



## From the Principal

### High Talent

Congratulations to Manson Luk for his bronze medal at the Australian Taekwondo Open Championships in the 15-17 years Division. Congratulations also to Dibyendu Roy and Kieran Shivakumaarun (Year 10) who have been invited to sit the next contest in the Australian Mathematics Competition (AMOC) next month. They are two of only 20 students in NSW invited to attend. Jason Phu (SHS 2007) won the prestigious Sulman Prize. Well done to our two successful teams of 15 that qualified for the NSW Final of the Dr Evatt Competition. 250 school teams competed.



Great job Hugh Bartley, Arthur Chao, Max Koslowski and Thomas Shortridge. Max and Thomas, along with Ganeshmoorthy Chandrasekaran and Nasrur-ul Joarder, will contest the CHS Hume Barbour PDC final in early August. We wish them good fortune.

### Winter Sports Assembly: Rugby, Football, Fencing, Cross Country.

Our special guest, Andrew Edmondson, retraced his journey from sport-mad teenager to a quadriplegic in hospital for 11 months, to a young man restored by his involvement in wheelchair rugby. His natural ability, drive, dedication and strength of character have taken him to the pinnacle of his sport as a member of the Australian team. He reiterated the defining importance of sport in his life and commended participation in it to the audience.

My address to the assembly is reprinted below:

Special Guest Andrew Edmondson, coaches, parents, staff and GPS representatives, welcome to our winter sports assembly for 2015. We come together again today to acknowledge and celebrate the achievements of those boys selected for GPS teams in Rugby, Football, Cross Country and Fencing. Our co-curricular program just wouldn't function without the dedicated efforts of so many of our teaching staff, parents, Old Boys

and committed friends of High. To all of you, thank you on behalf of the boys.



Thank you to our new Fencing MIC, Dat Huynh, who has brought passion and dedication to his role. High boys compete in foil, épée and sabre. Our teams have won consecutive National School Team Championships in sabre and silver medals in épée. John Tian was ranked 14th at the Commonwealth Junior and Cadet Fencing Championships in Cape Town. Also, James Siu won a bronze medal in sabre at that competition. Head Coach, Dimitra Giovanni, has made a big difference to our program assisted by Alex Andre, David Lu (SHS 2012) and Dat. Thank you to our coaches for raising the standard of our fencing and to the parent supporters of the sport.

Cross country running is becoming a very prominent sport at High, with the U16s leading in the GPS point score so far this season. Luke Schofield qualified for the National Schools Championships with Jayden as a reserve. We have strong prospects for CHS medals in the age team events. Thank you to Rebecca Dam for her great organisation and management of the sport and to her staff Clay Kesting and John Prorellis. Thank you particularly to Head Coach, Dani Andres, for his oversight of the coaching program and to his coaches Adam Booth (SHS 2012), Kenneth Liu and Steven Chung (SHS 2014) for their assistance. Team morale and self-efficacy levels are high and fuelling better team achievement.

MIC Geoff Tesoriero has raised the profile of Football in the school this year. Coordinating our program as Head Coach is Tony Dunn. His coaching staff includes Jason Conroy (1st grade) and Ilan Bermeister (2nd grade). Thank you to the teaching staff who contribute so much to the program: Peter Loizou, Ms Julie Eggleton, Kety Manolias, Ingrid Hybler, Mina Genias, Madeleine Rigby, Rosy Tracey and Natalie Luu. Thank you also to Tony Nimac for his very significant input into the administration and development of the football program at High.

In Rugby, Matt Cotton has taken over as MIC and has brought fresh ideas and a changed style to



our rugby administration. Andrew Walters (SHS 2003) is guiding first grade, with David Knox as backs and skills coach across the senior age groups. In CHS representative teams it is great to see Sam Musgrave, James Tinker, Bennette Jiang, Jacob Katafono, David Kim & Nigel Zhang were

able to impress selectors with their high quality rugby. Our junior program is managed very well by Mick Aldous, Paul Scrivener and Geoff Stein. Thank you also to Luke Aldous and Cheyne Whitelaw for their assistance in the 13/14 age groups. Sam Gribble (SHS 2006) and Rob Lyon (SHS 2001) are working well with the 15s and 16s. Thank you to all the supportive parents in the Rugby Committee, particularly Julie Fox, for their catering, administrative and financial support to High Rugby.

Thomas Hughes, author of the classic *Tom Brown's School Days*, believed team sports, played an important role in secondary schools for three reasons: First, they give the student (like Tom Brown) with average, or below average, academic interest, something in which to take pride, providing a reason to work hard enough to remain in school. Second, team sports keep students busy and therefore out of trouble. Finally, team sports, as Hughes emphasises, provide an important form of socialisation because they teach participants the value of individual sacrifice for the sake of a group. The need for discipline and reliance on one another is very good training for life and work, where even more than at school, the individual and the team merge into a solution or product or report. Team sports are integral to our co-curricular education program at High for reasons not so dissimilar to those of the mid-19th century at Rugby School. They build character and corporate focus.

I congratulate all the boys who have been selected for GPS competition. You are deriving the benefit from participation in team sports that will be enduring in terms of skills learnt, dispositions acquired and memories retained. Good luck in the contests ahead.

**Dr K A Jaggar**  
Principal

## **Basketball AGM**

**Monday August 3, 6:30pm in Room 901 (Upstairs of the Basketball gym)**

I am writing to urge all parents who have a son participating for Sydney Boys High Basketball to attend the AGM for the SBHS Basketball Committee. I declare all Office Bearer positions vacant and will accept nominations via email to my school address [HaymanB@sbhs.nsw.edu.au](mailto:HaymanB@sbhs.nsw.edu.au)

We would not be able to function without an abundance of parental support. I look forward to meeting you at the meeting!

