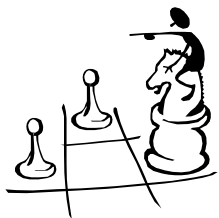


From the Principal High Talent



High are GPS Chess Champions for the fourth consecutive year. Dawen Shi, Dominic Nguyen, Charley Peng, Dominic Mah, Anthony

Hopkins, Leon Sheldon, Eric Xu and Andrew Tayeh, defeated the strong Sydney Grammar team by half a point to take the title in the closest contest held so far. A great effort by the boys after losing a top senior player. Congratulations to our basketball team who put on a great contest against Newington in the NSW Schools Championships, going down by four points in the last minute of the game. Spencer Llewellyn scored 30 points. Well done, boys!

Year 12 References

Following our policy of consolidating electronic recording of participation by supervisors of activities, the inaugural authorisations by only the two Deputy Principals occurred this week. The process was overly time consuming because of a lack of organisation by some boys of their claims for recognition and because there were some gaps in recorded data. We are pressing ahead with the process and will streamline it further for 2010. One benefit of the new policy was the freedom more staff had to complete and submit the Reference Sheets that were given to them by students. Catherine Northey now has a majority of the forms and personal statements by the boys. I urge all Year 12 students to submit their Reference material as soon as possible.

Year 12 Reports

Reports were issued this week for Year 12. Students without commitments or responsibilities had their reports discussed with them. The remainder of the reports will be available when students fulfil their obligations.

General Service Contributions

At this time of year we are always very short of funds as our budget is expended. We rely very heavily on >90% of our parents paying

their general school contributions (or 'school fees'). We strongly believe that a Sydney Boys High education is the best value for money educational experience anywhere. Please help us to continue to deliver a fantastic range of low cost programs for your boys.

Dropping Off Zone



Parents are reminded that the drop off zone for students is between gates 1 and 2 on Cleveland Street. There is no provision for dropping students on the Anzac Parade side of the school. Parents may safely drive in gate 1 set down beside the tennis courts and drive out gate 2.

Dr K A Jaggar

FROM THE ANDREWS JUNIOR BOOK AND CYBER LIBRARY



NEW SENIOR FICTION

The Algebraist- Ian M. Banks, *Use of Weapons*- Ian M. Banks, *The Sinner*- Tess Gerritsen

NEW JUNIOR FICTION

Master & Command- Patrick O'Brian, *Desolation Island*- Patrick O'Brian, *The Fortune of War*- Patrick O'Brian, *Into a Dark Realm*- Raymond Feist, *A Crown of Swords*- Robert Jordan, *A Crack in the Line*- Michael Lawrence, *The Roar*- Emma Clayton, *Fool's Fate*- Robin Hobb, *The Great Gatsby*- F.Scott Fitzgerald, *Killing God*- Kevin Brooks, *Skybreaker*- Kenneth Oppel, *Outcast*- Rosemary Sutcliff, *The Secret Garden*- Frances Hodgson Burnett, *The Highest Tide*- Jim Lynch, *Heroes of the Valley*- Jonathon Stroud

NEW SENIOR NON FICTION

Naked- David Sedaris

NEW JUNIOR NON FICTION

Baker to the Poor- Muhammad Yunus, *Sky Burial*- Xinran

ONE HUNDRED YEARS OF THE RECORD



Mr J A Hedberg, teacher 1908-1912. The Record noted that his appointment as Headmaster of Yass District School meant that he was added as "another headmaster to the growing list of heads, who, transferred to other spheres of service, carry with them the traditions and excellence of the good old Sydney High School".

This year marks the 100th anniversary of "The Record" – the magazine of the Sydney Boys' High School – which was first published in December 1909. To commemorate this milestone, "High Notes" is publishing a selection of editorials from the various editions published over the past century.

*This week we are publishing the editorial from the issue of **December 1912**. At the time, the School had been a member of the Athletic Association of the Great Public Schools for just over six years.*

The Editor for this issue was George Jacob Maxwell Saxby, already mentioned in last week's article.

Editorial

Time and again in this paper we have had reason to remark on the severance of many links with the past, and on our apparent decline from the position of a Great Public School, and each time the two were connected in some way.

But now, though we have to regret the loss of Mr Hedberg, one of our finest teachers, and though what is apparently the last "Senior" in which our

school will participate, is a thing of the past, yet our rank amongst the Great Public Schools is higher than ever. It appears to be a fact that between the beginning of 1911 and June, 1912, we reached our lowest point, for without any teams in the GPS competitions and with a like number of representatives at the University [cadet] Camp, it is little wonder that upstart rivals began to speak of the Ultimo High School. But now all this is changing, and there can be little doubt that the change is due to the public spirit which is being manifested by the junior boys. Thanks to them we came within measurable distance of the junior championship at the GPS sports, and many of them are enthusiastically supporting the cricket, tennis, baseball, and swimming clubs.

In the Hordern cadet matches we showed the other schools that in one branch of sport, at any rate, we were pre-eminent. In tennis two of our boys won the schoolboys' doubles handicap at the City of Sydney Club's tournament, and one of these two reached the semi-final in singles.

