



## From the Principal High Talent



It was an outstanding effort by Declan Gorey (Year 11) who was selected in the train on squad (best 25 in Australia) for the Mathematics Olympiad. Belated congratulations to Brian Kelly and Avindu Vthanage (Year 12) who were selected in the Combined GPS XI in cricket. These two boys have been consistent performers with the bat and the mainstays of the High cricket program for two years and deserve their selection. Well done to the winners of the SBHS Chess Tournament contested on March 1. In the senior competition (27 players), Jonathan Ren (Year 10) edged out Dawen Shi (Year 11) with Dominic Mah (Year 9) third. In the Junior Division, Andrew Tayeh (Year 8) won from Felix Wang (Year 7) and Leonard Mah (Year 7). Max Phillis (Year 12) is representing High at the Commonwealth Day debate at Parliament House on March 8. Well done, Max!

## SRC Elections



Thilan Subasinghe (Year 9) was omitted from the list of SRC members last week. After the Year 7 Camp election organised by Mr Kay, Ms Collignon announced the names of the new SRC members: David Huang (7E), Josh Maloof (7T), Chi Nao (7M), Ben Nguyen (7R), Bosco Tran (7S) and Calvin Zhou (7F). Congratulations, boys!

## Bus Travel Complaint



A commuter on the 392 bus wrote to me complaining that some Sydney Boys High students failed to offer up their seats to standing passengers and also travelled with their schoolbags on the seats, thereby depriving passengers of a place to sit down. High boys are reminded that they should **always** vacate their seats once a passenger embarks and there are no empty seats left on the bus. Your concessional free travel pass requires that you do.

## Big Night Out

On March 2, I was able to purchase tickets numbered 1-3 for the *Big Night Out*, scheduled for March 20. I know that people leave things to the last minute but we need your financial support – now! The extensive preparations made by the social sub-committee of the Sydney High Development Committee, headed up by Charles Ovadia, will be put in jeopardy if we cannot move at least another 147 ticket sales in the next ten trading days. This event is very good for the culture of the school, on many levels, so please support it.

## State of the Grounds



Environmental education begins at home. At High, the standard of playground tidiness that the boys choose to live in is quite low. Despite the excuses of Ibis raiding bins or the lack of bins, there is frequently rubbish in corridors or next to bins in the playground. Parents and teachers need to raise student awareness of the need to look after the environment, starting with their daily 'habitat'. Mr. Barris is renewing an attempt at tidying up the Canteen Courtyard. First, recycling bins will be supplied (again!) and monitors appointed to look after them weekly. We need boys to respect these bins by placing only appropriate recyclable rubbish in them. If the wrong material is put in the bins, the Council will not empty them and all the effort will go to waste. Second, two expensive, new, capacious, Ibis-proof bins will be purchased and installed to take additional rubbish in the high traffic areas near the Canteen. Boys are asked to go out of their way to use both the new bin types appropriately.

## Senior School Awards Scheme



The revised scheme can be viewed on R:/Award Scheme. It will be implemented next week. SRC members in the senior school will be consulted about the implementation phase. Before the qualifying totals are set we would like student and parent feedback. Should Years 10-12 convert to a point score system immediately,

or should the scheme be phased in over three years, with only Year 10 affected now?

How many points can someone from the Junior School carry forward to the Senior School as a maximum, given that 9 categories equals 135 points. Would 75 points be fair? If a Gold is equivalent to 135 points, a Platinum should be 150 for ten 'categories' and another 150 each for a School Plaque and School Trophy. The Regional Director's Award is for exceptional commitment to school life, reserved for the few. At 12 categories (v 8 or 9 at lower levels), this translates into 180 points. So a really involved student with a carried forward bonus of 75 would have to earn 185 points per year for three years to get a Regional Director's Award – is that a fair total?

Dr K A Jaggar

### YEAR 7 Camp Report



#### THE GREAT AUSSIE BUSH CAMP

If you like rock climbing, commando crawling in muddy water or searching for 'hostages' in the bush at night, camp is definitely the right adventure for you! On

Monday 22nd February, Year 7 went to Tea Gardens Great Aussie Bush camp. It was an excellent place and we were all pushed out of our comfort zones with activities including abseiling, vertical challenge, giant swing and sailing. We took on a demanding obstacle course on Lost Island, where we swung across rope swings and slid down slides leading into ponds of muddy water! Vertical challenge is definitely the toughest thing I have ever attempted with many different activities which required courage, strength and coordination to complete. We elected our SRC members on the beach, a perfect place for such an occasion! Camp was also a great opportunity to make some new friends. So down the slide... SPLASH!

Luke Hoad

From February 22nd to February 24th Year 7 had their school camp at the Tea Gardens. We arrived at the camp around midday and got sorted and assigned to our camp group leader. To name a few, they were Dubbo (Chris), JC and Prince. They welcomed us into camp and after lunch got us started on the activities. There were a variety of activities which were: Rock Climbing, Abseiling, Sailing, Snorkelling, Vertical Challenge and Lost Island. Rock Climbing and Vertical Challenge required us to reach great heights whereas Abseiling required us to descend from a tall tower. Sailing and Snorkelling were done at the beach and Lost Island was done in the mud. These were all super exciting activities that were sure to make you have a good time. In the

night we had two thrilling activities: Commando and The Giant Swing. The giant swing was a terrifying yet fun experience because you released yourself from a great height and plummeted down to earth only to find yourself swinging back up again. The Great Aussie Bush Camp was an exhilarating experience and I'm sure no one will forget it.

Shreyas Pulapaka

### MUSIC TOUR



Students come to the High Store & purchase your SHS beanie \$20 & SHS crested scarf \$22 before the stock runs out. The tour polar fleece jumper can NOW be paid for in the High Store to avoid the last minute rush (\$77).



#### Sydney Boys High FENCING SUPPORTERS MEETING

Rescheduled to Thursday 11 March

5.30pm in Common Room

*Please come along to discuss the coming season*

### International Women's Day

International Women's Day is on March 8th and to celebrate Year 7 Students are invited to take part in a competition which will be on the History Notice Board (opposite 205). There will be 20 photographs of famous (and infamous) women from history. Year 7 Students will be given a sheet with an anonymous description of why each woman is famous and they need to find out her name and match it to her photo. The winner (pulled from a hat) will receive a \$25 voucher.

### Discover the world through student exchange\*!

Would you like to spend a summer, semester or year overseas? Would you like to live with a host family and attend a local high school? There are more than 26 countries, including France, Belgium, Italy, Germany and Spain to choose from.

Exchange students return to Australia with maturity, confidence, and in many cases, proficiency in another language. Or perhaps you may be more interested in hosting an international student?

### Scholarships to Italy and French-speaking Belgium are now available for January 2011!

Exchange programs are generally for students aged 14 to 18. For details re information evenings see Notice Board outside the **Languages Staffroom** or contact **Mrs Vozzo**

## FROM THE TWO LIBRARIES



### NEW PROCEDURE SEVERELY OVERDUE/LOST LIBRARY BOOKS /USING PORTAL

As High is automating several Library procedures, lost or severely overdue books will no longer be discussed interminably with the student in question. Instead, a notice requesting payment will be mailed to parents. Loans will be suspended until the problem is resolved.

All library users are reminded that the Portal or SBHS intranet tells students what resources you have and when they are due back. It also gives students the opportunity to renew loans. Return dates are also stamped on the pocket card.

Right now the IT Technicians are working on notifying Reservations via the Portal. So the Portal is becoming increasingly important to communicate. Please use it to work from home.

The Portal also is the entry to the Library Catalogue as you are doing homework.

