



## From the Principal High Talent



Ryan Ong (12M) and Andrey Avramenko (12F) have placed second in the UNSW ProgComp grand final:

<http://cgi.cse.unsw.edu.au/~cupcake/progcomp/flask.cgi/2021/final>. Congratulations, boys, a wonderful effort in such a demanding competition.

## Preparing for Return to School

Parents are reminded that students aged 12 years and over are eligible to receive either the Pfizer or Moderna COVID-19 vaccination. NSW Health and the department are urging all students 12 and over to get vaccinated with either of these vaccines as soon as possible before returning to school. There is currently sufficient supply of the Moderna vaccine to community pharmacies and the Pfizer vaccine to General Practitioners. Bookings can be made via the [Vaccine Clinic Finder](#).



Depending on location, bookings are available within the next few days. COVID-19 vaccination is the best protection against severe illness and also reduces the risk of spreading COVID-19 to others. Getting vaccinated against COVID-19 now will help to protect both you, your family and your school community.

## Traffic Management for the Return to School

When students return to school, I appreciate that quite a few parents will want to drop off their sons in the mornings and pick them up again in the afternoons. In order for this process to run smoothly, parents need to do three things: follow the directions of our traffic marshals; stay in their cars at all times; and ensure that they are in contact by phone with their sons on arrival



read them carefully.

to expedite the pick-up process. In this edition of High Notes, we have published **traffic flow maps**, one for the morning and one for the afternoon. If you are intending to transport your son to and from school, I urge you to

In the mornings, entry by Gate 1 will mean continuing up Cutler Drive and dropping off near the main building and continuing out gate 10. Entry via Gate 2 will mean dropping off behind the gym and continuing around the gym and up the hill beside the Governors Centre to Gate 3 where you must turn left on exit. There will be no access via Gate 9.

In the afternoons, if parents enter via Gate 1 they will proceed up Cutler Drive to wait in the Junior Quad. Once their son is on board, they will proceed out Gate 10. If parents enter via Gate 2 they will be directed through the car park down to the parking area beside the High Store. Once their son is on board, they will turn left and proceed past the basketball courts and between the Governors Centre and the gym to exit via Gate 3, turning left.

For traffic jams and frustrating delays to be avoided, please comply strictly with the arrangements we have planned. Remember, several hundred cars arriving and leaving in a 15-minute window are difficult to manage.

## Year 12 References

A large batch of 196 Year 12 references was processed during the holidays and c.50 uploaded into Co-op Scholarship applications. I want to thank the team who produced the references – Yasmin Ilic, Bob Dowdell and Jamie Kay, Lynda Pinnington-Wilson on the data entry, collation and curation of the references. This year the process was smoother and the cooperation level from the students and staff was very high. Importantly, c.600 individual reference sheets were completed by c.70 + – a great effort and a really quick turn-around.

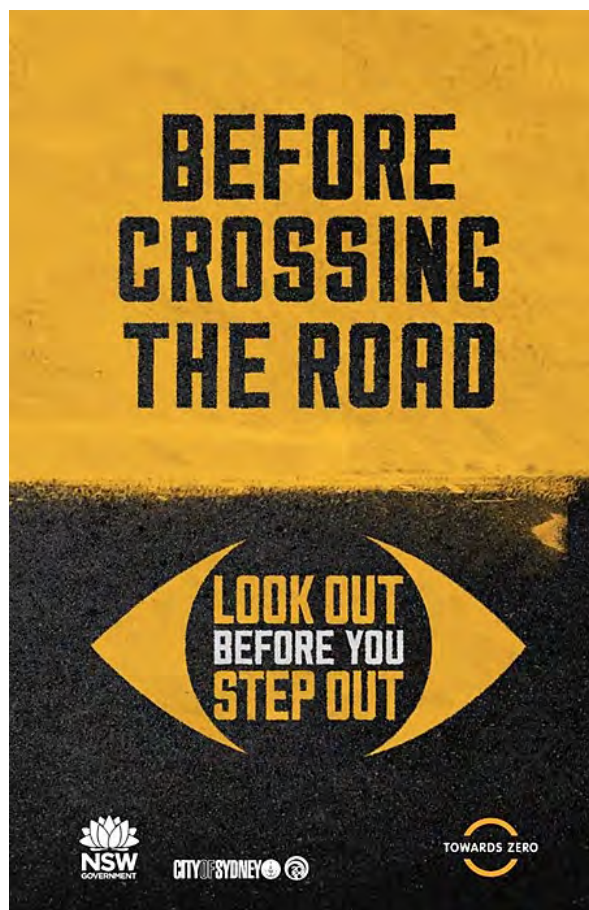
Thank you to everyone who contributed and especially to those who made personal comments about the character of the students they were assessing. It added depth, uniqueness and personality to the content of the references. It made my job a lot easier as the writer. Thank you to Brooke Ashton for the proof reading and printing of the references one at a time – due to the variety of font sizes.

