



From the Principal

High Talent



Congratulations to Lokesh Sharma (SHS2014) for his John Lincoln Youth Community Service Award, presented by Her Excellency Dame Marie Bashir AC at Government House recently. Well done to 'fork_bombYr10' who earned 6th place in the UNSW Progcomp. Team Members were: Simon Shields, James Ye and Julian Tu. Well done to our U15 Basketball Knockout Team who survived their road trip to Albury. They are in the final 16 and play Nowra next. Congratulations to Louis Saunders (Premier) and Hugh Bartley (Opposition Leader) who earned major roles in the Junior Youth Parliament held during the holidays.

Summer Sports Assembly October

At our October summer sports assembly our guest, Andrija Dumovic, spoke about his time at High and his experiences with the Boomers. He reiterated the essential attribute of passion and spoke of how Luc Longley had taken aside the 'new boys' like him and taught them about confidence and backing themselves and their abilities. He also urged the boys to step out of their comfort zone to put their passion and abilities on the line. My speech to the assembly is reprinted below:

Special guest Andrija Dumovic (SHS 2011) coaches, staff, GPS sports teams, parents and students – welcome to the 2014 October Summer Sports Assembly. For the last six years we have had a separate assembly to celebrate the

sports commencing their GPS Competitions in term 4 – particularly basketball. Since the decision of the GPS Heads to revert to a one-round basketball competition this will be the last time we hold an assembly at this time. We will schedule the 2015 assembly later in the term, just prior to the commencement of round 1 of summer sport. Water Polo is a re-emerging sport at High. The energetic leadership shown by MIC Rhiannon Davis in recent years has brought a greater sense of urgency and confidence to the squad. Our games last season against CAS, GPS and CHS teams were much improved in standard. The increased training regime, directed by professional coaches, has definitely helped to bridge the standard gap between us and our major opposition. I look forward to another year of development as High's training and competing culture matures.

Geoff Tesoriero has been the MIC of cricket in 2014. He has a 'hands on' approach to training and has brought a new discipline and rigour to our training sessions which we look forward to seeing build throughout our cricket program. Nakul Pednakar took over mid-season as first XI coach and really tried hard to inspire our boys. I thank him for his efforts. I am optimistic that this season we will see an improvement in our competitive capabilities under Old Boy coaches Andrew Walters and Hugo Richards. At High we have always supported our national game strongly and I trust we will continue to do so. Thank you to the Cricket Committee, Treasurer Liz Betbeder and to Keith Saunders for managing the COLA nets hiring, raising significant funds for the

program. I want to thank David Smith, Andrew Fuller, Mick Aldous, Brett Jackson, Richard Gifford and Angela Karagiannis for their contributions to the sport.

I want to again congratulate Ben Hayman for his expertise and dedication to his roles as Coaching Coordinator, MIC and First Grade Coach. The High basketball culture is founded upon his drive and coaching skill. It has had regular successes during the last 5 seasons. Alex Hayman has again focussed on bringing out the best in individual players while nurturing younger players in his roles as Second Grade Coach and Junior Development Coordinator. Thank you Alex, we appreciate all your work for High basketball. Tom Neal will be taking on an expanded role with the seconds in 2015. The Basketball Committee has assisted the program through financial management, running the Saturday kiosk, supporting functions and marketing the program.

Thank You!

Thank you to all committee members, especially George Krastev as Chair and Paul Hoad who has backed up again as Treasurer. Bruce Gordon is an integral member of our basketball program, providing practical help and psychological support to players and coaches. Thank you Bruce. Wayne Baldock continues to give a great deal to the program as does Angie Ward. This year we lost Darren McQuillan to SGHS after many years coordinating a Year group for us. Thank you to Geoff Stein, Sherrin Ayre, Brenda Kilmore, Everett Coan, Bob Dowdell, Annalise Mack, Claire Reemst and Jacqui Chen for their engagement with and support for the program.

Sport at the elite level has many commonalities. Even at the level of schoolboy competition, coaches try to emulate the attitudes, habits of mind and values of elite sportsmen. The winning edge is often a function of how far down the elite path a particular group of athletes has gone. What is the key to sporting success in teams? If I were to ask what rowing great Nick Green, swimming legend Nicole Stevenson, hockey gold

medallist Danni Roche and basketball world cup player Robyn Maher had in common, what do you think it would be? Were they all talented athletes? Yes of course. Did they have winning attitudes? Indeed. They all talk about two aspects of training – the search for **quality** in overall **execution** and **perfection** in **technique** in the component parts. **It's not about how much training you do but how much you do in the training.** Great coaches insist on players seeking perfection in their strokes, their technique and in their set plays. They also mandate intensity – training as if you were competing at the highest possible level. Ninety minutes is about the limit. Passion drives purpose. When you've given your all, like Sam Burgess did in the RFL grand final for the Rabbitohs, and the job is done, then it's time to let your emotions take over...but not before. Play for your team. It's the emotional glue that counts when the team gets into tight spots. **Collegial confidence fuels self-belief.** In congratulating those who have been selected for the GPS competition in first and second grade, let me urge you to train with passion and purpose – it will help you to perform with those same attributes.

