



From the Principal High Talent



Congratulations to the Year 12 debating team for their regional semi final win against SGHS at Parliament House opposing the proposition that the salary cap is destroying rugby league. Well done to the Stan Jones Cup tennis team for their effort to reach the Sydney Region final against Endeavour Sports High. After three 6-0 wins on the first day and successes in the quarter final and semi final, Arman, Patrick, George and Lachlan put up a tough fight against a team of tournament players from Endeavour, losing 1-5.

End of Financial Year Giving

If you would like to support your son in his particular interests at school, why not donate to the Australian Sports Foundation? If you go to www.sydneyboyshigh.com, you can find 'donations/ sports donations' and view various projects. There are two forms, one for equipment and facilities, the other for sports development (primarily coaching and training of coaches). Make your tax deductible donations to the sport and funding option of your choice and send the completed form to the school by June 25th so the deposit can be processed and sent to ASF in time for the end of the financial year.

Reports: Years 7, 9, 10, 12

All boys in these years should have their reports. Please ask to see your son's report. If he cannot produce it ask him why he has not gone to the Principal to collect it.

Participation in school activities

I was concerned when reading the Year 10 reports to find that thirty-two students or 16% of the cohort had no summer sport listed on their reports. I encourage these boys to make sure that they are involved in a winter sport! By contrast, 95.5% of boys in Year 7 were engaged in a summer sport – well done Year 7!

Michael Carr-Gregg – June 30.

Don't miss Michael Carr-Gregg's presentation at the joint SBHS-SGHS P & C meeting on Wednesday, June 30. He is a

leading Australian expert on adolescent behaviour and has pertinent advice for parents on managing their children through these turbulent years.

Restricted Access to Cutler Drive

O H & S concerns were raised about the safety of our students accessing Moore Park West across Cutler Drive, given the increasing vehicular traffic along that road in the mornings. The road surface is deteriorating rapidly as the edges crumble away. The road has to be repaired using school funds. The cost will be six figures. There are no funds available to do even part of this work in this year's budget. I have authorised a trial closure of the roadway from 0800 to 1600 to be undertaken as both a safety measure and to protect the road until it can be repaired. Locking the new gate at the corner of the tennis courts will also make parents more aware of the school policy that they should enter via gate 1 or gate 2 and depart via gate 2 or 3 in the mornings. There is absolutely no need for parents to drop their sons off outside the entrance to the main building.

Driving Instruction



A one week online survey was posted on the student drive. To the question: "if driver education with a qualified instructor were offered as part of High's curriculum, would you be interested?" 108 responses were logged, of which 105 were affirmative. Those who answered 'yes' had a follow up question: "would you be prepared to pay for driving lessons when you have a free period" there were eighty responses, forty-six in the affirmative. I have approached our bus driver, Peter Hatch, who is also a qualified driving instructor, to set up a model for possible delivery of driving lessons to eligible students during school hours or after school. Given that aspiring learner drivers have to log a large number of hours to qualify for a driver's licence, such a service might well be attractive. If your son is interested in logging up driving hours with an expert instructor, please email me an expression of interest. I would like to know how viable it would be for us to set up a program.

Dr K A Jaggar

PARENT TEACHER INTERVIEWS

Year 7 will take place on
Monday 21 June 2010
3.00pm – 6.30pm

Years 10, 11 and 12 will take place on
Thursday 24 June 2010
3.00pm – 7.30pm

Years 8 and 9 will take place on
Wednesday 30 June 2010
3.00pm – 6.30pm

Booking interviews with your son's teachers

This year we will again use a web based electronic scheduling system for arranging interviews. This produces better results for all participants, especially more compact time schedules for both parents and teachers. The system works as follows –

- On Tuesday 8 June all parents of boys in Year 7 were sent by email details of the scheduling system and a unique code to be entered at www.edval.com.au/book.
- On Tuesday 15 June all parents of boys in Years 10, 11 and 12 will be sent by email details of the scheduling system and a unique code to be entered at www.edval.com.au/book.
- On Tuesday 22 June all parents of boys in Years 8 and 9 will be sent by email details of the scheduling system and a unique code to be entered at www.edval.com.au/book.
- This email will be sent to the address currently held by the school. If you have not received this email by the following Wednesday (9, 16 or 23 June) or, if your email address has changed from what had been previously advised to the school, you should notify the school at ptnight@sydneyboys-h.schools.nsw.edu.au advising of this. Please indicate your son's name and roll class or date of birth so that the information can be forwarded to you.
- On the Edval website you will see your son's teachers listed and you will be able to select those with whom you require an interview. At the same time you can indicate your availability between 3:00 pm and 6:30 pm (7:30pm for Years 10-12).
- Once the majority of parents have requested interviews, the overall schedule will be generated by the school and your individual schedule should

be available for you to download and print from two days before the interviews.

