



From the Principal High Talent

Congratulations to Old Boy Emmett Naar (SHS-2011) who joins Craig Moller (SHS-2012) and Andrija Dumovic (SHS-2011) as Australian representatives, having been selected to play with the Boomers. At the GPS Swimming carnival last Friday, Justin Yi won the U13 50m breaststroke and butterfly and it took a GPS record by Newington to edge out Ike Matsuoka in the U16 400m individual medley. Well done, boys Xenos He (11F) was chosen in the U17 NSW Badminton team – congratulations, Xenos! At the ACT International Open Judo championships, Ivan Samsonov (9F) won gold in the U66kg division. Great result, Ivan!



Early Bird Discounts on financial contributions

There are **only four days remaining** for parents to take advantage of the early bird discounts on our contributions package. February 28 is the last day to receive the benefit. With the maximum contribution, you get the value of one year of equivalent private school education for your son for about *one-thirteenth* of the price. Please support the school in its goal to provide opportunity for your sons to pursue excellence in a wide range of endeavours.



Weights Room Memberships

Only four days remain for students to join the Weights Room. It is such a great program and offers a real opportunity for boys to increase their strength, fitness and self-confidence. All the routines are carefully matched to both the age and experience of the member. Our

strength and fitness Coordinator, Kurt Rich, is highly qualified and attends nearly every session the Weights Room is open for student use. Costs for this service are held down to a minimum and reduced by boys taking out a full year's membership. For 2019, a **full year** Weights Room membership costs **just \$252**. Boys wishing to have full year membership must register and pay by Thursday, February 28, 2019. There will be no extensions of time nor any other window of opportunity later in the year if you forget to pay on time.

New Curriculum for 2019

In English and history and the sciences, the new curricula and school programs will be examined for the first time. In Year 11, the new syllabuses in Mathematics Advanced and Mathematics Extension 1 will be taught for the first time. There are new syllabuses for stage 5 history and geography electives and physical activity and sports (PASS). K-10 PDHPE and K-10 Chinese, French and German as well as Year 7 & 8 technology, will be taught for the first time, too. It takes a while for teachers and students to get across all the changes in curriculum implementation.

Presentation Night 2019

Congratulations to Ms Joanna Chan for her impressive organisation and management of Presentation Night, 2019. The night ran smoothly and concluded punctually. The executive and staff helped support the occasion, but Brooke Ashton, George Barris and Anthony Cipolla should be congratulated in particular for their work. Kushaal Vyas spoke passionately about his work with disadvantaged and indigenous communities, while pursuing concurrently a combined Arts/Law degree at UNSW. My speech to the assembly is reprinted, below:

Special guest Khushaal Vyas (SHS-2013), Mr Richard Skinner, Director Port Jackson Network, Ms Rachel Powell, Principal James Ruse Agricultural High School, Mr Vince Del Zio (CEO Sir Roden & Lady Cutler Foundation), Life Governors: Phil Lambert, Dr George Lewkovitz and Dennis Briggs, Professor Ron Trent (President SBHS School Council), Dr Geoff Waring (Chairman, SHSF Inc. & President SBHS P & C), Mr Paul Almond (President of the Sydney High Old Boys Union), Warrant Officer Mark Cooper ADF, Associate Professor Dimitria Groutsis – University of Sydney Business School, Juliet Raynor – University of Sydney, guest presenters,



Old Boys, staff, parents and prize winners – thank you all for joining us this evening.

The most impressive change in the last twelve months at High is that it has had a major, positive facelift. With new carpeting and a fresh coat of paint on Killip Wing, the cloisters, the Great Hall and the main building, High looks the best it has looked this century, arguably

the best since 1928. The Department of Education has invested heavily in refurbishing High. The wider school community is thankful and really appreciates the way the school looks. Internally, with our IT Support Centre, Maker Space and Hall sound system, the quality of our student experience has been enhanced.

While the HSC results for 2018 were disappointing overall, there were some excellent individual performances. In Mathematics Advanced, Christopher Ta (11R) placed first in the state, with Jaden Yang (11T) 4th. In physics, Matthew Tang gained top honours. Justin Lai was fourth in Modern History. Jay Patel ranked 7th in Chemistry as did Jack Jiang in Software Design and Development with George Flabouris 10th. Pico Dos-Santos-Lee, Kai Huang, Nathan Trinh, Sampson Xie, Jinmin Xu and Christopher Yuan, had their performances nominated for *Encore*. Lingyu Wong had his Music extension composition nominated for *Encore*. Brandon Nguyen had his body of work nominated for ARTEXPRESS.



The ATAR average for 2018 was 92.04 calculated for 207 candidates. Three 99.90 ATARs were earned. Thirty students were ranked at 99 or above; 155 scored 90 or above. Forty-two students, who enrolled after Year 7 by means of our local selection scheme, averaged 89.92 ATAR. The results overall were weakened by 12% of students earning an ATAR below 80.

In sport, the big results came from volleyball. High claimed titles in the NSW All –Schools Opens and U15s; won the CHS Open Knockout competition and reclaimed the GPS title. The Open basketball team were champions at the CHS Knockout competition. Our open table tennis team won the CHS Knockout Competition for the fourth consecutive year. Our tennis team retained the Stan Jones Cup as champions of CHS tennis. High won the Kippax Cup for the highest achieving boys' school in athletics at CHS level. Our open cricket team qualified for the finals of the Davidson Shield CHS Knockout competition. High dominated CHS Rowing with nine gold medals. Our first grade debating team won the treble in 2018 – Eastside, Hume Barbour (CHS) and the Louat Shield (GPS). Our chess teams won the GPS competition and the NSW Junior Chess League competition – Intermediate Division.

There were many individual achievements, some of which are printed in your programs. Justin Lai won the National ESU Plain English Speaking Competition – the first time for High since Mark Swivel in 1983. Guy Suttner won the National economics competition. Bill Wong (11M) was the national winner of the ASX Schools share game, with Tim Wan (11T) as runner up. Henry Thi won the National Business Studies competition – Senior. Equal first in Australia in the Australian Geography competition were: Felix Yi (7F), Rayan Haque (8S) and Mitchell Liu (10R). Ben Kernohan and Etkin Tetik won the Australian National Robocup Open Rescue Competition. At the National Championship in athletics, Anthony Vlatko won the U18 800m and Rowan Tan (9M) won the U14 triple jump, setting a national record. Our U14s 4x100m relay team won gold at the CHS athletics championships. Joshua Suto won gold in the CHS U13s long jump, breaking a school record that has stood since 1971. Rowan Tan won gold in the U14 400m, while Kane Shields won the U14 800m and 1500m. Eric Holmstrom and Kane Shields qualified to compete at the National Schools cross-country championship. Our U16s won the GPS Intermediate division of the cross-country competition. Alex Yeung won team gold medals at the Australian Junior Table Tennis competition. Kieran Guan was selected in the national team to compete at the Junior World championships in speed skating. Archie Fox won a CHSSA Blue for rowing.

Tonight, I want to pay tribute to the work of our former Deputy Principal of the Junior School for her significant

achievements 2015-2018. I outlined these in the first High Notes of the year. We all wish her great success in her demanding new role.

In saying goodbye to members of the Class of 2018 for the final time, I ask myself the question: What kind of future are we preparing our alumni to enter? Are we getting them ready for the future, or is it already here? Robotics, automation and artificial intelligence (AI) are driving a new level of disruption in many industries. In particular, industries such as healthcare, financial services, transportation, agriculture and retail, will be altered significantly by technological advances. Commercial drones will be used more frequently in agriculture, architecture and construction, manufacturing and delivery. In healthcare, AI will impact on physicians viewing and analysing patient scans. 3D printing will match medical devices to the exact specifications of patients. Genomic sequencing will make it possible to diagnose and treat diseases earlier; and robot-assisted surgeries will improve surgical outcomes for patients and reduce the cost of patient care. Collaborative robots – cobots – will support the work of humans. Cobots will make human work faster, safer and cheaper in confined workspaces. Autonomous vehicles will appear in constrained environments such as airports, education campuses and retirement villages, where reliability and predictability can be assured. Businesses of the future will rise or fall on their capacity to adapt to robotics and AI.