### Year 12 Reports

Most Year 12 students have had a 5-minute Zoom meeting with the principal after which their reports have been moved onto the student portal so they can access them. I hope the remainder will book in next week or arrange a meeting to discuss their progress towards the

HSC. I was pleasantly surprised by the positive mindset and resilience shown by the boys. I hope very many of them will come to school next week to try their hands at examination conditions to do mock papers of their choice. I wish them all the best in their final preparations in the run up to the HSC.

Dr K A Jaggar  
Principal



## Music NOTES

### Term 4 Music Performance Program

Private instrumental lessons will remain ONLINE this term.

Due to ongoing covid restrictions, all music ensemble rehearsals are suspended until further notice.

Updates regarding the Music Performance Program will be notified to parents and guardians via SZapp and High Notes. Students will be notified via the Music Performance Canvas page.

### Parent/Guardian/Student Communication

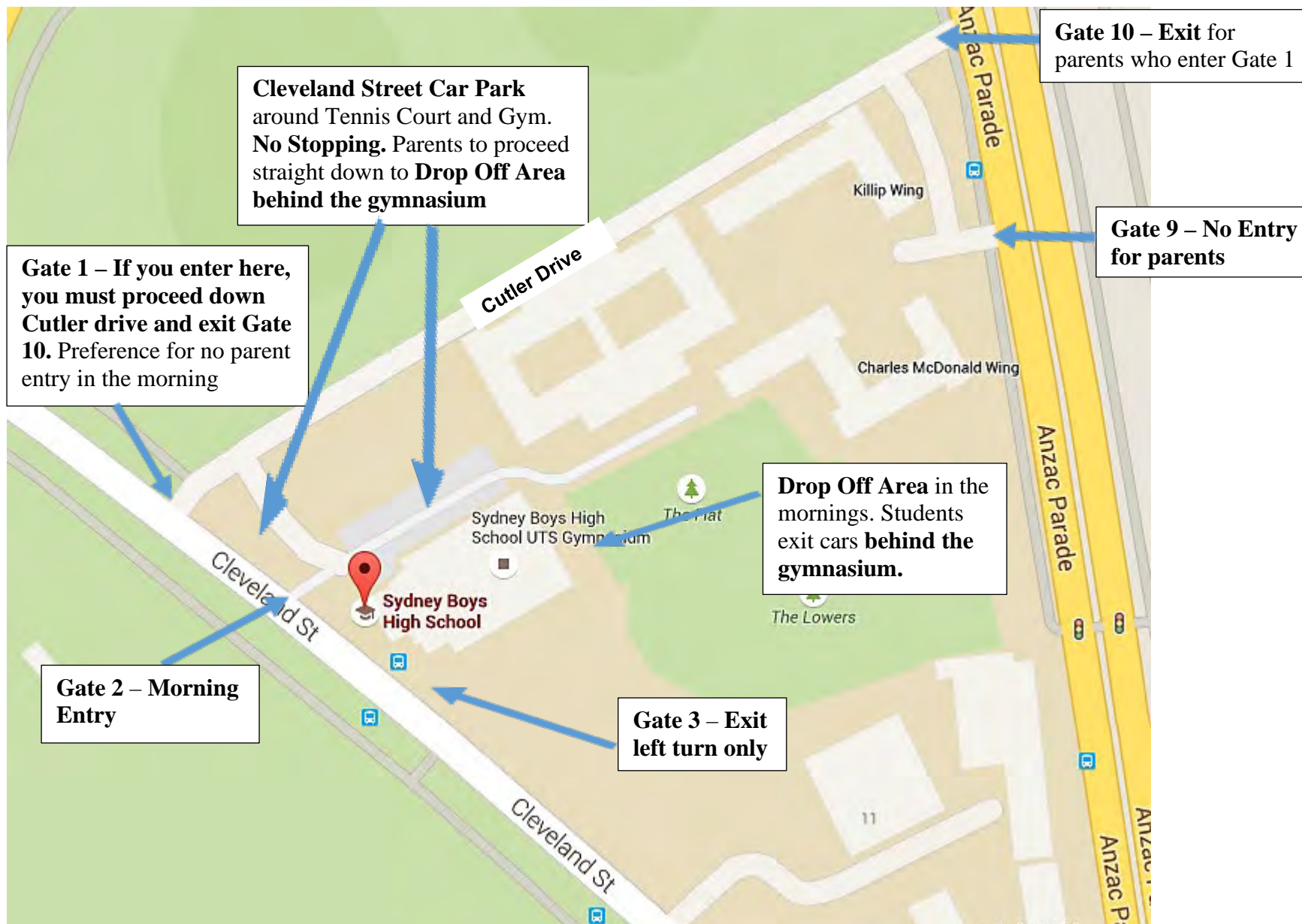
Parents and Guardians: Please download **SZapp** from the Apple App Store or Google Play and subscribe to 'MUSIC.' Installation guide can be found in the school's High Notes.