- Boys from all Years will be dismissed from class at the conclusion of Period 5 on each day. School Special buses will run to normal schedules and there will be supervision in the Junior Quad of boys waiting for these buses.
- *Interviews should not exceed five minutes' duration.* If there is insufficient time, a further appointment may be made for a later date, or contact by telephone arranged.

GREEK AND LATIN READING COMPETITION AT SYDNEY UNIVERSITY:

A Year 11 Latin Perspective...

On Wednesday, 9th June, a group of Sydney High students competed in the Greek and Latin Reading Competition at Sydney University. The competition is organised by the Classical Association of New South Wales. This competition is held annually for Latin and Greek students from many schools, including Sydney Grammar and Sydney Girls' High. It is a competition in which a student performs a piece of poetry individually before a panel of judges. They are judged on pronunciation, metre and expression. This year, we had five students from Year 11: Samuel Beston, Lawrence Cai, Declan Gorey, Dennis Kim and Jeffrey Tang. Each of us memorised a Philosophical piece from Lucretius' "De Rerum Natura". A good achievement, as we had only a short time to learn the piece.

We arrived at Sydney University early on the day and, after a visit to the Nicholson Museum and an enlightening talk on Archaeology, we made our way to the performance room for our readings. Overall, the judges seemed impressed with the Sydney High group, even commenting that we were the first to completely memorise the piece. The finals will be held next month.

I would like to thank Ms Werner for her help and organisation of the competition, and Ms Matsos for our preparation, and to congratulate all the boys who participated.

Lawrence Cai, Year 11 Latin

DISCLAIMER

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READING GREEK AND LATIN AT SYDNEY UNIVERSITY: Preliminary Round, 9th June

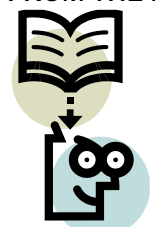
The Greek and Latin Reading Competition this year involved a large group from Sydney Boys' High. In addition to the Year 11 Latin group, there were a number of boys from Year 10 Latin as well as Year 10 and Year 11 Greek: Participants in the Greek Reading were David Wang, Year 11; Anton Brokman, Christopher Chiam, Matthew Delaney, Jim Koukouras and Toby Funston, all of Year 10. The students of Greek had to read aloud in Classical Greek, a passage from Euripides' play, "Phaedra".

The Year 10 Latin students, who had to read aloud a passage from Book XII of "The Aeneid" of Vergil, were: Jonathan Adhika, Timothy Chin, Matthew Delaney, William Ho, Kevin Krahe, Sooraj Prakash and Suman Prusty.

Congratulations to all participants in this challenging competition.

D.Matsos, Latin Teacher

FROM THE 2 LIBRARIES



BOOK FAIR

Books are still trickling in from Borders Online. Thanks to all our donors. We are thrilled to receive these lovely new books which encourage our boys to read. Special thanks to Sherrin Ayres one of our English staff who dropped in

to get help with Borders Online for taking so much trouble to donate to our Book Fair. Thanks especially also to Francis Salmon, mother of Josh Lane - Year 8 for dropping in personally to bring us 7 nearly new books from home as a Book Fair donation. This is most appreciated.

Donations status – arrived/covered and ready to be first-reader, can be viewed on sydneyboyshigh.com via the Library Thing Website/book Fair catalogue – put in the search term "donations". Boys are now picking up their donations.

STAFF READERS

It was great to see Ms Sharon Kearns turn up before the long weekend to borrow 8 new novels. Our adult collection is very strong. Some of our staff are great readers and this sets a wonderful example to our students. More staff book reviews in High Notes help

with this also so if you have just read a good book drop a line to High Notes and publish your recommendation.

NEW RESOURCES THIS WEEK Andrews library SENIOR FICTION

Proof, Dick Francis; *Acceptable Risk*, Robin Cook; *Poor Boy*, R.F. Brissenden; *The Glass Cockpit*, Robert P. Davies; *Longshot*, Dick Francis; *Angela's Ashes*, Frank McCourt; *The Eleventh Commandment*, Jeffrey Archer; *The Currency Lads*, Peter Yeldham; *Riptide*, Douglas Preston and Lincoln Child; *Firebird*, Janice Graham; *Longshot*, Dick Francis; *Snare of Serpent*, Victoria Holt; *The Himmeler Equatio*, William P. Kennedy; *The Ark's Anniversary*, Gerald Durrell; *10-LB Penalty*, Dick Francis; *The Escape Artist*, Diane Chamberlain; *Point of Impact*, John Nichol; *Homecoming*, Belva Plain; *John Steinbeck*, Warren French; *The Client*, John Grisham; *Home Ground*, Hugh Miller; *Elephant Song*, Wilbur Smith; *Mrs. Pollifax and the Second Thief*, Dorothy Gilman; *The Cradle Will Fall*, Mary Higgins Clark; *Horowitz and Mrs Washington*, Henry Denker; *Control Tower*, Robert P. Davis; *Baker's Hawk*, Jack Bickham; *The Shiralee*, D'arcy Niland; *Lifeboat Number Two*, Margaret Culkin Banning; *The Dwelling Place*, Catherine Cookson; *The Blind Side*, Francis Clifford

SENIOR NON FICTION

Meet the Stars of Dawson's Creek, Grace Catalano; The Gracchi Brothers or Does the End Justify the Means, Stanley Livingstone.

