



## From the Principal High Talent

Congratulations to our GPS Chess team of 8. In the GPS competition hosted by High, our boys retained the trophy from the inaugural contest last year. Well done, boys! Congratulations to the Diminished 5ths who played so impressively to win the Jazz Band Competition.

## GPS Athletics Carnival

There was a really good atmosphere at Homebush last Saturday for the annual GPS Athletics carnival. The hard work of the athletics team and the coaching staff led by Mr Devlin has paid off handsomely. A larger crowd of High supporters was treated to a great display of team effort, particularly by our juniors. The Junior Championship result was the best this century. Everyone concerned should be heartened by the boys' performances and ought to be inspired to recruit more athletes, to start training earlier in the season and to set goals for 2008. The most impressive aspect of the day was the competitiveness of the boys – a noticeable change in attitude to that which was observed several years ago. The results table below shows much improvement has occurred. The name of the game is to finish or post a qualifying height or distance in **every** championship event to guarantee at least 5 points for the team. Better results in hurdle events were features of the day as were the consistently good relay results.



I really appreciated the individual performance of Michael Phung in U13 – 2nd in long jump, 3rd in 100m, 4th in 200m. and 4th in 4x100m relay. In U14 I liked Shadman Ali's 2nd in the 200m, 3rd in 100m and 4th in the 4x100m. In U16 Michael Denny-Smith showed great stamina - 400m 2nd, hurdles 9th, 8th in high jump, 7th in 4x400 relay. Dinghua Xiao came up against a hot field in U16 shot to nearly break the old GPS record with another PB of 14.59 for 4th. Focussed competitors can earn many points.

## SHS - GPS Athletics Carnival Results

	Senior Point Score	Position	Junior Point Score	Position
2007	185	9	421	7
2006	175.5	8	374.5	8
2005	155	9	317	9

I have set some **benchmarks** for the coaches and competitors to consider in 2008. If we reached these benchmarks we could realistically attain our next target of 6th in Juniors and 7th in Seniors.

For the **100m**: U13 12.6, U14 12.3, U15 12.2, U16 11.85, U17 11.3, Open 11.5. For the **200m**: U13 26.0, U14 25.2, U15 25.0, U16 23.4, U17 23.3, Open 23.1. For the **400m**: U13 61.5, U14 58.0, U15 55.0, U16 54.0, U17 53.5, Open 52.5. For the **800m**: U13 2.25, U14 2.10, U15 2.07, U16 2.06.5, U17 2.06.0, Open 2.05. For the **1500m**: U13 5.02.5, U14 4.37.0, U15 4.35.0, U16 4.34.0, U17 4.33.0, Open 4.30.0.

## Marketing Officer

Now that Lisa Gowran is leaving us to relocate to Cromer High we are in need of a *Marketing Officer*. This is an evolving role centred on marketing the school, advertising, publicising the school's activities in the press, organising Open Day and conducting tours of the school. The role design is determined to a large extent by the incumbent. The allowance for teachers is 3 periods per cycle. Compensation may be by time or period equivalent payment as a secondary employment role. Please let me know if you are interested.

## Student Mentors

I am still looking for more volunteers to act as mentors to incoming students. Current Year 8 and Year 10 boys are being asked to volunteer. To register your interest or to find out more about what you might be asked to do, please contact my Assistant, Ms Williams.

## School Prefects and Executive Team

The selection process for School Prefects and the Prefect Executive has been completed. David Vlen was elected School captain by the Prefects and Matthew Coutts is Vice Captain. Together and after consulting with Mr Kesting, the Captains appointed Joshua Hui as Senior Prefect. I congratulate all the Prefects Elect and the Senior Executive team on their selection to these important school governance roles.

## Team Managers For the Cricket Season



The Cricket Committee is offering an employment opportunity for Old Boys or current students over the age of 15 with an understanding of and interest in GPS cricket. The role is to manage a junior team in the morning competition. There are several teams requiring managers. The manager will be responsible for communicating venues and times to the team, organising the kit to be available at the venue, ensuring scoring and umpiring occurs at the game and reporting scores or problems to the MIC cricket. The employment period is terms 4 and 1 on competition Saturdays for 4 hours in the mornings. Remuneration is on a \$60 per match basis. If you qualify and would like to be considered for one of these positions, please register your interest and contact details with my Assistant, Ms Williams, who will refer your contact details to Mr Laurie Heil, MIC Cricket.

**Dr K Jaggar**

## Road Safety Around Schools



The City of Sydney will be increasing enforcement operations around school zones as part of a campaign to improve safety around schools. There are concerns for safety due to inappropriate and dangerous stopping and parking behaviour by parents dropping off and picking up their children.

We have been advised that City of Sydney Rangers will soon be actively monitoring and visiting schools to educate drivers to ensure that they comply with the road rules. They will also be issuing penalty notices where applicable.

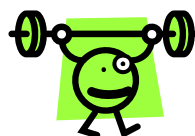
The Rangers may be in plain clothes and can book drivers without approaching the driver; that is fines will be sent to offenders by mail.

