

# H I G H S C H O O L N O T E S



The Weekly Newsletter of Sydney Boys High School

Vol 15 No 11 11 April 2014

## From the Relieving Principal

### Tennis courts refurbishment

Upgrading works on the school's four tennis courts are continuing. Repositioning of the net post bases; installation of new net anchor points and the posts for new court dividing nets; and grinding, cleaning and repair of the underlying concrete surface are almost completed. Complete resurfacing of the courts in the Australian Open "two blue" colour scheme is scheduled during the school holidays and then new net posts with internal winders, new court nets and the new court dividing nets will be installed. Subject to weather delays, it is hoped to have the courts operational again at the start of Term 2. The Sydney High School Foundation is carrying out this work at a cost of approximately \$90,000. It is the first major work since the Foundation built the courts in 2006 and should provide a top quality playing surface and court equipment for the school's sports training, tennis training and GPS and CHS tennis competition matches for at least the next eight years.

### Years 7-9 Dance

The annual dance for boys and girls attending Sydney Boys or Sydney Girls was held on Monday night. About 120 boys attended. Thank you to the members of staff who assisted with supervision (Mr C Barris, Mr The, Mr Smith, Mr Stein, Mr Huynh, Ms Genias, Ms Eggleton, Mr Aldous, Ms Mack, Mr Phillipson, Mr Cipolla, Mr Comben, Mr J Kay and Mr A Hayman).

### School Holidays

The school closes at 3:15pm on Friday 11 April. Term 2 commences for staff on Monday 28 April and for students on Tuesday 29 April. Term 2 is a 9 week term, concluding on Friday 27 June.

### Term 2

Year 9 Half-Yearly examinations are scheduled from Tuesday 29 April to Friday 2 May. Exams for other Years follow on over the ensuing weeks. Parent Teacher Nights are scheduled for Tuesday 17 June (Years 9 and 12), Monday 23 June (Years 7

and 11) and Wednesday 25 June (Years 8 and 9). Dr Jaggar will advise, via High Notes, when Half-Yearly reports have been distributed to each Year.

### Dr Jaggar returns

Dr Jaggar is expected back from his holiday at the beginning of Term 2.

### R Dowdell

### Relieving Principal

## From the Canteen

Thank you for all the help during Term 1 and especially to the new parents this year, who have settled in so well. Without your help we could not provide the healthy food choices and raise the valuable funds for the school which benefit all of our sons. Hope you all have a relaxing Easter break.

Thank you to our volunteers for the last two weeks:-

### Week of 24/3/2014

MON: Rachel Fowler, Lin Jin, Stam Farrugia,  
TUES: David Xiao, Agnes Leo, Doreen Wang, Eddy Pham,  
WED: George Haddo, Dora Shapiro, Helen Kon, Jaja(Jiayu) Luo  
THUR: Kim Ngan Do, Jian Ping Li,  
FRI: Ru Zeng Rong, Jade Ni, Angela Feng, Emily Yan

### Week of 31/3/2014

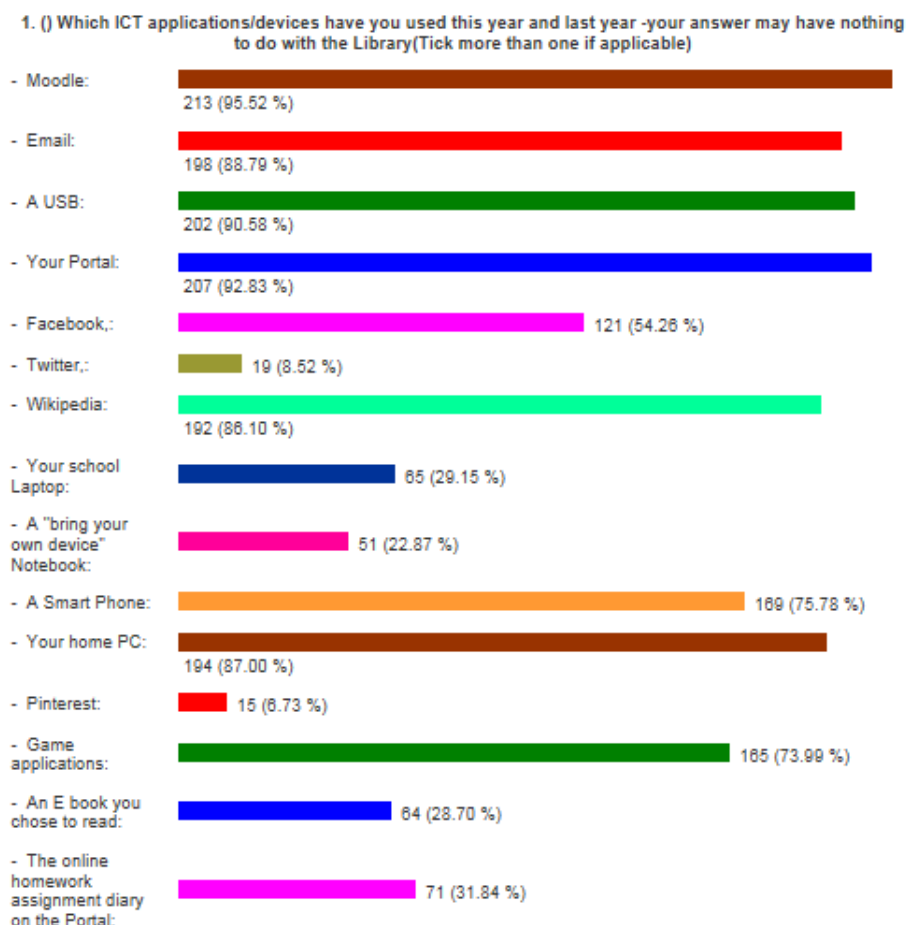
MON: Carolyn Pope, Nina Ilina, Shannon Hickey,  
TUES: Yu Liu (Frank) , Long Nguyen, Penny Chan,  
WED: George Haddo, Faidha Razmi, Kunti Ranade, Cindy Tseu, Jenny Chiu,  
THUR: Xing Ping Zhang, Stam Farrugia, Annie Jiang,  
FRI: Ok Hyun Kim, Sabrina Xu, Sujatha Koreru, Connie Tai,