Veronica Crothers – Librarian Junior Library

From the Canteen



It was great to have the help of the following people last week. Thank you very much to.....

Sachiyo James, Usha Arvind, Sue Rynsaardt, Paul and Judy Koerber (impressive tag team style - as one arrived, the other left!!), Ming Lee, Elsa Li, Yuko Sakata, Sally Allingham, Jim O'Sullivan, Anne Wall, Su Jen Yap., Helen Chong, June (Wu) Long, Lancy Feng, Soogie Sim, Frances Salmon, Jing Zhang

Plus a big thank you to Ming who came in to help at the last minute - she had been in the previous week also.

Thank you - The Canteen Team

SBHSDEBATING

Premiers Debating Challenge

The Premiers Debating Challenge is the state wide debating competition organised by the Department of Education and runs throughout the school year. At SBHS each year level is represented by one team who face three local rounds before continuing on to Regional Finals and progressively through to the State Final. Our seniors have been leading the way and should be congratulated for their regional finals success defeating Sydney Girls High on the unexpected topic choice of Salary Caps in NRL – well done boys!

Newington Social

Our largest social round of the year is against Newington College and we have 15 teams competing as a warm up to the GPS season proper. I wish the best of luck to our teams and I look forward to watching some excellent debates.

**PLEASE NOTE: Coaching for Term 2 concludes in Week 10
FRIDAY 25th JUNE is the LAST COACHING FOR TERM 2**

Behaviour in Coaching

It has unfortunately come to my attention that many junior boys are unable to adhere to the standard of behaviour expected of them both as debaters and as students of SBHS

We are lucky to have the calibre of coaches on staff and ready to assist the development of students as they mature into articulate and analytical debaters. In turn it is expected that all boys show their coaches and their fellow debaters the respect they deserve.

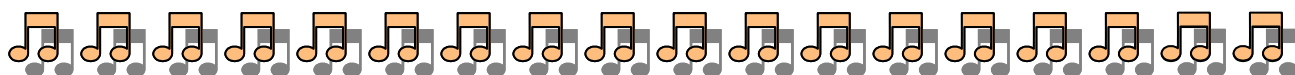
This means: calling out, yelling in class rooms, not following directions, littering, using mobile phone/laptops are not acceptable behaviours and are detrimental to individual and group learning.

At debates: rooms should be kept neat and tidy – boys should be returning the rooms to their original state, putting any scrap paper into the bin.

Parents of junior boys are recommended to go over the behaviour expected within the Code of Conduct as continued misbehaviour will result in your son being removed from coaching group or excluded from future competition debates

More information can be found at www.sydneyhigh.org.au/debating and will be emailed to you on a weekly 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 \[sbhsdebating@gmail.com\]\(mailto:sbhsdebating@gmail.com\) and ask to be added to the parent group for your child's year.](#)



MUSIC NOTES

Music Tour 2010 to France & Flanders

Music Tour Photos and Videos are now accessible on the *W Drive*, *Photo Archive*, 2010, *Music Tour 2010 (France & Flanders)*. More photos will be added each week and we ask that any student / parent who came on the Tour to please bring in their photos to the Music Staff to upload for everyone to view.

As we entered the small town of Villers-Bretonneux on our coach, the first thing that caught my eye as out of the ordinary was the Australian flags flying all around us, on the town hall, on the theatre where we were going to perform and even hanging off some of the non-official shops. As we entered the hall, all above us were hung green and gold banners and we placed our cases behind great green and gold curtains draping the stage. The flags and banners were for the one week commemoration of the ANZAC troops that fought and died there to initially capture and then defend the village against German counter-attacks. After the rehearsal, the group was treated to biscuits and drinks, all provided by the townspeople and served by some of the village women. Hindered slightly by our lack of French and their lack of English, we figured a system of miming and speaking gibberish sounding similar to French to communicate our thanks.

For dinner, we went to the usual food emporium where we were given snails to taste. The majority of us tried them, though there were a few not willing to go there. Our proper meal did not arrive for ages, causing us to have to eat our food in 5 minutes, dessert and all and run back to the hostel to get changed into our uniforms and onto the coach for our performance that evening. Feeling slightly sick after cramming all that food down our throats and tumbling down the stairs racing to the coach, we were on our way to the concert.