It is worth noting that the Roads and Traffic Authority increased penalties for traffic and parking offences in school zones from 21 May 2007. The new fines and demerit point increases include:

- Double parking - \$231 fine and two demerit points
- Stopping on or near a children's/pedestrian/marked foot crossing - \$308 fine and two demerit points
- Disobey No Stopping sign - \$231 fine and two demerit points

Parents are encouraged to drop their children off within the School grounds for the safety of all concerned.

## 25 STRONGMEN 4 CHALLENGES MAXIMUM POWER 1 ULTIMATE CHAMPION



In the Annual Strongman competition we had 15 Seniors (over 15 yrs) and 10 Juniors (under 15 yrs) pushing, pulling, flipping and carrying their way through 4 gruelling events to find the ultimate champion. All boys acquitted themselves extremely well and should be proud of their efforts. It takes a certain mental attitude to throw yourself into a contest of strength and power against fellow competitors and I'm very happy with the tenacity shown by all. However there can be only one champion and the top 5 from each division is shown below as well as some highlights. They will have their name engraved on a strongman plaque in the weights room along with last year's winners.

SENIOR	POINTS
1st Anton Komarov	47
2nd Alex Vertoudakis	42
3rd Warren Trac	40
4th Ping Du	39.5
5th Pat Gallego	38

JUNIOR	POINTS
1st James Whiting	31
2nd Dominic Edgtton	30
3rd George Denny-Smith	30
4th Barry Chen	29
5th Jonah Petrie	26

### Strongman Highlights and Lowlights

- Mini strongman Shanaz Razeen's 'balls and all' car pull and Tyre flipping technique.
- Alex Vertoudakis showing why he is the king of the truck pull winning and beating his next competitor by 5 seconds.
- Danny Fu's (little men have power) tyre flipping technique which enabled him to take out the senior tyre flipping division
- Warren Trac's abysmal car pull (great great grandmothers crawl faster) which could have cost him the title
- Rob Chen's ignorance to pain as he shredded his feet with blisters in the car pull (should have kept the slippers on Rob)
- Mr Hannon's George Miller like filming techniques as he captured all the action up close and personal.
- Anton Komarov showing that you need only a mask and underpants to create a super hero image
- James Whiting proving once again that technique and consistency are the keys to bringing down the big men.
- Dinghua Xiao's acrobatic gravity defying tyre and body flip where he ended up wearing the tyre as a hoola hoop. Very entertaining Ding.
- The HULK's appearance.

A very big thank you must be given to the following teachers and students who helped make the contest run smoothly. Mr Stein (Farmers Carry), Mr Ryan (Truck Pull), Mr Barris (Viking Pull), Mr Hayman and Josh Tassell (Tyre Flip), David Vien for his organisational skills and his team of seniors who ran the bar-b-cue smoothly and efficiently., Mr Hannon who filmed the event, the Band and all those students who helped set up and pack away. Without all of your help we would not have been able to get through it all so smoothly and raise some money for gym equipment. Thank you all.

### Skins Special Offer Continues

I have been able to negotiate a 20% discount with the company Body Science in regards to their compression garment range similar to the commonly known SKINS range. All you have to do is log on to their website at [www.kompressorz.com](http://www.kompressorz.com) register as a shopper and at the bottom of the purchase page type in the Friends Code: sbhs and you will get an automatic 20% discount with free freight. These tights are state of the art and by

personal experience are thicker, more compressive and more resilient than skins or many other equivalent brands. They also include both upper body/lower body/full length or part length variations. For recovery and training comfort they are an essential garment for sport enthusiasts.

**'IF ALL ELSE FAILS GET A BIGGER HAMMER'**

TJ

Sydney Boys High School

Weights Room

Strength & Conditioning Coach

### INVITATION TO ALL TENNIS PARENTS AND INTERESTED PARTIES

P & C Subcommittee Tennis  
AGM

Wednesday 26 September 2007  
7.00 pm in the Staff Common Room

Mr Richard Ayre has kindly agreed to take over as MIC Tennis.

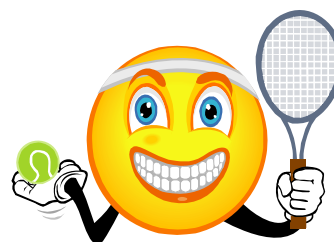
At this meeting you will have the opportunity to inform yourself about the 2008 tennis program, discuss issues and present ideas on how tennis at High can be further enhanced.

Please note that all positions will be declared vacant.

Like all sports at SBHS, tennis needs the active support of ALL parents and your attendance at this meeting will be highly valued.

I am looking forward to see you there.

Gabriele Klocker



### DID YOU KNOW?

Did you know that the system of British Knighthood dates back to Saxon times? Thirty eight old boys of Sydney High have been invested into one of the orders of Knighthood or been made Knight Bachelors. The first old boy to receive a Knighthood was **Samuel Barraclough** (1889) who was made a Knight Commander of the Order of the British Empire in 1920, following his service in the Australian Imperial Force in World War I. The most recent was **Michael Marmot** (1961) who was made a Knight Bachelor in the UK in 2000 for services to epidemiology and understanding health inequalities.