### ANDREWS LIBRARY THIS WEEK

**NEW SENIOR FICTION** *Bombproof*, Michael Robotham; *The Sun also Rises*, Ernest Hemingway; *The Price of Love*, Satomi Ikezawa; *A Perfect Evil*, Alex Kava; *Crimes Against Nature*, Robert F. Kennedy Jr; *A Farewell to Arms*, A *Passage to India*, EM Forster; *I am Charlotte Simmons*, Tom Wolfe;

**NEW SENIOR NON FICTION** *York Notes on Aldous Huxley's Brave New World*; *HSC English Study Guide Brave New World and Blade Runner*, Megan de Kantzow; *The Talented Mr Ripley*, Patricia High smith; *The Kids Guide to Working Out Conflicts*, Naomi Drew; *Pioneering International Law*, Sheila Nelson; *Any Given Team*, Ray McLean.

**NEW JUNIOR FICTION** *The Turn of the Screw*, Henry James; *The Dark is Rising*, Susan Cooper; *The Red Pony*, John Steinbeck; *Soldier's Pay*, William Faulkner; *the Rough Guide to the Internet*, Peter Buckley et al; *100 Things Guys Need to Know*, Bill Zimmerman.

### NEW JUNIOR NON FICTION

*The Shortest History of Europe*, John Hirst

### TEACHER REFERENCE

*How to use Web 2.0 in your Library*, Phil Bradley

### FROM THE MACDONALD (SENIOR) LIBRARY

Speaking of using the Portal to check Library reservations, overdues etc., it is very beneficial to your

research tasks to access our subscription databases rather than using open searches on Google **only** and specifically relying on Wikipedia alone to do your assignments. Please find links to our online databases from the student portal link "**Online Databases**" (through start menu > all programs > school > sites > online databases then login. Using the **Search Browse** function in Encyclopaedia Britannica. As well as reference articles from the full 32 volume set (updated daily) you can also access Journal and Magazine articles, links to the "Web's best sites" and various multimedia and images on many topics and written by expert and authoritative sources. The Senior High School Page is designed for students from Year 10 through to adults and has information at this level.

JSTOR is a high level and useful periodical database with articles drawn from a wide range of disciplines including English, History, Economics, Law, Sciences and Mathematics.

If you would like to know more or have a training session on the use of these databases please feel free to **book a time with Ms Gordon** in the MacDonald (Senior) Library during your study periods. She will be pleased to help you make the most of these valuable resources.

Just to let you know, it **will no longer be acceptable to play games during the Friday morning scripture period** after 8.55am in the MacDonald (Senior) Library. This time is to be spent on quiet study, discussion of work or reading only starting from this Friday (5<sup>th</sup> March). Finally, the State Library librarians will be presenting to the Year 10 students from this Thursday in their transition program (period 6). However, the resources of the State Library are available to **all students** but Seniors will find them especially useful. So why not join and make use of this valuable resource accessible from school computers and at home.

### STATE LIBRARY OF NSW

Become a member of the State Library of NSW for free and you are able to access from school or home

- Proquest article database
- Australia Literature Resource database
- INFOCUS HSC resources

Click here to [complete online application](#) form and your Blue Readers card will be posted to your [home](#) within 10 days.

The senior library has a small budget for purchase of INFOCUS HSC articles. Many INFOCUS articles have been uploaded in the [English](#), History or Social Science Database.

See you in the MacDonald Library!  
**Ms Gordon (Teacher Librarian)**

# Safe laptop use for students

NEW SOUTH WALES  
DEPARTMENT  
OF EDUCATION  
AND TRAINING



Laptops are a useful educational tool if used for appropriate periods and attention is given to their proper use. This factsheet outlines some key considerations in the safe use of laptops.

## Fact Sheet

### Recommended practices for using laptops

To reduce the risk of injury, laptops must be used correctly. Get into good habits before the aching starts as neck, shoulder and back problems build up over time. Some simple solutions include:

#### Chair

- Adjust the height of your chair to use the keyboard and mouse. After making this height adjustment if your feet cannot be placed flat on the floor, use a footrest. This encourages good posture, enables proper sitting height, avoids pressure placed on the back of the thigh and promotes circulation.
- Adopt a good sitting posture with lower back support.

#### Mouse

- Instead of using the small constricted touchpad or trackball, you may choose to use an external mouse (if available).
- Place the mouse on the side of the hand that is most comfortable. This places the arms in a neutral and relaxed position and prevents overreaching and twisting of the shoulder, arm and wrist.

#### Keyboard

- Do not pound the keys. With laptops, the touch is often lighter and the keyboard bed is shallow.
- Position the keyboard so that your forearms are parallel to your thighs when your feet are flat on the floor. This helps maintain blood flow in the hands and arms and decreases muscle strain and tension.
- You may choose to use an external keyboard where possible (if available).

### Monitor

- Centre the monitor in front of you at a comfortable viewing distance from the screen. This places the body in a neutral position.
- Position the laptop to minimise reflective glare from overhead, windows or surrounding light sources.
- Adjust the screen so that the top is at eye level. This will reduce the need to bend your head forward and encourage the use of the eyes, instead of the neck, to adjust the line of vision.
- Clean the screen regularly; dust on the screen can make it difficult to read and increase eye strain.

### Work area

- Never place a laptop on your lap. It is hot, uncomfortable and potentially dangerous to your health.
- Ensure adequate space is available and other regularly used equipment is within reach.
- You may choose to use a document holder (if available). Place it in front or next to the monitor. This prevents neck and eye strain.
- Create a surface that allows for the following body positioning while typing and using a mouse:
  - Shoulders relaxed, not elevated or “shrugged”
  - Upper arms hanging by sides
  - Right angle at the elbow
  - Forearms, wrists and hands in alignment—no bent wrists
  - Fingers resting lightly on keys.
- Change position occasionally; sitting in one position for an extended period of time can interfere with circulation.



# Safe laptop use for students

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## Fact Sheet

### Take breaks

- Incorporate breaks every 20–30 minutes to rest eyes, stretch hands, muscles and joints; and to break up repetition and static postures.

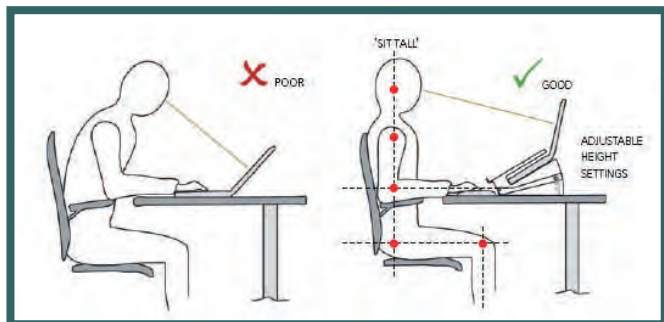
### Transporting the laptop

- When carrying a laptop:
  - Select a laptop bag designed to hold only the laptop and associated cords. Larger bags have a tendency to fill up with other items, making for a heavier load.
  - Use a bag with a padded shoulder strap and switch the laptop bag from shoulder to shoulder to relieve the weight.
  - Newer laptops are small enough to fit in backpacks so can be carried on the back and both shoulders, distributing the weight.
  - Use a laptop bag with wheels or a wheeled luggage cart.
- When placing the laptop in a vehicle (or putting it down anywhere), set the weight down close to the body. Avoid reaching across a car seat or deep into the trunk while holding the weight of the laptop.
- Eliminate the need to carry a laptop by using portable media storage (memory stick, flash cards).

