



From the Principal High Talent



Zenith is a Student Opportunity Handbook that has been emailed to students and placed on the student portal. It is a comprehensive compendium of activities that students at High have access to. It is entirely a student conceived and executed initiative. Thank you to Harry Wu (11R) and his editorial team for all their work – Ryan Ong (11M), Yifei Wu (11E), Ashwin Rao (11M), Teodulfo Jose Reyes (11S), Dean Nguyen (10S), Anson Chan (11T), Yu Ming Lee (10T) and Abrar Chowdhury (9F). Thank you to Ms Pride for her mentoring of the boys during this project. At the 2020 Sydney Olympic U15 Cup, Oscar Shi (8s) won a bronze medal in sabre. Great job, Oscar! Kieran Guan (12R) represented Australia at the Winter Youth Olympic Games held last month in Lausanne, Switzerland. Kieran was the only short track speed skater from Australia qualified for the competition. Kieran competed in two events 1000m and 500m. His final ranking was 14th out of 32 for the 1000m. Congratulations, Kieran, on your efforts as an Australian Youth Olympic representative!

At the first GPS swimming carnival our High team had some great results. Peter Zhao (9T) won the 14 years 50m freestyle Division in 28.41. Fraser Wait (9S) won the 15 years 50m freestyle Division in 26.80. Brian Ahn (8M) won the 50m breaststroke in 36.35 and came 2nd in the 14 years freestyle Championship in 28.12. Jaden Yi (9T) won the 15 years 50m freestyle in 26.65, placed second in the 15 years 50m



breaststroke and came 3rd in the 100m freestyle. Leo Zhuang (7M) won the 13 years 50m breaststroke in 39.39. Ike Matsuoka (11M) came 2nd in the 17+ 400m individual medley and

3rd in the 800m freestyle. Jasun Xu (8E) was 2nd in the 14 years 50m breaststroke. Benjamin Marcellino (8R) placed second in the 14 years 100m freestyle. Brian, Benjamin, Peter and Jasun teamed up to win the 14 years 4x50m freestyle relay. Jaden, Fraser, Edward Brownlie (9M) and Edwin Cho (9S) won the 15 years 4 x 50m relay.

Weights Room for 2020

High's weights room offers exceptional value for money. The room has appropriate equipment for preparing the bodies of teenage boys and crucially, it is constantly supervised.



When handling weights technique is vitally important, and boys need to learn the correct way to lift. Kurt Rich, our Head Strength and Conditioning Coach, is a well-credentialed and experienced trainer. His presence ensures that the boys are training safely and sensibly. So, as well as getting gym facilities, **members have a trained supervisor and adviser to help them during their unlimited visits.** The Weights Room operates much more effectively if all boys get 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 and better strength outcomes for participants. Hence, we decided to close off memberships by the end of February each year. Boys who have not paid by that time can no longer attend the weights room.

Costs for this service are held down to a minimum and reduced by boys taking out a full year's membership. For 2020, a **full year** Weights Room membership costs **just \$258**. Boys wishing to have full year membership must register and pay by **Friday 28 February, 2020**. There will be no extensions of time. MICs or coaches wanting to enrol a team or squad in the weights room after 28 February may negotiate with the Principal.

Appreciation for Doing The Right Thing.

I received the following email last Friday.

'By chance yesterday I found myself travelling from Surry Hills to Central on the light rail. It was a little after school had finished for the day, so the carriage was full of boys. As I entered two of your boys stood, without any encouragement, left their seat and asked me to take it. While no doubt I look old to young boys I am only in my early 60s, fully mobile and thus their actions were not necessary. I was surprised, being used to typical student behaviour on other lines, and very impressed - they are great young gentlemen. You and your team are doing a wonderful job if those boys are typical of your school. Best wishes to you, your team and your boys...'

I commend the students concerned and hope that every High student travelling by bus, train or light rail, would behave in the same way. Be mindful of others when on public transport.

Summer Sports Assembly

Our special guest, Peter Nevill shared with the assembly his story of persistence, disappointment and eventual success as a professional cricketer. His key message was to persevere against the odds if you have a dream. Peter had to leave Victoria when his contract was not renewed and move to NSW in 2009 for a fresh start. Ultimately, he played test cricket for Australia 2015-16, taking 61 catches and making 468 runs @ 22.3. He was proud to have been able to live his dream and realise his goal, no matter how long it took. My speech to the assembly is reprinted below:

'Turning to our other focus for this morning's assembly, summer sport, I extend a warm welcome to our special guest Peter Nevill, NSW Blues cricket captain. I want to acknowledge our teams on their term 4 efforts in 2019 and encourage them to work hard together for the rest of the season. Our cricket program is being led again by David Smith as MIC and cricket Coaching Coordinator and Darius Visser first XI coach. Thank you to all our coaches and to the members of the Cricket Committee for their work. In basketball, MIC, Coaching Coordinator and first grade coach, Ben Hayman, has again managed a successful program. The Basketball Committee members are as tireless as ever in their support. Thank you to everyone involved! In sailing, I want to thank MIC Matt Cotton for his efforts again this year. His relationship with Woollahra Sailing Club is strong. The boys have their own coaches. I would like to recognise the work of Sailing Committee in raising funds for sailing through their catering for school events. Thank you to Jessica Millar, MIC of Water Polo for her efforts this year. Peter Loizou is continuing as MIC of Swimming. Thank you again, Peter. I trust school support for the GPS carnival will remain strong. Well done to Kurt Rich has managed tennis very effectively as MIC of tennis and to David Deep, our Coaching coordinator and Head Coach. We have high hopes for the GPS

competition this year. I congratulate all boys selected in GPS teams this season. Remember, automaticity in skills can only evolve from sustained, deliberate, intense and purposeful practice. I wish you all well.'