Students will be notified of any music news and notifications via the Music Performance Program CANVAS page, school's daily notices and High Notes. Students are responsible to read and keep updated of any Music Performance Program related events/material on a regular basis.

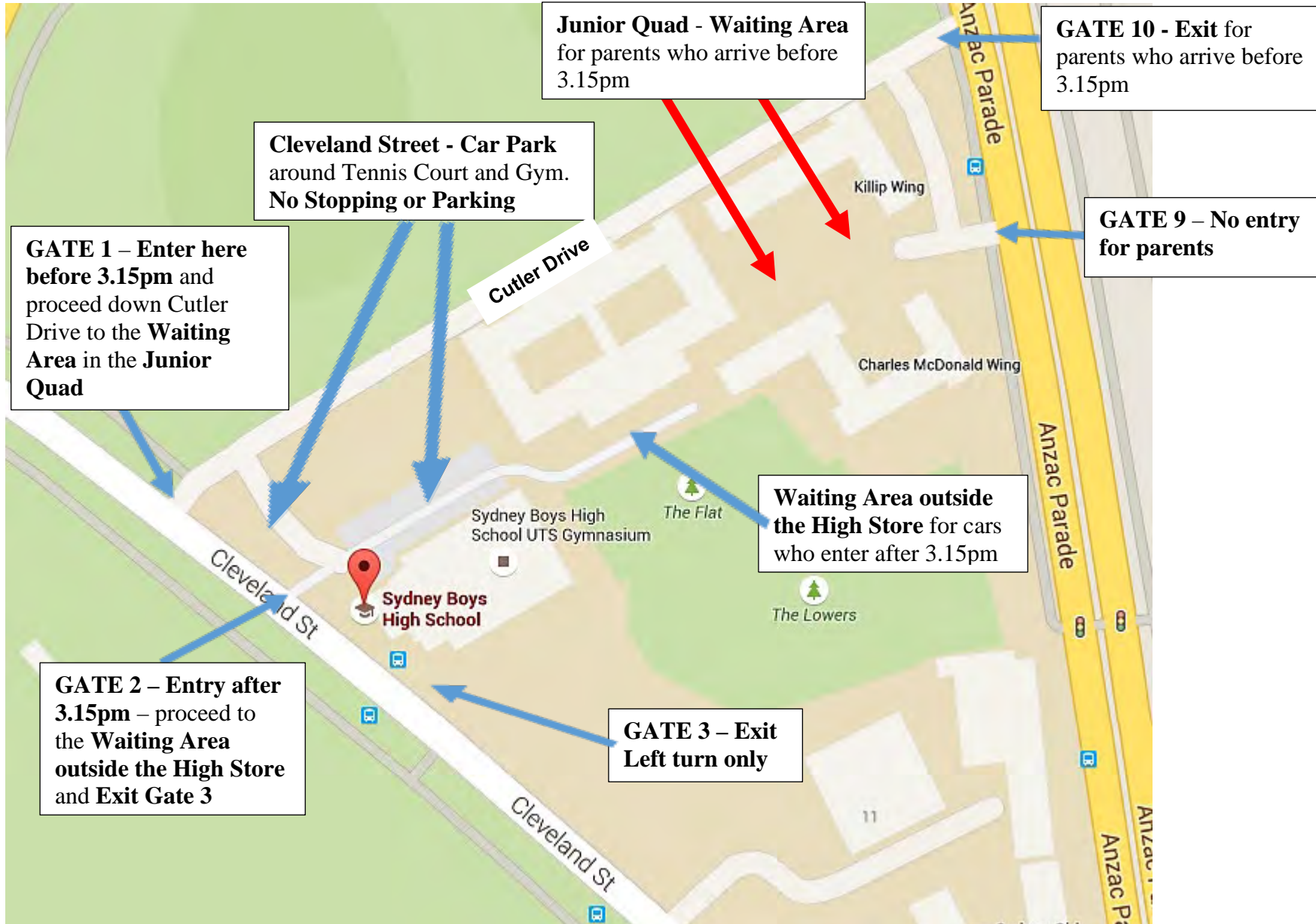
Attention Music Ensemble Students: If you are in the Music Ensembles Program and have not yet received a Music Performance Program Canvas invitation, please email the Music Department: [music@sbhs.nsw.edu.au](mailto:music@sbhs.nsw.edu.au) Please note: Students will also be notified of any music related events during ensemble rehearsals.