### Spinal health

To ensure you are able to take part in the things you enjoy, it is important to take care of your back. Tips to help keep your back healthy:

- A backpack carried over both shoulders is the best choice for carrying a load to ensure the weight is evenly distributed. It is recommended that you have a pack with a waist strap — securing a waist strap will help to keep the load in place.
- Pack your backpack so that the heavier objects are placed nearer to your back, with the lighter objects towards the outside.
- Make sure your backpack fits properly. When you sit down with your pack on, it should not extend higher than your shoulders.
- When lifting your backpack, face it, bend at the knees and lift the pack with both hands while straightening your legs. Place the straps over your shoulders one at a time.
- Only carry items that are necessary. If you have a locker, use this to help lighten the load you have to carry during the day.
- When carrying a heavy load over a long distance, take regular breaks to avoid fatigue. Fatigue increases the risk of injury.
- If you sit for long periods of time, ensure that your bottom touches the back of the seat. Take regular breaks when you've been sitting for a long time, briefly move around and/or stretch every hour or so.
- Try to do as much physical activity as possible. When you participate in vigorous activities such as swimming, jogging, etc, ensure that you warm up and stretch before and after.
- If you participate in contact sports, it is important that your neck and spinal muscles are in good condition to help prevent injuries. Regular fitness and skill training are essential in reducing the incidence of injury.



### Further information

Spinal health and young people <http://www.chw.edu.au/parents/kidshealth/spinal/>



# MUSIC NOTES

## Music Tour Meeting

There will be a **FINAL** Tour meeting scheduled on **Tuesday the 16th of March**.

This is **COMPULSORY** for **ALL parents and students**. Please make ensure you have this date booked in as Jackie Male will be present to answer any questions, discuss final arrangements for the tour and distribute tour name tags to students.

## Music Tour 2010 to France and Flanders

Rehearsal schedule for touring ensembles this term are as follows:

**Monday:** Concert Band (Rm201) String Ensemble (Rm202) **Wednesday:** Stage Band (Rm201) String Ensemble (Rm202)  
**Thursday:** Concert band (Rm201) **Friday:** Marching Band (MPW)

**ALL** members are expected to be at **EVERY** rehearsal, you must notify the Music Staff if you are unable to attend any rehearsal.

## Tour Stage Band

The Tour Stage Band will perform at the **SBHS Big Night Out** function on **Saturday the 20th March at 7pm** in the Great Hall. This will be a fabulous performance as they play the repertoire they have prepared for the France Tour.

## Ensemble Rehearsal Times for 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7.45am	Intermediate Concert Band Room 201	Chamber Choir Room 202	Chamber Choir Room 202	Senior Concert Band Room 201	Symphony Orchestra Room 201
	Junior String Ensemble Room 205	Junior Jazz Ensemble Room 201	Senior Stage Band Room 201		Guitar Ensemble Room 101
	Junior Percussion Ensemble Room 101		Junior Stage Band Room 101		Tour /Senior String Ensemble (7:30-8:30am)
	Training Concert Band Rm 102 Term 2, 3, 4		Philharmonic Orchestra Room 205		Tour Marching Band - Term 1 MPW 8.00 - 9:00am
<i>Afternoon rehearsals</i> (3.30-4.30pm)		Marching Band Term 4 Basketball Courts			

Ensemble rehearsals have commenced with Intermediate Concert Band on Mondays 7:45am in room 101 for students not attending the Music Tour. All other ensembles will run as timetabled above.



# SBHSDEBATING

## COMPETITIONS

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We had a brilliant start to our Eastside competition, hosting Scots at home. We were victorious in Years 7, 8, 10, 11 and 12 – well done, boys!

This week is a double header at home. All boys and parents should pay strict attention to what teams they are in order to ensure the debates run as smoothly as possible on the night!

### THIS WEEK:

SBHS v Reddam (Eastside)

SBHS v Knox (FED)

Topic Area: Social Policy

Topic Area: Environment

*If your son is debating on these nights please ensure you organise a plate of food to share as supper for our boys and our guests.*

## Coaching News!

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At the start of the 2010 season we had the unfortunate task of having to replace our outgoing Seniors Coaches Sriram and Eliza. Both were wonderful coaches and a fantastic asset to the debating program at SBHS. Sriram has left us to concentrate on Honours study and Eliza has accepted a coaching position with our rivals Grammar – if that isn't incentive enough for GPS victory in 2010 I don't know what is!

It gives me great pleasure to confirm that we have now filled these vacancies with Kelvin Yu appointed First Grade coach and Michael Coutts for Second Grade. Both coaches are ex-High debating successes and have gone on to great achievement in the University Interschool debating scene. Together they form a formidable coaching team to spearhead our attack in 2010.

## Debating Emails

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For parents of Year 7 debaters - or any new parent for debating - you will need to email me to ensure that you receive the weekly debating email detailing the teams and arrangements for upcoming debates.

**Please email [sbhsdebating@gmail.com](mailto:sbhsdebating@gmail.com) and use the subject line:**

**"Parent <your son's graduating year>"**

**For example 'Parent 2015' for year 7 parents.**

**For Year 7 Boys please email me with the subject line: "Student 2015"**

For all other parents and debaters: please ensure your email addresses are up to date via the same process! EMAIL UPDATES are the main method of communication about coaching, competitions and the whole debating program. It is essential that all debaters and parents ensure their details are current!! It is essential that all debaters and parents ensure their details are current.

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More information can be found at [www.sydneyhigh.org.au/debating](http://www.sydneyhigh.org.au/debating) and will be emailed to you on a regular basis.

Please CHECK YOUR EMAIL regularly and ensure we have current contact details for both students and parents. [PARENTS: If you are not receiving weekly emails about debating please email us at sbhsdebating@gmail.com and ask to be added to the parent group for your child's year.](mailto:sbhsdebating@gmail.com)

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# High Tide

Sydney Boys High School Sailing

## TRI SERIES TOURNAMENT 2010 SEASON

On **Saturday** the 27th February the SBHS sailing squad were blessed with another fresh wind filling Rose Bay harbour just before the start of the final Tri-Series races, hosted by Marist Sisters College.

With some of the core senior members of the SBHS squad unavailable, Saturday was a chance for the junior sailors to step up to the challenge, including Daniel Fang (Year 8) on the helm for the first time and Dexter Gordon (Year 7) sailing his first race. We had some of this season's best and most consistent performances with Alex Saunders (Year 12) finishing 8th in all three races and Adam Ceh (Year 10) and Connor Robinson (Year 9) having a blinder of a day, with two 6ths and a 5th!!

SBHS Tri-Series awards went to Marcus James (Year 9) and Riley Irwin (Year 8) for *1st Place*, and Adam Ceh and Connor Robinson for *Most Improved*.



Saturday was the end of High's successful campaign in the 2010 Tri-Series Tournament, which was the first for some and the last for others. No doubt, for all the sailors the tournament was a chance to take part in a highly competitive and rewarding event.

The team's stand-out performance was due to the fresh determination within the team and the dedication of our coach, Adam South. The team would like to thank Adam and also congratulate him, with **Gotta Love It 7** and **Project Racing** coming 1<sup>st</sup> and 3<sup>rd</sup> in the 18ft Skiff World Champs recently held in Sydney Harbour. Adam is involved with coaching for both teams. Interested in the sailing program?

See **Mrs Collignon (MIC)** in the Visual Arts Department.