Enthusiastically yours in Basketball

**Ben Hayman**

**MIC Basketball**

## **How Heavy is Your Son's School Bag?**

Many of us are concerned about the weight of the bags being carried to school by our students. This seems to be a particular issue in Year 7 and 8 where bags are often so heavy that adults struggle to lift them up. At the recent Parent Teachers interviews it was the topic of discussion amongst many concerned teachers and parents.

In an attempt to address this problem I intend to see each Year 7 and 8 class to talk to them about the potential damage of carrying such a heavy weight and help them to consider strategies to reduce the weight in their bags. I would like to enlist the support of parents as well in this process.



According to research the maximum weight a child should carry is one tenth (10%) of their body weight. During class I will be asking all the boys to weigh themselves with their bags. If you have weighing scales at home maybe you could encourage your son to undertake this activity on a more regular basis. If your son's bag weighs more than 10% then we will go through his bag and find out what he is carrying over and above what he needs. This is something you could help us with at home. Where possible encourage him to make sure that he is only carrying the items that he needs for school that day. Guide him to remove any unnecessary books and equipment until it becomes routine for him to do this himself.

In school I will be checking the boys' posture after he has put the bag on. If he is leaning forward or slouching it means he is carrying too much weight. I will be asking him to make sure he is using his locker to store books and other items throughout the day. Did you know that at SBHS ALL Year 7s are given a locker for free and that for all other Years the cost of a locker is only \$10 for the whole school year? We have several lockers which have not been reserved this year which is disappointing.

However, even when students are provided with lockers many of them do not seem to use them to alleviate the problem of overly heavy bags. I intend to encourage the boys to use their lockers on a regular basis. It would be helpful if you could discuss this with your sons at home as well.

**What happens when children carry bags that are too heavy?**

Children’s skeletons are still developing and are vulnerable to the pressure provided by the heavy weight of an overly full school bag.

‘Carrying very heavy backpacks can lead to musculoskeletal problems, especially if children carry the bag on one shoulder’ Dr Zina says. It puts extra pressure on one side, tilting the spine. She also points out that keeping the bag down and then carrying it again is more dangerous for a growing spine than continuously walking with static weight.



Dr Patel explains, ‘To carry a heavy bag, the child has to lean forward. This leads to developing a bad posture. The spine is a stack of bones called the vertebral column with the bones separated by a cartilage called the inter vertebral disk and held

upright by the muscles and ligaments around it. The excess weight puts undue stress on the muscles, ligaments and disk thus damaging them. The alignment of the column is also disturbed causing it to bend, mostly forward or sideways.’

In other words, a heavy bag puts the child’s health and physical development at risk which can hamper his/her overall growth.

**What immediate and long-term harms can it cause on your son’s health?**

**Possible Immediate III-Effects:**

- Back, neck and shoulder pain along with tingling, numbness and weakness in the hands.
- Fatigue and an early development of poor posture.

**Possible Long Term III-Effects:**

- Strain on the neck and shoulder leading to headaches.
- Damage to the spine giving rise to problems like kyphosis – hunched back or spine bent forward.
- Scoliosis – spine bent sideways.
- Reduced breathing capacity due to pressure on the lungs resulting from a forward or sideways bent posture.
- Back pains and muscle spasms as young adults which can be traced back to heavy schoolbags.
- Every bone has a growth centre or points from which growth of the bone takes place as per the age. Carrying excess weight could damage these growth centres leading to stunted or abnormal growth of the bones of the child.

**Sources from:**

<http://www.thehealthsite.com/diseases-conditions/the-ill-effects-of-carrying-heavy-schoolbags/>

**Rachel Powell  
Deputy Principal**

Textbook	3.997 kg
Laptop	3.997 kg
Lunch box	0.765 kg
Bottle of water	0.765 kg
Exercise books	0.482 kg
Pencil Case	0.482 kg
PE kit	0.482 kg
Trainers	0.482 kg
Coat	0.369 kg
Diary planner	0.255 kg
Handheld game console	0.227 kg
Mobile phone	0.142 kg
MP3	0.142 kg
Wallets and keys	0.113kg
<b>TOTAL</b>	<b>12.7kg</b>

### National Disability Data Collection

Our school is in the process of the DEC annual collection of data that counts the number of all school students with disability and the level of reasonable adjustment they are provided with.

The reason for this collection is to enable all governments to best target support and resources to assist these students. Also, for schools to review their learning and support systems, and continually improve education outcomes for students with disability. Students to be included in this data collection are students who have been identified by a school team as receiving an adjustment to address a disability under the Disability Discrimination Act 1992. This adjustment should cover a minimum period of one school term, or at least 10 weeks, in the 12 months preceding the national data collection.

Our school will include students on the basis of a range of evidence including observation, teacher judgements, medical reports and discussions with parents/carers. The information to be entered includes the student's level of education, level of adjustment and the broad type of disability.

Data security and privacy, as well as the use of this information are very important. The directives from the DEC are that data will be de-identified at the school level. School staff will only have access to recorded data for their own school. De-identified school level data on students with a disability is reported to educational authorities and is aggregated and reported so anonymity and privacy of students is maintained. This information will inform planning and decisions at the national, state and sector level.

**Joanna Chan**  
HT Student Wellbeing

### From the Canteen

Thank you to the volunteers last week; your help was very much appreciated.

