The Weekly Newsletter of Sydney Boys High School

## From the Principal

## High Talent

Winners last Friday at SOPAC in the GPS carnival were: James Luo ( 12 years 50 m freestyle, backstroke, butterfly); Allen Guo (12-14 years 200 m breaststroke); Kevin Guo (15 years 50 m breaststroke; Kazuo Nakamura 916 years 50 m butterfly); Jake Rowlands ( 15 years 200 m freestyle); 15 and 16 years $4 \times 50 \mathrm{~m}$ freestyle relays. Great job, boys!

## Generous Gesture by King's School

Last Saturday at 0545 our towing vehicle and trailer were involved in an accident on the M4 at Eastern Creek. Without hesitation, Rowing MIC M James Tyree and his staff from King's School came to the aid of Mrs Julie Blomberg, High Rowing MIC, to manage the situation. King's supplied a towing vehicle, trailer and driver to assist in salvaging the boats and equipment from the side of the freeway. The boats were loaded onto the King's trailer at the nearby roadhouse and Mr Pavone arrived with his vehicle to tow the borrowed trailer back to Abbotsford and from there back to King's School. I have written to Dr Hawkes to express my gratitude on behalf of the High community for the generosity and compassion exhibited by the staff of the King's School in a time of crisis for our school. I want to thank Julie, Pravin, Isaac and Mark for their efforts on the day. In particular I want to thank the volunteers from the first VIII boys who gave up eight hours of their time to provide the muscle power to load and unload boats and equipment and at the scene and back at the sheds.

## Financial Management Meeting

There will be a meeting for all co-curricular activities in the Great Hall on Monday, March 17 at 6 pm . The meeting is for MICs and a representative from each Support Group (Incorporated Association or P \& C Sub-Committee). The agenda for the evening will be:

1. What the DEC on costs are and how they affect co-curricular budgets.
2. Budgeting for the season: sources of income/expenditure dissections
3. Maintaining monthly records: parking / co-payments / salaries / venue hire / equipment
4. How parking works: allocations / payments
5. Accounting for other income sources: ASF / concessions (bbqs -kiosks -hiring of facilities) /fundraising
6. What the sports levy funds. MICs / facilities development / buses /OH\&S /GPS levies
7. Setting co-payments for the year / season / term. P:IAdministrationlFinancelBudget|Revis ed Financial contributions 2014-2016

I urge all co-curricular activities with budget expenditures exceeding $\$ 10 \mathrm{k}$ per annum to be represented at the evening.

## Summer Sport Co-payments

The rolls for summer sports and activities have now been finalised. In many activities co-payments are levied for the season, so boys continuing in a summer sport will have paid their co-payments already. However, for Year 7 one term of summer sport will be levied. Also, a few activities have term-byterm co-payments. These are due now. For 2014 the agreed figure for Term 1 only copayments is $\$ 66$. Certain Supporters Groups, with agreement from parents, decide upon higher co-payments for some expensive to run sports, such as rowing (\$170 per term), sailing (\$250) and rifle shooting (\$150 small bore). For winter sports the agreed base co-payment will be \$132, after adjusting for on costs. Individual Support Groups need to advise the Principal before the end of term 1 what adjustments they may have made for the upcoming winter season.

## Student Award Scheme - Presentation Assemblies

It was a great pleasure to be able to present so many awards to boys at the two assemblies held last week. At the High Junior School assembly, Year 72013 earned 62 bronze awards. Year 8 2013 earned 87 bronze, 57 silver, 8 gold and 1 platinum award for Hugh Bartley. Year 92013 earned 12 bronze, 70 silver, 43 gold, 7 platinum and one plaque! These statistics show that boys are very aware of the Awards Scheme and get involved in school activities from term 1 Year 7.
At the High Senior School assembly, Year 10 students from 2013 earned 6 bronze, 37 silver, 61 gold, 25 platinum and 13 plaques. Year 11, 2013 were awarded: 2 bronze, 9 silver, 18 gold, 32 platinum, 25 plaques and 8 trophies. These results are very encouraging. We always hope that more boys stay involved longer during their High school career. It is a good sign to employers of your character and commitment that you can stick with activities and responsibilities for six years. Overall, participation levels were higher in 2013 than in 2012, despite the fact that electronic recording and verification procedures made compliance tighter and accountability more rigorous.

## Dr K A Jaggar

## AAGPS Head of the River 2014

Attendance at the GPS Head of the River is strongly encouraged for all students to support our rowing crews. Attendance by students (in full school uniform) is recognised by 5 points in the School Award scheme. This is a big day on the AAGPS school calendar and is quite a spectacle with all GPS schools attending. It is the day everyone works towards, a day filled with history and tradition, where all schools congregate with school pride. We are there too, with our High chants, colours and banners. If there is one day you should experience while at High it is the Head of the River!

Where: Sydney International Regatta Centre, Penrith
When: Saturday 15 March 2013
How: Supporters will depart from the school bus stop on Anzac Parade at 7.45am and return to the school at approximately 1.30pm.
Cost: $\$ 15$ for a subsidised ticket (including transport and entry), paid to the school office by Wednesday 12 March
Seats are limited to the first 200 boys

## From the Canteen

Sydney Boys High School has one of the few remaining school canteens which is not privately owned and therefore all profits are returned to the school to be spent on worthwhile projects which benefit our sons. Our wonderful Managers Karen and Tracey, along with our parent helpers, work very hard to prepare mostly homemade foods, which allow us to keep our prices reasonable and profits to remain in the school. This week we have been able to make the first instalment of our annual donation to the P\&C of $\$ 35,000.00$. Dr Jaggar will advise the P\&C of the projects he wishes to allocate the money to. Thank you for your continued support.

Thank you to the volunteers last week:-
MON: Cole Gu, Thajeewa Pingamage, Julie Fox, TUES: Anna Holstrom, Francisca Sjahry, Sharon Hughes, Lynn Chen,
WED: Fumiko Hirose-Cheong, Jackey Cheng, Kitty Chan, Hiroko Kitajima
THURS: Bernadette Snow,,Charlie Wang, Ming Ming Lee,
FRI: Katie Young, Jenny Beer, Lien Tran,

## Sharon Hughes <br> President Canteen Committee

## Cashier Payments

When making payments to the cashier at the main office please make sure your son has the correct money.
Main Office

## Debating MIC's Report

Friday was an excellent night - not only because we won $5 / 6$ of the debates against St Joseph's, but also because we had such a huge show of support from students and parents. The Year 7 debating room had an unusually large audience with parents of debaters and chair people attending. I was very pleasantly surprised to see so many Year 7s and Year 12s coming to watch debates and support students in their Year group. Well done and keep it up. Nina was really pleased with both the food contributions and the amount of people that helped out on the night. Again thank you to everyone - it makes it so much easier when everyone lends a hand.

On Monday we sent three teams of senior debaters to UNSW to take part in a competition. I can happily announce that our Year 12 team of Peter Stephens, Lokesh Sharma, Riley Irwin and Sam Phillis won the whole competition and that Riley was ranked First overall speaker, Lokesh $3^{\text {rd }}$, Ganeshmoorthy $7^{\text {th }}$ and Andrew McNaughton $8^{\text {th }}$ out of over 100 students. Well done, boys - this is a great start to the debating season.

Senior trials start on 7 March, and will replace regular coaching sessions. They will continue on 14 March and (if necessary) 21 March. This year we are doing things slightly differently. Antony and Christopher will select: a GPS 1st and 2nd Grade (three boys each, from any Year group); a Hume Barbour/Eastside Yr 12 team (four Yr 12 boys); a Karl Kramp/Eastside Yr 11 team (four Yr 11 boys) (Boys can be in more than one team e.g. a Year 12 in GPS 1s would also be in HB ). There will be coaching for the teams who are debating on the night though.