### Sharon Hughes

## FROM THE ANDREWS JUNIOR LIBRARY

### CYBER WEEK - INFORMATION SKILLS (AND LIBRARY) SURVEY - 213 respondents – thanks boys!

This survey was very interesting for staff and may also interest parents and boys. One question which is particularly interesting asked our Junior boys what computer applications or devices they used. This is their response:



As I send the boys emails and our staff is now enabled to use email more to communicate with the boys I was particularly interested in how many boys checked their personal emails. Nearly 90%. I am heartened by this response. I am surprised by the number of boys with smart phones. It is good to see that **34% of respondents used the online homework diary** – most of them are probably Year 9s with their own devices as 29% of respondents say they use laptops. It is interesting that our younger boys are **not using Facebook and Twitter**. It is also very significant to see that nearly a *third of our youngest boys are reading E books*. Unfortunately until the DEC gets a new Library system state school Libraries are unable to set up E Book collections and loan E books!



These come up under a search for "computers" or "TAS" if Industrial Arts Staff are searching.



Mrs Crothers

Teacher Librarian

## DEBATING



This has been a very busy term for debating and I think we all deserve a good rest over the holidays. We have had an extremely good start to the year with the coaching coordinators taking a very organised approach to their Year groups and the students benefiting from small class sizes and high quality coaching again.

Amazingly we have been able to successfully complete trials for Years 10-12 and for Year 7 which will hopefully provide us with a more competitive edge at GPS this year. In FED and Eastside we have been able to give a number of students the opportunity to compete which is wonderful and especially good for the new boys who have been able to show us their debating talents. In PDC the Year 11s and 12s are now already half way through their zone.

We have seen an increase in support from parents which started at the very well attended Parent Information Night and has continued with the great help provided at Home Debates mainly from Nina and Dora, but also from each and every one who sends food or helps prepare and clear up on the night. In addition, a special thanks to the Jepson family for providing us with our debating signs – which have added a touch of class to proceedings. The DSG continue to support us and this term we had an extremely well attended parking event – thanks.

The boys have been fabulous and I want to make a special note of the seamless transition from Oliver Long to his brother Benjamin who is ably assisted by Simon Shields and a number of other students. I hope everyone has a great holiday and look forward to seeing you all next term.

**Rachel Powell**  
**MIC Debating**





# MUSIC NOTES

## ANZAC DAY & Holiday Rehearsals

There will be TWO COMPULSORY HOLIDAY REHEARSALS

1<sup>st</sup> week- Wednesday 16<sup>th</sup> April 9:30-12:30pm (muft)

2<sup>nd</sup> Week- Thursday 24<sup>th</sup> April 9:30-12:30pm (Full Dress Rehearsal- Full school uniform, white shirts, BLAZER)

If you do not own a blazer, please organise to borrow one for the 2<sup>nd</sup> rehearsal.

Rehearsal will finish no later than 1pm.

Anzac Day 25<sup>th</sup> April: Students are to arrive at school by 8:30am. For more information please collect a note outside the music staffroom.

## ANNUAL MUSIC CAMP 2014

Music Camp will be on Wednesday 28<sup>th</sup> May - Friday 30<sup>th</sup> May @ Naamaroo- Uniting Venues. Please remember to also complete the **online form** (Online form instructions on last page). Cabin Lists have been placed outside the music staffroom, Please see the music noticeboard! (First in First Served).

## USA MUSIC TOUR FINALISED NUMBERS

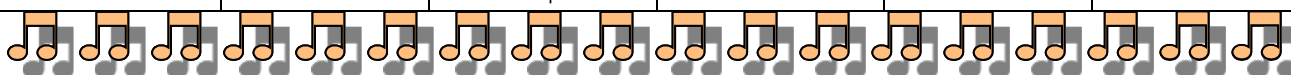
Exciting News!!! Numbers have been finalised for the 2015 USA Music Tour. Thank you to all parents and students who have signed up and paid. A list of names will be put up outside the music staffroom at the beginning of next term.

## TERM 2 MUSIC ENSEMBLES

All music ensemble rehearsals will start in Week 1 from Tuesday (Monday: Staff Development Day).