MON: Pupil free day  
TUES: Farrah Cew, Ling Cui and Jun Wang.  
WEDS: Stephanie Fung and Fumiko Cheong.  
THURS: Dean Nguyen, Kim Markworth and Sue Ren.  
FRI: Jenny Beer, Edwina Henningham and Lien Tran.

**Sharon Hughes**  
President Canteen Committee

### Boggabilla Central School Exchange



Interested students should see Ms Munro in the Visual Arts Staffroom asap for a note to attend the Boggabilla Central School Exchange. The trip is between **Sunday 9 - Wednesday 12 August**. Notes and payment should be finalised in week 3.

We aim to have a mix of students from Years 7-11 involved. If you have any questions about the exchange please contact Ms P Munro via email [munrop@sbhs.nsw.edu.au](mailto:munrop@sbhs.nsw.edu.au) or phone during school hours 02 9662 9475.

The excursion is planned to support Aboriginal culture and understanding within the NSW Syllabus and is tied in with the community service activities of the school. In late May this year the students from Boggabilla Central School visited Sydney and boys who billeted students are given preference to attend.

This is Eli Hall's (Year 11) account of the 2014 exchange:

The trip to Boggabilla happens every year usually after Armidale while the Boggabilla students visit our school at the end of each year. The trip is a once in a lifetime experience to learn about Aboriginal culture and about the school which Sydney High supports. Billeting the kids is also an extremely exciting time as some years State of Origin tickets have been purchased for all the boys who are billeting and furthermore it is a good experience in itself and a good way to repay the Boggabilla students for hosting us at their school.

Now the Boggabilla trip itself is a great experience and I would recommend it to anyone and everyone. The kids themselves are nice, open people who are extremely good at touch rugby and basketball. This leads to the annual High vs Boggabilla touch game where we end up losing mostly but it is still a very enjoyable experience. There are other experiences worth noting as well. I remember one year one of the boys and his dad went out hunting kangaroos and skinned them and cooked them for us which and it was some of the best food I've had. Another experience I won't forget is the trips to the



beach. Every year they drive us down to the beach where we go camping, fishing, kayaking and build a fire. I remember one year spending about an hour trying to catch a fish in the river, returning back to the camp defeated, only for one of the Boggabilla girls to take a line herself and come back with a fish about 2 minutes later.

These trips to the beach were also a chance to meet Aboriginal elders who would come down to the river and talk with us and the kids about life. There are a lot of other cultural experiences like this that you will be able to take part in on the trip, for example, last year we attended a school in Toomelah, an Aboriginal mission. Here we were able to listen to an Aboriginal teacher talk about how the school and education in the area worked as well as about the dream time. Visiting a place like Toomelah is impossible without the permission of the people, something you're only likely to achieve through programs such as this. So overall, the Boggabilla trip is a unique experience that combines fun times such as the trips to Crazy Clarks in Goondiwindi to the cultural experiences you're not likely to ever be able to experience again.

But the exchange isn't all about the trip to Boggabilla; it's also about the billeting of the kids who come here which is a lot more fun than it sounds.

The boys are extremely nice people and a pleasure to billet and hang around with for two days. On top of this, when you do go up to Boggabilla again it means that you'll already have good friends up there from when they stayed at your house. The boys who I billeted in Year 7 still remember me and I'm able to catch up with them every year. But on top of this, by billeting the kids you'll be able to join in more activities that we do with the boys in Sydney. As I already mentioned, a couple of years this has been going to a State of Origin game. And for when I last billeted, we all got the day off school to go to Coogee beach with the boys and kick a footy around, have a swim in the water and a BBQ by the beach. Both the parts of the Boggabilla exchange are extremely unique experiences which are incredibly fun and you even get award scheme points for doing it.

## Social Justice

### Fair Trade

12 July marked a historic day for the Social Justice Committee. Organized by Ms Stephens, the Fairtrade Fortnight was a resounding success with over 200 High boys learning about Fairtrade products as well as raising awareness for the use of non-environmentally harming products. Throughout the day, 45 students took part in a

photo competition judged by Ms Stephens and various student individuals.

Despite all the fantastic entries sent in, only a handful of students could ultimately claim the top prizes. Congratulations to Joshua Lam (Yr7) , Richard Zhou (Yr7) , George Han McEvoy (Yr12) , Hideyoshi Cheong (Yr12) and Alvee Morshed (Yr12) who have all shared their photogenic faces with the school. Special mention to Mohit Roy (Yr11) who managed to energise the student body with his charisma.

A warm thank you to all students who supported us on the day as well as an extended thank you to Mr Loizou who generously gave up his personal time to take photos for us.



Joshua Lam and Richard Zhou



George Han McEvoy and Hideyoshi Cheong



Alvee Morshed

## Assessment Calendar

At the recent Parent Teacher Interviews many parents were telling us that in order to help their son with his organisation, they would like to have an overview of the assessment requirements in each subject. Therefore we have created an Assessment Calendar for Term 3. Hopefully this will be a useful tool for students and their parents and will help them plan their home-study time more effectively. Please be aware that sometimes faculties have to move assessment tasks so the following information is subject to change. However, students are always given two weeks' notice before an assessment task is due.

Please be aware these schedules are subject to change. Students will be notified if there are any alterations.

