



## From the Principal High Talent



Congratulations to Thomas McFarland (9E) who was named 'Junior Lifesaver of the Year' by Bondi Surf Bathers' Life Saving Club. The club was founded in 1907 as the world's first lifesaving club. At the school swimming carnival, school records were broken by: David Goh (12R) in the 100m butterfly and in both the 100m and 200m freestyle; Eric Holmstrom (12T) in the 400m freestyle; and Jaden Yi (8T) in the U14 50m freestyle. Age champions for this year were: 12 years – Thomas Chen (7S), 13 years - Brian Ahn (7M), 14 years – Jaden Yi (8T), 15 years – Nathan Wang (10R), 16 years – Ike Matsuoka (10M), 17 years – Derek Sae Jong (11T) and 18 years – David Goh (12R). Great job, boys!



## The School Plan 2019-20

We are in the middle of our 3-year School Plan. Our first direction involves 'engagement and meaning'. We are increasing the proportion of skills-based activities in lessons, using thinking routines and framing knowledge acquisition in contestable and problematic schema. We will be focusing on 'feedback' in the Quality Teaching Team to vary and make more impactful, the feedback environment in our classrooms. We are deepening opportunities for students to engage in social justice issues and to relate what they do at school to society as a whole. We are trying to develop emotional and cultural intelligences more directly. We are also keen to lift engagement by having more students take two GPS sports. For example, it is compulsory for school Prefects to take two sports in Years 11 and 12. They are positive role models for others. We have a goal to 'light up literacy'. We have taken some initiatives but as yet we have not been able to cut through to staff and students on the vital need to improve student voice and the sophistication, maturity and accuracy of their writing. We will take a more whole school approach this year. Using online resources such as tests from Oxford online learning and Northern Illinois University, we will try to broaden student exposure to accurate spelling, broader vocabulary and clear, grammatically correct expression. We will continue to engage with the DoE's smart teaching strategies for literacy and writing. Our third direction is in the development of 'skills for life'. We are embedding the direct instruction of PEWCC skills into our teaching and learning programs. So far, in Years 7 & 8. We are reporting on the stage of progression in selected skills for each student in each subject in each semester report. Some activities are linking thinking routines and PEWCC skills with tailored assessment tasks. The concept of group work has evolved. We are working to deploy a variety of in-class grouping strategies – think-pair-share, fishbowl, group puzzle and the jigsaw activity – alongside task-based small group investigation, discussion and reporting. We want to increase gradually the number of autonomous, independent online learning opportunities for students.



### Weights Room

A reminder to all boys who might have weights training as a requirement in their regime for a GPS sport this year. The policy is that there are **no term memberships** offered for the Weights Room. There is only one period of time this year during which you can join. Students who restart after absences of a term in the Weights Room have to be retrained by Kurt when he should be concentrating on adding value to the experience of existing members. **Maintaining core strength is a year-round routine. Students requiring memberships should pay \$252 by February 28, 2019. No further membership opportunities will be offered after that date.**

### Cashless Purchasing at High

We are responding to an increasing societal trend towards a cashless economy. We have installed several card readers in the School Canteen. The school uses a system called 'Flexischools' to provide student-based payment services including: 'Tap and Go' purchase of food and drink from the school canteen using the Student TaG (ID Card), online canteen orders for morning tea or lunch, and purchase of print credit for printing and photocopying at school. Detailed information is available on our website through the parent portal. Our aim is to make transactions easier for students and their parents. I want to thank Mr David Isaacs, our Systems Administrator, for all the research and development work that he put in to make this innovation happen.

### Anniversary of the Apology

On 13 February 2008, the Australian Parliament made a formal apology to members of the Stolen Generations. This week we commemorate the 11<sup>th</sup> anniversary of what was a very significant act of reconciliation on the part of the Commonwealth Government. It was a strong sign to indigenous people that the Government accepted responsibility for the historical consequences of its actions. I regret to say, as a citizen, that I cannot see much evidence that this momentous event has led to a significant improvement in the lives of indigenous Australians.

### Early Bird Discount Ends Thursday 28 February

In order to help all areas of the school we offer a **substantial discount** to parents who pay their complete invoices before February, 28. Having substantial funds early in the year allows us to make sure that orders are made promptly and that the boys get the maximum benefit out of equipment and services deployed for them. Capital contributed to the Building Fund can be invested or directed towards immediate projects – such as the



Governors Centre fit out. Our aim is to encourage at least 55% of parents to make this financial commitment to the school early in the year. Please support us as we carry on High's self-help culture to put our fundraising money to work as soon as possible!

**Dr K A Jaggar**  
Principal

### Meet the Prefect



The culture at High is centred around camaraderie. To me, it's the most appealing aspect of the school; the friendships and memories we create are truly precious. Sydney High invites students to make the most of their time, offering a diverse range of co-curricular activities, from sport and debating to chess or public speaking. Sporting events are particularly remarkable; the rush you feel when you cheer for your mates as they represent the school is unforgettable.

Despite this, some of my dearest memories are still of lazy lunchtimes and afternoons spent with my friends, cracking jokes and talking about nothing in particular. Now in my last year of high school, I've come to cherish these moments just as much.



I encourage students to immerse themselves into High culture -- make friends, study hard, try new cocurricular activities and have fun. The coming years will bring some of the most thrilling moments of your lives, so appreciate every moment.

**Daniel Wang**  
Student Achievement Prefect

### Meet the Prefect



For me, if there was one word that could describe the beauty of Sydney High, it would be opportunity. This may seem rather trivial. However, I urge each student to recognise the opportunities High has to offer. I was fortunate enough to have two older brothers who would ensure I knew each opportunity at High was not to be taken for granted.

High's unique blend of academic and sporting excellence is undoubtedly a defining aspect of our school's identity. We facilitate numerous co-curricular activities and community service opportunities, which all seek to mould a more well-rounded individual.

As one of the two Student Achievement Prefects for 2019, it is my belief that success isn't defined by your academic merit alone, but rather by what's away from the books: a willingness to get involved in all aspects of school life. I am determined to encourage an active engagement with all aspects of school life, working closely with this year's prefect body to promote the culture which embodies the High spirit.

