

H I G H N O T E S



The Weekly Newsletter of Sydney Boys High School

Vol 8 No 1

February 2 2007

From the Principal

Welcome to All New Staff and Students

On behalf of the High wider community, I welcome all new staff members, parents and students to our school. I hope that you have an enjoyable and rewarding experience with us. I am looking forward to sharing with you another year of great involvement and achievement in 2007.

Staff Changes

Ms Jenni May has transferred from HT Student Welfare to HT Creative Arts. Mr John Walker is the new HT Student Welfare. Newly appointed teachers to High are: Sherrin Ayre (English), Bonnie Branigan, Susanna Lim (ppt) and Jocelyne Isaacs (Creative Arts), Brian Webb (Science), and Malcolm Carson (TAS). Mark Jones (History) has returned from leave. Ed Pearson (English) is on leave, replaced by Miriam Jassy. Vicky Dunk (English) is about to go on maternity leave, replaced by Anna Barry. Jeannette Cook (LOTE) replaces Alain Albert. In Science, Angela Karagiannis is relieving for Ian Cox, as is Paul Hagan for Sonya Gorney. David Cheesman is relieving for Colin Harvey and then Michael Smith who are taking leave this term.

New Arrangements for Vehicle Movements



On Cleveland Street gate 1 has been widened and has two way traffic. Gate two has had an additional lane added. As from Monday, all entering vehicles are asked to use the new entry lane nearest to gate 1. The original two lanes will be used as left turn and right turn exit lanes, to ease traffic congestion. For a trial period, the portable plastic barricades will indicate where the line between entering and exiting traffic should be. I ask for your cooperation during this trial period. Please see the diagram at the end of this report.

Uncollected Reports

For various reasons I still have a large number of uncollected end of year reports. Students are reminded that they need to complete Clearance Forms and collect their

reports to be considered as having completed requirements for progression to the next academic year. Please collect your reports during recess or lunch except on Tuesdays.

Parent Mentors

Thank you so much to the volunteer Parent Mentors who have contacted the parents of new students. I am sure your efforts will make a difference in making the transition to a new learning environment smoother.

Co-payments on Invoices



In a recent newspaper assessment of government school costs to parents listed popular sports as being charged at \$200 per season on top of school 'fees' (listed as \$1500 per year in government schools). Some of these activities charges were as high as \$175 per term. Boys at High participating in certain summer sports will have a 'co-payment' invoiced, but only where excessive costs to administer the sport are incurred. As per the policy published in High Notes last year, the 'co-payments are as follows: rowing (\$200 for the season), tennis (\$75 per term), sailing (\$200 per term) and rifle shooting (\$200 per year). Debating is becoming more professionalised and will require a \$50 per year co-payment for participants in years 8-12. The performance music program requires time consuming administration and financial arrangements. This year a small administrative charge of \$20 will be levied on participants. Students who are being bussed to sport each week will have a transport levy of \$40 per season invoiced.

School Within a School

High is now divided into two, self-contained schools. The junior school comprises Years 7 to 9. It has a separate sports afternoon, separate assemblies, different attendance monitoring arrangements, a different uniform and you have an additional Year Adviser.

Our High Junior School has five major priorities.

Our first priority is to develop each student as a whole person. Through all the curriculum and activities of the school and through values and character education classes, our literacy plan and a structured outdoor education program, we aim to nurture engaged, resilient and self-confident students with a strong sense of self-efficacy – a feeling they are capable of achieving. We want to help students to try new things to help define their self image and individual identities, to develop self-awareness. We promote healthy risk taking in a controlled environment.

Our next priority is to promote a sense of belonging, of personal identity with the school and its purposes. We strongly encourage participation in the co-curricular life of the school. We want our students to be engaged in school life, physically fit and happy. We believe that participation in team sports is a vital component of personal development. We require boys to try out for two GPS sports teams each year. Boys learn a lot about life through participation in team sports. Many boys join debating groups, music ensembles, chess teams or school service committees to expand their experiences and networks of friends. Participation helps students to make friends.