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 Concert Band Room 201	Senior Stage Band Room 101 7am	Senior String Ensemble Room 101	Symphony Orchestra Room 201
	Training Concert Band Room 202 Terms 2, 3, 4		Junior Stage Band Room 101		Saxophone Ensemble Room 102 8:45am
	Junior String Ensemble Room 208		Intermediate Stage Band Room 101		Marching Band TERM 1 & 4 MPW
	Chamber Choir Room 101		Philharmonic Orchestra Room 208		
Afternoon rehearsals Start @ 3.30pm		Marching Band TERM 1 & 4 3.30 - 4.30pm			Jazz Ensemble Room 201
		Percussion Ensemble Room 201 4:30pm			





SBHS RUGBY High Rugby = High Spirit

<http://www.sydneyhigh.org.au/rugby/>



### Grammar 10s tournament 5/4/14

The inaugural 10 a side Rugby tournament at Grammar proved very successful with non-athletes getting to play rugby 6 weeks earlier than last year. Almost every team came away with a victory and it established some good foundations to work with. It was pleasing to see Year 7 boys run out for their very first game in the sky blue and chocolate brown and achieve success. The play of the day came from Mitchell Flynn in the Opens when he stepped 4 Grammar players to get his team a victory.

### Training program for Rugby 2014

#### April Holidays Week 2

Tuesday 22nd of April – 12-2 MPW

Thursday 24th of April – 9-11 MPW

#### Weeks 1-2 Term 2

Monday morning (8am) – scrum training (Juniors) MPW

Monday Lunchtime – Scrum training (Opens) the flat, Halfback passing MPW

Wednesday during sport – Seniors minus athletes McKay

Thursday during sport – Juniors minus athletes McKay

#### Week 3 Term 2 until Term 3 Week 8 (End of season)

Monday morning (8am) – scrum training (Juniors) MPW

Monday Lunchtime – Scrum training (Opens) the flat, Halfback passing MPW

Monday after school – All training on MPW

Wednesday during sport – Years 10-12 – McKay, 15s at MPW with brief session all together after school (This will vary)

Wednesday after school – 13s/14s – MPW

Thursday during sport – Years 7-9 – McKay

Thursday after school – 16s/Opens – MPW

Friday morning – 15s – MPW



*The 16s boys enjoying a break from their 5 games on Saturday*

### Game schedule:

Date	Game
May 17	H vs St Pius X
May 24	Grammar vs High
June 14	Scots vs High
July 19	High vs Newington
July 26	Riverview vs High
Aug 2	High vs Joeys
Aug 9	High vs Kings
Aug 16	Shore vs High
Aug 23	Armidale vs High
Sep 6	High vs Grammar

## Football Results – 2014 Term 1 Week 10

Team	Against	Result	Scorers
CHS Knockout Round 1			
1 <sup>st</sup> XI	Belmore Boys High School	Won 6 – 1	Jonathan Chew, Michael Cui, Adilmorad Nadir, Tom Nimac, Marcus Plataniotis, Adam Smagarinsky
Trials			
1 <sup>st</sup> XI	Riverview 1 <sup>st</sup> XI	Lost 1 - 6	Jesse Cooper
2 <sup>nd</sup> XI	Riverview 2 <sup>nd</sup> XI	Lost 0 – 4	
16A XI	Riverview 16A	Lost 1 – 3	
16B XI	Riverview 16B	Lost 3 – 4	
15A XI	Riverview 15A	Lost 0 – 9	
15B XI	Riverview 15B	Lost 0 – 7	
14A XI	Riverview 14A	Lost 3 – 1	Oliver Avdi-Ohlsson
14B XI	Riverview 14B	Won 1 – 0	Leon (Ang) Li
13A XI	Riverview 13A	Lost 7 – 0	
13B XI	Riverview 13B	Lost 5 – 0	

### MIC of Football Report

I would like to officially welcome all football players and their parents to the 2014 Football season. This season we see 30 teams with every team having their own coach and own equipment to train with. Additionally we have also implemented a football academy coaching company to help with our A-B teams for our junior age groups. We have placed a lot of investment into football not only for this season but for the years to come. We strongly believe SBHS Football will be one of the top GPS schools in the competition.

We have been training now for a few weeks and last Saturday saw our 1<sup>st</sup> XI, 2<sup>nd</sup> XI and all A-B teams play their first trial match for the season against a very strong school, Riverview. It was a great hit out to start the season and get an idea of where we stand. All teams showed a lot of promise and it was encouraging to see everyone keen to play their first match. The 1<sup>st</sup> XI had a great start leading 1-0 at half time. But the fitness got the better of the boys and they were run down in the 2<sup>nd</sup> half. Well done to our 14Bs who got our only win for the day, whereas the 16Bs lost narrowly in a high scoring game.

Also on Wednesday our 1<sup>st</sup> XI played their 1<sup>st</sup> round of the CHS Knockout Tournament against Belmore Boys High School. The boys played extremely well for their first run and showed a lot of skill and team work in a dominant display over Belmore. Our next match is up against James Cook in Term 2.

