



From the Principal High Talent

Congratulations to our volleyball teams who made history in Melbourne at the National Schools Volleyball Tournament. Our U14s contested the Championship Division Final but



were beaten by Mazenod College in a very tight match. Our under 16s went down in the Division 1 Final to Ryde

Secondary College. Our U17s won a silver medal also in Division 1, just beaten by Brisbane Boys College. The U15s finished 5th in Division 1 and the Open team came 6th in Division 1. In overall terms, High was the second strongest boys school in Australia. Congratulations to all the teams and to MIC Michael Kay and his team of coaches. Our Opens basketball team competed in the National Schools Basketball Competition in the U20 Division and ended up 4th in Australia. Well done to both the touring teams and to Ben Hayman, Bruce Gordon and Sam Higgins for their expertise.

End Term 4

As the academic year draws to a close, I would like to extend my heartfelt thanks to the hundreds of individuals who have contributed so much to making the environment at High so conducive for our boys to thrive. Teachers, non-teaching staff, SASS members, ground staff, cleaners and contractors, combine to make the site what it is as a learning institution. We have well over 350 people with WWCCs enabling them to work at High – teachers, coaches, parents, administrative and support staff. To all our parents who volunteer at the Canteen, work on Committees, serve at barbecues or camps or who help fundraise through parking – thank you. We have some Old Boys who work tirelessly for the school – Geoff Andrews puts in untold hours through the SHS Foundation. Many others, young and old, serve on Governance bodies, volunteer their professional services or coach teams for nothing. High is what it is through the service of so many.

Collection of Reports

All boys should have collected their reports. Regrettably, there are still many boys who

have not fulfilled their commitments and completed their *Clearance Forms* and booked an appointment time to see me to discuss their progress at school. This is an important step in our feedback loop and I insist on speaking to boys **personally**. Boys can come and get their reports before or after school and at lunch or recess on most days. There are also sheets provided for '*Stragglers Reports*' for an hour or so on selected days. Boys just need to make an effort to comply with policy and come and see me. Once I have had a short feedback session with each boy, his report is loaded online against his personal file on *Find a Student*. Appointments can be made in the new school year before school, recess and at lunch (except Tuesdays). The benefits of my interactions with boys lessen if the discussion is too far removed from the assessment events being discussed.

2016 Budget Summary

The total income from DoE, school and community sources rose by 10.52% to \$5,077,782. Within that amount, General Service Contributions, including levies, rose by 3.7% this year to \$1,387,296. Global Funds from DEC rose by 8.6% to \$ 816,250. Tied funds from DEC rose by 23.5% to \$314,853, reflecting the inclusion of community engagement, school chaplain and beginning teacher payments and increased targeted equity funding. Interest earned was steady at \$16,162. Co-payments for sport were up by 17.6% to \$596,929 and other co-curricular activities by 4.8% to \$104,962. Trust receipts rose by 15.2% to \$782,166. Total funds available increased by 9.3% to \$5,683,521.

Total payments rose by 8.9% to \$5,001,545. Key Learning Area expenditure was down by 11.7% after last year's textbook purchase spike. Excursion expenditures rose by 23.6%, mostly because of added events such as the Gold Coast Rugby tour and the Five Highs being held in Perth. Extra-curricular payments rose by 18% to \$1,956,000, reflecting employment costs, compliance charges and facilities hire increases. Trust payments were 15.4% higher. Utilities costs rose 4.8%. Short term relief costs for absent teachers reduced by 37.7% to \$76,158. Administration and Office expenses (including GST paid) declined by 5% - a positive trend. Maintenance costs

contracted by 13.5% back to normal level. Capital program expenditure was steady at \$132,701, reflecting work to provide storage spaces and entry doors, as well as a new shower/toilet facility and a solar power generation system. (Our electricity bill was down 9.3% on 2015). Overall, payments as a percentage of funds available are marginally better at 88.0% v 88.34% in 2015. At High, the reliability of our income flows from parents has allowed this very high expenditure percentage to be maintained for seventeen years.

The Sydney Boys High Student Research and Resources (Public Library) Fund

The *Sydney Boys High School Student Research and Resources Fund* is a fund to resource our two school libraries. Purchases of books, e-books, subscriptions to magazines, databases and streaming services and minor equipment can be made from the Fund. In addition, the wages of a second Librarian and staff employed to extend library hours and run Library archives, are paid for from the Fund. As contributions to the Fund are tax deductible, it provides a very cost effective way for parents and Old Boys to help fund an important and growing area of school life – online learning. As well, 248 boys can enjoy the library facilities simultaneously. The opening balance for the Fund in 2016 was \$38,881. Total receipts were \$154,351. Expenditures included: wages for Library and archive staff \$129,228; physical and electronic resources \$39,293; and maintenance \$309. Total payments were \$168,831. Balance carried forward was \$24,401. I commend the Student Research and Resources Fund to all parents and ask for your financial support in the form of tax deductible donations in the new year.