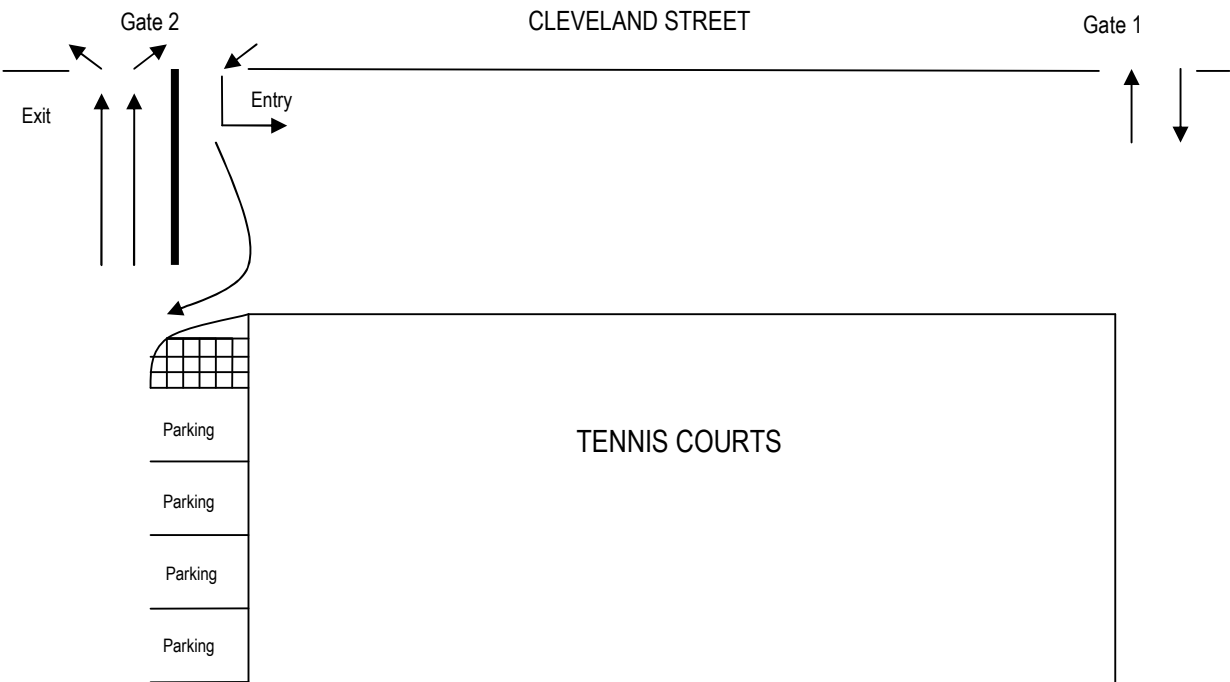
We have a priority to support our students. We provide a network of people to help and nurture them. Committees of staff, parents, old boys and supporters of High work tirelessly to provide for the needs of team members for Saturday sport and participants in co-curricular activities.

Another priority is fostering academic success. This is a stronger focus of the senior school in Years 10 to 12. We aim to support each student to gain entry into the university course of his choice. Historically, 99% of students attend university after gaining their HSC at High. That is the academic goal that even Year 7 students should have in mind. They are not just here to learn but to excel in their learning and to take personal responsibility for it. Fortunately, in the junior school there is more opportunity to experiment with learning. There are more choices possible as boys grow into independent learners. There is more time to follow up on personal interest areas. Our academic competitions program, Da Vinci decathlon and Tournament of Minds activities offer opportunities for boys to test themselves in a wider context than the school.

Finally, we have a priority to develop future leaders. We provide leadership opportunities and recognition of achievement, participation or service to the school and the community. Our Student Representative Council and Student Awards Scheme foster and reward involvement and leadership in a wide variety of activities. Leadership potential can be expressed in many contexts and while participating in a variety of group activities.

Our Junior High School will evolve as a unique, focussed environment promoting personal growth.

Dr K Jaggar



Anti Bullying Policy

It is important that we are all aware of the anti-bullying policy at SBHS. Please take a moment to read through this and discuss with your son.

Purpose

To protect students from bullying and foster a school culture where bullying is unacceptable

Definition

Bullying is repeated repression, physical, verbal or psychological, of a less powerful individual by a more powerful individual or group

Rationale

Students have been victims or perpetrators of bullying at SBHS

Staff and students need to be aware of strategies to identify and respond to incidents of bullying

Meet Department requirements

Aims

- To implement and maintain a whole school approach to address the problem of bullying
- To increase self esteem and to build self-efficacy
- To enhance learning readiness and the learning environment
- To empower students to be proactive in problem solving associated with bullying
- To heighten awareness at a whole school level