The concert was one of our best, featuring all three of our ensembles. Reporters from channel 9 filmed an arrangement of *Waltzing Matilda* for use in one of their programs, mixing our schedule up slightly, keeping us on our toes. After the concert, people from the village were practically queuing up for opportunities to grab a photo or word with us, among congratulations of "magnifique" and "professionale." The bus trip home was one of the most memorable of all our rides, co-ordinating silence and bursts of song according to the clock on the bus. Among these were the School Song, the War Cry, 99 Bottles of Beer on the Wall (Ok, so we skipped a few...) and the Pokemon Theme Song. The celebration did not end even when we returned to our hostel, with many of us only collapsing into bed well after midnight.

Marcell Rozsa (Year 11)



ENSEMBLE Rehearsal Times for 2010

ALL Music Ensembles have now commenced this term and students are expected to attend 80% of rehearsals to qualify for their award schemes. Please check the timetable below for some time and room changes.

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------------------------------------|----------------------------------|------------------------------------|------------------------------------|----------------------------------------------|
| 7.45am | Intermediate Concert Band Room 201 | Chamber Choir Room 201 | Chamber Choir Room 201 | Senior Concert Band Room 201 | Symphony Orchestra Room 201 |
| | Senior Stage Band Room 201 | Junior Jazz Ensemble Room 101 | Junior Stage Band Room 101 | Senior String Ensemble Room 101 | Guitar Ensemble Room 101 |
| | Training Concert Band Room 203 | | Philharmonic Orchestra Room 207 | | |
| | Junior String Ensemble Room 207 | | | | Marching Band Term 2 MPW 8.00 - 9:00am |

Marching Band

Marching Band rehearsal will commence **this Friday at 8:00am on MPW**. **ALL** members of the Senior & Intermediate Concert Bands are expected to attend as we have a marching performance on **Tuesday 29th June 2010**.





SBHS & SGHS SRC Talent Quest 2010

The combined Talent Quest is an annual charity event that has been run by the SRC for a number of years, bringing the spotlight onto hidden talents within our schools that may have passed unnoticed.

The Talent Quest consistently raises funds and awareness for the Black Dog Institute. The SRC supports this non-profit educational, research and clinical facility that offers specialist expertise in depression and bipolar disorder. You can read more about their work at www.blackdoginstitute.org.au

The event took place last Monday after a week-long run of unprecedented auditions, a real accolade to the creativity and confidence of our students. I congratulate everyone who gave the auditions a shot, and I'm sure even more talent will surface for next year. The hall was at capacity in minutes, with rumours of the successful SBHS acts to perform and an interest in what Sydney Girls had to offer. The talents of Francis Pham, Miguel Castillo, Michael Zhang, Jim Nguyen and Year 12 band The Icebergs were unearthed in a great contest with Sydney Girls, who also found a great variety of acts to showcase.

The panel of judges represented by Ms Berger deemed The Icebergs this year's winners - congratulations to Andrew Blomberg, Kieran Taylor, Justin Chan and Antony Paul. Everyone's combined efforts raised \$1085, an excellent contribution to the designated charity

Thanks to the SRC for all their help in putting the event together, and in particular the subcommittee (made up of students from Yr 7-12 from the SRC) who focused on the event for many weeks leading up to the day.

Samuel demonstrated great leadership skills in heading this Talent Quest subcommittee –on behalf of the SRC thanks and well done!!!

Mrs Collignon



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; M: 0418 470 203.

Joint P&C SBHS and SGHS – 7.00pm Wednesday 30th June, Great Hall

Thank you to the ten families who have generously offered to help set up for our joint P&C meeting with SGHS featuring Dr Michael Carr-Gregg on Wednesday 30th June – we really need your help.

We still need another ten families who can assist in laying out chairs theatre style following the parent-teacher interview session that will run until 6.30pm on that same evening. We have approximately 20 minutes to pack away tables and set out chairs - we need all hands on deck! Could parents indicate their availability to sbhs.pandc@gmail.com and meet in the School Foyer at 6.20pm on Wednesday 30th June.

In addition, Barbara Taylor is organising supper for the evening and needs parents to help set up the supper area near the Great Hall kitchen **from 5.30pm on Wednesday 30th June**. Please email Barbara directly admin@gtmanagement.com.au if you can help. Meet at the Great Hall kitchen.

Upcoming Parent Meetings and Events

Monday 21st June, 3.00pm–6.30pm – Year 7 Parent / Teacher Night, Great Hall

Thursday 24th June, 3.00pm-7.30pm – Years 10, 11 and 12 Parent / Teacher Night, Great Hall

Wednesday 30th June, 3.00pm-6.30pm - Years 8 and 9 Parent / Teacher Night, Great Hall

Wednesday 30th June, 7.00pm – Address by Dr Michael Carr- Gregg at joint SBHS and SGHS P&C Meeting, Great Hall

VOLLEYBALL REPORT



Byron Chen

Year 8 Report

On the 5th June the Year 7 and 8 played against Grammar A and Grammar B. Unfortunately we lost both sets despite our improved level of play in the second set. This prepared us for our next match against Grammar B. We took out the first set but were not able to maintain our momentum into the second set which we lost. However, some good play from Gordon and Shaun resulted in a win in the third set.