The Sydney Boys High School Building Fund

The Sydney Boys High School Building Fund is a capital fund for **on-site** school projects – building refurbishment and capital maintenance. The Fund opened the year with a balance of \$2,003,681. Total receipts for the period were \$213,332. Payments for the year were \$158,283. The solar project cost \$27,000 and the remainder was paid to GHD project managers and TKD architects for developing the Governors Centre to DA stage and then to provide 100% drawings to get the Project up to tender stage. The carried forward balance available for the Governors Centre Project was \$2,042,782.

The Sydney High School Building Fund

The Sydney High School Building Fund is a capital fund managed in trust by the Sydney High School Foundation Inc on behalf of the school. The object of the Fund is to provide facilities for the use of students at High. These assets are usually located **off-site**. The Foundation owns, maintains and operates the Outterside Centre and

manages the Fairland Pavilion. It also negotiates and manages Deeds of Licence with third parties for medium and long term arrangements. Its current major project is the *Governors Centre*, a joint endeavour with SGHS. Contributions by parents for 2016 were \$463,113. *Monthly Giving* from parents added another \$32,000. This culture of ongoing generosity is the principal reason why High has acquired the assets it enjoys and the access it has to facilities at Malabar, SISC and Centennial Park. Please keep making your annual contributions to the *Sydney High School Building Fund*.

Dr K A Jaggar
Principal

Meet the Prefect-Intern



I don't really have much to say as I am not too confident with words and I am a firm believer that actions speak much louder than words. However, I must say that coming to the school in Year 9 was one of the best things to have happen to me in my life. The school openly accepted me and has continued to present me with many opportunities to allow me to grow as a person. I believe it is due to this that I am the person that I am today. Through my actions and example, I want to inspire others and give back to the school that has given me a great deal.

Peter Pan
SRC Prefect
Stand Tall - Stand for All

Cash Register Closing



The cash register will be closing on Friday **16 December 2016** at **1.20pm** (end of lunch).

Please make outstanding payments for excursions, co-payments, fees, text books etc. before the register closes.

Thank you.

**Sharon Kearns
SAM**

High Store Holiday Opening Time



Tuesday 24 Jan 2017 Hours 10.30am – 1.30pm. This day is allocated to current students only for purchase of additional uniform.

NEW Students entering Year 7 or Year 9 in 2017 will not be served on this day

High Store

Cash Register Receipts

Cash register receipts for all items (except for General Contributions and Tax deductible receipts) will no longer be sent to classrooms. Receipts for payments made via telephone, the new online payment system or left with the office for processing will need to be collected by the student before the end of each term.

Receipts will be available for collection from the McDonald Wing Office during the following times:

Monday to Friday
Before school
Recess
Lunch

Uncollected receipts will be destroyed at the end of each term and copies will not be reissued.

**Sharon Kearns
SAM**

Term 4 Student Wellbeing Matters

It was another productive term full of activities.



I would like to thank the parents who attended the Headspace Mental Health Presentation on 28 November. The presentation can be accessed through Parent Portal for all parents. Some parents expressed that they would like speak to teachers in small groups regarding supporting students' mental fitness. Please feel free to contact myself in relation to small group discussion on studentwelfare@sbhs.nsw.edu.au. I will be happy to organise this next year.

School holidays are a great time for students to relax and to take time out from the regimentation of school life. Inevitably it can lead some students, while breaking from their normal school day routines, to begin to develop poor sleeping patterns. To assist parents, I have attached some information in the end section of this edition of High Notes.

Please find the brochure '*Transition to High School*'. This is a fantastic workshop for our new Year 7 parents. Also, information on '*Study Stress Buster*' sessions for Year 10 – 12 students. Both these events are organized by KYDS Youth Development Service during the school holidays and are held at Lindfield.

The Shack is a tutoring program targeted towards young people and families who cannot access private tutoring due to financial hardship. It is offered to students from Year 6 to Year 12. Students must be living in or attending school within the Botany or Randwick Council areas. They are taking enrolment at the moment and applications close on 14 February 2017. The application form is found in the end section of this edition of High Notes. The form may be sent either by post or email.



I would like to take this opportunity to thank all parents, carers and staff for their support with student wellbeing this year. I wish everyone a joyful Christmas and a new year bringing much happiness and good health.



**Ms Joanna Chan
HT Student Wellbeing**



HIGH WATER POLO



"The ball struck the centre of the goalies' chest, the sound echoing through the crowd as High heads fell into their hands". That was the last great effort for High to pull a win but to no avail.

Last week's game was a dramatic and close affair, yet 2nd Grade managed to pull the game closer to the opposition despite the odds. Against Joeys, the game started poorly, and by half time, the score was 7-2, with High trailing. Despite this disappointing score, the team managed to work together much more effectively in the second half, with Justin scoring three goals. Suddenly, it was a race against time to pull into the lead. With time ticking down, a great save by Daniel Fan left the score tied at 7-7, and we were in possession. Joeys fouled Lincoln, and he was provided with the opportunity to score, with a five-metre penalty shot. All his practice effortlessly taking a variety of shots at training led to this moment. Unluckily, his shot was saved, but the team left feeling satisfied that they were able to pull away from a big loss, and nearly could have won. Connor who turned up late due to "transport issues" just missed seeing the game but was there to console the team after their loss and ensure the team got home safely after a tiring, but satisfying game.

