



From the Principal High Talent

High won the NSWCHS Volleyball Knockout



today defeating Ryde Secondary College 3-1 in the Semi and Murwillumbah 3-0 in the Final.

Congratulations to MIC Mick Kay and the team Jerry Chang (C) Harjas Ahuja, Jonathon Zeng, Kevin Court,

Alex Liu, Yirong Shen, Nathan Trinh, Samuel Yu, Henry Han, Josh Reid, Zac Liu and Adrian Panas. Well done and good luck to Eric Holstrom who achieved fourth place in the NSW All Schools Championship in Cross Country, thus securing his place in the national competition. Congratulations to the Year 12 debating team who have made it to the NSW Premiers Debating Challenge final to try and win the prestigious Hume Barbour trophy.

Wellbeing Week



This week has been our inaugural wellbeing week which has been an initiative of the wellbeing prefects, supported by Joanna Chan our Head Teacher Wellbeing. On Monday Year 7 took part in a High Resolves program about collective identity. We also had the Year 8 BBQ and mufti day supporting Headspace with a remarkable 2:1 victory for staff in the highly entertaining staff versus prefect's dodgeball competition. Headspace had an information stall for students during Monday lunchtime. Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25-year old's. One in four young people have experienced a mental health issue in the past 12 months – a higher prevalence than all other age groups. Alarming, suicide is the leading

cause of death of young people, accounting for one third of all deaths. Research shows that 75 per cent of mental health issues emerge before the age of 25. By treating these issues early and providing a holistic model of support, the risk of them developing into more serious problems is greatly decreased. Headspace operates through physical centres and you can find your nearest Headspace Centre on their website: <https://headspace.org.au> and they also provide an online service at <https://www.eheadspace.org.au/>. On Thursday we held a Meditation session for Year 12 on Friday Year 11 and 12 were invited to a Motivational Presentation by Motion Impact in the Great Hall. I applaud this initiative and thank the staff and students who were involved in the planning of the week and also those staff – especially the Year Advisers, who play a key role in supporting the mental wellbeing of our students.

Debating, Public Speaking and Rifle Shooting Assembly 2018

My address to the assembly is reprinted below.

Special guest Dr Soutphommasane, students, staff and parents, welcome to our annual assembly which this year recognises the students and their achievements in debating, public speaking and rifle shooting.

Very few co-curricular activities at school can operate effectively without some support from parents, students, staff, old boys and coaches. Today I would like to acknowledge the support that these three successful co-curricular activities get from all four. As the MIC of debating I rely on the support of parents to undertake tasks including preparing the suppers which are always, without fail, praised as the best on the debating circuit. Specifically I would like to thank the members of the Debating Supporters Group for all their work. Pam Konecny who served again as President, with Victor Zeigler as Secretary and



Zerman Akarsu as Treasurer. Thanks also to Edwina Henningham, Shauna Wolifson and Pamela Liu who organised suppers this year and Vivien Suttner who was our Parking Coordinator. I would like to thank the coaches who work energetically and enthusiastically to make the Friday coaching experience so wonderful that students return year after year and have a high quality program whether they are selected for GPs teams or not. In particular I want to thank Alison Thompson who has been the Firsts coach, but has also undertaken much of the Head Coach's role this year and who has been pivotal in ensuring a greater gender balance in our coaching program. Furthermore, I am grateful for the support of Melinda Jollie, Rowena Barr and Jeanette Cook who support the PDC debaters and Anna Hitchcock who, along with coach Sara Critos, manages the Legal and United Nations debating programs.

I would also like to thank our Debating and Public Speaking Prefect, Symeon Ziegler who has consistently been a passionate exponent of debating and public speaking, has given up his time to support the mock trial teams and has managed the Junior Debating Club and the House Debating Competition.

Our debating program continues to deliver because of the energy and enthusiasm of everyone involved. This year Alex D'Arujo was selected to represent NSW in the national Schools Debating Championship and he and Guy Suttner have been selected for the CHS team. Firsts have already won the Eastside competition and the Year 12 PDC team have reached the Final stage in the NSW PDC competition. Our Year 11s also won Eastside and reached the regional final of PDC. The official start of the GPS debating season is this Friday night. We hope to vigorously defend the Rutledge Louat Shield that our boys retained, historically, for the third consecutive year last year and to win outright the GPS debating cup which we shared with Grammar last year.

Thank you to our MIC of Public Speaking, Cassandra Pride who has efficiently and enthusiastically managed the Public



Speaking program which is coached by Vishal Karma (2016). This includes organising an internal competition which most recently was won by Archie Wolifson in the Junior division and Justin Lai in the senior division. Justin has gone on to win the Plain Speaking English Award, which has not been held at High since 1998. Congratulations to

Justin. It is testament to his talents and to the strength of the program.

Once again Rifle Shooting has been ably and adeptly managed by Cathy Meany and Daniel Comben. Thanks go to Sam Kremer (1992) for his extensive work in maintaining our growing fleet of rifles and equipment to the highest standard. He is a highly valued member of our club who has worked tirelessly behind the scenes and has been instrumental in the development and expansion of our fullbore programme over the past decade. Thanks to Terry Fong (2014) for his dedication in leading the fullbore coaching and training programme this year and to Jacky Yang (2012) for his many years of service in

coaching and acting as range officer at our smallbore programme. Thanks to Mitchell Bailey (National level Under 25 shooter) for sharing his expertise in wind coaching and shooting technique. More thanks to our dedicated group of coaches and volunteers who have worked tirelessly over the past year to assist with the technical coaching of our students. These include Joe Banh, Jeremy Chan, Desmond Chiang, Jason Feng, Evan Han, Keller Huang, James Jiang, Brendan Leo, Wentao Ruan, Tim Tran, Nathan Wong and Jack Zhou and of course to our parent supporters who looked after everyone so well during the GPS training camp.