Dr K A Jaggard



High Family...
The Bulletin Board
for Sydney Boys
High P & C.

If you would like to
have any parent
community news or

upcoming events included in *High Society*, please
contact Ian Sweeting P&C President
isw@qscw.com.au

HELP NEEDED - ORIENTATION DAY

Tuesday 11th November

Can you spare a couple of hours **between 2:00pm
and 4:30pm; or between 4pm and 6:00pm?**

Please join our team of volunteer parents serving refreshments in the courtyard outside the Great Hall. Our aim is to make incoming families feel welcome and to encourage their involvement in the school.

Please contact Francisca Sjahry on
fsjahry@gmail.com if you are able to help.

Thank You

SYDNEY BOYS HIGH SCHOOL 2014 P&C ANNUAL GENERAL MEETING

Please be advised the SBHS P&C Annual General Meeting will be held Monday 10 November at 6:30pm in the staff common room.

If you are interested in contributing in any way, please contact Ian Sweeting and the P&C at sbhs.pandc@gmail.com for more information.

The November P&C general meeting will be held at the conclusion of the Annual General Meeting. This will be the last P&C meeting for 2014.

We look forward to seeing you there.

Boggabilla Billets needed

In Week 5, the students from Boggabilla Central School will be coming to Sydney for their annual exchange and we need a number of billets for these students. If you are able to host these students could you please have your son pick up a permission note from Mr J Kay this week?

Boys who are billeting these students will also be involved in some of the activities held with them during school hours over the course of their exchange. If you have any questions about the exchange please contact Mr J Kay.



CHESS NEWS

Congratulations to our Junior A chess team (Raymond Li, Peter Boylan, Lenard Jia, Gordon Zhuang, Chris Yuan), regional champions for 2014 in the NSW interschool chess competition.

R. Barr (MIC Chess)

From the Canteen

Thank you to our volunteers over the past two weeks:-

MON: Thajeewa Pingamage, Julie Fox,

TUE: Grace Chung, Lynn Chen,

WED: Jackey Cheng, Fumiko Cheong

THUR: Ming Ming Lee, Annie Jiang,

FRI: Jenny Beer, Lien Tran

TUE: Yu Liu (Frank), Long Nguyen

WED: George Haddo, Lesa Katsilis,

THUR: Rita Wu, Tina Chen,

FRI: Sam Guo

The Annual General Meeting of the Canteen Committee will be held on Friday 7 November in the boardroom at 3.00pm. All positions will be declared vacant. As several of our members were Year 12 parents, we are in need of new support members for the committee so that the canteen operation continues to run smoothly.

Did you know that the canteen at Sydney Boys donates around \$80,000.00 to the school each year to be used to improve educational facilities and resources for our sons at High? This is money we make by providing an extensive menu with a wide range of healthy low cost food options for the boys.

The above is only possible because we are one of the few parent run canteens left in high schools in Sydney. That is, Parent volunteers work in our canteen and a parent committee supervises the management of the canteen.

PLEASE HELP

More parents – mums OR dads - are needed to sit on the management



committee, as a number of parents are finishing this year. Meetings are only for 1 hour – 3.00pm, 2nd Fri each month, 2-3 a term.

It is an interesting and fun way of contributing significantly towards your son's life at High!!

The general committee help with stocktakes, assisting with volunteers, open days etc. The positions of President and Secretary are quite straight forward and involve doing High Notes, minutes of meetings etc. These are positions that do not take a lot of time as everything is in place to keep things rolling along so to speak. We are very fortunate to have excellent canteen managers and the committee essentially are there to help keep the canteen running in the best and most efficient way possible for the benefit of the boys and the school. Current committee members will be looking at filling positions if and where they can.

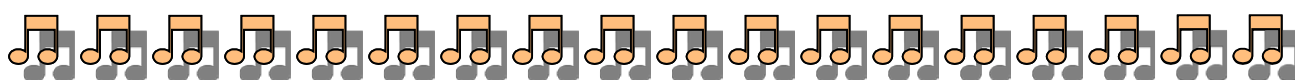
Being on the canteen committee is an indirect and easy way of helping make a significant contribution to your son's education at high school.