Ryan Ho-Shon (10M)

CHESS NEWS



teams from 18 Sydney schools at this exciting annual event.

Most impressive was the performance of our A team, Manil Abeysekera, Andrew Wu and James Snow, who were placed first in the whole competition and brought the cup home to Sydney Boys High for the year.

Our other players were William Weber, Sean Zhang, Mridul Pant, Justin Wayne-Lowe, Matthew Lee, Subhash Kondappan Velliangir, Ryan Lee, Leon Chai and Jinghan Wu.

Well done to all the boys who had a competitive and very enjoyable day.

Rowena Barr
MIC Chess

Congratulations to our Senior, Open and Junior teams who played in The Scots College 2016 Invitational on Wednesday 7 December. The teams played seven rounds and there were representative

SHOOTIN' HOOPS

208

Welcome to the last Shootin' Hoops of 2016! Students are encouraged to keep balling during the holidays, so when the season continues next year, there is no decrease in their ability as players.

Congrats to First grade for coming fourth overall in the 20 Years Div 1 in CHS Nationals Basketball. Brilliant effort considering the age group they were in. What's more is that all our players are eligible to compete again next year. Maybe we'll see a podium placement in years to come.



For more, visit @sbhsbball on Instagram

Instagram users should check out the Sydney High Basketball page @sbhsbball for cool posts showing the past, present and future of High Basketball!

In other Aussie basketball news, the Sydney Kings are still first in the NBL, being two games clear of second place. Patty Mills is averaging 11.6 PPG and 3.6 APG for San Antonio in the NBA, which is outstanding considering he is only averaging 23.4 minutes per game. And Andrew Bogut, despite averaging only twenty-five minutes of

game time, is managing to grab 10.4 RPG. Stellar effort from Aussies playing all over the world.

This brings us to the end of the year for basketball, and we would like to thank everyone for making this year possible. A big thank you goes out to the parents for



supporting their sons and also thank you to the boys for making such a great effort towards making this basketball season great. Finally, thanks to Mr Hayman, who puts his blood

and sweat into making this program possible! He is the real reason High Basketball has such great success, so if you see him around the school, don't forget to thank him! Thanks to everyone for tuning in to a year of Shootin' Hoops. See you all next year!

Play Hard, Play Smart, Play Together. Go High!



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



VERITATE ET
VIRTUTE



Cricket Results – 2016 Term 4 Week 9:

5 High's Cricket Carnival – Monday 5th – Friday 9th December

Team	Score	Result	Highlights
1 st XI	SBHS 10 – 199 v KSSHS 8 – 240	Lost	Sabesh Murugananthan 133, Vivek Mahajan 31, Sajeevan Saravanamuthu 4-53
1 st XI	SBHS 10 – 40 v AHS 0 – 41	Lost	
1 st XI	SBHS 10 – 126 v MHS 10 – 188	Lost	Sabesh Murugananthan 41, Abhijot Singh 34, Sajeevan Saravanamuthu 3-23, Saarangan Arvind 3-29
1 st XI	SBSH 10 – 141 v BSHS 10 – 211	Lost	Menuja Goonaratne 40, Sajeevan Saravanamuthu 5-37

Cricket Report

For 1st and 2nd XI GPS points ladder please go to:
<http://aagps.nsw.edu.au/summer-sports/cricket/>

Our 1st XI squad travelled to Perth to play in the much anticipated annual event, the 5 High's Cricket Carnival hosted by Kent St Senior High School (KSSHS). They put on a fantastic week whereby all our boys got to play in some very high standard cricket, while experiencing the Perth lifestyle by being billeted out into the KSSHS families. We would like to thank KSSHS for the amazing hospitality and providing the boys lifelong memories and friendships.



5 Highs Team Photo at the WACA

The team arrived on Sunday with the official welcoming dinner being hosted at the WACA Members Boundary Room. They had KSSHS old boy and former 5 Highs Carnival player, Jake Carder, as the special guest speaker who was on his

way playing for Cricket Australia XI against the touring Pakistan side.

Monday was the first round of the competition that saw Sydney Boys High School (SBHS) up against the host school KSSHS. The boys bowled very well against a strong batting line-up. KSSHS had to fight hard to post a respectable total. The boys fought hard to chase the runs thanks to our in-form captain, Sabesh Murugananthan, posting SBHS highest 5 High's Carnival score ever with 133. This brings back to back centuries for Sabesh and it was spectacular to watch also part of a 60 run partnership with one of our up and coming batsman from Year 8, Vivek Mahajan (31). He nearly single handedly won the game for us falling just 40 runs short. He became the talk of the town very quickly after that innings.