Last week Sydney High Blue achieved third place in the All Schools competition. Ricky Li and Frank Zhou placed in the top 10 in this competition from their individual results. The 1st Grade Rifle team achieved third place in the GPS Rifle Shooting competition and 1st Grade who placed second in the Buchanan Shield match. Jia Qi (Jackie) Wu was selected for the Combined GPS team who competed against the NSW State Under 25 team last Sunday and the 2nd Grade Rifle team placed 2nd in the GPS Rifle Shooting competition

I recently read, as would many of you, that Sydney Boys High has an 'identity crisis'. I would politely disagree. Our school is a proud public school providing an all-round, inclusive education for gifted students which it partly, but not solely, keep through its membership of the AAGPS. To accompany the high quality educational experience offered in the classroom, there is a huge range of extra and co-curricular activities. As this, and the many other assemblies we have throughout the year, shows there is something for everyone at High. Obviously there are costs involved in providing such an array of activities and these costs are borne by the families through payments and by fund raising activities such as car parking events. If families are unable to meet particular financial costs then they are waived.

As the debating MIC I am very proud of our debating program which is both highly successful and highly inclusive with over 300 students attending coaching every Friday. I am proud of our debating program which, in recent years, has specifically coached students on indigenous rights, gender equality and LGBTQI rights and encourages our debaters and public speakers to use their skills to persuade others against intolerance and injustice.

I recently re-read the Melbourne Declaration which set out the educational goals for Young Australians. Its first goal is to promote equity and excellence and its second goal is to make all young Australians become successful learners; confident and creative individuals; active and informed citizens. In the last ten years, since the Melbourne Declaration was published, Sydney Boys High School has been committed to fulfilling those goals and, I would contend, has been unique in its ability to make positive strides in doing so.

As your Relieving Principal, I feel honoured to uphold the traditions that have made Sydney Boys High School, the great school that it is. I also feel proud to see that we are confident enough to evolve with the ever changing world around us. I believe that members of the school community are confident with our identity and, at the end of the day, that's all that really matters.

Rachel Powell
Relieving Principal

DEBATING



Debating Report

Today the GPS debating season begins. As usual we marked the beginning of the GPS season with the Debating Assembly and we were honoured to have Dr Tim Soutphommasane, the Race Discrimination Commissioner as our Special Guest Speaker. Unusually this year, as Relieving Principal, I provided the Principal's address for the assembly.

I am pleased to formally announce the teams and would like to thank their coaches for all the hard work that they put into trials and coaching. Good luck to everyone for the 2018 GPS Debating competition.

Rachel Powell
MIC of Debating

Firsts Alison Thompson

Alex D Arujo
Ryan Borges
Guy Suttner
Symeon Ziegler

10B Madeleine Rogers

Lawrence D'Mello
Jordan Whittaker
William Winter
Alan Wong

8A David Wu

Tim Hanna
Jerald Joseph
Richard Lu
Joshua Suto
Archie Wolfson

Seconds Thomas Shortridge

Ryan Jepson
Aman Mohamed
Branko Stajic
Leo Yi

9A

Ganeshmoorthy
Chandrasekaran
Marcus
Roshan Hossain
Apoorv Verma
Ashwin Rao
Andrew Smallbone

8B Albert Chau

Nicholas Francis
Samin Islam
Amaan Thomas
Don Tran

Thirds Jon Freiberg

Marcus Borscz
Lincoln Hui
Justin Lai
Jarrod Smith

9B Hugh Bartley

Matthew Awad
Anson Chan
Nathan Wu
Thomas Zheng

7A Eugenie Song

Joshua Koh
Daming Zuo
Moshi Tao
Tony Wang

Fourths Jon Freiberg

Aryan Jani
Marcus Nguyen
Ashley Ow
Yeuyang Xiao

9C Hugh Bartley

Leon Chai
Edward Guo
Adrian Wong
Harry Wu

7B Alex Leathem

Abrar Chowdhury
Eugene Han
Hanwen Xiao
Octavio Zapata

10A Rachael Short

Gautama Desaraju
Angus Henningham
Prathik Subbanna
Suvipra Vaidya

7C Alex Leathem

Samuel Choi
Pranav Sampath
Ammay Savara
Geoffrey Yan





Summer Sports Photos: Available for Order

Parents and families who wish to purchase prints of sport and co-curricular team photographs can do so directly from the school's photographer, Melba Studios

To review and purchase your 2018 Summer Sports photos go to www.melbastudios.com.au

Password: **high**



Sleep for Better Health, Resilience and Performance - Wellbeing Workshop

7-9pm Tuesday 28 August 2018

Junior Library

Presenter Lisa Maltman who established *The Sleep Connection* followed by question and answer.

Learn how to optimise learning, memory and concentration through quality sleep and the impact of sleep deprivation on performance, resilience and general wellbeing.

Parents welcome

Brought to you by SBHS P&C and Wellbeing Team

Sports Physio



Sydney Boys High would like to remind all students participating in GPS sports that we have an onsite physiotherapist every Monday morning from 7am – 9am. The School has covered this cost so it is free for your child.

Our physiotherapist Mr Mark Beaven has quite extensive experience in physiotherapy and we are very lucky to have him here at Sydney Boys High School. Mark is from South Sydney Sports Medicine and is a physiotherapist with expertise in hand therapy, musculoskeletal physiotherapy, occupational health, orthopaedics and sports physiotherapy. Mark's experience includes being a club physiotherapist for South Sydney Rabbitohs Rugby League club for 15 years as well as spending 5 years as the physiotherapist for the Australian Kangaroos Rugby League team. He was also the touring physio with the Australian Fijian and Maori Rugby League teams, and has been three times to Europe with the A.I.S. U/18 Rugby League team.

If you would like an appointment to see the physio please see Mr Marcos.

Mr S. Marcos
Head of Sport



Music Tour 2020

For those interested in the 2020 Music Tour [Finland & Russia], please ensure to fill out an 'expression of interest' form and leave it in the box outside the Music Department.

An information night will be held for parents and guardians [date TBC] which will include the itinerary, travel agency, ensemble information, audition requirements, staff, payment instalments etc.