Above all, however, we have entered a team in the GPS cricket competition, and though we have had no success so far, yet the courtesy and consideration of our opponents has gone far to salve the wounds, which, indeed, we bore with tolerable fortitude.

So, as one of our editors had occasion to say once before, "Sursum Corda!"



SHS Old Boys' Union
www.shsobu.org.au

School building projects website

A new website is now available for anyone seeking information about school projects being constructed in NSW under the three year \$14.7 billion, Building the Education Revolution (BER). This site is a fantastic source of information for school communities to see how their project is progressing. Key features of the new site include Twitter, blogs and vodcasts which would allow instant communication about any program.

Check it out at: www.ber.nsw.gov.au

Child protection survey

The National Association for Prevention of Child Abuse and Neglect (NAPCAN) is inviting all Australians to participate in an online survey to help bring child abuse out into the open. Follow the link at: www.preventingchildabuse.com.au. The survey is open until 1 November.

Keeping safe online

As a parent, there are several actions you can take to help keep your child safe online and not having a computer in your child's room may be an answer. Check out the latest Click ezine for advice on cyber safety and much more: www.schools.nsw.edu.au/click.

Primary school

DIY School Days parent folder

Have all your child's school information organised in the one place, neatly filed and easily accessible. It's not impossible!

www.schools.nsw.edu.au/news/schooldays/index.php

Then download and print off folder covers and section dividers. It also contains useful homework helpers, a school handbook and information on student health. It looks great when it's finished and you can add in your child's school reports and artwork throughout the year. Store the folder in a handy place and your life will be so much easier.

High school

Gold Medal Challenge

The NRMA and Bicycle NSW have launched the NRMA 500km Gold Medal Challenge which encourages high school students to get fit riding their bikes and learn more about road safety at the same time. Students who register for the challenge have to clock up 500km on their bikes through everyday cycling activities. Students who complete the challenge will receive a gold medal and great prizes such as bikes, cycle computers, velodrome workshops and free entry to a number of cycling events are also on offer. Register free until 18 December at:

www.bicyclensw.org.au/content/ride2school.

DISCLAIMER

Products and services advertised in *High Notes* are not necessarily recommended or endorsed by Sydney Boys High School

2009 Creative Problem Solving Competition



www.north-shore.com.au

Enquiries (02) 9415 1860

Open to all Mid Primary to junior Secondary Students in NSW, VIC, QLD & WA

This year the competition will be held on

Saturday 24th October 2009

12.45pm – 1.45pm

and is divided into six age groups for Year 3 through to Year 8 students

Aim: To provide a challenging and exciting opportunity for students to demonstrate their knowledge and skills in the area of creative problem solving.

To foster further development through recognising achievement

Venue: North Shore Development Centre schools:

In New South Wales – Ashfield, Bankstown, Berala, Blacktown, Burwood, Cabramatta, Campbelltown, Castle Hill, Chatswood, Chinatown, Epping, Hurstville, Kogarah, Parramatta, Randwick, Rosebery & Wahroonga

Format: A Written test of 40 Minutes duration (mostly multiple choice)

Awards: Individual as well as top school awards. The top three students in each group will each receive prizes worth \$500 for first, \$200 for second and \$100 for third, together with a trophy and gifts. Winning schools will receive \$500 worth of library books (of their choice).

Entry forms are available from the Principal's Office

At High we have a modern, direct debiting method of facilitating donations. Our *Monthly Giving Program* allows donors to have donations debited automatically to their credit cards on the fifteenth of each month. An annual statement to donors for taxation purposes is provided. The appropriate form can be posted to you by calling 9361 6290, extension 114. Alternatively, you can go to our website www.sydneyboyshigh.com click on fundraising/library project contributions, to download the *New Library Monthly Giving Form*.



High Society

The Bulletin Board for Sydney Boys High P & C
Julie Connolly P&C President

Open Day Volunteers

A big thank you to all our parent volunteers, who assisted at Open Day this week. Prospective parents welcomed the chance to talk with current parents about the opportunities and experiences available to students at Sydney Boys.

P & C Meeting Report

At last week's P & C meeting:

1. Dr Jaggar addressed the P & C meeting about potential changes to the Students' Awards Scheme. Changes will be finalised by the end of October. The P & C is preparing a submission to Dr Jaggar summarising the P & C's suggested changes.
2. The P & C decided to investigate the pros and cons of introducing online P & C meetings and reducing face-to-face meetings to say once a term.
3. Funding by the P & C was approved for: replacement of data logging equipment for senior science classes - \$7000; replacement of Year 8 & 10 science textbooks - \$8000; contribution towards the bicycle program - \$6000; contribution towards the English faculty photocopier - \$8000.
4. Plans for renovations to the Staff Common Room will be drawn up and presented to the Staff for feedback.

Volunteer Organisers Needed

We are seeking a group of parents to form the organising committee for next year's Parent social function to mark the start of the new academic year. We need to form this group **now** so that bookings can be made, themes and catering decided and we can all set aside the date for March next year. Maybe even get a couple of friends together to join the Committee.