Rachel Powell

Deputy Principal Junior School

## Year 7 Assessment Calendar - Term Three 2015

WEEK	SUBJECT	TASK	WEIGHT %
1	PDHPE	Third 1.6k run	
2	Science	Classification and Cells Process Test	
5	PDHPE	Third Practical Skills Assessment	
5	History	Pamphlet on World Heritage site	
6	Visual Arts	Zoo drawings	
6	French	Cultural knowledge – film study	10%
6	Geography	Major assignment	20%
7	Geography	Topic Test	20%
7	PDHPE	Fourth 1.6k run	
7	Latin	Comprehension	30%
8- 9	German	Speaking Skills: FW Kapitel 3-5	20%
8 and 9	PDHPE	Second Fitness Assessment	
9	Science	Matter and Mixtures Process Test	
9	Latin	Grammar	20%
9 - 10	French	Speaking Skills: Unite 4-6	20%
10	Visual Arts	Mask sculptures	
10	German	Listening Skills FW Kapitel 3 – 5/6	20%
10	Chinese	Listening Skills	20%

## Year 8 Assessment Calendar - Term Three 2015

WEEK	SUBJECT	TASK	WEIGHT %
1	PDHPE	Third 1.6k Run	
3	Music	Comp & Perf Progress	5%
4	Music	Performance	20%
5	PDHPE	Third Practical Skills Assessment	
6	Science	Chemical World process test	
6	French	Cultural knowledge	10%
6	Music	Comp & Perf	20%
6	Geography	Topic Test	20%
7	PDHPE	Fourth 1.6k Run	

WEEK	SUBJECT	TASK	WEIGHT %
7	History	Oral Presentation	
7	Visual Arts	Perspective interior drawings	
7	Latin	Grammar	30%
8	Music	PowerPoint Presentation	25%
8	Music	Movie Clip Composition Progress	10%
8 - 9	German	Speaking Skills: KS 2 Kapitel 1 – Ch 3/4	20%
8 and 9	PDHPE	Second Fitness Assessment	
9	German	Cultural Task	10%
9	Geography	Major assignment	20%
9	Visual Arts	Hybrid creature sculptures	
9	Latin	Comprehension	30%
9 - 10	French	Speaking skills: Units 12- 14	20%
10	Science	Skills test	
10	Visual Arts	Preparation for exam, Visual Artists study notes	
10	German	Listening Skills: KS 2 Kapitel 1 –Ch 3/4	20%
10	Chinese	Listening Skills	20%

### Year 9 Assessment Calendar - Term Three 2015

WEEK	SUBJECT	TASK	WEIGHT %
1	PDHPE	Third 1.6k Run	
2	Visual Arts	Abstract painting finished and evaluation	
2	Music	Music Review	15%
4	Visual Arts	Articles and imagery collected for Power theme	
4	Film	Task 1: CeltX Scriptwriting	
5	PDHPE	3rd Practical Skills Assessment	
5	Commerce	Research assignment	20%
5	Film	Task 2: Film Review	
6	Visual Arts	Guernica response	
6	Geography	Assignment	20%
7	PDHPE	Fourth 1.6k Run	
8	Science	On the move process test	
8	History	Timed Essay	
8 and 9	PDHPE	Second Fitness Assessment	
9	Film	Project 1: <i>AE and PP Tutorials</i>	
9	Visual Arts	Artist study	
9	German	Listening Skills: KS 2 Ch 6 – 8 KS 3 Ch1	20%
9	French	Speaking Skills: Interview style (Tapis volant 2 units 1- 6)	20%
9 - 10	German	Speaking Skills: KS Ch 6 – 8 KS 3 Ch1	20%
10	Science	Student Research Project	
10	Geography	Topic Test	20%

WEEK	SUBJECT	TASK	WEIGHT %
10	Film	Task 3: <i>Logbook</i> Project 2: <i>Produce a seven minute short film</i> PART 1- Written: Submit Storyboard, Shot list PART 2- Practical: Submit 7 minutes including titles and credits	
10	German	Culture/ ICT Task	10%
10	Music	Viva Voce	25%
10	French	Listening skills (Tapis volant 2 units 3 - 6)	20%
10	French	Cultural task (Tapis volant 2)	10%
10	Chinese	Listening Skills	20%

### Year 9 Assessment Calendar - Term Four 2015

WEEK	SUBJECT	TASK	WEIGHT %
1	Music	Composition	25%
2	Visual Arts	Power issues essay	
3	Music	Performance	25%
3	Music	Musicology	25%
3	Commerce	Yearly exam	40%
3	Geography	Yearly exam	60%
3	Science	Yearly knowledge exams	40%
3	History	Yearly Examination	
3	Film	Task 1: <i>PP and AE Revision Quiz</i> Task 2: <i>General Revision Quiz</i>	
3	German	Yearly Exam: Reading/writing skills KS 2 6 – 8 KS 3 Ch1 - 3	40%
3	French	Yearly Exam: Reading/writing skills (Tapis volant 2 units 3-6/7)	40%
3	English	Language/writing task testing knowledge and understanding of skills developed in response to the T/L Module covered in Term 2. Creative writing task in response to the T/L module covered in Term 3.	50%
3	TAS	Architecture & Engineering Drawing Yearly Exam	
4	Visual Arts	Ideas for mixed media piece	
4	Film	Project 2: <i>Produce the first scene based on scenes from Macbeth</i>	
5	Chinese	Yearly Examination: Reading/ Writing Skills	40%
5	Chinese	Yearly Examination: Prepared Speaking	20%
8	Visual Arts	Mixed media piece	
9	Film	Project 1: <i>AE and PP Tutorials</i>	
10	Science	Dynamic Earth topic Test	
10	Film	Project 3: <i>Produce a five minute short film</i>	