We will be selecting based on ability, and how well boys improve based on feedback. Commitment and behaviour are also factors. In addition to Year 11 and Year 12 we are permitting the students in 2013 Year 9 GPS As to trial.

Year 11 and Year 12 boys who are not selected will be in a coaching group with Tim Sullivan, and will debate in FED. We'll prioritise enthusiastic and committed volunteers for FED debates and from these we will select a thirds and fourths team - later in the year.

## Rachel Powell

## Debating Prefect's Report

Debating has made a positive start to the year as numerous competitions start up. In the first week we travelled a long way up to Barker. We were unlucky in a number of debates and came away with 2 wins out of 6 . Congratulations to the Year 10 boys who debated as Year 11 with the challenging topic "that it should be against the law to insult religion" and won. Some of the other topics on the night included - "That teenagers should be banned from Facebook', "That we should cull sharks" and "That the CBD should not have roads". Congratulations to the Year 8 team who were also successful in their debate. In the second week of FED, with topic area of Sports, we managed to win 5 out of 6 debates against Joeys - a very good result. Topics revolved around Performance enhancing drugs and salary caps. Over the years, High has earned a reputation of serving up the best suppers and it was great to see us continue that through in the first home debate of the season.

Success continued on Monday (24/2/14) at the UNSW Network Schools Debating Day, with the Year 12 teams (consisting of Riley, Peter, Sam and myself) winning the competition by convincingly beating out a King's Second grade team. The day proved to be a challenge for everyone with only 30 minute prep time with challenging topics like:

- That the government should not rate or regulate media content
- That we should legalise all performance enhancing drugs in sport
- Politicians should be able to nominate certain promises to be legally binding on them upon assuming power
- That incarceration is a cruel and unnecessary punishment for non-violent offenders.


## Tip of the Week

With the season just getting underway, there are numerous competitions and opportunities for everyone to debate. All boys involved in debating should be attentively listening in coaching and taking the chance to debate. Remember, practice makes perfect!
Lokesh Sharma
Debating Prefect


## WELCOME TO ALL OUR NEW LIBRARY USERS - PARTICULARLY YEAR 7 What's to know?

1. Early opening - 7.30am -9am
2. One month loan period. Renew for second month using Portal
3. ALL PARENTS - make sure you get your own Portal - See sydneyboyshigh.com bottom of first page - please give your son $\$ 10$ for Printing.
4. We welcome Library Monitors
5. We welcome Spring Cleaning Library Donations (less than 5 years old)
6. ALL STUDENTS - put your personal email into My Details/Portal so we can directly contact you.
7. Lost your book ?- replace with suitable one from home.

## WHAT'S BEEN HAPPENING?

Class Area improvement: Since our return to school the Junior Library has been undergoing a minor transformation. Shelving barriers have been constructed between the Class and Quiet Areas to better screen classes for privacy. So our library staff hopes that teachers assigned to teach in this area in 2014 will be happier in their more intimate environment. The Class Area which has a big screen and a teacher's computer now houses 44 comfortably seated students and includes the reading lounges.

Quiet Area improvement: We hope also that we have created a larger and better defined area for additional classes/overflow Seniors to silently use our Quiet Area during class times. This may also be more available for bookings. This area seats individuals in carrels and tables and houses 38 students.

## Near demise of Library Newspapers / Magazine emphasis

The digital subscriptions issue threatens to kill off children's introduction to these popular reading formats. They will be lost among the plethora of entertainment Online. Our library has set up a more noticeable magazine and newspaper rack. . So enjoy them while you still can.

Impossible windows issue: From a work safety point of view our staff is happy to see the end of the shelving under the windows which made our newly double glazed windows even more difficult and potentially back twisting to open and shut twice a day. Our extensive non- fiction cull in 2013 enabled the movement of books off these shelves.

Fiction on one side / Non fiction the other sidel Instant New Signage
Our boys will find books more easily with our new arrangement. Fiction and Non Fiction have been separated logically. Huge thanks to my positive-thinking staff for moving every book in our Library and dusting shelves over the last 2 weeks. Big thanks to some very generous and mature boys who saw what we were doing and who pitched in with valuable assistance - Nathan Wong, Jeff Ye and Dallas Yan.
Thanks to Thomas Kim, Darren Huang, Roy Wu, Desmond Ho, our regular helpers, for their part. Thanks also to the Office Boys who also came up and assisted us at their own suggestion at this hectic time. Thanks to the efficiency of these boys and Mrs O'Hare even our changed signage is printed, laminated and installed.

## Computer Area

Big thanks to Mr Prorellis and the IT staff who are looking at installing a projector screen for the ingeniously installed teachers' computer in this area. Teachers using this area will then have normal class equipment in this widely used area now. Anyone may print or use a computer at break times but you may not play games in the Library even on laptops. See library staff if you urgently need a computer.

## Portal and Library introductions

Thanks to English staff who donated Wide Reading lessons so that their boys could become instant Library and Computer users. The Junior Librarian is still very keen to make sure all boys have been appropriately introduced to the Portal and the Library.

## NEW BOOKS THIS YEAR

If students have given the Portal /My Details your personal email these will be regularly emailed to you. These books have just gone out to our new book shelves for you to borrow. We have put out more new books but we will put more covers in next week's edition of High Notes. Your email will show all the new books.


MRS CROTHERS -
LIBRARIAN -ANDREWS JUNIOR LIBRARY

## गन\% <br>  <br> MUSIC NOTES

## EX-STUDENT TDP GRAD CONCERT

Exciting news! Oliver Kirk (Voice and Lmus Flute) who graduated SBHS last year made it through the 3 rd phase of the Talent Development Project. Oliver Kirk was a featured artist in the 2012 'School Spectacular' highlighting the talents of students in New South Wales and also performing at the 2013 Opening Ceremony of the Australian Youth Olympic Festival. Oliver was a featured soloist in a number of musical items. Both events were truly spectacular and were also televised internationally. For more information on the Talent Development Project please go to:
$\mathrm{http}: / / \mathrm{w} w$ w.talentdevelopmentproject.org.au

## 2015 USA MUSIC TOUR

We had a great turnout by both students and parents last Tuesday interested in the 2015 USA Music Tour. The tour is open to all students in the Music Performance Program (Concert Band, Stage Band, Orchestra). For parents and students who were unable to attend the meeting last week should see the music staff ASAP as there were forms relating to the tour and first payments. Reminder: $1^{\text {st }}$ instalment $\$ 500$ by $31^{\text {st }}$ March 2014.
This is a magnificent opportunity for all our musicians! =)

## SENIOR STAGE BAND

Senior Stage Band rehearsals will be on WEDNESDAY MORNING FROM 7AM-7:45AM.

## SENIOR STRINGS

The Senior String Ensemble will be performing at Government House on Thursday $6^{6 h}$ of March from 5 pm. Students must wear FULL SCHOOL UNIFORM (WHITE SHIRT \& BLAZER) and bring their instruments on the day. Travel will be by school bus departing from school at 4 pm and students will be dismissed from the venue at the conclusion of the performances (approx. 7pm) Ms Irwin \& Ms Kim will be escorting the boys.

