



## From the Principal

The school year has begun well with the School Swimming Carnival and the Year 7



Transition Week and the Year 7 camp. I hope all new students have settled in well. If you have any queries, don't hesitate to call me on 96629300 or email me at

[jaggark@sbhs.nsw.edu.au](mailto:jaggark@sbhs.nsw.edu.au)

## The Co-Curricular Supervision Levy

In order for us to run a **six-day school** with after-hours activities for 15 sports, debating, music, chess, tournament of minds, 'philosothon' and Da Vinci Decathlon, we need to **provide a teacher/ MIC / manager for organisation of the activity and supervision of staff and students** to meet our duty of care obligations. Some parents are asking: 'Why should I pay this co-curricular levy when I'm paying quite a lot in co-payments for a sport or activity for a season? The money raised from the levy is used to pay for the time that supervising teachers/MICs have to spend: hiring and managing coaches, organising teams, fixtures and venues, buying and managing equipment, supervising coaches during training sessions, coordinating results recording / publishing, following up on attendance, awarding participation points in a text file, getting reports from captains, managing assemblies and dinners, as well as travelling and being there for competition fixtures on Friday nights or Saturdays. All these duties take time for which personnel must have some compensation, by way of time, money or a combination of both.

In addition, the levy is **used** to pay for health and safety services and equipment. Physiotherapy services are provided at certain venues and at selected times at school in the winter season to assess injuries to students. Also, an extra allowance is given to the Head Teacher Sport to manage the overall sports

program. The levy has to meet the cost of running athletics and swimming programs which are provided **free of charge** to all students. The levy **does not cover the running costs of sports** – coaches' fees, venue hire, equipment, consumables. All these have to be **funded through co-payments**.

To clarify why the levy is necessary and should be supported by **all** parents, I want to share with you the direct costs to the school of management, supervision and duty of care of sport and co-curricular activities. Staff members are remunerated by way of allowances (time free from face-to-face), or the period equivalent in money or a combination of the two. Non-teachers are paid the equivalent of the period allowance that would have been offered to teachers. **The cost to the school for these services in 2018 will be \$359,000.** At its present level of support, the **co-curricular supervision levy** is contributing <30% of these supervision and management costs borne by the school and **none of the coaching costs**. The shortfall has to be **made up from general contributions**. Please support the school and your sons in their sports by contributing to the **Co-Curricular Supervision levy** each year.

## Early Bird Discount

Reminder to parents that there are just **two** weeks to go to take advantage of the early bird discount by paying the school invoices in full. As well as receiving a substantial saving you will also be really helping out the school in a stressful financial environment. Having > 55% of all our families pay all their invoices in full to receive the discount helps us to purchase the resources and services near the beginning of



the year to maximise the benefit gained by all students. It also helps us to make timely payment of invoices for textbooks, resources or capital works that we have organised to be ready for student use at the beginning of the school year. If any parents are experiencing financial difficulties I urge them to contact me by email at [jaggark@sbhs.nsw.edu.au](mailto:jaggark@sbhs.nsw.edu.au)

## Weights Room Memberships

Less than two weeks remain for students to join the Weights Room. It is such a great program and offers a real opportunity for boys to increase their strength, fitness and self-confidence. All the routines are carefully matched to both the age and experience of the member. Our strength and fitness Coordinator, Kurt Rich, is highly qualified and attends nearly every session the Weights Room is open for student use. Costs for this service are held down to a minimum and reduced by boys taking out a full year's membership. For 2018, a **full year** Weights Room membership costs **just \$246**. Boys wishing to have full year membership must register and pay by Wednesday, February 28, 2018. There will be no extensions of time nor any other window of opportunity later in the year if you forget to pay on time.

**Dr K A Jaggar**  
**Principal**

## Meet The Prefect Intern

Walking through the main doors of the Great Hall for the first time at the end of January in 2013, I remember feeling two things. Firstly, it was very hot, and secondly, I felt very alone. Save for my mum, I didn't know anybody in that hall, having only been offered a position on the second last day of primary. The Great Hall ensconced me in its vastness, its roof reaching past the sky, the honour boards imposing, and my experience of the inclusive and



supportive culture that High cultivates had already permeated my skin; I'd found out that both the one person who talked to me at *Try Rowing* the day before

and the other new student who took my bus that morning were in my role class (Up the McKay!).



I found it very hard to work out where I fit in within the class; we were full of kids that had great sporting achievements under their belts already and I was just a chubby boy with short legs who couldn't see properly. 5 years later and not much has changed: I'm still a chubby boy with short legs, except I now understand where I fit in. Having represented High at CHS Water Polo for various grades three times now and taking the gold at the National School Teams Championships in Sabre for Fencing in Brisbane last year alongside a bunch of amazing boys, it all came down to that always-got-your-back attitude of those students. What I've learnt in my five years so far is that High boys are amongst the most inclusive, supportive, and empathetic young men there could be.

Coming from minority backgrounds, the microcosm of different and especially unique identities, abilities, hopes, and dreams that High contains manages to unite us With Truth and Courage, and it's that all-inclusive and accepting sense of community that brought me to where I am today, comfortable with myself most importantly, and it's what I wish to promote as your Equality and Water Polo Prefect. There's nowhere else I would have preferred to spend my 6 years.

**Lincoln Hui**  
**Equality and Water Polo Prefect**

## Opal Card Reminder



Please remember to **tap on and off** when travelling with a school opal card





## Notice of SBHS P&C Association Meeting

There will be a SBHS P&C Meeting on **Monday 12 February 6.30 to 8.00 PM**. It will be held in the Great Hall. Tea and Biscuits are available from 6.00 PM in the SBHS Staff Common Room.

### **Agenda for the February SBHS P&C meeting.**

- 1. General Business: (details sent by email and copies available on the day)**
- 2. Academic Topic: SBHS and HSC results. Presented by the Principal Dr Kim Jaggar.**

**Ron Trent**

**for SBHS P&C Association**

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# DEBATING



## Debating Report

It is very exciting to be back for the 2018 program and I am pleased to announce that we have started the coaching earlier this year than ever before.

As the Year 11 and 12 did their trials last year, they were up and running with their coaching in Week 1. We have an Eastside Squad coached by Ali and Thomas and a FED squad coached by Jon and from these we will select GPS teams. We also have our non-competitive Senior debaters who develop skills and knowledge with Riley.

