) to attend and to become involved in supporting your son's debating "career"!

For more information email sbhsdebating@gmail.com.

MS JOCELYN BREWER- MIC DEBATING

ride the HSC wave

\$5 pay on the day

Bookings essential for all lectures except those at Bowen Library

Call 9399 0588 for recorded information on all lectures

June

BOWEN LIBRARY – Tues 06/06/06: 6.00pm-7.30pm

STUDY SKILLS & DATA BASES

Fred Orr: *popular author of study skills and stress management books*

Victoria Scarf: *data bases expert*

BOWEN LIBRARY – Wed 07/06/06: 6.00pm-8.00pm

ENGLISH EXAM PAPER 1, SECTION 3

Gillian Lovell: *university lecturer and supervisor of marking for HSC English*

BOTANY LIBRARY – Thurs 08/06/06: 6.00pm-7.30pm

WRITING HSC ENGLISH ASSESSMENT AND EXAMINATION TASKS

Anna Maria Dell'oso: *writer and journalist*

WAVERLEY LIBRARY – Sat 10/06/06: 1.00pm-3.00pm

BUSINESS STUDIES

Joe Awkar: *secondary teacher and individual tutor*

WAVERLEY LIBRARY – Tues 13/06/06: 6.00pm-7.30pm

BRAVE NEW WORLD & BLADE RUNNER

Anna Maria Dell'oso: *writer and journalist*

WOOLLAHRA LIBRARY – Thurs 15/06/06: 6.00pm-7.30pm

EMMA AND CLUELESS

Joel Gibson: *journalist with The Sydney Morning Herald and freelance writer*

BOWEN LIBRARY – Sat 17/06/06: 2.00pm-4.00pm

GENERAL MATHS – PAST PAPERS WORKSHOP

Greg Wethered: *maths teacher, private tutor and exam marker*

BOWEN LIBRARY – Tues 20/06/06: 6.00pm-8.00pm

ANCIENT HISTORY – POMPEII & HERCULANEUM

Amanda Reynolds: *currently on an archaeological dig at Pompeii and Herculaneum*

BOWEN LIBRARY – Wed 21/06/06: 6.00pm-8.00pm

MODERN HISTORY – CAUSES OF WWI

Bruce Dennett: *co-author of the Modern History curriculum, supervisor of HSC marking, entertaining and knowledgeable*

BOTANY LIBRARY – Thurs 22/06/06: 6.00pm-7.30pm

ENGLISH – PHYSICAL JOURNEYS

Wendy Michaels: *lecturer in the School of Humanities at the University of Newcastle*

WAVERLEY LIBRARY – Tues 27/06/06: 6.00pm-7.30pm

ENGLISH – RAW

Scott Monk: *writer and journalist*

PADDINGTON LIBRARY – Wed 28/06/06: 6.00pm-8.30pm

LEGAL STUDIES

Wayne Gleeson: *legal studies teacher and HSC co-ordinating senior marker for Legal Studies*

WOOLLAHRA LIBRARY – Thurs 29/06/06: 6.00pm-7.30pm

IMAGINATIVE JOURNEYS

Wendy Michaels: *lecturer in the School of Humanities*

BOWEN LIBRARY
669-673 Anzac Parade
Maroubra
Enquiries on 9314 4888

WOOLLAHRA LIBRARY
WOOLLAHRA COUNCIL CHAMBERS
536 New South Head Road
Double Bay
Enquiries on 9391 7100

PADDINGTON LIBRARY
Town Hall Oxford Street
Paddington
Enquiries on 9391 7100

WAVERLEY LIBRARY
Denison Street
Bondi Junction
Enquiries on 93867734

CITY OF BOTANY BAY LIBRARY: CENTRAL LIBRARY
Westfield Shoppingtown Banks Avenue
Eastgardens
Enquiries on 9366 3888

Want to Dance?

In Year 10/11/12 or Staff

at

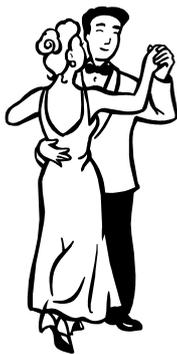
Sydney Girls or Sydney Boys High School?

Then come to

Dancing Lessons



- ☺ Friday 23rd June and Thursday 29th June
- ☺ Sydney Girls High School Multi Purpose Hall
- ☺ 3:30 → 5:30 pm
- ☺ Cost - \$5 each week payable at door on the day
- ☺ Qualified experienced instructors
- ☺ Learn Waltz; Jive; Cha Cha; Foxtrot and Street Samba



***Invitation
to all Parents and Staff***

to

**The Annual Joint Meeting of P & C Associations
Sydney Boys High School and Sydney Girls High School**

**WEDNESDAY 14 *JUNE 2006 AT 7.30 PM
GREAT HALL
SYDNEY BOYS HIGH SCHOOL**

Our speaker will be
Louise Remond, Clinical Psychologist,
Health Psychology Unit, University of Technology,
St Leonards Campus, Royal North Shore Hospital
co-author with Dr Sarah Edelman of

Taking Charge:

A guide for teenagers - Practical ways to overcome stress, hassles and upsetting emotions

Louise will give an overview of issues teens have commonly identified as stressful and aspects of adolescent development which can make adolescence a stressful period. She will describe the Taking Charge Model which aims to help individuals take 'greater charge' of their behaviours and emotions by taking positive actions and identifying and challenging unhelpful patterns of thinking. Topics will include: problem solving; acceptance of situations beyond one's control; identifying particular patterns of unhelpful thinking; skills for challenging irrational beliefs and applications of particular strategies to managing stress, the 'blues' and anxiety. The talk will provide useful resources for helping teenagers when they are feeling distressed.