RIFLE SHOOTING

Several weeks after Armidale, the Sydney High Rifle Team set out yet again for another trip to the country, to compete in the Wingham Open Prize Meeting. This meet is usually known as the Wingham Rain Festival, but this year, we were competing under bright blue skies and had a consistently dry shooting mound.



The Sydney High Rifle Team saw great success this year. While this was an individual shoot, we entered a School's Team that competed against Wingham High School and The Armidale School for the Mo Burdett Trophy. Although Wingham High posted extremely competitive scores, we managed to edge ourselves just in front by a mere 2 points, winning the trophy for the third year in a row. Individually, our results were no less impressive. **Brendan Leo** (Year 11) had a great weekend of shooting, winning five silver medals and two bronze medals to come 2nd in C Grade, only losing out to the C Grade champion by one point. **Ryan Woo** (Year 11) also shot well, and despite his lower aggregate score (coming 4th in C Grade) he won three gold medals by coming first at three different ranges. **Peter Tran** (Year 11) also shot well, winning the Tyro Cup; a cup awarded to those who haven't yet won a competition.

But aside from those standout achievements the whole team performed admirably, gaining much experience; for **Bill Deng** (Year 9) and **Dominic Tran** (Year 9) it was their first shoot at an Opens competition, and for **Wilbert Wu** (Year 9) and **Adam Ceh** (Year 10) it was their first trip to Wingham. This year some of us were luckily paired with professional A Grade shooters on the second day, a new system designed to help the younger shooters. And thanks to their mentoring, there were clear improvements in scores. Comparing the Day 1 to the Day 2 aggregates, we saw improvements of approximately 15% in our newer shooters Bill and Dominic, an incredible improvement in such a short amount of time.

Aside from the seriousness of the competition shooting though, it was still a fun camping trip out in the country. At the end of each of the long days, we took the opportunity to finally relax. Whether it was warming up in front of our campfire, content from the hearty meals that the Wingham Rifle Club provided, or roasting marshmallows and making some damper, we enjoyed a brilliant trip augmented by Wingham's friendly and welcoming atmosphere.

Of course, all the people who made this possible must be thanked: Wingham Rifle Club, for providing us with such fierce yet friendly competition, our MIC Cathy Meaney for putting in all the effort and behind-the-scenes work to make this possible, and to Old Boy coaches Sam Kremer, Kevin Chan and Joe Banh for supporting us throughout the weekend. Also a huge thanks must go to Sam Kremer for driving the bus.

With our highly successful Wingham shoot being the second of our several lead-up shoots to the all important GPS Competition, we look forward to what the next few weeks hold in store for us. The West Wallsend Open Prize Meeting at Cessnock is coming up shortly.

Michael Do Captain of Rifles 2010



SBH GPS Athletics Training Timetable - 2010

| Term Dates | GPS Athletics Season – Training | |
|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| First Week of Winter Holidays | <p>Monday 5/07/2010 7.00 – 9.00am Weights Jason Tassell 9.30 – 11.00am ESMarks</p> <p>Wednesday 7/07/2010 7.00 – 9.00am Weights Jason Tassell 9.30 – 11.00am ESMarks</p> <p>Friday 9/07/2010 7.00 – 9.00am Weights Jason Tassell 9.30 – 11.00am ESMarks</p> | |
| Second Week of Winter Holidays | <p>Monday 12/07/2010 7.00 – 9.00am Weights Jason Tassell 9.30 – 11.00am ESMarks</p> <p>Wednesday 15/07/2010 7.00 – 9.00am Weights Jason Tassell 9.30 – 11.00am ESMarks</p> <p>Friday 17/07/2010 7.00 – 9.00am Weights Jason Tassell 9.30 – 11.00am ESMarks</p> | |
| Between Winter Holidays and the start of GPS Athletics | <p>Monday 3.30 - 4.30 pm Jason Tassell (Speed and Endurance Training)</p> <p>Tuesday 3.30 - 4.30 pm High Harriers Running Club meet at Moore Park 3.30 - 4.30 pm Sprinters to ESMarks</p> <p>Lunchtime every Wednesday for Junior Runners</p> | |
| Week 6, Term3 | <p>Monday 23/08/2010 3.30 - 4.30 pm Jason Tassell (Speed and Endurance Training)</p> <p>Tuesday 24/08/2010 3.30 - 4.30 pm High Harriers Running Club meet at Moore Park 3.30 - 4.30 pm Sprinters to ESMarks</p> <p>Wednesday 25/08/2010 Shot Put for Juniors with Mr Codey at start of lunchtime 1.15 – 3.00 pm seniors to ESMarks</p> <p>Thursday 26/08/2010 Shot Put for Seniors with Mr Codey at start of lunchtime 1.15 – 3.00 pm juniors to ESMarks</p> | <p>1st GPS SGS/SHS Invitation, ES Marks Saturday 28/08/2010</p> |
| Dates | GPS Athletics Season – Training | GPS Carnivals |
| Week 7, Term 3 | <p>Monday 30/08/2010 3.30 - 4.30 pm Jason Tassell (Speed and Endurance Training)</p> | <p>2nd GPS SIC/NC Invitation</p> |