## The 2014 ensemble rehearsal timetable is provided below:

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Morning rehearsals 7.45am unless stated otherwise | Intermediate Concert Band Room 201 |  | Senior Stage Band <br> Room 101 <br> 7am | Senior <br> String Ensemble <br> Room 101 | Symphony Orchestra <br> Room 201 |
|  | Training Concert Band Room 202 Terms 2, 3, 4 |  | Junior Stage Band <br> Room 101 | Senior Concert Band Room 201 | Saxophone Ensemble <br> Room 102 <br> 8:45am |
|  | Junior <br> String Ensemble <br> Room 208 |  | Intermediate Stage Band Room 101 |  | Marching Band TERM 1 \& 4 MPW |
|  | Chamber Choir <br> Room 101 |  | Philharmonic Orchestra Room 208 |  |  |
| Afternoon rehearsals Start @ 3.30pm |  | Marching Band TERM 1\& 4 $3.30-4.30 \mathrm{pm}$ |  |  | Jazz Ensemble Room 201 |
|  |  | Percussion Ensemble Room 201 |  |  |  |



## SBHS RUGBY High Rugby = High Spirit

Year 7 House Oz Tag competition
The 2014 year 7 House Oz Tag competition was a huge success with Eedy
 beating McKay in the Final.

| House | Place |
| :---: | :---: |
| Eedy | 1 |
| McKay | 2 |
| Rubie | 3 |
| Torrington | 4 |
| Fairland | 5 |
| Saxby | 6 |


Eedy Year 7 with their House Captain and one of the Year 7 Advisers Mr Aldous.

Training program for Rugby 2014 - Term 1 and the April holidays

## Weeks 3-6 Term 1

Monday Lunchtime - Scrum training, Halfback passing
Wednesday Morning - 7.30-8.30 - Off-season - Old Boy coaches MPW
Thursday morning - 7.30-8.30 -Off-season - Old Boy coaches MPW
Weeks 7-11 Term 1, Weeks 1-2 Term 2
Monday Lunchtime - Scrum training, Halfback passing
Wednesday during sport - Seniors minus athletes McKay
Thursday during sport - Juniors minus athletes McKay
Friday morning - 7.30-8.45 - Whole squad training $13 \mathrm{~s} / 14 / 15 \mathrm{~s} / 16 \mathrm{~s} /$ Opens minus the band members. No athletes
weeks 1 and 2 Term 2.

## Holidays Week 2

Tuesday 22nd of April - 12-2 MPW
Thursday 24th of April - 9-11 MPW
I hope to see you all at training, Mr G. Barris (MIC Rugby)

## Newington Junior Regatta Results

Congratulations to the following crews with the best results on the day-

| Race/Crew | Place | Names | Time |
| :--- | :--- | :--- | :--- |
| Year 8 1st Quad | 2nd | Jack Ralph, Timothy Trent, Allan Guo, Ryan Zheng, (c) Dimas <br> Sanjoyo | 3.54 .57 |
| Year 9 1 ${ }^{\text {st }}$ Quad | 3rd | Flidon Wang, Ethan May, Roy Yi, Kevin Guo, (c) Jefferson Chan | 4.09 .56 |

Melbourne High Rowing Exchange Report


The concluding half of the Melbourne High School rowing exchange brought the two schools together once again, providing an opportunity for the rowers to meet, this time on Sydney turf. After a brief meet and greet at the airport, we welcomed the boys back to the sheds, and after they settled in and the formalities were passed, we were able to begin the exchange as soon as possible. A brief lunch was followed by an ordinary training session on the Parramatta River, except for most of the Melbourne rowers, it was most definitely their first experience, and were yet to face the blinding fury of the Rivercat washes. The weather had turned for the worse, as the rain was more than bucketing down, drenching us. Despite this, all the crews managed to achieve something from the sub-optimal conditions, and we rowed on, until it was time to return to the sheds.

As night was approaching, we sat ourselves down for dinner, all Melbourne and Sydney crews alike, and it was definitely enjoyable to be able to share this meal with them. The parents contributing to the dinner service did an extraordinary job preparing our meals, and no food went to waste at the mouths of 50 odd boys, who were also trying to catch up with each other after such a long absence. The dinner service was cleaned early, allowing the opportunity to hang out with our billets, play cards, and just be able to show the new faces around their home for the night, before settling into bed for a quiet night, awaiting the $5: 30$ wakeup call the next morning.

With flat water welcoming us, we loaded the boats onto the water for a training row in preparation for the main event, the 3 races that would decide the cup holders of the Parra-Yarra cup, and as we hoped to keep possession of it, it meant a lot to make this training count. Before we could even realise, the time for racing had arrived, and we rolled up to the starting line at Hen and Chicken, awaiting our three 1.6k races that were to decide the fate of the Parra-Yarra
cup. Through some extremely surprising competition, we barely came out with three out of three wins, securing our victory and concluding the rowing for the day.

Splitting into groups, we showed the Melbourne boys the heart of Sydney city, showing them the sights in the CBD, Darling Harbour, Paddy's Markets and Chinatown, and allowing them to get a general feel for the city. Once the day was spent, we all returned to our homes and settled in to return to the sheds the next day, for a lot of the same. The races were shortened to 500 metres, and the Melbourne High 1sts Crew was extremely glad to come out victorious in the last race of the day, returning to the High sheds with High hopes for the King's Regatta at SIRC the next day.

With an early morning, we were all on the road, ready to arrive at SIRC at 6:30am, so by the time we had heard the unfortunate news, most of the rowers were already en route to the venue in Penrith. An array of calls had been sent out, alerting all the rowers about the so called "Trailer Tragedy" which prevented us from being able to race on that Saturday morning. Thankfully nobody was hurt, and after returning to the sheds with the Melbourne billets, we realised that this could not even dampen the spirit of the exchange, as we spent our final parting moments together, reminiscing on all parts of the Melbourne and Sydney High exchange. After a final presentation, in which the ParraYarra cup was handed over to the school, the Melbourne boys were shipped out on a bus to the airport, and in those last moments, we were all thankful for this enriching experience.

## Jacob Katafono, Year10 Captain



Upcoming Regattas -

| Date | Junior/Y10 Regatta | Senior Regatta |
| :--- | :--- | :--- |
| Saturday March <br> 1st | Shore Regatta - Iron Cove | Shore Regatta - Iron Cove |
| Saturday March <br> $8^{\text {h }}$ | Shore Regatta - Hen \& Chicken Bay | SRC Regatta - SIRC |
|  <br> Friday $14^{\text {h }}$ March | NSW CHS Championship Regatta - SIRC | NSW CHS Championship Regatta - SIRC |
| Saturday March <br> 15th | Y10 - AAGPS Head of the River | AAGPS Head of the River - SIRC |

Upcoming Events -

| Rowing Assembly | Wednesday 12 March | Great Hall 10am <br> This is a very special school occasion for all Head of the River <br> competitors and families. Morning tea is served for parents <br> and rowers after the assembly. |
| :--- | :--- | :--- |
| Rowing Dinner | Saturday 15 March | Great Hall 5.00pm <br> All rowers are expected to attend the end of season Rowing <br> Dinner. More information with payment slip in High Notes. |

The last two weeks of sailing has seen consistent results for Sydney High sailors. David Evans, Daniel Fang and Kai Matsumoto and crews all sailed into top ten positions in the two short races held in ten knot southerly breezes. Vincent Xu also sailed well to a good fourth placing in race one. Angelo Yan (and crew) was again consistent over both races and he continues to progress and improve his overall standings in the Saturday pointscore.

This week was also the first racing experience for a number of Year eight skippers and Year seven crews and their performances were excellent considering their lack of experience compared to the other sailors in this competition.