As robotic and artificial intelligence technologies in our daily lives proliferate, their benefits will impact on the public consciousness and outweigh the fear of the unknown. Artificial intelligence, or machine learning, is a part of our daily lives and will have an increasing impact on us. Web browsers, medical scans and mail delivery drones are examples of applied artificial intelligence. Within the next decade, it is likely that human behaviour will be modified, augmented or enhanced, by microchip implantation. Researchers are working on medical, educational and performance applications for microchips. It won't be long before technology of that kind is applied to educational delivery. Teachers would love to have the technological means to be able to personalise their learning, to become a personal tutor for each member of each of their classes.

Software is being developed to make assessment adaptive. The next step is to diagnose individual strengths and weaknesses, to make pedagogy personal through technology – adaptive learning and assessment programs. Both content and checks for understanding could become adaptive to individuals, during the learning process. Feedback tools could be expanded greatly in range and specificity. Schools are already using learning management systems to track individual student progress.

Students and parents can get reports weekly or monthly online.

'Robotics' is an emerging area of interest for educators. In Chinese kindergartens robots are already in use engaging children in play, learning numbers and vocabulary – building games. Interactive robots may well become a feature of secondary school classrooms to assist individual students with remediation tasks, make up information and exercises for missed lessons or rote learning assignments. In December, 2018, a robot was trialled in a Victorian school for students with special needs.

As versatile, resilient, autonomous and innovative High graduates, I know you will feel confident, after your university training, to enter with confidence, occupations in professional sectors disrupted by artificial intelligence and machine learning. I want to offer my warm congratulations to all our award recipients this evening. For those leaving High, whatever your future careers maybe, engage in them with passion and perseverance, to ensure you reach your potential. It was a privilege to serve you as your Principal.

Dr K A Jaggar
Principal

Meet the Prefect

There's no shame in missing an opportunity at High, because, unlike most schools, there's another the



very next day. What matters is identifying the ones that captivate you and persisting with them to fulfil your potential. You may choose something unique, or not, but regardless you'll find common attributes and establish goals with the students beside you. You'll acquire new skills, form new relationships and learn to cope with various stresses in order to maintain a healthy lifestyle. However, the best thing is immersing yourself in High Spirit.

You'll be enthralled by its competitive aspect when you first oppose some of the most brilliant minds and schools in the state. Then you'll realise that facing these challenges alone isn't sustainable. This is why the Prefect body's motto "Brothers in Brown and Blue" reflects our unique school culture; seeking common ground and maintaining healthy connections with all members of the school allows us to achieve the best outcomes.

During my time at High, I've witnessed astonishing displays of High Spirit from the countless generations that have passed through. It's crucial that we carry on these scholarly traditions so that future generations have something to aspire to. That's why it's my duty to encourage you to support your peers in the darkest times so that we can all see that light at the end of the tunnel.

Rongxuan Chong
Welfare Prefect and McKay House Captain

Opal Card Reminder

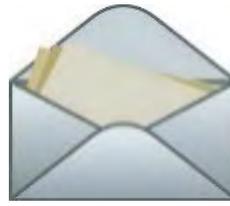


Please remember to **tap on and off** when travelling with a School Opal Card



Letters Re Student Absence/Late Arrival/Early Leave

When your son returns to school from being absent he is required to provide a letter of explanation signed by a parent or guardian. If your son is going to be late for school a note is also required. Alternatively, you may contact the school by phone on 9662 9300 and dial "1"



for the absentee line.

If your son has an early leave note he is required to have his note signed by either Mr Dowdell, Mr P Loizou or Mr Prorellis **before 9:00 am** and handed in to the Main Office immediately after. Each letter should be signed by a parent or guardian with the **name, date and roll class** of your son **printed clearly**. Your son needs to pick up a leave pass from the Main Office before he leaves the school.

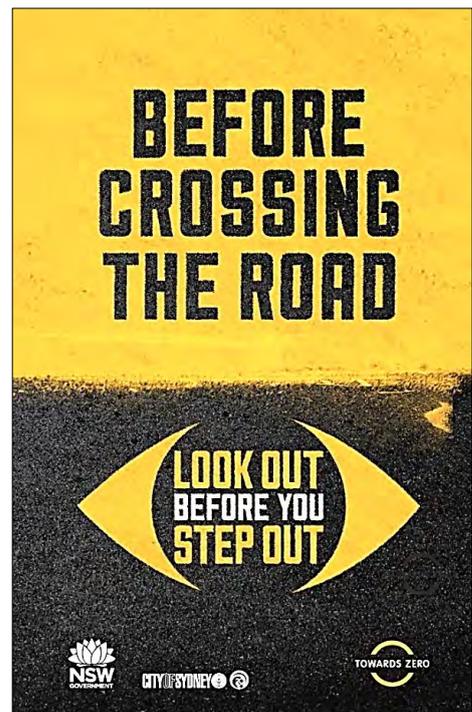
Absences

Absences – School: absences@sbhs.nsw.edu.au

Absences – Sport: absences.sport@sbhs.nsw.edu.au

Leave

If you require **extended leave** for your son **exceeding four days** please, apply in writing, on the departmental application leave form which is available on the parent portal or front office. Your son must then present this application to Dr Jaggar for permission for extended leave. Please note that leave applications need to be submitted **four weeks prior** to your son's leave of absence.





MUSIC NOTES

ENCORE



Andrew Chang [12T, Concert Band Prefect] was one of the 20 students across NSW to perform at ENCORE, held at the Sydney Opera House on Monday 18th February. He performed his HSC Music 2 Mandatory piece, 'Pink Nautilus' by M. K. Harvey [also performed at Presentation Night on Tuesday 19th February, Great Hall].

Andrew completed his HSC Music 2 course as an Year 11 accelerated student in 2018. He completed his Amusa when he was 15, and has performed at a large number of music competitions. Andrew was also a member of the Sydney Conservatorium Open Academy Rising Stars program, where he frequently performed at the Sydney Conservatorium and was mentored under the acclaimed pianist, Inge Rosar. ENCORE is a program of outstanding performances and compositions by students from schools across NSW, presented for the 2018 HSC Music Examinations. In the 2018 HSC Music 1, 2 & Extension course, seven students from Sydney Boys High School received HSC Encore nominations for Performance and/or Composition: Andrew Chang, Pico Dos Santos-Lee, Kai Huang, Nathan Trinh, Lingyu Wong, Sampson Xie, Jinmin Xu and Christopher Yuan.

European Music Tour Meeting

There will be a compulsory meeting for the 50 selected students, involved in the European Music tour, this Friday 22nd February at the start of Lunch in the Great Hall. The Music Department will hand out and run through the music tour schedule. The first weekend rehearsal for Concert Band and the String Ensemble will be on Sunday 3rd March [Week 5] from 9.30am – 12.30pm in Room 201 and Room 101. Please ensure to bring a light snack and water bottle for the break.

2019-2020 Marching Band Changes

Students who are in the Music Performance Program would know that it is compulsory for all concert bands, stage bands and selected percussion students [no

piano students] to attend the Marching Band rehearsals schedule on Tuesday afternoon 3.20pm – 4.20pm [Great Hall/Room 204] and Friday Morning 8am -9am [MPW]. Please make sure to attend both rehearsals. The change for Marching Band is that, there will be no Marching Band in 2020, due to the European Music Tour also happening next year. Rehearsals will continue as usual this term including two compulsory holiday rehearsals [15.04.2019 & 18.04.2019] as the Marching Band will march and perform at the Sydney CBD Anzac Day March on Thursday 25th April 2019. There will be no rehearsals in 2019 Term 4 and 2020 Term 1. Marching Band rehearsals will resume from 2020 Term 4. Our Drum Major this year will be Ha Minh Nguyen [12S], Stage Band and Marching Band Prefect.

Music Ensembles & Private Instrumental Lessons

Please ensure to arrive 5-10 minutes prior to help set up and tune. Please see the ensemble schedule below. Most ensembles will be running similar to last year's schedule, though, due to a few staff timetable changes, some ensembles may not commence till later and/or may be scheduled on a different day and time. It is important for ALL music students in the music performance program to check the DAILY NOTICES regularly for updates and/or to ask the Music Department. Students need to remember not to schedule private instrumental lessons during ensemble rehearsal time[s]. It is never too late to join an ensemble[s] or sign up for instrumental lessons.