Please phone Canteen on 9662 9350 if you are able to help.

The school and the canteen need your help.

Thank You

Sharon Hughes (President)



MUSIC NOTES

HSC Music Encore Nominations

Congratulations to the following students who have received HSC Encore Nominations for their performances this year:

Shaleen Baranwal (11) Music 1- Saxophone

Madison Wu (11) Music 2- Piano

Steve Comninos (12) Music Extension-Piano

Brendan Hancox (12) Music Extension-Drums

Riley Irwin (12) Music Extension-Piano

Edric Wang (12) Music Extension-Piano

Music Committee Meeting

Our next music committee meeting will be on Tuesday 18th of November 2014 in the staff common room, 6pm-7:30pm.

USA Music Tour

There have been a few changes to rehearsal times. Students are to make sure they are up to date with rehearsals by checking the daily notices.

Semester 2 End of Year Concert

Large ensembles concert- Monday 10th November in the Great Hall from 6:30pm.

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	Symphony Orchestra Room 201	Senior String Ensemble Room 101
	Training Concert Band Room 202 Terms 2, 3, 4	Chamber Choir Room 101	Junior Stage Band Room 101		Saxophone Ensemble Room 102 8:45am
	Junior String Ensemble Room 208		Intermediate Stage Band Room 201		Marching Band TERM 1 & 4 MPW
			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			





Cricket Results – 2014 Term 4 Week 1



Team	Score	Result	Highlights
T20 Trials			
1 st XI	SBHS 10 – 116 v King's 5 – 133	Lost	Vishnu Avudainayagam 44
1 st XI	SBHS 10 – 74 v Scots 1 - 75	Lost	
1 st XI	SBHS 5 – 114 v Joey's 3 – 123	Lost	Vivek Kashyap 30
2 nd XI	SBHS 10 – 55 v King's 6 – 140	Lost	
2 nd XI	SBHS 6 – 115 v Shore 3 – 118	Lost	Vyaas Rajan 41
2 nd XI	SBHS 7 – 100 v Riverview 5 – 118	Lost	Raphin Hossain 45
3 rd XI	SBHS 6 – 71 v Shore 4 – 129	Lost	Nafis Rahman 36
4 th XI	SBHS 85 v Shore 124	Lost	
5 th XI	SBHS v Shore	Won	
16A	SBHS 10 – 99 v Shore 2 - 108	Lost	Sabesh Muruganathan 45
16B	SBHS 9 – 86 v Shore 2 – 87	Lost	
15A	SBHS 10 – 30 v Shore 2 – 156	Lost	
14A	SBHS 10 – 49 v Shore 119	Lost	
14B	SBHS 10 – 9 v Shore 4 – 116		

Note: W/O = Washed Out

MIC of Cricket Report

Our first Saturday of fixtures was held against Shore, whereas our 1st and 2nd XI teams participated in the fourth year of the T20 GPS Competition. The 1st XI travelled to King's to play matches against King's, Scots and Joey's. The first match against King's we bowled first. The bowling was tight at the start, but failed to execute the basics of bowling full and straight towards the end of the innings allowing them to set a competitive total of 133. Our top order started well and Vishnu has continued his fine form with 44 from 44 balls. Our middle order failed to capitalise on the start and played loose shots to throw their wicket away falling just 18 runs short. The next match was up against one of the tournament favourites, Scots. With their fast bowling attack our openers once again showed little trouble against them, nudging the singles and running hard. 0-25 from the first 4 overs and we were looking comfortable. The boys may have gotten ahead of themselves and started looking at the large picture rather than focusing on the job at hand. Again another middle order collapse and were ended up with 75 that Scots managed to pass with little trouble. The final

match and the boys were getting tired. Asked to bowl first they tried their best to stick to the basics. Restricting Joey's to 123 was a good task and a total we felt we could chase down. The first 10 overs were some of the best batting display I had seen. We were going at six runs an over and had only hit one boundary. The boys were looking to score and chancing themselves to make the single. Joey's were rattled and started taking the frustration out on each other. By the end we managed to only fall 9 runs short, but the boys should be proud of their efforts. The 2nd XI had a very similar day. They bowled a tight line giving teams little to score from and they improved throughout the day. In the first match King's got off to a strong start, but the boys fought back well to keep them to 140. Our batting started well, but a lack of exposure to this level of cricket for many of our players showed and we were unable to rebuild and look for the singles to help rotate the strike. In the second match the boys managed to turn things around and bat with more intelligence. Looking for the single and then putting the bad balls away. Vyaas (41) batted well to post a respectable total. The bowling may have been tight, but we need to bowl with a bit more variation. Bowling full and straight can

become predictable and allows the batter to find a rhythm. Shore batted well and managed to find the gaps when needed and won with 8 balls remaining. The final match against Riverview was going to be a close encounter with both teams without a win. Riverview batted first and posted a total that was definitely gettable. Raphin opened the batting and scored a captain's knock of 45, but the lack of consistency with players caused another collapse which ultimately halted our run scoring falling short again.