### Year 10 Assessment Calendar - Term Three 2015

WEEK	SUBJECT	TASK	WEIGHT %
2	Science	Genetics process test	
2	Commerce	Research Assignment No 2 (In class written Report)	20%
6	Science	Evolution process test	
6	French	Cultural Assignment	
6 & 7	Commerce	Business Plan	10%
7	French	Listening skills	
7	Geography Elective		25%
8	History	Timed essay	
8	French	Speaking Skills	
9	Chinese	Listening Skills	20%

### Year 10 Assessment Calendar - Term Four 2015

WEEK	SUBJECT	TASK	WEIGHT %
1	History	Oral presentations on Genocide	
3	Science	Yearly Knowledge	40%
3	TAS	Robotics & Software Design Yearly Exam	
3	TAS	Architecture & Engineering Drawing Yearly Exam	
3	Mathematics	Yearly Examination	50%
5	Geography Elective		25%
6 - 7	French	Yearly Examination (Reading and writing skills)	
6 - 7	Chinese	Speaking Yearly Examination	20%
6 - 7	Chinese	Reading and Writing Yearly Examination	40%
6 - 7	Commerce	Yearly Exam	40%
8	History	Film Portfolio	

## Debating MICs Report

We have the excellent news that the Hume Barbour Team (Ganesh, Max, Thomas and Masrur-ul) have made it to the State final for the Premiers Debating Challenge. This debate will take place on Friday 7 August. If you would like to attend then you will need to get a permission note from Ms Barr in English. This is an amazing opportunity to see a high quality debate in the impressive surroundings of the University of Sydney Great Hall. Places are limited and only cost \$5 so hurry!

In addition congratulations to Hugh Bartley, Arthur Chao, Max Koslowski and Thomas Shortridge who have been selected as two teams out of the 15 that made it through to the NSW Dr Evatt finals. This is an amazing achievement because there were 250 teams who entered the competition.

Last Friday we were honoured when the President of the NSW Court of Appeal, Justice Margaret Beazley was the guest speaker at the Debating Assembly. Justice Beazley was very generous with her time and spoke to many of our debaters/aspiring lawyers at morning tea after the assembly. Invaluable advice came from Justice Beazley who told us that from debating and other co-curricular activities we can develop "Strategic thinking, focus and tenacity, three attributes that will make you great leaders, great lawyers, wonderful doctors, imaginative architects and, can I say, even great politicians. They each should provide you with another fundamental life skill: how to recover from defeat. All successful people, in whatever sphere, have all learned that skill."

A busy night awaits us this Friday as we begin the 2015 GPS Season. This week we are home against St Josephs and next week we are home against Newington College. Good Luck to all the teams.

Rachel Powell  
Debating MIC

Good Luck!

## High Spirit SBHS v's Newington Results 1st XV 5-20

### Team of the Week 1st XV



A heavily rain-affected fixture list meant the only game was the first grade game this weekend, despite a beautiful start to the day with the clear skies and plenty of sun. There were some standout individual performances on the day notably from Sam Musgrove and Jacob Katafono who led by example both in defence and attack. The tackle count for the morning was led by Jackson Tan who defended admirably all day.



Despite these outstanding efforts the cohesiveness and teamwork we have been working hard to achieve let us down on the day and an average opposition took all the points for the win.

This weekend we are looking forward to some great team performances at home versus Joey's. If you are



able please come along and support the boys. We have a canteen providing food and drinks all morning. (any volunteers to help with this are always greatly appreciated.)



# Veritate Et Virtute



## Football Results

2015 Term 2 Week 8			
Team	Against	Result	Scorers
Trial Round 5, Plate Cup Finals			
1 <sup>st</sup> XI	King's 1 <sup>st</sup> XI	W/O	
2 <sup>nd</sup> XI	Shore 2 <sup>nd</sup> XI	W/O	
3 <sup>rd</sup> XI	Riverview 3 <sup>rd</sup> XI	W/O	
4 <sup>th</sup> XI	Riverview 4 <sup>th</sup> XI	W/O	
5 <sup>th</sup> XI	Riverview 5 <sup>th</sup> XI	W/O	
6 <sup>th</sup> XI	Riverview 6 <sup>th</sup> XI	W/O	
7 <sup>th</sup> XI	Riverview 7 <sup>th</sup> XI	W/O	
8 <sup>th</sup> XI	Riverview 8 <sup>th</sup> XI	W/O	
9 <sup>th</sup> XI	Waverley 8 <sup>th</sup> XI	W/O	
10 XI	Barker 10 <sup>th</sup> XI	W/O	
16A XI	Riverview 16A	W/O	
16B XI	Riverview 16B	W/O	
16C XI	Riverview 16C	W/O	
16D XI	Riverview 16D	W/O	
16E XI	Riverview 16E	W/O	
15A XI	Riverview 15A	W/O	
15B XI	Riverview 15B	W/O	
15C XI	Riverview 15C	W/O	
15D XI	Riverview 15D	W/O	
15E XI	Riverview 15E	W/O	
15F XI	Development Squad	W/O	
14A XI	Riverview 14A	W/O	
14B XI	Riverview 14B	W/O	
14C XI	Riverview 14C	W/O	
14D XI	Riverview 14D	W/O	
14E XI	Scots 14E	W/O	
14F XI	Development Squad	W/O	
13A XI	Riverview 13A	W/O	
13B XI	Riverview 13B	W/O	
13C XI	Riverview 13C	W/O	
13D XI	Riverview 13D	W/O	
13E XI	Riverview 13E	W/O	
13F XI	Development Squad	W/O	

2014 Trial
Lost 1 - 6
Lost 0 - 4
Bye
Bye
Bye
Bye
Bye
Bye
Bye
Bye
Lost 1 - 3
Lost 3 - 4
Bye
Bye
Bye
Lost 0 - 9
Lost 0 - 7
Bye
Bye
Bye
Bye
Lost 1 - 3
Won 1 - 0
Bye
Bye
Bye
Bye
Lost 0 - 7
Lost 0 - 5
Bye
Bye
Bye
N/A

## MIC of Football Report

Unfortunately we had yet another wet Saturday. This caused for all fixtures to be cancelled including the 1st and 2nd XI playing of for the inaugural Plate Cup Final.