Outcomes

- Identify the needs of our students and develop strategies to meet these specific needs
- All students to have strategies to deal with bullying, whether a victim or witness, and these will be proactive
- All bullies to have strategies to curb bullying tendencies
- To maintain and expand on the Values Education program which identifies types of bullying behaviour and appropriate strategies for teachers and students to combat it
- Students to accept and value difference as a fact of life
- Regularly survey students to elicit feedback about their perception of the prevalence of bullying, where it occurs and general satisfaction with school life [QSL survey, Values Education surveys]
- Maintain a peer mediation scheme which assists students to resolve minor conflicts and to heighten students' awareness of this process through student diary, High Notes, teachers
- Publish a student grievance procedure in Student diaries and Values Education lesson material
- Produce a decrease in bullying incidents

- Staff to recognise that all incidents of bullying are unacceptable and to be proactive in addressing this issue

Policy in Action

Student Program

- All students will be made aware that bullying is unacceptable behaviour and that there are procedures in place for dealing with this problem [student diary/ Values Education / assemblies/ High Notes/ performances]
- All students will adhere to school rules about bullying
- All students will participate in surveys on the occurrences of and opinions about bullying
- All Year 10 students will participate in phase 1 Peer mediation training [living skills] and volunteer Year 10 students will participate in the school peer mediation program intensive training
- Prefects will participate actively in identifying and reducing the incidents of bullying and setting a role model
- All Year 7 students participate in Peer Support, aimed at building friendships, challenging stereotypes and encouraging assertive behaviour

Staff Program

- Staff should be active in identifying and eliminating bullying behaviour while on playground supervision, in the corridors, in the classroom, at sport venues.
- Teachers should report suspected victims of bullies to Year Advisers for early intervention and monitoring.
- Teachers should support and participate, where possible, in welfare programs designed to assist the elimination of bullying [eg. Peer mediation, peer support, peer tuition/mentoring, Values Education etc]
- Staff will be inserviced on anti-bullying policy and become aware of different strategies for combating bullying

Procedures for staff dealing with bullying incidents

1. Teachers respond to all incidents of bullying
2. All incidents to be reported on Yellow cards and passed to relevant person [outside class to Deputy Principals, within class to Faculty Head teacher or Deputy Principal]
3. Perpetrators and victims to be reported to relevant Year Adviser for follow up/monitoring
4. Deputy, HT Welfare or Year Adviser to inform Counsellor of all major concerns. All referrals, apart from self referrals, need to go through the Year Adviser
5. If a pattern of bullying emerges through SAD system [yellow cards] parents are interviewed and a plan of action implemented

6. All physical forms of bullying will result in detention/s and possible notice of intention to suspend and go through the Deputy Principals.

Procedures for students

1. Believe that any form of bullying is not acceptable
2. Two options are available for victims and witnesses
 - a. report the incident of bullying to your class teacher, teacher on playground duty, Year Adviser or Head Teacher Welfare
 - b. Peer Mediation is an alternative if preferred. You can request a mediation through the Peer Mediation Co-ordinator. The incident is not reported on the SAD system and remains confidential.

OR

Procedures for Parents

If you suspect your son is a victim of bullying please

1. Contact Year Adviser and they will liaise with counsellor and HT Welfare to address your concerns
2. The school will liaise with parents on a regular basis until your son feels safe.

Parent Representatives Required for Staff Selection Panel Responsibilities

The selection process for recruitment of staff at Sydney Boys High allows for a Teachers' Federation and a parent representative to sit on the selection panel when interviewing candidates. In order to be an eligible member of the panel, potential representatives are trained by Department of Education staff at specially designed courses.

Two training courses are scheduled to be held at the Arncliffe Office which is located at the corner of Segenhoe and Avenal Streets, Arncliffe. Parking is available on the streets around the building. These courses will be held on:

- Thursday 8 February 2.30 pm – 5.30 pm,
- Friday 9 February 2.00 pm – 5.00 pm

If you are interested in becoming trained to sit on staff selection panels, please contact Lynne Williams on 9361 6910, ext 150.

FROM LOTE

Welcome back! Some thoughts for the year from LOTE, but really from the Romans:

1. mens sana in corpore sano...

2. aequam memento rebus in arduis servare mentem!

If your Latin is not quite up to it, for a translation WATCH THIS SPACE!

LOTE CLASSICS

For Linguistic Logistics, Languages News

Willkommen! Bienvenue! Welcome! ... to a new school year, all Students and Staff of Languages, both Modern and Classical.