Dr K A Jaggar

Principal

Meet the 2020 Prefect Intern

Could you give us an introduction about yourself and your role?

My name's William Winter, I turn eighteen in May, I'm a Taurus, pop culture lover, Feminist, amateur singer, creative writer who's usually lost in my own thoughts, and lover of the oxford comma. My pronouns are he/him. As the Equality Prefect, my role in the school is to lead the Equality Committee in advocating for equal treatment for people of all ethnicities, religions, genders, and sexualities through programs such as Wear it Purple Day, as well as Poster competitions held throughout the school years. As the Arts Prefect, my role is to advocate for the Arts (and Humanities) as an important part of any student's education, and essential to a holistic experience in high school.



Why do you consider the Arts important in school?

The school has strong Art, Music, and Drama programs, and as the school's current longest-serving drama student, I feel it's so important to promote the great work our students not only perform, but often devise themselves. The Arts are integral to people's lives – we all consume art, and music, and cinema, and television,

and cultivating artists who help produce this content is so important in ensuring the future is full of creatives helping ease life's sorrow and reminding us of the joy we so often forget.

What changes would you like to see in the culture at High?

Often, phrases used by students which find their origins in bigoted opinions are employed due to a lack of knowledge/understanding of the implications they can have. As a once closeted gay student at the school, although the community and teaching staff were highly supportive, hearing people passively use homophobic slurs felt degrading, not because they were necessarily homophobic, but as a vulnerable student it affected me easily. This can be applied to other minority groups in the school, especially considering our wide diversity of ethnicities and faiths which find their home here. I guess the biggest change I'd like to see is more understanding from students on the impact their words can have on vulnerable communities, especially in times like now with the extreme polarisation and politicising of people's identities.

What advice would you give to a student needing support?

Firstly, if the situation is urgent, go see a deputy or year advisor and speak to them. It can be intimidating and scary, but the staff at the school are here to support you, and will always prioritise your welfare. The school's anti-discrimination officer is Ms. Stephens, and you can report discriminatory incidents of any severity through the

'Discrimination and You' section of the Student Portal anonymously. The Prefects are also able to support you if you don't feel comfortable talking to a teacher or feel you can't, especially myself if you're seeking support regarding your gender or sexuality. I think the biggest thing to remember is that there is a whole world outside of school, and this is not your final form. You will grow, and change, and find your people if you haven't had the chance to do that here.

William Winter
Equality Prefect 2020
Arts Prefect 2020



The Community Services Committee, a Sydney Boys High institution run by students holds great significance to the High Spirit from its fundraising and charity collection events held annually. The first two events of 2020 are Bandage Bear Day and Clean Up Australia Day. They are both held on the 28th of February, from 6:30-9:00am. If you'd like to participate in either event, please grab a permission slip outside the science staffroom and return it, signed, to Mrs Ibbott's letterbox. We hope we'll see you there!

Jie Rui Lin (11F)





Sydney Boys High School Parents and Citizens Association

General Meeting

6.30 - 8pm, Monday 17 February 2020

Venue: The Great Hall

Agenda

- 1. Welcome and present and apologies**
- 2. Minutes of last meeting & matters arising**
- 3. Treasurer's Report Amy Sim.**
 - a. Motion 1 – That we donate \$1,575 to the SHS Foundation for sponsoring the P&C's after school fitness program in 2019
 - b. Motion 2 – That we donate \$1,100 to the school to pay for fittings for a donated commercial coffee machine in the gym canteen
 - c. Motions 3 and 4 on parking and reimbursements
- 4. Principal's Report Kim Jaggar**
- 5. Other Business**
 - a. Presentation: Dr Kim Jaggar, *HSC Statistics and Results for SBHS 2019*
 - b. What goals should the P&C pursue in 2020?
- 6. What did we do well or poorly this meeting? How can we do it better?**
- 7. Meeting close**

Next P&C Meeting: 19 Feb 2020



Sydney Boys High School Parents and Citizens Association

Welcome Evening for New Parents to Sydney Boys High

Wednesday 19 February 2020

5.30 - 8pm,

Venue: The Great Hall

A P&C Welcome Evening for new parents will be held in the Great Hall from 5:30pm to 8pm, having been postponed due to the 14-day coronavirus quarantine period.

This event is a great opportunity to learn a bit more about the school and its processes including a Q&A session, while also getting the opportunity to meet other parents and staff within the school.

Please register your attendance on this link: <https://bit.ly/2vAV3Hu>

Please do not bring your son (the newly enrolled boy) or other younger children. There is no crèche available and sitting in the hall may be uncomfortable for some young children.

There will be bilingual parent mentors available to help you to translate if needed.