**SHS Old Boys Union**  
[www.shsobu.org.au](http://www.shsobu.org.au)

## Year 8 Soccer Picnic

**Date :** Saturday 29 September  
**Time :** Starting at 11 am, finishing whenever  
**Location :** Centennial Park, on the inner SBH soccer field (ie same place as last year for 14As)

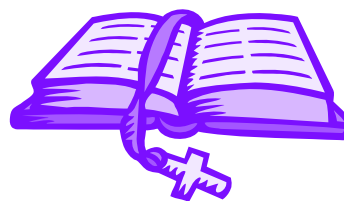
Bring your own picnic, join in the parents versus boys game or barrack (for the parents) from the sidelines.

**Everyone welcome - hope to see you and your family there**

Enquiries : Robyn Connell 0438 800 873



## Annual Combined GPS Church Service



The President, Ian Clarke, and members of the GPS OBU Council invite you and all friends in the GPS Community to attend this annual service.

**Venue:** Shore Chapel, North Sydney  
(Parking is available off Union Street)  
**Date:** Sunday, 21 October 2007  
**Time:** 9.00 am

Morning tea will be served following the service.

The ecumenical nature of our service enjoys the warm support of Headmasters and Clergy.

Reverend Nick Foord, an Old Boy, (80) has kindly arranged the service and the inclusion of the Shore Boys' Choir.

Dr Timothy Wright, Headmaster of Shore will give an address.

Students, Old Boys and Parents are warmly invited to join us in this joint worship.

RSVP by 25 September 2007 to  
[apampalian@nsw.gadens.com.au](mailto:apampalian@nsw.gadens.com.au) – Anita Pampalian

## Sydney Boys High Exoday 2007

Sydney High's 2007 Exoday was very different from the previous year. There was a much greater emphasis on social justice. Pre-Exoday, Sydney High's ISCF (Inter-School Christian Fellowship) had decided to give the option to students, to sign up for Samaritan Purse's Operation Christmas Child, and to serve soup at St Vincent De Paul's Matthew Talbot Hostel in Woolloomooloo. Both charitable causes were well received by the students, with around 15 having signed up to serve soup in the holidays at the Hostel, and 16 boxes and counting for the Operation Christmas Child

Project. I must congratulate the boys who have signed up/donated boxes, I commend you for your efforts. It is great to see the boys actively seeking to change these people's lives.



On to the Exoday itself. The weather fined up for us which was excellent; and the student's were working hard to get things ready in time. A big hand must go to Nathan McDonnell for organising most, if not all of the event; and Varan Peranathan for his great work running the BBQ. The guests started arriving, the band, the representatives from World Vision and Matthew Talbot, Nick Khiroya, the speaker, and of course the students.

The band opened with a few songs, and then it was on to the speakers. Both World Vision and Matthew Talbot had some great practical solutions to helping out and seeking to end poverty and social injustice. They spoke with a passion, and really showed the students how much these people needed our help. Edwin Montoya Zorrilla spoke about Amnesty International's fight for human rights, and urged all the students to get behind this worthy cause. It would be great to see more and more boys join the charities committee, as a result of these excellent speeches. Nick Khiroya, had a funny story to tell, and re-worked the Christian message in a fresh and innovative way. David Kim then got up and spoke of how he can turn to Christ in times of trouble.

All in all, it was a great day. The BBQ raised \$328 and only 300 of the 500 sausages could be cooked as a BBQ broke down. You will be pleased to know that these leftover sausages were donated to the St Vincent De Paul Matthew Talbot Hostel. Once again, I must thank the volunteers, the students, the speakers, the representatives, and the staff, in particular Messrs Beringer and Dowdell, and Dr Jaggar.

### **Letters Re Absence/Lateness/ Early Leave**

When your son returns to school from being absent he is required to provide a letter of explanation signed by a parent or guardian. If your son is going to be late for school a note is also required.

If your son has an early leave note he is required to have his note signed by either Mr Beringer, Mr Dowdell or Mr Prorellis before 8:55 am and handed in to the Main Office immediately after. Each letter should be signed by a parent or guardian with the name date and roll class of your son printed clearly. Your son needs to pick up a leave pass from the Main Office before he leaves the school.

### **Leave**

If you require leave for your son please, apply in writing and address your application to the Principal, Dr Jaggar, stating the reason and length of time of the leave. Your son must then present this application to Dr Jaggar for permission for the leave. Please remember to apply before the leave and not after.

**The Principal must approve all leave applications.**

### **Another Email Service For Parents**

Parents who supply the school with an email address can now have an updated report on their son's attendance record can sent to them on a daily or weekly basis.

If you would like to have your son's attendance record sent to you send your email address to [dowdellb@sydneyboys-h.schools.nsw.edu.au](mailto:dowdellb@sydneyboys-h.schools.nsw.edu.au). Please include your son's name and date of birth in the email.