Sabesh Murugananthan on his way to 133

Day two was against the favourites and going for their sixth straight carnival championship, Adelaide High School (AHS). AHS had a fast bowling attack and were too strong for our younger, lesser experienced side. Although our players held their own quite well, we did find it difficult to score.



Jay Patel and Symeon Zeigler opening against AHS

The game that our boys all stepped up for was against Melbourne High School (MHS) playing for the Cec. Rubie Trophy. SBHS have held it for the past four years and were keen to maintain it. We sent them in and had them 7-49. Credit to MHS as they put on a 95 run partnership and got them back in front. We started the batting innings poorly with both openers out for a duck. Once again Sabesh held his own with some tail end support from Abhijot Singh.

The following day was our rest day and the boys caught the ferry down to Fremantle and swam at the beach.

The final day of the carnival was against BSHS. Again the boys bowled well with Sajeevan taking the top three wickets and finishing with fifer for the match.

Congratulations to AHA winning their sixth straight title and to Sabesh Murugananthan and Sajeevan Saravanamuthu for being selected for the combined Australian 5 Highs Carnival team. Sajeevan was equal top wicket taker with 12 for the week and Sabesh scored over 200 runs. Well done!!

Squad: Sabesh Murugananthan (c), Sadin Afsar (vc), Rudraksh Ahi, Saarangan Arvind, Shravan Divakarla, Menuja Goonaratne, Adam He, Shokan Johnpillai, Vivek Mahajan, Jay Patel, Sajeevan Saravanamuthu, Abhijot Singh, Symeon Ziegler

Term 1 training will re-commence first week back for the following teams:

U13s:	Monday	30	January
U14s:	Wednesday	1	February
U15s:	Wednesday	1	February
U16s:	Wednesday	1	February
1 st -2 nd XI:	Monday	30	January
Opens:	Wednesday	1	February

Have a safe and wonderful summer holidays.

Geoff Tesoriero
MIC of Cricket

Summer Holidays Weights Room Schedule

Week start date	Monday	Tuesday	Wednesday	Thursday	Friday
19-Dec	Weights Room 7-9am	Weights Room 7-9am	Weights Room 7-9am	Weights Room 7-9am	Weights Room 7-9am
26-Dec	Closed	Closed	Closed	Closed	Closed
2-Jan	Closed	Closed	Closed	Closed	Closed
9-Jan	Weights Room 7-9am	Weights Room 7-9am	Weights Room 7-9am Sprints 9:30-11am	Weights Room 7-9am	Weights Room 7-9am
16-Jan	Weights Room 7-9am	Weights Room 7-9am	Weights Room 7-9am Sprints 9:30-11am	Weights Room 7-9am	Weights Room 7-9am
23-Jan	Weights Room 7-9am	Weights Room 7-9am	Weights Room 7-9am Sprints 9:30-11am	Closed	Weights Room 7-9am

'Bring Your Own Device' Program: Advice for 2017

Application of this Advice

The Sydney Boys High School Bring Your Own Device (BYOD) program applies across all year groups and all students are expected to bring a device of their own choosing and ownership to school each day. If you're looking at replacing your existing BYOD in 2017, then the following applies to you.

Selecting a technology device is not simple, and the school's **Device Specification** is particular. Our recommended devices are designed to simplify your choices and purchasing processes.

For 2017, Sydney Boys High School has partnered with JB Hi-Fi Education Solutions to make our recommended devices available to you. Compared to previous years, JB Hi-Fi Education brings the following benefits:

- **More competitive pricing** – the devices still have a 3-year warranty, but the price point is better.
- **Better availability** – you can pick up your device at any JB Hi-Fi store across Sydney. If you order in the new school year, the device will be delivered to school.
- **New payment options** – you can pay by **BPay** or take out **12 Month Interest-Free Finance** on all devices, as well as pay by credit card.

Available Recommended Devices

Microsoft Surface Pro 4



- 12.3" **Touch** Screen
- 6th Generation Intel Core Processor – Core m3 and Core i5 options available
- 4GB RAM, 64GB/128GB Solid State Disk
- Surface Pro 4 Type Cover
- 3 Year Warranty

The Microsoft Surface Pro is the best convertible multi-touch device available on the market and has been a very popular device for BYOD. The device has an excellent quality screen and is supplied with the Surface Pro 'Type Cover'.

Lenovo ThinkPad X260



- 12.5" Screen – HD and FHD options available
- 6th Generation Intel Core Processor – Core i3 and Core i5 options available
- 4GB or 8GB RAM, 128GB or 256MB Solid State Disk
- 3 Year On-site Warranty

The ThinkPad X260 is a thin and very light device that fits well in a school bag. Battery life is excellent. It is a very well-regarded traditional-type laptop. Looked after, the X260 should readily complete four years of high school service.

