



## From the Principal High Talent



Congratulations to Nathan Wang (7R) and William Lee (9R), breaststroke and Jake Rowlands (11R) individual medley, who qualified to compete at All Schools this week – a great achievement boys! In their final swim for High, the 4 x 50 relay team of Kalem, Christian, Luke and Andrew, set a time of 1.42.41 to beat the other two GPS representatives at the CIS Swimming Carnival, finishing a close 4<sup>th</sup> to the CAS schools. They have claimed the record for the fastest relay swim ever by High boys! Great job! Well done to Esmond Ye (12M) and Arthur Chao (12R) who have made it as one of the top 5 teams in Australia in the AusCase competition.

## Staff Changes

As a result of a merit selection process Mr Michael Cinquetti, a teacher at SGHS, has been appointed as Head Teacher of English at High. He takes up his appointment on day 1 term 3. Mr Geoff Stein, Head Teacher PDHPE, is taking on the administrative and supervision functions of the LOTE faculty. Mr George Barris is the executive member in charge of the Practicum Program / UNSW partnership.

## Vaccinations

Our HPV dose 1 coverage in term 1, 2016, was only 90.6% of students. To be most effective for everyone, the vaccination rate needs to be as close to 100% as possible. Many schools are in the 95-100% range. In the interests of public health and personal security from infection by preventable disease, parents are asked to enrol their sons in the full program of vaccinations as and when offered by the school.

## Carpark Safety and Protocols



Parents are requested again to drop off their sons between gate 1 and gate 2 rather than driving up to where the buses are parked and then doing a three-point turn before driving out again. Also, parents waiting for their sons should not occupy staff car spaces, nor block entry to these. Staff

members have priority and need to be able to park and get to class on time.

## Weights Room Memberships Now Available Until 27 May

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. Hence, we decided to close off memberships by the end of February each year. Boys who had not paid by that time could no longer attend the weights room.

As a transition measure **for 2016 only**, we are offering boys a second chance to join the weights room for the rest of the year at a cost of \$200. Memberships will not be available after Friday 27 May for the rest of the year. It is not our intention in 2017 to have two periods of time for boys to pay for their memberships. Boys should be organised this year to join up by the end of February 2017.

## Student Awards Scheme - NAPLAN Results

Boys in Years 7 and 9 sit the NAPLAN tests this month. We want to incentivise performance in NAPLAN. We will be offering up to a maximum of 20 Award Scheme points for the four tests – 5 points each. Boys maintaining their expected growth trajectory will receive three points and those exceeding it, five. The idea is for all boys to try their best in each test to prove to themselves that they are progressing well at school, from Year 5 to Year 7 or from Year 7 to Year 9. Often, boys don't treat the tests as seriously as they might – rushing through just to finish early or working carelessly because the results don't count on their reports. We want to give them an extra reason to try hard, to use all the available time and to check their answers for careless errors or mistakes of logic or judgement. In short, we want to nurture the process of performing to your best ability under pressure.

## Solar Energy Project



Since October 2009, High has had 35 solar panels generating electricity which is automatically consumed by the school and is not separately metered. The tracking technology on our school site indicates that

since installation, the 6.3kw capacity system has generated 41.2 megawatts of electricity with a calculated CO<sub>2</sub> saving of 36.3 tonnes. Regrettably, this output represents only 1/72 of our electricity consumption in the last 6 years. Our electricity bill exceeds \$100k pa. Our technology is superseded and the new generation of photovoltaic panels are much more efficient. To make a substantial difference to our costs we would need to put in a lot of panels. One quotation indicates we could install 300 panels on the north facing roofs of A block and the Great Hall. Our energy production could then exceed 54kw. For Stage 2 a more modest proposal is to install sufficient panels to generate 10kw of power and a second inverter. Whereas the initial system cost \$65k including a solar grant of \$50k., this system can be installed for c\$28k (approximately twice the generation for less than half of the cost). Not all investments are purely driven by economics. We are doing two things – modelling sustainability to our students and doing something locally to address a global climate change issue. Our fundraising target is \$20k. The remainder will come from school funds. If you are interested in making a tax deductible donation to this project, donate to the SHS Building Fund. Include a notation 'solar project' to distinguish the gift from those preferred for the Governors Centre Project. For more information about the project contact me on 9662 9320 or [principal@sbhs.nsw.edu.au](mailto:principal@sbhs.nsw.edu.au)

## Invoices for Summer Activities Co-payments

Families have had invoices posted for term 1 activities. Despite these charges, most activities are also heavily subsidised from school funds, particularly in direct grants from school funds (general service contributions), provision of MICs, teacher supervision, WHS compliance costs and first aid costs (co-curricular supervision levy) and parking allocation support. Co-payments are used primarily for the provision of coaching. In basketball alone, a team of over 50 people delivers the program! We have staff, students, Old Boys, parents and volunteers working to make your son's school experiences more enjoyable. It would be appreciated if you could make your co-payments promptly. Thank you.

**Dr K A Jaggard**  
**Principal**

## Half Yearly Reports - Clearance Forms – Years 9, 10 & 11

Clearance forms for report collection will be issued during the coming weeks. Please ensure outstanding payments and due book returns are received **before** the clearance form is printed.

**Sharon Kearns**  
**SAM**

## Discrimination Survey

Ms Powell and Ms Stephens have been working with the Rainbow Boys to identify the discrimination issues that SBHS students are most concerned about, so that we can tackle the biggest problems first. Please complete the short survey on Moodle or go to <http://sbhs.co/adsc>. You will get one award scheme point.