Geoff Waring
P & C President

Next P&C Meeting: 9 March 2020



High Canteen Needs YOU

Open daily from 8.30am, High Canteen raises substantial funds for school projects each year. This is possible only due to the prudent business model adopted by canteen managers Karen & Tracey as well as the generosity of our parent volunteers. Our parent volunteers in fact, form the backbone of our school canteen.

Each day, 3-4 parent volunteers are required to help



**Thanks
to Our
Volunteers!**

prepare our extensive menu that includes soups, salad, hot and cold rolls, sushi, wraps, sandwiches, burger, rice and pasta. Parents also serve at canteen windows during recess & lunch. This greatly reduces our operating costs and allows canteen to revert all profits to P&C. Our extensive menu and reasonable prices can only be sustained due to the valuable

contributions of the parent volunteers who so generously give their time.

If you have a few hours to spare each month, please ring 9662 9350 or email canteen@sbhs.nsw.edu.au.

Many hands make light work. Full training will be provided and language is no barrier. Canteen is a welcoming workplace and offers a great opportunity to network and learn about High values & ethos. **Working with Children's Check is essential.**

The following were our parent helpers for December 2019 and first week of 2020:

MON: Susan Mitchell, Likang Wang, Winnie Chan,
TUE: Mook Kooi Loo, Arti Shah, usha Arvind,
WED: Razni Nazar, Anita Bu, Qing Chen, Yasmin Khan, Dimi Barlas,
THUR: Sue L Lee,
FRI: Min Wei, Anju Sharma, Ru Zong Rong,

MON: Anita Bu, Razni Nazar,
TUE: Kathy Cowan, Shirley,

WED: Lynn Teo, Joanne Wong, Hong Wu
THUR: Vivian Huang, Kim Xie
FRI: Olexandra Putilina

MON: Binita Ghosh, Lisa Fackender
TUES: Diep Do
WED: Letty Chan, Ashley Leong, Jin Song, Zinda Yi
THUR: Letty Chan, Jocelyn Papal-latoc
FRI: Riwen Dixon

MON: Belinda Whitfield
WED: Yasmin Khan, Ria Lam, Dimi Barlas

Seeking New Committee Members

High Canteen is managed by a sub committee of P&C. We are urgently looking for parent volunteers to take on committee positions such as president, secretary, volunteer coordinator. Committee meets at school on a second Friday. Full training will be provided by outgoing members. Bulk of role can be conducted remotely. All members of current committee retire in 2020.

High Canteen is a Healthy Canteen

Please continue to support the school canteen as we expand on the healthy eating initiatives. Embracing fresh and wholesome foods, reducing portion sizes and knocking back sugary treats are the pillars on which the strategy is founded. Our already extensive menu is constantly updated with seasonal variations and daily specials. We also cater to special dietary needs. Check out the new menu. Did you know that you can pre-order online and in person before morning bell. This will also help reduce food wastage and cut back waiting times.

Cashless Payments

We encourage more students to use the tap n go payment option through Student TAG. Check student or parent portal for further details. This greatly reduces waiting times and cash handling.

Usha Arvind
President Canteen Committee





End of Season 2019-20 Dinner

All players and parents are warmly invited to help celebrate Sydney Boys High School annual dinner marking the end of cricket season for 2019-20. 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 21 March 2020 at 6.15pm for a 6.30pm start.

Where: The Great Hall, Sydney Boys High School

Cost: \$20 for students (or any child under 12), \$30 for each adult

RSVP: Latest by Monday 16 March 2020

Dress code: Students must wear full school uniform. Smart casual for others.

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

Sydney Boys High School Cricket Dinner 2020

Student Name: _____ **Roll Class:** _____

How many Tickets (students and anyone 12 years or under): _____ tickets @ \$20 per ticket.

How many Tickets (adults): _____ tickets at \$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: _____



Music Recruitment Night

Thank you to all parents, guardians and students who attended last week's Music Recruitment Night on Thursday 6 February. Thank you to Parents and Guardians who filled in the online SBHS Music Performance. As notified via email and/or SZapp:

MUSIC ENSEMBLES

If you have signed up for the school's music ensemble(s), please see the 2020 Music Ensemble schedule below. Please attend the relevant ensemble rehearsal(s) that your son has signed up for. Please check the DAY, TIME & ROOM. Ensemble Conductors will give instructions to new students who are new to the school and/or to the ensemble. Please ensure to arrive at least 5-10 minutes prior to the rehearsal to unpack/tune/set up the room. NB:

The Philharmonic Orchestra has been reverted back to its original rehearsal time i.e. Wednesday morning 7.30am in Room 204.

MUSIC PRIVATE INSTRUMENTAL LESSONS

If you have signed up for Music Private Instrumental lessons held at SBHS, you will be contacted by the relevant instrumental tutor within 2-weeks and/or sooner to schedule lesson time[s].

If you do not receive a call or email by an instrumental tutor after 2-weeks, please do not hesitate to contact the music department.

If you were unable to attend the Music Recruitment Night and interested to know more about the Music Academic & Performance Program and/or would like to sign up for private instrumental lessons and/or ensemble(s), please check the SZapp, posted on 10 February, or you can pick up the handout located outside the Music Department.