The presentation will be followed by question time and refreshments.

*NOTE change of date from originally advertised 21 June 2006

SYDNEY BOYS' HIGH SCHOOL

Canteen Price List

Open Hours 8:30am - 1:40pm

8:30 to 9:00 a.m. * a time to place lunch orders * breakfast is available

It is to your advantage to pre-order lunches: it saves waiting in queues and ensures you get what you want.

Sandwiches and Rolls

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

Orders and over-counter sales:

buttered roll	-	\$ 1.20
cheese & tomato	\$ 1.50	\$ 2.00
chicken & coleslaw	\$ 2.80	\$ 3.50
chicken & lettuce	\$ 2.80	\$ 3.50
corned beef & tomato	\$ 2.40	\$ 2.80
dagwood		\$ 3.00
roast beef & tomato	\$ 2.50	\$ 3.00
roast beef, seeded mustard & lettuce	\$ 2.50	\$ 3.00
salad	\$ 2.00	\$ 2.50
chicken or lamb yeeros wrap		\$ 5.00
Mini wrap - chicken & coleslaw		\$ 2.50
- lamb & tabouleh		\$ 2.50
Available in brown/white bread; extras 20c		
Sushi		
- beef		
- salmon		
- tuna		
- veg		
	\$2.40	

Cakes, Muffins and Fruit

custard tart	\$ 2.10
choc chip/anzac cookies	\$ 1.00
chelsea bun/cupcake	\$ 1.80
muffin	\$ 2.50
apple, orange, banana	\$ 0.80
fresh fruit salad	\$ 2.00
fun bun	\$ 1.30
banana bread	\$ 1.40

Hot Food

Orders and over-counter sales:	
cheese & spinach puff	\$ 2.30
chicken & corn roll	\$ 1.30
chicken puff	\$ 2.50
chicken Halal	\$ 3.00
chilli pie	\$ 3.50
garlic bread	\$ 1.50
lasagne/ravioli/spaghetti/macaroni & cheese	\$ 3.00
meat pie (sauce + 20c extra)	\$ 2.60
pizza pocket	\$ 1.60
pizza rounda	\$ 1.80
pizza slab	\$ 2.20
potato pie	\$ 3.20
sausage roll	\$ 1.80
steak sandwich w/sauce	\$ 2.50
sweet chilli chicken sub w/sauce	\$ 3.50
hot chicken/mayo roll	\$ 3.50
hot chicken/mayo sandwich	\$ 2.80
hot dog and sauce	\$ 2.00

Drinks

300ml plain milk	\$ 1.10
300ml flavoured milk	\$ 1.70
600ml plain milk	\$ 1.70
600ml flavoured milk	\$ 2.30
mineral water	\$ 1.40
Powerade™	\$ 2.50
400ml 100% orange juice with iron	\$ 2.30
Diet 375ml Coke/Lift/Sprite Zero™	\$ 1.70
Diet 600ml Coke/Sprite Zero™	\$ 2.40
Aroona-carbonated spring fruits water	\$ 1.60
Berri – Long Life Juices	\$ 1.50

Sweets and ice creams/blocks over counter

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

All canteen profits are returned to the school for the benefit of the boys' education and development.

COMPULSORY SMOKE ALARMS

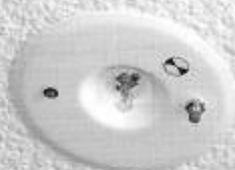
With new regulations coming into force from May 1, 2006 here is your opportunity to avail yourself of a top class unit. Please read the following pamphlet for all the details.



HOME EMERGENCY LIGHTING (AUST) PTY LTD

Our world first all-in-one smoke and emergency lighting system (patent pending) provides you with two safety options for every home. A Smoke alarm with Evacuation Lighting combined with Lighting in a black out situation

Available Australia Wide



For more information, please contact Home Emergency Lighting (Aust) Pty Ltd
(ABN 33 115 281 975)
Ph: 02 9522 3979 Fax: 02 9534 1433

You won't be left in the dark

Basic system including 1 x smoke detector and 1 x light \$465.00 (incl GST)

www.homeemergencylighting.com.au

HOME SAFETY

Thanks to **Home Emergency Lighting (Aust) Pty Ltd**, you won't be left in the dark again. Our world first all-in-one smoke and emergency lighting system (patent pending) provides you with two safety options for every home.

A Smoke Alarm with Evacuation Lighting combined with **Lighting in a blackout situation.**

During a blackout or power failure the emergency recess light fitting will operate for approximately two hours with a light span of 13 metres. This unit will recharge itself when the power resumes. When the smoke alarm sounds, the emergency light automatically comes on to give evacuation lighting.

The smoke detector is hard-wired into the wiring of your house. It has an electric photo cell detector with a rechargeable lithium cell back-up supply. (No batteries or maintenance required.) This smoke detector has an eight-year guarantee.

Because the layout of every home is different this system can be installed in any format in any home depending on the requirements of the individual. The emergency light does not have to be in the same room as the smoke detector and you can have as many or as few of each item as required (your options are endless).

This product is available Australia-wide – our electricians are ready to install.

Don't leave your family in the dark.

To find out more or to see a practical demonstration please contact **Home Emergency Lighting Australia Pty Ltd** (ABN 33 115 281 975) on **Ph: (02) 9522 3979 • Fax: (02) 9534 1433**
80 Holt Road, Sylvania NSW 2224 **Mobile: JEFF BROOKS ~ 0433 100 420**

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MENTION THIS AD
FOR A 10%
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LESSONS*!

CALL NOW TO
BE IN THE
DRIVERS
SEAT ...



* Conditions apply. New Students only. Not in conjunction with any other offer.

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