It might seem arduous at first. However, you'll slowly but surely learn to love the 6:00 AM alarm and the afternoon training sessions. You'll live for the frenzied crowds at annual GPS sporting events. Cheer loud and hard for your peers and always be ready to help. Value each opportunity you are given. You'll be pleasantly surprised; you might learn a thing or two about yourself.

Each boy enters High with an equal opportunity to leave as a polished young adult, with an open-mindedness and exposure to various creative experiences. It is the perfect environment to prepare you for the world beyond school.

**Andrew Chang**  
Student Achievement & Concert Band Prefect

### Meet the Prefect

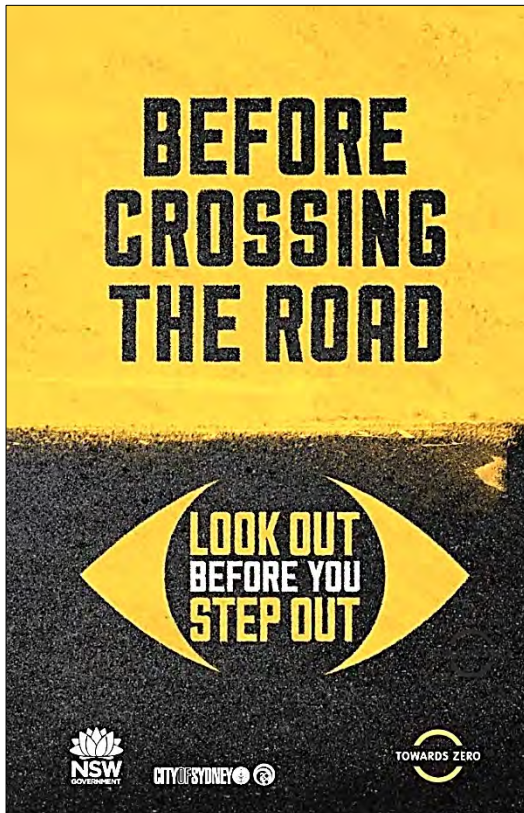
High is a school like no other. Words like excellence, virtue and integrity all describe the phenomenal environment that it creates, but I find that they are unable to do justice to the incredible experiences and encounters I have had. Whether they be on the rugby field before the starting whistle or during the struggle to make it through the five days of Year 10 camp or even in the pool before a game of water polo, these experiences, along with many others, will be forever ingrained in my memory. In addition, the opportunity to share them with others and form unique bonds with every single boy along the way has made them all the more memorable -- these friendships and bonds with the boys around me are what I have come to truly appreciate during my time at High. Thus, as Eedy House Captain and Student Achievement Prefect, I urge all boys, from those who are new in Year



7 to those who are about to graduate, to make the most of all that is offered and cherish existing and future bonds. I am sure that if you were to ask any High boy about what the school has done the most for them, they would most certainly mention the plethora of opportunities and experiences, in all forms, that the school provides.

**Jay Zhou**

**Eedy House Captain and Student Achievement Prefect**



## DEBATING

Debating has kicked off for the year with coaching for Years 8-12.

Year 7 Debating coaching will start this Friday 15 February from 3.15 to 4.15pm.

An information night for parents of new students starting Debating this year will be held on Monday 18 February at 7pm in the Great Hall.

Come along to find out about the program and meet other interested parents.

**M Rigby**

**From the Canteen**

## From the Canteen

Open daily from 8.30 am, High Canteen is an initiative of P&C. Every dollar earned by the canteen goes back to student community via earmarked projects.

Run by a parent committee, the daily operations are supervised by canteen managers Karen Barry & Tracey Tromp. We are extremely privileged each year to have the ongoing support of parent volunteers, who help prepare the bulk of fresh foods on site and serve at canteen windows during recess and lunch. This has been a long-standing tradition at High and one that we hope will continue in the future. Our volunteer network allows canteen to serve an extensive range of hot and cold foods that are reasonably priced. We urge the parent community to join 2019 roster. Please ring canteen managers on 9662 9350 if you have a few hours to spare each month. We are very flexible about hours and offer full training. No prior experience is required and language is no barrier. Canteen is a friendly & inclusive work environment and offers excellent insights into the High community.

### Lunch orders

Some of our new parents may not be aware that lunch orders can be placed between 8.30 – 9.00am at the front of canteen and collected at lunch from the side window. This eliminates waiting times and also the risk of missing out on popular items. We always encourage boys to pre-order as it also reduces food wastage.

### Special needs

High Canteen has a number of options for boys with special dietary needs, including vegetarian, vegan, halal etc. Speak to managers to customise lunch orders.



### Tap N Go Payments

High Canteen has launched cashless payment options by partnering with *Flexischools*. After limited trials last year, this facility is now available school-wide. Your son can make tap-and-go payments at the school canteen using his Student TaG (ID Card). Details are available through student and parent portals. Our particular thanks to David Isaacs for driving this project.

### Healthy Canteen Agenda

High canteen is a proud to be a part of the healthy canteen alliance. This NSW government initiative, launched some years ago aims to embed healthy eating habits among young Australians. Greater awareness of portion sizes, increased intake of fresh wholesome foods





**STEP 1: Register for Flexischools**  
\*Add your student, their year level and link an ID card to get started.



**STEP 2: Top-Up your Account**  
\*Choose from Visa, Mastercard, PayPal or direct deposit. Auto top-ups ensure available funds.



**STEP 3: Add Daily Spend Limit**  
\*Limit access to your Flexischools funds by adding a daily spend limit per student.



**STEP 4: Student Pays with ID Card**  
\*Funds are debited from your Flexischools balance to make on-campus purchases. There is no need to transfer funds to the card.



**flexischools.com.au**

and knocking back sugary treats are some of the recommendations. With the support of school community, we have been working towards these goals and are now fully compliant.

### Working with Children Check (WWC)

All canteen volunteers need to complete a *Working with Children* check (WWC). It is simple, secure and easy to complete. Forms are available from the canteen. Don't forget to lodge relevant documents with front office.