Over the holiday break our 1<sup>st</sup> XI will be participating in the St Andrews Cup being played at Oakhill College from April 22<sup>nd</sup> – April 23<sup>rd</sup>. Our pool matches are up against Shore, St Pats and Cranbrook. Please feel free to go and support them as the boys would very much appreciate it.

I would like to wish everyone a safe and enjoyable holiday break and look forward to getting straight back into training Week 1, Term 2. The attendance of boys has been good so please continue to with the much improved culture we have already set ourselves.

**Geoff Tesoriero**  
**MIC of Football**



---

## ATHLETIC ASSOCIATION OF THE GREAT PUBLIC SCHOOLS OF NEW SOUTH WALES

---

### Convenor's Meet ES Marks

26 April 2014

Time	Event Name	Lane Draw
9:00am	13 HJ	SJNEKHGAI
	14 HJ	AKSGNIHEJ
	15 SP	ENAHSJIGK
	16 SP	GSEIAKJHN
	17 LJ	HAGJENKIS
	OP LJ	NHAIGJKSE
10:00am	13 800m	EAJGKINSH
	14 800m	HGNISKA EJ
	15 800m	JIAKESGHN
	16 800m	HIKAJGESN
	17 800m	ENAHSJIGK
	OP 800m	HAGJENKIS
10:00am	13 LJ	KJENG AHIS
	14 LJ	NKGSHEIJA
	15 HJ	SNHAIGJKE
	16 HJ	ASIEJHKNG
	17 SP	AEHKGSNJI
	OP SP	EGINHASKJ
10:40am	13 90m Hurd	JGINHASKE
	14 100m Hurd	KHJSIEANG
	15 100m Hurd	IAEHKGSNJ
	16 110m Hurd	KGHJSIEAN
	17 110m Hurd	SIJNEKHGA
	OP 110m Hurd	JEGINHASK
11:00am	13 SP	NHIKAJGES
	14 SP	SIJNEKHGA
	15 LJ	AJKSGNIHE
	16 LJ	EKNAHSJIG
	17 HJ	GNSEIAKJH
	OP HJ	KHJSIEANG



11:10am	13 200m 14 200m 15 200m 16 200m 17 200m OP 200m	KHJSIEANG IEHGKSNJA JGINHASKE KHJSIEANG NIKAJGESH SJNEKHGAI
11:45am	OP 3000m	KGHJSIEAN
12:00pm	13 1500m 14 1500m 15 1500m	NIKAJGESH SJNEKHGAI AKSGNIHEJ
12:40pm	13 100m 14 100m 15 100m 16 100m 17 100m OP 100m	GSEIAKJHN HSAGJENKI KGSHEIJNA IAEHKGSNJ IJNEKHGAS KNAHSJIGE
1:30pm	13 400m 14 400m 15 400m 16 400m 17 400m OP 400m	AKSGNIHEJ ENAHSJIGK GSEIAKJHN HAGJENKIS IEHKGSNJA JGINHASKE
2:15pm	16 1500m 17 1500m OP 1500m	NSEIAKJHG SAGJENKIH IEHKGSNJA
2:40pm	13 4 x 100m 14 4 x 100m 15 4 x 100m 16 4 x 100m 17 4 x 100m OP 4 x 100m	GNISKAEHJ HSJANEGIK IAKESGHJN KEHIGSNJA NIKAJGESH SJNEKHGAI

March 2014

## Holiday Training Timetable

	Sat	Mon	Tues	Wed	Thu	Fri
<b>Wk 1 (12th-18th)</b>	Athletics Training 9:30-11:30am Meet @ Gym	Weights Room 7-9am  Athletics Training 9:30-11:30am ES Marks	Weights Room 7-9am	Weights Room 7-9am  Athletics Training 9:30-11:30am ES Marks	Weights Room 7-9am  Athletics Training 9:30-11:30am MPW	No training
<b>Wk 2 (19th-25th)</b>	Athletics Training 9:30am-11:30am MPW	Weights Room 7-9am	Weights Room 7-9am  Athletics Training 9:30-11:30am MPW	Weights Room 7-9am  Athletics Training 9:30-11:30am ES Marks	Weights Room 7-9am	Weights Room 7-9am  Athletics Training 9:30-11:30 ES Marks
<b>Sat 26<sup>th</sup> - Convenors Meet ES Marks 9am-3pm</b>			<b>Mon 28<sup>th</sup> Weights Room 7-9am Athletics 9:30-11:30am</b>			



**SYDNEY HIGH SCHOOL ROWING**  
90 Year ANNIVERSARY

## **APPEAL DINNER**

To raise funds for boats and trailer after the recent M4 accident

**Saturday 24<sup>th</sup> May 2014**  
**7pm**

**The Great Hall**  
Sydney Boys High School  
Moore Park

Master of Ceremonies:  
Jack Singleton (Stroke 1<sup>st</sup> VIII 1990)

The evening will include canapés in the courtyard  
followed by a three course dinner  
The night will also feature music, fund raising activities and lucky door prize

Ticket: \$70  
Drinks: Bar prices  
Adult Function only  
Dress: Dressed Up  
**RSVP: Friday 16<sup>th</sup> May**

Bookings can be made online at <http://www.trybooking.com/82443>  
or by email or post with the attached booking form.