Last year ended on a positive note, with some excellent HSC results in both Modern and Classical languages. Thankyou to all Lote staff for their hard work, and well done Year 12! And 2007, too, should prove to be an exciting and fulfilling year for all students of languages. For the first time, Year 7 have come into the school having already selected their languages. By the end of 2007, the incoming Year 7 will be in a very good position, after a full year of study of their chosen languages.

All Languages classes will be issued with a Coursebook for the year. As usual, the Languages Department has ordered the accompanying Workbooks for French, German and Chinese. So that everyone may benefit from the use of these excellent Workbooks as soon as possible, we expect that students at High pay for these books promptly. Notes will be going home shortly, and your class teacher will inform you of the details.

May all students of languages have a productive and happy year!

D.Matsos, on behalf of Lote Staff

YOUR CALL REF!

Now is the time to get those basketball brain cells back into working order.

7 BLUE receives a pass from 8 BLUE and is knocked over by the force of the pass. However 7 BLUE at no stage loses control of the ball and without lifting his feet off the floor he manages to stand back up.

The call should be:

- a) Travel on 7 BLUE?
- b) Technical foul on 8 BLUE for throwing the ball too hard?
- c) No call because 7 BLUE did not lift his pivot foot?

I hope that everybody had a great break, and that you have a wonderful rest of season.

B Hayman

Rowing News



Over the break the rowing crews underwent selection and training. Andrew Huang, cox of the first VIII has written the report below on the

senior selection. I would like to thank all the coaches who made all the camps function so smoothly and the parents who came to cook and supervise. In particular I would like to thank Mark Prater, head coach, Dave Luscombe, Fin Murray, Oliver Wilson, George Barris, James Gerofi, Tim Glass, Liam Bennett, Robbie Girdler, Yaegan Doran, Dominic Grimm, Mr Coan, Mr Hespe, Mr Gainford for the time devoted over the holidays. I would also like to thank David Daish for repairing a hole in the 2nd VIII so quickly and well. Tim Wilson again assisted with boat towing and Chris Watson drove the bus back and forth among other things.

Next Tuesday Year 10 Vllls leave for the annual return visit to Melbourne High while on Saturday all crews start the racing season in Hen & Chicken Bay at the Sydney Grammar regatta.

On the 15th of January, when most students were still enjoying their holidays, the rowers of the 1st and 2nd VIII with a few hopefuls from the IVs arrived at the rowing sheds at 5.45 in the morning ready for 2 long days of crew selections. After a single scull time trial where the top 4 cemented their spot in the 1st VIII, the next fastest eight rowers competed against each other in a series of races in fours to claim a spot in the 4 remaining seats in the 1st VIII, with the remaining eight also racing in fours for a spot in the 2nd VIII. The seat racing was intense, and it was awesome to see the guys give it their all for a spot in the Vllls. The enthusiasm and racing spirit was strong throughout these selections and it produced quite a few exciting races.

After the seat racing and a final scull race on the 2nd day selections were finished and the crews were named. The crew of the 2nd VIII from the bow: Brynley Pfull, Andrew Leung, Shahar Merom, Harry Song, Kevin Lee, Harry Reid, Aaron Shuttleworth, stroke Robert Chen and coxed by Patrick Desmond. The 1st VIII from bow: David Kim, Daniel O'Keefe, David Vien, Mitchell Kelly, Anton Komarov, Thomas Hurrell, Ty Linegar, stroke Andrew Pham and myself as coxswain. With the crews named, the guys of the Vllls stayed at the sheds for another three long days of early mornings, intensive training and hours of thorough video sessions.

On the 29th of January, the Monday before school, the rowers returned to Penrith once more, doing some testing with the equipment and some speed work in some blistering hot Penrith sun. The results overall from these sessions at Penrith proved worthwhile and showed promise, with times of the 1st VIII, hovering around or in some cases even faster than last year's 1st VIII. With a strong squad emerging just before race season, the Grammar Regatta this Saturday will allow the boys to really get their boats flying and go bow-ball to bow-ball with some other boats.

Last but not least, a special mention to those who have made these camps and trips to Penrith possible. Thanks to the coaches of the A squad/Vllls; Oliver Wilson, David Luscombe, Fin Murray and Mark Prater. Thanks also to Tim Wilson for giving up his time to tow the boats and to Chris Watson for chauffeuring us to and from Penrith.

C Barris

ROWING

A DATE FOR YOUR CALENDAR

Catering / Father of night introduction planned for 5 February

Given that many current helpers are new to camp cooking and father of the night duties, we felt it appropriate that we have a proper "introduction" night. This would be a chance for new volunteers to meet and converse with old hands and get a handle on what exactly goes on at the sheds on camp nights and the processes in place to bring them off successfully. Junior parents should note that if their sons continue to row, their turn at the sheds will also come up before too long, so now may well be a good time to learn the ropes.