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| | <p>Tuesday 31/08/2010 3.30 - 4.30 pm High Harriers Running Club meet at Moore Park 3.30 - 4.30 pm Sprinters to ESMarks</p> <p>Wednesday 1/09/2010 Shot Put for Juniors with Mr Codey at start of lunchtime 1.15 – 3.00 pm seniors to ESMarks</p> <p>Thursday 2/09/2010 Shot Put for Seniors with Mr Codey at start of lunchtime 1.15 – 3.00 pm juniors to ESMarks</p> | <p>Athletics, Homebush <i>Saturday 4/09/2010</i></p> |
| Dates | <i>GPS Athletics Season – Training</i> | <i>GPS Carnivals</i> |
| <i>Week 8, Term 3</i> | <p>Monday 6/09/2010 3.30 - 4.30 pm Jason Tassell (Speed and Endurance Training)</p> <p>Tuesday 7/09/2010 3.30 - 4.30 pm High Harriers Running Club meet at Moore Park 3.30 - 4.30 pm Sprinters to ESMarks</p> <p>Wednesday 8/09/2010 Shot Put for Juniors with Mr Codey at start of lunchtime 1.15 – 3.00 pm seniors to ESMarks</p> <p>Thursday 9/09/2010 Shot Put for Seniors with Mr Codey at start of lunchtime 1.15 – 3.00 pm juniors to ESMarks</p> | <p>3th GPS TSC/Shore Invitation, ES Marks <i>Saturday 11/09/2010</i></p> |
| Dates | <i>GPS Athletics Season – Training</i> | <i>GPS Carnivals</i> |
| <i>Week 9, Term 3</i> | <p>Monday 13/09/2010 3.30 - 4.30 pm Jason Tassell (Speed and Endurance Training)</p> <p>Tuesday 14/09/2010 3.30 - 4.30 pm High Harriers Running Club meet at Moore Park 3.30 - 4.30 pm Sprinters to ESMarks</p> <p>Wednesday 15/09/2010 Shot Put for Juniors with Mr Codey at start of lunchtime 1.15 – 3.00 pm seniors to ESMarks</p> <p>Thursday 16/09/2010 Shot Put for Seniors with Mr Codey at start of lunchtime 1.15 – 3.00 pm juniors to ESMarks</p> | <p>Thursday 16/09/2010 Athletics Dinner (Great Hall) 6.30pm</p> <p>Friday 17/09/2010 GPS Athletics Assembly, Great Hall, 11:30am</p> <p>Saturday 18/09/2010 AAGPS Athletics Championships, SIAC 1 & 2 (Homebush)</p> |
| <p><i>CHS Carnivals</i> Eastern Suburbs Zone Athletics, (ESMarks) (8:00am - 3:15pm) Tuesday 29th June 2010 Sydney East Area Athletics Carnival, SIAC (Homebush) (pm) Tuesday 3rd August 2010 & Wednesday 4th August 2010 CHS Athletics Championships, Homebush 9th, 10th & 11th September 2010 School Knockout Competition, September 2010 NSW All-Schools, September 2010 Pacific School Games/Australian All Schools Athletics Championship, November 2010</p> | | |

Sydney Boys High School

Applications for Years 8 - 12, 2011



Pursuing all - round excellence for gifted boys



Applications for Years 8-12, 2011
close on the 29th July 2010
Phone: 9361 6910

Application forms are available from the school or visit: www.sydneyboyshigh.com and click on the link to enrolments.



Sydney Boys High School

The Phillip Day Memorial Scholarship

For existing or enrolling students in years 7–12
who meet the scholarship selection criteria.

To apply for a scholarship visit
www.sydneyboyshigh.com/scholarship
for full details.



Pursuing all-round excellence for gifted boys

Sydney Boys High School
Moore Park, Surry Hills 2010
Phone: 9361 6910

Watch Out!



Sydney Boys High School

Drama Festival

7pm July 26 & 27

The Great Hall

Student Tickets \$5

**Fantastic Opportunity to Hear
One of Australia's
Leading Voices on Teenagers**

7.00pm, Wednesday 30th June, Great Hall

Dr Michael Carr-Gregg

The Five Greatest Challenges for Parents in 2010

The joint Sydney Boys and Sydney Girls P&C meeting for this year – 7.00pm, Wednesday 30th June, in the Great Hall – will feature **Dr Michael Carr-Gregg** speaking on *The Five Greatest Challenges for Parents in 2010*, including aspects of online safety, alcohol, sleep and other key issues. This is a fantastic opportunity to hear one of Australia's leading voices on adolescents and we urge parents to attend this P&C presentation.