Please contact Julie Connolly jcandjc@bigpond.net.au if you would like to be involved. No special skills are needed and most of the organising is done through email communications rather than face-to-face meetings.

New Parent Mentors

Charles Ovadia co-ordinates the highly successful and very useful New Parent Mentor Program, where current parents make contact with incoming parents (usually by telephone) to welcome them and offer any "settling in" assistance they may need.

In preparation for our intake of new students for 2010, Charles is seeking to recruit current parents to mentor our new parents. Ideally the majority of new parent mentors will have a son currently in Years 7 or 8 as they have the most recent experience to pass on to new parents of Year 7, 2010. However we welcome parents as mentors from all Years! Volunteers who speak a language other than English would also be terrific.

Please contact Charles Ovadia directly covadia@medemail.com.au if you can volunteer as a New Parent Mentor. Thanks everyone.

Upcoming Parent Meetings & Events (details in High Notes)

Tuesday	29th September	1.30pm	Year 12 Farewell Assembly and Afternoon Tea, Great Hall
Wednesday	30th September	7.00pm	Tennis Committee AGM, Staff Common Room
Thursday	1st October	11.30am	Foundation Day Assembly and Prefect Induction, Great Hall
Monday	19th October		School resumes
Wednesday	21st October	7.30pm	P & C Meeting, Staff Common Room

If you would like to have any parent community news or upcoming events included in *High Society*, please contact Julie Connolly, P&C President, jcandjc@bigpond.net.au; 0418 470 203.

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 for three years 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

Or send your details to the Principal's Assistant Ms Williams on williamsl@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 SCHOOL ROWING COMMITTEE

**INFORMATION and ORIENTATION
for all
ROWING PARENTS
Saturday 26th September 2009
at High Rowing Sheds, Abbotsford**

**All parents ... if there is one morning you should attend it is this one!
Come and be informed**

Come along and acquaint yourself with what goes on at the High rowing sheds. High Rowing is not only about boys on the water, it relies on parents being involved.

Feeding our boys as they come off the water on Saturdays and providing good food and care whilst they are in camp at the sheds are responsibilities that the parents of the rowers need to share.

PROGRAM for PARENTS

9.00am - Junior rowing parents orientation and tour of the sheds

10.30am - Year 10 and Senior parents outline of rowing camps

Morning tea (coffee/tea and croissants) will be provided

HIGHLIGHTS INCLUDE

- The season calendar with important dates outlined
- Expectations of the boys
- Expectations of the parents
- Outline of camp duties for senior parents - presented by Anita Bezjak and Peter Ambrose
- Outline of Saturday BBQ duty for junior parents - presented by Maya Iyer and Steve Collier
- What goes on in the kitchen
- Who's who? Meet the MIC, coaches, old boys and committee

**Julie Blomberg
President**

shootin' hoops

The weekly dose of court-side action

Edition 86



Parking Help Needed

Help is needed on Saturday, October the 10th for the Socceroos vs Netherlands game with kick off at 7:30 and with parking starting at 4:30. Drinks and sweets at the Anzac Parade gates may also be sold. At the last parking, 161 cars were parked and \$1,687.30 was raised for the basketball funds.

Please contact Shirley Tickner at shirley@luscious.com.au.

About the Coach – Ms Ward

Ms Ward is another one of High's extremely dedicated coaches who has been part of the basketball coaching program for numerous years. While in my second and third seasons of basketball, my team mates and I, once in a while heard her reminisce about her times of playing basketball as a teenager and we even saw her occasionally scoring, in her attempts at hook shots from outside the key, during her demonstrations. Her first coaching experience ever was when she was 15 and her coaching career at High started 6 years ago. Without a doubt over those 6 years, Ms Ward has made a massive impact on many players. I can easily recall Ms Ward always shouting at us to get back on defence and to this day, that message lingers every time I'm running back for defence. Ms Ward also made sure we were playing basketball with the main purpose of enjoying ourselves, instead of concentrating on winning. This was further reinforced by the time when we were leading by a massive margin against Newington and Ms Ward called a time out and told the team to just start shooting 3s. Currently Ms Ward coaches the 15s and in her last 6 years as coach, she has only missed one game, when she was ill.

Her advice for basketball: Ms Ward's advice is extremely simple. Just one word and no more. **Defence.** As the saying goes, the best offence is a good defence.

~ Go High Basketball!

~Play Hard, Play Smart and Play Together!

~ Don't forget to visit the Sydney High Basketball Website!

~ Brought to you by the editors, David Li Wang and Chris Chiam

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

Sydney Boys High School Fencing



Congratulations to the following teams for making it through to the School's League finals. An outstanding result for the U15 Blue team who won **BRONZE**. The team report follows. Congratulations also to the following fencers who received individual medals: SILVER Mathew Chan, Ian Li and Kritman Dhamoon. I'd like to thank the boys and their parents for their efforts over the year. I'd like to also mention that our Coach for the Juniors, Tuko, will be heading to WA and will not be with us next year. He will be sorely missed.