MORNING



AFTERNOON

# Returning to School after Lockdown and Isolation

*You and your child might be worried about heading back to school. Below is some information and strategies for you and your family to use to get ready for a return to school.*



Talking to your child is one of the best ways to work through fears and anxieties. Use language they can understand to discuss returning to school. This is an excerpt and image above from [DHHS Victoria](#).

## Early Primary School

- Balance plans to return to school with reassurances that their schools and homes are safe
- Remind them that adults are there to keep them healthy and to take care of them
- Discuss handwashing as a step in staying healthy at school and home
- Use language such as 'adults are working hard to keep you safe'



Plan Ahead: Check uniforms, equipment, bags and other resources.



Name the possible support people at school, home or care.

## Upper Primary School

- They may be more vocal in asking questions about whether they truly are safe and what will happen if COVID-19 comes to their school or community
- They may need assistance separating reality from rumour and fantasy
- Discuss efforts of school and community leaders to prevent germs from spreading



Talk to your child about going back to school and that things may look different.



If you are concerned that your child is not coping, seek further help. See details on the next page.

## High School

- They may be able to discuss COVID-19 in a more in-depth fashion and can be referred directly to appropriate sources of information
- Provide honest, accurate information about the current status of their schooling. Having such knowledge can help them feel a sense of control
- Plan together what the return to school will look like



Eat well, sleep well and be active.



Take care of yourself and acknowledge the difficulties you have been through.



# If you need further support

## Coronavirus Mental Wellbeing Support Service (Beyond Blue)

1800 512 348

However the pandemic is affecting your mental wellbeing, you can talk it through with a counsellor who will provide advice and support based on your needs. 24/7

## Kids Help Line

1800 55 1800

Provides free online support and counselling for children and young people aged 5-18 across Australia

## Lifeline

13 11 14

Provides suicide and crisis support if you are experiencing emotional distress 24/7

## Suicide Call Back Service

1300 364 277

## Translating and Interpreting Service

131 450

If you require an Interpreter, please contact the Translating and Interpreting Service TIS.

## Domestic Violence Line

1800 737 732

Keeping safe is a priority. If you or someone in your home is experiencing domestic violence, please contact the Domestic Violence line for support.

## Parent Line

1300 1300 52

Parent Line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW. 9am to 9pm Weekdays, 4pm to 9pm Weekends



# Wellbeing Apps

## Smiling Mind

Meditation app, with programs available ages 7+. Available in some Aboriginal languages.

## Insight Timer Meditation App

This app has over 25000 free guided meditations and guidance. Ages 12+

## FitOn

Free workout app with a variety of fitness options. Yoga, Cardio, Strength, Barre, Pilates and more. Videos range from 10 minutes to full workouts.

## Niggle

An app for kids to work on their wellbeing. It includes games and puzzles and videos. Produced by Kids Helpline.

# Web resources

Sydney Children's Hospital Network. This website has a variety of reliable COVID-19 resources for yourself, your children and your family including links to mental health resources.

<https://www.schn.health.nsw.gov.au/covid-19-information>

## Reach Out

Helps under 25's with tough questions and through difficult times. They also have a page for parents.

## WayAhead

Mental health support and information.