Music Events Calendar

Date	Event	Music Students Involved
Saturday 4 th August	HSC Music 2 & Extension Composition 1-1 Tristan [Room 201]	HSC Music 2 & Extension Students
Saturday 4 th August	HSC Music 2 & Extension Composition 1-1 Tristan [Room 201]	HSC Music 2 & Extension Students
Thursday 9 th August	HSC Music 2 & Extension Composition Recording [Room 201]	HSC Music 2 & Extension Students
Monday 6 th August	HSC Music 1, 2 & Extension Trial Practical Exam [Great Hall]	HSC Music 1, 2 & Extension students
Wednesday 22 nd August	HSC Music 2 Trial Aural/ Musicology Exam [Room 201]	HSC Music 2 Students 12.00pm – 1.30pm
Tuesday 28 th August	HSC Music 1 Trial Aural/ Musicology Exam [Room 201]	HSC Music 1 Students 9.00am – 10.30am
Thursday 13 th September	Open Day Musicians	Senior Strings Ensemble Jazz Ensemble
Monday 24 th September	Year 12 Farewell Musicians	2 x Piano Players Senior Strings
Friday 19 th October	HSC Music 1 Aural Exam Room 201	HSC Music 1 Students 1.55pm – 3.00pm
Friday 19 th October	HSC Music 2 Aural/Musicology Exam Room 201	HSC Music 2 Students 3.25pm – 5.00pm

Music Events are continually added and are subject to change.

Parent/Guardian Music Contact List

Please send the following details to music@sbhs.nsw.edu.au if you would like to receive emails regarding the Music Performance Program only [i.e. Music Events e.g. Music Camp/Concerts/Workshops, Music Committee Meetings etc.].

- Email Subject Line: Music Contact List

- Student Name
- Student Year
- 1 x Parent/Guardian Name
- 1 x Contact Email Address

If you would like to be removed from the Parent/Guardian Music Contact List, please email music@sbhs.nsw.edu.au





SYDNEY BOYS HIGH SCHOOL

Music Tour 2020

The Baltic Triangle [HELSINKI, TALLIN & ST PETERSBURG]

Itinerary - subject to change

Friday 10 th April [Good Friday]	Depart Sydney
Saturday 11 th April	Arrive Helsinki and transfer to Tallin via Ferry
Sunday 12 th April	Tallin - Sightseeing & Concert [TBC]
Monday 13 th April	Tallin - Sightseeing & Concert [TBC]
Tuesday 14 th April	Transfer to Helsinki via Ferry
Wednesday 15 th April	Helsinki – sightseeing & Concert [TBC]
Thursday 16 th April	Helsinki – sightseeing & Concert [TBC]
Friday 17 th April	Helsinki – sightseeing & Concert [TBC]
Saturday 18 th April	Transfer by rail from Helsinki to St Petersburg
Sunday 19 th April	St Petersburg – Sightseeing & Concert [TBC]
Monday 20 th April	St Petersburg – Sightseeing & Concert [TBC]
Tuesday 21 st April	St Petersburg – Sightseeing & Concert [TBC]
Wednesday 22 nd April	Departure from St Petersburg to Sydney
Thursday 23 rd April	Arrive Sydney

**2020 Term 1 will end on Thursday 9th April*

**2020 Term 2 will end on Monday 27th April*



SYDNEY BOYS HIGH SCHOOL

Music Tour 2020

The Baltic Triangle [HELSINKI, TALLIN & ST PETERSBURG]

EXPRESSION OF INTEREST

Please fill in the form below with your details and return to the Music Department by Friday 8th December

STUDENT FULL NAME: _____

DATE OF BIRTH: ____/____/____ ACADEMIC YEAR IN 2020: Year ____

MUSIC INSTRUMENT: _____

Performing Music Ensemble, [please TICK]:

Junior Stage Band []	Junior Strings []
Intermediate Stage Band []	Senior Strings []
Senior Stage Band []	Philharmonic Orchestra []
Intermediate Concert Band []	Symphony Orchestra []
Senior Concert Band []	

PARENT/GUARDIAN FULL NAME: _____

PARENT/GUARDIAN CONTACT MOBILE NUMBER: 04 _____

PARENT/GUARDIAN EMAIL: _____

PARENT/GUARDIAN SIGNATURE: _____ DATE: ____/____/20____



We are thrilled to announce a special excursion for Year 9 this year: we have managed to book seats in early November for a live matinee performance of Shakespeare's *Macbeth* at the Pop-Up Globe Theatre. The Pop-up Globe is finally bringing its critically acclaimed productions and unique venue to Sydney, and will be walking distance from Sydney Boys at The Entertainment Quarter at Fox Studios. *Macbeth* is a haunting and timeless tragedy that explores the darkest corners of the human mind set in a world where the supernatural is real and the quickest way to the top is by murder. *Macbeth*, presented by Pop-up Globe's mixed Southampton's Company sees darkness, chaos and conflict unfold. The Pop-Up Globe is a unique open air theatre, and is a replica of the original theatre which presented many of Shakespeare's plays to Elizabethan and Jacobean audiences. The boys will experience what

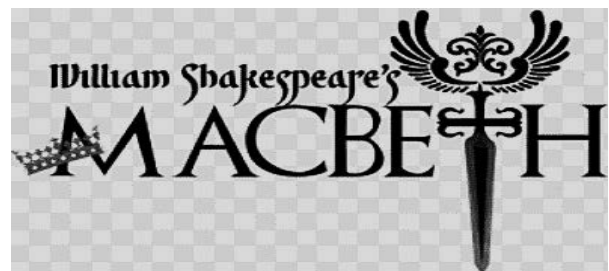
theatre was like for 'groundlings', and see *Macbeth* as it was originally intended to be enjoyed: this is a raucous, immersive live-theatre experience not to be missed.

Entertainment Quarter Fox Studios

Performance: 5 November

Tickets: \$25

Payment Due: 10 August



To Parents of Participants

Regional Athletics Carnival

Annual Athletics Carnival – 2018

Dear Parent/Guardian

The **Regional Athletics Carnival** will be held at Sylvania Waters Athletics Field, Belgrave Esplanade, Sylvania Waters on Wednesday 8 August (9am – 2:00pm) & Thursday 9 August (8:45am-2:30pm). The boys will be under the supervision of MIC of Athletics Kurt Rich.

Your son has been selected to represent Sydney East at this carnival, they will be given a singlet to compete in but this singlet must be returned when they have finished competing. The school will be providing a bus from school to the venue leaving Wednesday 8am & Thursday 7:30am and picking the boys up from the venue approximately 2pm after the conclusion of competition. If your son wishes to catch the bus please inform Mr Kurt Rich before Friday 3 August. Boys may make their own way there and back.