**Marcus James (Yr 9)** Junior Sailing Captain





## Sydney Boys High Tennis Match Report for 27 February 2010

1st Grade	2nd Grade
SIC D1 def High D1 6-3 6-3	High D1 def SIC D1 6-3 6-3
SIC D2 def High D2 6-3 6-2	SIC D2 def High D2 6-1 6-1
SIC D3 def High D3 4-6 6-3 10-4 (STB)	SIC D3 def High D3 7-5 1-6 12-10 (STB)
SIC S1 def High S1 (Arman Abdollahi) 6-3 6-4	High S1 (Lachlan Day) def SIC S1 7-5 6-2
SIC S2 def High S2 (Pat Rynssardt) 6-3 6-3	High S2 (Anton Brokman) def SIC S2 6-3 6-1
High S3 (Mohit Tugnait) def SIC S3 4-6 7-5 6-0	High S3 (David Ghezelbash) def SIC S3 7-5 6-7 7-6
High S4 (Frank Zhang) tied SIC S4 7-6 4-4 (unfin)	SIC S4 def High S4 (Edward Qiu) 6-2 6-3
High S5 (Derek Trang) def SIC S5 6-1 6-2	SIC S5 def High S5 (Thomas Nguyen) 6-2 6-1
High S6 (George Panas) def SIC S6 4-6 7-6 6-3	SIC S6 def High S6 (Frank Li) 6-0 6-3
TKS def High 5.5-3.5	SIC def High 5-4

### 1st Grade Report

This week, High went up against traditional tennis stronghold Saint Ignatius. The day started off relatively successfully with High No 3 doubles taking the first set 6-4. Things went downhill from there with High losing both No 1 and No 2 doubles in some fairly competitive matches. High No 3 doubles went mightily close and were unlucky to go down 10-4 in the super tie-breaker third set. With our No 1 and No 2 going down in the singles the scorecard read 5 matches to 0 and the situation was looking pretty dire. The next 3 hours were definitely a testament to the new found confidence and hours of training this team has put in. Down a set and 5-1, No 6 George Panas played with heart and through some gritty tennis pulled the match in his favour, ultimately winning 6-3 in the third set. Derek Trang played some powerful tennis to dispatch of his opponent with relative ease, 6-1 6-2. No 5 Frank Zhang was unlucky to not win his match leading a set and 4-4 with the match being drawn due to time constraints. With myself winning in the third set, High managed to pull the tie back ending the day 3.5 to 5.5. This week showed some of the hard work pay off, and High will definitely take a lot of heart from this performance heading into next week's tie against Shore.

#### Mohit Tugnait

### 2nd Grade Report

In our gutsiest performance to date, High were unlucky not to walk away with a win after facing a solid Iggies outfit. The day started off in familiar fashion, with High winning one out of three doubles and very unlucky not to win a second. The doubles three match went on well into the day, and people were halfway through their first singles sets before the match concluded agonisingly closely at 12-10 in the super tie breaker. In the singles, High recorded wins with Lachlan Day calmly demolishing an opponent with a very fragile mind game. Playing an excellent game from the baseline, Lachlan forced many errors from his opponent to eventually take the match in straight sets, his second win this season out of three matches played. Anton again showed his stamina and resolve, outlasting his opponent in a straight sets win that included some very well worked points. The rubber came down to the wire, with David Ghezelbash and Edward Qiu's matches destined to be the decider. After Eddie fought hard, but was in the end undone by a clinical Iggies captain, it was up to David to notch another win and thus another point for us in the standings. After a marathon game, David outlasted his opponent and recorded a 7-5 6-7 7-6 win in a match that featured 38 games. David held his nerve in a controversial match to clinch the extra point in a final tie breaker which went to 10-8.

#### Frank Li

# shootin' hoops

The weekly dose of court-side action

**Edition 99**



## High VS Riverview

High vs Iggy's 2009 Term 4 (Last time)

TEAM	RESULT	SCORE	TOP SCORER
1st	WIN	77-52	C.MOLLER 18 PTS, 10 REBS, 6 ASSISTS!!!
2nd	LOSS	50-51	J.GARAY 18
3rd	LOSS	18-26	A.KUGENDRAM 6
4th	WIN	36-34	TEAM EFFORT
5th	LOSS	24-10	K.LU 8
6th	WIN	40-14	B.LY 9
7th	WIN	59-12	S.ALI 13
8th	LOSS IN OT	17-21	TEAM EFFORT
16A	LOSS	42-15	MVP C.STACK
16B	LOSS	39-13	TEAM EFFORT
16C	WIN	30-21	TEAM EFFORT
16D	WIN	29-19	TEAM EFFORT
16E	WIN	38-19	V.CHEN 10, 8 STEALS
16F	WIN	39-17	A.LAU 13
15A	LOSS	31-37	E. KELLY 10
15B	WIN	26-18	J. LAM 9
15C	LOSS	19-21	N.AUTAR 4
15D	WIN	31-24	V.PUVANENDRAN, A.ZHOU 10
15E	WIN	42-4	H.ZHANG 12
14A	LOSS	30-47	C.SHI 12, A.CHEN 8
14B	LOSS	46-42	TEAM EFFORT
14C	LOSS	4-43	TEAM EFFORT
14D	LOSS	28-19	J.NG 9
14E	WIN	24-17	J.HUO 10
14F	WIN	26-16	TEAM EFFORT

High vs Iggy's 2010 Term 1 (This time)

1st	WIN	97-66	A DUMOVIC 29
2nd	WIN	41-36	L PERRIS, B MCGLENCHY 10
3rd	LOSS	34-38	SOLID TEAM
4th	LOSS	42-34	TEAM EFFORT
5th	LOSS	32-21	L SHELTON 12
6th	WIN	33-17	TEAM EFFORT
7th	WIN	42-12	B WANG 11
8th	LOSS	32-17	TEAM EFFORT
16A	LOSS		TEAM EFFORT
16B	LOSS	35-17	M SONG 5
16C	WIN	32-22	J PARK 8
16D	LOSS	44-13	E LI 5
16E	WIN	30-26	A LAU/P WU 11
16F	WIN	32-20	V CHEN 8
15A	LOSS	22-32	T LI 10
15B	LOSS	24-28	D DUONG 9
15C	WIN	32-24	L JONES 6
15D	WIN	32-20	TEAM EFFORT
15E	WIN	45-13	S DU 14
15F	WIN	16-15	A XU 6
14A	LOSS	29-55	B CHEN 23
14B	WIN	34-25	W GONG 14
14C	LOSS	25-41	D DUONG 9
14D	WIN	29-17	J NG 11
14E	WIN	29-28	J HUO 16
14F	WIN	52-18	TEAM EFFORT
13A	LOSS	118-12	T ZHANG 8
13B	LOSS	57-13	K LIANG 10
13C	LOSS	12-32	C LEE, K LU 4
13D	LOSS	40-7	B WANG 4
13E	LOSS	24-4	M LAM, H ZHU 2
13F	NO	STAFF	PRESENT

## 1st Grade Table

First Grade	Played	Won	Lost	For	Against	Points
Newington	11	10	1	826	456	21
High	11	9	2	872	643	20
St. Joseph's	11	7	4	794	697	18
Kings	11	6	5	668	666	17
St. Ignatius'	11	5	6	642	725	16
Grammar	11	5	6	639	725	16
Scots	11	2	9	596	793	13
Shore	11	0	11	532	861	11

Keep cheering on 1sts as they arguably the best Sydney High Sporting side in years. Well done to 2nds in the first win at Riverview in 2<sup>nd</sup> grade in at least 6 years....