Dr Michael Carr-Gregg is one of Australia's highest profile psychologists and is described by the *Sunday Age*, as one of the country's leading authorities on teenage behaviour. He specialises in the areas of parenting adolescents and adolescent mental health. Michael is the Consultant Psychologist to the Victorian Secondary Schools Principals' Association and is a founding member of the National Coalition Against Bullying. He is an official ambassador for *beyondblue* and *Mindmatters* - one of 16 youth suicide prevention programs run by the Federal Government - and has served on the advisory committee for the Federal Government's Boys' Education Lighthouse School Programme.

Educated in Kenya, the UK, Australia and New Zealand, Michael is married with two sons. For seven years he worked as an Associate Professor in the Department of Paediatrics at the University of Melbourne, before going into private practice in the Melbourne suburb of Kew. Michael has worked in private practice as a family therapist, child psychologist and clinical psychologist, as an academic, researcher and spent four years working as a political lobbyist. He wrote his PhD on adolescents with cancer at the University of NSW which resulted in the formation of CanTeen - a support group for teenagers with cancer in 1984. Michael has a high media profile working on national TV on Channel 7's *Sunrise* and *The Morning Show* as well as Fairfax Radio 3AW. He is a columnist for *Girlfriend* and *Australian Doctor* and has written six books, including the best selling *Princess Bitchface Syndrome - how to survive teenage girls* for Penguin in 2007 and has just finished another book *When to Really Worry* which was released in 2010.

Dr Michael Carr-Gregg is an informed, entertaining and inspiring speaker addressing some of the most critical issues for our adolescents today.

This is a great opportunity for High parents to hear his insights.

Supper will be served following the presentation.

Canteen Price List 2010

| Cakes/Muffins/Fruit | | Drinks | | | Ice Creams | |
|-----------------------------------|--------|---------------------------------------------------------------------------------------------------------------|--------|--------------|-----------------------|--------|
| Banana bread | \$1.60 | 300 ml plain milk | \$1.20 | | Icy Twist | \$1.00 |
| Chelsea bun/ Finger Bun | \$2.00 | 300 ml flavoured milk | \$1.70 | | Chocolate thick shake | \$2.50 |
| Choc chip/anzac cookie | \$1.20 | 600 ml plain milk | \$1.80 | | Cyclone | \$1.80 |
| Cupcake | \$2.20 | 600ml flavoured milk | \$2.40 | | Frozen yoghurt | \$1.40 |
| Custard ball doughnut | \$2.60 | Up & Go | \$2.00 | | Fruit tube | \$0.40 |
| Custard tart | \$2.50 | Spring water | \$1.40 | | Paddle pop | \$1.50 |
| Doughnut | \$2.20 | Pumped water | \$2.40 | | Splice | \$2.30 |
| Fruit - apple/orange/banana | \$0.80 | Deep Spring mineral water | \$2.20 | | Moo | \$1.60 |
| Fruit salad | \$2.50 | Berri long life juices 300ml | \$2.00 | | Treats | |
| Muffins | \$2.60 | Cans 375ml | \$2.00 | | Frogs | \$0.50 |
| Breakfast | | Bottled diet coke 600ml | \$3.00 | | Pythons | \$0.80 |
| Cereal bowl | \$2.00 | Aroona carbonated water | \$1.70 | | Starburst Gummies | \$2.00 |
| Hot chocolate (term 1 & 2 only) | \$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 | \$2.20 |
| 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 | \$4.00 | 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 | \$3.80 | Roast beef & salad | \$3.00 | \$3.60 | | |
| Pizza pocket | \$1.80 | 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 | <div>2010 Prices</div> <div>Minor price changes will occur as a direct result of increases by suppliers</div> | | | | |
| Sausage roll | \$2.00 | | | | | |
| Spinach ricotta roll | \$2.30 | | | | | |
| Sweet chilli chicken sub/wrap | \$3.80 | | | | | |

8.30 to 9.00 am *Breakfast is available *A time to place lunch orders

ALL CANTEEN PROFITS ARE RETURNED TO THE SCHOOL FOR THE BENEFIT OF THE BOYS' EDUCATION AND DEVELOPMENT

CrossFit GYM

ROSEBERY

55 Mentmore Avenue Rosebery NSW 2018 Phone 02 9313 6226 www.xfitgym.com.au



*"I sweat all over the world, but never as much as at Crossfit Gym Rosebery.
Without Crossfit Gym Rosebery I would just look funny"*

David (The Upside Down Show) Umbilical

CrossFit Gym Rosebery is dedicated to achieving results:

CrossFit Kids is designed to help kids grow up healthy, strong and have a life long love of working out, thus avoiding the common problems associated with childhood inactivity and obesity. Healthy living requires that our kids push, pull, run, throw, climb, lift and jump. Why not get your kids CrossFit?

