



From the Principal High Talent

Congratulations to our students who were invited to attempt the Olympiad qualifying examinations. Aidan Karahasan – High Distinction in physics and chemistry; Tajwar Ali Khan – High Distinction in biology; and Dibyendu Roy – chemistry. These are great results! Well done to the first XI cricket team. They won the Joseph Coates Cup from Newington for the first time since its inception.

Tell Them From Me Survey -Students: Academic Outcomes

The 'Tell Them From Me' survey of 228 boys included measures of academic outcomes. Given that we are a selective school, the comparisons with NSW government norms are not very useful in our context except to say that the reported grades for all schools were quite high. State government school norms are reported in brackets. English average grades at High were: 80% (v 66%); mathematics 82% (v 67%) and science 80% (v 64%). The survey tries to measure **drivers of student outcomes**. 'Effective learning time': important concepts are taught well, class time is used efficiently and homework and evaluations support class objectives. Our rating was 7.2/10 (v 6.6). 'Relevance to everyday lives' 6.6 (v 5.9). 'Rigour - instruction well-organised, with a clear purpose, with immediate and appropriate feedback that helps them learn' 6.4 v (6.2). For these measures the highest ratings are in Year 9 with a decline thereafter. 'Victims of bullying' was 17% (v 24%). At High we are constantly working to reduce this statistic which is unacceptable at any level. 'Advocacy – someone at school who consistently provides encouragement and can be turned to for advice' 3.4/10 (3/10). We have more work to do to get our boys to be confident that advocacy is there for each one. We need to focus on lifting the advocacy rating even though the questions which are used to produce this outcome are confusing to respondents. 'Positive teacher-student relations – teachers responsive to student needs, encourage independence with a democratic approach' 7.1/10 (6.1/10). 'Expectations for success – staff emphasises

academic skills and hold high expectations for all students to succeed' – 7.9/10 (v 7.1/10). 'Advocacy outside school' – 5.5/10 (v 5.2/10). Planning to finish Year 12 97% (81%); planning an apprenticeship or VET/TAFE course 11% (v 35%); and planning to go to university – 95% (v 61%). In reality, nearly 100% of our students actually complete Year 12 and then go on to study at university.

The 'Tell Them From Me' survey contained several custom-measures. The scale was - all, most, some, never. How often do English lessons focus on improving your writing? - (a/m 55%) How often do your maths lessons focus on how to explain your answers in writing? - (a/m 51%) How often do your science lessons focus on how to write about scientific concepts? (a/m 56%) Student participation rates for extracurricular activities: more than half of the respondents were in clubs (chess, debating, environment) 147; community and support work at school 105 and band, orchestra, choir 89. Students at High are very active across all seven categories of extracurricular activities.

Change in Classification for a Head Teacher Position

Under the staffing formula, SBHS is entitled to 12 Head Teachers. Eight of them must be curriculum Head Teachers and up to four can be educational support Head Teachers. We currently have three - HT Administration (Mr Prorellis), HT Sport (Mr Pavone) and HT Welfare (Ms Chan). Ms Vozzo (HT Languages) is retiring at the end of 2015 as Head Teacher Languages. The Executive has agreed to apply to reclassify the position to Head Teacher – Teaching and Learning. In 2016, in Year 12 there will be 13 students of languages in four classes. In Year 11 there will be 25 students in four classes. It is important for the future of languages at High that we match the teachers' specialties to the languages demands of the students. There is an imperative for flexibility. It is likely that fluctuations in various languages will occur for some time. By merit selection, a panel cannot discriminate against an applicant on the grounds that the person was a specialist in an inconvenient language.

We could very likely have a staffing mix result that either forces boys to study a language they are not interested in or creates a nominated transfer for one of our permanently appointed teachers. To staff the languages needs projected for the next two years at least, we will need a 0.4 to 0.6FTE Latin teacher, preferably also with Classical Greek. Administration and advocacy for the Faculty will be managed by way of an appropriate allowance for a senior teacher of languages in 2016.

A compelling reason for reclassification is the need for whole school coordination of teaching and learning in response to the DoE's 5P planning model, the school excellence framework and the RAM targeted funding protocols. We also have planned a culture shift towards more personalised learning, assessment and reporting which will require whole school coordination. Coordination of our co-curricular programs is a requirement also – both from a funding perspective and in terms of schoolwide delivery. In response to the need for a more complex interface with DoE and to free up DP Powell to oversee quality teaching, performance and development for all teachers after the demise of TARS, this year, the school has funded an above establishment HT position in Teaching/Planning/Co-curricular coordination.

As part of the approval process, staff and community consultation is required. I welcome feedback from anyone via email principal@sbhs.nsw.edu.au or telephone 96629320.

Student Award Scheme

The Student Award Scheme for points to be earned for this calendar year will close on Friday 27 November. All students will have their points calculated as of this date. Year 11 Prefect Interns will have their final points calculated and must have qualified to continue as Interns by earning an award this year. Even if they have carry over points, they must earn 100 this year to stay as a Prefect. The 2016 Scheme commences on December 1. Boys who are close to getting an award should fire up now in parking, school working bees or volunteering to reach the threshold required.