We have been training since mid-March and our boys are now ready to kick off the season. They have been training well and we have all seen a huge improvement that can hopefully be transferred onto the playing field. Our first round of the GPS competition is against Joeys that will be a very evenly contest across the park. Good luck to everyone; play hard and enjoy your match.

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/SydHighFootball>

Please Note:

- You must turn up at least 45 minutes before the start of their match.
- You must turn up in SBHS football uniform and if you wish to wear a track suit, this must also be SBHS track suit.
- Make sure you drink plenty of water and carry a drink bottle with you to training and fixtures.
- If you are unavailable to play you MUST notify your coach well in advance. Just doing it online is not sufficient.

Keep up the good effort and I am sure SBHS Football will continue to have a successful season.



Geoff Tesoriero  
MIC of Football



## RIFLE SHOOTING



On 4 July, the rifle team headed down to Canberra for the annual GPS training camp. Under the guidance of Old Boy coaches and guest coach Jenni Hausler, the students were able to take their own knowledge and advance to a higher level. We would like to thank all the coaches for supporting us in the arctic-like conditions of Canberra. Over the week of shooting amazing scores were achieved including Ciaran Farrell's first possible, with a score of 50 and 2 centres. All shooters' scores improved considerably over the days of camp with improvement in grouping sizes for the entire team.

The Fiona Reynolds All School's Match consisted of a 500m, 600m and 600m shoot with teams of five shooters with a total possible score per team of 750. High entered four teams, allowing all our shooters to gain invaluable competition experience. On the first range Jason Hidajat shot his first possible, a 50 and 7 out of a possible 50 and 10, a tremendous effort. Moving back to 600m the wind started to pick up and scores started to drop a little. Despite these windy condition Nathan Wong shot a 50 with 2 centres, an outstanding result. With the tricky wind conditions abating during the second 600m shoot, the scores better reflected the excellent scores achieved in the training camp. At the end of the match Sydney High Blue took 1st place with a score of 712/750. This team consisted of Jack Zhou, James Jiang, John Huang, Julian Tu and Desmond Chiang. We also won the Prorak trophy, which is awarded to the highest scoring team between High, TAS and NEGS.

Performing well in the GPS competition was our final challenge this season. The 1st grade team for 2015 were Timothy Tran (Captain), Jack Zhou(Vice-captain), Nathan Wong, John Huang, Julian Tu, Desmond Chiang, Wentao Ruan, James Jiang and Zhikai Mai. On the first day, the 1st grade teams competed for the Rawson Cup and NRA shield. Going into the shoot the team were confident and that reflected in their scores. Unfortunately

the team was only able to achieve 2nd place for the Rawson Cup however in the NRA shield we focussed on the goal of winning and achieved the highest score and first place. Julian Tu shot a possible, an outstanding effort from both the shooter and his coach, Jack Zhou fighting to keep him in the centre ring in the windy conditions.

On the second day of the competition the 2nd grade team shot and 1st grade shot the Buchannan Shield. The 2nd grade team for 2015 consisted of Evan Han (Captain), Ciaran Farrell (Vice-Captain), Gorden Huang, Timothy Tran, Keller Huang, Johnson Tran, Tom Nguyen and Jason Hidajat. The 2nd grade team shot at 500m and 300m. The first range was closely contested, with High coming first only by a few centres and finishing the 300m shoot with an 11 point lead over 2nd place. In doing so, High has successfully defended the second grade premiership shield for three years in a row. Unfortunately the 1st grade team lost the Buchannan Shield. Overall the 1st grade team came 2nd in the overall competition.

Special thanks to Sam Kremer and the team of Old Boys who assist us at Camps, training and competitions throughout the year. Also thanks to Cathy Meaney and Mr Comben for all their help and support. Congratulations to James Jiang, Julian Tu and John Huang for being chosen for the GPS Combined Team, a group made up of the twelve top GPS shooters. A special mention to Dallas Yan who shot tremendously well for the NEGS team when they were down one shooter. In a few weeks we look forward to starting our training and preparation for the 2016 GPS season.

**Timothy Tran**  
Captain of Rifles 2015







## ROWING COMMITTEE ANNUAL GENERAL MEETING

Date: Wednesday 29 July 2015  
Venue: School Staff Common Room  
Time: 7.00pm

**Come and find out what's happening  
in the upcoming rowing season**

Rowing is a great sport that High provides for your boys. It also relies on parents to help facilitate the program. Every year we need new parents to become involved.

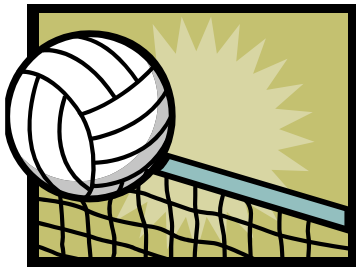
All Office Bearer positions will be declared vacant and available for nomination and election.