Athletes are encouraged to take their own food. Theft at carnivals is a common occurrence so please ask you son not to take valuables to this event. Please ensure your son has warm clothes as this venue is open and exposed to cold winds, a minimum of full school tracksuit when not competing is recommended.

If your son places first or second in his event (top 3 in 100, 200 & 400) he will be selected for the CHS championships which takes place from 5-7 September.

Boys can check their event times and day(s) with me, it will also be put on the wall outside the weights room office, on the High Notes and on the Athletics Facebook page.

*Note you already signed the permission slip for all CHS Athletics Patways, this is just a friendly reminder of the upcoming event.

Kurt Rich

MIC Athletics



Day 1 – Wednesday, 8 August 2018

Track Events

Time	Event No.	Age	Event
8.45am			Officials Report
9.00am	13	G14	1500m Walk
	14	B15	1500m Walk
	15	G17+ & under	3000m Walk
	16	B17+ & under	3000m Walk
9.30am	1	G12	80m Hurdles Time Trials
	2	G13	80m Hurdles Time Trials
	3	B12	80m Hurdles Time Trials
	4	B13	90m Hurdles Time Trials
	5	G14	90m Hurdles Time Trials
	6	G15	90m Hurdles Time Trials
	7	G16	100m Hurdles Time Trials
	8	G17+	100m Hurdles Time Trials
	9	B14	100m Hurdles Time Trials
	10	B15	100m Hurdles Time Trials
	11	B16	110m Hurdles Time Trials
	12	B17+	110m Hurdles Time Trials
	17	G12 – 15	800m AWD
	18	G16+	800m AWD
	19	B12 – 15	800m AWD
	20	B16+	800m AWD
	21	G14	400m Time Trials
	22	B14	400m Time Trials
	23	G15	400m Time Trials
	24	B15	400m Time Trials
	25	G16	400m Time Trials
	26	B16	400m Time Trials
	27	G17+	400m Time Trials
	28	B17+	400m Time Trials
	29	G14	1500m
	30	B14	1500m
	31	G15	1500m
	32	B15	1500m
	33	G16	1500m

Time	Event No.	Age	Event
	34	B16	1500m
	35	G17	1500m
	36	B17	1500m
	37	G15	200m Hurdles Time Trials
	38	B15	200m Hurdles Time Trials
	39	G17+ & under	400m Hurdles Time Trials
	40	B17+ & under	400m Hurdles Time Trials

Field Events

Time	HJ (area A)	HJ (area B)	LJ (area A)	LJ (area B)	Shot-Put	Discus	Javelin
9.30am	G14	G15	B14	B15	B13	G13	G16
10.00am					B17+	G17+	B16
10.30am			G12-15 AWD		G16+ AWD	B12-15 AWD	B16+ AWD
11.00am			B12-15 AWD		B16+ AWD	G12-15 AWD	G16+ AWD
11.30am	G13	G12	B13	B12	B16	G15	G14
12.00pm					B15	G16	B17+
12.30pm			G16+ AWD		G12-15 AWD	B16+ AWD	B12-15 AWD
1.00pm			B16+ AWD		B12-15 AWD	G16+ AWD	G12-15 AWD
1.30pm	G16	G17+	B16	B17+	B14	G14	G15

Day 2 – Thursday, 9 August 2018

Track Events

Time	Event	Age	Event
8.30am			Officials Report
8.45am	41	G12	800m
	42	B12	800m
	43	G13	800m
	44	B13	800m
	45	G14	800m
	46	B14	800m
	47	G15	800m
	48	B15	800m

Time	Event	Age	Event
	49	G16	800m
	50	B16	800m
	51	G17+	800m
	52	B17+	800m
	53	G12-15	100m AWD
	54	B12-15	100m AWD
	55	G16+	100m AWD
	56	B16+	100m AWD
	57	G12	100m Time Trials
	58	B12	100m Time Trials
	59	G13	100m Time Trials
	60	B13	100m Time Trials
	61	G14	100m Time Trials
	62	B14	100m Time Trials
	63	G15	100m Time Trials
	64	B15	100m Time Trials
	65	G16	100m Time Trials
	66	B16	100m Time Trials
	67	G17+	100m Time Trials
	68	B17+	100m Time Trials
	69	G14	3000m
	70	B15	3000m
	71	G17+ & under	3000m
	72	B17+ & under	3000m
	73	G12	200m Time Trials
	74	B12	200m Time Trials
	75	G13	200m Time Trials
	76	B13	200m Time Trials
	77	G14	200m Time Trials
	78	B14	200m Time Trials
	79	G15	200m Time Trials
	80	B15	200m Time Trials
	81	G16	200m Time Trials
	82	B16	200m Time Trials
	83	G17+	200m Time Trials
	84	B17+	200m Time Trials
	85	G12-15	200m AWD
	86	B12-15	200m AWD
	87	G16+	200m AWD
	88	B16+	200m AWD
	89	G12	4 x 100m Time Trials
	90	B12	4 x 100m Time Trials

Time	Event	Age	Event
	91	G13	4 x 100m Time Trials
	92	B13	4 x 100m Time Trials
	93	G14	4 x 100m Time Trials
	94	B14	4 x 100m Time Trials
	95	G15	4 x 100m Time Trials
	96	B15	4 x 100m Time Trials
	97	G16	4 x 100m Time Trials
	98	B16	4 x 100m Time Trials
	99	G17+	4 x 100m Time Trials
	100	B17+	4 x 100m Time Trials

Field Events

Time	HJ (area A)	HJ (area B)	LJ (area B)	TJ (area A)	Shot-Put	Discus	Javelin
9.00am	B17+	B14	G14	G15	G17	G12	B13
9.45am			G17+	G16	B12	B13	G13
10.30am	B15	B13	G13	B16	G12	B14	G17+
11.15am			G12	G17+	G15	B16	B15
12.00pm	B16	B12	G15	B17+	G16	B15	B14
12.45pm			G16	B15	G14	B17	
1.30pm					G13	B12	

Please note that all times are approximate only.

The carnival management reserves the right to adjust the program, if necessary.

SHS Cross Country

The NSW CHSSA Cross Country Championships held last Friday, witnessed our best athlete, Eric Holmstrom, compete and finish in 4th place for his age division. Eric is also our GPS Cross Country team captain and has lead by example all season.