### **AAGPS Athletics Championships**

15 September 2007 marked the commencement of the 112th annual AAGPS Athletic Championships as Sydney High athletes tackled the notoriously blustery conditions of the Homebush Athletic arena. Although a small crowd of high supporters contributed little in terms of numbers to the overall crowd of near 8000, their spirit and enthusiasm was anything but lacking as they cheered on all participating High athletes with a new found vigour.



In the 13 years division, Michael Phung proved his consistency as he participated successfully in a number of events, taking 3<sup>rd</sup> in the 100m (12.52), 4<sup>th</sup> in the 200m (25.92) and second in the long jump (5.07). Surprise package Kah-Yang Wong ran brilliantly to take 3<sup>rd</sup> in the 400m and the 4 x 100m relay (K Gunaratne, T Ling, S Reiyder and M Phung) perfected their changes running for a well deserved 4<sup>th</sup> (51.87).

In the 14 years division, last year's standout performer Shadman Ali continued his success at the GPS level running scorching times of 11.90 in the 100m and 24.03 in the 200m to place 3<sup>rd</sup> and 2<sup>nd</sup> respectively. A notable mention must also go to Christopher Morrow who represented the school gallantly in a number of events performing just outside the medals in each. The importance and value of the relay training undertaken by all participating athletes also began to show as the 14s 4 x 100m relay on the back of a strong final leg by Ali ran a respectable 4<sup>th</sup> (48.81).

The 15 years Sydney High athletics team was unfortunately weakened greatly with the loss of key runner and junior athletics co-captain Joshua Tassell with a hamstring strain only a couple of days out from the championships. However, a number of other individuals stepped up to the plate performing outstandingly to regain some of the potential points lost. Jeremy Ireland ran beautifully to match his 2<sup>nd</sup> place in last year's carnival in the 1500m (4.26.38). A consistent performer for Sydney High athletics, Jeremy is seen at all training sessions putting in 110% and his well deserved 2<sup>nd</sup> placing is a reflection of this hard work. He stands as an example for all other athletes to follow and forge their own paths to success. In other performances, Justin Chow utilised his basketball background as he jumped his way to 3<sup>rd</sup> (1.70) in the high jump and a solid 5<sup>th</sup> placing by the 4 x 100m relay team completed a carnival of mixed success for the age group.

The 16 years Sydney High athletics team performed admirably with exceptional performances by Michael Denny Smith setting the foundation for other notable achievements by the remaining individuals of the team. Denny Smith ran incredibly to place 4<sup>th</sup> in the 200m (23.40), a close 2<sup>nd</sup> in the 400m (52.32) and 4<sup>th</sup> in the division hurdles (15.23). A wonderful all-round performance. Dinghua Xiao threw a personal best (14.59) to unluckily place 4<sup>th</sup> with the three athletes ahead of him all breaking the record and Xiao himself being only 3cm off it. Danny Fu jumped well (5.70) for 4<sup>th</sup> in the long jump, Matthew Rusli threw powerfully for 4<sup>th</sup> in the division shot put (10.52) and Lachlan Street ran well for 5<sup>th</sup> in the division 100m (12.07). Once again

many of these athletes backed up for the 4 x 100m relay which ran a respectable 5<sup>th</sup> (45.78). A strong performance by this age group greatly aided the effort of the junior team as they eclipsed last year's overall performance.

Although there were few placings in the senior age divisions, all athletes competed well amongst the fierce competition. In the 17s, Kogulan Sriranjana confirmed his title as the fastest man at Sydney High running an amazing 11.47 to finish 6<sup>th</sup> in a hotly contested 100m championship. He backed this performance with an equally fast 23.31 in the 200m to finish one place better. Joseph Lai ran brilliantly to place 4<sup>th</sup> in the 110m hurdles championships in a personal best time of 16.16 and George Lo matched this with an 11.69 in the division 100m. The opens saw a little more success with myself placing 3<sup>rd</sup> in the 110m championship hurdles (15.37) and the opens 4 x 100m relay team (F Jin, G Lo, D Gunaratne & K Sriranjana) surprising everyone including themselves to run a sizzling time of 44.96 to finish 4<sup>th</sup>. Finally, Frank Jin portrayed the raw talent possessed by all High athletes as he jumped a personal best of 6.55m to take 3<sup>rd</sup> in the long jump – with a mere one week's training. Frank has been one of Sydney High's most successful athletes in recent years placing four times in the event which included one of the school's few wins (2005).

Although the team was unable to seize that valuable win, the junior team even with the loss of sprinter Joshua Tassell met all expectations as they surpassed both the Armidale School and The Scots College to finish a respectable 7<sup>th</sup>, our best performance in many years. Although the senior team were once again surpassed by The Armidale School, it was a brave effort put in by those athletes partaking at the championships.