**All parents of rowing students are invited to attend the meeting**

Tracy Whittaker  
Committee President

Julie Blomberg  
Rowing MIC





# Volleyball Notes

## Volleyball Results SHS vs Various Saturday 18 July (Term 3 Week 1) 2015

The SHS Volleyball juggernaut rolled up to three venues to play four schools, conceding only two of 27 sets.

1st Grade vs Cranbrook Won 3-0 [25-7; 25-13; 25-19]. 2nd Grade vs Knox Won 3-0 [25-8; 25-11; 25-12].

3rd Grade vs Knox Won 3-0 [21-9; 21-8; 21-7].

16A's vs TKS Won 3-0 [21-7; 21-6; 21-7]. 16B's vs SGS Won 3-0 [21-13; 21-10; 21-15].

15A's vs SGS Won 3-0 [21-13; 21-11; 21-5]. 15B's vs TKS Won 2-1 [15-21; 22-20; 21-17].

14A's vs SGS Won 3-0 [21-10; 21-19; 21-17]. 14B's vs TKS Won 2-1 [21-18; 19-21; 22-20].

Statistics for the 1st Grade team are shown in the table below.

Skill	1st Grade Players
% Of serves kept in play	Nick Phillis 100% (7) & Harry Park 100% (3) Ryan Seong 93% (13/14) Aiden Karahasan 90% (18/20)
% Of serves that were kills	Harry Park 66% (2/3) Aiden Karahasan 61% (11/18) Nick Phillis 57% (4/7)
% Of spikes kept in play	Kevin Robinson 100% (9/9) Jon Luo 100% (6/6) Sunny Xu 100% (5/5) Nick Phillis 100% (4/4) Aiden Karahasan 93% (13/14) Thomas George 83% (5/6)
% Of spikes that were kills	Kevin Robinson 100% (9/9) Nick Phillis 100% (4/4) Jon Luo 83% (5/6) Aiden Karahasan 70% (9/13)
% Of blocks that were kills	Nick Phillis 100% (2/2) Thomas George 20% (1/5)
Serve reception	Ryan Seong 86% (6) Supan Arudselvan 75% (4) Sean McKenna 67% (12)
Passing accuracy	Kevin Robinson 100% (3) Supan Arudselvan 83% (6) Sean McKenna 80% (19)



# SYDNEY BOYS HIGH STORE & CLOTHING POOL

## AUTUMN/WINTER PRICE LIST 2015

### 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 Grey Marle		\$69.50
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	\$15.00
Service Charge	\$33.00

### 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.H.S Lapel Pin (metal)	\$2.75
Basketball (metal)	\$7.70
Cricket (metal)	\$7.70
Fencing (metal)	\$7.70
Debating (metal) with attachment	\$9.90

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

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





# SYDNEY BOYS HIGH SCHOOL

Applications for Years 8,9 &11

Close 28th July, 2015



## Nurturing Scholar Sportsmen Since 1883

Application forms available from the school or at: [www.sydneyboyshigh.com/enrolment](http://www.sydneyboyshigh.com/enrolment)

Moore Park, Surry Hills, NSW, 2010 Ph: 9662 9300



# UOW

## OPEN DAY

10am – 2pm

Saturday, August 29

Sydney CBD Campus, Circular Quay  
Gateway Building, 1 Macquarie Place

[uow.edu.au/sydney-open-day](http://uow.edu.au/sydney-open-day)

Attend the Sydney CBD Open Day and explore three levels of modern teaching facilities overlooking Circular Quay and the Sydney CBD precinct.

You will have the opportunity to:

- Chat face-to-face with our academic staff
- Learn about our business courses
- Meet current students and industry partners
- Tour the campus