Our Year 10 met Rachael (who will coach the As) and Maddy (who will coach the Bs) last week. Sumaan will take the non-competitive Year 10s, but he has two weeks left before he returns. However, I will have a coach for you this week so please come to 404. We have a large number of Year 10s who want to trial and there are only two teams selected in this year group. After trials we will form another class for the boys who did not make it into teams this year to ensure that they get the best opportunity to develop in readiness for the following year's trials.

Year 9 got off to a flying start with some boys choosing not to trial being placed in groups with Eli, Masrur-ul and Lokesh and those who want to trial being coached by Ganesh who will coach 9As whilst we wait for Hugh to get back from his holidays and he will coach 9Bs. I will also be making a group for those Year 9s who trialed but were unsuccessful.

Georgia will be coaching the 8As and Albert the 8Bs. We will be giving out information about trials next week. Non GPS classes will be coached by Desmond, Jasper and James.

Last Monday we had a considerable amount of interest at the Year 7 Welcome Evening and we gave out 94 leaflets to parents. Last Friday we had a great turn out for the Year 7 debating sign up and show debate. Thanks to Symeon, our Debating Prefect for organizing it and for the Year 8 debaters for doing such a good job.

This week is the first week for debating coaching for Year 7. All Year 7s should meet at the Great Hall at 3.15 and we will talk to you about the program. Eugenie is the 7A

coach and Alex will be the 8B coach. David and Dharmesh and Aroon will be the non GPS coaches in Year 7.

Next Monday we have the Debating Supporters Group meeting at 6pm and this will be followed by the **Debating Information Evening from 7pm - 8pm** for parents and students. If your son is keen to be involved in competitive debating at High, then this is an essential meeting. It is very informative plus there is an opportunity for Q&A and for you to meet parents who have been through the process and understand it.

Make sure you receive the emails by sending your name and year group in an email to:

[SBHSDebating@gmail.com](mailto:SBHSDebating@gmail.com)

**Rachel Powell**

**Deputy Principal and Debating MIC**

## Parents' Book Club

Are you the parent of a Year 9 boy? Do you despair about their lack of interest in reading?

Ms Pride in the English Department is running a Parents' Book Club specifically for the *parents* of boys currently in Year 9.

If you are interested in attending, you will be provided with the selected book. You can then read at home prior to meeting up in the library here at SBHS. Book club will occur after school hours at an agreed upon time and date to ensure as many parents attend as are interested. Refreshments will be provided.



**Be the change you want to see in the world – read a book!**



## MUSIC NOTES

### 2018 Welcome Back

We hope you have had a wonderful and restful break over the holidays. Also a warm welcome to new parents, guardians and students! We have an exciting and a very full year ahead of us in the Music Performance Program.

### Class of 2017- Exceptional Achievement

Jordan Chung [HSC Music 2 & Extension, Piano], Manson Luk [HSC Music 2, Drums] and Charlie Weng [HSC Music 2, Flute] who all graduated from Sydney Boys High School in 2017 have made it to the Jazz Course at the Sydney Conservatorium of Music this year! This is an exceptional achievement as only 22 students each year in the state are accepted for the Jazz Course and not just

one but THREE of our students made it in! CONGRATULATIONS! We have invited all three students to perform at Presentation Night next week.

### Music Ensembles & Private Instrumental Lessons

Ensembles have commenced from Week 2 [please see music ensemble schedule below] with most of the rehearsals starting at 7.45am. Students need to remember not to schedule private instrumental lessons during ensemble rehearsal time[s].

Students are reminded to check the 'daily notices' every day for ensemble announcements.

### 2018 Music Ensemble Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jazz Ensemble Room 101 7.45am	Senior Concert Band Room 201 7.45am	Junior Stage Band Room 101 7.45am	Symphony Orchestra Room 201 7.30am	Senior Strings Room 101 7.45am
Intermediate Concert Band Room 201 7.45am		Intermediate/Senior Stage Band Room 201 7.45am		Marching Band BB Courts/GH/MPW 8.00am Term 1 & 4 ONLY
Guitar Ensemble Room 203 7.45am [TBC]		Junior Strings Room 203 7.45am [TBC]		
	Percussion Ensemble Room 201 3.30pm	Philharmonic Orchestra Room 103 7.45am		
	Marching Band BB Courts/GH/MPW 3.30pm Term 1 & 4 ONLY			

*Please note that the schedule is subject change (Check with ensemble conductor)*

\*Marching Band is on Tuesday afternoons 3.30pm-4.30pm & Friday mornings 7.45am-9.00am for ALL of Term 1 & 4. The Marching Band performs in the Sydney City March on Anzac Day (25<sup>th</sup> April) each year.

\*Students need to remember to schedule lessons at a different time to music ensemble rehearsals. An attendance rate of 80% is necessary to obtain Award Scheme Points and a Music Pocket for senior students

### Music Recruitment Night

Thank you to all parents, guardians and students who attended Music Recruitment Night on Thursday 8<sup>th</sup> February. We had over 80 students sign up for music ensembles and 50 students signing up for instrumental lessons!

Music Tutors will have contacted parents/students to schedule in lesson time[s]. If you have not been contacted by the instrumental tutor you signed up for at the recruitment evening this week, please do not hesitate to contact the music department: [music@sbhs.nsw.edu.au](mailto:music@sbhs.nsw.edu.au). Also, it is never ever too late to start learning an instrument and/or join an ensemble!

### New Students joining the Music Performance Program

Please do not hesitate to come and speak with the music

department if you have any music enquiries. Please ensure to check daily notices every day for Music Performance Program announcements [i.e. music ensembles, music events, music payments etc.] New Year 7, 9 & 11 students who signed up for ensembles last Thursday evening at Recruitment Night are to attend ensembles from Week 4 [i.e. Monday 19<sup>th</sup> February].

### Music Storage Room

To all students who carry music instruments to school, please place your instruments in the music storage room [located next to Room 101. Please do not block the pathway and make sure the door is closed at all times.