It would therefore be very helpful if everyone involved with cooking and fathering (new and seasoned campaigners alike) could come along to this evening. The date scheduled is **Monday 5 February at 7.00 pm.**

Unfortunately, we have not been able to organise the hoped for CPR course in time for this meeting, but would appreciate expressions of interest and preferred timing from all fathers, with a view to running the course **very** soon.

Looking forward to seeing you all there.

SBHS ROWING COMMITTEE



SBHS Debating 2007



REMEMBER THE GPS VICTORY OF 2006?
TALK THE TALK IN DEBATING AND
BE A PART OF HIGH'S SUCCESS IN 2007!

JOINING DEBATING IN 2007

Anyone can join debating - no experience is necessary! Information packages will be distributed in the 1st coaching session on Feb 9th, please attend the sessions to collect the information or see Ms Brewer in the Social Science staffroom AFTER Feb 9th.

COACHING STARTS FEB 9th FOR ALL GRADES

Coaching is due to commence in **week 2- Friday Feb 9th**, however because debating is technically a "winter sport", you may start coaching in term 2, if it clashes with your summer sporting commitments.

Year 7	Room 603 and 606	Faraz Amin and Romesh Abeysuriya
Year 8	Room 607 and 608	Evan Solomons and William Clegg
Year 9	Room 506	Tanvir Ahmed
Year 10	Room 401	Gabriel McManus
Year 11	Room 402	Tom Kaldor and Sriram Srikumar
Year 12	Room 403	Hamish Nairn

THE EASTSIDE COMPETITION

Our first debate of the year is in **The Eastside Competition** which starts with a home debate vs Scots on **Friday March 3** and runs on every Friday in March. Teams for round 1 will be set in coaching on Feb 23rd and more information will follow via email.

Round 1:	2 March:	Sydney Boys vs Scots
Round 2:	9 March:	Sydney Boys vs Reddam
Round 3:	16 March:	Sydney Boys vs Grammar
Round 4:	23 March:	SCEGGS vs Sydney Boys
Round 5:	30 March:	Sydney Girls vs Sydney Boys
Semi-finals:	4 May	Venue TBC

PARENT INFORMATION SESSION

A **parent information meeting** to answer all your questions about debating at High will be held in the Staff Common Room at **6.30pm** on **Tuesday Feb 13th**. Any parent of a student wishing to start debating this year is encouraged to attend.

PARKING

THANK YOU to everyone to helped with parking on Jan 7th.

Once again we are seeking your assistance with parking in order to raise funds for coaching. If you haven't helped out with parking before, I especially urge you to get involved and donate your time. Helping is really easy and a vital source of income for the Debating Program.

Sat FEB 17th- Foundation Cup Roosters v West Tigers @ Aussie start TBC

Friday APRIL 27th- Super 14 HSBC Waratahs v Chiefs @ Aussie start TBC

Sat JUNE 2nd- Swans v Essendon @ the SCG game starts at 7pm

Please email HARLEEN KAUR if you are able to help out- sbhsdsg@gmail.com

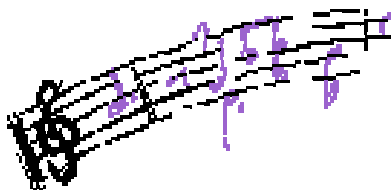
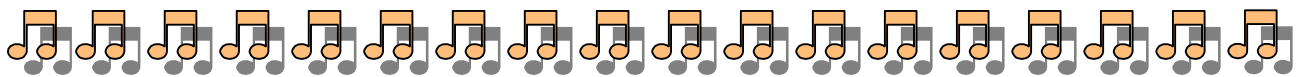
DEBATING SUPPORTERS GROUP

The first **Debating Supporters Group (DSG)** meeting of the year will be held on **Tuesday March 6th** at 6.30pm in the Staff Common Room. This is an opportunity for parents to become involved in fundraising and events that assist us in further strengthening the Debating teams at High. Please come along!

Further information can be obtained from

<http://www.sydneyhigh.org.au/debating>

Ms Jocelyn Brewer- MIC Debating
sbhsdebating@gmail.com



MUSIC NOTES

Music Awards Dinner

Hi and welcome back to school in 2007

We hope you had a wonderful and relaxing break over the holidays and are refreshed to start an exciting new year with us in the music program. Ensemble rehearsals will commence in week 2 with most of the rehearsal days and times remaining the same. (Please check below for any changes.)