**Usha Arvind**

President Canteen Committee

### Opal Card Reminder



Please remember to **tap on and off** when travelling with a School Opal Card



### Letters Re Student Absence/Late Arrival/Early Leave

When your son returns to school from being absent he is required to provide a letter of explanation signed by a parent or guardian. If your son is going to be late for school a note is also required. Alternatively, you may contact the school by phone on 9662 9300 and dial "1" for the absentee line.



If your son has an early leave note he is required to have his note signed by either Mr Dowdell, Ms Powell or Mr Prorellis **before 9:00 am** and handed in to the Main Office immediately after. Each letter should be signed by a parent or guardian with the **name, date and roll class** of your son **printed clearly**. Your son needs to pick up a leave pass from the Main Office before he leaves the school.

### Absences

Absences – School: [absences@sbhs.nsw.edu.au](mailto:absences@sbhs.nsw.edu.au)

Absences – Sport : [absences.sport@sbhs.nsw.edu.au](mailto:absences.sport@sbhs.nsw.edu.au)

### Leave

If you require **extended leave** for your son **exceeding four days** please, apply in writing, on the departmental application leave form which is available on the parent portal or front office. Your son must then present this application to Dr Jaggar for permission for extended leave. Please note that leave applications need to be submitted **four weeks prior** to your son's leave of absence.



# MUSIC NOTES

## Music Recruitment Night

Thank you to all parents, guardians and students who attended Music Recruitment Night on Thursday 7 February. We had a large number of students sign up for music ensembles and instrumental lessons this year!

Music Tutors will be contacting parents/students to schedule in lesson time[s] in the next couple of days. If you have not been contacted by an instrumental tutor you signed up for at the recruitment evening, by Thursday 21 February, please do not hesitate to contact the music department at: [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!

[Parents who signed up to the Music Parent/Guardian Contact List at Music Recruitment Night- if both parents/guardians signed up, we have taken only one parent contact/email details].

## 2019 Marching Band Changes

Students who are in the Music Performance Program would know that it is compulsory for all concert bands, stage bands and selected percussion students to attend the Marching Band rehearsals schedule on Tuesday afternoon 3.20pm – 4.20pm [Great Hall/Room 204] and Friday Morning 8am -9am [MPW]. Please make sure to attend both rehearsals.

The change for Marching Band is that, there will be no Marching Band in 2020, due to the European Music Tour also happening next year. Rehearsals will continue as usual this term including two compulsory holiday rehearsals [15.04.2019 & 18.04.2019] as the Marching Band will march and perform at the Sydney CBD Anzac Day March on Thursday 25 April 2019. There will be no rehearsals in 2019 Term 4 and 2020 Term 1. Marching Band rehearsals will resume from 2020 Term 4.

Our Drum Major this year will be Ha Minh Nguyen [12S], Stage Band and Marching Band Prefect.

## European Music Tour Meeting

On Friday 22 February, at the start of Lunch in the Great Hall, there will be a compulsory meeting for all STUDENTS involved in the European Music tour.

The Music Department will hand out and run through the music tour schedule. It is very important for all touring students to attend this meeting.

The first weekend rehearsal for Concert Band and the String Ensemble will be on Sunday 3 March [Week 5] from 9.30am – 12.30pm in Room 201 and Room 101.

## Music Ensembles & Private Instrumental Lessons

Private Instrumental lessons and ensembles have commenced from last week, unless students have been advised of an alternate start date from either their tutor or ensemble conductor. Year 7s will commence after they return from camp i.e. from Monday 18<sup>th</sup> February. If you had signed up to an ensemble at Music Recruitment Night, please ensure to arrive 5-10 minutes prior to help set up and tune.

Please see the ensemble schedule below. Most ensembles will be running similar to last year's schedule, though, due to a few staff timetable changes, some ensembles may not commence till later and/or may be scheduled on a different day and time. It is important for ALL music students in the music performance program to check the daily notices regularly for updates and/or to ask the Music Department. Students need to remember not to schedule private instrumental lessons during ensemble rehearsal time[s].

## Music Storage Room

To all students who carry music instruments only: Please place your instruments in the music storage room [located next to Room 101. Please do not block the pathway door must be closed at ALL times.

Students and parents are reminded that SBHS does not provide instrument insurance or cover. The Music Department will not take responsibility for loss or damage whether on or off the school property. It is important for all students to have a nametag on their instrument[s].

## SBHS & SGHS Combined Oklahoma Musical



More musicians needed! Please see what instruments are needed for the combined musical below:

Guitar: 1-2 Players  
Piano: 1-2 Players  
Viola: 1-2 Players  
Cello: 1-2 Players  
French horn: 1-2 Players

For more information, please speak with the Music Department.

### Parent/Guardian Music Contact List

Please send the following details to [music@sbhs.nsw.edu.au](mailto: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](mailto:music@sbhs.nsw.edu.au)

*NB: The music department may be delayed in replying to parent and guardian emails as the start of the New Year and term is busy for all music staff. Apologies for any inconvenience, though, we will try our best to reply to you ASAP.*

### 2019 Music Ensemble Rehearsal Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jazz Ensemble Room 101 7.45am-8.45am	Senior Concert Band Room 201 7.45am – 8.45am	Junior Stage Band Room 101 7.45am – 8.45am	Symphony Orchestra Room 201 7.45am – 8.45am	Senior Strings Ensemble Room 101 7.45am – 8.30am
Intermediate Concert Band Room 201 7.45am -8.45am		Senior Stage Band Room 201 7.45am – 8.45am	Junior Strings Ensemble Room 203 7.30am – 8.30am	Marching Band MPW 8.00am – 9.00am Term 1 & 4 ONLY
Guitar Ensemble 1 Room 203 7.45am – 8.45am		Philharmonic Orchestra Room 203 7.30am – 8.30am		
Guitar Ensemble 2 Room 203 3.30pm – 4.30pm				
Percussion Ensemble Room 201 3.30pm – 4.30pm	Marching Band Room 204/GH/MPW 3.30pm-4.30pm 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  
EUROPEAN MUSIC TOUR STUDENTS: Rehearsals will be communicated via Daily Notices, Email & High Notes