The U15s

SBHS Blue: Shaun Pak [Captain], Ian Ho, Matthew Chan, Shaun Fletcher The day began for Sydney Boys High Blue in the form of a match against Sydney Grammar C. Having defeated them 5-1, we were off to a brutally efficient start. Shaun Fletcher proved to be adroit at adapting to opponents' styles, while Shaun Pak sat out in order to conserve energy for the upcoming matches.

We savoured our victory as we prepared to face off against the team that had broken our previous winning streak- Newington A.

Our plan sprung into action, as Shaun Pak took over and defeated the opposition single-handedly: 5-3, 5-2, 5-1.

With a collective effort from all members of the team, we overcame our past loss and showed them we meant business. The match was won 5-3.

Shaun Fletcher, Shaun Pak and Mathew Chan had fenced against St Aloysius A in a relay match earlier in the year but came up short, 45-44.

On this meeting, the team put up a fierce display of fencing, and their results were well earned. We narrowly missed fencing for a gold or silver medal by ONE point.

Determined not to return empty-handed, High Blue and St Aloysius B fought with the last of their drained strength and resolve. Our team's performance was wavering at best, and even Shaun Pak's winning streak was broken, though only by a mere point. Aloysius B had gained the upper edge, but Mathew Chan struck even, providing us with the boost we needed. Shaun dominated his next opponent 5-2. Slowly but surely, we were winning, for we were one bout off claiming third place. The team wished me luck and as I stepped onto the piste, pulling on my mask, I knew it was my final chance at claiming a prize; no more missed opportunities, no turning back.

With barely more than a minute left in the match, I was being pulverized 4-0. One more point and the bout would be compromised. The High parents were looking on in despair, whilst St Aloysius B was cheering wildly for their fencer's strong performance. Our coach Tuko was off refereeing another match and for once, I was truly on my own.

Taking the past advice from the parents, the coaches and my team, I took the bout one point at a time and stemmed off my frustration. By the end of it all, I had achieved a fairly unexpected outcome: a 4-5 victory, with 33 seconds remaining just as the final attack was delivered.

Sydney High Blue would like to thank Ms May and the coaches Tuko Maia and Alwyn Wardle for all their hard work and preparation, as well as going out of their way to meet our needs. We would also like to thank our parents for their invaluable support and constant cheering for all the hours they could have spent having a nice lunch.

I personally am grateful to Anirban Ghose and Caillin McKay, for showing me what it takes to lead and for introducing me to the sport in the first place.

Tuko is leaving for Perth as fencing draws its curtains for the year, and we would like to wish him a safe and happy journey with exciting new experiences to come.

Ian Ho- Fencing Captain for 2010

The following teams made it into the finals, a fantastic effort

SBHS RED Albert Nguyen [Captain] Weicong Huang, Anthony Xu [Jeremy Dobrowolski]

SBHS ORANGE: William Yeung [Captain] Steven Ngo and Ian Li

U13SBHS RED: Ashley Chan [Captain] Kin Pan and Kritman Dhamoon



SYDNEY BOYS HIGH CRICKET

www.sydneyboyscricket.info



With the school vacation period just over a week away we still have a considerable amount of preparations to be completed before the recess to ensure we can go straight into competition on the first GPS Saturday of Term 4. One of the major factors in the build up of jobs-yet-to-be-completed has occurred come through the lack of facilities outside of the school which has overloaded the cricket nets, at the same time restricting the assessments that are needed to allocate boys to the appropriate team with consideration of their skills for. However, this week some of the "provisional" junior team squads have been identified and as more are completed they will be displayed on the Cricket Website.

CRICKET COMMITTEE and GENERAL MEETING – Wed.21st Oct.09

*The next meeting will be held immediately after the commencement of the GPS Competitions in Term 4. The meeting will be held on **Wednesday 21st OCTOBER in Room 901 (gymnasium) at 6-00pm**. Committee appointments will be finalized and preparations for Tours and visiting teams will be identified and put in place. All are welcome to attend and should there be an issue that effects cricket please raise it with us.*

*Final meeting for Term 4 will be **Wed 18th November in Room 901 (gymnasium) at 6-00pm**. Please diarize dates for future reference.*

OPEN CAMP – VOLUNTEER PARENT SUPPORT

The Camp will commence on Saturday 3rd October and close at 5.00pm on Monday 5th October. The course schedule will be distributed at sign-on on day 1, A total of 30 players will be invited to attend and where attendance cannot occur a reserve will go into the squad. One of the tasks for the coaches will be the final selections for both the 1st and 2nd XIs. Please check the Cricket Website for reporting and schedule times. Parents are invited to contact me if they can assist with an evening barbecue and with cut lunch preparations for the 3 day sessions. I can be contacted by email at lhell39@bigpond.net.au or on mobile 0417 497 156 should you wish to find out the details and times.