Music Storage Room

To all students who carry music instruments only: Please place your instruments in the music storage room [located next to Room 101. Please do not block the pathway and the door must be closed at ALL times. Students and parents are reminded that SBHS does not provide instrument insurance or cover. The Music Department will not take responsibility for loss or damage whether on or off the school property. It is important for all students to have a nametag on their instrument[s].



SBHS & SGHS Combined Oklahoma Musical

More musicians needed! Please see what instruments are needed for the combined musical below:

- Guitar: 1-2 Players
- Piano: 1-2 Players
- Viola: 1-2 Players
- Cello: 1-2 Players
- French Horn: 1-2 Players

For more information, please speak with the Music Department.

Parent/Guardian Music Contact List

Please send the following details to music@sbhs.nsw.edu.au if you would like to receive emails regarding the Music Performance Program only [i.e. Music Events e.g. Music

Camp/Concerts/Workshops, Music Committee Meetings etc.].

- Email Subject Line: Music Contact List
- Student Name
- Student Year
- 1 x Parent/Guardian Name
- 1 x Contact Email Address

If you would like to be removed from the Parent/Guardian Music Contact List, please email music@sbhs.nsw.edu.au

NB: The music department may be delayed in replying to parent and guardian emails as the start of the New Year and term is busy for all music staff. Apologies for any inconvenience, though, we will try our best to reply to you ASAP.

2019 Music Ensemble Rehearsal Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jazz Ensemble Room 101 7.45am-8.45am	Senior Concert Band Room 201 7.45am – 8.45am	Junior Stage Band Room 101 7.45am – 8.45am	Symphony Orchestra Room 201 7.45am – 8.45am	Senior Strings Ensemble Room 101 7.45am – 8.30am
Intermediate Concert Band Room 201 7.45am -8.45am		Senior Stage Band Room 201 7.45am – 8.45am	Junior Strings Ensemble Room 203 7.30am – 8.30am	Marching Band MPW 8.00am – 9.00am <i>Term 1 & 4 ONLY</i>
Guitar Ensemble 1 Room 203 7.45am – 8.45am		Philharmonic Orchestra Room 203 7.30am – 8.30am		
Guitar Ensemble 2 Room 203 3.30pm – 4.30pm				
Percussion Ensemble Room 201 3.30pm – 4.30pm	Marching Band Room 204/GH/MPW 3.30pm-4.30pm <i>Term 1 & 4 ONLY</i>			

Please note that the schedule is subject change (Check with Ensemble Conductor)

Marching Band is on Tuesday afternoons 3.30pm-4.30pm & Friday mornings 7.45am-9.00am for ALL of Term 1 & 4. The Marching Band performs in the Sydney City March on Anzac Day (25th April) each year.
*Students need to remember to schedule lessons at a different time to music ensemble rehearsals. An attendance rate of 80% is necessary to obtain Award Scheme Points and a Music Pocket for senior students
EUROPEAN MUSIC TOUR STUDENTS: Rehearsals will be communicated via Daily Notices, Email & High Notes

Music Events Calendar

Date	Event	Music Students Involved
Monday 18 February	ENCORE @ the Sydney Opera House, 7.00pm	Elective Music Students in Years 10-12 only Andrew Chang [12T] has been chosen to perform at ENCORE this year @ the Sydney Opera House
Tuesday 19 February	Year 10-12 Awards Assembly, 9.55am Great Hall	2 x Piano Players TBC
Tuesday 19 February	Presentation Night, 7.15pm Great Hall	Musicians TBC
Wed 20 February	Year 7-9 Awards Assembly, 9.55am, Great Hall	Musicians TBC
Thursday 21 February	Meet the Music Concert #1 @ the Sydney Opera House, 6.30pm	Elective Music Students in Years 9-12 only
Friday 22 February	European Music Tour Student Meeting with Music Department @ Lunch 1, Great Hall	European Music Tour Students only
Sunday 3 March	European Music Tour Rehearsal Concert Band & String Ensemble, Room 101 & 201, 9.30pm – 12.30pm	European Music Tour Students only

Music events are continually added and are subject to change





High Regatta

On February 16 Sydney High hosted the annual Sydney High Regatta. The Regatta ran five minutes early all day thanks to the help of the coaches and Boat Race Officials. The parent committee again showed their skills with a wonderfully prepared food stall. This was also the first time for our Senior B (Social Rowing) crews raced.



2019 Melbourne High School Exchange – 14-17 February 2019

After an exciting and action-packed trip to Melbourne in November, it was time for us to return the favour and host the Year 10 VIII's of Melbourne High School, this time with the advantage of racing on our own water. After we greeted the keen rowers from Melbourne, we enjoyed lunch (the best prepared lunch we have enjoyed during our time at school) with them, before setting out onto the Parramatta River for an afternoon row. Melbourne, used to the pristine and flat water of the Yarra, were shocked and unprepared for comically choppy water that we had to row on thrice weekly. After returning

and spending the first night at our sheds (a slight brag that we could do so), we were slapped back into reality with a 6AM wake-up, much to the horror of both schools. Cold as it was, the water was friendlier, giving Melbourne HS a chance at adapting for the races that would follow. Off the water however, we had fun and toured our billets around the city, before spending the following 2 nights in our homes.

Large washes, narrow victories and many sweaty oars later, Melbourne proved victorious and retained the Parra Yarra Cup after winning 3 of 4 races. The Second VIII were fortunate to have their own moment of glory, triumphing over Melbourne in the High Regatta on Saturday. Overall the success of the exchange can be attributed to the endless efforts from all parents, coaches and our billets, who ensured we all had an excellent time.

Thomas Brcic (1st Year 10 VIII stroke)



Start line of the 1500m race

The wonderful food Year 10 VIII parents provided





High Water Polo

We didn't know what to expect going into our first game as a team, after only 2 long and hard training sessions. We arrived at Knox, one by one, prepared for the first match we would ever play together. We had 2 year 8's there to help us out, and we were really grateful for their experience. Before our game, some of us were there early enough to experience a match, and those teams were incredible.

I was shaking, and I'm sure a few of the other boys were too, but determined. We're going to win this match, I thought to myself. As we did some warming up, the game approached fast. We were facing Cranbrook. Our first team went in the water, we had a large amount of team members there that particular weekend.

The whistle blew. We weren't at the ball fast enough, but that was okay, because eventually we got the ball back without a goal scored. After one of the most tiring 5 minutes of my life, one of the year 8 boys, I believe it was Peter, shot and scored! We were up 1-0.

The 2nd quarter passed, you could see the absolute fatigue all over both the teams. After some hard effort, sadly no goals were scored. Up came half time with a small break before we were back in the water again. This time, with some hard, hard work, we grabbed the ball from the middle of the pool, and I believe it was Justin who threw the ball to me. I swam towards the goals, and using the eggbeater kick, tossed it into the goals! Adrenaline rushed through my veins. We were up, 2-0.

But the quarter wasn't over yet. We went back to halfway, and they started off with some great passes, but that wouldn't stop us. Pushing through the water we grabbed and intercepted. Soon we had the ball again. I took another shot. Miss. Another one later. Miss. I was down on my luck, probably just because their goalie was incredible. After a few missed shots from Justin and I, and many great catches from our goalie, (a Year 8 boy), the quarter was close to over, so I took one last shot. GOAL! WOOHOO! I was over the moon. 2 goals in 1 quarter. All we had to do in the last quarter was make sure they didn't score any more than 2 goals.

The last quarter approached. Our best player, Brian (the only one who had actual water polo experience), did a great job in the water. They passed, with many good shots from Cranbrook, but also, many great catches from

our goalie. We were all exhausted, but guess what, WE WON! With 3-0, we won our first game as a team. We were all so excited and happy about the result, and excited for upcoming games.

Fynn Hopkins 7S

Waterpolo game review Newington vs High - 16/2/19

Saturday's game was a very close one with both teams scoring multiple times and even more near goals. I was very impressed by how fit and healthy High has stayed over the holidays and am quite proud to say that everyone was really fired up for the game. We were very good with our defence, only letting a few goals in. We need to work on our endurance though in the pool as people started to get tired by the second half. This was mainly because we had a very strong counter attack working for us and were swimming back very fast. All in all, Newington just started to outswim us in the last quarter as we got more and more tired and our guard slipped.