<https://wayahead.org.au/>

## SANE Australia

Counselling support, Peer support, live blogs moderated by health professionals. Visit [www.sane.org](http://www.sane.org)

## Head to Health

Links a variety resources <https://www.headtohealth.gov.au/>

## Brave Program

Program for children and young people with anxiety. Can also be completed by parents and carers.

<http://brave4you.psy.uq.edu.au/>

If you need more support, you can contact your GP to talk about receiving a mental health care plan with a psychologist or support from a Psychiatrist.



## NSW Health is offering school vaccination again as school-based learning returns

### - Information for parents/guardians

NSW Health has been working with education authorities so that school vaccination can be offered as school-based learning returns.

#### Program background

In 2021 NSW Health is offering the following vaccines:

YEAR	VACCINE	NUMBER OF DOSES
Year 7	Human papillomavirus (HPV)	2 doses at least 6 months apart
	Diphtheria, Tetanus and Pertussis (dTpa)	1 dose
Year 10	Meningococcal ACWY (MenACWY)	1 dose

While the school vaccination program has been disrupted due to remote learning in some areas, vaccination clinics are being rescheduled as students return to school.

#### COVID-19 safety measures

NSW Health has implemented additional measures based on expert clinical advice to reduce the likelihood of COVID-19 transmission in school clinics, including:

- nurses vaccinated against COVID-19
- health screening of nurses before clinics
- pre-vaccination screening of students
- physical distancing restrictions at the clinic entrance & observation area
- ensuring the number of students and nurses at the clinic does not exceed the maximum space allowed
- enhanced hand hygiene & environmental cleaning of all surfaces

#### What parents/guardians should do

There is no need for parents/guardians who have given consent for their child to receive vaccinations at school to take any action, except to:

- contact the school to withdraw consent for HPV, dTpa or MenACWY vaccination if any of these vaccines have been given at the GP
- ensure that students with influenza-like symptoms do not attend school and are tested as soon as possible ([www.nsw.gov.au/covid-19/symptoms-and-testing](http://www.nsw.gov.au/covid-19/symptoms-and-testing))
- note that there is a minimum dosing interval of 7 days between any routine school vaccinations (HPV, dTpa and Meningococcal ACWY) and any dose of a COVID-19 vaccine

#### When students will be vaccinated

The second visit for the Year 7 vaccinations and Year 10 Meningococcal catch-up will be offered to consented students at Sydney Boys High School on the **7th of December 2021**, Tuesday.

#### More information

Information about school vaccination during COVID-19 is available at [www.health.nsw.gov.au/schoolvaccination](http://www.health.nsw.gov.au/schoolvaccination)

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# Bring Your Own Device 2022

## PRODUCT OPTIONS

Our **recommended** devices are designed to simplify your choices and purchasing processes. A range of devices in a range of form-factors are available. All meet the school's Device Specification. All have no moving parts to ensure reliability and all are backed by a multi-year warranty where the school will act as warranty agent on your behalf. Sydney Boys High School has partnered with JB Hi-Fi Education to make our recommended devices available:



### Lenovo ThinkPad Yoga L13 **\$1323**

- Multi-touch with full keyboard
- 1920 x 1080 pixel screen
- 8GB RAM + 256GB Storage
- 360 degree rotating hinge
- Windows 10
- 3 Year warranty, school-supported.



### Microsoft Surface Laptop **\$1774**

- Multi-touch with full keyboard
- 2256 x 1504 pixel screen
- 8GB RAM + 256GB Storage
- Conventional laptop form-factor
- Windows 10
- 3 Year warranty, school-supported



### Microsoft Surface Pro **\$2054**

- Multi-touch with keyboard cover
- 2736 x 1824 pixel screen
- 8GB RAM + 256GB Storage
- Detachable keyboard cover
- Windows 10
- 3 Year warranty, school-supported



### Apple MacBook Air **\$1482**

- Laptop with Apple's M1 processor
- 2560 x 1600 pixel retina screen
- 8GB RAM + 256GB Storage
- macOS 11 'Big Sur'
- 3 Year warranty available, school-supported (you must select the 3 year warranty to receive support from the school)

## HOW TO BUY

- Visit the JB purchasing portal at <https://sbhs.co/bbuy>
- Log in with code **SBHS2022**
- Purchase using a credit card, BPAY or on interest-free terms
- Click and collect from your local JB Hi-Fi store



**SYDNEY BOYS HIGH SCHOOL**

Nurturing scholar-sportsmen since 1883

**JB HI-FI SOLUTIONS**  
FOR EDUCATION

# Stay up to date with SZapp

Download this App to be kept up to date with everything that is happening at **Sydney Boys High School**. It features School Calendar, School Newsletters, School Contacts, Documents, and Push Notification Alerts. Messages can be translated through the app into many different languages.