In the Teams Racing, High 1 gained a number of wins against other schools, which was very pleasing after a rather disappointing set of results the previous week.
G Moody MIC Sailing 2014

| Program: | 1.15 pm | $17 \& 18$ years | 3 km | 3 Loops |
| :--- | :--- | :--- | :--- | :--- |
|  | 1.30 pm | 16 years | 3 km | 3 Loops |
|  | 1.45 pm | 15 years | 3 km | 3 Loops |
|  | 2.00 pm | 14 years | 3 km | 2 Loops |
|  | 2.15 pm | 13 years | 2 km | 2 Loops |
|  | 2.30 pm | 12 years | 2 km | 2 Loops |


| Directions: | - Students are to attend regular classes for periods 1,2 (recess) and 3 , followed by lunch $\&$ the Cross <br> Country carnival. |
| :--- | :--- |

- On the day of the carnival, students are to wear either PE gear or sportswear for the day.
- Students are to cross the road at lights only.
- A BBQ lunch will be available for students to purchase prior to commencement of the Cross Country Carnival.
- It will be held outside the Gym.
- Stay in school grounds, and then move over to the venue when the bell rings.
- When your race is called go to the starting area.
- At the finish you will be given a place ticket.
- If you are in the first 15 places you go to the first 15 table to have your position recorded, and then proceed to your House Roll Table.
- All runners to proceed with finish ticket to your House Roll Table.
- Tell the teacher your name, roll class and finishing position
- After the race you will be dismissed by a teacher.

| Rules: | - Everyone attends and must compete unless you have a doctor's medical certificate for illness. <br> - Students with a Medical certificate must hand it in to Ms Dam by 9am on Friday morning and will be put on a special roll which will be marked in Room 102 at the start of the carnival (1PM). Students will stay in Room 102 until then end of the carnival and help pack up the equipment. <br> - You must run in shoes. <br> - Stay on the course and follow directions from course marshals. <br> - Spectators must stay within 20 m of Cleveland St and are not permitted on the course. <br> - Winning house determined by the lowest total of the first ten runners to finish. <br> - To qualify for the Award scheme you must compete \& finish. <br> - Top ten runners will comprise the provisional school team to compete at the zone. <br> - Only the first 15 places will be timed. <br> - Cross Country Champions will be selected from this event. <br> - Any MIC ruling is final. |
| :---: | :---: |
| Additional Info: | The School Cross Country is the first qualifying event within the CHS Competition. The first 10 runners for each age division will make up the school team for the Eastern Suburbs Zone Carnival. The first 10 runners at the Zone Carnival will compete at the Sydney East Regional Carnival and the first 10 runners from Regional Carnival go on to the NSW All Schools Carnival. |

## SYDNEY HIGH TENNIS


"It is not the size of the dog in the fight, but the fight in the dog." High vs Grammar ( 4th Round of GPS Season)

|  | $1^{\text {st }}$ Grade | Result (WIN!) | $2^{\text {nd }}$ Grade (WIN!) | Result |
| :--- | :--- | :--- | :--- | :--- |
| D1 | $1+6$ | W 6-7 6-4 10-3 | $1+3$ | W 6-2 6-1 |
| D2 | $2+5$ | L 6-3 6-2 | $2+4$ | W 6-2 6-3 |
| D3 | $3+4$ | W 6-4 6-1 | $5+6$ | W 6-2 6-7 10-6 |
| S1 | Josh Sangueza | W 6-4 6-4 | Carl Yang | W 6-1 6-4 |
| S2 | Adam Smagarinsky | DNF (Tie) 7-5 2-6 | Aaron Tang | L 6-4 6-3 |
| 4-2 | W 6-4 6-2 | Richard Hao | W 6-2 6-4 |  |
| S3 | Stevie Young | W 7-5 6-2 | James Lian | L 5-7 1-6 |
| S4 | Eddy Wang | L 6-1 2-6 4-6 | Danny Wu | W 6-0 6-1 |
| S5 | Jack Karnaghan | Bohan Deng | W 6-3 6-3 |  |
| S6 | Matthew O’Sullivan | W 6-1 6-2 |  |  |

1st Grade
Currently positioned not as high as we would like, SBHS tennis took on Grammar at Weigall Sportsground. We were well aware of our abilities and therefore knew a comfortable win was necessary to further our stance on the GPS ladder. The weather was fantastic and we were ready for a great day of tennis. The day began with a solid start consolidating a lead 2-1 up after the doubles. Josh and Matty showed great results in the newly formed pair and Eddy and Stevie continued their smoking hot form. In the singles we intended to improve our lead. Eddy played great tennis coming back in the first set from 5-1 down to clinch the set 7-5 and then the match. This will be certainly be good for Eddy's confidence in the final weeks. Josh, Stevie and Matty were too good for their opponents. The day finished with a bit of fun when my opponent and I played some interesting points out due to the fact we knew we would not finish our match before 530 which is the official end time of GPS tennis matches. Next week we face St Joseph's and we are sure of our chances and hope we can win and secure another rubber.

## -First Grade Captain <br> -Adam Smagarinsky

## $2^{\text {nd }}$ Grade

After the disappointing loss against Ignatius with a position shift due to an injured player, High were looking for redemption in the rubber against Grammar. Doubles 1, Carl and James, showed extremely aggressive net play overwhelming their opponents, comfortably winning 6-2 6-1. Doubles 2 , Aaron and Danny, also showed solid net play along with baseline consistency outplaying their opponents, winning 6-2 6-3. Doubles 3, Richard and Bohan, through solid volleying comfortably won the first set 6-2. However loss of focus on volleys led to a tight 6-8 loss in the tiebreak of the second set. However, concentration was regained in the super tie break resulting in a 6-2 6-7(6-8) 10-6 win. With all three doubles won, High went into their singles with confidence. Number 1, Carl, through an aggressive serve and volleying play style comfortably won the first set 6-1. However a step up from the opponent in the second proved troublesome. However, consistency and continuous net play resulted in a 6-1 6-4 win. Number 2, Aaron, faced a consistent player and inability of aggressive net play led to a 4-6 3-6 loss. Number 3, Richard, faced a consistent baseliner, however with the baseline being Richard's personal strength, a comfortable 6-2 6-4 win was achieved. Number 4, James, faced a smart and also consistent player. Inability to force errors from the opponent led to a 5-7 1-6 loss. Number 5, Danny, through consistent and aggressive baseline play comfortably won 6-0 6-1. Number 6, Bohan, through consistent baseline play and overpowering net play won 6-3 6-3. With the overall score of 10-2 to High, we are confident as ever for the last 2 rubbers of the GPS season against St Joseph's and Newington

## - Second Grade Captain <br> -Carl Yang

High played at home for the fifth week of the AAGPS season, against Grammar. With a washout in the previous week, we looked to display strong performances in both singles and doubles. Unfortunately, both 1 and 2 doubles lost their matches in tie-breakers due to an excess of unforced errors. More hope came in the single matches with two of the singles being won, and one unfinished due to time.

## -James Chee



## Junior Results

## 16 As

The $16 s$ played a wonderful day of tennis on the 22/02/2014. This week was our week against Sydney Grammar playing at Moore Park. We started off with the doubles matches, the A1\&2 pair winning $6-5$ and the A3\&4 pair lost $6-4$. The A2 singles was won $6-3$ and the A3 singles $6-0$. All in all the As lost narrowly by $26-25$ in games. The Bs had similar luck with the B4 winning $6-5$ but the B1\&2 double and the $B 1$ singles losing $6-1$ and $6-2$ respectively. It was a good week this week but we hope to achieve better results next week.
-Ervin Zhou

## 15 As

This we played against Grammar, and played on their courts. Before our matches began, Mr Boros gave us some "inspiration" by showing us some excellent C and D results. This put some pressure to perform well in our rubber today. The doubles swayed heavily towards us and we took home pleasing results of 6-1 in our A1 and 2 doubles and $6-2$ in our A3 and 4 doubles. Two singles were won $6-0$, by A1 and A4. A3 had a fantastic comeback in his match and eventually won in a tiebreak with the final score of 6-5 and a tiebreak score of 7-3. A2 had an unfortunate loss in his singles however he can push for better results. This was a well played win against Grammar and hopefully we can keep up our form for the rest of the season.
-Wanyu Tang
14 As
This weekend, SBHS 14s tennis played against Sydney Grammar and played magnificently. Despite a 3-3 draw, High played very well. Unfortunately, two people in the As did not have enough time to finish their singles match. Everyone played extremely well. Well done to the As!