**Ms Stephens**

## From the High Store

The High Store is introducing a New Wet Weather Spray Jacket for use on rainy days:



- Lightweight fabric
- Concealed hood
- Compact pouch
- Easy to store in school bag when not in use.

Students are required to call into the High Store prior to Friday 13 May 2016 to be fitted and pre-pay before order can be placed. The cost is \$55.00.

**The High Store**

## Looking for a Landscape Gardener

The gardening committee is seeking professional advice from a landscape designer/gardener on developing and beautifying the area around the cricket nets. If you know a friend, parent or relative who would be willing to offer advice and a quote please contact Ms Ayre or Mr Wright in English on 9662 9371.

## Meet the Prefect Intern



My name is Marcus Plataniotis and I'm one of your 2016 Prefects. I love my football, the company of my friends, reading/writing and pumping a feel good tune. I was lucky enough to be accepted into Sydney Boys as a Year 9 student and within that time I have collected experiences and lessons

that I undoubtedly will carry with me forever. The real challenge that I faced when arriving at High was finding my purpose and position as a Sydney Boys High student. Coming into a healthy yet viciously competitive environment I struggled to find a benchmark, something

to strive for, whether it was being in an unfamiliar environment or having a fear of failure, I was constantly in limbo with indecisiveness. Around me I saw boys who were excelling and prospering and I started to think “what on earth do I have to do to get there?” and there was my issue. I placed unrealistic pressures on myself and developed out of character tendencies because I was trying to be what I wasn't. It took me a while but with the assistance of a top bunch of lads and participation in activities and subjects that I truly loved and enjoyed, I started to realise how lucky and fortunate I was to be a student at Sydney Boys High. I wasn't dux of my year and wasn't breaking any school records, but I was happy and privileged to attend High. Becoming a Prefect is perhaps my proudest moment. To merely say that I was a student of High was a phenomenal achievement for me, but to have the honour of leading the school would have been unimaginable if you were to tell that to my Year 9 self. But forget the title, being a senior student of the school places me in a position where I can help and guide individuals who perhaps are struggling to find their feet or just need a chat. So please (and I'm not saying this for the sake of it), pull me aside in the playground or approach me whenever you wish because I am more than willing to help and offer my advice anytime.

**Marcus Plataniotis**

**Reach Out**

**Reach High**

### **Sydney High Opens Rugby Camp 2016**

During the break, the Sydney High Opens Rugby #squad spent 2 nights at the Outterside Centre for the inaugural 2016 Rugby Camp. Bunking together as a squadron proved to be an exciting and fulfilling experience; sleeping, eating, training, travelling and running as a single unit. Special thanks to the parent volunteers of the camp whose efforts were immensely appreciated and also to the Rugby Committee who subsidised the camp, both of whom made the camp possible. Although bonding through our intense conditioning side by side, our best memories were forged during the camps 'unique' activities.

After an unforgiving session at Cronulla's sand dunes, the boys hard earned break came in the form of an 'Amazing Race'. Abbotsford residents at the time could potentially witness teams lugging a bed frame through the streets, or participating in a gruelling eating competition in the middle of a several kilometres run. The task tested our teamwork skills, decision making under pressure and fitness above all else.

The “1<sup>st</sup> XV's Got Talent” competition gave an opportunity for small groups to showcase their limited skillsets in the arts of entertainment, providing a marvellous spectacle for our second night at camp. Acts included Daniel

Zhang's dramatic reading of EL James' 2011 novel, and Ethan May's 'Dab' Workshop, however it was David Kim's magic act that stole the show.

In all seriousness, the camp was a welcome addition to the program amongst the squad. Although fun at many times, the team developed a new set of values encapsulated by our undying work ethic and a newfound sense of togetherness amongst the boys. The unlikely bonds forged, along with a newfound confidence in our abilities developed throughout the camp has made this a pivotal part of High Rugby this season.

**Jacob Katafono**

## **RIFLE SHOOTING**

### **ANZAC Day Open Prize Meet**

On ANZAC Day, the Sydney High School Rifle Club went out to Malabar to compete in the ANZAC Day Open Prize Meet. The team consisted of Ciaran Farrell (12M), John Huang (12R), Julian Tu (12E), James Jiang (11F), Wentao Ruan (11F), Nathan Wong (11S), Daniel Tian (11R) and Frank Zhou (9F). The conditions seemed to be nice, the sun was out and a surreptitious wind lulled us into a false sense of security as we looked forward to getting practice in for our matches at Cessnock and GPS. We had a shaky start with some of our shooters due to the strange and unpredictable wind changes throughout the shoots. Despite this, we saw it as a learning experience that we could use to gain an advantage if similar conditions ever arose at GPS.

Even in the face of these wind changes, our shooters didn't take long to adjust to the conditions, with John's 55.3 winning him 8<sup>th</sup> place in A Grade, a 53.3 from Nathan, and a 53.1 from James. Julian won 1<sup>st</sup> place in C Grade with a 51, with Ciaran winning 2<sup>nd</sup> place, having lost on countback. Frank ranked 3<sup>rd</sup> with a 50.1; a great performance by Year 9 student. Most students improved on results from their first shoot, showing our team's adaptability in even the strangest of conditions. The day ended with James having an aggregate of 101.3 and winning 3<sup>rd</sup> Place in B Grade, only 6 centres behind the leader, and having the highest score from our school. John finished with an aggregate of 100.06 but unfortunately his first score disadvantaged him greatly. Nathan finished with an aggregate of 97.5, with Ciaran winning 2<sup>nd</sup> place with a 97.1 in C Grade, just 3 centres behind 1<sup>st</sup> place. Julian won 4<sup>th</sup> place in C Grade with an aggregate of 95. All of our shooters shot exceptionally well given the circumstances; for the first full-bore competition in the year it's looking to be a promising season, especially if we keep putting in the hard yards at training.