During my time participating in High athletics, I've witnessed true feats of courage, as individuals overcame all odds to perform remarkable feats. Although there were no wins to take home, there was definitely no shortage of courage. I draw on in particular the effort of Aaron Shuttleworth in the senior 4 x 400m relay. A week of hearing him boast of burning his nearest competitor in his leg of the race became ever tiresome, but burn he did, as I watched him draw level and surpass the Newington runner with 200m to go setting a solid platform for the final runner of the team. A valiant effort embracing all that Sydney High Athletics represents.

**Dakshika Gunaratne (Athletics Captain 2007)**

## Results from the 112th GPS Athletics Finals

Event	Division	13	14	15
100	Champ	Michael Phung 12.52 3rd	Shadman Ali 11.90 3rd	Nicholas Dimitropoulos 12.68
100	Div	Tian Ling 13.65	Michael Wong 12.9	Justin Chow 12.51
200	Champ	Michael Phung 25.85	Shadman Ali 24.03 2nd	Jim Nguyen 27.17
400	Champ	Kah-Yang Wong 61.08 3rd	Christopher Morrow 60.36	Stephen Yoon 65.07
800	Champ	Pasan Pannila 2.32.66	Dale Chen 2.22.66	Neil Street 2.18.17
800	Div	Kah-Yang Wong DNS	Brian Kelly 2.19.59	Timothy Siu 2.24.65
1500	Champ	Pasan Pannila 5.19.34	Samuel Lane 4.36.48	Jeremy Ireland 4.26.38 2nd
Hurdles	Champ	Kumudika Gunaratne 16.61	Christopher Morrow 13.90	Stephen Yoon 17.91
Hurdles	Div	Patrick Krakovsky 16.68	Benjamin Li 15.44	Jim Nguyen 21.54
HJ	Champ	Michael Phung 1.40m	Christopher Morrow 1.58m	Justin Chow 1.70m 3rd
LJ	Champ	Michael Phung 5.07m 2nd	Derek Trang 3.24m	Tony Xiao 5.12
SP	Champ	David Nguyen 11.60m	Michael Wang 9.82	George Denny-Smith 12.63m
SP	Champ	Albert Huynh 9.5	David Ma 9.58m	Barry Chen 10.55
4 x 100m		Michael Phung Tian Ling Kah-Yang Wong Slava Reiyder 51.87	Shadman Ali Michael Wong Isnad Zaman Saif Haque 48.81	Nicholas Dimitropoulos Justin Chow Barry Chen Jeffery Wong 48.02
4 x 400m	Junior	Nelson Ridges Timothy Siu Neil Street Matthew Ling 5.54.08		
Event	Division	16	17	Opens
100	Champ	Kent Nguyen 11.91	Kogulan Sriranjana 11.47	Dakshika Gunaratne 11.84
100	Div	Lachlan Street 12.07	George Lo 11.69	Frank Jin 12.34
200	Champ	Michael Denny-Smith 23.40	Kogulan Sriranjana 23.31	Aaron Shuttleworth 24.47
400	Champ	Michael Denny-Smith 52.32	Ty Linegar 53.95	Jeremy Luscombe 55.01
800	Champ	Amer Amin 2.26.47	Arunan Kandasamy 2.31.64	Thomas Castleton 2.12.74
800	Div	Clive Chen	Kwan Choi	Nikola Levanic

1500	Champ	2.24.76 Nathan McDonnell	2.26.44 Ty Linegar	2.13.55 Shiva Sheth
		4.55	5.08.57	4.43.67
Hurdles	Champ	Lachlan Street 18.59	Joseph Lai 16.16	Dakshika Gunaratne 15.37 3rd
Hurdles	Div	Michael Denny-Smith 15.23	Danny Fu 20.60	Arthur Wang 19.23
HJ	Champ	Michael Denny-Smith 1.70m	Lachlan Street 1.70m	Nicholas Dimitropoulos NH
LJ	Champ	Danny Fu 5.70m	Gehan Karunaratne 5.60m	Frank Jin 6.55m 3rd
SP	Champ	Dinghua Xiao 14.59m	Ping Du 11.06m	Patrick Gallego 11.06m
SP	Champ	Matthew Rusli 10.52m	Warren Trac 10.75m	Dougall Norris 9.97m
4 x 100m		Kent Nguyen Lachlan Street Michael Denny-Smith Joel Livingston 45.78	Joshua Hui Arunan Kandasamy Danny Fu Ben Wang 48.41	Dakshika Gunaratne Frank Jin Kogulan Sriranjana George Lo 44.96
4 x 400m	Senior	Patrick Locke Daniel O'Keefe Alistair Taylor Aaron Shuttleworth 3.47.47	3000m	Harrison Lane 9.45.07 Edwin Montoya Zorrilla 10.03.47

*125th  
Anniversary Cabaret*

*Friday 21 November 2008*



In conjunction with Sydney Girls High School, we are holding an Anniversary Cabaret evening on Friday 21 November 2008.

If you are interested in volunteering to be on the organising committee for this important event in the School's calendar, please contact

Lynne Williams  
on  
9361 6910, ext 114





SYDNEY BOYS HIGH SCHOOL ROWING COMMITTEE

## **ROWING SEASON LAUNCH 2007-08 PARENT ORIENTATION Saturday 20th October 2007**

If you're like me you won't know everything about rowing so come along and acquaint yourself with what goes on at the High rowing sheds.