## -Jeff Chen

For more info visit the Sydney High tennis website at: http://www.sydneyhigh.org.au/tennis/ Please spare some of your time on Saturday to come down and support High Tennis.


HIGH vs. GRAMMAR: Term
4, 2013

| 1st | WI N | $100-$ <br> 37 | G.GERLACH 27 |
| :--- | :--- | :--- | :--- |
| 2nd | LOSS | $33-44$ | C.SHI 16 |
| 3rd | WIN | $\mathbf{2 4 - 1 9}$ | B.TRUONG 6 |
| 4th | WIN | $\mathbf{4 2 - 2 6}$ | M.HO 12 |
| 5th | LOSS | $15-16$ | TEAM EFFORT |
| 6th | WIN | $\mathbf{3 1 - 1 4}$ | TEAM EFFORT |
| 7th | WIN | $\mathbf{3 2 - 9}$ | K.LU 8 |
| 8th | WIN | $\mathbf{5 5 - 4}$ | W.LU 14 |
| 16A | WIN | $\mathbf{3 2 - 3 4}$ | A.YANG 12 |
| 16B | WIN | $\mathbf{3 5 - 3 1}$ | R.SEONG 11 |
| 16C | WIN | $\mathbf{2 7 - 2 5}$ | R.CHAN, L.TAO 8 |
| 16D | WIN | $\mathbf{3 6 - 6}$ | H.PARK 8 |
| 16E | WIN | $\mathbf{4 6 - 2 3}$ | B.WU 10 |
| 16F | WIN | $\mathbf{3 0 - 1 0}$ | V.BUI 10 |
| 15A | WIN | $\mathbf{2 6 - 2 3}$ | E. LOVE MVP |
| 15B | LOSS | $19-23$ | H.BARTLEY 10 |
| 15C | LOSS | $13-20$ | S.HUA 4 |
| 15D | LOSS | $17-27$ | B.CHAN 4 |
| 15E | WIN | $\mathbf{2 0 - 1 8}$ | D.ZHANG 8 |
| 15F | WIN | $\mathbf{2 6 - 9}$ | J.LOH 8 |
| 14A | LOSS | $23-36$ | J.SIU 8 |
| 14B | WIN | $\mathbf{3 5 - 2 4 ~}$ | A.FOX 16 |
| 14C | WIN | $\mathbf{3 2 - 7 ~}$ | H.VYE 12 |
| 14D | WIN | $\mathbf{4 4 - 9}$ | T.LAM 16 |
| 14E | WIN | $\mathbf{3 2 - 1 4 ~}$ | F.FANG 10 |
| 14F | WIN | $\mathbf{3 3 - 1 2}$ | Y.JIE-LIN 10 |

HIGH vs. GRAMMAR: Term 1, 2014

| 1st | WI N | $\mathbf{8 0 - 5 0}$ | G.GERLACH 21 |
| :--- | :--- | :--- | :--- |
| 2nd | WIN | $\mathbf{4 9 - 2 2}$ | C.SHI 14 |
| 3rd | WIN | $\mathbf{2 8 - 2 4}$ | M.HO 6 |
| 4th | WIN | $\mathbf{4 6 - 1 8}$ | J.YING 8 |
| 5th | WIN | $\mathbf{3 4 - 3 0}$ | S.SI 11 |
| 6th | WIN | $\mathbf{2 4 - 2 3}$ | G.QIN 10 |
| 7th | WIN | $\mathbf{2 4 - 1 7}$ | TEAM EFFORT |
| 8th | WIN | $\mathbf{4 0 - 1 4}$ | TEAM EFFORT |
| 16A | WIN | $\mathbf{4 1 - 2 1}$ | W.CHEN 10 |
| 16B | LOSS | $24-30$ | R.CHAN 11 |
| 16C | WIN | $\mathbf{3 6 - 1 1 ~}$ | M.LI 16 |
| 16D | LOSS | $24-29$ | H.PARK 10 |
| 16E | LOSS | $18-32$ | J.WANG, B.FU 4 |
| 16F | WIN | $\mathbf{5 3 - 1 3}$ | V.BUI 26 |
| $\mathbf{1 5 A}$ | WIN | $\mathbf{4 7 - 3 2}$ | J.ZHENG,T.JEFFR |
|  |  |  | EY 9 |
| 15B | WIN | $\mathbf{2 2 - 1 6 ~}$ | C.NGUYEN 6 |
| 15C | LOSS | $33-20$ | K.LOU 9 |
| 15D | LOSS | $13-23$ | TEAM EFFORT |
| 15E | WIN | $\mathbf{1 9 - 1 6}$ | D.ZHANG 6 |
| 15F | WIN | $\mathbf{3 6 - 2}$ | J.TRAN 17 |
| 14A | LOSS | $25-29$ | J.CHANG 6 |
| 14B | WIN | $\mathbf{3 3 - 1 7 ~}$ | J.SIU 12 |
| 14C | WIN | $\mathbf{1 4 - 1 1}$ | S.NAWA 4 |
| 14D | WIN | $\mathbf{3 2 - 2 ~}$ | D.CHAN 10 |
| 14E | WIN | $\mathbf{1 1 - 5 5 ~}$ | J.KIM 17 |
| 14F | WIN | $\mathbf{3 4 - 1 6}$ | TEAM EFFORT |
| 13A | LOSS | 6 6-68 | B.NGUYEN 4 |
| 13B | LOSS | $64-4$ | R.CHEN 4 |
| 13C | LOSS | $3-23$ | D.GOH 3 |
| 13D | LOSS | $58-0$ | A.NGUYEN MVP |
| 13E | LOSS | $16-10$ | T. 4 |
| 13F | WIN | $\mathbf{1 6 - 1 3 ~}$ | TEAM EFFORT |
|  |  |  |  |

This week High went up against Grammar and managed to perform very well overall against the school, with Opens taking all the wins and improving from Term 4 last year. High 1st Grade started slow but managed to hold off Grammar completely, leading throughout the whole game and winning in the end by 30 points. High $2^{\text {nd }}$ Grade also managed to turn the tables this week and win by a massive 27 points to avenge their loss last term. Below we see the AAGPS tables that sees High still at $1^{\text {st }}$ position, as well as High $2^{\text {nd }}$ Grade at 2nd position on the tables after keeping their head up and coming off strong from the close overtime loss against Riverview last week.

AAGPS $1^{\text {st }}$ Grade Table

|  | Played | Won | Lost | Forfeit | For | Against | Points |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| High | 5 | 5 | 0 | 0 | 389 | 246 | 10 |
| Newington | 5 | 4 | 1 | 0 | 326 | 271 | 9 |
| St. Joseph's | 5 | 4 | 1 | 0 | 378 | 314 | 9 |
| Scots | 5 | $3 *$ | 2 | 0 | 201 | 220 | 8 |
| St. Ignatius' | 5 | 2 | 3 | 0 | 348 | 338 | 7 |
| Shore | 5 | 0 | 5 | 0 | 255 | 407 | 5 |
| Kings | 5 | 1 | 3 | 1 | 228 | 280 | 5 |
| Grammar | 5 | 1 | 3 | 1 | 250 | 299 | 5 |

AAGPS 2 ${ }^{\text {nd }}$ Grade Table

|  | Played | Won | Lost | Forfeit | For | Against | Points |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| St. Ignatius' | 5 | 5 | 0 | 0 | 280 | 240 | 10 |
| High | 5 | 4 | 1 | 0 | 248 | 194 | 9 |
| St. Joseph's | 5 | 3 | 2 | 0 | 197 | 193 | 8 |
| Scots | 5 | 3** | 2 | 0 | 104 | 163 | 8 |
| Shore | 5 | 1 | 4 | 0 | 160 | 223 | 6 |
| Kings | 5 | 2 | 2 | 1 | 211 | 194 | 6 |
| Grammar | 5 | 2 | 2 | 1 | 151 | 165 | 6 |
| Newington | 5 | 0 | 5 | 0 | 166 | 247 | 5 |

*wins indicated by forfeit.
From the Basketball Master's desk; Cut-off for payment to the Basketball Dinner is next week, March $7^{\text {th }}$. There are limited seats. Don't forget to purchase a seat with your team, buy your coach and manager a present and bid on a signed and framed 2014 Sydney Kings Jersey.