1st XI, Vishal Nomula, setting up for a cover drive

The 3rd XI started their match well having Shore after 15 overs for just 60 runs. Shore then opened their shoulders and belted 70 runs from the final 5 overs. Nafis Rahman batted well scoring 36 before he was retired. The 4th and 5th XI managed to play an indoor cricket match underneath the Shore grandstand. The boys had a lot of fun winning one and losing one. The 16As had a close encounter with the boys showing a lot of spirit out on the field. Sabesh batted very well scoring 45 from 44 balls. The batters around him though failed to give him the strike to see them home. The remaining teams had a tough day but hopefully more training and commitment to the cause will see a huge improvement over the season. Sport can play many tricks in your head. Winning is a habit just the same as losing is a habit. At the moment we are lacking the wins during tight games. We can see we can be competitive, but we just don't know how to finish the game off. If we continue to remain in the battle I am sure we will be rewarded and start changing the habit from losing to winning.

This term we see many of our teams go on fantastic cricket tours. Our top Year 9 cricketers will be participating in the annual Barberis Cup that is played against Melbourne High School. This year our boys will be travelling to Melbourne from 16th – 19th November. The U15s and U14s cricketers participate in the annual



14Bs, Tim Lee, bowling against Shore

East Coast Cup against Brisbane High School and they will be travelling up to Brisbane from 23rd – 26th November. Then our main tour that the 1st XI compete in is the highly competitive 5 Highs Tour. This year Brisbane is hosting the carnival and our boys will be travelling from the 30th November – 5th December.

In the July holidays 2015 we are aiming to participate in a once in a life time opportunity to play in a cricket tournament hosted in Sri Lanka. We will be representing our school and Australia in the "World Premier Schools Cricket Challenge" Tournament. This is open to anyone in the current U15s-Opens cricket team. If you are interested in attending please notify me by email.

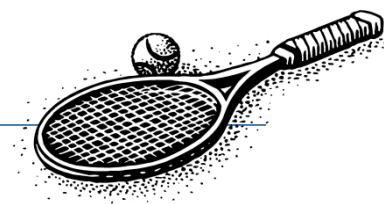
I have created a Twitter account for regular updates in results, information and wet weather. This does not replace the school wet weather website. The link can be accessed by phone or web browser without signing in or having a twitter account.
<https://twitter.com/SydHighCricket>

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, tops and long white pants.
- They are not to wear thongs to and from their fixtures.
- Apply plenty of sunscreen throughout the day.
- 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
MIC of Cricket

SYDNEY HIGH TENNIS



"It is not the size of the dog in the fight, but the fight in the dog."

High vs SHORE (1st Round of GPS Trial Season)

	1 st Grade	Result (WIN)	2 nd Grade (LOSS)	Result
D1	1 + 5	L 4-6 6-7	1 + 3	L 3-6 3-6
D2	2 + 4	W 6-2 6-2	2 + 4	L 6-7 0-6
D3	3 + 6	L 3-6 3-6	5 + 6	W 6-7 6-2 11-9
S1	Eddy Wang	L 1-6 1-6	Danny Yu	W 7-5 6-1
S2	Adam Smagarinsky	W 1-6 6-1 6-1	Branko Stajik	L 2-6 2-6
S3	Stevie Young	W 6-4 7-6	Wanyu Tang	L 2-6 4-6
S4	Matthew O'Sullivan	W 6-1 6-0	Kinzey Rahardja	L 6-3 2-6 1-6
S5	Carl Yang	W 6-1 6-1	Richard Hao	W 6-1 6-1
S6	James Lian	L 6-4 2-6 6-3	Jason Jung	L 2-6 1-6