REGISTRATIONS

I have been disappointed with the response from Years

7, 8 and to lesser degree Year 9 cricketers in completing the simple registration form on the website. There are no excuses in respect to not being aware of the requirement as it has been well documented. This is a 3 minute task. Bring up the form on the site, add details and press send for the email to deliver

PERSONAL EQUIPMENT - SPORT DAYS

A reminder that ALL Senior and Junior players are required to provide their own batting gloves and protector on each sport afternoon. In addition if you have a personal bat you should carry that to school on the day. The school has batting pads and more recently helmets available for all ages for netting sessions. A limited supply of batting gloves are available should you forget on any given day.

WICKETKEEPERS COURSE

I attended session 1 of the course on Tuesday 22nd Sep 09 being conducted by Elite Sports and was pleased with the effort that the boys put in Mark Atkinson, who conducted the course said at the end of the session that he found the commitment and execution of the drills at a very good standard and was impressed with how quickly all adjusted to new ideas. The course continued Thursday 24th Sep and runs for 2 sessions next week when the players techniques will be filmed.

Laurie Heil

MIC Cricket

PDHPE – FITNESS ASSESSMENT September 2009

The final fitness assessment of our Year 7 – 10 students was carried out during September. There were some very pleasing results. The period of Ramadan saw an unusually high number of non-starters but I'm sure that those students would also have performed well. For the first time the mean assessment for all years was 50% or better. **One new Year record was established by Eugene Lee (7R) 5m 43s. Other outstanding performances included Sam Lane (10.6) 4m 55s, Adam Booth (9.5) 5m 06s and Jonathon Clements-Lendrum (8.1) 5m 40s.**

* Fastest time is held by Sam Lane of 4m 53s set in 2008.

An assessment of 90% or better required a student to run the 1.6km in a time of 6 mins 30 secs, approximately, depending on the age of the student. An assessment of 50% or better, required a time of between 7 and 8 minutes, depending on age. A result of 10% or less means the 1.6km run was completed in a time greater than 9 mins 30 seconds.

1.6km results for 2009

Percentile band	No. of students in each percentile band							
	Year 7		Year 8		Year 9		Year 10	
	Feb	Sept	Feb	Sept	Feb	Sept	Feb	Sept
90 – 99	3	23	7	20	13	28	21	39
80 – 89	5	9	6	18	10	14	17	15
70 – 79	4	11	6	13	19	22	10	16
60 – 69	6	12	16	11	13	6	23	12
50 – 59	12	24	22	28	18	11	20	20
40 – 49	17	11	12	14	14	8	19	11
30 – 39	14	16	26	11	25	18	17	12
20 – 29	20	22	28	14	14	14	23	20
10 – 19	43	24	27	20	25	15	16	15
0 – 9	54	22	20	13	31	29	19	16
Non-starters	2	5	6	18	17	31	15	25

Mean results for each year group 2006, 2007, 2008 and 2009.

	Feb 06	Sep 06	Feb 07	Sep 07	Feb 08	Sep 08	Feb 09	Sep 09
Year 10	57%	65%	59%	55%	59%	65%	54%	61%
Year 9	43%	52%	56%	63%	47%	54%	47%	55%
Year 8	41%	52%	49%	50%	38%	49%	43%	56%
Year 7	29%	48%	38%	44%	34%	49%	32%	50%

The honour board in Room 901 recognises the high achievers in the 1.6km run over the years.

1.6Km run – Best performances and record holders

Date	Year 7	Year 8	Year 9	Year 10
2003	Danny Fu 6m 55s	Quan Nguyen 6m 04s	Andrew Reis 5m 44s	Paul Watzlaff 5m 00s
2004	Alasdair Brown 6m 13s	Alastair Taylor 5m 39s	Richard Xu 5m 53s	Attila Szabo 5m 11s
2005	Keiran Taylor 5m 55s	Cameron Reeves 5m 35s	Alastair Taylor 5m 45s	Harry Walker 5m 28s
2006	Andrew Ye 6m 15s	Stephen Yoon 5m 56s	Jeremy Ireland 5m 38s	Matthew Fsadni 5m 33s
2007	Andreas Purcal 6m 07s	Sam Lane 5m 28s	Michael Ambrose 5m 24s	Jeremy Ireland 5m 03s
2008	Arjun Puneekar 5m 47s	Anton Brokman 5m 41s	Sam Lane 4m 53s	Michael Ambrose 5m 24s
2009	Eugene Lee 5m 43s	Oliver Kirk 5m 37s	Lloyd Perris 5m 00s	Sam Lane 4m 54s
2010				

There were also some great improvements during the year as students tried to improve on their personal best. This aspect is as important as recognising the high achievers. Notable performances included **Anthony Chen (7M) 9m 16s → 7m 27s**, **Henry Feng (7M) 7m 44s → 6m 26s**, **Andrew Rong (7T) 9m 04s → 7m 26s**, **Alfred Xing (7T) 10m 49s → 8m 41s**, **River Lee (8.4) 13m 21s → 9m 00s**, **Nicholas Lin (8.2) 11m 03s → 8m 08s**, **Jonathon Kim (8.5) 12m 02s → 8m 43s**, **Lahiru Katupitiya (9.5) 6m 31s → 5m 57s**, **John Kim (9.6) 10m 00s → 6m 52s**, **Henry Lu (10.4) 6m 31s → 5m 57s**.