13s; Keep working hard. You have great coaches. Like all the age groups above you, you can and will turn the results around with consistent effort.
14s; Congratulations on your successful improvement this season. Keep it up.
15s; Be carefu!! If you are not playing in the highest grade you can you will probably get cut from basketball when you try to get into opens. If you can score more than 10 points a game in your current grade then you need to be in a higher grade. If you are not in the A, B or C team you might find yourself in another sport option in the opens.
16s; Congratulations to the 16As for an improved performance this week. I hope all players trial for firsts and seconds next season. Players who are noticeably not playing for the correct grade in terms of their ability have been noted and are officially on notice!
First and Second grade; Congratulations to both sides for playing some of the best team basketball I have ever seen at AAGPS level, thus far. The team defensive record is impressive. The First Half vs Grammar on Saturday was not your usual standard. There are two very difficult games ahead vs St Josephs and Newington. Hopefully with the support of your school peers in big numbers, Premierships and/or Championships (never been done) are possible. The focus must remain on controlling the controllables and playing our style of team basketball each possession.

## Cricket Results - 2014 Term 1 Week 4

| Team | Score | Result | Highlights |
| :---: | :---: | :---: | :---: |
| Alan Davidson Shield Round 1 |  |  |  |
| 1st XI | SBHS 9-96 v GRC - Oatley | Won | Vivek Kashyap 30*, Raunak Sura 3/7 |
| GPS Round 6 |  |  |  |
| 1st XI | SBHS 10-104 \& 2-42 v SGS 1-106 | Lost |  |
| 2nd XI | SBHS 10-98v SGS 4-79 | N/A |  |
| 3rd XI | SBHS 0-13v SGS 10-140 | N/A | Ray Cheng 3/30 |
| 4th XI |  |  |  |
| 5th XI | SBHS 10-56 v SGS 3-57 | Lost |  |
| 16 A XI | SBHS 6-197 v SGS 0-0 | N/A | Vyaas Rajan 48, Kevin Ke 43, Rick Saha 32 |
| 16 BXI | SBHS 10-66 v SGS 10-156 | Lost | Denny Fu 51, Sai Sooriakumar 4/16 |
| 15 A XI | SBHS 10-144 v SGS 2-33 | N/A | Tully Moffat 41, Eli Hall 31 |
| 15B XI | SBHS 10-95 v SGS 6-287 | Lost |  |
| 14 A XI | SBHS 8-166 v SGS $0-0$ | N/A | Louis Saunders 55, Subesh Murugananthan 41 |
| 14 BXI | SBHS 10-87v SGS 5-89 | Lost |  |
| 13 AXI | SBHS 10-84 v SGS 4-177 | Lost |  |
| 13 BXI | SBHS 10-65 v SGS 8-193 | Lost |  |
| 13C XI | SBHS 10-45 v SGS 2-46 | Lost |  |

Note: W/O = Washed Out

## MIC of Cricket Report

Last weekend we came up against our arch rivals Sydney Grammar School. Grammar has improved their cricket over the past couple of seasons and this has shown in the results. The common difference that is separating us from other schools is our fielding. It is evident that Grammar has worked on their fielding that has ultimately transferred into their bowling and batting skills. This is an area we will be focusing on strongly over the next few seasons. On the up side our 14As, 15As and 16As are both in strong positions to give High's first win for 2014. Well done to Louis Saunders for scoring a half century. I know he had been disappointed with his last few innings and it was good to see him bounce back. By training hard and having the self-belief I am sure they can all come away with a victory and hopefully take that momentum into the final round against Newington.

Last week our $1^{\text {st }}$ XI played their first round of the Allan Davidson Shield CHS Knockout Tournament. They came up against GRC-Oatley. Winning the toss and electing to bat in overcast conditions made scoring runs difficult. With a few early wickets the pressure was on us to re-group. Thanks to Vivek who batted maturely to help the team post a respectable total. As the clouds were coming in thicker and greyer it was vital the team took some early wickets. Fortunately they were able to do this and managed to get the victory before the rain came. Well done to the boys as we prepare for our second round clash either between South Sydney or Rose Bay.

Good luck to everyone and continue with the great behaviour, uniform and attitude out on the field.

To all parents and players, don't forget to go through the points below:

- Please make sure that all the boys wear SBHS logo hats and tops.
- They are not to wear thongs to and from their fixtures.
- Make sure they drink plenty of water and carry a drink bottle with them to training and fixtures.
- Please notify their coaches if they are unable to attend training or their fixture.


## Geoff Tesoriero <br> MIC of Cricket



After winning the toss and electing to bat on a paradise at Grammar, High got off to a poor start, losing Jesse with the score on ten. Shashank then combined with Vishal to take High to just before lunch, but both batsmen fell in the space of a few overs - Shashank to a mis-timed pull, and the usually stoic, Vishal, to a leg-side stumping. Following lunch, Vishnu and Tushaar took High to 3/81; Vishnu finally showing off his attacking flair in an aggressive 26. Chaos soon struck as High proceeded to lose $7 / 33$, being bowled out for just 104. Once again not enough to work with, yet something which the boys could fight for. Tushaar produced a nick in his second over, but it was unfortunately put down in the cordon. The same batsman was again dropped off the threatening seamers of Lasith De Fonseka, eventually going on to score a run-a-ball 50 and allowing Grammar to pass the total with one down. A sporting declaration then followed, forcing the boys to bat with an hour left in the day's play. High was cruising at 0/41 in reply, until two quick wickets in the final minutes of play once again put the game in the balance. Jesse Cooper went to stumps on $21^{*}$, with a pair of sublime cover drives and daring pulls enough to calm the storm at sea. High now have a lead of 40 , with 8 wickets in hand, looking for a reverse outright next weekend.

## Tushaar Garg

Captain of Cricket

## Winter Sport Selections

Winter sport selections are coming up on 3 March. Ensure you fully understand what is expected of you if you sign up to a Saturday AAGPS sport by reading the schools' sports policy online.

Boys will be asked to indicate if they want to trial for the SBHS Athletics team as well as selecting their preferred winter sport/team. This is preliminary selection only; coaches will select boys into the appropriate teams through trials. Boys not involved in athletics will be required for their winter sport training both during sport timetabled time and outside of school hours from week 7.

## Week 6 Winter Sport Trials

Senior Winter trials for Rugby, Football, Cross Country, Fencing, Rifle Shooting and Volleyball will occur on Wednesday 12 March during Sport timetabled time for all Years 10, 11 and 12 students (except for CHS Rowers) from 1.00-3.00. Junior Winter trials for will occur on Thursday 13 March during sport timetabled time for all Years 7, 8 and 9 students (except for CHS rowers) from $1.00-3.00$. Students must bring the appropriate gear/equipment for these trials.