1st Grade

1st Grade tennis travelled to SHORE's brand new tennis facility to commence the 2014-2015 pre-season. Due to having our own pre-season training being shortened due to exams we did not manage to have too many training sessions together as a team yet our previously established team chemistry meant that this factor did not play a major role. All three doubles pairs played their debut matches as a pair. Matthew and Adam's opponents had difficulty with the pair's aggressive play. While both the number 1 and 3 pair did fight hard throughout their matches unfortunately they could not get on top of their opponents. As the singles began we were down only by one rubber, a deficit we were sure we could overcome. Matthew O'Sullivan won 6-1 6-0. Along with Carl, who was originally brought in as replacement, may now see himself as a stable member of the side. Stevie and Adam both overcame their competent opponents in tense matches. Stevie 6-4 7-6 and myself where I fought back from a first set loss of 6-1 to win the remaining sets 6-1 6-1 to win the overall match for the team in what was the deciding rubber. One of the most fascinating matches I have played. James narrowly lost his own three-set battle and Eddy was unfortunately not able to find his stride in the first trial match. The final result meant we had won 5-4, a great confidence building start to the pre-season. Yet as a team we know we can still do better with team member's returning next week. Thankyou to Dr Jaggar for again taking his time to come to watch the tennis as well as giving some much needed support and encouragement, as well as Patrick Rynsaardt who offered excellent feedback and constant support throughout the day.

-First Grade Captain

-Adam Smagarinsky



2nd Grade

2nd Grade played Shore in the first match of the 2014-2015 season, seeking valuable experience and match-play after the off-season. The team featured 4 junior players, including Branko and Kinsey who made their 2nd Grade debuts. Also on the team was Jason Jung, coming in as a last minute replacement. The Number 1 pair stayed with their opponents in both sets but were unable to get on top, falling 3-6 3-6. Number 2 doubles were unlucky not to win the first set, before being outclassed in the second, losing 6-7 0-6. Number 3 doubles squandered numerous opportunities to take the first set, losing 12-10 in the tiebreaker. However they fought back in the second set and took a tight match-tiebreaker 11-9, putting the first point on the board for High. In the singles, Danny performed superbly, taking control of the match against

a tough opponent, triumphing 7-5 6-1. Branko played well in his first match, but went down 2-6 2-6 to a quality opponent. Wanyu faced a big-hitting lefty, a challenge which proved too great, going down 2-6 4-6. Kinsey was on track for a big win after taking the first set comfortably 6-3, but his opponent was more consistent in the second and third sets, resulting in a 6-3 2-6 1-6 loss. Richard dominated his opponent from start to finish, cruising to a 6-1 6-1 win. Jason was unable to overcome a formidable opponent and lost 2-6 1-6. Although the 6 matches to 3 loss was not easy to take, the boys are all looking forward to improving on their performance in the next rubber.

- **Second Grade Captain**

- **Richard Hao**



3rd Grade

Sydney High's Third Grade kicked off the first round of the trials against a tough Shore team, playing at their home ground at Northbridge. Doubles 1 was played by James Chee and Ryo Kawahashi, a rusty start leading to a 2-6 loss. In Doubles 2, Hong Ma and Preetham Kadappu battled in a competitive match, but a single break led to an unfortunate 4-6 loss. However, our team proved its strength in the singles matches, opening with an impressive 6-2 win by James Chee in Singles 1. Bohan Deng fought in a very close Singles 2 match, losing in the tie-break 6-7 (3-7). Preetham Kadappu played to his strengths to earn a solid 6-4 victory for Singles 3, while Hong Ma unluckily lost 3-6 to a strong opponent in Singles 4. The results for this week indicate that although we need more practice in team-play with each other for our doubles, we have skilled team members who can be optimistic about the upcoming season matches.

Junior Results

14As

On 11 October, SBHS played against Shore at High. The As and Bs arrived to be ready to play by 8.30 am and were greeted by a warm, sunny day. After introducing ourselves to our opponents, the matches began. Daniel and Jiawei played against Harry and Peter from Shore. After nearly an hour of long rallies, we unfortunately, lost. Meanwhile Adrian and Patrick (A1 and A2) also lost in a tight match. It was a pity that the doubles ran overtime as the team performed well in the singles. The highlight of the day was when Daniel was losing 3 – 0 and the team cheered him back into the match, helping him to win in the tie break.

-Jiawei Luo

14Bs

On Saturday October 11, High 14Bs team played tennis against Shore. It was a warm sunny day and our team got off to a great start, winning both doubles matches with scores of 6 - 3 and 6 – 4. Unfortunately, Ryan Ke came up against an energised opponent who had a very fast serve which helped him win 6 – 3. Liam Heny had an easy one-sided match, winning 6 – 2 but Andy Hua lost his match 1 – 6. Arian Ahmed lost a very close match which led to a tie breaker decided 6 – 5. Overall, the B team had a draw and were very pleased with their effort for the first match of the season. Well done!

14Cs

On 11 October SBHS 14Cs played against Shore. Although we felt the heat of the day, we managed to just triumph, drawing sets at 3 all but winning the games 28 – 21. We all tried our best with a limited training session but congratulations must go to Vinushan Kuganathan and Matthew Chan who both won their singles 6 – 0!

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.