2020 Music Ensemble 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	Intermediate Stage Band Room 101 7.45am – 8.45am	Senior Strings Ensemble Room 101 7.45am – 8.45am
Intermediate Concert Band Room 201 7.45am-8.45am	Symphony Orchestra Room 201 7.45am – 8.45am	Senior Stage Band Room 201 7.45am – 8.45am	Philharmonic Orchestra Room 203 7.30am – 8.30am	Marching Band MPW 8.00am – 9.00am <i>Term 1 & 4 ONLY</i>
Guitar Ensemble Room 202 7.45am – 8.45am	Guitar Ensemble 2 Room 202 3.30pm – 4.30pm		European Music Tour String Ensemble Room 204 7.30am-8.30am	European Music Tour Concert Band TBC Room 201 [T4] 7.45am-8.45am
Chamber Choir 7.45am-8.45am Room 203	Marching Band Room 204/GH/MPW 3.20pm-4.20pm <i>T1 & T4 ONLY</i>			
	European Music Tour Concert Band Room 201 [T2-T4] 3.30pm – 4.30pm	Percussion Ensemble Room 201 3.20pm – 4.20pm		

Please note the schedule is subject change (Check with Ensemble Conductor and/or the Music Department)

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

2020-2021 Parent/Guardian Music News and Future Notifications

In addition to the weekly High Notes, there are currently TWO communication methods the Music Department is notifying parents and guardians regarding upcoming Music Events e.g. Music Camp/Music Workshops/Music Committee Meetings.

PLEASE NOTE: All future music news and notifications will be transitioned to **SZapp** at the start of 2021.

For now, there are two communication methods for parents and guardians, please see the two options below.

Option #1: Please download **SZapp** from the Apple App Store or Google Play and subscribe to **MUSIC**. Installation guide is in High Notes

Option #2: 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, and 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

Music Ensembles & Private Instrumental Lessons

Private Instrumental lessons and ensembles have commenced this week.

Most ensembles will be running at the same time as last year's schedule. Some ensembles may not commence till later. 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).

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 make sure the door is closed at ALL TIMES.

2020 Term 1 Music Events Calendar

Week	Date	Event	Music Students Involved
Week 3A	Sunday 16 February	European Music Tour Ensemble Rehearsals 9.30am-11.30am: Percussion Ens. 10.30am-11.30am: String Ens. 11.45am-1.45pm: Crt Bd + String Ens.	EMT Concert Band EMT String Ensemble EMT Percussion Ensemble
Week 4A	Tuesday 18 February	Years 10-12 Awards Assembly, 9.55am Great Hall	Theodore Qian (12R) Tim Liao (12R)
Week 4A	Tuesday 18 February	Presentation Night, 7pm, Great Hall	Theodore Qian (12R) Tim Liao (12R) Yung Kim (12R)
Week 4A	Wednesday 19 February	Years 7-9 Awards Assembly, 9.55am Great Hall	Theodore Qian (12R) Tim Liao (12R)
Week 4A	Wednesday 19 February	Welcome to New Parents Evening	Musicians: Kalaish Stanley (11S), Andrew Gu (11F), Rhys Shariff (11S)
Week 6C	Sunday 7 March	European Music Tour Ensemble Rehearsals	EMT Concert Band EMT Stage Band EMT String Ensemble EMT Percussion Ensemble
Week 8B	Monday 16 March	ENCORE, 7pm at Angel Place City Recital Hall	Elective Music Students Years 10-12 only
Week 8B	Tuesday 17 March	European Music Tour FINAL MEETING prior to departure	All 50 European Music Tour Students and at least one parent/guardian

Music Events are continually added and are subject to change

Music Department

P: (02) 9662 9300

E: music@sbhs.nsw.edu.au





Sydney High Regatta 8 February 2020

The Rowing Committee did a fabulous job in preparing Bayview Park with food, drinks and programs to ensure the annual Sydney High Regatta was a well-prepared event. Not even the predicted high winds and heavy rainfall stopped the parents from putting on a wonderful event. All quads got to showcase their improved skills and all learnt valuable lessons in how to row hard and well on race day.

MHS exchange 5-8 February 2020

The second leg of the MHS exchange resulted in a change of fortunes for Sydney High Rowing. After winning

only two of six races in Melbourne the Sydney High School Year 10 Vllls stormed out of the blocks to win the opening races of the Sydney leg. After some hard racing on a wet and windy day of racing on Friday Sydney High won back the Parra Yarra cup.

Crew of the week – Year 9 3rd Quad – finished 2nd place at the High Regatta
Tim Trent

Key Dates Coming Up

Event	Who
All Schools Regatta – H+C – 15 February	Junior Crews
CHS Regatta – SIRC – 21 February	Selected rowers
Newington Regatta – H+C – 22 February	Non CHS Rowers
Riverview Gold Cup – 29 February	Selected crews





With the much-needed rain falling all at once over the weekend there were no matches played.