## Summary of Sports Policy and follow up procedures

- If you sign up to a sport you are expected to commit to that sport for the whole season
- If you select a Saturday AAGPS sport - and you are successful in making a team you are expected to attend all of the training sessions
o A/B teams- 3 training sessions a week (including 1 sport session)
o C/D/E/F teams- 2 training sessions a week (including 1 sport session)
o All other sports- 2 training sessions a week (including 1 sport session)
o Weights/Sprints/High Runners' Club are counted as a session
o The MIC of your sport will inform you of when/where your training sessions are. This information will also be available in your student portal
- Saturday Absence- If you are absent from Saturday due to a legitimate reason:
o If you know ahead of time- speak to the MIC of your sport and tell your coach
o Go to student portal and submit that you will be absent in the week leading up to the match or a minimum of one hour before your game starts on a Saturday
o Follow this up with a note from your parent/doctor explaining the absence
o Put the note inside the 'Saturday Absences' box outside the PDHPE office by 9am sharp on the following Monday morning. Make sure the note has all required details.
- Training absence- if you are absent from a training session
o Bring a note and place it in the 'Training Absences' box outside the PDHPE office by 9am the next day you are at school.
o Ensure the note has the full and accurate details on it including your name, roll class, start date and finish date for the absence.
o Make the session up through either an additional team training session, weights session, sprints session or High Runners' Club session
- Training days
o Most training sessions outside of school hours will occur on a Monday, Wednesday (Years 7-9) and Thursday (Years 10-12) afternoons. Ensure you make these times available for your team training sessions.


## FITNESS ASSESSMENT FEBRUARY 2014

The PDHPE Department has again assessed the physical fitness levels of our students, Years $7-10$. The most important health-related test is the 1.6 km 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 1.6 km 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 1.6 km 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 2011 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, Eric Holstrom (7T) 5m 50s, Ryan HoShon (8.2) 6 m 03s, Conor McGrath (9.6) 5m 26s and Luke Schofield (10.3) 5m 28s.

* Fastest times are held by Year 10 Sam Lane (2009) 4m 54s, Year 9 Sam Lane (2008) 4m 53s,

Year 8 Eugene Lee (2010) 5m 12s and Year 7 Eugene Lee (2009) and Luke Hoad (2010) 5m 43s.
1.6km results for February 2014

| Percentile band | No. of students in each percentile band |  |  |  |
| :--- | :--- | :--- | :--- | :--- |
|  | Year 7 | Year 8 | Year 9 | Year 10 |
| $90-99$ | 10 | 6 | 21 | 26 |
| $80-89$ | 5 | 8 | 9 | 14 |
| $70-79$ | 6 | 15 | 20 | 20 |
| $60-69$ | 7 | 15 | 11 | 11 |
| $50-59$ | 11 | 19 | 15 | 13 |
| $40-49$ | 13 | 20 | 21 | 22 |
| $30-39$ | 13 | 24 | 26 | 17 |
| $20-29$ | 21 | 21 | 35 | 16 |
| $10-19$ | 30 | 28 | 24 | 27 |
| $0-9$ | 60 | 15 | 15 | 30 |
| Non-starters | 5 | 8 | 11 | 9 |

Mean results for each Year group 2011, 2012, 2013 and 2014

|  | Feb '11 | Sept '11 | Feb '12 | Sept '12 | Feb '13 | Sept '13 | Feb '14 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Year 10 | $42 \%$ | $62 \%$ | $49 \%$ | $55 \%$ | $46 \%$ | $53 \%$ | $51 \%$ |
| Year 9 | $44 \%$ | $60 \%$ | $51 \%$ | $66 \%$ | $49 \%$ | $69 \%$ | $50 \%$ |
| Year 8 | $37 \%$ | $52 \%$ | $42 \%$ | $60 \%$ | $38 \%$ | $60 \%$ | $47 \%$ |
| Year 7 | $31 \%$ | $55 \%$ | $31 \%$ | $56 \%$ | $32 \%$ | $62 \%$ | $34 \%$ |

It is interesting to compare a Year group over time against themselves, as well as against previous Year groups. 2014 Year 10 had the highest February mean in four years. The highest Year mean recorded was 72\% by Year 10 in 2003.

Again this year there is 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 1.6 k run or run under 6 minutes, he will receive an extra $10 \%$ towards his final PDHPE grade which equates to one assessment grade. All goal times are posted in Room 901. Year 10 students have been given the opportunity to control their own destiny by setting their own personal goal this year.
G Stein, HT PDHPE

# SYDNEY BOYS HIGH SCHOOL ROWING COM MITTEE 



## Boatshed Dinner <br> Saturday 15 March 2014 <br> The Great Hall <br> 5.30 pm

The Rowing Committee invites you to the traditional Boatshed Dinner for all rowers
It is a night 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 -

- Stroke of Year $81^{\text {st }}$ Quad - Ryan Zheng
- Captain of Year 9 Quads - Roy Yi
- Captain of Year 10 crews - Jacob Katafono
- Captain of Boats - Ray Fang


## All rowers are required to attend and should wear full school uniform.

The evening is both a formal introduction of our representative crews for this season and a great opportunity to socialise and show support for the boys after their efforts in the GPS Head of the River and the NSW CHS Championships.

The cost of the dinner is $\$ 30$ for adults and $\$ 30$ for students.
Soft drink and mineral water will be provided. Parents may BYO wine/beer.
We look forward to a full house with all boys and their parents attending.
Kind regards
George Comninos Julie Blomberg
President Rowing Committee MIC Rowing
LAST DAY FOR PAYMENT AND RSVP AT THE MAIN OFFICE IS MONDAY 10th MARCH.

## 2014 ROWING BOATSHED DINNER

Student Name $\qquad$ Roll class $\qquad$ Crew

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

TOTAL Number of students $\qquad$ @ \$30 per student \$ $\qquad$ TOTAL \$ $\qquad$
Type of payment - cheque $\qquad$ cash $\qquad$ visa $\qquad$ mastercard $\qquad$
Card Number $\qquad$ Card Expiry Date $\qquad$
Cardholder's Signature $\qquad$ Business hours contact phone $\qquad$
Do you have any special dietary requirements?

## Sydney High Annual Basketball Dinner 2014

Celebrate another fantastic year of basketball at High by organising your team to attend the $10^{\text {th }}$ Annual Basketball Dinner and finish the year in winning style!!

Every team will receive trophies for the Most Valuable Player and Most Improved Player. 1 minute speeches will be made by staff members about their age groups and players will be able to show their thanks to them as well! (Buy your coach a present) There will be a big screen projection of the Annual Highlight video presentation and a Sydney Kings singlet signed by the current playing roster will be auctioned.

When: Friday, 21/3/14, 6:00pm. End of Night 9:15pm.
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 again this season and requires your support for this to continue.

## STUDENTS TO ATTEND IN SCHOOL UNIFORM

All drinks will be provided on the night. Advise when booking if a vegetarian meal is required. 210 seats only= Limited seats- PAY AT THE OFFICE TODAY! Especially if you won an award; make sure you pay ASAP.
NB: Proceeds from ticket sales etc go into the basketball program to help improve future basketball experiences for our students.

Please return the slip below with \$35/per person to the front office by Friday 7 ${ }^{\text {th }}$ of MARCH 2014.