SHOOTIN', 168 HOOPS

HIGH vs. Shore: Term 1, 2014

High	Vs.	Shore	Term 1, 2014 (LAST TIME)
TEAM	RESULT	SCORE	TOP SCORER
1st	WIN	99-35	M.FLYNN 31
2nd	WIN	37-30	C.SHI 16
3rd	DRAW	30-30(2ot)	K.LIANG 7
4th	LOSS	26-29	K.DANG 11
5th	WIN	40-16	C.WANG 16
6th	WIN	59-21	TEAM EFFORT
7th	WIN	42-10	Z.HUNG 12
8TH	WIN	61-23	W.LU 18
	WIN	38-26	B.LI 9
16A	LOSS	12-29	L.TAO 3
16B	LOSS	28-32	D.WANG 9
16C	LOSS	16-28	K.CAI 8
16D	WIN	40-32	J,WANG 6
16E	WIN	26-19	V.BUI 17
15A	WIN	60-13	J.HUA 20, J.KUROSAWA 12
15B	WIN	16-11	S.CHEN 6
15C	LOSS	16-22	L.VUONG 4
15D	WIN	35-19	C.MCGRATH 13
15E	WIN	40-18	A.ZAFAR 10
15F	WIN	48-5	D.JARIV-NGUYEN 14
14A	LOSS	43-30	N.CHAND 14
14B	WIN	40-30	TEAM EFFORT
14C	WIN	29-20	H.VYE 12
14D	WIN	47-16	T.LAM, D.THICH 8
14E	WIN	76-2	J.YIP 32
14F	WIN	42-10	TEAM EFFORT
13A	LOSS	21-33	B.NGUYEN 10
13B	LOSS	16-41	J.WU 6
13C	LOSS	4-44	D.GOH 4
13D	LOSS	8-56	T.CHEN 4
13E	LOSS	14-34	H.NGUYEN, C.TUNGRA 4
13F	LOSS	10-32	M.CHEW 6

HIGH vs. Shore: Term 4, 2014

High	Vs.	Shore	Term 4, 2014 (THIS TIME)
TEAM	RESULT	SCORE	Term 4, 2014 (THIS TIME)
1st	LOSS	53-49	J.HUTCHISON 14
2nds	WIN	36-33	A.RANKIN 8, B.UDLER 5
3rd	WIN	40-30	M.HO 10
4th	WIN	64-28	I.CHANG 14
5th	WIN	37-14	C.LEE 19
6th	LOSS	13-38	A.PHAM 6
7th	WIN	29-13	TEAM EFFORT
8th	WIN	32-11	TEAM EFFORT
16A	WIN	36-31	A.LI 13
16B	WIN	18-15	A.ZAFAR 7
16C	LOSS	36-18	K.ZHENG 5
16D	WIN	28-13	A.ZHU 10
16E	WIN	31-21	F.ZHANG, J.ZHENG 8
16F	DRAW	26-26	B.CHAN 10
15A	WIN	37-34	CONGRATS A HUGE IMPROVEMENT. HARD WORK PAYING OFF
15B	WIN	40-22	J.SIU, Y.SHEN 12
15C	WIN	38-21	J.LEE 9
15D	WIN	60-8	A.LIN 15
15E	WIN	48-10	K.ZHENG 16
15F	WIN	72-4	T.WANG 38
14A	WIN	34-28	WOW-BIG IMPROVE! HARD WORK PAYING OFF!
14B	LOSS	15-20	J.WU 10
14C	LOSS	33-32	J.XIE 12
14D	LOSS	11-16	C.LAM 4
14E	WIN	31-11	M.CHEN 14
14F	WIN	20-9	TEAM EFFORT

Hello Sydney High Basketball community, and boy was this a good start to a season. With just over a 70 percent win ratio, every As squad won their games. Bad luck to first grade, only losing by four points and also the 16 Cs with a 26 all draw.

For the 15 As, this was their best game since starting at High. Having never won a game, this win over Shore was a major confidence boost. With about a minute to go, the score was 32 – 34, Shore's way. It wasn't looking good. We knew we had to pull something off, so the pass to Archie Fox to seal a 3-point clutch shot was made. With a swish, the game was in our hands. Thanks to our new coach Reggie Miller, we had an amazing game the whole 40 minutes.

The 15s CHS basketball side defeated Albury and enjoyed a long road trip this week to advance to the round of top 16 in the state. They now play Nowra on the 24th of February. Photo attached.

There is a USA tour meeting on October the 23rd at 7pm.



~ Go HIGH!
~Play Hard, Play Smart and Play Together!
~ **Brought to you by Editor Archie Fox**
~Thanks to Mr B Hayman for all his contributions to HIGH Basketball



The Sydney High Rowing Committee invites parents, Old Boys, friends and supporters to a special occasion with the naming of 5 boats.