Thomas McFarland



WATER POLO HIGH NOTES - 14/02/19

The game against Cranbrook School was always going to be tough. Despite being significantly higher on the ladder against our week 8 opponents, we know full-well that they were a much better team than was accredited to them in the point score. And so, we trained with persistence and determination completing the regulatory 10x100m swim set faster than we have ever done before.

With the sounding of the whistle, we were off and away, sprinting towards the ball with the hopes of gaining the

first possession. To our surprise, Cranbrook had already streaked down the pool and retrieved it before any of our boys could get anywhere close. From this point onwards, we had to respect their speed, and stifle any opportunity for counter-attacks.

The opening quarter revealed much about our opponents; their inability to pass and catch the ball combined with our aggression on defence ultimately deemed their offensive efforts ineffective. However, we similarly struggle to find our feet when attacking, struggling to release into open space and pass players open.

After some back and forth between possessions we had a breakthrough - the ball was passed into the ocean of open space in front of our centre forward, Khalil. With a flick of the elbow extending to the flick of the wrist, the ball rocketed into the net. A few series later, the same passage of play ensued as we capitalised on the distinct size advantage at the position.

The match continued as it was, consisting of high intensity, formidable defence, and great physicality. The game culminated with a 5-4 High victory, the same score as last week.

Overall, it was a great week for the water polo program with the 13's Water Polo boys winning their very first game (3-0) with Flynn Hopkins scoring a double. It is extremely gratifying to witness success across all age groups, and I am excited to see the younger players develop with experience.

Matthew Le 12R

THE WATER POLO REPORT (16-02-19)

This week's matchup against Newington was one that we had set our eyes on for weeks. They were of course the swimming juggernauts that win the GPS swimming competition just about every year. So, despite being on a multi-game winning streak, we remained largely underdogs.

The game started off as per usual - a feverous swim to the middle - Newington were too quick. With their speed they were consistently getting open, allowing them to pass the ball with width, speed and minimal errors.

They fired, one after the other. And one after the other, the ball rocketed into the back of the net. With overpowered, overcome. It was clear as daylight why they were sitting right at the top of the ladder.

Yet we remained persistent, adamant that each goal was going to be their last one. This present positive attitude

paid dividends as a short half-time pep talk from our coach, Jake, led to a resurgence in intensity. We began to defend with aggression: slapping elbows, tugging ankles and death gripping wrists. This shift in play style combined with some incredible saves from one of the best goalies in the competition (Jack Parsons), meant that their attack was effectively stifled. We continued as were as if a fire was burning within us. It was a defensive masterclass, surprising the opposition, the multitude of parent spectators along the sideline, and even ourselves.

Despite the disappointing result overall, this game meant a lot to me, and I know it meant a lot to the team. We didn't win, but that's okay. Because what had transpired on that Saturday morning epitomised what it was to be a High boy; and quite frankly, I wouldn't substitute our eternal optimism, resilience and smarts for any other team in the competition.

Matthew Le 12R

Water Polo Report

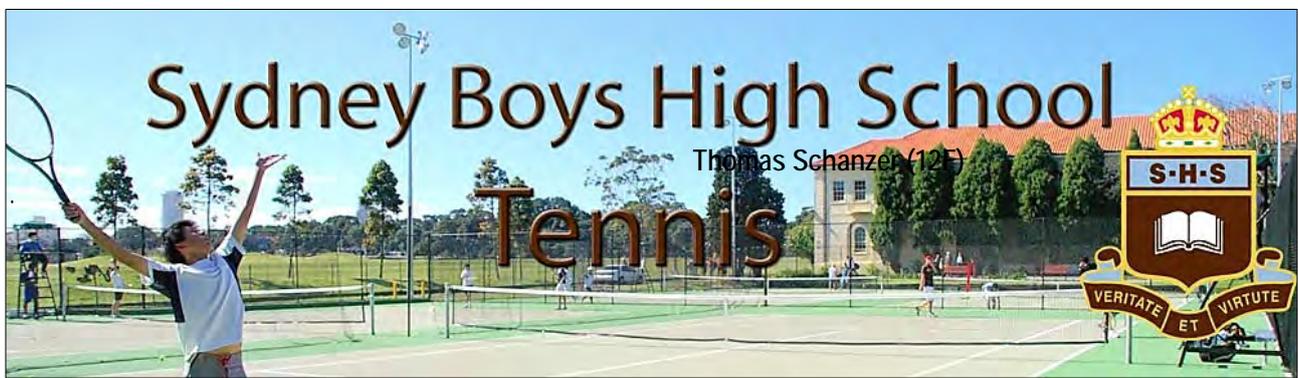
Last Saturday, the second grade team played St Joseph's at Newington. We came into the match without a single win in the season, having been too often overpowered by fitter teams with faster swimmers. We were also without our usual coach, Conor McGrath, but were lucky to have Jeffrey Lin, a first grade player, helping us to make tactical decisions and substitutions.

The St Joseph's team started confidently, playing physically and taking several unsuccessful long-range shots in the first quarter. Despite this initial display of strength, we were surprised to find that we were about evenly matched with them in swimming ability and fitness when we scored the first two goals of the match, putting ourselves in the lead at the end of the first quarter.

We had been in similar positions in previous matches but had always lost the lead soon after owing to our lacking fitness. Wanting to prove ourselves, we remained focused and swam hard to keep ahead. St Joseph's had a few stronger players who were able to keep the scores almost level through the middle quarters, but thanks to some powerful shooting from centre forward Aidin Bushati, we were able to hold on for an 8-6 victory in an exciting finish.

Together by working hard and staying focussed, we came to realise that we had been underestimating our potential as a team -- a lesson that we will no doubt keep in mind in the last few games of the season. Well done to all on the fantastic display of persistence and solidarity.

Thomas Schanzer (12F)



Thomas Schanzer (12F)

High Tennis

1st Grade Report

After the overwhelming loss against Scots last week, High's First Grade tennis team continued to pursue victory with the premiership still in sight. This week, the team played against an improved Kings First Grade team, who gave a tough fight for Scots in the first week of the season. The No.2 doubles pair, Andre and Samuel, started off shakily, losing the first set. Luckily, they outshone their opponents in the second set and the final tiebreak decider, defeating them quite comfortably. The other two doubles pairs dominated their opponents, both having only lost 4 games in their matches. After Andre, Khobi and Stepan's devastating loss in their singles last week, they all stepped up and dominated their opponents this week. In the other three singles, there were quite a few mishaps that had occurred. At the No.1 singles position, Antonio won in a tight three set match, battling a stomach ache throughout the entirety of the game. Samuel also played three sets, fighting through his cramps in his calves and hamstrings in both legs, walking off the court with a necessary win. Hikaru was also quite unfortunate as the strings on all his racquets broke, having to resort to using Khobi's racquet to complete the match. Having defeated Kings 9-0 this week, High closes the gap with Scots on the leader-board. Hungry to seize the premiership, next week, High faces Shore with the aim of continuing their 9-0 winning streak, to close the gap even more.