Scholarships Offered at High

SBHS offers only two scholarships/bursaries – the Phillip Day Memorial Scholarship and the Sir Roden and Lady Cutler Foundation Scholarship. All enrolled or enrolling students are eligible to apply for the **Phillip Day Memorial Scholarship**. It is a *one-year* credit on the school account for \$1,500. The selection criteria covers talented boys in an academic area or a co-curricular endeavour. Good all-rounders qualify as do students with special needs – financial or otherwise. There are

many boys in the school who would make good candidates for this award. I urge them to take the trouble to download and complete the application form. The **Sir Roden and Lady Cutler Foundation Inc Scholarship** is a *two-year* award with a credit at the school account for \$1,500 for each Year – 11 and 12. Only boys enrolled or enrolling in Year 11 are eligible to apply. The criteria for this scholarship are different. It has an emphasis on a prior record of service to others, to the school and / or the community. Boys with initiative, compassion and leadership skills are invited to apply.

Look for the details on the Sydney Boys High School website www.sydneyboyshigh.com/scholarships. Do not assume that you are not worthy or eligible. Applications close on November 27.

Dr K A Jaggar
Principal

National History Challenge



6 students received letters of commendation this year in the National History Challenge. These students are: Daniel Hu (Year 10), Brandon Yoon (Year 9), Ryan Jepson, Marcus Nguyen, Thomas Schanzer and Ryan Borges (Year 8).

These students were regional finalists and were considered in the NSW state level of judging. Entrants were praised for their level of research, historical enquiry and written and visual presentation of their entries.

Congratulations to these students for their great success in representing the school.

Lachlan Drummond
History Faculty



Attention Year 11 and 12 Students

Are you considering Medicine as a Uni course or career?

The Sydney High School Old Boys Union is continually looking for ways to support current students as they transition from school to university.

We are delighted to offer students and their parents a unique opportunity to gain insight into preparation for their interview and to learn more about Medicine as a university course and career.

Dr Damitha Fonseka (Class of 2005 and School Captain), will lead a session in the Great Hall from 5pm to 6.30pm on 14 November for Year 11 and 12 students.



The event will give students applying for or considering a career or university course in Medicine an insight into the UMAT process and the career options available as a medical practitioner.

The event is **EXCLUSIVE** to Sydney Boys High School students. Students seeking to gain entry to Medicine will receive strategies and tips on the interview process and have the opportunity to ask questions and seek feedback.

To be eligible you must be on the Student Life Member program of the Old Boys Union or be a full financial member. You can find details about membership <http://www.shsobu.org.au/student-life-membership/>

Alternatively, you can pay for one year – a cost of \$69.00 – or \$414.00, which entitles you to Life Membership. You can register for the event at www.shsobu.org.au/umat/

About Dr Fonseka

After leaving Sydney Boys High School in 2005 Dr Fonseka attended UNSW and completed a six year medical degree before working at Coffs Harbour,

Westmead, Blacktown, Auburn and now Liverpool Hospitals. He is currently undertaking further studies in anaesthesia.

After presenting at the recent High Achievers evening Dr Fonseka was approached by a number of students at the event who quizzed him further on his career.

"I sensed that there were a large number of SHS students interested in applying for Medicine. The process for applying for Medicine is unique and I feel I can help students prepare for their interview and give them some insight into the options available within Medicine. I'm looking to sharing what I know with the students," he said.

For further information please contact mentorship@shsobu.org.au or president@shsobu.org.au or call 02 9712 7888.

Junior Library Circulation Area Revamp



The Junior Library is undergoing a reno with the purchase of a new Circulation Desk. The Library entrance now looks more professional and our entrance less cluttered. Big thanks to Jim Crampton who co-ordinated the electrical work and cupboards and to James Rudd and David Isaacs who got us up and running with our computers very quickly. Thanks to Katerina Rodakis our Student Learning Support Officer for taking us into the world of the selfie with this photo and to our parent donors to the Resource and Learning Centre Fund for making this purchase possible.

Reminder To Senior Students – due to shelf space restriction in the Senior Library....the Junior Library



contains quite a lot of Senior Fiction. Please be aware when using the Oliver catalogue that you are encouraged to regard the 2 Libraries' catalogue as one big resource pool for you. If a resource is in the Junior Library you are encouraged to borrow from both libraries. Recently our library put

notices in the Daily Notices and sent seniors an email to tell them to look at the *display along Killip Wing windows which shows new Senior Resources 2015 which have been accessioned into the Junior Collection very recently*. It is appropriate to borrow from the Junior Collection also. A search of Oliver saying "Senior Fiction" will show you Senior Fiction which lives in the Junior Library.

Both libraries hosting Sydney Boys High Film Festival – Films Made By Our Art Classes.



One of our eagerly anticipated Library events each year is the Annual Film Festival which showcases our Art students' abilities as film makers. The big screens in both Libraries are ideal for showing films. Thank you Visual Arts! The Junior Library will showcase Year 9 films and the Senior Library will showcase Year 10

films. Everyone is invited to come for a genuine laugh or to admire. The Festival is in the Junior Library next week – Wednesday 11 November. Thank you Justin Lai (Year 9) for this great poster.

The Latest Novel to Film Festival – After Exams

Both Libraries host another film festival at the end of the year after exams. In the past we have shown *Avatar* and *Life of Pi*. Students can tell us what they would like us to purchase for them this year. It has to be novel to film and has to be PG. Email library@sbhs.nsw.edu.au please.