The National Championships are held later this month on the Sunshine Coast, QLD. Eric will be competing against the best runners in the country, and the High Cross Country community wish him the best of luck!

Rebecca Dam
MIC Cross Country



Eric Holmstrom (11T)



Volleyball Results SHS vs NC, TKS & KGS Saturday 28th July (Term 3 Week 1) 2018

All games @ SBHS. All games vs NC, except 14A vs TKS and 14B vs KGS.

1st, 2nd, 3rd and 4th Grade, 16A, 16B, and 15A had 3 – 0 Wins; 15B and 14A 2-1 Wins; 14B a 1-2 Loss.

1st Grade: 25-14; 25-15; 25-4. 3-0 Win. 2nd Grade: 25-21; 25-14; 25-18. 3-0 Win.

3rd Grade: 25-9; 27-14; 25-16. 3-0 Win. 4th Grade: 25-16; 25-20; 26-24. 3-0 Win.

16A: 25-11; 25-13; 25-7. 3-0 Win. 16B: 25-18; 26-17; 25-18. 3-0 Win.

15A: 25-10; 25-10; 25-20. 3-0 Win. 15B: 25-5; 22-25; 25-22. 2-1 Win.

14A: 25-20; 13-25; 25-20. 2-1 Win. 14B: 19-25; 25-22; 22-25; 20-19. 1-2 Loss.

On Wednesday 25th/Thursday 26th the SBHS CHS Volleyball KO Team won all games to get into the semi-finals, in which they defeated Ryde 3-1, to proceed to the Final, which they won 3-0 against Murwillumbah HS to become the undefeated NSW CHS State Champions 2018.

Congratulations to these players, especially Joshua Reid chosen as MVP, and to Mr Kay.

Statistics for the 1st and 2nd Grade teams are shown in the table below:

Area	First Grade	Second Grade
Serving (%) and Kills	Ryan CHAN – 72% (16) Harjas AHUJA – 62% (13) Joshua REID – 58% (13)	Allen GUO – 66.7% (6) Oliver YANG – 66.7% (6) Kent GU – 65.6% (16)
Serve Reception Passing (/3)	Jonathan ZENG – 3 (1) Nathan TRINH – 2.3 (9) Alec LIU – 2 (1)	Robert CHAN – 2.5 (8) Zachary LIU – 2.5 (13) Stanley CHEN – 2.4 (11)
Freeball Passing (/3)	Alec LIU – 3 (1) Nathan TRINH – 2.6 (7)	Robert CHAN – 2.5 (10) Zachary LIU – 2.5 (8)
Outside and Opposite Hitting (/3)	Alec LIU – 2.4 (5) Jonathan ZENG – 2.4 (14) Harjas AHUJA – 2 (7)	Zachary LIU – 2.4 (5) Yishan SHEN – 2 (11)
Middle Hitting (/3)	Samuel YU – 3 (5) Yirong SHEN – 2.5 (4)	Allen GUO – 2.1 (16)
Setting (/3)	Jerry CHANG – 2.6 (26)	Kent GU – 2.7 (18)

Mr Coan.



High Spirit

SBHS vs Scots

Results

13A 29-25W MOM William Wang

14A 27-39L MOM William Lee

15A 0-54L MOM William Cui

16A 12-29L MOM Henry Lei

2nds 12-10W MOM Edison Dorahy

1sts 10-31L MOM Alex De Araujo

1st XV Report

Some early tries gave Scots 3rd's a sufficient lead to hold us out on Saturday for a 31 to 10 final score. The margin between scores does not reflect the quality of the match, where we ended up scoring both of our tries in the second half of the game, and were getting into our rhythm as the game ended. Ultimately, the match was a good indicator of our strengths and weaknesses to be addressed in our training sessions going forward for the remaining three games of the season. Congratulations to Alex de Araujo, scoring a magnificent try in the right-hand corner of the post on debut.

Archie Fox

2nd Grade Match Report

After a strong start where we scored an early try, our lack of aerobic fitness acquired over the holidays showed when Scots quickly replied with two tries. However, full credit to the boys' mental toughness, no-one gave up and Edison Dorahy (Y11) managed to score a great try near the end which was converted by Matthew Ng (Y11) to give us a two-point lead. The match was a great battle throughout and the 12-10 victory will give us confidence heading into our remaining three games, while simultaneously alerting us about our deficiencies regarding fitness.

Max McGregor (12R)

16As Match Report

This week the 16s had a disappointing 29-12 loss to Scots B's. Coming out strong in the first five minutes, we made our one on one tackles and Henry easily crossed the oppositions line to score the first try of the game. We had glimpses of good play but we continually gave up possession and were unable to capitalize on any momentum we built up. All but 1 of Scots 5 tries were scored via counter-attack opportunities from 40+ meters out that we frequently gifted them throughout the game off the back of our mistakes. These tries highlighted our lack of commitment around loose ball and our hesitance to dive on and kill it before the opposition has a chance to gain possession. Although, in saying all this, we finally showed some form in the last 5 minutes, dominating territory and possession, with Khalil scoring off of a great open side pick up. All in all the game was a wake up call in which we demonstrated both our potential and flaws as a team, and building off the back of this we're eager to test ourselves against Riverview next week.

Noah Robertson (10S)

15As Match Report

With the 15As just coming back to the season without a great turnout in the holidays, we weren't by any means at the peak of our rugby skills or fitness. This was clearly shown on the weekend as we were outclassed by Scots side in every aspect of the game. There were a few standouts though like the great individual tackles from William Cui and Jeffrey Lin and the sparks we had in offence. Two things we need to improve on are keeping the ball on offence working on our line speed on defence. Hopefully we can improve on our shaky performance next game.

Vincent Dorahy (10S)



3rd XV at the breakdown

14As Match Report

This week's game against Scots was a close game where both teams were in it until the end. The team played well but what let us down was our defence. Every try we let through was through a mismatch of numbers where they spread the ball too easily. Our offence on the other hand was great, breaking through the line and making some amazing kicking plays (especially from William Lee). As a team we walked away from the game learning about our defensive weakness and how we need to work on it.