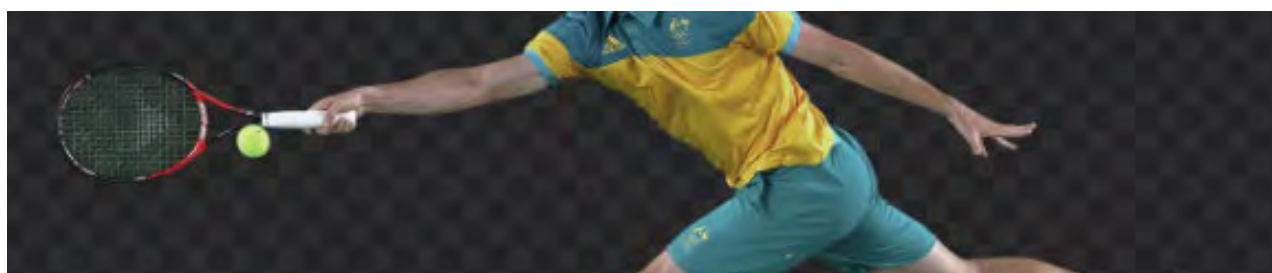
Week 4 Schedule Below

Term 1 Week 1 - 7					
Group	Monday	Tuesday	Wednesday	Thursday	Friday
1st-3rd	School 7:15-8:45am		School 1-3pm	Eastcourts 1-3pm	School 7:15-9am
4-8th	<u><i>All Tennis Players Attend Sprints Monday's 3:15-5pm @ MPW</i></u>	School 7:15-8:45am	Moore Park 1-3pm	School 7:15-8:45am	
16's			Eastcourts 1-3pm	Moore Park 7:15-8:45am	
15's			Moore Park 7:15-8:45am	Eastcourts 1-3pm	
14's			School 7:15-8:45am	Moore Park 1-3pm	
13's		Moore Park 7:15-8:45am		School 1-3pm	
Development Squad		Development Squad are to train with the 4-8th grade in the mornings and 15's During Sport Time. They will also have a session every Saturday at Moore Park 12-2pm			

Remember if your son cannot attend a training session or Saturday fixture, an email must be sent to:

Absences.Sport@sbhs.nsw.edu.au

Kurt Rich
MIC Tennis



SHOOTIN' HOOPS

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Welcome again to another Shootin' Hoops for the 2020 Season! Last week, High faced St Joseph's College, one of the weaker teams in the competition.

1st Grade

High's Firsts played out a very comfortable game against Joeys, winning by an ensuring 13 points. Led by Eoin Fitzgerald with his effortless scoring, as well as Mitch Sawyer with an impressive 18 productivity, High followed Mr Hayman's plan and dominated the majority of the time. Joey's big crowd made for some great energy in the gym once again, keeping things interesting and tight at certain joints of the game. Our Firsts' multiple efficient defensive possessions inevitably meant trouble for Joeys, who found themselves helpless against our lethal offensive weapons inside and out. Promptly, another easy game for First Grade, who maintain their insatiable hunger for winning the premiership this season and play a lot of great teams in the coming weeks. Support them in our gym this week!!



2nd Grade

Seconds also faced Joeys this round, and were down a crucial big man, with Yi Tian Zou unfortunately out for the season with a dislocated finger. Nonetheless, our relentless thirst for a comeback from the last game we



played still shined through. Talent and skill from William Jovanovic, with his sweet 15 points, and Andrew Kim's 9-point debut were positives that essentially guided the way for a 53-42 W. However, the most vital part of this win was doing the deed of what Seconds were told to get done. *Limiting turnovers, boxing out, grabbing boards, and staying positive towards each other all the time. High accomplished all facets, and as such it came to no surprise when we eventually overcame Joeys when the buzzer sounded. Seconds look to take out a 'must win' game this coming Saturday against Scots.*

15's

The 15A's were the only 15's team that competed, due to the rainy conditions. Unfortunately falling short by ten points in the loss, many positives were taken from this game. Once again Danil Vasiliev led with 15 points, as the 15A's strive to improve their chemistry and overall game. Gallant effort boys!

Make sure to keep grinding, and remember to come and support Sydney High's 1st and 2nd Grade teams this Saturday. The 2nd's ball up at 10:00am and the 1st at 11:15am on the High Courts.

Award scheme points if you get your ID card scanned after the firsts with Mr Higgins.

Go HIGH! Play Hard, Play Smart and Play Together!
Thanks to everyone who makes Shootin' Hoops possible
Brought to you by Brian Tran and Edward Ly

High	Vs	Joeys	Term 4, 2019 (last time)
TEAM	RESULT	SCORE	TOP SCORER
1st	2 ND RASCHKE CUP TO SCOTS	68-62	A.GORDON 17.5 EFFICIENCY
2nd	LOSS	47-62	K.LIE 10
3rd	LOSS	38-25	E.CAO 8
4th	WIN	30-22	J.BARUAH 10
5th	LOSS	19-49	S.LEE 11
6th	LOSS	35-26	A.LEE 12
7th	WIN	29-25	K.MAO 10
8th	DRAW	24-24	TEAM EFFORT
9 TH	WIN	30-26	T.ZHOU 8
10 TH	WIN	24-23	TEAM EFFORT
16A	WIN	39-24	J.ROBERTO 17
16B	WIN	33-28	I.HUYNH 11
16C	WIN	51-24	M.RAHME 19
16D	WIN	33-26	TEAM EFFORT
16E	WIN	44-26	I.CHAN 12
16F	LOSS	26-36	S.MO 10
15A	LOSS	33-49	J.LIU 8
15B	LOSS	27-28	E.KWANG 11
15C	WIN	32-18	D.LOGOTHETIS 10
15D	WIN	16-31	E.HAN 10
15E	LOSS	31-39	J.PANG 8
15F	WIN	32-18	B.ZHANG 10
14A	WIN	29-19	TEAM EFFORT
14B	LOSS	17-24	TEAM EFFORT
14C	DRAW	12-12	K.AHMED 6
14D	DRAW	20-20	R.WANG 5
14E	WIN	46-10	TEAM EFFORT
14F	WIN	31-20	TEAM EFFORT