## Hayman Cup

Here is the current table for this week's Hayman Cup:

Team	Previous Points	Points this week	Total points	Team	Previous Points	Points this week	Total points
1 <sup>st</sup>	74	10	84	16F	20	2	22
2 <sup>nd</sup>	46	2	48	15A	26	0	26
3 <sup>rd</sup>	22	0	22	15B	52	0	52
4 <sup>th</sup>	38	0	38	15C	28	2	30
5th	16	0	16	15D	28	2	30
6th	29	2	31	15E	21	4	25
7 <sup>th</sup>	20	4	24	15F	19	2	21
8th	7	0	7	14A	2	0	2
16A	4	0	4	14B	4	2	6
16B	18	0	18	14C	4	0	4
16C	30	2	32	14D	10	2	12
16D	16	0	16	14E	9	2	11
16E	21	2	23	14F	10	4	14

1<sup>st</sup> Grade is getting closer and closer to winning the Hayman Cup! The 15B's still have a chance to catch up if they have some massive wins over 20 points. **Best team gets 2 PIZZAS FROM MR HAYMAN!!!**

**NEXT WEEK WILL BE THE 100<sup>TH</sup> EDITION OF SHOOTIN' HOOPS! SO DON'T MISS IT!**

*By David Li Wang*

**~ 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 High Annual Basketball Dinner

Help celebrate another fantastic year of basketball at High by organising your son's team to attend the 6<sup>th</sup> Annual Basketball Dinner ever for all years!!! Every team will receive trophies for the Most Valuable Player and Most Improved player. 1 minute speeches will be made by coaches about their season! The team with the best highlight footage of their season will show off their talent on the big screen. There will be a raffle for huge prizes and a chance to thank your coach for their efforts. Prizes include Surfboards, DVS entertainment packages, \$50 gift vouchers, spa vouchers and much, much more!!

When? Friday, 26/ 3/ 10, 6:30pm. Dinner served at 7pm

Where? Great Hall, Sydney Boys High School

Who? Players, parents, friends, supporters and coaches of all teams!

Why? 1) Because the friendships made through SBHS basketball last a lifetime  
2) Because the program has improved significantly this season and requires your support for this to continue.



## STUDENTS TO ATTEND IN SCHOOL UNIFORM

\*This is a BYO function for adults. Cordial will be served for students. Advise when booking if vegetarian meal is required. 180 seats only.

If you won an award make sure you pay ASAP

**Please return the below slip with \$35/per person to the front office by 18 MARCH 2010.**

## Sydney High Basketball Dinner

STUDENT NAME: \_\_\_\_\_ TEAM:- \_\_\_\_\_

Type of payment: Cheque ☐ Cash ☐ Credit Card ☐

Card Type: Bankcard ☐ Mastercard ☐ Visa ☐ Expiry Date: \_\_\_\_ / \_\_\_\_

PAYMENT FOR: \_\_\_\_\_ Adults and students @ \$35.00 pp as payment for tickets under the name

of \_\_\_\_\_ Basketball Team \_\_\_\_\_  
(please submit your team details for tables)

Total amount paid: \$\_\_\_\_\_

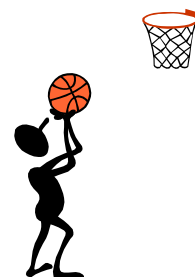
Card Number: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

[please print]

Cardholder's Signature: \_\_\_\_\_ Bus. Phone: \_\_\_\_\_

\_\_\_\_\_ (Office Use Only)







#### SYDNEY BOYS HIGH SCHOOL ROWING COMMITTEE

- **Newington Regatta – Saturday March 6**

This is a full regatta and all SHS crews will compete at Hen & Chicken Bay on Saturday 6<sup>th</sup> March. The Year 10 crews are doing particularly well and improving rapidly, and the Year 8 crews are very competitive with other schools. Come and support the boys and good luck to all crews.

- **Rowing Committee Meeting**

Our last committee meeting of the season was very well attended and it was encouraging to have so many enthusiastic parents ready to take on roles within the rowing committee. Thank you, rowing is in good hands. The AGM will be in August.

- **Rowing Dinner**

The annual 'Boatshed Dinner' is an important date for all rowers and their parents to attend. It is on **Wednesday next week, March 10<sup>th</sup>, starting at 6.30pm in the Great Hall.**

It is an opportunity for all High rowers to come together, and for each crew to be announced onto the stage and recognised for their commitment and achievements. Our rowers have been training very hard and now face the demands of racing in the remaining GPS regattas, importantly the Riverview Gold Cup and Head of the River. The boys really appreciate your support on such occasions.

The boys sit with their crews and the parents sit at tables with their Year group. I do hope you all make the effort to join us for this special night.

### **Don't miss out on the Rowing Dinner!**

**Please RSVP NOW by making payment to the front office**  
**Your payment must be made to the front office by Monday March 8<sup>th</sup>**  
**You can pay by credit card over the phone**  
**Office no is 9361 6910 ext 108**

Coaches and rowing staff will be attending the dinner and rowers are asked to take responsibility for a gift for their coach please.

#### **Upcoming Events**

- **Rowing Dinner – Wednesday 10<sup>th</sup> March.** This is the end of season dinner for all crews, coaches, staff and parents.
- **Rowing Assembly – Friday 26<sup>th</sup> March.** This is a very special school occasion for all the senior rowers and their parents leading into the HOR.
- **Head of the River – Saturday 27<sup>th</sup> March.** The entire rowing family of present and past rowers and supporters make the trek to this big event at SIRC with all the GPS Schools competing for the major trophies.
- **Working Bee Clean Up – Sunday 28<sup>th</sup> March.** All boys and parents are asked to help clean the boatshed and Outerside Centre as we finish up for the season.

**Julie Blomberg - President Rowing Committee**



**SYDNEY BOYS HIGH SCHOOL ROWING COMMITTEE**

**Boatshed Dinner  
Wednesday March 10 2010  
The Great Hall  
6.30pm**

The Rowing Committee invites you to attend the traditional Boatshed Dinner for all rowers. It is a very special opportunity to celebrate the efforts and achievements of our boys as well as acknowledge staff, coaches and supporters.

All crews will be introduced on the stage and there will be speeches by -

- Captain of Year 10 crews – Max Jones
- Stroke of Year 8 1st Quad – Steve Comminos
- Stroke of Year 9 1st Quad – Edwin Li
- Captain of Boats – Andrew Blomberg

**We ask all rowers to wear full school uniform please.**

The evening is a formal introduction of our representative crews for this season, but is also a great opportunity to socialise and show support for the boys in the lead up to the Head of the River.

**The cost of the dinner is \$30 for adults and \$30 for students.**

Flavoured and plain mineral water provided. Parents may **BYO** wine/beer

We look forward to all boys and their parents attending

Kind regards

**Julie Blomberg, President**

**Simon Hoadley, MIC**

**LAST DAY FOR PAYMENT AND RSVP AT THE MAIN OFFICE HAS BEEN EXTENDED TO MONDAY MARCH 8. You can pay by credit card over the phone on Monday School Office – 9361 6910 Ext 108**

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**2010 ROWING BOATSHED DINNER**

Student Name ..... Roll class .....

Crew .....

TOTAL Number of adults ..... @ \$30 per adult      \$ .....

TOTAL Number of students ..... @ \$30 per student      \$ .....

TOTAL \$ \_\_\_\_\_

Do you have any special dietary requirements? .....



## SYDNEY BOYS HIGH CRICKET

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



### CRICKET DINNER – Wed 31st MARCH 6.00pm for 6.30pm start

We have a pretty big programme to get through on the night with the Dinner and Awards, presentations by the senior XIs, as well as the drawing of our 10 prize raffle, so we would ask all to be seated by 6.30pm. For those who have not yet booked for the Cricket Dinner a booking form can be accessed from the Home Page of the Cricket Website. The Cost for Adults is \$25.00, students \$20.00 and on the night School Uniform is to be worn by our cricketers. Adults may BYOG. Soft drinks will be supplied for the students

### TEAM STATISTICS - URGENT ATTENTION

Whilst it is impractical to submit scorebooks with 3 weeks to the end of the season, managers and coaches should now have updated statistics and be in a position to formulate Award winners within their teams. ALL SCOREBOOKS are to be returned to designated coaches on the last day of competition and will be handed to Mr Allan Hughes who has volunteered to complete computer statistics for all teams. Don't forget, record catches and who instituted run-outs when scoring and ensure you have the bowlers name against all wickets taken. Run-outs contrary to popular belief among our younger stars are not credited to the bowler.