### Term 1 Music Events Calendar

Date	Event	Music Students Involved
Monday 19 <sup>th</sup> February	Encore @ Sydney Opera House, 7pm	Elective Music Students Years 10-12
Tuesday 20 <sup>th</sup> February	Senior Assembly, Great Hall	Piano Players: James Li [11S] & Christopher Yuan [12S]
Tuesday 20 <sup>th</sup> February	Presentation Night, 7.15pm Great Hall	Musicians: Andrew Chang [11T], Jinmin Xu [11S] & Jazz Ensemble
Wednesday 21 <sup>st</sup> February	Junior Assembly, Great Hall	Piano Players: James Li [11S] & Christopher Yuan [12S]
Monday 12 <sup>th</sup> -13 <sup>th</sup> March	HSC Music 1, 2 & Extension Performance Workshop [TBC], All Day in Great Hall	HSC Music Students 1, 2 & Extension [TBC] Sydney Girls High School Sydney Boys High School North Sydney Girls High School North Sydney Boys High School
Friday 13 <sup>th</sup> April	Anzac Day Ceremony, Great Hall	Piano Players & Trumpet TBC

Music Events are continually added and are subject to change.

Students are reminded to check the daily notices every day for all music notices and/or check the school calendar via the school website.



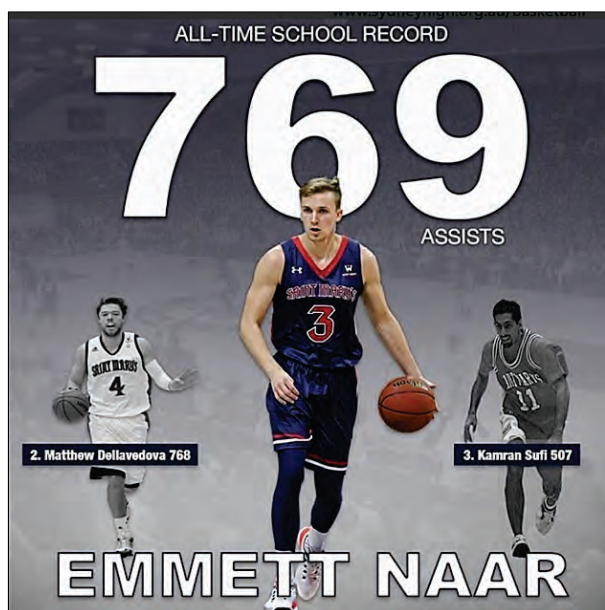


# SHOOTIN' HOOPS

## 227

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Hello all! Welcome to the second edition of Shootin' Hoops for the year. Last Saturday High played Shore, showcasing our dominance in the opens and senior teams. Firsts took the W, winning 73-61, with Oscar Dumas leading in scoring with 15 points. Seconds also came home with a huge win, 66-42, and Varun Narayanan dropping 14 points. Great work 1sts and 2nds! Also, 7 out of 8 teams from 3rds to 10ths came home with the W. Great work to all opens teams! Furthermore, we saw 3 wins in the 16's age group and noticeably more wins coming out of the 13's-15's, showing mass improvement throughout all lower age groups. Keep on working hard!



Old Boy Emmett Naar, who currently plays for St Mary's College, has once again impressed, *surpassing current NBA player Matthew Dellavedova* to achieve an all-time school record of 769 assists, which is absolutely crazy!

Huge congratulations to Emmett for this milestone, an excellent example of how far we can take you with the High basketball program. Be sure to watch out for him in the pro leagues real soon.

Jumping to the NBA headlines, the Cavs have recently made a bold move to trade away Isaiah Thomas,



Channing Frye and their 2018 first round pick to the Lakers in return for Jordan Clarkson and Larry Nance Jr. They also traded away Derrick Rose and Jae Crowder to the Jazz and Shumpert to the Kings for George Hill and Rodney Hood. Furthermore, they sent Dwyane back to Miami. In other news, Paul 'The Truth' Pierce had his number 34 jersey number retired at the TD Garden, Boston with the rest of the Celtics legends, with names like Bill Russell, John Havlicek, Larry Bird and many more.

That's all for this week. Make sure to continue to put the effort in at training this week, so High can continue a strong run into the future. This week we are up against Grammar. Year 7s should try to spend as much time as they can training as a team and developing their skills; and don't be disheartened by results at first, because if the effort is there, things can only go up. And remember: Play Hard, Play Smart, Play Together. See you next week!

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

High	Vs	Shore	Term 1, 2018 (THIS TIME)
1st	WIN	73-61	O.DUMAS 15
2nds	WIN	66-42	V.NARAYANAN 14
3rd	WIN	30-28	F.FANG 12
4th	LOSS	29-25	S.SAITO 11
5th	WIN	30-20	TEAM EFFORT
6th	WIN	26-12	J.YOU 7
7th	DRAW	27-27	O.XU (GAME TYING 3 PT)
8th	WIN	27-22	J.FU 8
9th	WIN	31-13	Y.SHEN 13
10th	WIN	25-11	F.NGUYEN 8
16A	LOSS	52-18	TEAM EFFORT
16B	WIN	30-20	H.YIN 8
16C	LOSS	11-18	TEAM EFFORT
16D	WIN	27-22	A.CULLEN 11
16E	LOSS	12-35	J.HUANG 4
16F	WIN	21-14	R.ZHOU 12
15A	LOSS	26-36	LOSS
15B	LOSS	28-31	LOSS
15C	LOSS	23-39	LOSS
15D	LOSS	15-31	L.ZHUANG 6
15E	WIN	23-20	D.KIM 8
15F	WIN	32-16	T.ZHOU 13
14A	LOSS	12-55	A.CHEN 6
14B	LOSS	8-58	P.YI 4
14C	LOSS	17-34	M.ADEL 6
14D	LOSS	28-10	D.BHATTA 8
14E	WIN	19-26	I.HUYNH 11
14F	WIN	20-16	C.MA 8
13A	LOSS	36-15	E.LY 10-
13B	LOSS	17-56	P.WANG 8
13C	LOSS	22-27	J.SUNG 7
13D	LOSS	42-4	T.NGUYEN, M.BOYLAN 2
13E	LOSS	36-0	...
13F	LOSS	0-49	...