This year, we are looking to expand our Marching band for the ANZAC Day march which will incorporate **TWO** rehearsals a week involving **ALL** members in the **Intermediate concert band** and the **Senior concert band**. Rehearsals will be conducted by Matthew Capper from the Australian Navy at **7:30am on Monday and Wednesday** mornings at **Moore Park West** during term 1. Intermediate and Senior concert band rehearsals will resume at the beginning of term 2 as usual.

All students learning an instrument with a tutor at school please contact your tutors if you haven't already done so to arrange lesson times for this year. The new billing system from last year will continue with the school invoicing the students twice a term for their instrumental lessons and payments made to the school at the front office. To ensure the smooth running of this process, we would greatly appreciate payments made within two weeks of receiving the invoice. We thank you in advance for your cooperation.

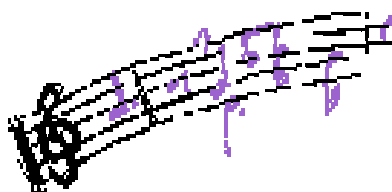
Instrumental Recruitment Night

The instrumental recruitment night will be held on Monday the 5th of February at 6:30pm in the Great Hall. All year 7 students and parents new to the music ensemble program are strongly encouraged to attend this evening as our instrumental tutors will be giving a demonstration on their instruments. You will have an opportunity to meet and talk with them and select an instrument of your choice. This information evening is invaluable, though if you are unable to attend please feel free to speak to us in the music staffroom or contact us by phone at school. We look forward to seeing you there on Monday.

Music Committee Meeting

Our first music committee meeting for 2007 will be held on Monday 5th of February at 7:30pm in the Staff Common Room right after the recruitment night. All new year 7 parents are most welcome to attend the meeting





MUSIC NOTES

Ensemble Rehearsal Times for 2007

Monday	7:30am Marching Band (Intermediate and Senior concert band members)
Tuesday	8:00am Intermediate Stage Band (Room 201)
Wednesday	7:15am Senior Stage Band (Join Marching Band at 8am) – Room 201 7:30am Marching Band (Moore Park West) 8:00am Chamber Choir (Room 201)
Thursday	8:00am Chamber Choir (Room 201)
Friday	8:00am Symphony Orchestra (Room 201) 8:00am Junior Stage Band (Room 101)

As of **term 2**, Marching Band members will attend their normal ensembles i.e., Intermediate concert band on Mondays 7:30am in room 201 and Senior concert band on Wednesdays 8:00am in room 201.

Parents of all music ensemble members, could you please provide the music staff with your contact details by filling in the below slip and returning it to the music staffroom as soon as possible so that we are able to contact you about any upcoming events involving your son's participation. This will enable us to communicate with you more effectively and efficiently. Thank you very much. (Please **print** the information.)

Kind regards,
Music staff.

Son's Name: _____ Roll class: _____

Parent(s) Name: _____ Contact No. : _____

Email: _____

Music Ensemble(s): _____



shootin' hoops

edition 35

The weekly dose of court-side action



Welcome to Another Season of HIGH Basketball

First of all we welcome the year 7s to High Basketball (the most exciting part of SBHS life). For those who chose basketball as their summer sport you will have your first training / try-outs on Thursday. The first game you'll be having would be against Kings on 10th of February so you get another week to get your uniforms and numbers ready. Uniform for high basketball can be bought at the high store under the main hall (Shirt, shorts and numbers).

For fellow students who are already part of the basketball community, welcome back and let's start the year off with some good wins over Grammar this weekend and Kings. *Last season 1st Grade defeated Kings with a stunning 91-77 score* and a victory is expected due to all the hard work and training the 1sts and 2nds went through during the holidays.

Players are advised to keep in touch with a basketball everyday; maybe dribble for 10 minutes per day or simply ball wraps. Get out there on our new courts and get the rings up. Also we need more rings around the school? 300 players and 4 rings??? Doesn't add up. Small things like this will convert those narrow losses to wins.

»» Raschke Cup (on Saturday 3rd of February)

For those who don't know Raschke Cup is an annual competition where the GPS teams gather together to play fast 20 minute running clock halves against all the other teams in the GPS. The game functions in a round robin style of two pools. Winner of each pool play each other as the Finals for the Cup.