Lenovo ThinkPad 13



- 13.3" HD Screen
- 6th Generation Intel Core i3 Processor
- 4GB RAM, 128GB Solid State Disk
- 3 Year On-site Warranty

The ThinkPad 13 is a little larger and heavier – and cheaper – than the ThinkPad X260. Apart from that it should perform similarly to the Core i3 version of its X-series sibling while sharing some of the exterior features of the designed-for-education ThinkPad 11e.

Lenovo ThinkPad 11e (Windows)



- 11.6" HD Screen
- 4th Generation Intel Processor
- 4GB RAM, 128GB Solid State Disk
- 3 Year On-site Warranty

The ThinkPad 11e is Lenovo's speciality education product. It features rubber bumpers and a thicker screen surround to help it withstand the bumps inherent with bringing a device to school. It's heavier and a slower device than the other options, but is well positioned for our BYOD program.

Apple MacBook Air 13"



- 13.3" 1440x900 resolution screen
- 5th Generation Intel Core i5 Processor
- 4GB RAM, 128GB or 256GB Solid State Disk
- 3 Year On-site Warranty

The MacBook Air is the most comparable device to (though physically larger than) the Lenovo ThinkPad X250 in specification and price point. It's a good all-round choice if you prefer the Apple platform.

Why Purchase a Recommended Device?

All our recommended devices are configured to meet the device specification comfortably. All feature solid state disks and so have no moving parts. Warranties are a minimum of 3 years. Devices feature an on-site warranty which means the device can be fixed by a technician at school, ensuring its maximum availability

Additionally, Accidental Damage Protection insurance is available as an option for your peace of mind.

Recommended devices are available at a discount from their retail pricing through our device purchasing portal.

How to Purchase a Recommended Device

Visit the Sydney Boys High School BYOD Purchasing Portal at:

<https://sbhs.co/bp>

You need the following code to register for the Purchasing Portal:

SBHS2017

Note the code is CASE-SENSITIVE. Devices ordered through the Purchasing Portal will take **two to three weeks** for to become available. You can select your local JB Hi-Fi store to pick up your order, or order in Term 1 next year and the device will be delivered direct to school.

Other Device Options

If you're looking at other devices, take care to ensure your chosen device meets the Device Specification. Ensuring it meets the requirements for Wireless Network connectivity can be difficult when buying in store.

Find Out More

All information is now available on the Bring Your Own Device website – <http://www.sydneyboyshigh.com/byod>.

If you have questions which have not been addressed in any documentation, or you wish to make comment, please email the project team at:

byod.feedback@sbhs.nsw.edu.au

DEC 2016 - JAN 2017

SCHOOL HOLIDAY COURSES!



**10%
EARLY BIRD
DISCOUNT!**

FOR TEENS! 13 - 17 YEARS

MAKE IT ON YOUTUBE / THE REAL FILMMAKING WORKSHOP / RADIO /
DIGI ANIMATION / MUSIC FOR FILM & TV / SCREENWRITING + MORE

FOR KIDS! 9 - 12 YEARS

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HIGH SCHOOL HOLIDAY PROGRAM

FOR YOUNG PEOPLE AGED 13—18 years (Or younger if in high school)

MONDAY 2	MONDAY 9	MONDAY 16	MONDAY 23
PUBLIC HOLIDAY NO PROGRAM	10.30am—4:00pm ARCHERY AT HOMEBUSH Cost: \$20. Cost includes 2 hour lesson, bring your own lunch Please wear enclosed shoes	10:30am—4:00pm COST: \$8 SKYZONE AT ALEXANDRIA Bring your socks, lunch and or money to buy	10.30AM—4:00PM COST: \$10. INDOOR ROCK CLIMBING AT ST PETERS Bring your own lunch or money to buy. Please wear enclosed shoes
TUESDAY 3	TUESDAY 10	TUESDAY 17	TUESDAY 24
9:30am—4:00pm COST: \$25. PADDLE BOARDING AT BALMORAL BEACH Bring your own lunch or money to buy, also sun-screen, hat and towel	9:00am—5:00pm COST: \$25. JAMBEROO RECREATIONAL PARK Bring your own lunch or money to buy, some rides require enclosed shoes	9:30am—4:30pm COST: FREE TOUCH FOOTBALL AT COOGEE BEACH Wet weather alternative Cook Philip Park, bring your own lunch or money to buy	9:00am—5:00pm COST: \$25. WET 'N' WILD Bring your own lunch or money to buy, also sun-screen, hat and towel
WEDNESDAY 4	WEDNESDAY 11	WEDNESDAY 18	WEDNESDAY 25
10:30am—4:00pm COST: \$12. MOVIE AT FOX STUDIO, Movie to be decided by group on the day, bring your own lunch or money to buy	10:30am—4:00pm COST: \$10. "STAND UP" COMEDY WORKSHOP AT REDFERN COMMUNITY CENTRE Lunch provided	10:30am—5:00pm COST: \$20. URBAN JUNGLE AT HOMEBUSH and SWIMMING AT AQUATIC CENTRE Bring your own lunch or money to buy, also towel, sunscreen and hat	9:30am—5:00pm COST: FREE SNORKLING AT CLOVELLY BEACH Wet weather alternative Cook Philip Park, bring your own lunch or money to buy
THURSDAY 5	THURSDAY 12	THURSDAY 19	THURSDAY 26
10:30am—4:00pm COST: \$8. PUTT PUTT GOLF Cost includes 2 games of 18 holes, bring your own lunch or money to buy.	10:30am—4:00pm COST: \$25. LUNA PARK Cost includes unlimited rides pass, bring your own lunch or money to buy	10:30am—4:00pm COST: FREE BASKETBALL AND HEALTHY COOKING PROGRAM Charity Bounce At Ultimo Community Centre, lunch provided	PUBLIC HOLIDAY NO PROGRAM
FRIDAY 6	FRIDAY 13	FRIDAY 20	FRIDAY 27
9.30am—4:00pm COST: FREE SNORKLING AT CLOVELLY BEACH Wet weather alternative Cook Philip Park, bring your own lunch or money to buy	9:30am—4:30pm COST: FREE CRICKET AT COOGEE BEACH Wet weather alternative Cook Philip Park, bring your own lunch or money to buy	9:30am—5:00pm COST: \$3. SWIMMING AT BOTANY POOL, Bring towel, sunscreen, hat, lunch or money to buy.	9:30am—5:00pm COST: FREE BEACH VOLLEYBALL AT COOGEE BEACH Wet weather alternative Cook Philip Park, bring your own lunch or money to buy