## Installation Instructions



### 1. DOWNLOAD SZAPP

Search the App Store / Play Store for **SZapp**.  
Download and install SZapp. **Install is Free.**



### 2. FIND OUR SCHOOL

Select Region: Asia Pacific  
Sydney Boys High School

### 3. REGISTER A USER

You will need to register a user with your email or sign in with Google or Facebook.



### 4. MANAGE NOTIFICATIONS

Choose which group/s you would like to receive notifications from. Groups with arrows indicate that there are sub-groups which you can join.



### 5. CHECK SETTINGS FOR APP NOTIFICATIONS

Check your phone settings to allow for push notifications from SZapp.

For any further information see:

<http://www.schoolzineplus.com/app-faq>



# SYDNEY BOYS HIGH SCHOOL

The Phillip Day Memorial Scholarship

Closing Date: **30 November 2021**



Nurturing scholar-sportsmen since 1883

Applications available at: **[sydneyboyshigh.com/scholarships](https://sydneyboyshigh.com/scholarships)**

556 Cleveland St, Moore Park NSW 2021 | Ph: **9662 9300**



# SYDNEY BOYS HIGH SCHOOL

Sir Roden Cutler and Lady Cutler Foundation

## Scholarship



Nurturing scholar-sportsmen since 1883

To apply for a scholarship visit

**[www.sydneyboyshigh.com/scholarships](http://www.sydneyboyshigh.com/scholarships)**

Applications Close **30 November 2021**

556 Cleveland St, Moore Park NSW 2021 | Ph: 9662 9300

# Effective parenting for teens and family wellbeing during COVID-19 and beyond



## A seminar for parents

This seminar is designed for parents and carers of tweens and teens (aged 10-17) who want practical information and strategies for effective communication, healthy relationships, and to better understand and manage adolescent behaviour.

The seminar will be led by clinical psychologist, Dr Terri Said, CEO of WAYS Youth & Family and WAYS Secondary Principal, who will cover topics including:

- Understanding adolescent development and brain function
- Effective communication, managing conflict and challenging behaviours
- Helping young people stay connected with education
- Building resilience and managing social media

**When:** Tuesday 26 October, 6.00 - 7.00pm

**Where:** Online via Zoom - Free

**Bookings free:** <https://teenstalk.eventbrite.com.au>

**Further information:** 9083 8936



WAVERLEY  
COUNCIL





# NSW parent and carer mental health education sessions

headspace National is hosting free mental health education sessions in New South Wales, for Parents, Carers and Community Members, on ways they can support their young person when they are concerned about their mental health.

## The sessions aim to:

- Strengthen your understanding of mental health and mental health difficulties.
- Increase awareness of the impacts of COVID-19 on wellbeing.
- Strengthen your understanding and skills in how to have a conversation with your young person.
- Build awareness of local services and the various supports available.
- Strengthen relationships between local area mental health services, local schools, headspace centres and other community organisations.

Proudly funded by the NSW Government and delivered by headspace National Youth Mental Health Foundation Ltd.

## Session format

The format of the sessions will include the delivery of mental health-related content, followed by a panel of community stakeholders sharing information about the supports available to young people and how to access their services.

## Mode of delivery

Sessions will be held online via Zoom or face to face.

## Duration

Lunchtime sessions are 1hr and 15mins. Evening sessions are 1hr and 15mins with a panel.

## How to register

Click on or copy the following URL into a web browser to locate upcoming sessions in your community: <https://bit.ly/3lchh8U>

## Contact

For more information email:  
[programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)





**Is your child struggling at school but financially unable to access external tutoring?**

## **WE'RE HERE TO HELP.**

### **WHAT WE DO**

- Connect students who struggle with school but are not able to afford tutoring otherwise to our dedicated volunteer tutors for free.
- Our tutors can assist Kindergarten to Year 9 students with English, Reading (K-2), Mathematics and Science.

### **OUR MISSION**

eTutors Project connects students who are having learning difficulties with access to free weekly tutoring lessons to help them succeed, regardless of their financial capability.