### Music Events Calendar

Date	Event	Music Students Involved
Monday 18 February	ENCORE @ the Sydney Opera House, 7.00pm	Elective Music Students in Years 10-12 only <u>Andrew Chang [12T]</u> has been chosen to perform at ENCORE this year @ the Sydney Opera House
Tuesday 19 February	Year 10-12 Awards Assembly, 9.55am Great Hall	2 x Piano Players TBC
Tuesday 19 February	Presentation Night, 7.15pm Great Hall	Musicians TBC
Wed 20 February	Year 7-9 Awards Assembly, 9.55am, Great Hall	Musicians TBC
Thursday 21 February	Meet the Music Concert #1 @ the Sydney Opera House, 6.30pm	Elective Music Students in Years 9-12 only
Friday 22 February	European Music Tour Student Meeting with Music Department @ Lunch 1, Great Hall	European Music Tour Students only
Sunday 3 March	European Music Tour Rehearsal Concert Band & String Ensemble, Room 101 & 201, 9.30pm – 12.30pm	European Music Tour Students only

Music events are continually added and are subject to change





### Rowing in 2019

With the latest intake of Year 7 students Rowing at Sydney Boys High is now at the largest number in its history with over 165 students and 21 coaches. All of this with only one pontoon, after the collapse of the second pontoon over the Christmas break. Saturday February 9 saw the first time when all rowers had to use the one pontoon for boating and the crews worked very well to ensure all students got on and off water efficiently.

### All Schools Regatta Report 9/02/2019

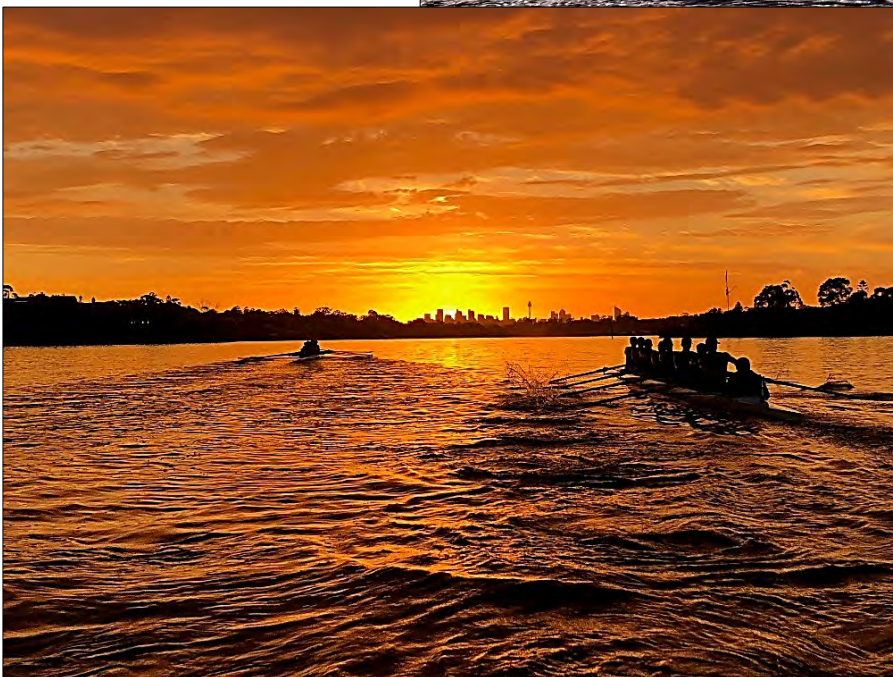
We entered the race without much expectations. We were against 2 other Grammar quads, not knowing what level of skill they were at compared to us. We tried our best, getting a result no one expected.

The day was set for a good race with nice weather and calm waters. Our quad knew it wasn't going to be an easy race. As this was my first race, I didn't know what a 'ready start' was. Our quad practised that as we slowly rowed towards the start line. There was a little confusion in which we rowed in the 6th quad race. We didn't know we were in the wrong race until we finished and were heading back.

We were finally lined up and were ready to start. This is the most nervous time for a race. The whistle

blew and we pushed hard on our 'ready start'. We were all at the same position for the first 10 strokes with no one particularly winning. I kept up the hard, fast but steady rate. I could feel the quad keeping up with it and holding it steady. At one point, one quad suddenly slowed down. With the loud shouting of the coxswain 'push it!', 'we're catching up!' and the noises from the rowers, we were slowly pulling ahead of one of the quads and they fell a long way behind us. With only one quad posing as a challenge, I started to feel my pain and the pain of the rowers.

We were maybe a little bit more than halfway when we were starting to overtake the last quad. I could feel the



adrenaline and feeling of winning. We pumped up our rate and sped a little more than a boat's length ahead of them.

With a red flag and whistle to signal us it was over, I could feel the joy of winning. I congratulated my quad and knew this was a great achievement. The reactions of the coaches and fellow rowers is unforgettable. On that day, we didn't win as individual rowers but won as a quad and a team. I congratulate 5th quad and look forward to the next race.

**Sungmin Choi**  
Stroke of 5th Quad





## HIGH SAILING

The first couple weeks of sailing for this year have been productive weeks. The first training session for the seniors and juniors featuring fleet and teams races, as well as capsize drills, in an attempt to revive the knowledge lost over the break. Saturday, despite the low winds, proved to be well worth our time, as while many of the old sailors participated in fleet racing, the new Year 7s were able to try out the Optimist (dinghy) sailing as a general introduction to sailing as a sport. This enables them to experience controlling a boat and using the wind to their advantage, in time for them to graduate to Pacers in Year 8. This was followed by a short training session for the boys participating in teams, including match racing and team tactics.



The following week the wind remained unfavourable, and as a result fleet racing was cancelled, and the boys enjoyed themselves in the water while they could. Later that day though, the wind picked up to incredible speeds of around 18 knots, where the teams racing boys headed out for a rough training session, ending with a quick teams race against Cranbrook, which allowed us to see where our weaknesses lay.