High	Vs	Shore	Term 4, 2017 (LAST TIME)
1st	WIN	74-58	O.DUMAS 17
2nds	WIN	54-47	A.GORDON 10
3rd	WIN	50-29	T.HARAPIN 11, F.FANG 8
4th	WIN	38-26	M.NGO 12
5th	WIN	24-20	TEAM EFFORT
6th	WIN	19-40	W.ZENG 8
7th	WIN	22-26	D.LAM 5
8th	WIN	20-38	J.FU 9
9th	WIN	23-13	F.NGUYEN 7
10th	WIN	19-36	N.SHAO 6
16A	LOSS	28-34	TEAM EFFORT
16B	WIN	10-33	TEAM EFFORT
16C	LOSS	32-31	E.GUO 12
16D	LOSS	26-32	O.AKARSU 10
16E	LOSS	24-33	R.ZHOU 7
16F	WIN	50-9	M.XIE, Y.FU 14
15A	LOSS	8-35	B.NGUYEN 4, R.BAO 4
15B	LOSS	10-31	G.LIN 4
15C	LOSS	9-31	A.NG
15D	LOSS	10-26	N.WONG 6
15E	LOSS	15-17	A.GU 4
15F	LOSS	9-14	T.ZHOU 6
14A	LOSS	18-84	P.FANG 11
14B	LOSS	32-18	J.ROBERTO 9
14C	LOSS	50-19	J.YAN 6
14D	WIN	35-34	A.LIU 10
14E	LOSS	50-19	J.CHEN
14F	LOSS	8-14	A.DU 2





## Cricket Results – 2018 Term 1 Week 3

Saturday 10 February 2018

Team	Score	Result	Highlights
1 <sup>st</sup> XI	SBHS 10 – 144 vs SHORE 0 – 80	N/A	Hunar Verma 54
2 <sup>nd</sup> XI	SBHS 10 – 72 vs SHORE 3 - 112	N/A	
5 <sup>th</sup> XI	SBHS 8 – 159 vs SHORE 8 - 194	Lost	Nishant Suriyadeepan 35, Rohan Vashisht 3-22
16A	SBHS vs SHORE 9 - 155	N/A	Jackson Gan 3-20
16B	SBHS 6 – 202 vs Joeys 10 – 82	Won	Aryan Verma 86
15A	SBHS 5 – 15 vs SHORE 4 – 250 dec.	N/A	
15B	SBHS 6 – 183 vs SHORE 8 - 186	Lost	Aiheak Tariq 52*
14A	SBHS 10 – 71 vs SHORE 1 - 116	N/A	
14B	SBHS 10 – 50 vs Riverview 8 – 261	Lost	
13A	SBHS 9 – 180 vs SHORE 10 - 162	Won	Chris Roussos 53*, Varenja Taneja 49, Varenja Taneja 3-20, Ishan Tariq 3-23
	W/O = Washed Out N/A = Not available due to two-day match		

### Cricket Report

For 1<sup>st</sup> and 2<sup>nd</sup> XI GPS points ladder please go to:

<http://aagps.nsw.edu.au/summer-sports/cricket/>

The two-day match against SHORE started this week with many teams looking to play after washed out results last week. The 1<sup>st</sup> and 2<sup>nd</sup> XIs hoped to recuperate after recent Riverview defeats.

#### 1<sup>st</sup> XI Report:

After a tough game the previous week, and a strong win over Picnic Point High, we headed into this match with a determination to achieve a better batting result. The match start was delayed due to a large wet patch smack-bang in the middle of the pitch. We were put in to bat first with our openers knowing that we would need to be decisive and restrained in our shot selection and Jay and Saarangan helped frustrate a quality bowling spell. Reaching lunch 3 down provided us with hope of a bigger second session as Bilal and Arvin reached starts and looked positive but failed to convert. A loss of quick wickets, once again in clumps, meant we were in a tough position before Josh and Hunar provided some lower order stability, with Josh showing signs of positive batting in his first game. With the focus now on scoring as many

runs as possible until the end of the day, Abhijot and Hunar put on 40, with Hunar's free-flowing dominance putting away the Shore bowlers. Hunar reached his second 50+ knock of the season and has clearly shown his talent under pressure once more.

Our bowling effort on a flatter pitch ultimately fell short of what we desired with too many balls being dispatched onto the leg side. With Shore in a useful position, we know this final effort will be challenging and requires a massive improvement.

#### 2<sup>nd</sup> XI Report:

The 2<sup>nd</sup> XI played at McKay 1 on Saturday, with a green pitch and overcast conditions looking to favour the bowlers. After being put in to bat, we went out to bat time and take the game deep into the day. Unfortunately, we lost a few early wickets and despite some players looking comfortable against the pace attack, there were poor shots along with unclear running between wickets. A few runs from our bottom order saw us post 72. Our bowling innings started off tight with Soneeshun bowling 5 maidens in a row, but we gradually let off and allowed Shore to take the upper hand.

### Teams of the Week: 13As and 16Bs

Two teams share the Team of the Week accolade as the 13As recorded their first win of the year with a dominant performance against Shore. An outstanding knock from Chris was matched by Varenya's all-round contribution, with the entire team taking part in the wickets and adding partnerships to build a large total. Congrats boys and hopefully this is the beginning of something special at High!!

The 16Bs are our second Team of the Week after posting a large total and rolling the opposition for 82. A strong batting innings, with special credits to Aryan for his superb effort, provided the team with the confidence to win the game. An all-round bowling performance with wickets being shared ensured victory for High. Keep it up boys!

### Shoutout of the Week: Hunar Verma

Congrats to Hunar for achieving his 2<sup>nd</sup> big knock under pressure on the weekend. His maturity this season has been a testament to his commitment and persistence when the team needs someone to step up. Great stuff lad!

This week, we will be continuing the two-dayers against SHORE, and hopefully seeing some positive results from the games. Come on out and support our boys.

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

- If the weather is inclement on a Saturday, you can find any changes to the fixtures on the SBHS website on the home page. No changes = game is definitely on.
- Please make sure that all the boys wear SBHS logo hats and tops.
- Make sure they drink plenty of water and carry a drink bottle with them to training and fixtures.
- For training sessions (outside of school hours) and Saturdays, parents are to email through the specific details of absence (**Student number, name, sport, team, reason and date of absence** to [absences.sport@sbhs.nsw.edu.au](mailto:absences.sport@sbhs.nsw.edu.au))
- Remember all cricket games are important to attend to each Saturday, otherwise you are letting your team down. A **100% attendance record** equates to **5 Award Scheme** points for juniors.
- Please notify their coach if they are unable to attend training or their fixture.

David Smith MIC Cricket

Abhijot Singh Cricket Prefect



Hunar Verma after reaching his half century against Shore



## Weekly Tennis Update

After two weeks of trialling the teams looked set to take on Shore. All grades saw changes including 2<sup>nd</sup> Grade, which now includes brothers Justin (Y12) and Zachary Liu (Y9). It was a pleasure to see the two playing in grade doubles together. Our 1<sup>st</sup> and 2<sup>nd</sup> proved too strong for

Shore winning 8-1 and 9-0 respectfully. Overall our boys did very well winning 64% of their games with our U15s having their first win of the season. I encourage all boys to continue to work hard, attend all sessions and take their matches and evaluation process seriously.