Samuel Yu

First Grade Results		
D1	Antonio Li + Hikaru Ikegami	6-2 6-2 W
D2	Samuel Yu + Andre Putilin	4-6 6-2 10-3 W
D3	Khobi Deep + Stepan Sytnyk	6-3 6-1 W
S1	Antonio Li	6-7 6-3 6-4 W
S2	Samuel Yu	6-1 0-6 6-3 W
S3	Hikaru Ikegami	7-5 6-2 W
S4	Andre Putilin	6-1 6-1 W
S5	Khobi Deep	6-0 6-2 W

S6	Stepan Sytnyk	6-0 6-0 W
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Overall Results

Season Wk 3 Saturday - High v Kings			
	Total Matches Won	Total Matches Lost	Winning Percentage
1st Grade	9	0	100%
2nd Grade	9	0	100%
3rd Grade	1	5	17%
4th Grade	4	2	67%
5th Grade	3	3	50%
6th Grade	3	3	50%
7th Grade	0	0	#DIV/0!
8th Grade	0	0	#DIV/0!
16 A	6	0	100%
16 B	4	2	67%
16 C	3	3	50%
16 D	4	2	67%
15 A	4	2	67%
15 B	3	3	50%
15 C	1	5	17%
15 D	0	6	0%
14 A	0	6	0%
14 B	0	6	0%
14 C	0	6	0%
14 D	0	6	0%
13 A	2	4	33%
13 B	3	3	50%
14 C	0	6	0%
14 D	1	5	17%
Total	60	78	43%

Second Grade Report:

On Saturday, High's Second Grade tennis team faced The Kings School at home. With confidence coming into the match, the team was eager to bounce back from the previous week against Scots College. The fixture started off comfortably; with doubles 1 and 3 breezing through in straight sets. Adrian and Patrick fought hard in the

doubles and prevailed in the second and final set, 7-5. The singles were also successful, with all players dominating over their opponents. Having burnt his left hand, Zach was forced to play with a single backhand and still managed to pull off the win, 6-0, 6-2 – once again demonstrating his value in the team. All players competed exceptionally and as a result, the team did not drop a set and came on top winning 9-0. Ultimately, this win over Kings allowed us to re-group and believe that we were still in the running for the premiership.



Dean Cassarotto

2019							
Term 1 Wk 2 - 7							
Starting Date	4-Feb	Fixtures (Ongoing trials)					
Group	Monday	Tuesday	Wednesday	Thursday	Friday		
1st-3rd	School 7:15-8:45am		School 1-3pm	Eastcourts 1-3pm	School 7:15-9am	Monday 4th February All School Swimming Carnival = No Training	
4-8th			Moore Park 1-3pm & Moore Park 7:15-8:45am	Moore Park 7:15-8:45am			
16's			Eastcourts 1-3pm	School Court 7:15-8:45am			
15's	<i>All Tennis Players Attend Sprints Monday's 3:15-5pm @ MPW</i>		School 7:15-8:45am	Eastcourts 1-3pm		Year 7 Camp Wk 3 Monday 11th - Wednesday 13th February	
14's		School 7:15-8:45am		Moore Park 1-3pm			
13's		Moore Park 7:15-8:45am		School 1-3pm			
Junior Development Squad					Eastcourts 1-3pm		Tennis Development need to attend one

Tennis has upcoming parking duty on Thursday 4th April 5-8pm



SHOOTIN' 245 HOOPS

Welcome to another edition of Shootin' Hoops! This week we played King's, showing a strong start for the GPS season across all age groups, especially in firsts, who are undefeated at the moment and who play #1 rank-Shore this weekend. Firsts and Seconds both notched up wins this week, and the opens had a further 6/8 wins. A notable effort comes from the 15A's, with a massive win 55-27, led by Isaac Taylor who dropped 12 points. Well done.

points. Other good performances include the ones of Eoin F. and Kwabena B. who were able to raise the energy above the roof with a Kwabena two hand flush and then immediately an Eoin assist to Kwabena and 1. Well done to these boys. Firsts are now undefeated, and on track to winning the premiership if they are able to beat the big teams next week.



This week High faces Shore. Be sure to get your shots up this week in preparation for the biggest game of the official GPS season. We encourage everyone to be at High at 11am to support the firsts and make a huge tunnel out to half way at the start of the game, And remember to play hard, play smart, and play together.

The Second Grade High boys were matched up against a better King's Seconds team than last season, and started off the game with 5-0 deficit. However, they were able to notch up a 62-34 win, led by Kristian Lisica with 20 points, Vasco with 12 rebounds and Ratch with 14 points and 4 steals. Well done to them.



15s post game function

The First Grade game saw an incredibly even matchup against Kings, though High were able to take the lead by 20 in the first half. Firsts were able to pull through winning 100-84, notable performances include Noah Casaclang with 20 points and Adam Gordon with 22

Go HIGH!
Play Hard, Play Smart and Play Together!
Thanks to everyone who makes Shootin' Hoops possible
Brought to you by **Alex Zhou and Joshua Suto**

TEAM	TERM 4 2018, (LAST TIME) RESULT	SCORE	TOP SCORER/MVP
1 st	WIN	108-105 (OT)	E.FITZGERALD 36, J.MARKWORTH-SCOTT 24
2 nd	WIN	49-20	R.PREKPANARUT 17, V.SANTOS-DWYER 8
3rd	LOSS	33-44	M.CHEN 11
4th	WIN	26-21	S.MONTALBO 5
5th	WIN	30-18	TEAM EFFORT
6th	LOSS	28-11	O.XIAO- DEFENCE
7th	WIN	19-17	E.GUO 6
8th	WIN	37-17	F.NGUYEN 10
9th	WIN	27-11	P.BOYLAN 8
10th	WIN	46-24	A.QUACH 8
16A	LOSS	44-42	W.JOVANOVIC 20
16B	WIN	37-22	B.HUANG 8
16C	WIN	21-16	R.BAO 9
16D	WIN	21-14	J.KURNIAWAN 8
16E	WIN	13-21	D.DUAN 6
16F	WIN	22-17	R.BUI 7
15A	LOSS	21-34	A.WANG 6
15B	WIN	38-25	J.ROBERTO 17
15C	DRAW	23-23	I.HUYNH 8
15D	WIN	52-24	M.RAHME 20
15E	WIN	23-22	K.WU 9
15F	WIN	22-8	K.SHARMA 6
14A	LOSS	14-50	E.LY 6
14B	LOSS	27-29	P.HUA 9, J.YIP 6
14C	LOSS	16-35	J.YIP 8
14D	LOSS	8-54	E.KAO 2
14E	LOSS	6-46	J.LIEM 4
14F	LOSS	10-42	TEAM EFFORT

TEAM	TERM 1 2019, (THIS TIME) RESULT	SCORE	TOP SCORER/MVP
1 st	WIN	100-84	ADAM GORDON 22, NOAH CASACLANG 20
2 nd	WIN	62-34	TEAM EFFORT
3rd	LOSS	37-34	TEAM EFFORT
4th	WIN	35-25	TEAM EFFORT
5th	WIN	37-22	C.TUNGKA 9
6th	LOSS	18-37	O.XU
7th	WIN	35-24	A.NGUYEN
8th	WIN	39-12	D.ZENGYAN 10 BLOCKS
9th	WIN	18-6	A.SIMIC 5
10th	WIN	28-24	R.CHAN 10
16A	WIN	47-26	W.JOVANOVIC 19
16B	LOSS	13-27	J.LY 8
16C	LOSS	31-35	B.NGUYEN 13
16D	WIN	26-22	K.TON 7
16E	LOSS	25-31	TEAM EFFORT
16F	LOSS	24-25	K.LUO 8
15A	WIN	55-29	I.TAYLOR 12
15B	LOSS	14-26	I.HUYNH 6
15C	WIN	44-22	A.GONG 9
15D	LOSS	15-25	V.LE 4
15E	WIN	57-17	TEAM EFFORT
15F	WIN	53-7	R.PANT 12
14A	LOSS	26-48	P.WANG 7
14B	LOSS	43-21	A.YANG 8
14B	LOSS	43-21	A.YANG 8
14C	LOSS	10-44	J.YIP, A.WANG 4
14E	LOSS	10-49	TEAM EFFORT
14F	LOSS	12-45	TEAM EFFORT
13A	LOSS	29-71	STEPHEN LI 9
13B	LOSS	12-26	TEAM EFFORT
13C	LOSS	42-33	W.HONG 8
13D	WIN	22-20	S.SAINI 10
13E	LOSS	43-0	TEAM EFFORT
13F	LOSS	24-4	TEAM EFFORT

Sydney High Annual Basketball Dinner 2019

Celebrate another fantastic year of basketball at High by organising your team to attend the **14th Annual Basketball Dinner and finish the year in winning style!**

Every team will receive trophies for the Most Valuable Player and Most Improved Player. Speeches will be made by staff members about their age groups and players will be able to show their thanks to them as well (buy your coach a present). There will be a big screen projection of the Annual Highlight video presentation and the best meal in the history of the dinner.

When: Friday 12/4/2019. Commences at 6:00pm, Concludes at 9:15pm

Where: Great Hall, Sydney Boys High School

Who: Players, parents, friends, supporters and coaches of all teams!