Andy Xu (9E)

13As Match Report

After playing Scot's earlier in the season and coming away with a win, we knew they would be coming out firing. They scored three consecutive tries in the first 10 minutes to lead 15 - 0 and a lesser team would have given up. However, our team rallied and big Oliver Sun scored a try after some great lead up work. Immediately, from the kick-off Nelson Cheng raced to the try line to make it 15 - 12 at halftime. Upon the resumption, Scott's once again scored first and took an 8 point lead. However, we still had the desire to overcome the deficit. From a set

play from the scrum, Sean Lim scooted down the blind side and offloaded to Saxon Gerstl who kicked ahead, regathered and scored. It wasn't long again until Saxon took a quick tap close to the try line and dived over to score untouched. Another try from Scot's was answered with a try from Nelson Cheng and the game was ours. Man of the Match, William Wang who always made great ground when he touched the ball. Sydney High came away with a gutsy win. Final score 29 - 25.

Saxon Gerstl (7M)



1st XV at the breakdown

International Rugby News



Wallabies in training before Bledisloe 1

In a sharp break from tradition, Wallabies coach Michael Cheika said the game had been added to the pre-Bledisloe preparation to get his players more game time between the end of Super Rugby and taking on the All Blacks at ANZ Stadium on August 18.

Cheika will select a side from the Wallabies squad currently training in Sydney - Waratahs players will not be considered - and they will take on a Super Rugby Selection side, which will also feature Wallaby

squadmembers, Super Rugby players preparing for NRC duties and potentially club players as well.

The Super Rugby side will be run by Aussie sevens coaches Tim Walsh and John Manenti, assisted by Rebels assistant Kevin Foote.

The match on Saturday 4 August will be free to the public at Leichhardt Oval at 6.45pm and will also be streamed live on RUGBY.com.au.

On sale now!

High Rugby Sports Lunch

Celebrating 135 years of High Rugby and still playing

Get your team together!

Friday, 7 Sep 2018, 12.00pm - 5.00pm

ATC – Randwick Race Course, Ballroom
located in the QEII stand

3 course lunch & beverages

Our MC is Sam McCool (Old Boy '93)

Celebrating

135
YEARS

Cost:

Cost \$185pp

Table of 10: \$1850

VIP table of 10: \$2550

Including access to the VIP event from 12-12:45pm to
meet and greet and take photos with our rugby greats

Book here <https://www.trybooking.com/WFFK>

**Meet many rugby greats and hear from old boy legends including
John Brass, Chris Whitaker & Craig Wing**

Each ticket includes a complimentary double members'
pass worth \$180 for a day at the ATC races*



General enquiries
jblomber@bigpond.net.au

Sponsorship and support enquiries
director@shsfoundation.org.au

Supporting the
Sydney High School Foundation Inc





SBHS FC



Gameday 28/07/18

TEAM	Win, Draw, Loss	SCORE	Man of Match	School
1st	L	0-5	Jonathan Meng	Scots
2nd	L	0-6		Scots
3rd				Scots
4th				Scots
5th	L	1-3	Adi	Scots
6th	D	2-2		Scots
7th	L	0-3	Nick	Scots
8th	W	1-0	Abdul	Scots
9th	L	4-0	Team	Knox
10th				Knox
16A				Scots
16B				Scots
16C				Scots
16D				Scots
16E	L	2-0	Winston Wang	Knox
15A	D	0-0	Roy Pacheon	Newington
15B	L	0-1	Andrew Gu	Scots
15C	W	0-1	Hanujan Puvanenthiran	Grammar
15D	W	7-0	Team	Scots
15E				Waverley
15F	L	2-0	Team	Grammar
15G	W	0-6	Ryan Ong	Grammar
15H				Bye
14A				Scots
14B	L	0-3	Alex Girdis	Scots
14C	W	2-0	Win Lucas	Scots
14D	L	0-2	Team	Scots
14E	D	1-1	Steven Mo	Scots
13A				Scots
13B				Scots
13C	L	0-3		Scots
13D	L	1-3	Patrick	Scots
13E				Bye

SBHS Annual Football Dinner 2018

Tickets are now on sale for the Football Annual Dinner is coming up. Please pay at the SBHS office.

When: Saturday, 18th August 2017

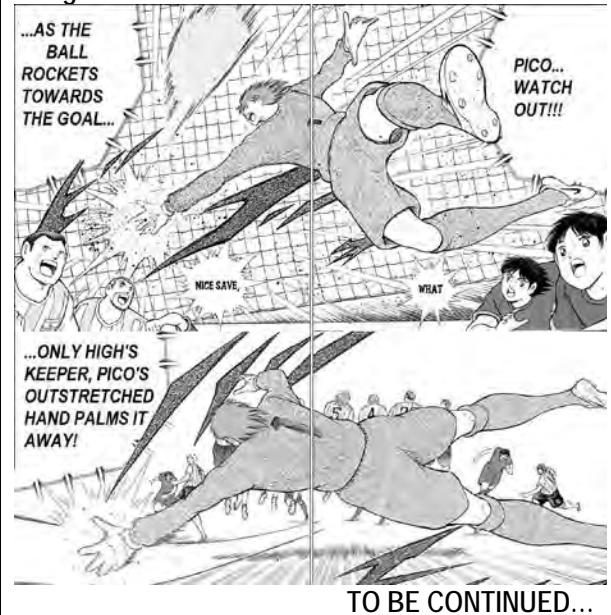
Time: 6:00pm – 8:30pm

Where: The Great Hall, Sydney Boys High School

Cost: \$40pp

Jason Hayhurst,
MIC Football

Manga SBHS FC





Sydney High Annual Football Dinner 2018

All players and parents are warmly invited to help celebrate Sydney Boys High School Annual Football Dinner. The night is an opportunity for all players, parents and coaches to acknowledge the season and meet other friendly faces in the HIGH Football Community. The night will involve a talk from the MIC of Football and each coach will present their teams with awards for Best & Fairest and Most Improved.

- When:** Saturday, 18 August 2018
- Time:** 6:00pm – 8:30pm
- Where:** The Great Hall, Sydney Boys High School
 \$40 per person, please pay at the school front office.
- Cost:** NB: Proceeds from ticket sales etc. go into the Football program to help improve future footballing experiences for our students.
- RSVP:** Friday 17 August, 2018
- Dress:** All students must wear full school uniform
- Beverages:** BYO
- *Vegetarian and halal diets catered for

Please return the lower half of this page with your payment to the main office.

The coach of each team will be invited to attend the dinner as a guest.