### Results from Saturday –

	Total Matches Won	Total Matches Lost	Winning Percentage
<b>1st Grade</b>	8	1	89%
<b>2nd Grade</b>	9	0	100%
<b>3rd Grade</b>	5.5	0.5	92%
<b>4th Grade</b>	5.5	0.5	92%
<b>5th Grade</b>	3	3	50%
<b>6th Grade</b>	6	0	100%
<b>7th Grade</b>			#DIV/O!
<b>8th Grade</b>			#DIV/O!
<b>16 A</b>	3	3	50%
<b>16 B</b>	4	2	67%
<b>16 C</b>	6	0	100%
<b>16 D</b>	6	0	100%
<b>15 A</b>	4	2	67%
<b>15 B</b>	2	4	33%
<b>15 C</b>	3	3	50%
<b>15 D</b>	2	4	33%
<b>14 A</b>	1	5	17%
<b>14 B</b>	1	5	17%
<b>14 C</b>	2	4	33%
<b>14 D</b>	2	4	33%
<b>13 A</b>	0	6	0%
<b>13 B</b>	1	5	17%
<b>13 C</b>	2	4	33%
<b>13 D</b>	2	4	33%
<b>Total</b>	73	41	64%



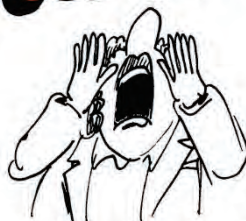
## Upcoming Fixture –

*Please refer to school website for updates*

Tennis -			
Team	Opponent	Venue	Time
1st	GRAMMAR	WEIGALL CTS 1-4	12:15
2nd	GRAMMAR	SBHS 1-4	12:15
3rd & 4th	GRAMMAR	PARKLANDS CTS	02:15
5th & 6th	GRAMMAR	PARKLANDS CTS	12:00
7th & 8th	GRAMMAR	WEIGALL CTS 5-6	02:15
16 A & B	GRAMMAR	MOORE PARK CTS	10:00
16 C & D	GRAMMAR	MOORE PARK CTS	08:00
15 A & B	GRAMMAR	PARKLANDS CTS	10:00
15 C & D	GRAMMAR	PARKLANDS CTS	08:00
14 A & B	GRAMMAR	SBHS CTS 1-4	10:00
14 C & D	GRAMMAR	SBHS CTS 1-4	08:00
13 A & B	GRAMMAR	WEIGALL 1-4	10*00
13 C & D	GRAMMAR	WEIGALL 1-4	8*00

We're Shouting Out for

**Volunteers!**



We need volunteers (parents & boys) for tennis parking duty – Wednesday 7 March 4:30pm  
(Contact Mr Rich)

# SBHS

## WEIGHTS ROOM



An exciting opportunity awaits your son to become involved in the extra-curricular activities at Sydney Boys High School. Every Monday to Friday from 7am – 9am and Monday to Thursday 3:15-5pm the weights room is available under the guidance of our *Head Strength and Conditioning Coach* Mr Kurt Rich and/or assistant who will guide them through the fundamentals of strength and conditioning. This is a fantastic opportunity for your son to become involved in the program and enhance their strength & fitness in preparation for their sport choice & life. Additionally, your son's PDHPE assessment in Years 7 to 10 is partially based upon his fitness level and this opportunity could assist your son to improve his grades in this subject area. For more information, please email Mr Kurt Rich: [richk@sbhs.nsw.edu.au](mailto:richk@sbhs.nsw.edu.au)

Upon the start of the school term, students can enroll for a **full year** membership at the Weights Room for **\$246**.

Boys wishing to have full year membership must register and **pay by 28 February 2018**. Your son can commence or try weights training before the payment is due. Payment must be made at the office by the closing date to continue past February. There will be no payment extensions of time nor another window of opportunity later in the year if you forget to pay on time. This system ensures that the Weights Room operates much more effectively, with all boys getting 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, allowing everyone to progress consistently throughout the year.

**K Rich**  
**Strength and Conditioning Coach**

Weights Room Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
7-9am	7-9am	7-9am	7-9am	7-9am
3:15-5pm	3:15-5pm	3:15-5pm	3:15-5pm	3:15-5pm (For New Boys Only - until March)

For information on youth resistance training please see link on school website for weights training.





### Year 7 Rowing

After a successful series of try rowing days in weeks one and two the Year 7 rowing program began in week two. With 34 students choosing rowing as their sport there are good signs for the future. Every boy was taken out in a wavecutter single scull on Saturday, learning key balance and technical aspects of the sport. The boys then finished with a hard workout on the rowing machines.

### Scots Regatta

Congratulations to the 2<sup>nd</sup> Year 10 VIII in their improved performance in the Scots Regatta. After a hard summer of training the boys made up 40 seconds on their rivals to be well and truly in the race.

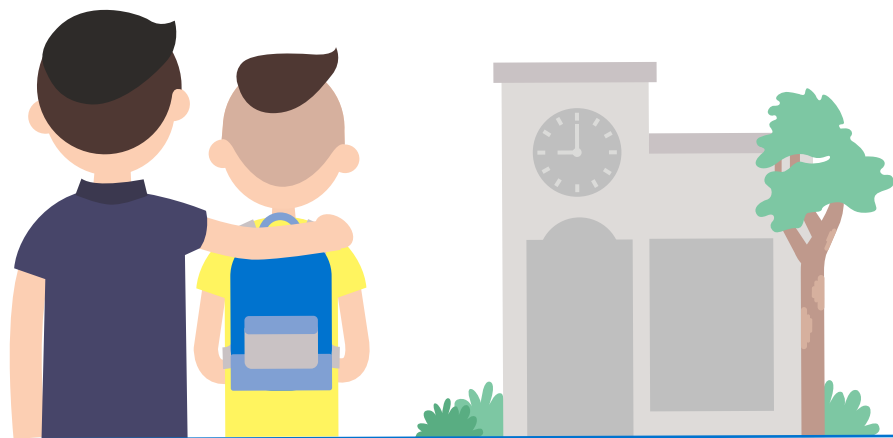
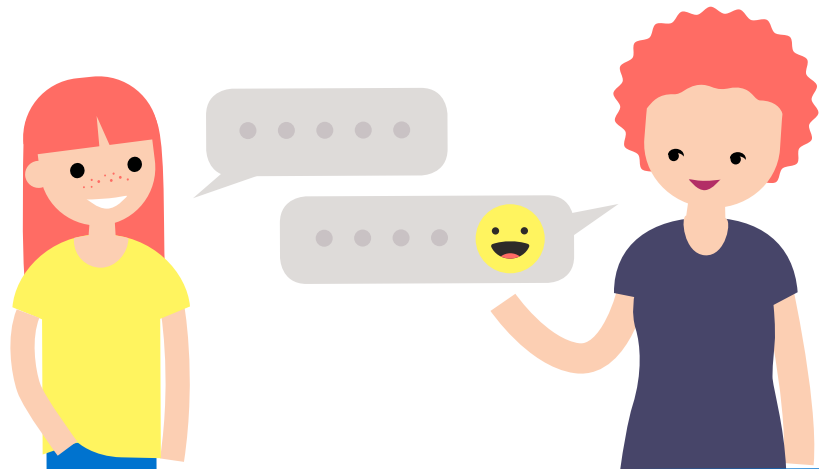