**Ciaran Farrell**

**Captain of Rifles 2016**



# P&C

## High Family



### NEXT MEETING – ALL WELCOME!

**Monday 9 May 2016**  
**Staff Common Room 6:30 – 8.30pm**

The next P&C Meeting will be addressing a number of issues of interest, including the School's site development plan, and parents' and carers' priorities for maintenance and development.

It will also include:

#### **Digital Nutrition: navigating 'screenagers' towards healthy tech-habits**

**Presented by guest speaker Jocelyn Brewer – Registered Psychologist**

Technology is here to stay and is an integral part of 21st Century learning. How can we support young people to develop healthy online habits that maximise the benefits of digital devices and avoid traps of problematic internet use? Jocelyn Brewer is a psychologist and teacher who has been studying teens and tech for over 8 years. She'll provide practical strategies for parenting in the digital age and answer questions you might have about video games, social media and digital cultures.

Please note – this meeting will be longer than usual and will end by 8.30pm.



#### **This Week's News**

- Please like the P&C Facebook page!  
[www.facebook.com/sbhspandc](http://www.facebook.com/sbhspandc)
- The SBHS Site Development Plan 2011-2020 is currently being reviewed. Parents can view the plan by logging on to the Parents' Portal. Community views regarding the areas that should be prioritised are sought. This will be discussed at the next P&C meeting, as above, or comments may be emailed to [sbhs.pandc@gmail.com](mailto:sbhs.pandc@gmail.com)

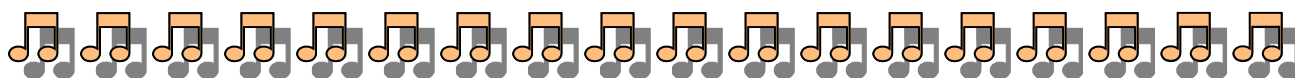
#### **Upcoming Diary Dates**

##### **2016 Annual Combined SGHS/SBHS P&C Meeting**

**Thursday 16 June**

SBHS Great Hall 7 for 7.30pm

Guest Speaker – more info to follow



# MUSIC NOTES

## Annual Music Camp

Our Annual Music Camp is coming around very soon! Music Camp is held at the Collaroy Centre from Wednesday 25 - Friday 27 May. There will also be a Music Camp Concert (6pm start) back at school on the

Friday when we return from Collaroy. The music committee will be selling food and cakes from 4.30pm (near the Great Hall)!

## Music Dates for Term 2

Date	Event	Group
Wednesday 27 April	Term 2 commences (ALL music lessons and ensembles commence in Week 1)	ALL students
Wednesday 4 May	Meet the Music 2 at the Opera House, 6.30pm	Elective Music Students Years 9-12 only
Wednesday 25 - Friday 27 May	Annual Music Camp at Collaroy Centre	All students involved in Music Ensemble Program Years 7-12
Friday 27 May	Music Camp CONCERT at 6pm in the Great Hall	All students involved in Music Ensemble Program Years 7-12

*All music ensembles and private lessons commence in Week 1 (Term 2, 3 & 4)*

## 2016 Music Ensemble Rehearsal Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning rehearsals</b> <u>7.45am</u> unless stated otherwise	Intermediate Concert Band Room 201	Senior Concert Band Room 201	Junior Stage Band Room 101	Symphony Orchestra Room 201	Senior Strings Ensemble Room 101
	Guitar Ensemble Room 101		Intermediate Stage Band (8am) Room 201		Rock Band Room 201
	Chamber Choir Room 202		Senior Stage Band (7.15am) Room 201		Marching Band TERM 1 & 4 7.45 - 8.45am
			Philharmonic Orchestra Room 207		
<b>Afternoon rehearsals</b> Start at 3.30pm		Marching Band TERM 1 & 4 3.30 - 4.30pm	Percussion Ensemble TBC		Jazz Ensemble TBC



2015 GPS
V Grammar
Trial
Lost 1 – 2
Lost 0 – 2
W/O
W/O
W/O
W/O
W/O
W/O
W/O
W/O
W/O
W/O
W/O
W/O
W/O
N/A
N/A
W/O
W/O
W/O
W/O
W/O
N/A
N/A
Drew 0 – 0
Lost 1 – 6
Lost 0 – 6
Lost 0 – 4
Lost 0 – 4
Lost 0 – 11
Lost 0 – 9
N/A
W/O
W/O



Team	Against	Result	Scorers
13D XI	Grammar 13D	Lost 0 – 13	
13E XI	Grammar 13E	Lost 0 – 2	
13F XI	Grammar 13F	Won 6 – 1	Arghya Khan (2), Shawn Chiu (2), Saakif Bin Mashur (2)
13G XI	Grammar 14G	See 14Gs	
	Wins	3	
	Losses:	28	
	Draws:	5	
	Byes/Internal:	2	
	Goal For:	24	
	Goals Against:	124	
	Washed Out:	0	

V Grammar	
W/O	
W/O	
W/O	
Lost 0 – 7	
Wins:	0
Losses:	8
Draws:	0
Byes/Internal:	5
Goal For:	2
Goals Against:	44
Washed Out:	23

### MIC of Football Report

Welcome back to term 2. We played a trial match against our fierce competitors, Sydney Grammar. The score lines may suggest a tough day at the office, but in years gone past we have actually reduced our average deficit for the week. I am very pleased with our 1<sup>st</sup> and 2<sup>nd</sup> XI results coming away with a scoreless draw. Our 1<sup>st</sup> XI was missing six of our front line players. This provides us a lot of confidence knowing we have a lot of depth in our program.