High	Vs	Joeys	Term 1, 2020 (THIS TIME)
TEAM	RESULT	SCORE	TOP SCORER
1st	WIN	70-57	E.FITZGERALD 22 POINTS, M.SAWYER 18 PRODUCTIVITY
2nd	WIN	53-42	W.JOVANOVIC 15, A.KIM 9, E.LY 10
3rd	LOSS	42-23	A.LAI 8
4th	LOSS	29-38	A.NGUYEN 6
16A	WIN	40-35	K.LIE 13
16B	WIN	30-18	M.RAHME 15
16C	WIN	39-55	P.FANG 21
16D	LOSS	30-40	TEAM EFFORT
16E	LOSS	25-32	TEAM EFFORT
16F	LOSS	25-27	TEAM EFFORT
15A	LOSS	34-44	D.VASILIEV 15
13A	LOSS	26-54	TEAM EFFORT





SBHS Weights Room

The Weights Room is free to trial all of February. It is open Monday to Friday 7-9am and Monday to Thursday 3:15-5pm. Boys are highly encouraged to participate in this program. The full year membership (finishes February

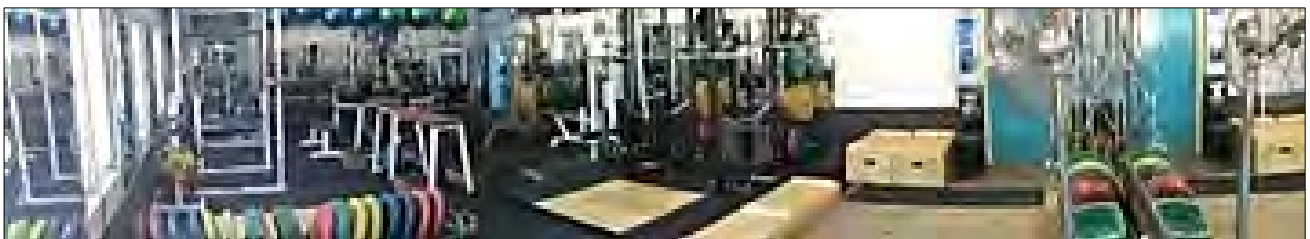
2021) is \$258 which includes holiday training. Fees must be paid at the school office.

Kurt Rich

Head Strength & Conditioning Coach



Year 7 Weights Room Members 2019



SBHS Weights Room

HIGH RUGBY COMMITTEE AGM 2020

Help be part of another great year of High Rugby

Monday 24 February 2020 6.30 pm - SBHS Staffroom

Everyone welcome.

Many boys leave SBHS saying the best decision they made at SBHS was to play Rugby because **friendships made through High Rugby last a lifetime.**

We encourage all SBHS parents to attend the AGM for Rugby. All positions are vacant and all nominations are invited via email to: CottonM@sbhs.nsw.edu.au

The program can't function without parent support so please come along and join the team.

Matt Cotton
MIC SBHS Rugby



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

SYDNEY BOYS HIGH STORE & CLOTHING POOL
AUTUMN / WINTER PRICE LIST 2019

SCHOOL UNIFORM			SPORT UNIFORM		
BLAZERS	6-8 weeks delivery from date of order		PE / HOUSE SPORT	PE Polo	\$40.50
	From	\$295.00		Black Short with logo	\$40.50
				Sport Socks	\$9.90
PANTS	Trousers - Junior, Dark Grey	\$79.00			
	Trousers - Senior, Light Grey	\$79.00			
SHORTS	Grey College	\$55.00	TRACKSUITS (sold as separates)		
				Microfibre Jacket	\$95.00
BELTS	Black Leather	\$20.00		Microfibre Pant	\$65.00
SHIRTS	Sky Blue & White, Short Sleeve with Crest				
	Sizes 10 - 14	\$28.00			
	Sizes 16 - 22	\$30.00			
	Sizes 24 - 28	\$32.00	ATHLETICS	Singlet	\$55.00
				Short	\$49.50
	Sky Blue & White, Long Sleeve with Crest			HIGH Training Top	\$79.00
	Sizes 10 - 14	\$30.00			
	Sizes 16 - 22	\$32.00			
	Sizes 24 - 28	\$34.00			
JUMPERS	Up to Size 14	\$92.00	CROSS COUNTRY	Top	\$69.00
	Sizes 16 -22	\$96.00			
	Sizes 24-26	\$100.00			
SOCKS	Anklet SHS Colours	\$9.90	FENCING	Top with SHS Logo	\$55.00
	Knee High SHS Colours	\$15.00			
	Sport Socks	\$9.90			
TIES	Junior	\$28.50	RUGBY	Jersey Fitted	\$79.00
	Senior	\$31.50		Titanium Short with Crest	\$49.50
	Prefect	\$27.50		High Rugby Bottle	\$9.90
	Old Boys	\$27.50		Socks	\$20.00
	SRC	\$33.00			
CAPS	HIGH Beanie	\$27.50	SOCCER	Jersey Sky & Choc Stripe	\$65.00
	SHS Cap	\$22.00		Short Matching Design	\$50.00
	Bucket Hat	\$27.50		Training Top	\$35.00
				Socks	\$20.00
BAGS	Backpack with Lap Top Section	\$95.00			
	Hav-a-Sak	\$33.00			
	Sports Bag	\$71.50			
ART	Progressor 2B Pencil	\$5.50	VOLLEYBALL	Polo Top Numbered	\$68.00
	Progressor 4B Pencil	\$5.50		Short with Sydney High	\$55.00
	Visual Art Diary A3	\$11.00		Socks with SHS Colours	\$9.90
	Visual Art Diary A4 120 page	\$9.90			
DESIGN & TECHNOLOGY					
	DT Apron	\$12.00	WET WEATHER	Umbrella (Golf)	\$33.00
MATHS	Calculator	\$40.00			
	Compass	\$1.75	SCARF	SHS Scarf	\$22.00
	Grid Book 96 page	\$2.95			
	Protractor	\$0.75			
MUSIC	Music Book	\$2.95			