Thank you to the parents of older boys who have come down to assist over the first couple weeks, and a warm welcome to the parents who are new to sailing at Sydney Boys.

**Jack Vorgias**  
**Sailing Captain**

## School Sport Absence Procedure

If a student is injured and unable to attend training and/or fixtures the parent must do the following:

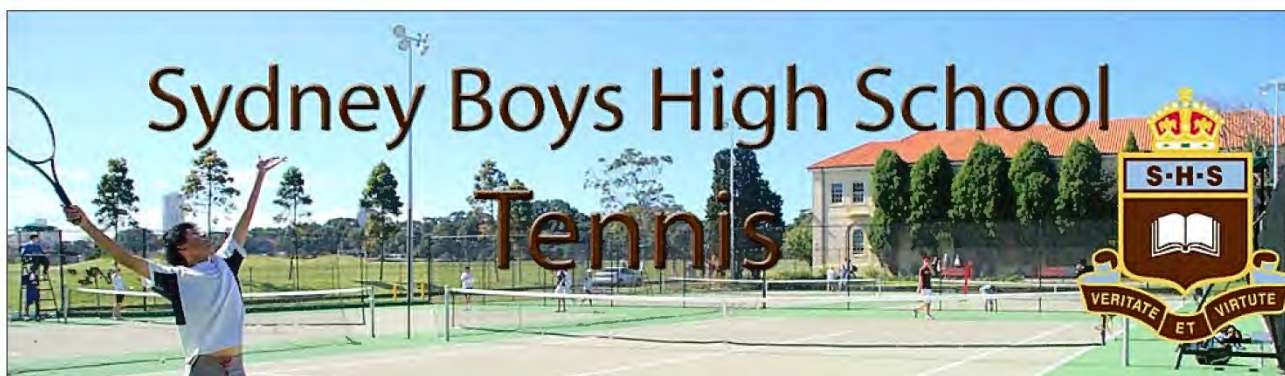
Provide a note explaining the absence to the Head Teacher Sport using the following email:

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

Please include:

- Student Number
- Student name
- Sport
- Team
- Reason for absence
- Date/s for absence






## High Tennis

### 1<sup>st</sup> Grade Report

High's First Grade tennis team faced a formidable Scots team last weekend. The team went into the fixture with the expectation of winning, after defeating Newington last week quite comfortably. However, we were faced an even stronger team than in the trials last year. Scots' best player was playing in the No. 2 position, which was something our team wasn't expecting. We started off the fixture winning only one out of the three doubles. Antonio was the first to finish his singles, dominating his opponent, winning in straight sets. Hikaru won in a tight three set match, defeating his opponent just before the finishing time. Samuel, Andre, Khobi and Stepan unfortunately went down in their singles after a tough fight. Despite having lost to Scots this week 3-6, First Grade will continue to train hard and win as many rubbers as possible, starting with next week's fixture against Kings, as the premiership is still in sight.

First Grade Results		
D1	Antonio Li + Hikaru Ikegami	6-2 6-4 W
D2	Samuel Yu + Andre Putilin	3-6 4-6 L
D3	Khobi Deep + Stepan Sytnyk	1-6 6-7 L
S1	Antonio Li	7-5 6-1 W
S2	Samuel Yu	2-6 2-6 L
S3	Hikaru Ikegami	6-3 4-6 6-4 W
S4	Andre Putilin	4-6 4-6 L
S5	Khobi Deep	2-6 0-6 L
S6	Stepan Sytnyk	4-6 5-7 L



Season Wk 2 Saturday - High v Scots			
	Total Matches Won	Total Matches Lost	Winning Percentage
<b>1st Grade</b>	3	6	33%
<b>2nd Grade</b>	3	6	33%
<b>3rd Grade</b>	4	2	67%
<b>4th Grade</b>	4	2	67%
<b>5th Grade</b>	0	6	0%
<b>6th Grade</b>	2	4	33%
<b>7th Grade</b>	0	6	0%
<b>8th Grade</b>	3	3	50%
<b>16 A</b>	2	4	33%
<b>16 B</b>	4	2	67%
<b>16 C</b>	3	3	50%
<b>16 D</b>	0	6	0%
<b>15 A</b>	3	3	50%
<b>15 B</b>	4	2	67%
<b>15 C</b>	6	0	100%
<b>15 D</b>	5	1	83%
<b>14 A</b>	1	5	17%
<b>14 B</b>	3	3	50%
<b>14 C</b>	5	1	83%
<b>14 D</b>	6	0	100%
<b>13 A</b>	1	5	17%
<b>13 B</b>	1	5	17%
<b>14 C</b>	1	5	17%
<b>14 D</b>	5	1	83%
<b>Total</b>	<b>69</b>	<b>81</b>	<b>46%</b>



2019						
Term 1 Wk 2 - 7						Monday 4th February All School Swimming Carnival = No Training
Starting Date	4-Feb	Fixtures (Ongoing trials)				
Group	Monday	Tuesday	Wednesday	Thursday	Friday	
1st-3rd	School 7:15-8:45am		School 1-3pm	Eastcourts 1-3pm	School 7:15-9am	
4-8th	<b><u>All Tennis Players</u></b> <b><u>Attend Sprints</u></b> <b><u>Monday's 3:15-5pm @ MPW</u></b>		Moore Park 1-3pm & Moore Park 7:15-8:45am	Moore Park 7:15-8:45am		
16's			Eastcourts 1-3pm	School Court 7:15-8:45am		
15's			School 7:15-8:45am	Eastcourts 1-3pm		
14's		School 7:15-8:45am		Moore Park 1-3pm		
13's		Moore Park 7:15-8:45am		School 1-3pm		
Junior Development Squad					Eastcourts 1-3pm	
						Year 7 Camp Wk 3 Monday 11th - Wednesday 13th February
						Tennis Development need to attend one morning session

Reminders from MIC

- Email Mr Rich if your son cannot attend Tennis
- Refer to the school website from Wednesday for the upcoming Saturday fixtures
- If your son has an issue on court during a fixture (e.g. score disagreement) call for the coach to come over

Kurt Rich

MIC of Tennis

# SHOOTIN' HOOPS

## 244

Welcome back to another Shootin' Hoops for the Season! Last week we saw High play Scots. Firsts had a nice win, with Julian Markworth dropping a total of 30 points! Whilst our seconds didn't win, there was a notable effort from the whole team, with Ratchapak scoring 17 points. The 15As also won their second game of the season winning 73-35 against Scots, after gaining the win against Newington two weeks ago. Thank you once again to all of the basketball coaches for their crucial roles in coaching, developing and caring for the wellbeing of all our players.