Why: 1. Because the friendships made through SBHS Basketball last a lifetime
2. Because the program has improved significantly again this season and requires your support for this to continue



STUDENTS TO ATTEND IN SCHOOL UNIFORM

All drinks will be provided on the night. Advise when booking if any specific meal details are required.

230 seats only – limited seats – pay at the office today, especially if you won an award.

Please pay ASAP. NB: Proceeds from ticket sales etc. go into the Basketball program to help improve future basketball experiences for our students.

Please return the slip below with \$40/per person to the front office by 5/4/2019

Sydney High Basketball Dinner

STUDENT SCHOOL ROLL NAME/S: _____ TEAM: _____ e.g. 15F

Type of payment: Cheque Cash Credit Card
Card Type: Mastercard Visa Expiry Date: ___ / ___
Ticket cost: \$40 No. of tickets: _____ Total cost: _____

Card Number: _____

Cardholder's Name: _____

[please print]

Cardholder's Signature: _____ Bus. Phone: _____

_____ (Office Use Only)

Please complete the following for office staff/parent committee as we need these details to allocate tables:

Student School Roll Name/s: _____ Basketball Team _____ e.g. 15F

Number of adults: _____ Number of students _____

Do you have dietary requirements or require a vegetarian meal? _____



SBHS WEIGHTS ROOM



An exciting opportunity awaits your son to become involved in the extra-curricular activities at Sydney Boys High School. Every Monday to Friday from 7am – 9am and Monday to Thursday 3:15-5pm the weights room is available under the guidance of our *Head Strength and Conditioning Coach* Mr Kurt Rich and/or assistant who will guide them through the fundamentals of strength and conditioning. This is a fantastic opportunity for your son to become involved in the program and enhance their strength & fitness in preparation for their sport choice & life. Additionally, your son's PDHPE assessment in Years 7 to 10 is partially based upon his fitness level and this opportunity could assist your son to improve his grades in this subject area. For more information, please email Mr Kurt Rich: richk@sbhs.nsw.edu.au

Upon the start of the school term, students can enroll for a **full year** membership at the Weights Room for **\$252**. Boys wishing to have full year membership must register and **pay by 28 February 2019**. Your son can commence or try weights training before the payment is due. There will be no payment extensions of time nor another window of opportunity later in the year if you forget to pay on time. This system ensures that the Weights Room operates much more effectively, with all boys getting their training in how to use the various pieces of equipment and in proper lifting technique, as soon as possible. Kurt Rich provides this service at the beginning of each year and can tailor individual programs for members after the introductory sessions. Having a fixed clientele makes his job more productive and leads to a better training experience for members, allowing everyone to progress consistently throughout the year.

Weights Room Timetable:

Monday	Tuesday	Wednesday	Thursday	Friday
7-9am	7-9am	7-9am	7-9am	7-9am
3:15-5pm	3:15-5pm	3:15-5pm	3:15-5pm	3:15-5pm (For New Boys Only - until March)

Kurt Rich
Strength and Conditioning Coach



Judo Champion!

Congratulations to new student Ivan Samsonov Year 9 who won the gold medal in the under 66kg senior boys division at the ACT International Open Judo Championships. The competition was held in Canberra on the 16-17 of February.





High Cricket



Cricket Results/News Update – 2019 Term 1 Week 3

9th February 2019 – Round 5 Day 1 of the GPS Cricket Competition 2018/19 vs. The Kings School College (TKS) & SHORE (E)

	Score	Result	Highlights
1 st XI	Sydney High School 10/153 vs. The King's School 5/69	2-Day Game	Hunar Verma 3/30 Arvin Niranjana 79
2 nd XI	Sydney High School 10/62 vs. The King's School 5/171	2-Day Game	
3 rd XI	Sydney High School 0/32 vs. The King's School 10/28	2-Day Game	Gautama Desaraju 4/0 Sam Colgan 4/12
4 th XI	Sydney High School 10/82 def. by SHORE 5/141	LOSS	
16A		W/O	
16B	Sydney High School 6/103 def. The King's School 10/43	WIN	Aiheak Tariq 3/7 Nathan Rolands 40
16C	Sydney High School vs The King's School	WIN	
15A	Sydney High School 8/244 vs. The King's School	2 Day Game	Mithilesh Lekhi 106 Gerald Joseph 68
14C	Sydney High School 10/75 def. by The King's School 1/77	LOSS	
13A	Sydney High School 9/80 def. by The King's School 2/81	LOSS	
	W/O = Washed Out N/A = Not available due to two-day match WIN (F) = Win on Forfeit		

1st XI Report

After a nail-biting finish in which we retained the Joseph Coates trophy for the 4th year in a row, the 1st XI were keen for what was going to be a rough game against the top of the table, Kings. They are 10 points clear at the top having won all 4 games, 3 of them outright. We won the toss and decided to have a gamble and bat on a green but hard deck.

We got off to a horror start, losing 2 wickets in 5 overs. Then Arvin and Saaranagan knuckled down and took us to 60, still 2 down. We then lost 2 quick wickets which brought Arvin and Josh together. They played brilliantly in tandem with Josh holding up one end and Arvin scoring freely taking us through the middle of the 2nd session.

Then they both fell. Arvin losing his wicket for a well made 79 and Josh for 22. Unfortunately, our lower order could not take us out of trouble as they usually do, and the only highlight of the rest of the innings was a handy 20 run partnership between Cameron and Anish for the last wicket.

We came out to field with 153 runs to defend and had lots of energy as we aimed to make serious inroads in the 20 overs left in the day. Menuja and Hunar bowled brilliantly with the new ball leaving Kings reeling 3 for 30. However, Kings rebuilt through their strongest batsman, both which represent NSW.

They dragged themselves beyond 60 before Hunar in his second spell bowled the over of the season, taking two wickets and leaving the game in the balance with Kings at 5-69, still with over 80 runs to win.

Next week should be a really interesting one and a win will give us an outside chance of a potential GPS premiership.

Arvin Niranjana

1st XI Captain

Cameron Pereira

1st XI Vice-Captain

2nd XI Report

With the first two-day match of the year against Kings now underway, we were looking to send out a statement that we were a team that was going to fight in order to win. After winning the toss and electing to bat, we knew that

an imposing total was required to defeat the leaders of the GPS table. Our opening batsmen Varun (Year 11) and Cody (Year 9), started off patiently seeing out the majority of the opening bowlers and were looking to build a partnership.

However, to their credit, Kings started to pick up a cluster of wickets at regular times to leave us 5 wickets down for 40 runs at lunch. After lunch, Ramana (Year 12) set to take the attack to the Kings' bowlers and provide some resilience in the middle order. However, a few soft dismissals combined with some quality bowling from Kings lead us to be bowled out for 62. A disappointing total that would prove costly against a top team.

At the time of bowling, we knew that to have any possible chance of winning, we had to take early wickets. Nonetheless, the Kings' openers took that away from us in moments, chasing down the required runs in 10 overs.

Our objective had changed now after losing first innings, and that was to avoid outright and possibly have a shot at winning the 2nd innings.

After a few overs of pressure, we managed to grasp the 1st wicket and were looking to take further. To our fortune, 2 more wickets fell, to provide some defiance to their batting.

Another 2 wickets fell late in the day and had left Kings 5 wickets down for 177 runs, acquiring a lead of 115 runs. With a likely declaration from Kings in sight, we will now be looking to avoid outright and if need be bat out the innings next week.

Harris Memon

2nd XI Captain



Opens game against Newington

CHS Alan Davidson Shield Finals

Taking lots of momentum after what's been a brilliant start to the year, the 1st XI were met with the challenge of Bega High School in the quarter finals of the CHS competition.

On a wicket that looked to offer a bit for bat and ball, Bega decided to bowl first. After an early wicket, Menuja and Cody consolidated strongly. Cody dropped anchor and Menuja played beautifully before being dismissed for a brisk 25. We then lost wickets in clumps to see us collapse to 6-91 after 22 overs.

Hunar and Cameron then set to repair the damage and put together a 55 run partnership. Cameron was dismissed for 34 and Hunar continued on to reach 40 and see us to a strong total of 180 after 40 overs.