1<sup>st</sup> XI out on their feet with a 0-0 draw against SGS

The same goes for the U16s. Many of the top players are in the opens age group with many other players coming back from injury. This is a positive result to come away with evenly matched scores.

Two of the main things we focus on with all teams and players are discipline and communication. We are receiving mixed results with these two points for the U15s age group. It's important we respect our team and school values and do our utmost to be on time (1 hour

before kick-off) in making sure our coach can properly prepare his team.



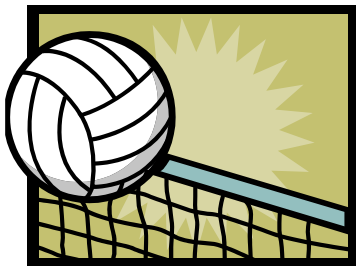
Kore Wilson about to win the ball against SGS

As you will see the U14s are in a better position than 2015s age group. They are working hard at their fitness and ball skills and I strongly believe we will be competitive against Grammar come GPS season.

The 13s are still learning the basics of the game. We are quite a few years behind the other schools in regards to ball work, fitness and team work. As with the U14s if they continue to do the right things they will see huge improvements.

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

**Geoff Tesoriero**  
MIC of Football



# Volleyball Notes

## Volleyball Results KGS & SGS vs SHS Saturday 30 April 2016 (Term 2, Week 1)

1<sup>st</sup> Grade, 2<sup>nd</sup> Grade, 3<sup>rd</sup> Grade, 16As, 16Bs and 15As, 15Bs and 14As all had 3 – 0 Wins.

4<sup>th</sup> Grade had a 2 – 1 Win. 14Bs had a 1-2 Loss against SGS 14As.

(1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Grade vs KGS @ KGS; All other matches vs SGS at SGS or SHS).

Statistics for the 1<sup>st</sup> and 2<sup>nd</sup> Grade teams shown in the table below indicate strong performances:

30 April 2016 vs Knox		
Skill	First Grade	Second Grade
% Of serves kept in play	Shane Chen 89% (19) Harry Park 86% (14) Jerry Chang 83% (6)	Jonathon Zeng 88% (17) Thomas Nguyen 86% (14) Eli Montuno 82% (11)
% Of serves that were kills	Harry Park 68% (14) Aidin Karahasan 63% (12) & Wanyu Tang 63% (8) Shane Chen 58% (19)	Eli Montuno 77% (11) Jonathon Zeng 76% (17) Thomas Nguyen 71% (14)
% Of spikes kept in play	Aidin Karahasan 100% (9) Harry Park 100% (7) Wanyu Tang 86% (7)	Yirong Shen 100% (5) & Alvin Tam 100% (4) Eli Montuno 75% (12) Jon Luo 70% (10)
% Of spikes that were kills	Harry Park 100% (7) Aidin Karahasan 83% (9) Wanyu Tang 79% (7)	Yirong Shen 90% (5) Alvin Tam 88% (4) Jon Luo 70% (10)
% Of blocks that were kills	Ryan Seong 100% (2) Harry Park 67% (3)	Jonathon Zeng 100% (2)
Serve reception accuracy	Aidin Karahasan 92% (6) Wanyu Tang 83% (3) Ray Gu (8)	Ben Wu 100% (6) Harjas Ahuja 90% (5) Eli Montuno 63% (8)
Passing accuracy	Ray Gu 100% (7) Shane Chen 100% (6) Wanyu Tang 100% (3)	Eli Montuno 100% (3) Ben Wu 88% (4) Jon Luo 83% (6)





## High Spirit

### SBHS vs Grammar Results

1<sup>st</sup> XV 5-55L

2<sup>nd</sup> XV 0-57L

16As XV 17-64L

16Bs XV 17-64L

15As XV 15-25L

14As XV 5-41L

13As XV 0-51L

13Bs XV 0-73L

### Team of the Week 1<sup>st</sup> XV



Coming into our first trial game, we were eager to face up against the Sydney Grammar 1<sup>st</sup> XV at their home ground, Weigall. The task at hand would test our physical fitness, technical proficiency, and above all, our team's collective resilience.

Immediately after kick-off we forced ourselves to match the high intensity and tempo of the Sydney Grammar

side, putting up the rigid defence that we had been training towards. However, an unfortunate turnover resulted in us conceding the first match points.

On the back foot, Eli Hall pulled off a remarkable kick to shift moment, gaining valuable field position through a well-placed kick. After a confident ball carry by our youngest squad member, Archie Fox, we worked slowly towards our first points, confirmed by Elliot Love's remarkable finish in the corner.

Moving into the second half, the team struggled to bring the intensity back up again, allowing an early try against us. Although we managed to piece together phases of proficient play, we were unable to recover from the increasing score line, resulting in a disappointing loss.

As a Sydney High team, we remain determined to improve upon our performance. Saturday's game showcased several of our weaknesses, which we work towards eliminating in the future. With one more game left until the regular season, we remain hopeful that through our 'never say die' attitude, our next meeting with Sydney Grammar will be much more favourable.

## CHS Rowing Championships at Taree 2016



On Friday 29 April, 35 rowers from Y8, Y9 & Y10 departed Sydney Boys High at 3:15pm to compete in the CHS Championships. It was a fantastic trip and great way to cap off the rowing season. Over the three days the boys competed against some of the best rowers in the state to win the award for the best performing boys school in the state.