The goal remains to have all students able to score a minimum of 50% for cardiovascular endurance by running the 1.6km in 7 minutes or better by the time they finish Year 10. In 2010 the PDHPE faculty will be encouraging each student to achieve a personal best by increasing and maintaining a higher level of aerobic fitness, offering a 1.6k run extra credit 10% in 2010. Each individual "Personal best" time in 2010 will be based on their 2009 performance. Below is the table on which the 1.6k run extra credit 10% is based. This information and each student's goal time will be available in Room 901.

1.6k run extra credit 10% conversion table

Previous Time	Goal Time	Previous Time	Goal Time	Previous Time	Goal Time
10m 00s +	8m 00s	9m 00s	7m 20s	8m 00s	6m 40s
9m 59s	7m 59s	8m 59s	7m 19s	7m 59s	6m 39s
9m 58s	7m 58s	8m 58s	7m 18s	7m 58s	6m 38s
9m 57s	7m 57s	8m 57s	7m 17s	7m 57s	6m 37s
9m 56s	7m 56s	8m 56s	7m 16s	7m 56s	6m 36s
9m 55s	7m 55s	8m 55s	7m 15s	7m 55s	6m 35s
9m 54s	7m 54s	8m 54s	7m 14s	7m 54s	6m 34s
9m 53s	7m 53s	8m 53s	7m 13s	7m 53s	6m 33s
9m 52s	7m 52s	8m 52s	7m 12s	7m 52s	6m 32s
9m 51s	7m 51s	8m 51s	7m 11s	7m 51s	6m 31s
9m 50s	7m 50s	8m 50s	7m 10s	7m 50s	6m 30s
9m 49s	7m 49s	8m 49s	7m 09s	7m 49s	6m 29s
9m 48s	7m 48s	8m 48s	7m 08s	7m 48s	6m 28s
9m 47s	7m 48s	8m 47s	7m 08s	7m 47s	6m 28s
9m 46s	7m 47s	8m 46s	7m 07s	7m 46s	6m 27s

9m 45s	7m 47s	8m 45s	7m 07s	7m 45s	6m 27s
9m 44s	7m 46s	8m 44s	7m 06s	7m 44s	6m 26s
9m 43s	7m 46s	8m 43s	7m 06s	7m 43s	6m 26s
9m 42s	7m 45s	8m 42s	7m 05s	7m 42s	6m 25s
9m 41s	7m 45s	8m 41s	7m 05s	7m 41s	6m 25s
9m 40s	7m 44s	8m 40s	7m 04s	7m 40s	6m 24s
9m 39s	7m 44s	8m 39s	7m 04s	7m 39s	6m 24s
9m 38s	7m 43s	8m 38s	7m 03s	7m 38s	6m 23s
9m 37s	7m 43s	8m 37s	7m 03s	7m 37s	6m 23s
9m 36s	7m 42s	8m 36s	7m 02s	7m 36s	6m 22s
9m 35s	7m 41s	8m 35s	7m 01s	7m 35s	6m 21s
9m 34s	7m 41s	8m 34s	7m 01s	7m 34s	6m 21s
9m 33s	7m 40s	8m 33s	7m 00s	7m 33s	6m 20s
9m 32s	7m 40s	8m 32s	7m 00s	7m 32s	6m 20s
9m 31s	7m 39s	8m 31s	6m 59s	7m 31s	6m 19s
9m 30s	7m 38s	8m 30s	6m 58s	7m 30s	6m 19s
9m 29s	7m 38s	8m 29s	6m 58s	7m 29s	6m 18s
9m 28s	7m 37s	8m 28s	6m 57s	7m 28s	6m 17s
9m 27s	7m 36s	8m 27s	6m 56s	7m 27s	6m 16s
9m 26s	7m 36s	8m 26s	6m 56s	7m 26s	6m 16s
9m 25s	7m 35s	8m 25s	6m 55s	7m 25s	6m 15s
9m 24s	7m 35s	8m 24s	6m 55s	7m 24s	6m 15s
9m 23s	7m 34s	8m 23s	6m 54s	7m 23s	6m 14s
9m 22s	7m 34s	8m 22s	6m 54s	7m 22s	6m 14s
9m 21s	7m 33s	8m 21s	6m 53s	7m 21s	6m 13s
9m 20s	7m 32s	8m 20s	6m 52s	7m 20s	6m 12s
9m 19s	7m 32s	8m 19s	6m 52s	7m 19s	6m 12s
9m 18s	7m 31s	8m 18s	6m 51s	7m 18s	6m 11s
9m 17s	7m 30s	8m 17s	6m 50s	7m 17s	6m 10s
9m 16s	7m 30s	8m 16s	6m 50s	7m 16s	6m 10s
9m 15s	7m 29s	8m 15s	6m 49s	7m 15s	6m 09s
9m 14s	7m 29s	8m 14s	6m 49s	7m 14s	6m 09s
9m 13s	7m 28s	8m 13s	6m 48s	7m 13s	6m 08s
9m 12s	7m 28s	8m 12s	6m 48s	7m 12s	6m 08s
9m 11s	7m 27s	8m 11s	6m 47s	7m 11s	6m 07s
9m 10s	7m 26s	8m 10s	6m 46s	7m 10s	6m 06s
9m 09s	7m 26s	8m 09s	6m 46s	7m 09s	6m 06s
9m 08s	7m 25s	8m 08s	6m 45s	7m 08s	6m 05s
9m 07s	7m 25s	8m 07s	6m 45s	7m 07s	6m 05s
9m 06s	7m 24s	8m 06s	6m 44s	7m 06s	6m 04s
9m 05s	7m 23s	8m 05s	6m 43s	7m 05s	6m 03s
9m 04s	7m 23s	8m 04s	6m 43s	7m 04s	6m 03s
9m 03s	7m 22s	8m 03s	6m 42s	7m 03s	6m 02s
9m 02s	7m 21s	8m 02s	6m 41s	7m 02s	6m 01s
9m 01s	7m 21s	8m 01s	6m 41s	7m 01s	6m 01s
9m 00s	7m 20s	8m 00s	6m 40s	7m 00s –	6m 00s