## Booking Form

### SHS ROWING APPEAL DINNER

7pm Saturday 24 May 2014

**Organise a table of 10 .... or we can join you with others from your Year**

Please complete details and email to [sbhs.rowing@gmail.com](mailto:sbhs.rowing@gmail.com) or post to address below.

Sydney High School Rowing Appeal Dinner

RSVP: Friday 16 May 2014

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Years rowed or involved at High \_\_\_\_\_

I am **able** to attend and require \_\_\_\_\_ tickets at \$70 each (Tables seat 10 people)

Total \$ \_\_\_\_\_ enclosed

Names for my table

_____	_____
_____	_____
_____	_____
_____	_____

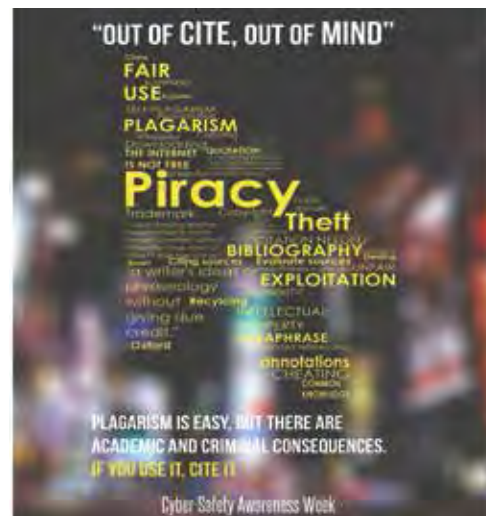
Type of payment:    Cheque    ☐    Cash    ☐    Mastercard    ☐    Visa    ☐

Credit Card No.    \_ \_ \_ \_    \_ \_ \_ \_    \_ \_ \_ \_    \_ \_ \_ \_    Expiry    \_ \_    \_ \_

Signature (if posting) \_\_\_\_\_

Cheques should be made payable to **Sydney Boys High School** posted to **Rowing Committee, Sydney Boys High School, Moore Park, Surry Hills NSW 2010**

## Cyber Awareness Week. Poster Prize Winners



Cyber Bullying Jason Jung<br>Plagiarism Thomas George<br>Time Management Jun Lin<br>Social Media James Lin<br>Digital Footprint William Lin



### **Some useful advice on how to limit or avoid some of the harmful effects of using technology.**

**Marie Carmen Escribano** Senior Occupational Therapist at Parks Clinic. Marie is based in Woollahra and her website is [www.parksclinic.com](http://www.parksclinic.com) She can be contacted on 93894512 or [mcscibano@parksclinic.com](mailto:mcscibano@parksclinic.com).

#### **Sleep**

Problem: connections to Facebook, email, mobiles, can interfere with our sleep

Action: disconnect half an hour before bed  
keep computers, TV, phones out of the bedroom

#### **Vision**

Problem: Eye strain, headaches

Action: Look into the distance every 30 minutes or so,  
cover eyes with the palms of your hands for a few seconds  
ensure adequate lighting  
large font size when working  
have top of screen level with your forehead  
use glasses if necessary  
adjust glare level of your computer screen

#### **Fitness**

Problem: Reduced fitness, weight gain, loss of flexibility,

Action: Engage in physical activity at least 3 times a week such as a team sport, swimming, yoga  
Take computer breaks every hour when using computers during the day, walk, do stretches or move around for 10 minutes before returning to the computer  
Eliminate unnecessary computer use

#### **Posture**

Problem: Back aches, neck and shoulder strain

Action: Support lower back  
Feet flat on the floor  
Knees directly over feet  
Shoulders down  
Neck arched in

#### **Repetitive Strain Injury**

Problem: Sore wrists, fingers, elbows and shoulders

Action: Check posture  
Use trackball mouse  
Keep elbows at 90° angle and wrists in neutral position not flexed or extended  
Move hands over keyboard instead of stretching fingers  
Use stress ball to exercise fingers and hands

#### **Breathing**

Problem: Prolonged sitting results in shallow breathing, decreased oxygen to brain and muscles

Action: Take frequent breaks, practise taking several slow, deep breaths during breaks

#### **Concentration**

Problem: Using a laptop or computer that is connected to the internet tempts the user to 'multitask'. Studies show that this can have a negative effect on learning and concentration

Action: Avoid multitasking by switching off wireless function if not necessary to task at hand  
Focus on one activity at a time  
Switch off Facebook/Social media during work time  
Delegate specific times of the day for specific tasks, e.g. checking email twice a day, going on Facebook after

dinner

#### **Handwriting**

Problem: Computer use results in decreased handwriting legibility, decreased handwriting speed and increased fatigue sooner than in individuals who continue doing some writing by hand

Action: Practise writing by hand for between 30 to 90 minutes, preferably at least 30 minutes at a time  
Choose a class during which you will take handwritten notes instead of typing notes  
Summarise study notes by hand  
Do some homework tasks by hand  
Do strengthening hand exercises at least 4 times during the week