BOAT NAMING COCKTAIL PARTY

Saturday 8th November 2014 5pm to 9pm

At the Outterside Centre, 5 Teviot Ave, Abbotsford Smart Casual

\$50 per person includes all beverages and canapés (\$35 for Uni students)

Boat Naming Ceremony will begin at 6:30pm



Anne-Maree Keogh – IV

Conninos Family – VIII

Julie Blomberg – VIII

Musgrove – Single

Norm Lamerton – Single

RSVP with payment (\$50 pp / \$35 per student) by Monday 3rd November 2014 by:

Electronic Payment: RSVP and pay online using the following link:
<http://www.trybooking.com/105935>

Cash Payment: On Saturday mornings at the sheds 8am – 10am.

Enquiries: Tracy Whittaker 0410 557050 or wittys@tpg.com.au

Canteen Price List

Breakfast		Lunch and recess items			Hot Food			
Cereal bowl	\$2.00	*So you don't miss out on what you want for lunch, make sure you ORDER it before school.			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 - Vili'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 puchase)			
					Seasonal foods			
					**NB Not all food items are			
Special orders					available all the time. For example,			
# If you have specific dietary needs					home style lunch boxes - pasta,			
or your favourite sandwich is not on					rice, salads, soup etc are all seasonal.			
the menu - all you have to do is ask!!					Please check with the canteen			
We may be able to make it for you.					before you order.			
Make sure you order before school.		2014 PRICE LIST						

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

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

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Helping kids leapfrog their difficulties with these 5 ideas



A parent's attitude to their child's difficulties will determine how successfully they meet and overcome many of the obstacles and hurdles they meet.

Whether it's going to school for the first time, making new friends or even going to school camp, children often experience difficulties that they need to overcome.

When children overcome problems and deal with unpleasant situations they learn they are capable, which is the basis of self-esteem and confidence.

Children's resilience is fostered when they overcome problems and manage unpleasant social situations such as teasing or going into new situations. Protecting kids from challenging experiences robs them of chances to learn, develop and grow.

Resilient kids look back and draw on skills and understandings they have developed in the past to help them deal with present challenges. For instance, a sixteen year old girl recently revealed how her time spent on a twelve-day adventure camp helped her overcome the homesickness she experienced on a six-month student exchange.

She remembered how on the first day of her school camp she didn't think she could make it – but she did. She experienced those same doubts early in her exchange but she knew that just as she had coped before she would do so again, but this time in more difficult circumstances. She was drawing on the same resources.

Here are five great parenting ideas to help your kids leapfrog their difficulties:

1 Frame the problem as a challenge:

Frame the difficulty as a challenge rather than a problem. Kids take their cues from their parents so the frame of 'challenge' gives kids something to rise to rather than be overwhelmed by.

2 Coach kids to do well:

Talk kids through their challenges, give them ideas to cope and manage. Consider rehearsing some skills or language that they may need.

3 Show confidence they will succeed:

Children generally meet their parents' expectations so make sure your expectations are realistic, positive and supportive of their feelings.

4 Give kids a chance:

Allow kids to approach challenges in their own way without constantly checking on them. Your nervousness is definitely catching.

5 Celebrate their success:

Even if they were partially successful, such as they went to school camp for two out of the three days, then praise their efforts. They've got a great building block for next time.

The attitude and approach of parents and teachers will determine how successfully children and young people meet and overcome many of the hurdles they encounter. That attitude needs to be courageous, sensitive and hopeful that your child will meet, and overcome with assistance, all the challenges they encounter.



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.





Race for the Kids



Sydney's most fun 5km family run 3 pm Saturday 18 October Centennial Park

Run, skip, walk with your dog, or pram a 5km route that ends with a fun family festival of arts & crafts, food & drink, music, jumping castles, a petting zoo, Captain Starlights and so much more including your favourite sporting stars and our amazing Ambassador Libby Trickett
... all while you raise money to brighten
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October/November 2014