G. Stein HT PDHPE

You are invited to a Wine Tasting



Get into
the mood
for
France!

Please join us for an afternoon of wine tasting and music in the Great Hall to raise funds for the 2010 music tour to France. Entry will be \$10 at the door with a variety of wine and nibbles available, with around 30% of each wine order going toward the tour funds, so come along and invite your friends!



SUNDAY 18TH OCTOBER

3:00PM TO 5:30PM

Sydney Boys High School, Cleveland St, Moore Park.

Creative Writing

October holiday courses at Sydney Olympic Park

Bernard Cohen's The Writing Workshop helps young writers build confidence, develop creative ideas, increase braininess and have fun.

Monday 12th October 10am-3.30pm One-day intensive "Write-Your-Own-Book" workshop for **ages 8-12**. Create gripping stories and fascinating characters, build suspense. All the skills to write your own book. Cost \$125.

Tuesday 13th October 10am-3.30pm One-day intensive "Write-Your-Own-Book" workshop for **ages 13-17**. Invent and realise a 100-year-old mystery in the era of your choice. Develop skills to create your own sustained and brilliant story. Cost \$125.

14th-16th October 12.30-2.30pm each day "Kids in the Park" creative writing program. Invent your own country and fill it with strange and wonderful beings over three entertaining and enlightening two-hour sessions. For **ages 10-14**. Cost \$145.

All courses are run by the Vogel-Award winning writer Bernard Cohen, author of four novels and founder of The Writing Workshop. **For more info**, go to www.writingworkshop.com.au or telephone 0418 246 396 to book or discuss.



The **Writing** Workshop

Canteen Price List 2009

Cakes/Muffins/Fruit		Drinks			Ice Creams	
Banana bread	\$1.60	300 ml plain milk	\$1.20		Icy Twist	\$1.00
Chelsea bun/ cupcake	\$2.00	300 ml flavoured milk	\$1.70		Chocolate thick shake	\$2.50
Choc chip/anzac cookie	\$1.00	600 ml plain milk	\$1.80		Cyclone	\$1.80
Custard ball doughnut	\$2.60	600ml flavoured milk	\$2.40		Frozen yoghurt	\$1.40
Custard tart	\$2.50	Up & Go	\$2.00		Fruit tube	\$0.40
Doughnut	\$2.20	Spring water	\$1.40		Paddle pop	\$1.50
Fruit - apple/orange/banana	\$0.80	Pumped water	\$2.40		Splice	\$2.30
Fruit salad	\$2.50	Deep Spring mineral water	\$2.20		Moo	\$1.60
Finger bun	\$2.00	Berri long life juices 300ml	\$2.00		Treats	
Muffins	\$2.60	Cans 375ml	\$1.80		Frogs	\$0.50
Breakfast		Bottled diet coke 600ml	\$2.80		Pythons	\$0.80
Cereal bowl	\$2.00	Aroona carbonated water	\$1.70		Starburst Gummis	\$2.00
Hot chocolate	\$1.00	Powerade	\$3.20		Chips	\$2.20
Cheese toast	\$1.20	Iced tea	\$3.20		Ovalteenies	\$1.00
Cheese & tomato toast	\$1.50	Salad boxes	\$4.50		Boost	\$2.10
Cheese & bacon bun	\$1.60	Wraps	\$3.00		Curly Wurly	\$0.80
Croissant - ham & cheese	\$2.50	Sushi	\$2.60		Mentos	\$1.50
Raisin toast	\$1.20	Vietnamese rolls	\$3.80			
Bacon & egg muffin	\$3.00					
Hot Food		Sandwiches		Rolls	Misc.	
Chicken Fingers	\$1.40	Buttered roll		\$1.20	Tissues	\$0.60
Cheese & spinach puff	\$2.50	Cheese & tomato	\$1.50	\$2.00		
Chicken & corn roll	\$1.40	Cheese & salad	\$2.20	\$2.80		
Chicken burger	\$4.00	Chicken & coleslaw	\$3.00	\$3.80		
Chicken puff	\$2.70	Chicken & lettuce	\$3.00	\$3.80		
Chicken mayo roll(hot)	\$3.80	Chicken & salad	\$3.40	\$4.00		
Chicken mayo sandwich(hot)	\$3.00	Corned beef & tomato	\$2.60	\$3.20		
Chicken schnitzel roll	\$3.80	Corned beef & pickle	\$2.60	\$3.20		
Focaccia	\$3.80	Corned beef & salad	\$2.80	\$3.60		
Garlic bread	\$1.50	Curried egg & lettuce	\$2.20	\$2.50		
Lasagne/ravioli/twista/mac cheese	\$3.00	Dagwood roll		\$3.20		
Noodles in a cup	\$2.20	Egg & lettuce	\$2.20	\$2.50		
Pasta - homemade	\$3.50	Egg & salad	\$2.50	\$3.00		
Pie - meat(sauce+20c)	\$2.80	Ham & tomato	\$2.60	\$3.00		
Pie - cruizer	\$3.10	Ham & salad	\$2.80	\$3.60		
Pie - pizza	\$3.10	Roast beef & tomato	\$2.60	\$3.20		
Pie - potato	\$3.60	Roast beef & mustard & lettuce	\$2.60	\$3.20		
Pie - Vili's	\$3.60	Roast beef & salad	\$3.00	\$3.60		
Pizza pocket	\$1.70	Salad	\$2.00	\$2.50		
Pizza rounda	\$2.00	Salmon & salad	\$3.00	\$3.80		
Pizza slab	\$2.30	Vegemite	\$1.20	\$1.50		
Rice box - homemade	\$4.50	2009 Prices Minor price changes will occur as a direct result of increases by suppliers 8.30 to 9.00 am *Breakfast is available *A time to place lunch orders				
Sausage roll	\$2.00					
Spinach ricotta roll	\$2.30					
Sweet chilli chicken sub/wrap	\$3.80					