Library Monitors Picks – e book collection

The Library Monitors try to improve our Libraries for our students and their latest project is to select the pick of the new e resources. These will be displayed on the Oliver Front Page. So if you want to find out about a really good e book please have a look at the display which will be changing every week (we hope!). This week's picks are displayed here:



Cash Register Closing



Due to the End of Financial Year all student payments for excursions, co-payments, contributions, text books etc. must be made by **1.20pm (lunchtime) Friday 20 November 2015**.

The cash register will be closed from the end of lunch (1.20pm) and will not reopen until after the finance rollover (approximately December 7).

Please finalise all outstanding items before the register closes and clearance forms are issued to students.

Thank you.
Sharon Kearns
SAM

The HIGH STORE will be closed on Orientation Day Tuesday 10 November to all students & parents. The store will re-open for purchases on Wednesday 11 November at 10.30am



From the Canteen

Thanks to the volunteers for last week:

MON: Maria Pho, Sophie Sun,

Grace Chung,

TUES: Letty Chan, AnneChan,

WED: George Haddo, Ria Lam, Yasmin Khan,

THUR: Annie Long, Jenny King, Anna Goh

FRI: Agnes Cheuk, Jasmine Huang, Minhua Zhang,

A special thank you again to all the mums and dads who are continuing to attend their rostered day even though their son has now left the school. It is so helpful to the school canteen to have the roster filled until the end of 4th Term.

Sharon Hughes

President Canteen Committee



SYDNEY HIGH TENNIS

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

High 1st Grade: Top Six Tournament

2nd Grade vs Newington (GPS Trial Round 4)

1st Grade

1st Grade tennis had one of the most successful top 6 tournaments in recent years. The tournament organisers opted for a shorter format of Best of Seven games to



allow for more matches, up to 5 for some. In positions 5 and 6 Wanyu and Danny had a great day of tennis coming in the top 2 in the group stages to

ultimately come up against each other in the semi finals. Wanyu won 4-3 in a closely fought match. Meaning Sydney High has 2 of the best 4 GPS players in the position of 5 and 6. In position 3 and 4, Matthew and Antonio had an encouraging day of tennis, however did not have the same successes. Nonetheless the day allowed for them to learn and work on their skill sets. The highlight of the day was definitely Stevie who was able to win the top bracket of the tournament. He went undefeated the whole day while playing numerous top level players which included number 1 and 2 of Newington. The day at King's substantiates our teams ability and prospects for the season ahead proving we are top contenders in all positions of singles.

Adam Smagarinsky

First Grade Captain

2nd Grade

The second grade team was lucky enough to once again play at our home courts. We were up against Newington College, and there were some familiar faces in the opposing team from our time playing for our age group. The high winds made it difficult for some of us, requiring us to adapt our playstyles accordingly. In the first doubles pair, Daniel Zhang and I lost 7-6, 3-6, and 9-11 in the super-tiebreaker. The second doubles pair consisting of Ting Li and Charlie Weng were equally unfortunate, going down 2-6, 6-4, 8-10. The third doubles pair of Kinzey Rahardja and Branko Stajic lost 2-6 and 5-7. In singles, we were only able to win two of the six matches. Daniel was able to secure the first set 6-4, and then move on to dominate 6-0 in the second. Charlie was our other winner, defeating his opponent in an easy two-setter, 6-2 6-2. Branko was unfortunate to go down in a close three set match against his opponent 5-7, 6-3, 5-7. Ting's match ended in a draw, having run out of time. The scores stood at 6-7 6-3. I am confident that, if time allowed, he would've been able to close the match out. Overall, this was a disappointing loss for the team. If our first and second doubles pair were able to win their super-tiebreakers, the rubber would've ended in a draw. Unfortunately, it was not to be. All we can hope to do now is build on the progress we've made so far. –

George Ge

Created by Adam Smagarinsky

Sydney High Water Polo

First Grade



First Grade had a stupendous game against Trinity this week, winning by a staggering 12-3. This improvement came about due to some hard work at training and a strong cohesiveness between the boys. A special mention to Dominic Leal Smith on his First Grade debut and scoring his first, First Grade goal. Also a big congratulations to Jake Rowlands on scoring 5 of the 12 goals against Trinity and to Max Koslowski on saving some great shots.

Overall great win boys. Let's keep this momentum going.

Jayden Forday
First Grade Captain

16As

This week's game against Trinity saw a massive improvement in the team's co-ordination. Despite the loss, we played a very good game in defence, preventing the opposition from scoring many goals. Yet, despite this, we must train harder, to prevent the opposition from scoring, and instead score more goals of our own. An extremely good effort was put in by the team as a whole, with better passes being made, proving that even with the short training sessions, we are able to improve immensely. Our team formations can still be improved, with positions to be tailored to specific individual needs, allowing for a maximum effective output from all members of the team. Overall, I would like to commend the effort put in by the 16As and hope to not only continue, but to improve to become one of the best teams in the competition.

Harvey Luo
16As Captain

16B's

Saturday's match at Knox against Trinity, was another difficult draw as we fell to a strong Trinity opposition 0-13. Daniel Fan contributed to the defensive effort extensively with over 10 saves. Nevertheless, Adam Feng, Eric Chen, Connor Fisher, Cameron Ma, Michael Yang, Daniel Ma, Ryan Huyhn, Lane Shen and Leighton Vuong, as well as Michael Yang, Justin Dinh, Harvey Luo and Lincoln Hui (from the 16As) pushed until fulltime as they were eager to progress offensively. After four weeks, the 16Bs record stands at 1-3 with a goal difference of 15 -57 (-42).