All senior parents are needed to help with the boys camping at the sheds at least once during the season and all the junior parents need to help at the Saturday BBQs.

### **PROGRAM for Parents**

9.00am - Years 7, 8, 9 orientation and tour of the sheds

10.00am - Morning tea (coffee/tea and croissants)

11.00am - Years 10 & 11 outline of rowing camps

### **HIGHLIGHTS INCLUDE**

- The season calendar with important dates
- Expectations of the boys
- Expectations of the parents
- Outline of camp duties for senior parents - presented by parents, Andy Freiman and Geoff Andrews
- Outline of Saturday BBQ duty for junior parents - presented by Steve Whiting and Peter Ambrose
- Tour of the kitchen
- Meet the rowing teachers, coaches and committee

Together we can make it a great rowing season

Julie Blomberg  
President 07-08

# WE ARE LOOKING FOR NEW PARENT MENTORS

A Parent Mentor is an informal contact person who will welcome New Parents into the School Community and is available to them to help them through the difficulties encountered in their first year at the School.

The aim is to have every parent of a new boy starting at the School matched up with a mentoring parent already at the School.

The **role** of the **Mentoring Parent** is

- To actively contact the new parent and make them welcome and be a friendly face in a big organisation.
- To make themselves available by phone or in person or by email as they see fit.
- To help the new parent with any simple query about the education system and the way the school works.
- They will be a point of contact for all the trivial questions that might plague a new high school family.
- To advise the new parent of the appropriate channels of communication at the school for serious matters eg Year adviser, School counsellor etc
- To act as a propagandist for the School and the great benefits of being involved in all the facets of their son's education.

The scheme is informal, without a lot of structure and depends for its success on the enthusiasm of the Mentors.

The scheme has worked extremely well in its first year and has not been at all onerous.

All the Mentor Parents this year have enjoyed it tremendously and the New Parents have been extremely receptive and grateful for the contact.

As there is an attrition rate every year we need new Mentor Parents.

Please join us as the more parents we have the easier is the task.

Could you please contact Charles Ovadia on 9386 1221 or [covadia@medemail.com.au](mailto:covadia@medemail.com.au)

Or send your details to [jaggark@sydneyboys-h.schools.nsw.edu.au](mailto:jaggark@sydneyboys-h.schools.nsw.edu.au)

Or fill in the form below and return to the Principal's Assistant

Name: .....

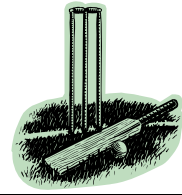
Email Address: .....

Contact Phone Home: ..... Mobile Phone: .....



## SYDNEY BOYS HIGH CRICKET

[www.sydneyboyscricket.info](http://www.sydneyboyscricket.info)



Summer Sports got under way this week and on this Saturday 22nd September we have trials and skills Assessments for Years 7, 8 and 9 cricketers at the School nets and adjacent fields from 9-30am – 1-00pm.

This will be an exciting season at High, where all teams will benefit from team coaches and the addition of sport specialists currently training at the School who will contribute to a broader base for smaller groups to learn and practise basic skills leading into regular team positions on Saturdays. All cricketers will be allocated to team squads of 12 players so that we achieve maximum participation for all and still have the opportunity to be selected in a higher team through their individual performances throughout the season.

**To be a member of the cricket community at High those selecting cricket must be available to play on AAGPS Saturdays for the School during the season. Club cricketers who completed their commitment to their Club's at the conclusion of Term 1 are expected to be available for selection in High teams.** If players cannot commit to being available for all or the greater majority of matches, they should select another sport.

Cricket relies on committed team players who want to achieve recognition in their sport and strive to be the best in their particular skills, whether it is batting, bowling, fielding or wicket keeping.

Our direction in the 2007-08 season is to lose the tag of just being "nice blokes and enthusiastic on the field to play against" whilst they pile on heaps of runs, and to become "tough, consistent, competitive and play like winners every time we walk onto the field"

### OPEN SQUAD CAMP

The Open Squad Joining Instruction is displayed on the Cricket Website for perusal by all participants. A Parent Consent Return is also attached which must be completed and returned to Mr Howey by the due date, to establish all trialists' participation. In addition please note that if any of the boys are on medication, or have allergies, that this is notified per the instruction on the website which assist the Camp Staff in their duty of care roles.

### FIRST FIXTURE

The Season programme appears on the Cricket Website and all cricketers are advised to check to establish where they may be playing and to give your parents an opportunity to plan transport arrangements.

### BUS TRANSPORT

Dependent on the demand buses will be provided when our teams are "AWAY" at The King's School (North Parramatta), St Ignatius (Riverview) and St Joseph's (Hunters Hill) for all Saturday morning fixtures only. The cost is \$5-00 return per person, including parents, who may also utilize the buses on these days. Details appear on the website.