September/November 2009

26-09-2009

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 B	28 Attendance and Progress Review (all Years) Year 11 Yearly Examinations	29 Year 11 Yearly Examinations Year 9 High Resolves Leadership Training [35 boys Coan] Year 12 Farewell Assembly and Afternoon Tea, Great Hall, 1:30pm	30 Year 11 Yearly Examinations Year 9 High Resolves Leadership Training [35 boys Coan] Tennis Committee AGM, Staff Common Room, 7pm	1 Year 11 Yearly Examinations Year 9/10 Drama Excursion to Bustown Foundation Day Assembly/Prefect Induction, Great Hall, 11:30am Duke of Edinburgh Award Scheme excursion	2 Year 11 Yearly Examinations Duke of Edinburgh Award Scheme excursion LAST DAY TERM 3	3	4 Daylight Saving starts Parking - Parklife (School)
1 A	19 School resumes - staff and students GPS Summer Sports Assembly (Basketball, Cricket), Great Hall, 11:30am Selective Schools Application Forms for Year 7 2011 available	20 HSC exams commence Foundation Meeting, Board Room, 6:30pm	21 HSC exams Music Performance Year 11 & 12 Musicians 12:15 - 2:00pm, St Vincent's Healing Arts Program Melbourne High Year 9 Rowing visit UAC STAT Test in the Great Hall 4:45 - 9:00pm School Council Meeting (Budget 2010), Board Room, 6:00pm P&C Meeting, Common Room, 7:30pm	22 HSC exams Melbourne High Year 9 Rowing visit	23 HSC exams Melbourne High Year 9 Rowing visit Year 7 Yearly Examinations	24 Sport Group 1 - SHS v TKS Group 2 - TKS v SHS Melbourne High Year 9 Rowing visit UAC STAT Test in the Great Hall 7:30am - 5:00pm	25 Back to the Sheds Day, Abbotsford, 8am Parking - Sydney FC v Brisbane (Soccer)
2 B	26 HSC exams Pink Ribbon Day Year 7 Yearly Examinations	27 HSC exams Year 7 Yearly Examinations Year 8 Geography/History Excursion Sports Council Meeting (Budget 2010), Board Room, 5:30pm	28 HSC exams Year 7 Yearly Examinations	29 HSC exams Year 7 Yearly Examinations	30 HSC exams Year 9 Geography/History Excursion	31 Sport Group 1 - SHS v TKS Group 2 - SHS v SJC Tennis Top 8 Tournament, TKS Spring Festival, Large Ensembles, 6pm	1 Parking - Sydney FC v Wellington (Volleyball)
3 A	2 HSC exams Year 9 Yearly Examinations	3 HSC exams Year 7 Science Excursion, Taronga Park Zoo Year 9 Yearly Examinations Debating Supporters Group AGM, Common Room, 6:30pm	4 HSC exams Year 9 Yearly Examinations	5 HSC exams Year 9 Yearly Examinations	6 HSC exams	7 Sport Group 1 - Shore v SHS Group 2 - SHS v Shore UAC STAT Test in the Great Hall 7:30am - 5:00pm	8