SYDNEY BOYS HIGH STORE & CLOTHING POOL

AUTUMN / WINTER PRICE LIST 2019

RESTED MEMORABILIA

Bridge Scorer	\$11.00	Mug - new	\$22.00
Car Number Plate Cover	\$39.95	Pen	\$8.80
Car Sticker	\$4.50	Pencil Case	\$9.90
Cufflinks (Stainless Steel) - new	\$66.00	School Centenary Book	\$15.00
Drink Bottle (Stainless Steel)	\$18.50	Spoon	\$5.50
Foldable Chair	\$49.50	Sticker	\$1.10
Letter Opener	\$6.50	Wine Glasses (set of two)	\$44.00

OLD BOYS MEMORABILIA

OBU Tie	\$27.50
GPS Tie	\$40.00
Sydney High Hoodie Grey Marle	\$77.00
Cufflinks (Stainless Steel)	\$66.00

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 address.

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

PAYMENT

Cash, Eftpos, Mastercard, Visa or Cheque payable to HIGH STORE.

GOODS & SERVICES TAX (GST)

GST is included on all prices listed.

BLAZERS

GPS Pocket	\$31.00
Music Pocket	\$35.00
Prefect Bottom Pocket	\$52.00
Prefect Top Pocket	\$31.00
Service Charge	\$39.50
Dry Cleaning	\$16.50
Full Braiding	\$90.00
Embroidery Line	\$22.00
Embroidery Line Removal	\$33.00
Crossed Rifles or Swords	\$38.50
House Badge (cloth)	\$12.50

BADGES

Basketball (metal)	\$7.70
Cricket (metal)	\$7.70
Debating (metal) with attachment	\$8.95
Fencing (metal)	\$7.70
Orchestra (metal)	\$4.40
Rifle (metal)	\$8.80
Rowing (metal)	\$7.70
SBH Lapel Pin (metal)	\$2.75

OPENING TIMES

Open During School Terms Only

Monday, Tuesday, Wednesday & Friday 10.30am to 1.30pm
Telephone 9662 9360

Canteen Price List 2020	
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		Lunch and Recess Items						
Breakfast					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		
Ham & 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	Focaccia - chicken/avo/cheese	\$3.50		
					Focaccia - chicken/mayo/cheese	\$3.50		
		Chicken & Coleslaw	\$4.00	\$4.60				
		Chicken & Lettuce	\$4.00	\$4.60	Garlic Bread (v)	\$2.00		
Fruit / Snacks		Chicken & Salad	\$4.00	\$4.60	Japanese/teriyaki don, noodleetc	\$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		\$4.00	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					Pide - sausage, chicken/mushroom	\$2.50		
		Ham & Tomato	\$3.40	\$4.00				
		Ham & Salad	\$4.00	\$4.60	Pide - spinach/cheese (v)	\$2.50		
		Roast Beef & Tomato	\$3.40	\$4.00				
Drinks		Roast Beef & Mustard & Lettuce	\$3.40	\$4.00	Pie - meat (sauce+20c)Garlo's	\$4.00		
300ml Plain Milk	\$1.20	Roast Beef & Salad	\$4.00	\$4.60	Mexi Wrap	\$4.20		
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 Wrap	\$4.00		
500ml 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	sushi (homemade)M T W	\$3.00		Steak & onion roll	\$4.00		
Juice Bomb	\$2.50	Sushi (Thur Fri)	\$3.80		Sweet Chilli Chicken Wrap	\$4.20		
Appletiser	\$2.50	Vietnamese Rolls	\$3.80		Traveller Pies	\$3.80		
Juice	\$2.50				Falafel Wrap	\$4.20		
LA Ice	\$2.50							
Cans Diet Coke	\$3.00							
Chill Aloe Vera	\$3.50				Miscellaneous			
Chill Iced Tea	\$3.50	Salad Boxes (meat or egg)	\$6.00		Tissues	\$0.60		
Waterford	\$2.50	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.			