# 10 tips for starting at A NEW SCHOOL

## TIP 1: BE POSITIVE ABOUT THE TRANSITION

Build excitement by talking about all the new opportunities for friendships and activities they'll have.

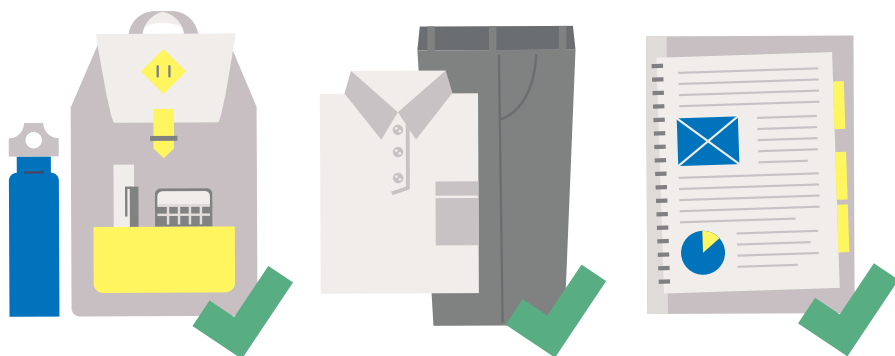
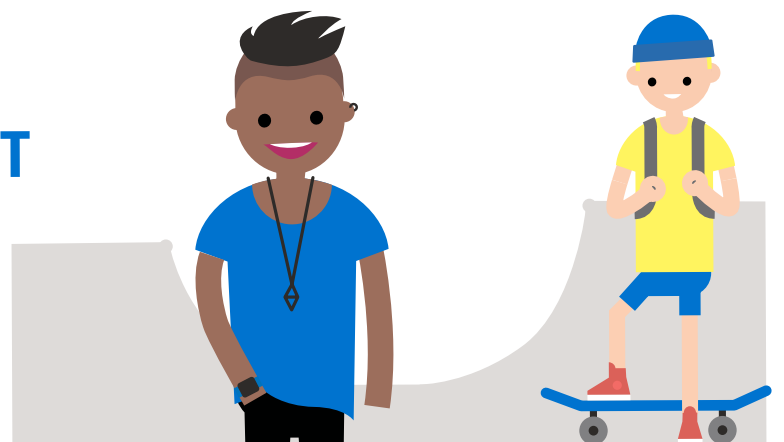


## TIP 2: PRACTICE THE NEW TRIP TO SCHOOL

It might sound silly but practicing the walk or bus/train trip beforehand will really reduce first day nerves.

## TIP 3: ARRANGE A CHAT WITH AN OLDER TEEN WHO'S BEEN THROUGH IT

If there's a neighbour or cousin who's started at a new school in the past organise for them to hang out and hear what it was like.



## TIP 4: MAKE SURE EVERYTHING IS ORGANISED

Bag, uniform and books are essentials for starting at a new school so help them sort it all out before day one.

## TIP 5: START AFRESH WITH A TIDY ROOM AND DESK

If their desk or room is shared make sure the rest of the family are on board with keeping things sorted.



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# 10 tips for starting at A NEW SCHOOL

## TIP 6: FAREWELL THE HOLIDAYS

Organise a social day just before school goes back and, if possible, invite friends from their old school.

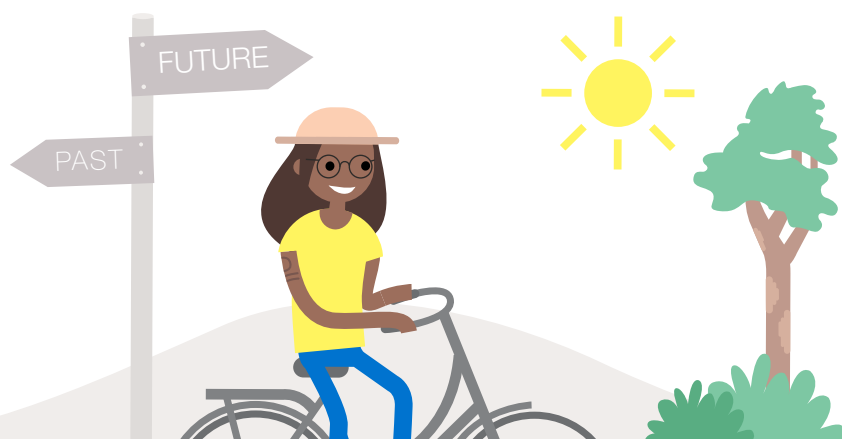


## TIP 7: DON'T COMMIT TOO EARLY

Encourage your teen to be social and not rush getting a new best friend. With the stress of making friends at a new school it's easy to jump at the first people that speak to you.

## TIP 8: AVOIDING COMPARING THE NEW TO THE OLD

Get your teen to look to the future even if they're missing their old school a bunch.



## TIP 9: SIGN UP TO THINGS STRAIGHT AWAY

Research extra-curriculars and help them decide on some they'll sign up to in their first week.

## TIP 10: PREPARE THEM FOR STRESS

The unknown can be really scary but things like breathing exercises, getting active, and having "me-time" can all help with the transition.