Tuesday and Thursday 4pm. From \$10 a session.

CrossFit Adults specialises in affordable Personal Training programs:

- 8 Week "Lifestyle Change" Challenge (\$50 a week)
- Advanced Unlimited Personal Training (\$50 a week)
- Ultimate weight loss Program (from \$20 a week)

Our Programs include Goal setting with our in house Psychologist, Body Composition Analysis, Continual nutrition guidance and diet assessment

BONUS!!!! Imaginative group fitness classes that are both fun and results driven

June/August 2010

18-06-2010

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| 10 B | 21 Attendance and Progress Review (all Years) High Resolves - Year 8 (Group A), Great Hall, all day Parent/Teacher Night, Year 7, 3pm-6:30pm | 22 ICAS Writing Competition High Resolves - Year 8 (Group B), Great Hall, all day Year 12 Study Day Great Hall Booking: Football: GPS v CAS Rugby: GPS v CAS | 23 Year 12 Assessment Examinations NSW Uni Annual School Maths Competition 930-1230 approx 20 students | 24 *** Year 12 Assessment Examinations SIMA Jazz Music, Elective Music to Seymour Centre 11:30am to 3:00pm Year 11 and Year 10 Accelerated Modern History Assessment Task, periods 1 and 2 Year 11 Preliminary Biology to Sydney University Electron Microscopy Unit Vadea Conference ACU | 25 Year 12 Assessment Examinations Year 11 English Advanced Assessment Careers in Sport Talk, 11:30am to 1:00pm selected year 9,10,11 students in 901 Vadea Conference ACU Football: GPS v ISA, Riverview Rugby: GPS v CHS | 26 Vadea Conference ACU | 27 |
| 11 A | 28 Year 12 Assessment Examinations Table Tennis: CHS KO Final series Opening of Science Laboratories, 10:00am | 29 Year 12 Assessment Examinations Years 7 and 10 vaccinations, periods 1-4 801 Marching Band Performance at Darling Harbour 10 to 2 Athletics: Eastern Suburbs Zone carnival, ES Marks (8:00am - 3:15pm) | 30 Year 12 Assessment Examinations Volleyball: CHS KO Final series Crisis Management Workshop, room 402, 10am to 4pm Parent/Teacher Night, Years 8 and 9, 3pm-6:30pm Rugby Committee Meeting, Staff Common Room, 6pm Joint SBHS and SGHS P and C Meeting, SBHS, 7:00pm | 1 Year 12 Assessment Examinations Volleyball: CHS KO Final series Farewell Function for Bisley Tour Main Foyer 6:30pm to 8:30pm Showcase Concert, Great Hall, 7:00pm | 2 Year 12 Assessment Examinations Last Day to submit UNSW Medicine applications to Principal Great Hall Booking, 4pm Bump in LAST DAY TERM 2 | 3 Great Hall Booking, | 4 Great Hall Booking, |
| 1 B | 19 Staff Development Day | 20 School resumes Years 7-12 GPS Shoot, Hornsby Foundation Meeting, Board Room, 6:30pm | 21 GPS Shoot, Hornsby | 22 Australian National Chemistry Quiz - Period 3 Great Hall Booking: | 23 Cross Country: NSW All Schools Championships, Eastern Creek Debating: Assembly, Great Hall, 12:20pm Debating: Shore v SHS | 24 Sport SHS v Shore; Rugby SHS v SIC | 25 Drama Festival, Great Hall, all day |
| 2 A | 26 Year 8 Visual Arts Excursion, Taronga Zoo Drama Festival, Great Hall, Dress Rehearsal 12:30pm and Showcase 7:30pm | 27 Drama Festival, Great Hall, Matinee 11:30am and Showcase 7:30pm Prefect Afternoon Tea, Main Courtyard, D Chen Rowing: Committee AGM, Staff Common Room, 7:00pm | 28 OC placement test, Great Hall UMAT examination Rugby: Committee Meeting, Staff Common Room, 6pm | 29 *** Years 7, 8 and 9 Assembly, Period 2 Years 10, 11 and 12 Assembly, Period 3 Legacy Junior Public Speaking Competition at J J Cahill Memorial High School n=2 SIMA Jazz Music, Elective Music to Seymour Centre 11:30am to 3:00pm Closing date for applications to Selective High Schools - | 30 Year 9 Geography and Science Excursion NSW Volleyball Schools Tournament, Olympic Park, All teams, Debating: SHS v SJC | 31 Sport SJC v SHS; Rugby NC v SHS Cross Country: NC Invitation, Sydney Park (10:00 am) (GPS v CAS) Fencing: AJ Rae/Roseanne White event | 1 |