**UNIVERSITY OF  
WOLLONGONG**  
AUSTRALIA



Actual view

# July/August 2015

24-07-2015

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3 B</b>	<p>27</p> <p>Year/Class Photos Years 7-12, 09:00-12:30</p> <p>High Resolves - Year 8 + 10 Justice Program, Great Hall, 09:00-15:20</p> <p>Rugby: Committee Meeting, Staff Common Room, 18:00</p>	<p>28</p> <p>ICAS English Competition, 09:05-10:10</p> <p>Closing date for applications to Selective High Schools - Years 8-12 for 2016</p> <p>High Resolves - Year 8 + 10 Justice Program, Great Hall, 09:00-15:20</p> <p>Basketball: Year 7 House Competition</p> <p>Class test: 8Ma3-P4</p> <p>Year 11 Assessment Task: 11LSB-P2, 11LSA-P3</p>	<p>29</p> <p>Collaborative Learning Workshop with St George Girls, Sydney Tech &amp; Sydney Girls, Years 8 and 9, Great Hall, 09:00-15:00</p> <p>Rowing: Committee AGM, Staff Common Room, 19:00</p>	<p>30</p> <p>Australian Mathematics Competition, 09:00-12:30</p> <p>Great Hall, Piano rehearsal, 13:00-15:00</p> <p>Athletics: Sydney East Area Athletics, Sylvania Waters Athletics Fields</p>	<p>31</p> <p>Jeans for Genes Mufti/BBQ (Y8 community service)</p> <p>Athletics: Sydney East Area Athletics, Sylvania Waters Athletics Fields</p> <p>Class tests: 7MaS-P1, 10MaD-P3</p> <p>Talent Quest, Great Hall, lunchtime</p> <p>Debating: SHS v NC</p> <p>Parking: Sydney Roosters v Bulldogs, 19:30 (Rifle Shooting)</p>	<p>1</p> <p>Football: SHS v NC</p> <p>Rugby: SHS v TKS</p> <p>Cross Country: SHS Invitation, Centennial Park, 10:00</p> <p>Volleyball: SHS v TGS</p> <p>Parking: Sydney Swans v Adelaide Crows, 16:35 (Cricket)</p>	<p>2</p>
<b>4 C</b>	<p>3</p> <p>Music: HSC Trial HSC Practical, Great Hall, 09:00-17:00</p> <p>Class tests: 7MaT-P3, 7MaF-P5</p>	<p>4</p> <p>Year 12 Study Day</p> <p>Basketball: Year 7 House Competition</p> <p>Music: HSC Trial HSC Practical, Great Hall, 09:00-17:00</p> <p>ALC Language Certificate Test 1, Chinese, Japanese</p>	<p>5</p> <p>Trial HSC</p> <p>ALC Language Certificate Test 2, Chinese, French, German, Japanese</p> <p>Year 9 High Resolves Leadership, 13:10-15:15 (30 boys)</p> <p>Boori Pryor incursion (Year 7), Junior Library, 13:55-15:15</p>	<p>6</p> <p>Sports Council Meeting, Board Room, 07:30</p> <p>Trial HSC</p> <p>Debating: PDC, SBHS vs Randwick Boys High School, 09:00-12:00</p> <p>ALC Language Certificate Test 3, French, German</p> <p>Incursion: Year 10 Filmmaking, Filmmaking Extension, Visual Arts and Visual Design Animation, Rooms 610, 611, 706 and 707</p>	<p>7</p> <p>Trial HSC</p> <p>Hume Barbour Final</p> <p>Jeans for Genes early morning external collection Y10-11</p> <p>Year 11 Assessment Task: 11EcA-P1, 11EcB-P4, 11EcC-P5</p> <p>Class test: 9MaD-P4</p> <p>Debating: TKS v SHS</p>	<p>8</p> <p>Football: TKS v SHS</p> <p>Rugby: TSC v SHS</p> <p>Cross Country: Newington Invitation, Sydney Park (10:00)</p> <p>Volleyball: SAC v SHS</p>	<p>9</p> <p>Selected students' visit to Boggabilla</p>
<b>5 A</b>	<p>10</p> <p>Attendance and Progress Review (all Years)</p> <p>Selected students' visit to Boggabilla</p> <p>Trial HSC</p> <p>P+C Executive Meeting, Board Room, 17:30</p> <p>P+C Meeting, Staff Common Room, 18:30</p>	<p>11</p> <p>Selected students' visit to Boggabilla</p> <p>Trial HSC</p> <p>AMOC Senior Competition, selected students</p> <p>Basketball: 1st and 2nd Grade Basketball trials begin</p> <p>Basketball: Year 7 House Competition</p> <p>School Council Meeting, Board Room, 17:30-19:00</p>	<p>12</p> <p>Selected students' visit to Boggabilla</p> <p>Trial HSC</p>	<p>13</p> <p>Trial HSC</p> <p>HSC Music: Composition recording, Room 201, all day</p>	<p>14</p> <p>English Extension 2 Project Completion Date</p> <p>Trial HSC</p> <p>Music: HSC Music composition recording, Room 201, all day</p> <p>Class test: 9MaG-P5</p> <p>Debating: SHS v Shore</p> <p>Parking: Sydney Swans v Collingwood, 19:50 (Rugby)</p>	<p>15</p> <p>Cross Country: SJC Invitation, North Ryde Common (10:00)</p> <p>Football: SHS v Shore</p> <p>Rugby: SHS v Shore</p> <p>Volleyball: SIC v SHS</p> <p>Parking: Sydney Roosters v Parramatta Eels, 19:30 (Music)</p>	<p>16</p>
<b>6 B</b>	<p>17</p> <p>Trial HSC</p> <p>Year 9 Meeting, Jnr Library, 10:10-10:40</p> <p>Year 7 Visual Arts Excursion, Taronga Zoo</p> <p>Year 10 Science Excursion to Luna Park 'Physics is Fun'</p> <p>Basketball: NSW All Schools Basketball, Perth</p>	<p>18</p> <p>Trial HSC</p> <p>Year 7 Meeting, Selected Locations, 10:10-10:40</p> <p>Basketball: NSW All Schools Basketball, Perth</p> <p>Basketball: Year 7 House Competition</p> <p>Fundraising Management Committee meeting, 17:30-18:30</p> <p>Foundation meeting, 18:30-20:30</p>	<p>19</p> <p>Trial HSC</p> <p>Basketball: NSW All Schools Basketball, Perth</p>	<p>20</p> <p>Trial HSC</p> <p>Basketball: NSW All Schools Basketball, Perth</p>	<p>21</p> <p>Trial HSC</p> <p>Basketball: NSW All Schools Basketball, Perth</p> <p>Volleyball: NSW All Schools Tournament</p> <p>Class test: 10MaD-P3</p> <p>Debating: SIC v SHS</p>	<p>22</p> <p>Football: SIC v SHS</p> <p>Cross Country: Scots Invitation, Centennial Park (10:00)</p> <p>Volleyball: SHS v SGS</p> <p>Parking: Sydney Roosters v Brisbane Broncos, 19:30 (Basketball)</p>	<p>23</p> <p style="text-align: right;">***</p> <p>Football: SSA All Schools Championships</p> <p>HSC Music Showcase concert, Great Hall, 14:30-18:00</p> <p>Tournament of Minds, Sydney Girls High School</p> <p>Parking: Colour Run,</p>