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# Canteen Price List 2018

Breakfast		Lunch and Recess Items			Hot Food	
		*So you don't miss out on what you want for lunch, make sure you ORDER it before school				
Cheese Toast	\$1.80				Chicken Fingers	\$1.80
Cheese & Tomato Toast	\$2.00				Chicken & Corn Roll	\$1.80
Cheese/spinach/tomato toast	\$2.20				Chicken Burger	\$4.50
Bacon & Egg Muffin	\$3.20	Sandwiches / Wraps / Rolls		Rolls	Chicken Mayo Roll (hot)	\$4.00
Hot Chocolate (Term 3 only)	\$1.00	Buttered Roll		\$1.50	Chicken Mayo Sandwich (hot)	\$3.20
Ham and cheese toast	\$2.20	Cheese & Tomato (v)	\$2.00	\$2.60	Chicken Schnitzel Roll	\$4.00
		Cheese & Salad (v)	\$3.00	\$3.60	Foccacia - chicken/avo/cheese	\$3.20
		Chicken & Coleslaw	\$4.00	\$4.60	Foccacia - chicken/mayo/cheese	\$3.20
		Chicken & Lettuce	\$4.00	\$4.60	Garlic Bread (v)	\$1.80
Fruit / Snacks		Chicken & Salad	\$4.00	\$4.60	Japanese don, noodles	\$5.00
Fruit - apple/orange/banana	\$0.80	Curried Egg & Lettuce (v)	\$3.00	\$3.60	Lasagne/Macaroni Cheese	\$3.50
Fruit Salad	\$3.50	Dagwood Roll		\$3.80	Noodles In A Cup	\$2.80
Banana Bread	\$2.20	Egg & Lettuce (v)	\$3.00	\$3.60	Pasta - homemade small	\$4.00
Glazed boston	\$2.50				Pasta- homemade large	\$5.00
Custard tart	\$3.80	Ham & Tomato	\$3.40	\$4.00		
Donut	\$3.50	Ham & Salad	\$4.00	\$4.60	Pide - sausage, chicken/mushroom	\$5.00
Custard Ball donut	\$3.80	Roast Beef & Tomato	\$3.40	\$4.00	Pide - spinach/cheese (v)	\$5.00
Drinks		Roast Beef & Mustard & Lettuce	\$3.40	\$4.00	Pie - Garlo's (halal)	\$4.50
300ml Plain Milk	\$1.20	Roast Beef & Salad	\$4.00	\$4.60	Pie - meat (sauce+20c)	\$3.80
300ml Flavoured Milk	\$2.20	Salad (v)	\$2.80	\$3.40	Pie - Pizza	\$3.80
600ml Plain Milk	\$2.00	Red Salmon & Salad	\$4.00	\$4.60	Pie - potato	\$4.50
600ml Flavoured Milk	\$3.00	Vegemite	\$1.20	\$1.50	Pizza Slab	\$3.20
Up & Go	\$2.00	Turkey cranberry Lettuce	\$3.80	\$4.40	Rice Box - homemade	\$4.00
Water - spring	\$1.20	Wraps	\$3.80		Sausage Roll	\$3.00
Water - Pump	\$3.00	Anari	\$3.60		Spinach Ricotta Roll (v)	\$3.00
Water - Quench carbonated	\$2.20	Sushi	\$3.60		Steak & onion roll	\$4.00
Berri Juice	\$2.50	Vietnamese Rolls	\$3.60		Sweet Chilli Chicken Sub/Wrap	\$4.20
Appletiser	\$2.20				Traveller Pies	\$3.80
Bottles Coke 600ml	\$3.80				Falafel wrap	\$4.20
Cans coke 375ml	\$2.50					
Chill Aloe Vera	\$2.50					
Chill Ice Tea	\$3.50				Miscellaneous	
Powerade	\$3.80				Tissues	\$0.60
		Salad Boxes(meat or egg)	\$6.00		Spoons / Forks	\$0.05
		Salad Box (plain)	\$5.00		(supplied free with meal purchase)	
Special Orders						
# If you have specific dietary needs or your favourite sandwich is not on the menu - all you have to do is ask! We may be able to make it for you. Make sure you order before school.					Seasonal Foods	
		Prices subject to change			**NB Not all food items are available all the time. For example, home style lunch boxes - pasta, rice, salads, soup etc are	
2018 PRICE					ALL CANTEEN PROFITS ARE RETURNED TO THE SCHOOL FOR	
8.30 to 9.00 am *Breakfast is available * Time to place lunch orders						



# Bring Your Own Device 2018

## PRODUCT OPTIONS

The Sydney Boys High School BYOD program applies across all year group. If you're looking at replacing your existing device for the 2018 school year, consider purchasing a recommended device.

Recommended devices meet the school's **Device Specification**, so no worrying about whether the device is suitable. All feature a **three year warranty** and optional insurance for peace of mind, and the school will act as your warranty agent.



### Lenovo ThinkPad Yoga 370

- Multi-touch with full keyboard
- 1920 x 1080 pixel screen
- 360 degree rotating hinge
- Windows 10
- 3 Year warranty, school-supported
- Available Models :-
  - Basic: 4GB RAM + 128GB Storage
  - Advanced: 8GB RAM + 256GB Storage



### Microsoft Surface Pro

- Multi-touch with keyboard cover
- 3000 x 2000 pixel screen
- Detachable keyboard cover
- Windows 10
- 3 Year warranty, school-supported
- Available Models :-
  - Basic: 4GB RAM + 128GB Storage
  - Advanced: 8GB RAM + 256GB Storage



### Apple MacBook Air 13"

- Conventional laptop
- 1440 x 900 pixel screen
- macOS 10.13
- 3 Year warranty, school-supported
- Available Models :-
  - 8GB RAM + 128GB Storage
  - 8GB RAM + 256GB Storage



### Lenovo Thinkpad 13

- Conventional laptop
- 1366 x 768 pixel screen
- Windows 10
- 3 Year warranty, school-supported
- Available Models :-
  - 4GB RAM + 128GB Storage

## HOW TO BUY

- Visit the school's JB purchasing portal at <https://sbhs.co/bbuy>
- Log in with code **SBHS2018**
- Purchase using a credit card, BPAY or on interest-free terms
- Pick up from your local JB Hi-Fi store