Canteen Price List						
Breakfast		Lunch and recess items			Hot Food	
Cereal bowl	\$2.00	<b>*So you don't miss out on what you want for lunch, make sure you ORDER it before school.</b>			Chicken Fingers	\$1.50
Hot chocolate	\$1.00				Chicken Bites	\$2.00
Cheese toast	\$1.40				Chicken & corn roll	\$1.50
Cheese & tomato toast	\$1.70				Chicken burger	\$4.00
Cheese & bacon bun	\$1.60	Sandwiches/Wraps/Rolls		Rolls		
Croissant - ham & cheese	\$2.80	Buttered roll		\$1.40	Chicken mayo roll(hot)	\$4.00
Raisin toast	\$1.20	Cheese & tomato (v)	\$1.70	\$2.30	Chicken mayo sandwich(hot)	\$3.00
Bacon & egg muffin	\$3.00	Cheese & salad (v)	\$2.60	\$3.20	Chicken schnitzel roll	\$4.00
		Chicken & coleslaw	\$3.40	\$4.00		
		Chicken & lettuce	\$3.40	\$4.00	Garlic bread (v)	\$1.50
Fruit/snacks		Chicken & salad	\$3.40	\$4.00	Lasagne/Macaroni Cheese	\$3.40
Fruit - apple/orange/banana	\$0.80	Corned beef & tomato	\$2.80	\$3.40	Noodles in a cup	\$2.20
Fruit salad	\$2.80	Corned beef & pickle	\$2.80	\$3.40	Pasta - homemade	\$3.60
Banana bread	\$2.20	Corned beef & salad	\$3.00	\$3.60	Sausage roll	\$2.50
Selected snacks - varied prices	\$1.20 -	Curried egg & lettuce (v)	\$2.60	\$3.20	Spinach ricotta roll (v)	\$2.60
eg muffins, anzacs	\$2.80	Dagwood roll		\$3.60	Pie - meat (sauce+20c)	\$3.40
		Egg & lettuce (v)	\$2.60	\$3.20	Pie - potato	\$4.30
		Egg & salad (v)	\$2.80	\$3.40	Pie - Villi's (halal)	\$4.30
Drinks		Ham & tomato	\$3.00	\$3.60	Cruizer/Traveller Pies	\$3.40
300 ml plain milk	\$1.20	Ham & salad	\$3.40	\$4.00	Pizza rounda	\$2.20
300 ml flavoured milk	\$1.80	Roast beef & tomato	\$2.80	\$3.40	Pizza slab	\$2.80
600 ml plain milk	\$2.00	Roast beef & mustard & lettuce	\$2.80	\$3.40	Rice box - homemade	\$3.60
600ml flavoured milk	\$2.60	Roast beef & salad	\$3.40	\$4.00		
Up & Go	\$2.00	Salad (v)	\$2.40	\$3.00		
Spring water	\$1.50	Salmon & salad	\$3.60	\$4.20	Sweet chilli chicken sub/wrap	\$4.20
Pumped water	\$3.00	Vegemite	\$1.20	\$1.50	Foccacia - chicken/mayo/cheese	\$4.00
Deep Spring mineral water	\$2.50				- chicken/avo/cheese	\$4.00
		Wraps	\$3.40		- avoc/cheese/tomato (v)	\$4.00
Cans 375ml	\$2.20				Pides - spinach/cheese (v)	\$5.00
Bottled diet Coke 600ml	\$3.50	Sushi	\$2.60		sausage, chicken/mushroom	\$5.00
Aroona carbonated water	\$1.80				Misc.	
Powerade	\$3.50	Vietnamese rolls	\$4.20		Tissues	\$0.60
Iced Tea	\$3.50				Spoons/forks	\$0.05
Berri Juice	\$2.50	Salad boxes (v)	\$4.50		(supplied free with meal purchase)	
					Seasonal foods	
					<b>**NB Not all food items are</b>	
Special orders					<b>available all the time. For example,</b>	
# If you have specific dietary needs					<b>home style lunch boxes - pasta,</b>	
or your favourite sandwich is not on					<b>rice, salads, soup etc are all seasonal.</b>	
the menu - all you have to do is ask!!					<b>Please check with the canteen</b>	
We may be able to make it for you.					<b>before you order.</b>	
Make sure you order before school.		<b>2014 PRICE LIST</b>				

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

Practise writing exam questions by hand for at least 40 minutes at a time

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

# SYDNEY BOYS HIGH STORE & CLOTHING POOL

## Autumn/Winter Price List 2014

### SCHOOL UNIFORM

**BLAZERS:** From: \$275.00

*Please arrange for boys to be fitted  
as early as possible  
( 6-8 weeks delivery from order )*

**PANTS:** Trousers - Junior, Dark Grey w/w \$69.00  
Trousers - Senior, Light Grey w/v \$69.00

**SHORTS:** Grey \$48.00

**BELTS:** Black Leather \$17.50

**SHIRTS:** Sky Blue & White, Short Sleeve Crested  
Sizes 10 - 14 \$27.00  
Sizes 16 - 22 \$29.00  
Sizes 24 - 28 \$31.00

Sky Blue & White, Long Sleeve Crested  
Sizes 10 - 14 \$29.00  
Sizes 16 - 22 \$31.00  
Sizes 24 - 28 \$33.00