NEW BOOKING AND PAYMENT SYSTEM:

TO BOOK ONLINE : WWW.CITYOFSYDNEY.NSW.GOV.AU

FOLLOW THE LINKS: COMMUNITY/YOUNG PEOPLE/SCHOOL HOLIDAYS

<http://www.cityofsydney.nsw.gov.au/school-holidays>

FOR MORE INFORMATION CONTACT 8512 8771

Several convenient pick up and drop off locations for the School Holiday Program:-

Sydney, Erskineville, Redfern, and Ultimo

**Please note that bus pick up and drop off times may vary for each location*



Healthy • Active • Happy • Kids

HEALTHY KIDS PROGRAM



GO4FUN FOR FAMILIES

Go4Fun is a healthy kids program for kids aged 7-13 above a healthy weight and their families.

At Go4Fun kids and parents learn about healthy eating and exercise using fun, up-beat activities and games.

Go4Fun also helps build self-esteem and confidence in an encouraging and supportive environment.

Go4Fun runs after school during the school term for 10 weeks.

ACTIVITIES AT GO4FUN:

GAMES & FUN ACTIVITIES

BEING AN ACTIVE FAMILY

LEARNING DIFFERENT
FOODS & INGREDIENTS

UNDERSTANDING FOOD
FEELINGS AND TRIGGERS

BEING A 'FOOD DETECTIVE' AT
THE SUPERMARKET TOUR

WHAT HAPPENS AT GO4FUN?



HOUR

1

PARENTS & KIDS TOGETHER:
NUTRITION & MIND THEORY
SESSION

PARENTS DO:
NUTRITION &
FAMILY LIFESTYLE
CHAT SESSIONS

HOUR

2

KIDS DO:
FUN EXERCISE
& GAMES
SESSIONS



Health
Sydney
Local Health District

REGISTER ON **1800 780 900**
OR **SLHD.NSW.GOV.AU/GO4FUN**

SCHOOL TUTORING PROGRAM TERM 1 & 2 2017

What is the School Tutoring Program?

The school tutoring program is a cost free tutoring service for students in Years 6 – 12 who would like help with their school work but who can't afford to pay for full private tuition. The service is available for students either living in or attending school in the Botany or Randwick Council areas. The program is run by the Shack Youth Services in conjunction with the University of New South Wales and has been operating since 1996.

How does it work?

You fill out the attached enrolment form and email or post it to Lara Galea - Youth Worker (Education Support) during the **enrolment period between 6th December 2016 to 14th February 2017**.

You will be matched with a student from the University of New South Wales, who can tutor you in the subjects you need help in. This person is volunteering his or her time. You will meet your tutor after school on a Tuesday or Wednesday at the university for a supervised tutoring session. The tutoring program usually runs from March to May during semester one (school terms 1 and 2). It does not operate during University holidays and exam periods.

What do I have to do?

- You are required to contact your tutor by text or phone every week to confirm your attendance at tutoring.
- If you are unable to attend a tutoring session you must inform your tutor and Lara Galea 0401 540 228 and give sufficient notice of your non-attendance.
- **Failure to attend 3 consecutive lessons without informing a member of staff will result in your removal from the program.**
- You are responsible for bringing to your tutoring sessions work that you need help with. You must bring text books, writing paper and pens with you to each session as well as any other materials you need to do your work, such as a calculator.

Please note that all program information, advice and updates throughout the year are advised to participants via email and it is therefore essential to include an email address on your enrolment form, and to regularly check your email.