Once again, a big thank you to Ned, Katie, Harrison and Lachlan.

Telly Tselonis
16Bs Captain

14As

This weekend proved to be a great challenge for the boys, a disappointing loss of 13 - 3 was at hand but despite this loss there were many positives to the game. We presented a strong first and third quarter letting in few goals and scoring in each. A strong commitment after the second quarter rallied the boys to put in their best efforts in an attempt to recover from the loss. We are working on improving our ball game this week and will strive to learn from the losses we have encountered this season.

Ryan Dow
14As Captain



SHOOTIN' 186 HOOPS

HIGH vs. Newington: Term 1, 2015

High	Vs	Newington	Term 1, 2015 (last time)
TEAM	RESULT	SCORE	TOP SCORER
1st	LOSS	84-74	B.MUSULIN 27
2nd	WIN	59-33	L.ELTON 23!!
3rd	WIN	45-17	J.YANG 16
4th	WIN	13-31	I.CHANG 4
5th	WIN	45-19	C.WANG 12
6th	WIN	19-11	M.NG 6
7th	WIN	27-25	E.YE 9
8th	WIN	63-3	TEAM EFFORT
16A	WIN	40-30	K.WANG 16
16B	LOSS	20-30	S.CHEN 8
16C	WIN	17-18	K.ZHANG 13
16D	LOSS	30-29	D.NGUYEN 11
16E	WIN	31-17	Y.BUSHATI 12
16F	WIN	27-7	J. HUANG 8
15A	LOSS	34-35	N.CHAND 7
15B	WIN	34-31	J.SIU 8
15C	WIN	30-20	TEAM EFFORT
15D	WIN	35-25	TEAM EFFORT
15E	WIN	59-12	J.YOU 11
15F	WIN	39-6	T.JIANG 16
14A	WIN	31-30	N.CASACLANG 14
14B	WIN	27-18	B.NGUYEN 13
14C	WIN	40-14	J.KIM 9
14D	WIN	28-22	F.NGUYEN 10
14E	WIN	31-13	TEAM EFFORT
14F	WIN	32-6	TEAM EFFORT
13A	LOSS	44-8	W.KIM 4
13B	LOSS	37-8	E.WONG 4
13C	LOSS	22-16	E.TU 6
13D	LOSS	26-10	W.LI 10
13E	LOSS	24-9	J.BARUAH 3
13F	LOSS	22-18	R.AH-KOON 4

HIGH vs. Newington: Term 4, 2015

High	Vs	Newington	Term 4, 2015 (this time)
TEAM	RESULT	SCORE	TOP SCORER
1st	LOSS	80-47	B.UDLER 20
2nd	WIN	36-27	A.YANG 9
3rd	LOSS	30-34	TEAM EFFORT
4th	LOSS	36-22	K.ZHANG 9
5th	WIN	21-16	A.ZAFAR 7
6th	LOSS	19-25	M.QIAO 8
7th	WIN	25-23	D.WANG 11
8th	LOSS	42-18	TEAM EFFORT
9th	LOSS	26-18	TEAM EFFORT
10th	WIN	21-13	A.MCCAFFERY 10
16A	WIN	59-32	S.LI 20
16B	LOSS	28-40	M.NGO 9
16C	WIN	45-14	J.CHANG 9
16D	WIN	44-25	L.WANG 14
16E	LOSS	20-23	N.TRAN 8
16F	WIN	27-3	W.ZENG 8
15A	WIN	38-37	N.CASACLANG 11
15B	WIN	30-28	B.NGUYEN 11
15C	WIN	25-11	TEAM EFFORT
15D	LOSS	14-17	K.LAM 10
15E	LOSS	16-19	TEAM EFFORT
15F	LOSS	12-45	F.RAHMAN 6
14A	LOSS	37-16	K.HASAN 7
14B	LOSS	27-21	H.NGUYEN 5
14C	WIN	26-19	W.KIM 9
14D	LOSS	25-24	M.PANT 9
14E	LOSS	19-18	R. AH-KOON 10
14F	WIN	41-12	T.HUANG 6

This time against Newington, First grade were beaten 80-47. Second grade however won 36-27, a low scoring game, but a good result nonetheless. There were some other extremely close games in the 15s especially, with the As winning 38-37 and the Bs also winning with 30-28.

Our win percentage this week was around 46%. Even though this is not up to Sydney Boys normal standard, some low and close scoring games show that we are very close to getting those wins.

This Saturday against Riverview, make sure you arrive half an hour early, keep well hydrated and pump up your team mates so you can play your best. Good luck and go High!



Go HIGH!

Play Hard, Play Smart and Play Together!