### Rebounds- all time records

Geoff Gerlach 26 v Shore 12/13

### **Adam Gordon 22 vs Scots 18/19**

Luke Schroeder 22 v Ignatius 16/17

Geoff Gerlach 22 v Grammar 13/14

Geoff Gerlach 20 v Shore 12/13

Craig Moller 18 v Scots (twice), Ignatius and Joeys 11/12

Geoff Gerlach 18 v Grammar 12/13

Craig Moller 17 v Kings 11/12

Geoff Gerlach 17 v Ignatius 13/14

Craig Moller 16 v Kings 11/12

Geoff Gerlach 16 v Kings and Shore 13/14

Daniel Jones 15 v Kings 11/12

Eamon Kelly 15 Joeys 12/13

George Krastev 15 vs Newington 02/03

Adam Gordon also placed on the All-Time Rebound records, with a total of 22 rebounds. Amazing work Adam, keep it up!

The 14's and 13's struggled a little last week, but that should never stop us from coming back stronger this week. All basketballers should practice when possible,

whether at lunch and recess, or alone, because practice makes perfect! No one should ever feel down or give up! As good things will always come from hard work and commitment!

Anyway, that's all for this week. Next up, The Kings School. Let's show them what we're really made of. Train hard, whenever possible, keep the team together, and only good things can come from it. And remember, as always: *Play Hard, Play Smart, and Play Together.*

SEE RESULTS ON THE NEXT PAGE

### NBA Action



Lance Stephenson #6 LA Lakers leaves the 76ers flatfooted as he goes to the air.

Go HIGH!

Play Hard, Play Smart and Play Together!

Thanks to everyone who makes Shootin' Hoops possible

Brought to you by **Alex Zhou and Joshua Suto**



High	Vs	Scots	TERM 4 2018 (last time)
TEAM	RESULT	SCORE	TOP SCORER
1st	LOSS	81-64	J.MARKWORTH-SCOTT 20
2nd	WIN	64-63	A.RYAN 21
3rd	WIN	23-17	M.CHAN 10
4th	WIN	23-17	D.LAM 8
5 <sup>th</sup>	WIN	30-20	TEAM EFFORT
6 <sup>th</sup>	WIN	31-27	TEAM EFFORT
7th	LOSS	20-37	TEAM EFFORT
8th	LOSS	27-25	T.LEE 11
9th	WIN	31-20	TEAM EFFORT
10th	WIN	28-18	O.YANG 8
16A	LOSS	35-47	W.JOVANOVIC 10
16B	LOSS	39-19	C.HO 9
16C	WIN	46-18	T.RAYES 18
16D	WIN	6-40	J.LIU 11
15A	LOSS	38-48	J.ROBERTO 26
15B	LOSS	39-29	A.JIANG 14
15C	LOSS	39-19	J.DING 4
15D	LOSS	21-28	J.CHEN 7
15E	LOSS	39-29	A.LIU 10
15F	LOSS	17-32	K.SHARMA 6
14A	LOSS	24-39	TEAM EFFORT
14B	LOSS	31-27	TEAM EFFORT
14C	LOSS	11-38	TEAM EFFORT
14D	LOSS	38-24	W.YANG 10
14E	LOSS	18-47	M.GORIPARTHI 6
14F	LOSS	5-35	TEAM EFFORT

High	Vs	Scots	TERM 1 2019 (This time)
TEAM	RESULT	SCORE	TOP SCORER
1st	WIN	109-90	J.MARKWORTH 30, E
2nd	LOSS	39-56	R.PREKPANARUT 17
3rd	LOSS	19-25	M.CHAN 6
4th	LOSS	27-24	A.CHANG 5
5 <sup>th</sup>	LOSS	29-39	C.TUNGKA 19
6 <sup>th</sup>	LOSS		
7th	LOSS	13-37	TEAM EFFORT
8th	LOSS	19-27	TEAM EFFORT
9th	LOSS	21-27	TEAM EFFORT
10th	WIN	20-8	TEAM EFFORT
16A	WIN	43-34	S.GIANG 10
16B	LOSS	18-40	J.HUANG 8
16C	LOSS	27-51	T.REYES 10
16D	LOSS	32-30	G.LIU 10
16E	LOSS	16-41	A.GU 6
16F	WIN	31-20	M.KO 8
15A	WIN	73-35	I.AYOUBI 20
15B	LOSS	19-24	M.ADEL 16
15C	WIN	59-18	A.LEE 20
15D	WIN	60-9	P.FANG 15
14A	LOSS	19-42	W.SUN 6
14B	LOSS	22-38	A.YANG 8
14C	LOSS	16-52	J.YIP 8
14D	LOSS	21-40	A.KAO 8
14E	LOSS	5-62	J.PANG 4
14F	LOSS	5-55	M.MEDLEJ 2
13A	LOSS	14-45	S.DONG 7
13B	LOSS	6-60	S.KIM
13C	LOSS	9-80	W.HONG 4
13D	LOSS	7-48	C.SANTOSA 4
13E	LOSS		
13F	LOSS	6-27	TEAM EFFORT

# SBHS WEIGHTS ROOM



## Try Weight Lifting

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)

At the start of the school term, students can enrol for a **full year** membership at the Weights Room for **\$252**. Boys wishing to have full year membership must register and **pay by 28 February 2019**. Your son can commence or try weights training before the payment is due. 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.