### CRICKET WEBSITE

The website is your communication centre for activities within the cricket community in conjunction with High Notes. All Parents and players are advised that the site is there so that all are aware of what is happening and overcomes excuses by the boys that they were not aware of events. More importantly it gives parents a rough chance of getting the right information over the general abbreviated versions from the boys. We've all been down this path!!

Laurie Heil  
MIC Cricket

# ALCOHOL, DRUGS AND TEENAGERS

As parents we all wonder how best to discuss the complex issues of drugs and alcohol with our teenage children, and how to guide and assist them to make healthy life choices. Many of us are uncertain of the latest scientific data on drugs; and we often don't know how much information or misinformation our boys have gathered themselves.

To clarify these issues and to provide a forum for our questions the P&C has invited an expert in the field to address the **parents** at the **October P&C Meeting**.

**Who :** Mr Paul Garufi, Drug and Alcohol Consultant for the Department of Education

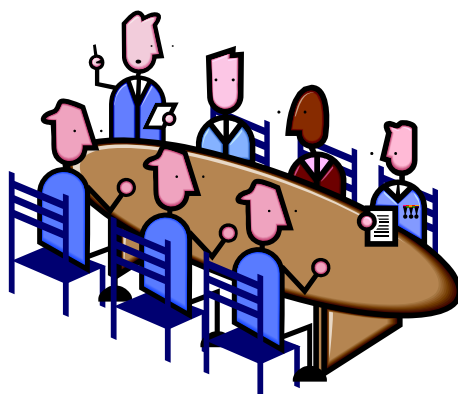
**When :** Wednesday 17 October 2007 at 7:30 pm, in the first week of Term 4

**Where:** Staff Common Room, Sydney Boys High

Mr Garufi has a wealth of experience in talking to students, teachers and parents about these issues.

As part of Mr Garufi's presentation there will be ample time allocated to answer any questions you may have. Parents are invited to join us in great numbers for this fascinating meeting.

After Mr Garufi's presentation the P&C Meeting will proceed as per agenda.



## Canteen Price List

Open Hours 8:30 am - 1:40 pm

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
<b>Orders only:</b>		
cheese & salad	\$ 2.20	\$ 2.80
chicken & salad	\$ 3.20	\$ 3.80
corned beef & salad	\$ 2.60	\$ 3.40
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
<b>Orders and over-counter sales:</b>		
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
curried egg & lettuce	\$ 2.20	\$ 2.50
egg & lettuce	\$ 2.20	\$ 2.50
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		\$ 5.50
Mini wrap		
- chicken & caesar		\$ 2.80
- chicken & coleslaw		\$ 2.80
- chicken & tabouleh		\$ 2.80
- lamb & tabouleh		\$ 2.80
<b>Available in brown/white bread; extras 20c</b>		
<b>Sushi</b>		
- chicken		\$2.60
- beef		
- salmon		
- tuna		
- veg		

### Cakes, Muffins and Fruit

custard tart	\$ 2.20
choc chip/ANZAC cookies	\$ 1.00
chelsea bun/cupcake	\$ 2.00
muffin	\$ 2.60
apple, orange	\$ 0.80
fresh fruit salad	\$ 2.20
finger bun	\$ 1.80
banana bread	\$ 1.40

### Hot Food

<b>Orders and over-counter sales:</b>	
cheese & spinach puff	\$ 2.40
chicken & corn roll	\$ 1.30
chicken puff	\$ 2.50
chicken Halal pie	\$ 3.40
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	\$ 2.30
potato pie	\$ 3.40
sausage roll	\$ 1.80
chicken burger	\$ 4.00
sweet chilli chicken sub/wrap	\$ 3.50
hot chicken/mayo roll	\$ 3.50
hot chicken/mayo sandwich	\$ 2.80

### Drinks

300ml plain milk	\$ 1.10
300ml flavoured milk	\$ 1.70
600ml plain milk	\$ 1.70
600ml flavoured milk	\$ 2.40
spring water	\$ 1.40
Powerade™	\$ 3.00
Diet 375ml Coke/Lift/Sprite Zero™	\$ 1.80
Diet 600ml Coke/Sprite Zero™	\$ 2.60
Aroona-carbonated spring fruits water	\$ 1.70
Berri – Long Life Juices	\$ 1.70
Deep Spring mineral water	\$ 2.00

### Breakfast

Cereal bowl	\$ 2.00
Hot chocolate	\$ 1.00
Cheese toast	\$ 1.00
Cheese & tomato toast	\$ 1.20
Cheese & bacon bun	\$ 2.20
Croissant – ham & cheese	\$ 2.40
Raisin toast	\$ 1.00
Bacon & egg muffin	\$ 3.00

### Sweets and ice creams/blocks over counter

**Prices effective 16/7/07**

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.

# New Library & Performing Arts Centre

## Tax Deductible 125th Anniversary Project



Computer generated impression of the new Library.

Sydney Boys High School depends upon its community of parents, Old Boys and supporters to further the School's ethos of the pursuit of all-round excellence.