Brought to you by editor Archie Fox

Thanks to Mr B Hayman for all his contributions to HIGH Basketball



VERITATE ET VIRTUTE

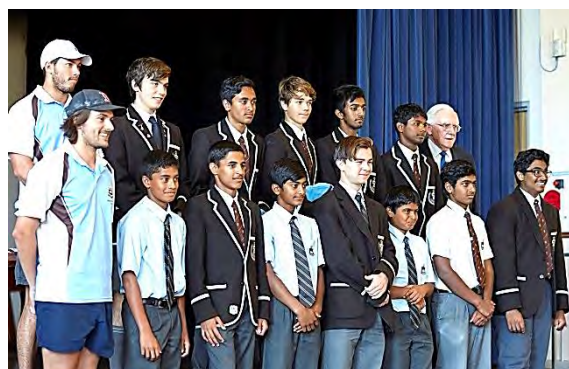


Cricket Results – 2015 Term 4 Week 4, Saturday 31 October

Team	Score	Result	Highlights
1 st XI	SBHS 8 – 168 v Newington 10 – 165	Won	Sabesh Murugananthan 35
2 nd XI	SBHS 8 – 103 v Newington 6 – 280	Lost	Vyaas Rajan 31
3 rd XI	SBHS 3 – 206 v Newington 7 – 112	Lost	Adam He 55
4 th XI	SBHS 10 – 49 v Newington 0 – 50	Lost	
5 th XI	SBHS 5 – 94 v Newington 10 – 91	Won	Faiyaz Alam 42, Salil Shringarpure
16A	SBHS 6 – 88 v Newington 3 – 165	Lost	Shravan Divakarla 55*
16B	Bye		
15A	SBHS 8 – 83 v Newington 1 – 87	Lost	
15B	SBHS 10 – 21 v Newington 0 – 22	Lost	
15C	SBHS 10 – 52 v Newington 5 – 205	Lost	
14A	SBHS 7 – 125 v Newington 9 – 117	Won	Mukund Rangarajan 6-18
14B	SBHS 4 – 113 v Newington 10 – 96	Won	Gautama Desaraju 31*, Henry Nguyen 3-10
14C	SBHS 5 – 100 v Newington 7 – 93	Won	
14D	Combined with 15C		

MIC of Cricket Report

What is now becoming a tradition we officially announce the 1st and 2nd XI teams with a special guest speaker coming to present the caps to the boys. This year we had Alan Davidson, an Australian cricketing legend who played in the 1950-60s alongside the great Richie Benaud. Mr Davidson spoke tremendously well about preparing yourself using the "Six P's": Perfect Preparation Prevents P*ss Poor Performance. He also gave us some great cricket stories in his days. The boys thoroughly enjoyed it and was an inspiration to us all.



1st and 2nd XI receiving their caps

It's been since 2007 when SBHS 1st XI won their first round of the GPS competition and last Saturday was an absolute nail biter. We bowled first and had Newington on the ropes at 6-44. They then put on an 80 run partnership and got themselves back in the game. When we broke that partnership we finished the innings and got them all out for 165 in the 42nd over. Our turn to bat and we didn't start well losing Vishal Nomula off the first ball of the innings. From there we kept on getting starts individually and in partnerships, but every 15-20 runs we kept on losing a wicket and keeping

Newington in the game. Sabesh Murugananthan batted very well top scoring with 35 and in the latter part of the innings Karthik Subbanna held his nerve and fought hard to finish with 25* and hit the winning runs. It was very exciting for everyone and hopefully we can keep this going.



The 2nd XI continues to learn and grow. We have a very young side and it's encouraging to see our boys not necessarily getting beaten by skill and technique, but rather by just the pace of the game, power and experience. This is an aspect of the game that can be easily improved on through their continued hard work at training and wanting to work for each other. It's great to see our two Year 7 players, Saarangan Arvind and Menuja Goonaratne, and our Year 8 student, Cameron Pereira, all playing an integral role within the team.

The 5th XI team believe they can go through undefeated and they have started the season well winning quite comprehensively with Faiyaz Alam batting very well for his 42.

The most pleasing overall result is seeing all the U14s team winning their matches. The U14s displayed strong technique with both batting and bowling. Varun Rana and Suvipra Vaidya from the 14As put on a 32 run opening stand and Gurman Ichhponani and Henry Nguyen from the 14Bs put on a 42 run opening stand from just 5 overs. The bowling was full and straight with Mukund Rangarajan taking best figures for the weekend with 6-18.

15C/14Ds team is a combined team of players who are new to the game. They have improved as well getting three run outs.

This Saturday is the Second round of the GPS season for all teams against Kings. Group 1 teams will be playing in their first two-day match for the season. The 1st XI will be very confident they can get another win, while the 2nd XI can enjoy playing the patience game. Good luck to all the boys and remember to play positive cricket and run hard between wickets.

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

- Please make sure that all the boys wear SBHS logo hats and tops.
- They are not to wear thongs to and from their fixtures.
- Make sure they drink plenty of water and carry a drink bottle with them to training and fixtures.
- Please notify their coaches if they are unable to attend training or their fixture.

Geoff Tesoriero
MIC of Cricket



Managing HSC Stress HOLIDAY PROGRAM



Are you feeling worried about how you are going to manage all the demands of your HSC year? Are you finding yourself starting to get stressed about how you are going to manage it all and perform at your best?

The **Managing HSC Stress** program is a group program that assists students to better manage the stress of the HSC by teaching a broad range of skills that can be helpful in any stressful situation.

Students also have the opportunity to learn from and assist each other. The program can also be useful for students who are struggling with anxiety, low self-esteem or low mood.

Come along and enjoy all of the benefits of the 4 week program in one day!!

- When?** Monday 18th January 2016
- Time?** 10am – 4pm
Lunch and afternoon tea will be provided.
- Where?** Health Psychology Unit
Ground Floor, 174 Pacific Highway
St Leonards
The Health Psychology Unit is a 5-10 minute walk from St Leonards train station.
- Cost?** \$50 per student. *Medicare rebates or private health insurance may apply*
- Register?** Registration is essential as numbers are limited.
To register call 9514 4077 or email
anna.wallace@uts.edu.au

Stressed?