**Lack of attention to this request could see players miss on a deserved award.**

### GROUP 1 TEAMS

**1st XI (Day 1) HIGH 0/31 - V - RIVERVIEW 10/268**

Wicket takers- Avindu Vithanage 2/46, Saif Haque 2/54, Brian Kelly 2/68. A frustrating day for the coach with some ordinary catching and fielding errors that was indicating at 2/167 a huge 1st innings score from Riverview. After the lunch break High clicked into gear and worked at the job of taking wickets and had the opposition all out for 268. The match is poised to provide a competitive and exciting Day 2 at Riverview.

**2nd XI (Day 1) HIGH 10/51 - V - RIVERVIEW 8decl./201**

Wicket takers – Sivasaran Sooriakumar 2/36 (11), Sachin Dhingra 2/31 (6)  
Run scorers – Krishan Sivayogarayan (11), The players need to take responsibility for an embarrassing team score and look within their group for answers and remedies. To cite the coaches, practice facilities, unlucky dismissals, poor shot selections and the pitch as reasons for this result diminishes, when the same aged opposition players score 200 runs on the same wicket. A huge effort to limit Riverview to first innings points next Saturday is needed from all players to restore our confidence for the last round..

**3rd XI (Day 1) HIGH 10/129 - V - RIVERVIEW 2/46**

Runscorer & wicket taker -Caspar Price (21) and 2/16 for a good double effort. Close but not close enough for a win in Rd 5, so lets work hard on Day 2 and deliver an all –out bowling and fielding blitz against Iggies before they reach our score.

**16A (Day 1). HIGH 10/101 - V - RIVERVIEW 5/60 (20)**

On a farm yard pitch High were put in by Riverview and struggled with the erratic movement of the ball off the pitch throughout. After a slow but steady start there was a middle order collapse and despite the efforts of Christopher Oei (17) and a stubborn (13) by Alexander Hughes (13) High scrambled to 101. A pep talk, a team response and 5 wickets later, Riverview have now got a fight on their hands Day 2. Wicket takers- Pasan Pannila 2/7 (3), Kumudika Gunaratne 3/25 (8).

**15A (Day 1) HIGH 10/62 - v - RIVERVIEW 9/107**

Run Scorers – Krushal Vyas (26), Anup Kaluve (12), Safat Sufian (7).

Wicket takers- ShivaanThushyanthan 5/45(10), Anirudh Ramesh 2/20 (5), Thilan Subasinghe 1/12 (6).

**14A (Day 1)** HIGH 10/103 - V - RIVERVIEW 5/101

Run scorers- Lasith De Fonseka (53), Ned Anson (17), Sai Vimalanathan (10n.o)

Wicket takers – Sagar Nagaraj 3/39 (15), Jason Zhang 1/8 (5), Andrew Dao 1/14 (5)

#### GROUP 2 TEAMS

**5th XI** RIVERVIEW 10/101 (20) - defeated - HIGH 5/94 (20)

**4th XI** RIVERVIEW 4/43 - defeated - HIGH 10/42

Runscorer – Julian Ubaldi (12). Wicket takers – one wkt each from Angud Chawla, David Ma, Robert Ma, Liam Aylmer

More school pride needed after a very poor effort in a team which has had the advantage of a static group of players all season.

**16B** RIVERVIEW 10/203 -defeated - HIGH 10/83

Run scorer and Wicket taker - Derek Wei (46 and 1/18 (5)

**16C** RIVERVIEW 2/156 (15) - defeated - HIGH 10/60 (29)

Michael Pham 1/15 (1), Shubash Quazi 0/22 (3), Jonathon Adhika 0/5 (1)

Run scorer Jeremy Yao (15). It was reported that a record number of 20 chances were missed.

**15B.** RIVERVIEW 4/204 - defeated - HIGH 10/90

**15C.** RIVERVIEW 3/210 - defeated - HIGH 10/20

Runscorer & wicket takers - Kevin GIANG (9) with a double taking 1/26, Terrence Zhou 1/37,

**14B** RIVERVIEW 4/255 (30) - defeated - HIGH 9/44 (20)

Wicket takers Jackson Huang 1/35 (6), Andrew cao 1/46 (6), Michael YU 1/54 (6)

Run scorers Eric Yu 14, Jackson Huang (12), Peter Stephens (5).

**14C** RIVERVIEW 5/168 - defeated - HIGH 10/146

Wicket takers- Alan Qi 3/11 (4), Victor Zhang 1/14 (4), James Lin 1/20 (3) & Ritam Mitra (coach) 1/10 (1)

Run scorers – dads of both teams, Alan Qi (3n.o), James Lin (3)

**13A** RIVERVIEW 4/183 - defeated - HIGH 10/63

- Runscorers- Sudarshan Arivind (12), Tahmeed Hossain (8), Rick Saha (8)

Wicket takers -Jonathon CHEW 1/24, Anthony Allingham 1/11, Kevin Ke 1/25

#### MATCH REPORTS -PUBLICATION

All match reports lodged by team captains (or coaches) when received are downloaded to the cricket website.

Not all captains submit reports, although regularly encouraged to do so for the development of reporting and writing skills

#### YELLOW CARDS -27-02-2010

The marginal reduction of non attendances from selected teams last Saturday will see up to 9 Yellow Cards issued at sport during this week. To ensure players are not subjected to a card the procedure is that boys contact their coach,d in the first instance by phone and then confirmed by email. It is then forwarded to the MIC for recording and any necessary follow-up.

#### RED CARDS- 27-02-2010

Four red cards occurred and they will be processed through to the HT of Sport and moved to the sport development group.



Laurie Heil - MIC Cricket



## The 2010 SBHS Cricket Dinner

SBHS Cricket will celebrate the efforts and achievements of our boys as well as acknowledge staff, coaches and supporters at the SBHS Cricket dinner on Wednesday 31 March 2010.

Players are asked to take responsibility on a team-by-team basis for any end-of-season gifts to their team's coach.

The dinner will be held on  
**Wednesday 31st March**  
in the **Great Hall**  
**6pm for 6.30 pm**

The cost of the dinner will be \$25 per adult and \$20 per student.

**LAST DAY FOR PAYMENT AT THE MAIN OFFICE IS FRIDAY 19th MARCH.** Tickets are limited.

Boys are to wear school uniform at the dinner.

Soft drinks provided. Parents may BYO wine/beer, if they wish.

Please detach the form below and hand it in with payment at the Main Office **before 19th March**

### 2010 CRICKET DINNER

Student Name: ..... Year/Roll class .....

Cricket Team: .....

TOTAL Number of adults ..... @ \$25 per adult = \$

TOTAL Number of students ..... @ \$20 per student = \$

TOTAL \$ \_\_\_\_\_

Do you have any special dietary requirements? ☐ Vegetarian

*Menu includes Vegetarian options & Halal chicken*

☐ Other (Please state).....

☐ YES! I can help on the day eg setting up the hall or cleaning up after

Helper's name and contact details :.....

Email address: .....

Phone Number ::.....

FITNESS ASSESSMENT FEBRUARY 2010

The PDHPE Department has again assessed the physical fitness levels of our students, Years 7 – 10. The most important health-related test is the 1.6km run for cardiovascular endurance. Our standard Moore Park West course was used for the assessment.

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. Each student in Years 7 – 9 should have a copy of their assessment schedule and results for February 2010 in their PDHPE theory books. Parents are encouraged to review their son's results with them.