The boys behaviour was exemplary and their humour (eg David Oh Y8 - rating each meal MasterChef style) kept each other, the coaches, MIC and Motel staff entertained from start to finish. Their discipline, performance, bonds between the crews and the squad as a whole prove that there is promise for High Rowing in the near future!

Big thanks for all the rowing coaches who trained the boys all season and the coaches who came to Taree – Marguerite, Alan and Steve.

Thank you to the parents who came to Taree to support.

Thank you to the Caravilla Motel staff who provided us with accommodation, great food and even provided us with showers to use post competition on the last day after we had checked out. This was very much appreciated as the rain and mud could be washed off before the 5.5 hour bus trip home.



## Final Results from Regatta:

### *Race 44 Men's Under 16 Single Scull Final*

- 2<sup>nd</sup> Timothy Trent
- 4<sup>th</sup> Oliver Gao
- 6<sup>th</sup> Rongxuan Chong

### *Race 46 Men's Under 15 Double Scull Final*

- 1<sup>st</sup> Felix Cao, Alan Ji

### *Race 50 Men's Under 17 Double Scull Final*

- 5<sup>th</sup> Jason Zhang, Jack Ralph
- 6<sup>th</sup> Dev Lalwani, Kevin Jin

### *Race 53 Championship Mens Pair Final*

- 3<sup>rd</sup> Leo Li, Brendan Kwan

### *Race 56 Men's Under 15 Coxed Quad Scull Final*

- 1<sup>st</sup> Felix Cao, Maximillian Huh, Alan Jessup, Alan Ji, c: Aaron Martano
- 2<sup>nd</sup> Lawrence D'Mello, Lachlan Ho, Dhruv Agrawal, Johnathan Tran, c: David Oh

### *Race 59 Championship Mens Coxed Four Final*

- 1<sup>st</sup> Ryan Zheng, Tony Xu, Brendan Kwan, Leo Li, c: Jiaming Sun
- 3<sup>rd</sup> Eddie Qi, Kevin Jin, Dev Lalwani, Keanne Nguyen, c: Dimas Sanjoyo

### *Race 60 Men's Under 17 Coxed Quad Scull Final*

- 1<sup>st</sup> Keanne Nguyen, Anderson Chan, Dev Lalwani, Eddie Qi, c: Jiaming Sun

### *Race 63 Men's Under 16 Coxed Quad Scull Final*

- 2<sup>nd</sup> Oliver Gao, Marcus Borszcz, Jason Yu, Rongxuan Chong, c: Aaron Martano
- 3<sup>rd</sup> Christopher Ta, Jie Zhou, Matthew Le, Thomas Schanzer, c: Tim Wan

### *Race 65 Championship Mens Eight Final*

- 1<sup>st</sup> Lenny Han, Jason Wei, Ryan Zheng, Jack Ralph, Brendan Kwan, Leo Li, Jason Zhang, Timothy Trent, c: Dimas Sanjoyo

## Full results -

<http://regattas.rowingnsw.asn.au/?regatta=file=3679>



## Free Webinar for Parents: How to Support Your Child through Senior School

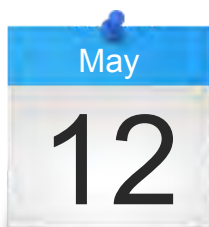
Date: 12th May 2016, Thursday 8pm.  
There are only 100 places available.

Register online: <http://studysamurai.com/parent>

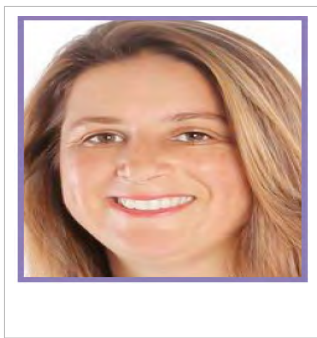
Prue Salter AND Rocky Biasi PRESENT...

# "How To Support Your Child Through Senior School"

Claim Your Spot: <http://studysamurai.com/parent>



Thursday  
**May 12th**  
at 8pm Sydney Australia Time



*Presented by*

**Prue Salter**



*With*

**Rocky Biasi**

## We're Going To Show You...

- ✓ Why senior school is creating more stress and anxiety in our children and their families and how to overcome it.
- ✓ How to support your child with technology use.
- ✓ How to establish a success mindset.
- ✓ How to access expert coaching through your child's senior years.

### PDHPE Sport Skill Assessment Perfect Scores 2016

Year	Basketball	Cricket	Rugby	Soccer
10	<b>20 sec:</b> Nirvan Chand <b>21 sec:</b> Sam Merrick, William Zeng <b>22 sec:</b> Steven Li, Eli Montuno, Mathew Ng, Daniel Thich, Jadon Yang <b>23 sec:</b> Anirudh Joshi, Jaden Kim, Timothy Lam <b>24 sec:</b> James Bui, Ryan Huynh, Abdur Mukaddam <b>25 sec:</b> Roy Chen, Richard Hu, Ebenezer Chan, Chih-Chun Chang, Allen Guo, Jeremy Ma, Weir Meng, Adrian Panas, Sajid Rashed, Alan Zhao	<b>22 sec:</b> Sina Nawa, Jay Patel, Kobe Shannon		
9	<b>26 sec:</b> Nayar Alam, Chi Kong Lam, Timothy Lee, Francis Nguyen, Jinwoo Park, Jevon Somander, Daniel Zilberman	<b>24 sec:</b> Justin Su		
8	<b>20 sec</b> Matthew Moloney <b>22 secs:</b> Mitch Sawyer <b>23 sec:</b> Harris Nguyen, Thomas Tran <b>24 sec:</b> Ivan Liang, Henry Zhang, Eric Zhu <b>25 sec:</b> Ozan Akarsu, Henry Nguyen <b>26 sec:</b> Jeremy Baruah, Vincent Dorahy, Edwin Guo, Anthony Lin, Adin Quach, Kevin Tong	<b>24 sec:</b> Khobi Deep, Keenan Roshan		
7	<b>25 sec:</b> Nathan Wang <b>26 sec:</b> Richard Bao, Christopher Ho, Joshua Lau, Victor Zhang		<b>21 sec:</b> Sean Giang <b>24 sec:</b> Marcus Dimitriades	