Procrastinating?

Overwhelmed?



Managing HSC Stress: A Guide for Students

It is widely acknowledged that Year 12 can be a very stressful time for students. Managing HSC Stress is a one-hour presentation based on cognitive behaviour therapy (CBT), which is widely supported in the literature as an effective intervention for stress management. The presentation is delivered by clinical psychologists experienced in working with adolescents.

The following content is covered in the talk:

- Sources of stress for students
- The fight-or-flight response
- The three step approach to managing stress:
 1. Identify and challenge unhelpful thinking (cognitive therapy skills)
 2. Take an action (goal setting, problem solving, study skills, strategies to beat procrastination, rewards)
 3. Looking after yourself (diet, exercise, time out, sleep strategies)
- Keeping it in perspective
- Sources of further help



For more information

Phone: 9514 4077

Email: Health.Psychology@uts.edu.au

Visit us at: Ground floor, 174 Pacific Hwy St Leonards 2065



Footy season is over.
What now?

Ultimate Frisbee!

Free

starts
Monday
19 October
Moore Park



12 to 18 year olds (grades 7 to 12)
facebook.com/duffyouth



TERM 4 2015 FINANCIAL SCHEDULE

END OF FINANCIAL YEAR

Orders limited to Principals approval	Friday	16 October	1.20pm
---------------------------------------	--------	------------	--------

Claims limited to Principal's approval	Friday	16 October	1.20pm
--	--------	------------	--------

ALL ORDERS & CLAIMS MUST NOW BE DISCUSSED WITH & AUTHORISED BY THE PRINCIPAL

Orders close completely	Tuesday	17 November	1.00pm
-------------------------	---------	-------------	--------

ORDERS RECEIVED AFTER 17 NOVEMBER WILL BE PROCESSED AFTER DECEMBER 4 2015

Claims & Invoices close completely	Friday	20 November	1.00pm
------------------------------------	--------	-------------	--------

ALL PROCESSING OF ORDERS, CLAIMS AND INVOICES NOW CEASED

WILL RE-OPEN AFTER DECEMBER 4

Cash Register close	Friday	20 November	1.20pm
---------------------	--------	-------------	--------

Time Sheets due (coaches & tutors)	Friday	20 November	12 noon
------------------------------------	--------	-------------	---------

END OF SCHOOL YEAR

Cash Register Open	Monday	7 December (approx.)	
--------------------	--------	----------------------	--

Orders, Invoices & Claims Open	Monday	7 December (approx.)	
--------------------------------	--------	----------------------	--

Orders, Invoices & Claims Close	Friday	11 December	3.15pm
---------------------------------	--------	-------------	--------

Cash Register Close	Tuesday	15 December	11.50am
---------------------	---------	-------------	---------

SYDNEY BOYS HIGH STORE & CLOTHING POOL

SPRING / SUMMER PRICE LIST 2015 - 2016

SCHOOL UNIFORM				SPORTS UNIFORM			
BLAZERS		From:	\$290.00	PE / HOUSE SPORT			
<i>Please arrange for boys to be fitted as early as possible (6-8 weeks delivery from order)</i>					Stretch Micro Fibre		
					Black Short with Sydney High	\$35.00	
PANTS	Trousers - Junior, Dark Grey		\$69.00		PE Polo	\$38.50	
	Trousers - Senior, Light Grey		\$69.00		Sport Socks	\$9.90	
SHORTS	Grey		\$48.00				
BELTS	Black Leather		\$18.50	TRACKSUITS (sold as separates)			
					Microfibre Jacket	\$88.00	
SHIRTS	Sky Blue & White, Short Sleeve with Logo				Microfibre Pant	\$49.50	
	Sizes 10 - 14		\$27.00				
	Sizes 16 - 22		\$29.00				
	Sizes 24 - 28		\$31.00				
				BASKETBALL			
	Sky Blue & White, Long Sleeve with Logo				HIGH Training Tee	\$27.50	
	Sizes 10 - 14		\$29.00		Short	\$55.00	
	Sizes 16 - 22		\$31.00		Singlet	\$55.00	
	Sizes 24 - 28		\$33.00		Socks (White S.H.S. Colours)	\$9.90	
					Water Bottle - S.H.S. Crest	\$8.80	
BLUE WOOLLEN JUMPERS							
	Up to Size 14		\$88.00				
	Size 16-22		\$90.00				
	Size 24-26		\$92.00	CRICKET			
					Hat (Natural) - Greg Chappell	\$22.00	
SOCKS	Cotton Knee High SHS colours		\$13.50		SHIRTS VENTILATED with SHS crest		
	Cotton Short SHS colours		\$9.90		Long Sleeve	\$44.00	
	Sport in SHS colours		\$9.90		Short Sleeve	\$38.50	
TIES	Junior		\$25.50				
	Senior		\$28.50				
	Prefect		\$24.50	ROWING			
	Old Boys		\$27.50		Rugby Jersey 34/85- 38/95	\$80.00	
	SRC		\$28.50		Rugby Jersey S-XL	\$80.00	
CAPS	SHS		\$22.00		Rugby Jersey XXL-XXXL	\$85.00	
					Socks	\$16.50	
BAGS	Backpack	6yr Warranty	\$82.50		T-Shirt Colorado White L/S	\$11.00	
	Hav-a-Sak		\$30.00		Zoot Suit	\$77.00	
	Sports Bag		\$58.00				
ART	Exercise Book A4	48 page	\$2.75	TENNIS			
	Paint Brush Size 6		\$3.75		Grade Polo Shirt	\$44.00	
	Progressor 2B Pencil		\$2.95		Junior Polo Shirt	\$44.00	
	Progressor 4B Pencil		\$2.95		Socks with SHS Colours	\$9.90	
	Visual Art Diary A3		\$11.00				
	Visual Art Diary A4	120pg	\$8.80				
DESIGN & TECHNOLOGY				VOLLEYBALL			
	DT Apron		\$12.00		Polo	Numbered	\$66.00
					Short		\$39.50
MATHS	Calculator		\$35.00				
	Compass		\$1.55				
	Grid Book	96page	\$2.20				
	Protractor		\$0.55	WATERPOLO			
					HIGH Swimmer	NEW	\$45.00
MUSIC	Music Book		\$2.20		Waterpolo Shirt		\$55.00
UMBRELLAS							
	Golf		\$33.00				