There were some outstanding performances again this semester including:

**Luke Hoad (7E) 6m 12s, Eugene Lee (8.4) 5m 56s, Joshua Leo (8.6) 6m 01s, Lloyd Perris (10.3) 5m 05s, Adam Booth (10.1) 5m 13s.**

**\* Fastest times are held by Year 10 Sam Lane 4m 54s (2009), Year 9 Sam Lane 4m 53s (2008), Year 8 Sam Lane 5m 28s (2007) and Year 7 Eugene Lee 5m 43s (2009).**

#### 1.6km results for February 2010

Percentile band	No. of students in each percentile band			
	Year 7	Year 8	Year 9	Year 10
90 – 99	1	8	10	35
80 – 89	1	8	14	14
70 – 79	2	2	8	13
60 – 69	9	14	16	18
50 – 59	11	17	11	16
40 – 49	16	10	15	10
30 – 39	11	15	30	26
20 – 29	13	26	27	19
10 – 19	39	29	29	16
0 – 9	68	38	30	26
Non-starters	7	12	7	11

#### Mean results for each year group 2007, 2008, 2009 and 2010

	Feb. 07	Sept. 07	Feb. 08	Sept '08	Feb. '09	Sept '09	Feb '10
Year 10	59%	55%	65%	55%	54%	61%	<b>55%</b>
Year 9	56%	63%	47%	63%	<b>47%</b>	<b>55%</b>	44%
Year 8	49%	50%	<b>38%</b>	<b>50%</b>	43%	51%	39%
Year 7	<b>38%</b>	<b>44%</b>	34%	44%	32%	50%	24%

This year we have introduced an incentive for boys to achieve and maintain a higher level of aerobic fitness. If a student can reach his personal goal time on the fourth 1.6k run he will receive an extra 10% towards his final PDHPE grade which equates to one assessment grade. Each student should be aware of their goal as they are posted in Room 901. After the 1st 1.6k run there are 96 boys, in Years 8 – 10, who are within 60 seconds of their goal time and 19 who have run under 6 minutes. Hopefully every student will take this fitness challenge.

**G Stein - HT PDHPE**



PARENT/CARER/LEGAL GUARDIAN CONSENT FORM  
GAMBLING AND YOUNG PEOPLE PROJECT

I have read the attached *Information Sheet* for the Gambling & Young People Project and understand:

- I have been given the opportunity to read the *Information Sheet* and have been given the opportunity to discuss the information and my child's involvement in the project with the researchers.
- I have discussed participation in the project with my child and my child assents to their participation in the project.
- I understand that a staff member from my child's school will be present in the room while my child is completing the survey.
- I am aware that a small number of students in some schools may be asked to participate in follow-up group discussions with ACER researchers.
- I understand that the follow-up discussions will be audio-taped. However, if my child does not wish to be audio-taped the discussions will not be taped.
- I understand the project is for the purpose of research only and my child may not directly benefit by taking part in this research, and there will be no payment for my child taking part in the project.
- I understand that by participating in the project my child is not being assessed, nor are they being judged.
- I understand that by participating in the project any information my child provides will be anonymous.
- I understand that I can withdraw my child from the project at any stage up until the end of the data collection. My child understands they are free to withdraw from the evaluation at any time without prejudice.
- My child will not be identified nor their school or teachers in any data sets or reports. The evaluation is guided by the Privacy Act 1988.
- All data collected in the project will be kept strictly confidential and any comments printed in the final report will be anonymous.
- I am aware that I should retain a copy of the *Information Sheet* and *Consent Form* for future reference.

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Please tick one:

- ☐ I **consent** to my child participating in the *Gambling and Young People Project*.
- ☐ I **do not consent** to my child participating in the *Gambling and Young People Project*.

Signed: \_\_\_\_\_ Date:    /    /2010

Relationship to child: \_\_\_\_\_

Name of child: \_\_\_\_\_

Signature of Child: \_\_\_\_\_ Date:    /    /2010

Please return this completed form to box outside the Social Science Staffroom
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Gambling and Young People  
**STUDENT INFORMATION SHEET**

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Australian Council for Educational Research

My name is Nola Purdie and I have a project that you might like to help me with.

The project is about young people and gambling – playing games or betting to win money or prizes.

I am interested to know what you think about gambling, if you have ever gambled, what types of gambling you might have done, such as lottery scratch tickets, playing cards and betting on sport games, and where you might have seen it advertised lately.

Would you like to help me for about 15 - 20 minutes at school? If you don't want to help with the project – that's OK.

Your mum or dad, or the person who looks after you, has talked with you about whether you would like to help with the project or not, and now you get to say for yourself.

If you do want to help with the project, please print your name in the space beneath the line.

If you have any questions about the project, you can send me an email at [ozolins@acer.edu.au](mailto:ozolins@acer.edu.au) and I will answer your questions.



YES!

I will help you.

Print your name

Today's Date:    /    /



# **P&C Parent Information Evening**

## **STUDY SKILLS & HOW TO HELP YOUR CHILD**

Dear Parent,

If you have a child entering the final years of high school, you are about to discover that the HSC's challenges and stresses are not exclusive to the students. As a parent, you can and will play an important role in your child's HSC success. Over the next 12 – 24 months you will need to be a motivator, coach, supporter, tutor and you will have to do all of this without crossing the line and becoming the enemy! Are you ready for the challenge?

**On Wednesday 17 March at 7.30 pm the P&C** will be hosting a presentation to our parent body to make sure that you are ready for the year ahead.  
**(Venue - Staff Common Room)**

The presentation is to be hosted by Elevate Education. Elevate is Australia's largest provider of study skills programs in Australia, working annually with 350 schools and 35,000 students around Australia. The company's study guide to Year 11 & 12, "The Science of Student Success", has sold over 15,000 copies and is used by countless schools around the country as a standard text for their students. Elevate has conducted ground breaking research into the habits of the State's top students to identify exactly what these students do to ace the HSC.

In their 60-minute presentation, Elevate will address the following issues:

- How do I help to motivate my child? • What type of work should they be doing?
- How do I help my child to manage their time?
- Is technology a distraction or can MySpace and Facebook help my child?
- What are reasonable expectations I should have of my child? • And much, much more.

**This night is not to be missed and could help turn the next 12 months into a rewarding time for you and your family.**



## High Society

The Bulletin Board for Sydney Boys High P & C - Julie Connolly P&C President. If you would like to have any parent community news or upcoming events included in *High Society*, please contact Julie Connolly, [jcandjc@bigpond.net.au](mailto:jcandjc@bigpond.net.au); M: 0418 470 203.

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### P&C Meeting with Elevate Education – one of Australia's leading providers of study skills programs

The next P&C general meeting will be 7.30pm, Wednesday 17th March in the Great Hall. One of Australia's leading providers of study skills programs - **Elevate Education** - will address the meeting on how parents can support their sons in developing effective study techniques:

- How to motivate your son
- How to help your son manage his time
- What are reasonable expectations in terms of amount of time spent studying.

This will be a very worthwhile and informative evening that we urge parents to attend.

### Sydney Boys High BIG NIGHT OUT

Tickets are now available for sale for **BIG NIGHT OUT** through the General Office. \$15.00 per person for entree, main course and dessert AND a night filled with entertainment.

A tremendous thank you to those people in our community who have so generously donated food, cooking skills and prizes for the night.

We would love to collect some more prizes to round out the Silent Auction. Please contact Charles Ovadia [covadia@medemail.com.au](mailto:covadia@medemail.com.au) with donations for the Silent Auction and raffle.

### Email and Gmail

Many parents and community members have elected for the School and Community groups to correspond with them via email. This is terrific. Many co-curricular subcommittees are reporting increased parent support as more people become aware of upcoming meetings and events, through the use of email.

When we are corresponding with each other using email, please use the BCC function (blind copy) at the head of your emails, for all your addressees. This way we will ensure that other parent email addresses are not visible to recipients.