## PDHPE Sport Skill Assessment Improved Performers 2016



Year	Basketball	Cricket	Rugby	Soccer
10	James Bui, Louie Chen, Allen Guo, Richard Hu, Ryan Huynh, Jack Jiang, Jaden Kim, Timothy Lam, Jeremy Ma, Ricky Li, Kai Mai, Keanne Nguyen, Shourov Quazi, Kinzey Rahardja, Nathan Trinh, Tim Wang, Nelson Zeng, Jason Zhang, Alan Zhao, William Zeng	Jagath Narayan, Reagan Qiu, Joshua Qui		
9	Ryan Borges, James Chia, Ronan Gao, Anirudh Joshi, Chi Kong Lam, Timothy Lee, Henry Lei, Andy Li, Kevin Liao, Nicholas Ma, Weir Meng, Abdur Mukaddam, Matthew Ng, Francis Nguyen, Ashley Ow, Adrian Panas, Jinwoo Park, Sudaraka Pieris, Brian Pham, Sajid Rashed, Thomas Schanzer, Jeremiah Sulisto, Jadon Yang, Simon Zhang, Daniel Zilberman	Pritan Barai, Henry Ho, Christopher Jin, Samuel Jusmin, Derek Nguyen, Nicholas Shao, Aaron Shek, Thomas Smallbone, Justin Su,		
8	Ozan Akarsu, Julian Alcorn, Jeremy Baruah, Matthew Bui, Edwin Guo, Lachlan Ho, Ivan Liang, Anthony Lin, Dickson Mai, Harris Memon, Aaron Nguyen, Andrew Nguyen, Henry Nguyen, William Pham, Adin Quach, Arnold Sze, Kevin Tong, Joseph Wong, Max Xie, Oliver Yang, Joshua Zhang, Frank Zhan	Robert Chan, Daniel Im, Alan Jessup, Alexander Lai, Tom Lui, Daniel Nguyen, Keenen Roshan, Bill Wong, Toby Wu		

From the PDHPE faculty:

Congratulations to all the successful skill assessment high achievers and improved performers for Term 1. Keep up the good work.

G. Stein  
HT PDHPE





1.00 - 3.00 pm  
Monday, 9<sup>th</sup> May 2016  
Ms Dam & Mr Prorellis

## CHS Selection Trials

This year, the Cross Country event will involve a vastly smaller number of students and staff; **the whole of Year 7**, new students to the school, **20 students** from **each** competing age group and 7 staff members. The carnival will be held at Centennial Park, McKay Oval & fields.

Students selection will be based on the top 10 places from the previous year's cross country event and a further 10 competitive students who would like to register and compete in this year's event.

**Students interested in trialling for the CHS Cross Country representative team are to see Ms Dam in the IA Department.**

Parents:	Your son will be dismissed earlier than usual on <i>Monday, 9<sup>th</sup> May 2016</i>			
Program:	1.00 pm	17 & 18 years	6 km	3 Loops
	1.20 pm	16 years	4 km	2 Loops
	1.40 pm	15 years	4 km	2 Loops
	2.00 pm	14 years	4 km	2 Loops
	2.20 pm	13 years	2 km	1 Loops
	2.35 pm	12 years	2 km	1 Loops

Directions:	<ul style="list-style-type: none"><li>• Students are to attend regular classes for periods 1 &amp; 2 (recess). Students leave for Centennial Park at the start of Period 3 for the Cross Country CHS Trials.</li><li>• On the day of the carnival, Year 7 students are to wear either PE gear or sportswear for the day.</li><li>• <b>Students are to cross the road at lights only.</b></li><li>• <b>Runners should eat their lunch at the recess break, so as not to get sick while competing in the race.</b></li><li>• New students will have a pre-race course walk to familiarise themselves with the course.</li><li>• Stay in supervised viewing area and watch the other years until your race is called.</li><li>• When your race is called go to the starting area.</li><li>• At the finish you will be given a place ticket.</li><li>• If you are in the first 15 places you go to the first 15 table to have your position recorded, and then proceed to your House Roll Table.</li><li>• All runners to proceed with finish ticket to your House Roll Table to have your attendance marked.</li><li>• Tell the teacher your name, roll class and finishing position.</li><li>• After the race you will be dismissed by a teacher.</li></ul>
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Rules:	<ul style="list-style-type: none"><li>• <b>Everyone attends and must compete <u>unless you have a doctor's medical certificate for illness.</u></b></li><li>• <b>Students with a Medical certificate must hand it in to Ms Dam by 9am on Friday morning.</b></li><li>• You must run in shoes.</li><li>• Stay on the course and follow directions from course marshals.</li><li>• Spectators must stay within the viewing area and are not permitted on the course.</li><li>• Winning house determined by the lowest total of the first ten runners to finish.</li><li>• <b>To qualify for the Award scheme you must compete &amp; finish.</b></li><li>• Top ten runners will comprise the provisional school team to compete at the zone.</li><li>• Only the first 15 places will be timed.</li><li>• Cross Country Champions will be selected from this event.</li><li>• Any MIC ruling is final.</li></ul>
Additional Info:	The School Cross Country is the first qualifying event within the CHS Competition. The first 10 runners for each age division will make up the school team for the Eastern Suburbs Zone Carnival. The first 10 runners at the Zone Carnival will compete at the Sydney East Regional Carnival and the first 10 runners from Regional Carnival go on to the NSW All Schools Carnival.