This year the competition is to be held on the 3rd of February (Saturday) with the 1st grades playing at Shore and 2nd grades playing at High. *Spectators are most welcomed to come and cheer during these highly intense matches.* It is also a good chance to observe the massive improvement our boys have made from their holiday training. Best of luck 1sts and 2nds!

»» High Basketball Canteen

High basketball's fortunate enough to operate its very own canteen in the Gym. On Saturdays the canteen is open and sells food and drinks. A barbeque also runs in the carpark just outside the canteen. Any money earned in this canteen goes towards High Basketball to help keep it growing. Parents who are interested in helping with the Canteen on Saturdays should contact Mr Hayman in the PE staffroom.

The basketball is capable of travelling much faster than we can run. Make firm use of Passing!





What's NEW? *(additions to High basketball!)*

- 14As have a new coach – Anatoly Bose. Anatoly was a member of the Waverley team which won the CAS competition last year and has the highest vertical leap in NSW basketball.
- We welcome Ms Reemst, a new teacher at High who joins the High basketball staff. She'll be helping out with coaching an age group and assisting with supervision.
- 1st Grade has two new players! Matt Jones from the 1st division in the Norths squad and Ding Xiao who is involved with Parramatta Basketball! All new players trained in the holidays!!
- A new High Basketball supporters DVD has been completed! Ask basketball staff members (politely) if you'd like to watch it.
- Our new outdoor basketball courts are looking great! Finally the wait is over! Get on the courts and hoop it up!

Draws for Raschke Cup

1st GRADES (SHORE GYM)

<i>Time</i>	<i>Court1 (Pool A)</i>	<i>Court 2 (Pool B)</i>
9.00am	Shore vs Kings	Newington vs High
9.45am	Scots vs Grammar	St Ignatius vs St Josephs
10.30am	Scots vs Kings	St Ignatius vs High
11.15am	Grammar vs Shore	St Josephs vs Newington
12.00pm	Kings vs Grammar	High vs St Josephs
12.45pm	Shore vs Scots	Newington vs St Ignatius
2.00pm	Winner (pool A) vs Winner (pool B)	

2nd GRADES (HIGH GYM)

<i>Time</i>	<i>Court1 (Pool A)</i>	<i>Court 2 (Pool B)</i>
9.00am	St Ignatius vs Kings	Grammar vs St Josephs
9.45am	Newington vs Shore	Scots vs High
10.30am	Newington vs Kings	Scots vs St Josephs
11.15am	Shore vs St Ignatius	High vs Grammar
12.00pm	Kings vs Shore	St Josephs vs High
12.45pm	St Ignatius vs Newington	Grammar vs Scots
2.00pm	Winner (pool A) vs Winner (pool B)	

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

Match Reports should be handed in electronic form or emailed to Mr Hayman

~Brought to you by Johny Shih

~Thank you to Mr Hayman for all his contributions to basketball and information



REMINDER:

BOOK NOW!

J SHUTTLEWORTH

0427 070 569

LEARN TO ROW PROGRAMS 2007

COURSE INFORMATION FOR SYDNEY HIGH PARENTS & PARTNERS

Beginner Level: Term 1
Sunday, 18 February – 25 March 2007
7.00am – 9.00am
6 Sessions of 2 hours
\$275.00 (Inc. GST)

Co-ordinator & Head Coach:
Ross Bowey, Old Boy 1974
Sydney High Rowing Club
The Outterside Centre
5 Teviot Avenue, Abbotsford

Real Rowing for Rigour Racing Shells on the Parramatta River

If you want to learn Rowing in Sydney, then this course of 6 classes is for you. Whether you are a raw land lubber or have some previous experience, come and learn the skills of rowing. If your son is a rower then here is another experience that you can share. If your son does not row then you are still most welcome to join these classes. Rowing is the ideal aerobic sport for the entire body as it is low impact and has a low incidence of injury. You will also enjoy messing about in boats as well as the magic moments of early mornings on the water. Further courses will be planned for **Terms 2-4** including **Intermediate** and **Advanced** Levels.

Agenda

Week 1:

Orientation to the pontoon area
Racing shell setup
Safety precautions
Fundamental rowing technique

Weeks 2-6

Development of rowing technique
Style correction
Crew rowing

Learning Outcomes

At the completion of the course participants will possess the following skills and knowledge:

- Basic knowledge of rowing style and boat rigging
- Basic navigation rules and river etiquette
- Ability to row with a crew in a racing shell

Other Information

Complete crews are desirable but not essential. Other adult participants from a number of Community Colleges will also be in attendance. Make-up crews can be arranged in the IVs and VIIIs used.