Hunar and Cameron took their momentum into the bowling innings with Cameron keeping it tight and Hunar ripping through the top order. Hunar finished with figures of 5-15 and bowled with great pace, way too good for the Bega batting order.

All the other bowlers chipped in with a wicket and Anish picked up 2 to roll Bega for 52 and seal a comfortable victory that will send a strong message to the rest of the competition. Next up for our CHS run is Bathurst in Bathurst, where a win will see us travel up to Bathurst again for the CHS finals.

Arvin Niranjan

CHS Alan Davidson Captain

Cameron Pereira

CHS Alan Davidson Vice-Captain



Nick Leong after taking a wicket

Team of the Week

Congratulations to our third XI who were played an all-round brilliant game on the weekend; bowling out Kings 3rd XI for 28 and chasing it down with all 10 of their wickets in tact.

3rd Grade Report

This was a pleasing victory for 3rd Grade, as although it came against a significantly weaker team, we still batted, bowled and fielded well.

We lost the toss and were sent in to field. Matthew and Humzah each took a wicket apiece in their opening spells, with Humzah being especially economical throughout. Sam and I took the remaining eight wickets, with the last six wickets falling for 0 runs. Our fielding was of a high standard with no misfields or dropped catches and our bowling was excellent, with our fast bowlers being able to pitch the ball in good areas to take wickets.

Matthew and I then sensibly knocked off the meagre total to secure victory. If we continue this standard of performance, we can easily record a few more victories as this season draws to a close.

Gautama Desaraju

3rd XI Captain

Player of the Week

Congratulations to Mithilesh Lekhi who has recorded his second century of the season after following his century against Brisbane State High School!

Congratulations young man! and continue your wonderful form to help your team record a couple of more W's as the season draws to a close!



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

- If the weather is inclement on a Saturday, you can find any changes to the fixtures on the SBHS website on the home page. No changes = game is definitely on.
- Please make sure that all the boys wear SBHS logo hats and tops.
- Make sure they drink plenty of water and carry a drink bottle with them to training and fixtures.
- For training sessions (outside of school hours) and Saturdays, parents are to email through the specific details of absence (Student number, name, sport, team,

reason and date of absence to absences.sport@sbhs.nsw.edu.au

- Remember all cricket games are important to attend to each Saturday, otherwise you are letting your team down.
- A **100% attendance record** equates to **5 extra Award Scheme** points for juniors.
- Please notify their coach if they are unable to attend training or their fixture.

Play Hard, Play with Sportsmanship & High Spirit and most importantly have fun with your cricket!

Good Luck!

David Smith MIC Cricket

Jamie Nguyen Cricket Prefect 2018/19





End of Season 2018-19 Dinner

All players and parents are warmly invited to help celebrate Sydney Boys High School annual dinner marking the end of cricket season for 2018-19. The night is an opportunity for all players, parents and coaches to come together and celebrate our boys cricketing achievements during the season while enjoying some mouth-watering food (vegetarian and halal options available).

- When:** Saturday, 23th March 2019.
Where: The Great Hall, Sydney Boys High School.
Cost: \$20 per student, \$20 for anyone 12 years and under, \$30 for adults
Time: 5.30-7.30pm. Please be there by 5.15pm for a strict 5.30pm start.
RSVP: Latest by Mon 18th March 2019.
Dress code: Students must wear full school uniform. Smart casual for others.
Beverages: Water and soft drinks supplied. BYO alcohol.

Please ensure you book your tickets early by calling the school office or by returning the form below to the office.

Sydney Boys High School Cricket Dinner 2019

Student name: _____ **Roll Class:** _____

of Tickets (students and anyone 12 years or under): _____ tickets @ \$20 per ticket
of Tickets (adults): _____ @ \$30 per ticket

Total Amount Paid: \$ _____

Payment: Cheque Cash Credit Card Card Type? Mastercard Visa

Card Number: _____ Expiry _____ / _____

Cardholder's Name: _____

Cardholder's Signature: _____ Phone: _____



SCHOOL HOLIDAY COURSES

April 2019 Courses

10% Early Bird Discount

1300 065 281
aftrs.edu.au

For Kids and Teens (Year 5–12)

AFTRS Film Club, Kids Digi Animation, HSC Video Intensive Music For Film & TV, Stop Motion, Blood & Guts Movie Make-up, and Video Editing with Premiere Pro

AFTRS

Australian Film Television
and Radio School

Canteen Price List 2019

Breakfast		Lunch and Recess Items			Hot Food	
		*So you don't miss out on what you want for lunch, make sure you ORDER it before school				
Cheese Toast	\$1.80				Chicken Fingers	\$2.00
Cheese & Tomato Toast	\$2.00				Chicken & Corn Roll	\$2.00
Ham & Cheese Toast	\$2.20				Chicken Burger	\$4.50
Cheese/spinach/tomato toast	\$2.20	Sandwiches / Wraps / Rolls		Rolls	Chicken Mayo Roll (hot)	\$4.00
Bacon & Egg Muffin	\$3.20	Buttered Roll		\$1.50	Chicken Mayo Sandwich (hot)	\$3.20
Hot Chocolate (Term 3 only)	\$1.00	Cheese & Tomato (v)	\$2.00	\$2.60	Chicken Schnitzel Roll	\$4.00
		Cheese & Salad (v)	\$3.00	\$3.60	Foccacia - chicken/avo/cheese	\$3.50
		Chicken & Coleslaw	\$4.00	\$4.60	Foccacia - chicken/mayo/cheese	\$3.50
		Chicken & Lettuce	\$4.00	\$4.60	Garlic Bread (v)	\$2.00
Fruit / Snacks		Chicken & Salad	\$4.00	\$4.60	Japanese/teriyaki don, noodle set	\$5.00
Fruit - apple/orange/banana	\$0.80	Curried Egg & Lettuce (v)	\$3.00	\$3.60	Lasagne/Macaroni Cheese	\$3.50
Fruit Salad	\$3.00	Dagwood Roll		\$3.80	Noodles In A Cup	\$2.80
Banana Bread	\$2.20	Egg & Lettuce (v)	\$3.00	\$3.60	Pasta - homemade small	\$4.00
		Egg & Salad (v)	\$3.00	\$3.60	Pasta - homemade large	\$5.00
assorted snacks at various prices		Ham & Tomato	\$3.40	\$4.00	Pide - sausage, chicken/mushroom	\$2.50
		Ham & Salad	\$4.00	\$4.60	Pide - spinach/cheese (v)	\$2.50
		Roast Beef & Tomato	\$3.40	\$4.00	Pie - Garlo's (halal)	\$4.50
Drinks		Roast Beef & Mustard & Lettuce	\$3.40	\$4.00	Pie - meat (sauce+20c)	\$3.80
300ml Plain Milk	\$1.20	Roast Beef & Salad	\$4.00	\$4.60	Pie - Pizza	\$3.80
300ml Flavoured Milk	\$2.20	Salad (v)	\$2.80	\$3.40	Pie - potato	\$4.50
600ml Plain Milk	\$2.00	Salmon (red) & Salad	\$4.00	\$4.60	Pizza Slab	\$3.20
600ml Flavoured Milk	\$3.00	Vegemite	\$1.20	\$1.50	Rice Box - homemade	\$4.00
Up & Go	\$2.00	Turkey cranberry & lettuce	\$3.80	\$4.40	Sausage Roll	\$3.00
Water - Spring	\$1.50	Wraps	\$3.80		Spinach Ricotta Roll (v)	\$3.00
Water - Pump	\$3.00	Anari	\$3.60		Steak & onion roll	\$4.00
Juice Bomb	\$2.50	Sushi	\$3.60		Sweet Chilli Chicken Wrap	\$4.20
Appletiser	\$2.50	Vietnamese Rolls	\$3.60		Traveller Pies	\$3.80
Berri Juice	\$2.50				Falafel Wrap	\$4.20
Bottles Diet Coke 300ml	\$3.80					
Cans Diet Coke	\$3.00					
Chill Aloe Vera	\$2.50				Miscellaneous	
Chill Ice Tea	\$3.50	Salad Boxes(meat or egg)	\$6.00		Tissues	\$0.60
		Salad Box (plain)	\$5.00		Spoons / Forks	\$0.05
					(supplied free with meal purchase)	
Special Orders					Seasonal Foods	
# If you have specific dietary needs or your favourite sandwich is not on the menu - all you have to do is ask! We may be able to make it for you. Make sure you order before school.					**NB Not all food items are available all the time. For example, home style lunch boxes - pasta, rice, salads, soup etc are all seasonal. Please check with the canteen before you order.	