Blue track used for all age groups.

Anti-clockwise direction.

## CHS Selection Trials



**SHS Cross Country**



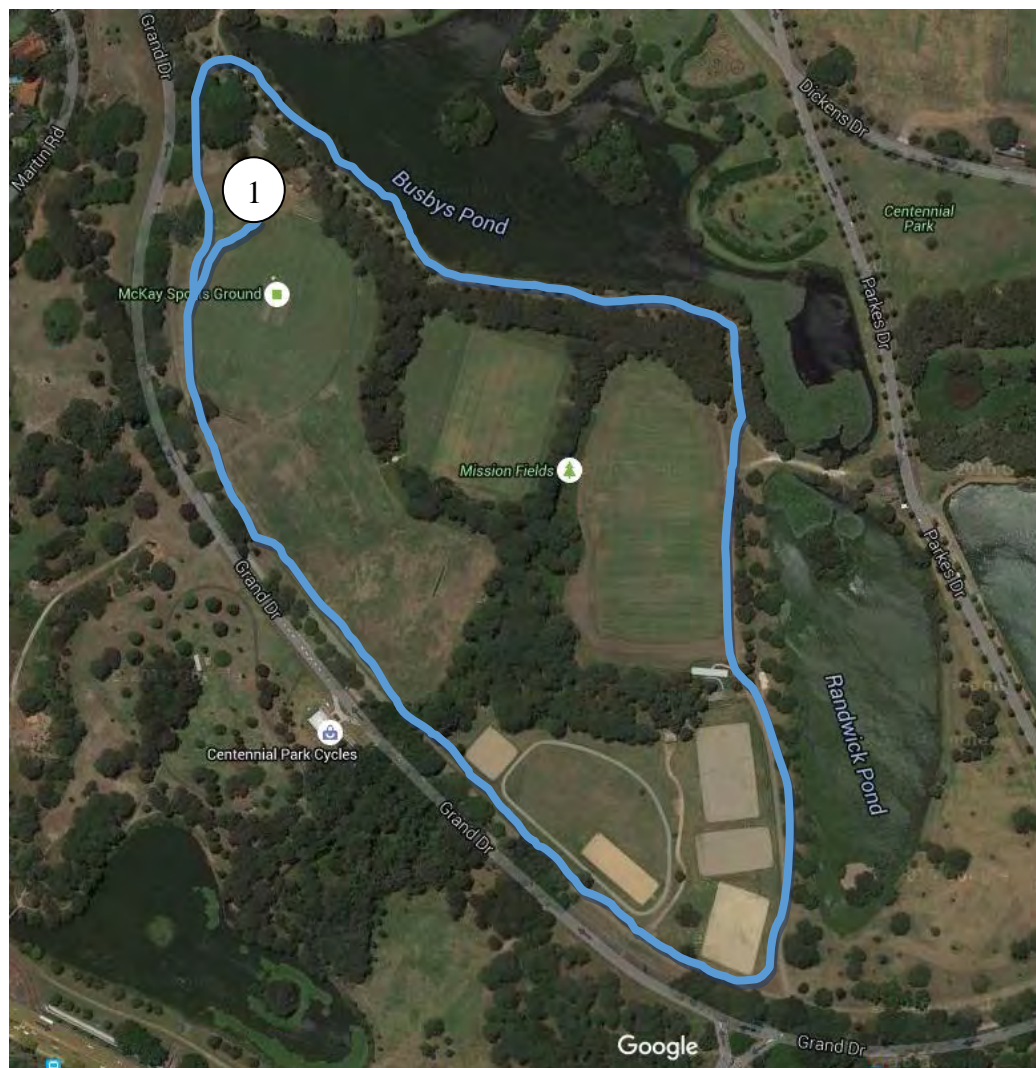
### Course Map & Directions

1

Start and finish.

Parents:				
Program:	1.00 pm	17 & 18 years	6 km	3 Loops
	1.20 pm	16 years	4 km	2 Loops
	1.40 pm	15 years	4 km	2 Loops
	2.00 pm	14 years	4 km	2 Loops
	2.20 pm	13 years	2 km	1 Loops
	2.35 pm	12 years	2 km	1 Loops

Your son will be dismissed earlier than usual on *Monday, 9<sup>th</sup> May 2016*