Safety Notes: Participants must be able to swim 50 metres and tread water as a safety requirement. All participants must sign The Sydney High School Foundation Indemnity Form, stating swimming ability, before they are allowed on the water. Qualified coaches will be appointed to take charge of each crew.

Participants should bring: a hat, sunscreen, sunglasses, snack, water, well-fitting shorts and top (loose clothing may become caught in rigging), football socks as well as a change of clothes to wear home. All participants must wear suitable footwear (no thongs or sandals) for carrying boats in wet areas.

Absences: In case of illness, heavy rain or bad weather, please contact **Ross Bowey** on **0428 519705** to make arrangements or reschedule dates.

Expression of interest: Please contact **Judith Shuttleworth**, Foundation Venues Manager and a rowing parent, on **0427 070 569** or at **sales@shsfoundation.org.au**.

Want to learn



THE PIANO?

Teacher of the Pianoforte, Music Theory and Musicianship;
Instrumental & Ensemble Accompanist

Dip.ABRSM: Diploma of the Associated Board of the Royal Schools of Music in Pianoforte Performance *with Distinction & International Scholarship*

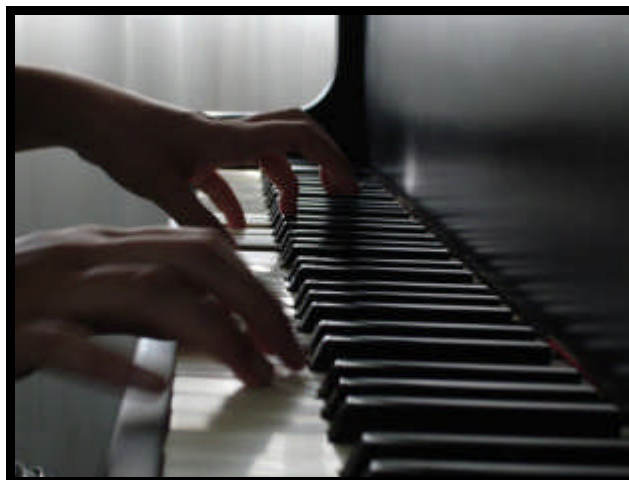
LRSM: Licentiate of the Royal Schools of Music in Pianoforte Performance *with Distinction*

Mem. CASH: Member of the Composers and Authors Society of Hong Kong since 2005

Performer of the Encore Program 2006; Winner of the 12th Asia Piano Open Competition, Ballade/Scherzo First Prize; Finalist(Honours) of the 2003 Mozart Piano Competition; Choral pianist for the Choir Olympics 2002, Busan, representing Hong Kong, China; Participant of the 2004 International Keyboard Institute and Festival, New York.

- *Experienced teaching from Preliminary Grade to Advanced Levels including LMusA, LTCL, ATCL, (Former) Guildhall.*
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Fax: 9361 6206
email: williamsl@sydneyboys-h.schools.nsw.edu.au

P.S. Content is subject to approval



17 January 2007

Dear Principal,

FREE INFORMATION EVENING

Student Exchange Australia, a not-for-profit organisation which is registered with all state and territory departments of education, is pleased to present a free information evening in Sydney on Wednesday, February 7.

The evening gives students and families the opportunity to learn more about becoming an exchange student and the various scholarship options that are available.

We would be most grateful if you would place this notice in your school newsletter, on a notice board or website, or mention it in an assembly. Alternatively, your language teachers may be interested to promote our scholarship opportunities to senior students. Thank you in advance for your assistance.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Nick Lorentzen'.

Nick Lorentzen
Director

p.o. box 1420
mona vale nsw Australia 1660
p +61 2 9997 0700 f +61 2 9997 0701
w studentexchange.org.au
abn 49 101 489 356

student exchange AUSTRALIA	
FREE INFORMATION EVENING IN SYDNEY - 7 FEBRUARY, 2007	
<ul style="list-style-type: none">➤ Come and meet our staff➤ Hear comprehensive information on all aspects of exchange➤ Ask questions➤ Listen to questions asked by other students and parents, and➤ Meet other students who are considering going on exchange➤ Scholarships available!	<p>7:30pm</p> <p>Wednesday, 7 February</p> <p>Medina Grand Sydney Cnr Kent and Bathurst Streets Sydney CBD</p> <p>www.studentexchange.org.au</p> <p>1300 135 331 (cost of a local call)</p>