## 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)

Kurt Rich  
Strength and Conditioning Coach



Old Boy Rick Saha (SHS 2016) Representing Australia  
2017 Oceania Weightlifting Championships





## Cricket Results/News Update – 2019 Term 1 Week 3

9 February 2019 – Day 2 Round 4 of the GPS Cricket Competition 2018/19 vs. Newington College (NC) & Scots College (TSC)

	Score	Result	Highlights
1 <sup>st</sup> XI	Sydney High School 9/104dec. & 8/108 def. Newington College 10/58 & 10/201	WIN	Vivek Mahajan (Hat-Trick)
2 <sup>nd</sup> XI	Sydney High School 10/157 def. by Newington College 4/158	LOSS	
3 <sup>rd</sup> XI		W/O	
4 <sup>th</sup> XI	Sydney High School 5/124 def. Newington College 10/60	WIN	Yatin Paditham 4/25
5 <sup>th</sup> XI		W/O	
16A		No Game	
16B		W/O	
16C		W/O	
15A		W/O	
15B	Sydney High School 7/157 def. by Knox College 7/258	LOSS	Tahir Nazar 40 Aaryan Khan 3/67 Shreya Chatterjee 3/43
15C	Sydney High School 7/258 def. Scots College 107/6	WIN (D/L)	Armaan Sharma 146
14A		W/O	
14B	Sydney High School 10/101 def. by Scots College 5/105	LOSS	Affan Salman 33
14C	Sydney High School 3/145 def. Scots College 10/144	WIN	Arshdeep 39* & 5 wickets Ahasan 52*
	<b>W/O = Washed Out</b> <b>N/A = Not available due to two-day match</b> <b>WIN (F) = Win on Forfeit</b>		

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

Keen to retain the Joseph Coates trophy, the 1<sup>st</sup> XI rocked up to an unsurprisingly flat deck for the 2<sup>nd</sup> day of our match. After an early wicket courtesy of Nicolas, Newington's two best batsmen played brilliantly. They played us to all parts, and managed to score 130 in the first session. After the lunch break, we decided to try spin from both ends. This proved to be masterstroke as Vivek and Cameron picked up 6 quick wickets including a hat-trick from Vivek and a runout which both were involved in.

This delayed the Newington declaration in which they set us 157 to win off 49 overs. We lost a wicket off the first ball of the innings, and despite gritty knocks from Ethan and Bilal, we crumbled to 7 for 70 with 25 overs left in the match. This was caused by the Newington spinners who

made the most of a crumbling pitch. The plan was now to block out the remaining 25 overs, and Hunar and Adhi, batting at 8 and 9 respectively played with great grit and concentration. With Newington's bowlers frustrated, Hunar and Adhi slowly led us towards a 2<sup>nd</sup> innings draw.

Even Hunar's dismissal in the 2<sup>nd</sup> last over made no difference as we secured the Joseph Coates trophy and the 6 points to see us rise up the GPS ladder. This was a brilliant performance from the boys and they are to be congratulated for their efforts.

**Arvin Niranjana**

**1<sup>st</sup> XI Captain**

**Cameron Pereira**

**1<sup>st</sup> XI Vice-Captain**



*1st XI team after taking a wicket against Newington College.*

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

Coming off an historic win against Scots, we found ourselves up against a strong Newington side for the first game of the new year. After losing the toss and being sent in to bat on a lush green pitch, we were looking to exploit a mediocre attack and bat for long periods of time. Unfortunately, we were unable to comply, with our top order not consolidating on starts and as a result, saw us 5 wickets down for 50 runs by lunch.

Requiring a big partnership, Saarangan (Year 11) & new all-rounder Charlie (Year 11), set on to build and recover the innings. Together, they played patiently with positive intent, lifting the scoring rate and placing a respectable name on the total. Unfortunately, Newington pulled through with the break of partnership, removing Saarangan & Charlie for 40 and 31 respectively, ending an innings saving partnership of 61. With a declaration in sight, we were looking for quick runs and luckily, we discovered that with Soneeshun (Year 12) providing an array of boundaries to swing the momentum in our favour. Newington finally wrapped up the innings, High finishing all out for 157.

Newington came out to bat after tea requiring the runs from 39 overs. Needing early wickets, Aleksei (Year 11) delivered, clean bowling one of the opening batsmen in his 2<sup>nd</sup> ball. Continuous pressure from both ends lead to another wicket on the stroke of drinks with Sonneshun finding the edge of Newington's no.3. Coming into the second session, an important partnership was built and they were able to consolidate. It was anyone's game at This point and with Arvie (Year 9) and myself both picking up vital wickets, we were in with a really good chance. Unfortunately for us, a few missed opportunities and

some lusty blows from the Newington batsmen lead to a 6 wicket win for them with 5 overs remaining.

An unfortunate loss for the boys in a game which we could have definitely won had a few moments gone our way. Now we set our sights for Kings, a game that will surely test us, with Kings being possibly the best side in the competition.

**Harris Memon**  
2<sup>nd</sup> XI Captain

## Alan Davidson Shield

Following a comprehensive first innings win against a strong Newington side, the 1st XI were keen to knock off Camden High School and progress to the CHS quarter finals. Once again, we lost the toss and were forced to bowl on a flat McKay deck.

Hunar and Cameron continued their strong bowling partnership. Cameron played his role by going at 1.5 runs per over, and Hunar dismissed the top 3 batsmen to leave Camden reeling. Then Nick, Anish and Adhi made light work of the middle and lower order, and despite some meaty blows from their tail, Camden were bowled out for 77. Anish finished up with 4 wickets, his best haul of the season.

We set about our chase in commanding fashion, with our openers knocking of the runs at considerable ease. Our new Year 9, Cody, impressed with a solid knock before Vivek and Ethan saw us home after just 14 overs, and only one wicket lost. It was a commanding victory for our CHS squad, and now we turn to the next round against Bega, with the winners progressing to the semi- finals of the competition.



Arvin Niranjan  
CHS Alan Davidson  
Captain  
Cameron Pereira  
CHS Alan Davidson  
Vice-Captain



*Vivek Mahajan bowling in a GPS Game*

### Team of the Week

Congratulations to the 14Cs, one of our youngest teams in the cricket program! They defeated our team comprehensively. Coached by former Cricket Prefect and 1<sup>st</sup> XI player Abhijot Singh, the 14Cs are doing us proud!