# May/June 2016

06-05-2016

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 B	9 *** Sports Physiotherapist, 07:00-09:00, 901 HSC English Extension 2, submission of report HSC Exam Timetable available on BoS website Class Test: 8Ar7-P2 Cross Country: School Carnival, Centennial Park (pm) Football meeting, The Great Hall, 15:15-16:00 P+C Executive Meeting, Board Room, 17:30	10 *** Year 9 National Assessment Exams Language Conventions; Writing, Great Hall, 09:00-11:00 Year 7 National Assessment Exams Language Conventions; Writing, Great Hall, 11:00-13:00 Class test: 8Ma1-P1 Debating: PDC, Year 7 and Year 8, 13:00-15:15 Basketball: Year 9 House	11 Year 9 National Assessment Exams Reading, Great Hall, 09:00-11:00 Year 7 National Assessment Exams Reading, Great Hall, 11:00-13:00	12 *** Sports Council Meeting, Board Room, 07:30 Year 9 National Assessment Exams Numeracy, Great Hall, 09:00-11:00 Year 7 National Assessment Exams Numeracy, Great Hall, 11:00-13:00 Business Studies: UNSW Business Studies Competition Years 10-12 Basketball: 1st Grade CHS	13 Year 7 Half Yearly Exams Year 8 Half Yearly Exams Year 7 National Assessment Exams Numeracy Catch-up Tests Year 9 National Assessment Exams Numeracy Catch-up Tests Debating: Eastside SHS v Cranbrook Debating: FED Semi Final 1	14 Football: Shore v SHS Rugby: NC v SHS Cross Country: Newington, Competition 3, Sydney Park Volleyball: Bye Parking: Waratahs v Bulls, 19:40 (Basketball)	15
	16 Sports Physiotherapist, 07:00-09:00, 901 Year 7 Half Yearly Exams Year 8 Half Yearly Exams Class Test: 8Ar2-P5 AAGPS General Committee Meeting, 13:45	17 *** Geography Competition, all Years, P1 International Day against Homophobia Assembly, Great Hall, 09:55-10:35 (9, 10, 11) Year 7 Half Yearly Exams Year 8 Half Yearly Exams Football: 1st XI v Tempe High School, Gough Whitlam Oval, 10:30-13:30 Basketball: Year 9 House Competition, lunchtime	18 Year 7 Half Yearly Exams Year 8 Half Yearly Exams	19 Year 7 Half Yearly Exams Year 8 Half Yearly Exams Debating: The National School Competition, 12:30	20 Cadets: BN Bivouac, F Range, Holsworthy Army Barracks Year 7 Half Yearly Exams Year 8 Half Yearly Exams Debating: Eastside Semi Final 2 Debating: FED Semi Final 2	21 Football: SHS v NC Rugby: SHS v Shore Cross Country: Barker, Competition 4, North Ryde Common Volleyball: SHS v Trinity Cadets: BN Bivouac, F Range, Holsworthy Army Barracks Chinese Eisteddfod for Non-native and Cantonese candidates, Strathfield Girls High	22 Football: Preliminary GPS Combined Football trials Cadets: BN Bivouac, F Range, Holsworthy Army Barracks Great Hall Booking: 06:00-18:00
5 A	23 Sports Physiotherapist, 07:00-09:00, 901 Attendance and Progress Review (all Years) Year 7 Half Yearly Exams Year 8 Half Yearly Exams	24 Tennis: SE Boys Tennis Knock Out CVD Year 7 Half Yearly Exams Year 8 Half Yearly Exams Basketball: Year 9 House Competition, lunchtime Excursion: Year 12 English Advanced, Hamlet at the Seymour Centre, 10:00 Da Vinci Decathlon, Years 7 and 8, Knox Grammar School	25 Music Camp, The Collaroy Centre Da Vinci Decathlon, Years 9 and 10, Knox Grammar School Tennis: SE Boys Tennis Knock Out CVD	26 Sorry Day Assembly, Great Hall, 09:50-10:35 (7, 8, 12) Music Camp, The Collaroy Centre Cross Country: Zone Carnival - Ash Paddock	27 *** Winter Sports Assembly (Rugby, Soccer, Cross Country, Fencing, Volleyball), Great Hall, 09:55-10:40 (7, 9, 12) Music Camp, The Collaroy Centre Music Camp Concert, The Great Hall, setup 14:30 Music Camp Concert, The Great Hall, 18:00 Debating: FED Grand Final  Parking: Waratahs v	28 Football: SIC v SHS Rugby: SJC v SHS Cross Country: Knox, Competition 5, St Ives Volleyball: Barker v SHS Chinese Eisteddfod for Non-native and Cantonese candidates, Strathfield Girls High	29
	30 *** Sports Physiotherapist, 07:00-09:00, 901 Rugby: Committee Meeting, Staff Common Room, 18:00 Year 12 Meeting, Great Hall, 09:55-10:20 Year 9 Meeting, Selected Locations, 12:45-13:10 Incursion: Australian Informatics, selected students in years 10 and 11 Peer Support: VE7-P2 Mufti Day/BBQ -	31 ICAS Science Competition Basketball: Year 9 House Competition, lunchtime High Resolves - Year 7 (Collective Identity Program), Great Hall, 09:00-14:00 Boggabilla Central School Exchange	1 Boggabilla Central School Exchange	2 SBHS HSC and Careers Expo 2016, Royal Hall of Industries, Moore Park, 17:00-19:00 Boggabilla Central School Exchange Year 10 High Resolves Leadership, 13:10-15:15 (30 boys)	3 Confirmation of Prefects Assembly, Great Hall, 10:15-11:00 (9, 11, 12) Excursion: Latin Reading Competition, Sydney University, Selected Yrs 10+11 Peer Support: VE8-P1, VE9-P2, VE3-P3, VE5-P4, VE2-P5 Debating: Eastside Grand Final Debating: FED Grand Final	4 Football: SHS v TKS Rugby: SHS v TKS Cross Country: Grammar, Competition 6, Centennial Park Volleyball: SHS v Cranbrook	5 Parking: Roosters v Tigers, 16:00 (Sailing)