We endeavor to match every student with a tutor. However this is not guaranteed. If you have been matched with a tutor, you will be emailed with your tutoring schedule the week of the 6th of March.

The starting date for Semester 1 2017 will be Tuesday 14th March.

There is a visit day planned for students and parent/carers to be introduced to UNSW. We will be catching a bus from the Shack to the university. This will give students an opportunity to become familiar with the UNSW bus stop and the location of tutoring. Students will be able to use their student opal card for the bus journey. If you are interested, please meet at The Shack on Wednesday 8th March at 4pm.

Regards,
Lara Galea – Youth Worker Educational Support
shack.tutoring@benevolent.org.au
0401 540 228
02 9305 4614

2017 Semester One ENROLMENT FORM

This form is used to match you with a tutor. Please **type or print clearly** and complete **all** details. Once a tutor has been found you will be notified.

Students Information

Students first name:		Students last name:	
Address:		Email:	
Students phone:		School:	
Date of birth:		Age:	
Gender:		Year level:	
Cultural background:		Does your child/adolescent have any medical conditions or dietary requirements? If yes please give detail. Please attach any medical management plans:	

Parent/Guardian Emergency Contact Details

Name:		Phone number:	
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Additional information

Does your child/adolescent have a low attendance at school?	YES / NO
Does your child/adolescent have a disability? If yes, please give details.	
Does either the parent/guardian have a disability?	YES / NO
Does your child/adolescent have any additional support, behavioral and/or learning needs? If yes, please give details.	
Does the young person or anyone else in the household speak another language other than English?	YES / NO



The Shack Youth Services
Shop 3 669 Anzac Parade
MAROUBRA 2035
02 9305 4614/ 0401 540 228

shack.tutoring@benevolent.org.au

If it is possible do you want to stay with your Semester 1 2016 tutor	Yes	No	Name of tutor
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Please list the subjects you would like help with in order of priority. Year 11 & 12 students, please specify course level. E.g. 2 Unit Math / Advanced English / Modern History

SUBJECTS	
1.	
2.	
3.	

If you have requested English Tutoring at a year 11 or 12 level please list the texts you are studying:

Texts:	
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Tutoring sessions take place under supervision at the University of NSW. There are five sessions held on Tuesday and Wednesday afternoons. We endeavor to match you with one hour of tutoring per week.

Please tick at least 3 available time slots – the greater availability you have the greater chance of you being matched with a tutor.

SESSION TIMES										
Tuesday	3 pm		3.30pm		4pm		4.30pm		5 pm	
Wednesday	3 pm		3.30pm		4pm		4.30pm		5 pm	

shack.tutoring@benevolent.org.au

A note for parents - please read carefully

As part of our tutoring program we expect a firm commitment from your child to attend the sessions and to maintain weekly contact with their tutor. There is to be **no tutoring with the assigned tutor outside this program and no contact with the tutor for any reason other than tutoring.**

I give permission for The Shack to take photos of my child/adolescent and use in reports and to advertise Shack tutoring.	Yes	No
---	-----	----

I give permission for the information given on this form to be used anonymously for funding and data collection purposes.	Yes	No
---	-----	----

Full Name	
Signature	
Date	

For the student - please read carefully

As part of this program you are expected to be committed, attend your tutoring sessions and maintain weekly contact with your tutor. Failure to attend, without prior notification, can result in removal from the program.

Full Name	
Signature	
Date	

Enrolment closing date for Semester 1 tutoring: 14th February 2017

Please email your completed enrolment form to: shack.tutoring@benevolent.org.au

A FULL PAGE ADVERTISEMENT



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

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

Contact:

Dave Te Rata or Meredith Thomas - High Notes Editors

P: 9662 9300

F: 9662 9310

Email: highnotes@sbhs.nsw.edu.au

N.B. Content is subject to approval

Supporting your young person during the holidays



Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more veggies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.



Transition to High School

**Being Prepared for Inevitable Changes:
Friends, Fear & Freedom
For young people about to start high school**

Where: KYDS Office (rear 265 Pacific Hwy, Lindfield)

NEXT AVAILABLE OPEN WORKSHOPS: January 11 or 18, 2017

Covering:

- Changing peer groups
- Friends – old and new
- Optimal orientation
- Responsible freedom
- Independence & resilience
- Dealing with conflict
- Available support



Light refreshments provided (please mention any dietary requirements when booking)

This is a free program, developed & run by
KYDS specialist counsellors & psychologists.