# Youth Services Virtual Drop-in

Age  
12+

Join in on a range of free online activities and virtual events for young people aged 12-25 living in Bayside  
Registrations with proof of age and residency are essential at <http://baysideyouthservices.eventbrite.com>

**OCTOBER 2021**

## MONDAY

**1** OCT  
**11** OCT  
**18** OCT  
**25** OCT

### Yoga & Meditation 5:30pm - 6:00pm

Start your week with movement, meditation, and breathing techniques. Improve your flexibility, balance, and strength through Yoga.



## TUESDAY

**5** OCT  
**12** OCT  
**19** OCT  
**26** OCT

### Fit @ Home 5:30pm - 6:00pm

Fun, high energy and strengthening fitness classes. These will include HIIT, pilates, zumba, and tabata.



## WEDNESDAY

**6** OCT  
**13** OCT  
**20** OCT  
**27** OCT

### Cooking @ Home 5:30pm - 6:30pm

Online cooking workshop, learn easy, low cost and healthy recipes you can repeat when you're in need for a feed. Enjoy all new recipes.



## THURSDAY

**7** OCT  
**14** OCT  
**21** OCT  
**28** OCT

### Filmmaking on your Phone 5:30pm - 6:30pm

Filmmaking on your phone. Learn the fundamentals of filmmaking, character creation, storytelling, acting and editing.



## FRIDAY NIGHT VIRTUAL EVENTS



### 8 OCT Escape Hunt 5:30pm - 6:30pm

Escape the room in the new adventure! You have been identified as having the perfect skill set to take part in one of the most daring heists of all time.

### 15 OCT Magic Show 6:30pm - 7:00pm

A professional magician live on your screen, enjoy an entertaining and interactive magic show.

### 22 OCT Virtual Escape Room

6:15pm - 7:30pm

As a team, you will solve riddles and complete puzzles against the clock, with the goal of 'escaping the room'. You will need to work with your team to crack the code.



### 29 OCT Masterpiece in 60 Minutes

6:00pm - 7:00pm

Get creative and paint the Mona Lisa in an hour, art pack will be sent out. RSVP by 1pm Friday 15 October.

# October/November 2021

15-10-2021

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 C	18 Year 7 Yearly Exams, online	19 Year 7 Yearly Exams, online Foundation meeting, 18:30-20:30	20 Year 7 Yearly Exams, online	21 Year 7 Yearly Exams, online Year 10 physics test - 09:00-09:30, online	22 Wellbeing Day, no online classes Peer mentoring: Celebration and reflection, selected Yr 8 and 10, lunch 1+2	23	24
4 A	25	26	27	28	29 Year 8 Meeting, Selected locations, 10:15-10:40 World Teachers' Day	30	31
5 B	1 Year 8 Yearly Exams, online, 09:00-15:15 Online Selective Schools Application for Year 7 2023 close (tbc) Prefect Investiture, 11:10-11:50	2 Year 8 Yearly Exams, online, 09:00-15:15	3 Year 8 Yearly Exams, online, 09:00-15:15 Rowing: Committee Meeting, Zoom, 19:00	4 Year 8 Yearly Exams, online, 09:00-15:15	5 Year 8 Yearly Exams, online, 09:00-15:15 Class tests: 10XRb-P1, 10ZRb-P2	6 Cricket: SHS v TSC Basketball/Tennis: SHS v TSC Rowing: Training	7
6 C	8 Year 10 Mathematics exam P+C Executive Meeting, Zoom video conference, 17:00 P+C Meeting Annual General Meeting, Zoom video conference, 18:30-20:00	9 HSC Exams begin, 09:50-11:30 - English Advanced Year 10 Yearly Exams, online, 09:00-15:15 School Council Meeting, zoom, 17:30-19:00	10 Year 10 Yearly Exams, online, 09:00-15:15 HSC exams, English Advanced - 09:25-11:30, Music 1 - 13:55-15:00, Music 2 - 15:25-17:00	11 Year 10 Yearly Exams, online, 09:00-15:15 Remembrance Day Ceremony, 10:45am HSC exams, Economics - 11:25-14:30	12 Year 10 Yearly Exams, online, 09:00-15:15 HSC Legal Studies assessment, due 09:00 on CANVAS HSC exams, Software Design and Development - 09:25-12:30	13 Cricket: SHS v TSC, SHS v SJC Basketball: SHS v TSC Rowing: Training	14