SYDNEY BOYS HIGH STORE & CLOTHING POOL

SPRING / SUMMER PRICE LIST

2015-2016

MEMORABILIA

Address Book	\$12.00	School Centenary Book	\$15.00
Car Sticker	\$4.50	SHS Cufflinks	\$16.50
Coat hanger	\$5.00	SHS Foldable Chair	\$49.50
Letter Opener	\$6.50	SHS Pen	\$8.80
Mug with SHS Crest (Gift Boxed)	\$16.50	SHS Sticker	\$1.10
Neoprene Wine Cooler with SHS crest	\$15.00	Silverware: Sugar or Fluted Spoon	\$5.50
Number Plate Cover	\$39.95	Stainless Steel Mug with SHS crest	\$16.50
Pencil Case with SHS crest	\$9.90	Stainless Steel Drink Bottle with SHS crest	\$16.50
Scarf with SHS Crest	\$22.00	Wine Glasses Set of Two Gift Boxed	\$35.00

OLD BOYS MEMORABILIA

Polo Shirt with SHS Logo	SALE	\$49.50	NOW	\$35.00
Supporter Jersey		\$75.00		
OBU Tie		\$27.50		
GPS Old Boy Tie		\$36.00		
Sydney High Hoodie		\$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.

BLAZERS

GPS Pocket	\$27.50
Music Pocket	\$27.50
Prefect Top Pocket	\$27.50
Prefect Bottom Pocket	\$44.00
Embroidery Line	\$17.50
Remove Embroidery Line	\$24.00
Full Braiding	\$77.00
Dry Cleaning	\$15.00
Service Charge	\$36.50

PAYMENT

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

GENERAL - with SHS Crest Badge

Basketball (metal)	\$7.70
Cricket (metal)	\$7.70
Fencing (metal)	\$7.70
House Badge	\$9.90
Orchestra (metal)	\$4.40
Rifle (metal)	\$5.50
Rowing (metal)	\$7.70
SBH Lapel Pin (metal)	\$2.75
SHS (metal)	\$6.60

GOODS & SERVICES TAX (GST)

GST is included on all prices listed

OPENING TIMES

Open During School Terms Only

Monday, Tuesday, Wednesday & Friday

10:30am to 1:30pm

Telephone 9662 9360



SCHOOL HOLIDAY COURSES!

DEC 2015 - JAN 2016

TEENS COURSES

YOUNG FILMMAKERS' FORTNIGHT - NEW!

**REAL FILMMAKING / SKETCH COMEDY / DIGI ANIMATION
GAME DESIGN / SCREENWRITING / HSC VIDEO + MORE!**

KIDS COURSES

AFTRS FILM CLUB: LIGHTS, CAMERA, ACTION!

**TV PRESENTING / SCREEN ACTING / STOP MOTION
DIGI ANIMATION / MOVIE MAKE-UP + MORE!**

1300 065 281 / aftrs.edu.au/short-courses

AUSTRALIAN FILM TELEVISION AND RADIO SCHOOL



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/scholarship for full details.

Closing Date: 27 November 2015

Moore Park, Surry Hills, NSW, 2010

Ph: 9662 9300



SYDNEY BOYS HIGH SCHOOL

The Phillip Day Memorial Scholarship



Nurturing Scholar Sportsmen Since 1883

To apply for a scholarship visit www.sydneyboyshigh.com/scholarship for full details