Players are asked to take responsibility on a team-by-team basis for any end-of-season gifts to their team's coach.

Sydney Boys High School Football Dinner 2018

STUDENT NAME: _____ **ROLL CLASS:** _____

Type of payment: Cheque ☐ Cash ☐ Credit Card ☐

Card Type: Mastercard ☐ Visa ☐

Number of Tickets: _____ @ \$40 per ticket Number of Tickets (under 12yo): _____ @ \$20 per ticket

Total Amount Paid: \$ _____

Card Number: _____ Card Expiry Date _____ / _____

Cardholder's Name: _____
 [please print]

Cardholder's Signature: _____ BH Contact Phone: _____

Please complete the following to assist with table allocation:

Student Name/s: _____

Team/s _____ e.g. 15F

Number of Adults: _____ Number of Students: _____

Number of Under 12s: _____

If required please indicate your dietary requirements? _____

Number of alternative meals required _____

UNSW Yunus Social Business Health Hub

Work experience placement for high school students



The Work Experience Placement (WEP) is an initiative of the UNSW Yunus Social Business Health Hub (YSBHH), School of Public Health and Community Medicine. It aims to provide workplace opportunities to high school students to learn practical skills related to Nobel Laureate in Peace, Professor Muhammad Yunus's Social Business model.

Social Business is a social cause driven business model where investors only withdraw their capital not the dividend/profit. Prof Yunus's vision is to eradicate poverty from the world by unlocking the potentiality in poor and deprived people. According to him, *"Poor people are bonsai people. There is nothing wrong with their seeds. Only society never gave them a base to grow on."*

The placement explores concepts and principles related to solving global social, economical, health and environmental problems.

Contact & application

Dr Mahfuz Ashraf, Assistant Director
School of Public Health and
Community Medicine
E: md.ashraf@unsw.edu.au
T: +61 (2) 9385 8273

Participants

Work experience placements are available at UNSW for high school students who wish to understand how public health and social equity are applied to make a difference. This placement would suit students interested in social development and alleviation of poverty and equity in health care. The placement will be at the YSBHH, School of Public Health and Community Medicine, UNSW Sydney campus. It is most suited to upper high school students.

Activities

Under this WEP initiative, students conduct research in social business, write social business plans, participate in group discussions, engage with guest speakers and become familiar with the University environment.

Duration

9th -12th October 2018

(second week of the October school holiday period)

Application process & timeline

Step 1: Students to send their CV and application form no later than **1st September 2018**.

Step 2: YSBHH to notify successful applicants by **20th September, 2018**.

Step 3: Schools to send Student Own Placement Requests to YSBHH by **27th September, 2018**.

Step 4: YSBHH to send placement confirmations to Schools by **2nd October, 2018**.

Step 5: Commencement of WEP.

Read WEP Booklet Big-Ideas

sphcm.med.unsw.edu.au/sites/default/files/sphcm/Centres_and_Units/WEP_Booklet_Big-Ideas_2016.pdf

Download Application Form

sphcm.med.unsw.edu.au/sites/default/files/sphcm/Yunus-WEP-application-form-2018.docx

YSBHH background

Transforming poor and marginalised communities through research into social business and health is the aim of a agreement between UNSW and Professor Yunus. Under the MOU, UNSW's School of Public Health and Community Medicine collaborates with the Yunus Centre, established by the Nobel laureate, to improve health outcomes for poor communities in Australia, Asia and the Pacific. For more information on Social Business visit: socialbusinesspedia.com/category/social-business



Mental Health Matters

Tackling taboos, stigma and discrimination around mental health

It's time to talk about mental health.

One in 5 Australians experience a mental health issue in any year and almost one in 2 will experience a mental health condition at some point in their lifetime.

Join an expert panel for this public forum to discuss the realities of mental health and mental illness in Australia, and what we can do as a community to provide better care and support for our young people and their families.

Date: Tuesday 7 August 2018

Time: 6pm – 7pm

Venue: Alastair Mackerras Theatre, Sydney Grammar School (Stanley Street entrance)

Tickets: General admission - \$30 / \$15 for students, via [TryBooking](#)

Enquiries: If you have any requirements that will assist you to participate in this event, please contact PIAC directly via email rsvp@piac.asn.au or call (02) 8989 6500.

Parking There is no parking on school grounds. Limited metered street parking nearby, Wilson Parking on Riley St or Enacon Parking via Cathedral St (Cook and Phillip Park).

All funds raised will support the Public Interest Advocacy Centre's social justice work.

About the speakers:

Dr Lisa Pryor (moderator)

Lisa is currently working as a psychiatry registrar in Sydney. She is a contributing opinion writer for The New York Times and a published author of two books. Lisa has degrees in medicine, law and arts from The University of Sydney, and is the mother of two children aged 6 and 8.

Gus Worland

In addition to being well-known from Sydney's Triple M Breakfast Show, Gus has established the Gotcha4Life Foundation. Gus is passionate about challenging the old stereotypes of what it means to be a male today in Australia. He wants to have a real impact in helping males identify when they are struggling and empower men of all ages with positive strategies to seek support and social connectedness.

Grace White

Driven by her lived experience, Grace is passionate about the social and emotional wellbeing of young people and worked as a Youth Advisory Committee Member for Headspace Penrith. She is currently the Research Project Coordinator for Therapaws: Dog Therapy on Campus Project at the University of Sydney and completing a Bachelor of Social Work.

Dr Kristof Mikes-Liu

Dr Mikes-Liu is a child and adolescent psychiatrist and family therapist. He is a clinical lecturer at the University of Sydney, member of the St Vincent's Open Dialogue Initiative and Assistant Editor for the *Australian and NZ Journal of Family Therapy*.

Jonathon Hunyor

Prior to his appointment as CEO of the Public Interest Advocacy Centre, Jonathon was the Principal Legal Officer at the North Australian Aboriginal Justice Agency in Darwin and the Director of Legal Services at the Australian Human Rights Commission. Jonathon is an Old Sydneian and was the guest speaker at the 2017 College Street Presentation Day ceremony.