2020 PRICE LIST	
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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

February/March 2020

14-02-2020

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 A	17 Basketball: CHS, 11:00-12:00, SBHS gym P+C Executive Meeting, The Great Hall, 17:30 P+C Meeting, The Great Hall, 18:30	18 Years 10, 11 and 12 Awards Assembly, Great Hall, 09:55-10:40 Presentation Night rehearsal (All prize winners), Great Hall, 11:50-12:50 Presentation Night, Great Hall, 19:00-21:00 Tennis: SE Trials, Illawarra Association Courts	19 Years 7, 8 and 9 Awards Assembly, Great Hall, 09:50-10:35 Welcome to New Parents of Incoming Students 2020, Great Hall, 17:30-20:00	20 Elevate: Kickstart, Year 7, P1, all students in normal classrooms HSC Assessment: English Extension 1-P4	21 Basketball: CHS Opens KO Round 1 (tbc) Rowing: CHS, SIRC Volleyball: SE Trials, Olympic Park Class tests: 9MaB-P1, 9MaL-P1 Prefect Bushfire Appeal, lunch 1+2 Debating: FED SGHS v SBHS Swimming: GPS Qualifying carnival, 18:45 (NC)	22 Sport: Group 1 SHS v TSC, Group 2 SIC v SHS Rowing: Newington Regatta, Hen and Chicken Bay Rowing: SRC Regatta, SIRC	23
5 B	24 Attendance and Progress Review (all Years) Year 10 Meeting, Great Hall, 09:55-10:20 Rugby: House Oztag Lunchtime competition, Y7 Rugby: Committee Meeting, Staff Common Room, 18:00	25 Year 9 Meeting, Great Hall, 09:55-10:20 Rugby: House Oztag Lunchtime competition, Y7 Class test: 10MaA-P3 Foundation meeting, 18:30-20:30	26 Rugby: House Oztag Lunchtime competition, Y7	27 Year 7 Try Rugby Day, MPW, P1-3 Year 8 Meeting, Great Hall, 09:55-10:20 Excursion: All Schools Triathlon, SIRC (selected students)	28 Clean up Australia Day, 06:30-09:00 Morning collection: Bandaged Bear, 07:30-09:00 Chess Selection Trials, Great Hall, 09:00-15:20 Debating: Eastside TSC v SBHS Debating: FED SHS v TSC Swimming: GPS Qualifying carnival, 18:45 (SOPAC)	29 Sport: Group 1 SGS v SHS, Group 2 SGS v SHS Rowing: Riverview Gold Cup	1
6 C	2 Winter Sports Selections (online) Class test: 10MaL-P3	3 Class tests: 9YH1, 9YH2-P3, 9ZH1, 9ZH2-P4 Excursion: HSC/Preliminary DT Seminar, 08:00-12:00 Water Polo: Sydney East CHS Open KO, Sutherland Leisure Centre	4 Summer Sports Photos, 09:00-12:30 Rowing: Committee Meeting, Staff common room, 19:00 Room booking, 204, 205, 16:30-20:30	5 Year 7 Meeting, Selected Locations, 09:55-10:20 Class tests: 9XH1, 9XH2-P1 Photos: Rowing, 14:00, Abbotsford Parking: Women's T20 World Cup	6 Basketball: CHS Opens KO Round 2 (tbc) Morning collection: Bandage Bear Day, 07:30-09:00 Excursion: Year 9 Science, Long Reef Debating: Eastside SBHS v Cranbrook Debating: Fed SHS v MLC Swimming: GPS Competition 1, 18:45 (SOPAC)	7 Sport: Group 1 SGS v SHS, Group 2 SHS v NC Rowing: Kings/PLC Regatta, SIRC Rowing: All schools Regatta, Hen and Chicken Bay	8 European Music Tour Rehearsals, 09:30-15:30, rooms 101+201
7 A	9 Mufti Day BBQ - Lak Saviya/KRMV (Y10 Charity) P+C Executive Meeting, The Great Hall, 17:30 P+C Meeting, The Great Hall, 18:30 Principal's HSC & ATAR Presentation	10 School Council Meeting, Board Room, 17:30-19:00 National Latin Exam (compulsory for students studying Latin from Year 9-12 inclusive), P1-2, Senior Library Volleyball: CHS Inter-Regional Carnival, Warriewood (tbc)	11 Last day of Summer Sport (Years 10-12)(non-rowers) Years 7 vaccinations and Year 8 catch ups, room 801, 09:00-13:00 Class test: 9WHs-P1 Cricket: Committee meeting, 901, 18:00 Volleyball: CHS Inter-Regional Carnival, Warriewood (tbc) Room booking, 204, 205, 16:30-20:30	12 Selective Schools Entrance Test for Year 7 2021, Great Hall, 08:00-15:20 Last day of Summer Sport (Years 7-9) Volleyball: CHS Inter-Regional Carnival, Warriewood (tbc)	13 Worlds Greatest Shave Debating: Eastside SBHS v SGHS Debating: FED Trinity v SHS Swimming: GPS Competition 2, 18:45 (SOPAC) Parking: ODI v New Zealand, 14:30	14 Sport: Group 1 SHS v TKS, Group 2 SHS v TKS	15 Parking: ODI v New Zealand, 10:30