### BLUE WOOLLEN JUMPERS:

Up to Size 14 \$86.00  
Size 16 - 22 \$88.00  
Size 22 - 26 \$90.00

### SOCKS:

Cotton Knee High \$12.50  
Cotton Ankle Sock in S.H.S. Co \$8.80

**TIES:** Junior \$24.50  
Senior \$28.50  
Prefect \$23.50  
Old Boys \$27.50  
G.P.S. Old Boy \$36.00  
SRC \$26.50

**CAPS:** SHS Cap \$20.00  
Beanie NEW DESIGN \$22.00

**BAGS:** Backpack \$77.00  
Sports Bag \$55.00  
Hav A Sak \$30.00

### MATHS:

Grid Book 96 page \$2.50  
Calculator \$35.00  
Protractor \$0.55  
Compass \$1.55

**MUSIC:** Music Book \$2.50

**ART:** Visual Art Diary A4 \$6.60  
Visual Art Diary A3 \$11.00

**DESIGN & TECHNOLOGY:**  
D.T. Apron \$11.00

**UMBRELLAS:**  
Golf \$33.00

### SPORTS UNIFORM

**P.E./HOUSE SPORT:**  
Polo ( house colours ) \$30.00  
Microfibre Short  
Black Baggy with S.H.S. print \$27.50  
Sport Socks \$8.80

### TRACKSUITS: ( sold as separates )

Microfibre track jacket \$88.00  
Microfibre track pant \$44.00

### ATHLETICS:

Singlet \$44.00  
Short \$44.00  
HIGH Training Top NEW \$55.00

### CROSS COUNTRY:

Top NEW \$58.00

### SOCCER:

Jersey Sky & Choc Stripe \$55.00  
Short matching design \$38.50  
Socks \$16.50

### RUGBY:

Jersey Fitted \$77.00  
Training Mesh Jersey \$55.00  
Titanium short with S.H.S crest \$38.50  
Jersey Original Cotton \$80.00  
High Rugby Cap \$20.00  
High Rugby Bottle \$9.90  
Socks \$16.50

### VOLLEYBALL:

Top polo numbered NEW \$65.00  
Short with Sydney High \$39.50  
Socks with S.H.S. Colours \$8.80

### FENCING:

Top with S.H.S sword logo \$55.00

# **SYDNEY BOYS HIGH STORE & CLOTHING POOL**

## Autumn/Winter Price List 2014

### **MEMORABILIA**

Mug with S.H.S. Crest incl Gift Box	\$16.50	S.H.S. Sticker	\$1.10
Bridge Scorers	\$11.00	Wine Glasses Set of 2 Boxed	\$35.00
Double Pack Playing Cards	\$24.00	School Centenary Book	\$15.00
Pencil Case (school crest )	\$8.80	Silverware: Sugar or Fluted Spoon	\$5.50
S.H.S. Pen	\$8.80	S.H.S. Cufflinks	\$16.50
Letter Opener	\$6.60	.	.
S.H.S. Pad	\$3.00	.	.
Car Sticker	\$4.50	.	.
S.H.S. Foldable Chair	\$49.50		
Car Number Plate Covers	\$39.95		

### **OLD BOYS MEMORABILIA**

Sydney High Hoodie NEW		\$66.00
Supporter Polo Fleece Jumper	\$69.00 SALE	\$50.00
O.B.U. Tie		\$27.50

### **CLOTHING POOL**

A recycled section operates within the High Store Shop. Items such as blazers, shorts, trousers, jumpers, rugby/soccer tops & boots, tracksuits, can be sold on a commission basis - The High Store Shop retaining 1/2 of the sale price.

Please ensure that when sending items for sale you include your name and email address.

All items sent should be clean and in good condition. Shirts are gladly accepted as donations.

### **BLAZERS**

G.P.S. Pocket	\$22.00
Music Pocket	\$27.50
Prefect Top Pocket	\$22.00
Prefect Bottom Pocket	\$40.00
Embroidery Line	\$17.50
Full Braiding	\$70.00
Dry Cleaning	\$12.50
Service Charge	\$30.00

### **GENERAL - with S.H.S. Crest Badge**

### **PAYMENT**

Cash, Eftpos, Visa, Mastercard or Cheque made payable to " HIGH STORE "

### **OPENING TIMES**

Monday, Tuesday, Wednesday & Friday 10:30am to 1:30pm  
Telephone 9662 9360

House Badge	\$9.90
S.H.S. ( metal )	\$4.40
Rowing ( metal )	\$7.70
Orchestra ( metal )	\$4.40
Rifle ( metal )	\$5.50
S.B.H. Lapel Pin ( metal )	\$2.75
Basketball ( metal )	\$7.70
Cricket ( metal )	\$7.70
Fencing ( metal )	\$7.70

### **GOODS & SERVICES TAX ( G.S.T. )**

G.S.T. is included on all prices listed.

# Jocelyn Brewer

Registered Psychologist –

specialising in the impacts of technology and the internet on learning, behaviour and society (as well as general garden variety issues facing young adults in 2014!).



If you'd like a **copy of the slides** from tonight, go to

[www.jocelynbrewer.com](http://www.jocelynbrewer.com)

join my email list and I will email you a copy.

There is also a range of resources and links.