We have a bold vision for a two stage Library & Performing Arts Centre. With advances in information technology, there is a pressing need to create a facility which is able to adapt and keep pace with meeting the increasing needs of our students. The estimated cost of the combined project is \$4m. Stage one requires \$1.8m; we have \$400k. A new **tax deductible** monthly giving program has been introduced to help fund our development goal.

We have implemented an arrangement with ANZ Bank for automatic monthly deductions from a nominated credit card. You can elect to give \$50, \$40, \$30 or \$20 each month for a period of twelve months. Your nominated amount, along with your name and credit card details will be sent to the bank electronically. At the end of the financial year, the school will issue an annual statement as evidence of tax deductible donations. You can opt in or out of the scheme provided you notify the school in writing five working days before the fifteenth day of each month.

Thank you for helping to make a difference for our boys.

### SYDNEY BOYS HIGH SCHOOL - MONTHLY PAYMENT ADVICE

Name: \_\_\_\_\_ Daytime Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ Postcode \_\_\_\_\_

Email Address: \_\_\_\_\_

I authorise SBHS to make the following deductions from the credit card nominated below:

Card Type: Bankcard ☐ Mastercard ☐ Visa ☐

Monthly deduction for 12 months \$50 ☐ \$40 ☐ \$30 ☐ \$20 ☐

Card Number: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ Expiry Date: \_\_\_\_ / \_\_\_\_

Cardholder's Name: \_\_\_\_\_  
*[please print]*

Cardholder's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# THE TRENT ADVANTAGE

We have a comprehensive structured program  
on how to pass the test;  
but that is just the beginning !

**YOUR TEENAGER WILL LEARN TO DRIVE SAFELY  
WITH OUR 'LICENCE PLUS' PROGRAM**

**L**

## THEY MUST KNOW:

**P**

- Correct use of vision
- Maintaining space at all times
- Be visible to others
- Correct decision making
- Avoidance techniques

**TO ALWAYS BE A SAFE DRIVER!**

ALL

SUBURBS

**8748 4555**

Phone today to enrol in this 'must do' program





# September/November 2007

20-09-2007

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 A	24 Year 11 Yearly Examinations Year 10 SC Assessment Examinations Year 10 Accelerants/Year 11 Music Performance Assessment (3 hours) Information evening re proposed Noumea excursion, senior study, 6:00 pm	25 Year 11 Yearly Examinations Year 10 SC Assessment Examinations Year 12 Farewell Assembly and Afternoon Tea, Great Hall, 1:30pm	26 Year 11 Yearly Examinations Year 10 SC Assessment Examinations Tennis Committee AGM, Common Room, 7pm	27 Year 11 Yearly Examinations Year 10 SC Assessment Examinations	28 Year 11 Yearly Examinations Year 10 SC Assessment Examinations LAST DAY TERM 1	29 Parking - Sydney FC v Newcastle (Music)	30
1 B	15 School resumes - staff and students Year 8 science excursion - planetarium in Great Hall: 6 sessions, 1 per period.	16 Foundation Day Assembly/Prefect Induction, Great Hall, 11:30am Foundation Meeting, Sandwich Rugby Club, 6pm	17 GPS Summer Sports Assembly (Basketball, Cricket), Great Hall, 9am School Council Meeting (Budget 2008), Board Room, 5:30pm PSC Meeting, Common Room, 7:30pm	18 NSC commences (9:25 Latin) Years 9, 10 drama classes excursion to Belvoir St Theatre, from Period 1	19 NSC (9:25 English, 1:25 Music 1)	20 Sport Group 2 - SRS v SRS	21 Banquet in Pyjamas concert, Great Hall, 8am-1pm
2 A	22 NSC (9:25 English) Selective Schools Application Forms for Year 7 2009 available Music Tutor Soiree Week, 4:30pm	23 NSC (9:25 Bus St, Cl Gck) Music Tutor Soiree Week, 4:30pm	24 NSC (9:25 Chem, 1:55 Dance) Music Tutor Soiree Week, 4:30pm Sports Council Meeting (Budget 2008), Board Room, 5:30pm	25 NSC (9:25 Mod Hist, 2:00 German) Music Tutor Soiree Week, 4:30pm	26 NSC (1:55 Geog) Music Tutor Soiree Week, 4:30pm Mafia Day - Stewart House [Year 7]	27 Sport Group 1 - SJC v SRS Group 2 - SRS v SJC	28 Daylight Sailing starts
3 B	29 NSC (9:25 Maths, Maths Ext 2) Year 7 Yearly Examinations	30 NSC (9:25 Bio) Year 7 Yearly Examinations	31 NSC (9:25 Maths Ext 1, 1:55 PDNPE) Year 7 Yearly Examinations	1 NSC (9:25 Anc Hist, 1:55 Soft Des) Year 7 Yearly Examinations	2 NSC (9:25 Eng Ext 1, 2:00 Jap Ext) Moving selections - Years 10 and 11 Rowers, SIRC Penrith, all day	3 Sport Group 1 - SJC v SRS Group 2 - TKS v SRS	4