### Upcoming Parent Meetings & Events (details in High Notes)

Wednesday 10th March 6.30pm – Boatshed Dinner, Great Hall

Wednesday 17th March 7.30pm – P&C Meeting with Elevate Education Seminar, Great Hall

Saturday 20th March from 6pm – Sydney Boys High BIG NIGHT OUT, Great Hall and Courtyard

Wednesday 24th March 5.30pm – Cricket Committee Meeting

If you would like to have any parent community news or upcoming events included in *High Society* please contact Julie Connolly, [jcandjc@bigpond.net.au](mailto:jcandjc@bigpond.net.au); M: 0418 470 203.

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### DISCLAIMER

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

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Sydney Boys High School presents...

# BIG NIGHT OUT

SATURDAY 20TH MARCH 2010  
6PM

Come join in this fun school community event. Stalls will be serving a variety of multicultural food while you enjoy multicultural entertainment in and around the main hall and courtyard...Activities and entertainment to delight all the family!

TICKETS: presale \$15 or \$20 at the door  
DELICIOUS MULTICULTURAL FOOD entrée, main and dessert  
WONDERFUL MULTICULTURAL ENTERTAINMENT  
BYO, plus SOFT DRINKS WILL BE AVAILABLE FOR PURCHASE ON THE NIGHT

For more information visit [www.sydneyboyshigh.com](http://www.sydneyboyshigh.com)



# March/April 2010

05-03-2010

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7 A</b>	<b>8</b> P and C Executive Meeting Yr 11 Ancient History Assessment task 1, period 3 Year 9 History Excursion to Australian War Memorial, Canberra Year 10 Visual Design Excursion to Coogee	<b>9</b> Try Rugby Day, MPW, Periods 1-4 Asian Pacific Maths Olympiad Basketball: Sydney East CHS Trials OCMC meeting, Board Room, 5:30pm Latin Competition Period 4 in Hall	<b>10</b> Summer Sports Photos, 9:00am-12:30pm Year 9 High Resolves Leadership Training [30 boys] Rowing: Boatshed Dinner, Great Hall, 6:30pm	<b>11</b> Year 9 High Resolves Leadership Training [30 boys] Junior Rowing Photos, Abbotsford Fencing: Supporters Meeting, Staff Common Room, 5:30pm	<b>12</b> Swimming: Eastern Suburbs Zone Carnival, Des Renford Aquatic Centre, Maroubra, 8:30am-3:15pm Great Hall Booking, Common Room Booking, 3:30pm to 10:00pm Debating: Eastside SHS v SGS, FED SJC v SHS Parking - Waratahs v Lions (Basketball)	<b>13</b> Sport Groups 1 and 2 - SHS v TSC Rowing: Gold Cup Regatta, Lane Cove Great Hall Booking Swimming: GPS Carnival 5, SOPAC, Homebush, 7:00pm	<b>14</b> Great Hall Booking:
<b>8 B</b>	<b>15 ***</b> Winter Sports Selections Modern History Assessment Task 2, Great Hall, P1 World's Greatest Shave, amphitheatre, lunchtime French Film Excursion Y9-11, P1-4 Brainstorm Productions - Sticks and Stones (Y7), Great Hall, 1:45pm Parking: Wests Tigers v Sea Eagles (Rifle shooting) Cricket: NSW Lord's	<b>16</b> Baseball: CHS Championships (Bonnet Bay) Cricket: NSW Lord's Taverners Week, Sydney Tennis: CHS Individuals, Penrith Yr 12 Ancient History Assessment Task 2, period 1 Sports Council Meeting, Board Room, 5:30pm Foundation Meeting, Board Room, 6:30pm	<b>17</b> Last day of Summer Sport (Years 10-12) Baseball: CHS Champs (Bonnet Bay) Cricket: NSW Lord's Taverners Week, Sydney Football: Sydney East CHS Trials Tennis: CHS Individuals, Penrith Meet the Music Concert, SOH, 6:30pm P and C Meeting, Staff Common Room, 7:30pm	<b>18</b> Selective Schools Entrance Test for Year 7 2010, Great Hall Last day of Summer Sport (Years 7-9) Baseball: CHS Championships (Bonnet Bay) Cricket: NSW Lord's Taverners Week, Sydney Swimming: MIC Meeting (CIS Selection) Tennis: CHS Individuals, Penrith	<b>19</b> Leadership Training Day led by Rising Generations for SRC and CSC members at Sydney University Theatre LOTE Fantastique Performance Periods 1 and 2 - Yrs 7 and 8 French, Great Hall n = 174 Cricket: NSW Lord's Taverners Week, Sydney Debating: Eastside SGHS v SHS, FED: TGS v SHS	<b>20</b> Sport Group 1 - SHS v TSC Group 2 - SGS v SHS Rowing: Shore Regatta, Hen and Chicken Bay Sydney Boys High BIG NIGHT OUT, Great Hall, 6pm	<b>21</b> Parking: Sydney Roosters v Wests Tigers (Rowing)
<b>9 A</b>	<b>22</b> Swimming: Sydney East Championships, Homebush, 8:00am-2:30pm Motivational Media in the Great Hall, all day Basketball: GPS Representative Team Trials, Riverview Rowing: CHS Championships, SIRC	<b>23</b> Rowing: CHS Championships, SIRC Tennis: NSW All Schools (Pizzey Cup) Volleyball: CHS KO Finals, Bomaderry Information evening re English Extension 1 and Extension 2 for Year 12 2011, Great Hall, 7:00pm Year 9 Music Performance Exam in Hall periods 1-4	<b>24</b> Change to Winter Sport (Years 10-12) Summer Sport Reports to be submitted to Record Committee Basketball: GPS Training and Team Dinner Tennis: NSW All Schools (Pizzey Cup) Volleyball: CHS KO Finals, Bomaderry	<b>25</b> Change to Winter Sport (Years 7-9) Geography competition, Great Hall, periods 1-4 Summer Sport Reports to be submitted to Record Committee Theatre Sports Evening, Great Hall, 6pm Tennis: CAS v GPS, Homebush Volleyball: CHS KO Finals, Bomaderry	<b>26</b> Rowing Assembly, Great Hall, 11:30am Basketball: CIS Finals Tournament Basketball: Dinner, Great Hall, 6:30pm Debating: Eastside SCEGGS v SHS Parking: Wests Tigers v Parramatta Eels (Music)	<b>27</b> Rowing: GPS Head of the River, SIRC Parking - Waratahs v Blues (Cricket)	<b>28</b> Swimming: CHS Champs, Homebush
<b>10 B</b>	<b>29</b> Attendance and Progress Review (all Years) Rowing: Seat Racing for GPS selection, SIRC Swimming: CHS Championships, Homebush ENCORE Concert, SOH, 7:00pm	<b>30</b> Music Tour Rehearsal, Great Hall, all day Basketball: CAS v GPS (6pm, 7:30pm) Cricket: Davidson Shield Final series Swimming: CHS Championships, Homebush Swimming: GPS Team Function, Shore, 6pm	<b>31</b> Athletics: School Carnival, ES Marks (all day) Cricket: Davidson Shield Final series Water Polo: CHS KO Final series Basketball: ISA v GPS (6pm, 7:30pm) Rugby: Committee Meeting, Staff Common Room, 6pm Cricket: Dinner, Great Hall, 6.30pm	<b>1</b> LAST DAY TERM 1 Athletics: School Carnival, ES Marks (am) Cross Country: School Carnival, Mount Steele (pm) Water Polo: CHS KO Final series	<b>2</b> Good Friday - Public Holiday Parking: Sydney Roosters v Brisbane Broncos (Debating)	<b>3</b> Parking - Waratahs v Cheetahs (Rugby)	<b>4</b> Easter Sunday Daylight Saving ends