## Sydney High Basketball Dinner

STUDENT NAME:
TEAM:E.g 15F

Type of payment: Cheque Cash Credit Card
Card Type: Bankcard Mastercard Visa
Expiry Date: $\qquad$
$\qquad$

Ticket cost: \$35 No. of tickets: $\qquad$ Total cost: $\qquad$

Card Number: $\qquad$
Cardholder's Name: $\qquad$
[please print]
Cardholder's Signature: $\qquad$ Bus. Phone: $\qquad$
-------
(Office Use Only)

## Please complete the following as we need these details to allocate tables:

Student Name/s: Basketball Team/s $\qquad$ E.g 15F Number of adults: $\qquad$ Number of students
Number of vegetarian meals required $\qquad$



### 8.30 to 9.00 am *Breakfast is available * Time to place lunch orders

# APRIL 2014 <br> SCHOOL HOLIDAY SHORT COURSES 

MAKE A STOP MOTION MOVIE AFTRS FILM CLUB // HSC VIDEO INTENSIVE DIGI ANIMATION // GAME DESIGN


## March 2014

View Online

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $6$ | ```3 Athletics and Winter Sports Selections (online) Class tests: 9MaE-P2, 10MaC-P3, 7MaS-P5``` | 4 <br> Assessment: Year 10 History Elective, 10ZHs-P1, 10YHs-P2, 10XHs-P5 <br> Basketball: Senior House Competition Torrington vs Eedy, Gym, lunchtime Water Polo: Sydney East Open KO <br> Class tests: 8MaA-P1, 9MaF-P2, 8Ma3-P4, 7MaE-P5, 7MaF-P5 Marching Band Rehearsal, 15:30-16:30 | ```5 Summer Sports Photos, 09:00-12:30 Assessment: Year 12 Modern History, Great Hall, 09:05-10:05 Tennis: CHS Individuals, Parramatta Cricket: Committee Meeting, 901, 17:30``` | ```6 Sports Council Meeting, Board Room, 07:30 Winter Sport Trials, Years }7\mathrm{ and 9 During Sport Year 10 High Resolves Community Action Project, Room 301, 13:00-15:10 Junior Rowing Photos, Abbotsford, 14:00 Tennis: CHS Individuals``` | 7 <br> Marching Band Rehearsal, 08:00-09:00 <br> Class test: 11LSt-P3 <br> Debating: Eastside Rose Bay v SHS <br> Debating: FED TGS v SHS Tennis: CHS Individuals Swimming: GPS Carnival (Comp 2), SOPAC, Homebush, 19:00 | 8 <br> Sport: Group 1 SHS v NC, Group 2 SHS v NC <br> Rowing: SRC Regatta, SIRC <br> Rowing: Shore \& SJC <br> Junior Regatta, Hen and Chicken <br> Parking: Sydney FC v Wanderers, 19:45 (Football) | 9 |
| 7 $A$ | 10 <br> High Resolves - Year 8 Collective Identity Program (Group A), Great Hall, 10:00-15:20 <br> Water Polo: NSW All <br> Schools Championships, SOPAC <br> Basketball: GPS <br> Representative Team <br> Trials, Riverview, 16:00-18:00 <br> $P$ and $C$ Executive Meeting, Board Room 17:30 | 11 <br> Year 7 Assembly, selected locations, 9:55-10:20 High Resolves - Year 8 Collective Identity Program (Group B), Great Hall, 10:00-15:20 Leukaemia Foundation World's Greatest Shave/Crazy Hair Day (no mufti collection) Basketball: Senior House Competition Fairland vs Rubie, Gym, lunchtime Marching Band Rehearsal, | 12 <br> Last day of Summer Sport (Years 10-12) <br> Athletics begins <br> Excursion: 9-12 Drama, 'Once in a Royal David's <br> City', 11:00-13:30 <br> Belvoir <br> Years 7 and 9 <br> vaccinations, Room 801, 09:00-12:54 <br> Rowing: Assembly, Great Hall, 09:55-10:40 (9, 11, 12) <br> Tennis: GPS v CAS, John | 13 <br> Selective Schools Entrance Test for Year 7 2015, Great Hall, 08:30-15:20 <br> Athletics begins <br> Basketball: Sydney East Opens KO <br> Excursion: Life Drawing at Brett Whiteley Studio, Yr 11 and 10 Visual Arts <br> Last day of Summer Sport (Years 7-9) <br> Rowing: CHS | 14 <br> Chess Selection Trials, Great Hall, 09:00-15:20 <br> Rowing: CHS <br> Championships, SIRC <br> Excursion: VA, VD and <br> Film to AGNSW and Art <br> Express (all day) <br> Debating: Eastside TSC v SHS <br> Debating: FED SHS v Knox Parking: Sydney FC V Brisbane Roar, 19:30 (Tennis) | 15 <br> Rowing: GPS Head of the River, SIRC <br> Rowing: Boatshed Dinner, Great Hall, 16:30-21:30 Parking: Roosters v Eels, 19:30 (Sailing) | 16 |
| $\begin{aligned} & 8 \\ & B \end{aligned}$ | ```17 Athletics: School Carnival, ES Marks (all day)``` | ```1 8 Year 9 History Canberra Excursion Year 12 Assembly, Great Hall, 9:55-10:20 Marching Band Rehearsal, 15:30-16:30 Foundation Meeting, Board Room, 18:30-20:30``` | ```19 Year 9 History Canberra Excursion Year 11 Assembly, Great Hall, 9:55-10:20 Athletics Training + A/Bs Basketball: GPS Training, GPS v ISA Winter Sport Training - Lower Grades Change to Winter Sport (Years 10-12) Meet the Music Concert, SOH, 18:30``` | ```20 10MaE class test, P1 Change to Winter Sport (Years 7-9) Assessment: 11AH, P1, Room 404 Athletics Training + A/Bs Winter Sport Training Lower Grades Year 10 High Resolves Community Action Project, Room 301, 13:00-15:10 Cricket: Dinner, Great Hall, 18:30-21:30``` | 21 <br> National Day of Action Against Bullying and Violence <br> Mufti Day - Harmony Day Celebration (Year 12) Cross Country: School Carnival, Mount Steele (pm) <br> Marching Band Rehearsal, 15:30-16:30 <br> Debating: Eastside SHS v SGS <br> Debating: FED SHS v NC Basketball: Dinner, Great | ```22 Athletics: SHS Invitation, ES Marks (am) Parking: MLB: Arizona Diamondbacks v Los Angeles Dodgers Game 1, 19:00 (Basketball)``` | 23 <br> Parking: MLB: Arizona Diamondbacks $v$ Los Angeles Dodgers Game 2, 19:00 (Cricket) |
| $\begin{aligned} & \mathrm{Q} \\ & \mathrm{C} \end{aligned}$ | ```24 NSW Inter Regional Volleyball Carnival, Orange Year 8 Geography/History Excursion ENCORE Concert, SOH, 19:00 Basketball: GPS v ISA``` | 25 <br> Inter Regional Volleyball <br> Carnival, Orange <br> Mufti Day BBQ-Lak <br> Saviya/KRMV (Y10 <br> Charity) <br> Theatresports <br> Competition, Great Hall, <br> 09:00-15:20 <br> Marching Band Rehearsal, $15: 30-16: 30$ | 26 <br> NSW Inter Regional <br> Volleyball Carnival, Orange <br> Summer Sport Reports to be submitted to Record Committee <br> Athletics Training + A/Bs <br> Rugby: Sydney East <br> Trials, 1st XV, Foreshaw <br> Rugby Park <br> Winter Sport Training - <br> Lower Grades <br> Basketball: CAS v GPS, CS | 27 <br> Summer Sport Reports to be submitted to Record Committee <br> Assessment: Year 11 Business Studies, P1, Year 10 Business Studies Accelerated, P2 <br> Bandaged Bear Day early morning external collection Y10-12 <br> NSW Inter Regional Volleyball Carnival, Orange <br> Athletics Training + A/Bs | 28 <br> Geography Competition, Great Hall, 09:00-12:30 Brainstorm Productions Wired (Year 11), Great Hall, 14:15 <br> Parking: Roosters v Sea Eagles, 19:40 (Football) | 29 <br> Athletics: SIC Invitation, ES Marks (am) <br> P and C Big Night Out, Great Hall | 30 |