17-10-2014

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 C	20 HSC Exams, Biology (25) 09:25-12:30, Music 1 (3) 13:55-15:00, Music 2 (11), 15:25-17:00 Year 9 Yearly Exams	21 HSC Exams, Modern History (36) 09:25-12:30, German Ext (2) 13:55-15:55, Chinese Heritage (1) 14:00-16:40 Year 9 Yearly Exams Volleyball: NSW Schools Cup (Newcastle) Class test: 7MaE-P5 OCMC meeting, Board Room, 17:30-18:30 Foundation Meeting, Board Room, 18:30-20:30	22 HSC Exams, Maths 2U (150), Maths Ext 2 (117) 09:25-12:30 Year 9 Yearly Exams Meet the Music Concert, SOH, 18:30	23 HSC Exams, Business Studies (16) 09:25-12:30, Senior Science (21) 13:55-17:00 Year 9 Yearly Exams Excursion Year 10 and 11 Visual Arts to White Rabbit Gallery, Periods 3-5 Basketball: USA Basketball Tour meeting, Room 901, 19:00	24 HSC Exams, Economics (65) 09:25-12:30, Italian Beginners (1) 09:30-12:10, Software Design (14) 13:55-17:00 Pink Ribbon Day early morning external collection Y10-12 Class test: 10MaA-P4 Year 8 PDC Regional Final Incursion Year 12 Biology	25 Sport: Group 1 TKS v SHS, Group 2 SHS v TKS Rowing: Back to the Sheds, Abbotsford, 08:00	26
4 A	27 HSC Exams, Chemistry (94) 09:25-12:30, Drama (4) 13:55-15:30 Year 7 Yearly Exams Years 9 and 10 Filmmaking excursion Palace Cinema 'Boyhood' periods 1-3	28 HSC Exams, SoR I (8) 09:25-11:00, SoR II (19) 09:25-12:30, Maths Ext 1 (164) 13:55-16:00 Year 7 Yearly Exams Class tests: 7Ar9-P5, 10MaC-P5 Tennis: CHS, Rockdale	29 HSC Exams, Legal Studies (33) 09:25-12:30, Chinese Ext (3) 13:55-15:55 Year 7 Yearly Exams High Resolves Year 9 School Service Project, Room 301, 13:00-15:10 Tennis: CHS, Rockdale	30 HSC Exams, English Ext 1 13:55-16:00 Sports Council Meeting, Board Room, 07:30 Year 7 Yearly Exams Tennis: CHS, Rockdale UNSW Engineering Information Day 09:00-17:00 (Prorellis)	31 HSC Exams, Physics (104) 09:25-12:30 Class test: 10MaB-P2 World Challenge: Meeting in Common Room, 15:15-19:15	1 Sport: Group 1 SHS v SGS, Group 2 SHS v SGS	2 Boggabilla Students Visit and Billeting
5 B	3 Attendance and Progress Review (all Years) HSC Exams, Visual Arts (6) 09:25-11:00, Chinese (5) 14:00-17:00 Year 8 Yearly Exams Junior Film Festival, Junior Library, Lunch Boggabilla Students Visit and Billeting	4 HSC exams, Geography (9) 09:25-12:30, History Ext (15) 13:55-16:00 Year 8 Yearly Exams Year 10 Peer Mediation Day, 09:00-15:20 Drama: Year 10 Performance Rehearsal, Great Hall, 15:30-17:30 Boggabilla Students Visit and Billeting (Outterside Centre)	5 Year 8 Yearly Exams Years 7 and 9 vaccinations, Room 801, 09:00-12:30 Boggabilla Students Visit and Billeting Cricket: Committee Meeting, Room 901, 17:30 Rowing: Committee Meeting, Staff Common Room, 19:00 TBC, Great Hall Booking,	6 Year 8 Yearly Exams Basketball: CHS 15 years KO Final series, Terrigal	7 Drama: Year 10 Performance, Great Hall, 09:00-21:00 Selective Schools Application Forms for Year 7 2016 to be submitted to Primary Schools Basketball: CHS 15 years KO Final series, Terrigal	8 Sport: Group 1 SHS v SIC, Group 2 SJC v SHS, Great Hall Booking,	9
6 C	10 Music Awards Assembly, Great Hall, 09:55-10:40 (8, 10, 11) Senior Film Festival, Senior Library, Lunch P and C Executive Meeting, Board Room 17:30 P and C Annual General Meeting, Staff Common Room, 18:30 Large Ensembles Concert, Great Hall, 18:30-20:00	11 Remembrance Day Ceremony, 10:45 (all school) Year 7 2015 Orientation Afternoon, 15:50-18:30 Year 8 ESSAonline (mandatory Science assessment) School Council Meeting, Board Room, 17:30	12 Year 8 ESSAonline (mandatory Science assessment) High Resolves Year 9 School Service Project, Room 301, 13:00-15:10 Water Polo: CIS 2015 Trials	13 Year 9 Meeting, Great Hall, 9:55-10:20 Year 11 Meeting, Great Hall, 12:05 re Y11 Cutler Collection	14 Cutler Foundation (Y11 external collection) Year 10 Yearly Exams	15 Sport: Group 1 SHS v SIC, Group 2 SIC v SHS	16 *** Volleyball: NSW Junior Schools Cup (Homebush) Melbourne High Summer