**LIMITED NUMBERS,
BOOKINGS REQUIRED:**
www.trybooking.com/NUMZ
For more information:
9416 0900 or counsellor@kyds.org.au



STUDY STRESS BUSTER SESSIONS

**PRACTICAL STRATEGIES
FOR SENIOR STUDENTS (YRS 10-12)**

Where: KYDS Office (rear 265 Pacific Hwy, Lindfield)

NEXT AVAILABLE OPEN WORKSHOPS: January 13 & 23, 2017

Covering:

- Understanding how you learn
- Organisational skills
- Time management strategies
- Study techniques
- Dealing with procrastination
- Enhancing your memory
- Maintaining motivation
- Controlling nerves and reducing stress



Light refreshments provided (please mention any dietary requirements when booking)

COST: \$25 / student

**LIMITED NUMBERS,
BOOKINGS REQUIRED:**
www.trybooking.com/KEME
For more information:
9416 0900 or counsellor@kyds.org.au



December 2016

16-12-2016

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 C	19 Staff Development Day	20 Staff Development Day LAST DAY OF TERM 4 (Staff) Professional Development Records Update	21	22	23 Parking: Sydney Sixers v Hobart Hurricanes, 18:10	24	25 Christmas Day - Public Holiday

January/February 2017

16-12-2016

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0 C	23 Basketball: 1sts/2nds gym-training, 07:30-12:00 Basketball: Juniors, 11:00-15:00 (tbc) Rowing: Year 8 Camp, Abbotsford Cricket: 1st/2nds Trial match v CCNSW, McKay Oval, 12:00 - 17:30 The Great Hall, AV system upgrade	24 *** Basketball: 1sts/2nds gym-training, 07:30-12:00 Basketball: Newington/Trinity tournaments (1sts and 2nds), 09:00-15:00 Basketball: Juniors, 11:00-15:00 (tbc) Rowing: Year 8 Camp, Abbotsford Cricket: 1st/2nds Trial match v St Aloysius, McKay Oval, 10:00 -	25 Basketball: 1sts/2nds gym-training, 07:30-12:00 Basketball: Newington/Trinity tournaments (1sts and 2nds), 09:00-15:00 Basketball: Juniors, 11:00-15:00 (tbc) Rowing: Year 8 Camp, Abbotsford The Great Hall, AV system upgrade	26 Australia Day - Public Holiday	27 Staff Development Day Rowing: Year 7 Try Rowing Day, Outterside Centre, 08:45-13:30 Tennis: Year 7 Orientation, Tennis Courts, 14:45-16:00 Basketball: Year 7 Orientation, gym, 15:25-17:00 Great Hall Booking21:01-24:00	28 Cricket: Year 7 Orientation, School Cricket Nets, 10:00-13:00 Great Hall Booking00:01-24:00	29 *** Great Hall
1 A	30 Years 7, 11, 12, and new Year 9 students resume school Year 7 Transition Program	31 Years 8, 9 and 10 resume school Year 7 Transition Program Basketball: Training resumes for all teams	1 Assembly to Welcome Year 7, Great Hall, P3 (7, 10, 11)	2	3	4 Sport: Group 1 TSC v SHS, Group 2 TSC v SHS Parking: Rugby Sevens	5 Parking: Rugby Sevens
2 B	6 Medical Booklet Update School Swimming Carnival, Des Renford Pool (Heffron Park), Maroubra Swimming: GPS Captains Dinner, Riverview, 18:00 (tbc)	7 PDHPE: 1600m Run, Y7 to Y10 Welcome to New Parents of Incoming Students 2017, Great Hall, 18:00-20:00 Drama: HSC Australian Theatre Forum, 09:30	8 Rowing: Committee Meeting, 901, 19:00	9 Australian Mathematical Olympiad Year 7 Meeting, Great Hall, 09:55-10:20 Year 7 Music Recruitment Night, Great Hall, 18:30 Parking: Sydney FC v Wellington Phoenix, 19:50	10 Australian Mathematical Olympiad Debating: Show Debate for Juniors, Great Hall, 12:40-13:20 Swimming: GPS Competition 1, 19:00 (SOPAC)	11 Sport: Group 1 SHS v SIC, Group 2 SHS v SIC Rowing: High Regatta, Hen and Chicken Bay Rowing: State Championships, SIRC	12
3 C	13 Year 7 Outdoor Education Camp (Morisset) AAGPS meeting, St. Joseph's College, 13:45 P+C Executive Meeting, Board Room, 17:30 P+C Meeting, Staff Common Room, 18:30	14 Year 7 Outdoor Education Camp (Morisset) Marching Band Rehearsal, Great Hall, 15:30-16:30 School Council Meeting, Board Room, 17:30-19:00 Tennis: SE Tennis Boys' Trials	15 Year 7 Outdoor Education Camp (Morisset) Rowing: Year 10 Visit by Melbourne High Debating: DSG Meeting, Common Room, 18:00 Debating: Information evening for parents, Great Hall, 19:00-20:00	16 Rowing: Year 10 Visit by Melbourne High	17 Swimming: GPS Qualitfying 1, 19:00, Newington College Marching Band Rehearsal, MPW, 08:00-09:00 Rowing: Year 10 Visit by Melbourne High	18 Sport: Group 1 SHS v SIC, Group 2 SHS v SJC Rowing: Shore Regatta, Hen and Chicken Bay Rowing: Kings Regatta, SIRC	19