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# February/March 2018

16-02-2018

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>4 A</b>	<b>19</b> Class test: 10MaS-P3, 10MaU-P3, 8MaS-P4 Debating: DSG Meeting, Common Room, 18:00 Debating: Information evening, Great Hall, 19:00-20:00 Music: Encore Performance, Sydney Opera House, 19:00 (Elective Music Students Years 10-12)	<b>20</b> Years 10, 11 and 12 Awards Assembly, Great Hall, 09:55-10:40 Cricket: Davidson Shield, 09:00-17:00 Presentation Night rehearsal (All prize winners), Great Hall, 11:50-12:50 Class test: 9MaP-P5 Presentation Night, Great Hall, 19:15-21:00 Tennis: SE Tennis Boys' Trials	<b>21</b> Years 7, 8 and 9 Awards Assembly, Great Hall, 09:50-10:35	<b>22</b> Music: Meet the Music, Sydney Opera House, 18:30 (Elective Music Students Years 10-12)	<b>23</b> Marching Band Rehearsal, MPW, 08:00-09:00 Swimming: GPS Qualifying 2, 18:45, SIC Prefect Afternoon Tea: The Great Hall, 15:00-18:00 Volleyball: SE Volleyball Boys' Trials + KO (tbc) Debating: FED SBHS v SGHS	<b>24</b> Sport: Group 1 SHS v TSC, Group 2 SHS v TSC Rowing: SRC Regatta, Seniors Rowing: GPS Junior Regatta, Iron Cove Parking: Waratahs v Stormers	<b>25</b> Rowing: CHS lunch, The Great Hall, 12:00-16:00 Parking: Sydney FC v WSW, 19:00
<b>5 B</b>	<b>26</b> Attendance and Progress Review (all Years) Rowing: CHS, SIRC Year 10 Meeting, Great Hall, 09:55-10:20 Wallerugby House Oztog Lunchtime competition, Y7 Rugby: Committee Meeting, Staff Common Room, 18:00	<b>27</b> Year 9 Meeting, Great Hall, 09:55-10:20 Wallerugby House Oztog Lunchtime competition, Y7 Class tests: 9MaU-P3, 8MaA-P5 Marching Band Rehearsal, Great Hall, 15:30-16:30 Fundraising Management Committee meeting, 17:30-18:30 Foundation meeting, 18:30-20:30	<b>28</b> Wallerugby House Oztog Lunchtime competition, Y7 Waterpolo: Opens Knockout	<b>1</b> Year 7 Try Rugby Day, McKay, P1-3 Year 8 Meeting, Great Hall, 09:55-10:20 Elevate study skills: Selected Year 10 students, P1 Class test: 10MaA-P2	<b>2</b> Marching Band Rehearsal, MPW, 08:00-09:00 Clean up Australia Day, 06:30-09:00 Chess Selection Trials, Great Hall, 09:00-15:20 Debating: Eastside TSC v SHS Debating: FED SJC v SBHS Swimming: GPS Competition 1, 18:45 (SOPAC)	<b>3</b> Sport: Group 1 SHS v TSC, Group 2 SJC v SHS Rowing: Riverview Gold Cup	<b>4</b>
<b>6 C</b>	<b>5</b> Winter Sports Selections (online) Class test: 10MaL-P5	<b>6</b> Swimming: Zone Carnival, Botany Pool (tbc) Marching Band Rehearsal, Great Hall, 15:30-16:30 Cricket: NSW Schoolboys Carnival (tbc)	<b>7 ***</b> Summer Sports Photos, 09:00-12:30 Elevate study skills: Selected Year 8 students, P1 Last day of Summer Sport (Years 10-12)(non-rowers) Water Polo: SE KO (tbc) Cricket: NSW Schoolboys Carnival Rowing: Committee Meeting, Staff common room, 19:00	<b>8 ***</b> Sports Council Meeting, Board Room, 07:30 Year 7 Meeting, Selected Locations, 09:55-10:20 Excursion: French Film Festival: La Melodie, Chauvel cinema Paddington, 09:05-12:00, Selected students HSC Assessment: English Extension 1, P4 Junior Rowing Photos, Abbotsford, 14:00 Last day of Summer Sport	<b>9</b> Marching Band Rehearsal, MPW, 08:00-09:00 International Women's Day Assembly, Great Hall, 10:15-11:00 Swimming: GPS Competition 2, 18:45 (SOPAC) Debating: Eastside SHS v Cranbrook Debating: FED SBHS v Newington	<b>10</b> Sport: Group 1 SHS v TKS, Group 2 SHS v TKS Rowing: Shore Regatta, Hen and Chicken Bay Great Hall Booking: Grad ready, Great Hall, 08:00-20:00	<b>11</b>
<b>7 A</b>	<b>12 ***</b> Swimming: Regional Carnival, SOPAC (tbc) Mufti Day BBQ - Lak Saviya/KRMV (Y10 Charity) GPS Basketball Try outs, Riverview, 16:00-18:00 HSC Music 2 and Extension workshop: The Great Hall (SBHS, SGHS, JRHS) 09:00-15:00 P+C Executive Meeting, Board Room, 17:30 P+C Meeting, Great Hall,	<b>13</b> Year 9 History Canberra Excursion HSC Music 2 and Extension workshop: The Great Hall (SBHS, SGHS, JRHS) 09:00-15:00 School Council Meeting, Board Room, 17:30-19:00	<b>14</b> Year 9 History Canberra Excursion Basketball: GPS Training Basketball: GPS Dinner, TBC venue, 18:00 Change to Winter Sport (Years 10-12)(non-rowers) Cricket: Committee meeting, 901, 18:00	<b>15 ***</b> Selective Schools Entrance Test for Year 7 2019, Great Hall, 08:00-15:20 Leadership program: NSW Parliament, (Selected prefects) Change to Winter Sport (Years 7-9)(non-rowers) Volleyball: Sydney East Trials and KO (tbc) Basketball: Sydney East (Opens) (tbc) National Latin Exam	<b>16</b> Marching Band Rehearsal, MPW, 08:00-09:00 Rowing: Assembly, Great Hall, 09:50-10:35 (9, 11, 12) Debating: Eastside SBHS v SGHS Debating: FED SAC v SBHS Parking: Roosters v Bulldogs, 18:00	<b>17</b> Rowing: GPS Head of the River, SIRC Cricket: Dinner, Great Hall, 17:30-19:30 Parking: Sydney FC v Brisbane Roar, 19:50	<b>18</b> Parking: Waratahs v Rebels