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

November/December 2015

06-11-2015

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 C	9 Sports Physiotherapist, 07:00-09:00, 901 Class test: 10MaB-P4 P+C Executive Meeting, Board Room 17:30 P+C Annual General Meeting, Staff Common Room, 18:30	10 Year 7 and other new students in 2016 Orientation Afternoon, 15:50-18:30 Les Gordon Debate, Final, P1-3 School Council Meeting, Board Room, 17:30-19:00 Music Awards Assembly, Great Hall, 09:55-10:40 (8, 10, 11)	11 Remembrance Day Ceremony, 10:45 (all school) Junior Film Festival, Junior Library, 12:30-13:10 Meet the Music Concert: Sydney Opera House 18:30 Melbourne High Summer Exchange/Barberis Cup, Melbourne Cricket Committee meeting, 901, 19:00	12 Mandatory Science Assessment (Y8), 8Sc1, 8Sc2, 8Sc3, Periods 1 and 2 Melbourne High Summer Exchange/Barberis Cup, Melbourne Year 9 Meeting, Great Hall, 09:55-10:20 Year 7 Meeting, Great Hall, 10:45-11:10	13 Mandatory Science Assessment (Y8), 8Sc4, 8Sc5, 8Sc6, Periods 1 and 2 Year 10 Yearly Exams Melbourne High Summer Exchange/Barberis Cup, Melbourne Stewart House Day Mufti/BBQ (Y7 community service)(Junior Quad)	14 Sport: Group 1 SHS v TKS, Group 2 TKS v SHS Rowing: GPS Grammar Regatta, SIRC, Y9,Y10,Seniors OBU event: Aspiring High Medical Students, Great Hall, 16:30-21:00 Parking: Sydney FC v Melbourne Victory, 19:30 (Rowing)	15 Volleyball: Australian Schools Qualifying Tournament, Sydney Olympic Park
7 A	16 Sports Physiotherapist, 07:00-09:00, 901 Year 10 Yearly Exams Cricket: Barberis Cup, Year 9 Online Selective Schools Application for Year 7 2017 close	17 Year 10 Yearly Exams Cricket: Barberis Cup, Year 9 Fundraising Management Committee meeting, 17:30-18:30 Foundation meeting, 18:30-20:30 Volleyball Dinner: room 204, 18:00	18 Year 11 Study Day Year 10 Yearly Exams Cricket: Barberis Cup, Year 9	19 Year 10 Yearly Exams Year 11 HSC Assessment Exams	20 Year 10 Yearly Exams Year 11 HSC Assessment Exams	21 Sport: Group 1 SHS v SJC, Group 2 SHS v Shore Basketball: Raschke Cup Pool Rounds, Riverview Basketball: Yeend Shield, 2nds, Newington Rowing: GPS Joeys Regatta, SIRC, Y9,Y10,Seniors	22 Cricket: East Coast Cup, Years 7, 8 and 9 Great Hall Booking: 00:01-24:00
8 B	23 Sports Physiotherapist, 07:00-09:00, 901 Year 11 HSC Assessment Exams Cricket: East Coast Cup, Years 7, 8 and 9 Year 10 Drama Production: The Real Inspector Hound and Cahoot's Macbeth, Dress Rehearsal, P1-5, room 204	24 *** Year 11 HSC Assessment Exams Cricket: East Coast Cup, Years 7, 8 and 9 Music Parents Support Group AGM, Staff Common Room, 18:30-20:00 Excursion: The Ethics Reconnection, Selected students Year 10 Drama Production: The Real Inspector Hound and Cahoot's Macbeth, Performance,	25 Year 11 HSC Assessment Exams White Ribbon Day Rowing: Melbourne High Year 9 Exchange Cricket: East Coast Cup, Years 7, 8 and 9 Basketball: USA Tour meeting, room 901, 19:00 Year 10 Drama Production: The Real Inspector Hound and Cahoot's Macbeth, Performance, 19:00, room 204	26 Year 11 HSC Assessment Exams Fitness Expo, 10zPh, 10yPh, Gym and 901 09:00-11:00 Rowing: Melbourne High Year 9 Exchange High Resolves Summit, UWS (30 students Year 9), all day Parking: Sydney FC v Wellington Pheonix, 20:00 (Sailing)	27 Year 11 HSC Assessment Exams Rowing: Melbourne High Year 9 Exchange GPS Summer Sports Assembly (Basketball, Cricket, Swimming, Sailing, Tennis, Water Polo), Great Hall, 10:15-11:00 (9, 10, 11)	28 Sport: Group 1 SHS v SJC, Group 2 SJC v SHS Rowing: Melbourne High Year 9 Exchange, Head of the Yarra Rowing: GPS High Regatta, Hen and Chicken Bay, Y9,Y10,Seniors Basketball: AAGPS Round 1 Great Hall Booking: 14:00-24:00	29 *** Cricket: Five Highs, Melbourne Music: Hero v Villain music marathon, Great Hall, 13:00-17:00 Jazz Workshop: 13:00-15:00 Jazz in the Courtyard, Rooms 101 + 201,
9 C	30 Great Hall Booking: Red Cross Blood Drive (Prorellis) Closing date for Awards Scheme 2015 Peer Support Training, P3-5 (Year 9) Basketball: National School Championships, 15s + Opens, Canberra Cricket: Five Highs, Melbourne	1 Opening date for Awards Scheme 2016 Peer Support Facilitation Day, Great Hall, 09:00-15:15 Basketball: National School Championships, 15s + Opens, Canberra Cricket: Five Highs, Melbourne Water Polo: CHS Boys Water Polo Taree Executive Planning Day Abbotsford	2 Year 9 Outdoor Education Camp (Morisset) Duke of Ed (Silver Hike) Excursion: Committee Meeting, Staff Common Room, 18:00 Cricket: Five Highs, Melbourne Basketball: National School Championships, 15s + Opens, Canberra	3 Year 9 Outdoor Education Camp (Morisset) Duke of Ed (Silver Hike) Excursion: Year 10 High Resolves Leaders to Annual HRI Summit, UTS Basketball: National School Championships, 15s + Opens, Canberra Cricket: Five Highs, Melbourne	4 Year 9 Outdoor Education Camp (Morisset) Duke of Ed (Silver Hike) Cricket: Five Highs, Melbourne Basketball: National School Championships, 15s + Opens, Canberra Parking: Sydney FC v Newcastle Jets, 19:40	5 Honeybees Concert Great Hall, 12:00-24:00	6