**APRIL 2014**

# **SCHOOL HOLIDAY SHORT COURSES**

---

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



---

**1300 065 281**  
**open.aftrs.edu.au**



**AUSTRALIAN FILM TELEVISION AND RADIO SCHOOL**

# April/May 2014

11-04-2014

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 C	28 Staff Development Day Rugby: Committee Meeting, Staff Common Room, 18:00 HSC Personalised Exam Timetable available	29 School resumes Year 9 Half Yearly Exams Swimming: GPS Team at CIS, 18:00 Assessment: Yr 11 English Advanced Creative Writing Exam P3	30 Year 9 Half Yearly Exams 10MaE class test, P1 Swimming: GPS Team at CIS,(all day)	1 Year 9 Half Yearly Exams Elevate Workshop: Year 8 Selected Students, Pds 1 and 2	2 Starlight Day early morning external collection Y10-12 Year 9 Half Yearly Exams Class test: 10MaB-P4, 8Ma2-P5 Debating: Eastside SGHS v SHS Debating: FED PLC(Pymble) v SHS Parking: Rugby League Test (Rowing) (time tba)	3 Athletics: SIC Invitation Athletics, SOPAC (warm up track) (pm)	4
2 A	5 Year 11 Half Yearly Exams Year 10 Half Yearly Exams HSC English Extension 2, submission of report Assessment:Yr 12 Ancient Orals P2 (404) PDHPE: 1600m Run, Years 7 to 10 HSC Exam Timetable available on BoS website	6 Year 11 Half Yearly Exams Year 10 Half Yearly Exams Year 8 Meeting, selected locations, 9:55-10:20 Assessment:Yr 12 Ancient Orals P4 (402) Class test: 7Ar9-P5 Prefects Afternoon Tea, Great Hall, Courtyard, 15:30-17:30	7 Year 11 Half Yearly Exams Year 10 Half Yearly Exams Assessment:Yr 12 Ancient Orals P2 (205) Cricket: Committee Meeting, Room 901, 17:30	8 Sports Council Meeting, Board Room, 07:30 UNSW Economics Competition, (Years 11-12) Year 11 Half Yearly Exams Year 10 Half Yearly Exams	9 *** Class Test: 7MaM-P1 Year 8 Half Yearly Exams Year 11 Half Yearly Exams Year 10 Half Yearly Exams GPS Athletics Assembly, Great Hall, 10:15-11:00 (7, 9, 12) Basketball: CIS Trials, 10:00- 15:00 Debating: Eastside SHS v SCEGGS Debating: FED Semi Final 1 Parking: Roosters v	10 Athletics: AAGPS Championships, SIAC Homebush	11 Mothers' Day
3 B	12 Year 8 Half Yearly Exams Year 11 Half Yearly Exams Football: Committee meeting, Room 901, 17:30 P and C Executive Meeting, Board Room, 17:30 P and C Meeting, Staff Common Room, 18:30	13 *** Year 9 National Assessment Exams Language Conventions; Writing, Great Hall, 09:00-11:00 Year 7 National Assessment Exams Reading, Great Hall, 11:00-13:00 Year 8 Half Yearly Exams Elevate Workshop: Year 12 Selected Students, Pds 1 and 2	14 Year 9 National Assessment Exams Reading, Great Hall, 09:00-11:00 Year 7 National Assessment Exams Reading, Great Hall, 11:00-13:00 Year 8 Half Yearly Exams Elevate Workshop: Year 10 Selected Students, Pds 1 and 2	15 Year 9 National Assessment Exams Numeracy, Great Hall, 09:00-11:00 Year 7 National Assessment Exams Numeracy, Great Hall, 11:00-13:00 UNSW Business Competition (Years 10-12) High Resolves Year 10 Community Action Project, Room 301, 13:00-15:10	16 Mufti Day/BBQ - Boggabilla Central School (Year 9) Year 7 National Assessment Exams Numeracy Catch-up Tests Year 9 National Assessment Exams Numeracy Catch-up Tests Rugby: CHS Under 16s Final Trial, Wills Ground Debating: FED Semi Final 2	17 Football: Shore v SHS Rugby: SHS v St Pius X Cross Country: WC Invitation, Centennial Park (10:00) Trial	18 Parking: Waratahs v Lions, 16:05 (Tennis)
4 C	19 Year 7 Half Yearly Exams	20 Year 7 Half Yearly Exams ICAS Computer Skills Competition Foundation Meeting, Board Room, 18:30-20:30	21 Year 7 Half Yearly Exams Elevate Workshop: Year 9 Selected Students, Pds 1 and 2 Philosothon Workshop, Years 8 and 9, Pds 4 and 5 Athletics Report to be submitted to Record Committee	22 Year 7 Half Yearly Exams UNI NSW Engineering Excursion 09:00- 15:15	23 Class tests: 7Ar5-P2, 7Ar1-P3, 7Ar7-P4 Debating: Eastside Semi-Final Debating: FED Grand Final Old Boys Welcome Dinner, Great Hall, 18:00-22:00	24 Sport: Trial SHS v SGS Cross Country: CS Invitation, Sydney Park (10:00) Salvation Army Red Shield Doornock Appeal external collection Rowing Fundraising Dinner, Great Hall, 19:00-23:00	25 Salvation Army Red Shield Doornock Appeal external collection