SYDNEY BOYS HIGH SCHOOL

The Phillip Day Memorial Scholarship

Closing Date: 23rd November 2018



NURTURING SCHOLAR SPORTSMEN SINCE 1883

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

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

August/September 2018

03-08-2018

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 C	6 Year/Class Photos Years 7-12, 09:00-12:30 Year 11 Meeting: The Great Hall, 12:30-13:10 Environment Leadership Workshop, 13:30 Rugby: Committee Meeting, Staff Common Room, 18:00 Professional Development Records Update	7 Y7 Visual Arts exam, Great Hall, 09:45-11:10 Afternoon PD: classrooms, 15:30-18:30 Maths PL: Room 606, 15:30-19:30	8 Winter Sports Photos, P1-3 Athletics: Regional Carnival, Sylvania	9 Athletics: Regional Carnival, Sylvania Australian Mathematics Competition, 09:00-12:30 Basketball: Committee AGM, 901, 19:00 Music: HSC Music composition recording, Room 201, all day Excursion: Amaysim Site Visit, 13:00-16:00 (selected years 10-12) Room booking, 506, 801, 16:30-19:45	10 *** Volleyball: NSW All Schools tournament 2, (14A, 15A, 16A, 17A, 18A) Music: HSC Music composition recording, Room 201, all day Basketball: SE, 15 years, round 2 Talent Quest: The Great Hall, Lunch 1+2 Excursion: i Entrepreneur, Sydney School Of	11 Football: SHS v Shore Rugby: Shore v SHS Cross Country: Shore, Competition 9, Long Reef Beach, 09:00 Volleyball: SHS v TSC Music: HSC Music 1, 2 + Extension Rehearsals, The Great Hall	12 Music: HSC Music 1, 2 + Extension Rehearsals, The Great Hall
	13 Music: HSC Music 1, 2 + Extension Performance Trial Examination, The Great Hall Class Tests: 10MaA-P3, 10MaU-P3 P+C Executive Meeting, Board Room, 17:30 P+C Meeting, Staff Common Room, 18:30	14 Years 11 and 12 Study Day Music: HSC Music 1, 2 + Extension Performance Trial Examination, The Great Hall Tennis: Stan Jones Cup Class tests: 9MaB-P5, 9MaU-P5 School Council Meeting, Board Room, 17:30-19:00	15 Trial HSC Last day of winter sport (Y10-12) Tennis: Stan Jones Cup	16 Sports Council Meeting, Board Room, 07:30 Trial HSC PDC Debating: 09:00-12:30 Last day of winter sport (Y7-9) Room booking, 506, 801, 16:30-19:45 Tennis: Stan Jones Cup	17 Trial HSC Class test: 7MaF-P1 Debating: SHS v NC	18 Football: SGS v SHS Rugby: SGS v SHS Cross Country: GPS Championships, Sydney Park, 09:00 Volleyball: SGS v SHS Basketball: NSW All Schools Basketball (selected individuals)(tbc) Football: Dinner, The Great Hall, 18:00	19 Basketball: NSW All Schools Basketball (selected individuals)
4 A	20 Attendance and Progress Review (all Years) Trial HSC Mock Mediation Quarter Final, 13:00-15:00 Visiting author, Year 9 + 10 English, Junior and Senior libraries Basketball: NSW All Schools Basketball (selected individuals) Basketball: SE, 15 years, rounds 3+4 Class test: 10MaC-P3	21 *** Trial HSC Executive Day: Outterside Centre Visiting author, Year 9 + 10 English, Junior and Senior libraries Basketball: Year 9 House Competition Basketball: 1st and 2nd Grade Basketball trials begin Basketball: NSW All Schools Basketball (selected)	22 *** Trial HSC Basketball: NSW All Schools Basketball (selected individuals)(tbc) Change to summer	23 *** Trial HSC Basketball: NSW All Schools Basketball (selected individuals)(tbc) Basketball: 15s K/O Sydney East (tbc) Excursion: Student Sustainability Leadership Workshop, Marrickville Youth Resource Centre, 09:15-14:30, selected students	24 *** Morning collection: Daffodil Day Trial HSC English Extension 2 Major Works Completion and hand-in date Year 7 Meeting, Selected Locations, 10:15-10:40 Basketball: NSW All Schools Basketball (selected individuals)(tbc) Debating: TSC v SHS Parking: Swans v Hawks,	25 Athletics: GPS Invitational 1, SOPAC Parking: Roosters v Broncos, 19:30	26 Tournament of minds
	27 Trial HSC Music: HSC Music 1, 2 + Extension Completion Submission Date Class test: 7MaT-P2	28 Trial HSC Basketball: Year 9 House Competition Excursion: i Entrepreneur, Sydney School Of Entrepreneurship, Selected students Afternoon PD: Faculty based, 15:30-18:30 Afternoon PD: History, 15:30-18:30 Maths PL: Room 606, 15:30-19:30	29 Trial HSC	30 Trial HSC Design and Technology Major Projects Completion and hand-in date Class test: 10MaS-P2 Room booking, 506, 801, 16:30-19:45	31 Trial HSC Wear it Purple Day: Activities on the basketball courts at lunch time (tbc) Debating: SHS v SIC Excursion: Year 8 Classics camp, Elanora Uniting Venues, 19:00 start	1 Athletics: GPS Invitational 2 Excursion: Year 8 Classics camp, Elanora Uniting Venues Rugby: Dinner, Great Hall, 18:30-21:30	2 Fathers' Day Excursion: Year 8 Classics camp, Elanora Uniting Venues
5 B	28 Trial HSC Music: HSC Music 1, 2 + Extension Completion Submission Date Class test: 7MaT-P2	29 Trial HSC Basketball: Year 9 House Competition Excursion: i Entrepreneur, Sydney School Of Entrepreneurship, Selected students Afternoon PD: Faculty based, 15:30-18:30 Afternoon PD: History, 15:30-18:30 Maths PL: Room 606, 15:30-19:30	30 Trial HSC	31 Trial HSC Wear it Purple Day: Activities on the basketball courts at lunch time (tbc) Debating: SHS v SIC Excursion: Year 8 Classics camp, Elanora Uniting Venues, 19:00 start	1 Athletics: GPS Invitational 2 Excursion: Year 8 Classics camp, Elanora Uniting Venues Rugby: Dinner, Great Hall, 18:30-21:30	2 Fathers' Day Excursion: Year 8 Classics camp, Elanora Uniting Venues	3 Trial HSC
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