2019 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

SCHOOL STUDENT TRANSPORT SCHEME (SSTS)



School Student Code of Conduct – Students travelling on buses must: -

- Tap your Opal card when joining and again when exiting the bus. This is particularly important as the data collected from the on bus fare collection system may be used for service planning purposes
- Use school bus specials when provided
- Vacate seats for adults when requested
- Follow the driver's instructions about safety on the bus
- Respect the needs and comfort of other passengers
- Behave appropriately at all times (e.g. no offensive language, no throwing things)
- Protect bus property (e.g. no vandalism)

Students are reminded to: -

- Only use the Opal card for its intended purpose i.e. for travel between home and school during school days (does not include travel to and from Saturday sporting activities)
- Maintain possession of your Opal card at all times

Authorised transport officers are deployed to inspect **Code of Conduct** compliance on school bus services in the Eastern Region. Students who are found to have breached their obligations may lose their travel entitlement and possibly incur an infringement.

As a service to the High Family

A FULL PAGE ADVERTISEMENT



can be placed for a fee of **\$50.00 (GST incl.)**
for a full page ad in two weeks' publication

Whether it be a business service,
educational course/s or something for sale.

Contact :

Dave Te Rata or Meredith Thomas - High Notes Editors

P: 9662 9300

F: 9662 9310

Email: highnotes@sbhs.nsw.edu.au

N.B. Content is subject to approval

February/March 2019

22-02-2019

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 B	25 Attendance and Progress Review (all Years) Music Extension: The Great Hall, 08:00-09:00 Class test: 9MaL-P5 Rowing: CHS, Grafton Year 10 Meeting, Great Hall, 09:55-10:20 Wallarugby House Oztag Luncheon competition, Y7 Rugby: Committee Meeting, Staff Common Room, 18:00	26 *** Rowing: CHS, Grafton Year 9 Meeting, Great Hall, 09:55-10:20 Wallarugby House Oztag Luncheon competition, Y7 Class tests: 8MaP-P3, 9MaA-P4 Marching Band Rehearsal, Great Hall, 15:30-16:30 Fundraising Management Committee meeting, 17:30-18:30 Foundation meeting,	27 Class test: 10MaC-P2 Wallarugby House Oztag Luncheon competition, Y7 Yoga: The Great Hall, P4-5 Fencing: Information evening, 18:00, staff common room	28 Year 7 Try Rugby Day, MPW, P1-3 (The Great Hall, 09:00-09:30) Year 8 Meeting, Great Hall, 09:55-10:20 All Schools Triathlon (Individual + Relay), SIRC Class tests: 9MaS-P2, 10MaA-P3	1 *** Marching Band Rehearsal, MPW, 08:00-09:00 Excursion: DT, Shape seminar, 2019 Power House Museum, 11:30-14:30 Clean up Australia Day, 06:30-09:00 Morning collection: Bandage Bear Day, 07:30-09:00 Chess Selection Trials, Great Hall, 08:00-15:20 Class test: 9MaU-P4	2 Sport: Group 1 SHS v SGS, Group 2 SHS v SGS Rowing: SRC Regatta, SIRC Rowing: Shore Regatta, H&C Room Booking: Grad ready, Classrooms, 08:00-20:00 Room Booking: Grad ready, The Great Hall, 08:00-20:00	3 *** Room Booking: Grad ready, Classrooms, 08:00-20:00 Room Booking: Grad ready, The Great Hall, 08:00-20:00 Europe Music Tour Rehearsal, 09:30-12:30, Room 101 +
	6 C	4 Music Extension: The Great Hall, 08:00-09:00 Winter Sports Selections (online) Class test: 8MaA-P5	5 Marching Band Rehearsal, Great Hall, 15:30-16:30 HSC Assessment: 12SDs-P3 Tennis: NSWCHSSA Individual Tennis State Championships, Parramatta City Tennis, 08:00-15:00	6 Summer Sports Photos, 09:00-12:30 Rowing: Committee Meeting, Staff common room, 19:00 Room booking, 506, 801, 16:30-20:00 Yoga: The Great Hall, P4-5 Lawrence Campbell Oratory Committee AGM, Board room, 17:00	7 Year 7 Meeting, Selected Locations, 09:55-10:20	8 Basketball: CHS Opens KO Round 2 Marching Band Rehearsal, MPW, 08:00-09:00 International Women's Day Assembly, Great Hall, 10:15-11:00 Debating: Eastside Cranbrook v SHS Debating: Fed SHS v Scots Swimming: GPS Competition 3, 18:45 (SOPAC)	9 Sport: Group 1 SHS v SGS, Group 2 SHS v SIC Rowing: Riverview Gold Cup Room Booking: Grad ready, The Great Hall, 08:00-20:00 Parking: Waratahs v Reds, 19:45
7 A		11 Mufti Day BBQ - Lak Saviya/KRMV (Y10 Charity) Music Extension: The Great Hall, 08:00-09:00 P+C Executive Meeting, Board Room, 17:30 P+C Meeting, Great Hall, 18:30 Principal's HSC & ATAR Presentation	12 Zone Swimming Carnival, Botany Pool Rowing: Assembly, Great Hall, 09:50-10:35 (9, 11, 12) School Council Meeting, Board Room, 17:30-19:00 Marching Band Rehearsal, The Great Hall, 15:30-16:30	13 *** Last day of Summer Sport (Years 10-12)(non-rowers) World's Greatest Shave Excursion: French Film Festival, 09:00-12:30, Year 10 + 12 French classes, Chauvel Cinema, Paddington National Latin Exam Periods 1 and 2 in Hall (Years 9-12) Cricket: Committee meeting, 901, 18:00	14 Selective Schools Entrance Test for Year 7 2020, Great Hall, 08:00-15:20 World's Greatest Shave Preliminary HSC Assessment: Ancient History, P1 - room 211 Junior Rowing Photos, Abbotsford, 14:00 Last day of Summer Sport (Years 7-9)	15 The Great Hall, Refurbishment Excursion: US Technology Tour excursion - Baraja, 09:00-15:15 World's Greatest Shave, events lunch 1+2 Marching Band Rehearsal, MPW, 08:00-09:00 Debating: Eastside SGHS v SBHS Debating: FED SHS v MLC Parking: Roosters v Rabbitohs, 19:40	16 Sport: Group 1 SHS v SJC, Group 2 SHS v SJC Water polo: Thomas Whalen Cup, 1sts and 16As The Great Hall, Refurbishment
	8 B	18 *** The Great Hall, Refurbishment Music: HSC Music 1, 2 + Extension Workshop, The Great Hall (SBHS, SGHS, NSBH, NSGH, JRHS) International Mathematical Modelling Challenge, selected year 9 students Elevate: Junior time management, Year 8, P1, selected students Basketball: GPS try-outs,	19 The Great Hall, Refurbishment Year 12 Meeting, Great Hall, 09:55-10:20 Excursion: Year 9 Science, Long Reef Marching Band Rehearsal, Great Hall, 15:30-16:30 Harmony Day	20 *** The Great Hall, Refurbishment Year 11 Meeting, Great Hall, 09:55-10:20 International Mathematical Modelling Challenge, selected year 9 students Summer Sport Reports to be submitted to W drive Summer Sport record reports Change to Winter Sport (Years	21 The Great Hall, Refurbishment Change to Winter Sport (Years 7-9)(non-rowers) Basketball: Sydney East CHS Opens KO; Rounds 3, 4 Basketball: GPS training and dinner, Riverview, 16:00-21:00	22 *** The Great Hall, Refurbishment International Mathematical Modelling Challenge, selected year 9 students Science: Year 8 Excursion, Australian Museum and Botanical Gardens, all day Marching Band Rehearsal, MPW, 08:00-09:00 Debating: Eastside SHS v SGS	23 The Great Hall, Refurbishment Rowing: GPS Head of the River, SIRC Parking: Waratahs v Crusaders, 19:45