Well done on the wonderful result and start to the year! Let's hope that they can keep it going for the second half of the season!

### Player of the Week

Congratulations to Arshdeep from the 14Cs who remained 39 not out and took 5 wickets!

Keep working with your team and hopefully your many more contributions will help your boys win some more games!

Well done young man!

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 extra Award Scheme points for juniors.

Please notify their coach if they are unable to attend training or their fixture. Play Hard, Play with Sportsmanship & High Spirit and most importantly have fun with your cricket!

Good Luck!

**David Smith MIC Cricket**

**Jamie Nguyen Cricket Prefect 2018/19**

**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



*The victorious 14Cs*



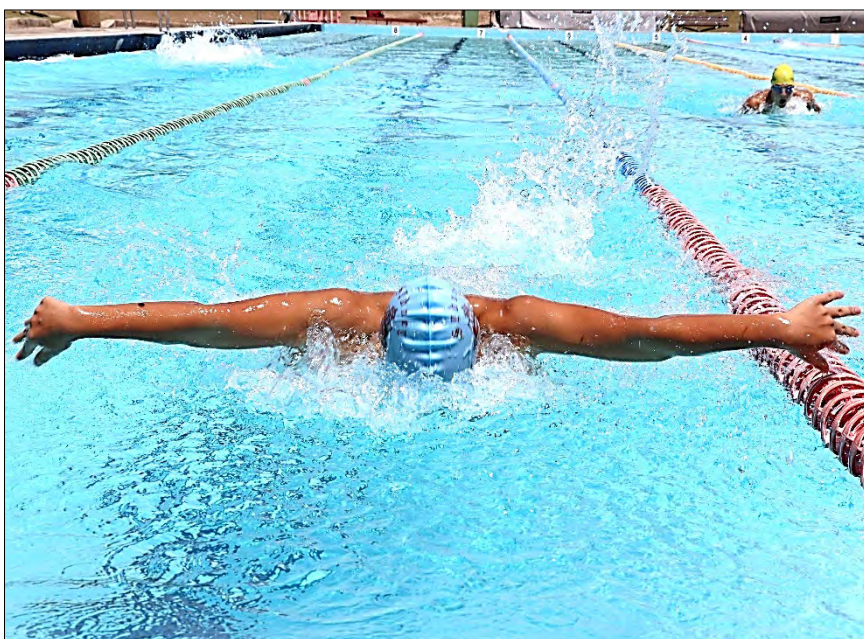
# Swimming News

## School Swimming Carnival 2019

The school swimming carnival was held on Monday the 4 February at Des Renford Pool, Maroubra in what marks the beginning of the GPS swimming season. All results can be viewed via this link:

Results here:

<http://www.sydneyboyshigh.com/documents/carnivals/2019/swim/index.htm>



In Summary:

### HOUSE POINTS

PLACE	TEAM	TOTAL	GRAND TOT.	% TOTAL
1	Torrington	229	<b>229</b>	0
2	Rubie	168	<b>168</b>	0
3	Saxby	168	<b>168</b>	0
4	McKay	97	<b>97</b>	0
5	Fairland	78	<b>78</b>	0
6	Eedy	76	<b>76</b>	

Congratulations Torrington

### Records Backstroke 50-100m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
12_U Male	James LUO	McKay	'38.00 Mins	3/02/2014
13 Male	Allen GUO	Fairland	'36.20 Mins	3/02/2014

DIVISION	COMPETITOR	TEAM	RESULT	DATE
14 Male	Patrick YI	Fairland	0'34.24 Mins	5/02/2018
15 Male	ELLIS LOUIE	Eedy	'32.03 Mins	4/02/2003
16 Male	Christian HADD0	Eedy	1'10.70 Mins	3/02/2014
17 Male	Christian HADD0	Eedy	1'10.54 Mins	2/02/2015
18_O Male	Harvey LUO	Torrington	1'17.22 Mins	5/02/2017

### Breaststroke 50-100m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
12_U Male	Nathan WANG	Rubie	0'41.78 Mins	1/02/2016
13 Male	Nathan WANG	Rubie	0'37.69 Mins	6/02/2017
14 Male	William (Geon) LEE	Rubie	0'34.78 Mins	1/02/2016
15 Male	Andrew REIS	Eedy	'33.44 Mins	3/02/2004
16 Male	Andrew REIS	Eedy	1'10.00 Mins	8/02/2005
17 Male	Benjamin CHOW	Rubie	1'05.00 Mins	8/02/2005
18_O Male	Kevin GUO	Eedy	1'16.22 Mins	5/02/2017

### Butterfly 50-100m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
12_U Male	James LUO	McKay	'35.87 Mins	3/02/2014
13 Male	Patrick YI	Fairland	0'32.09 Mins	6/02/2017
14 Male	Patrick YI	Fairland	0'31.22 Mins	5/02/2018
15 Male	Christian HADD0	Eedy	0'29.80 Mins	4/02/2013
16 Male	Ellis LOUIE	Eedy	1'03.90 Mins	3/02/2004
17 Male	Thomas MILLER	Torrington	1'02.25 Mins	3/02/2004
18_O Male	David GOH	Rubie	1'14.66 Mins	4/02/2019

### Freestyle 100m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
12_U Male	James LUO	McKay	1'09.00 Mins	3/02/2014
13 Male	Kazuo NAKAMURA	McKay	1'05.05 Mins	14/02/2011
14 Male	William (Geon) LEE	Rubie	1'01.90 Mins	1/02/2016
15 Male	Christian HADD0	Eedy	0'58.30 Mins	4/02/2013
16 Male	Kalem BEST	McKay	0'59.00 Mins	2/02/2015
17 Male	Thomas MILLER	Torrington	0'55.57 Mins	3/02/2004

DIVISION	COMPETITOR	TEAM	RESULT	DATE
18_O Male	David GOH	Rubie	1'02.12 Mins	4/02/2019

### Freestyle 200m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
12_U Male	James LUO	McKay	2'31.00 Mins	3/02/2014
13 Male	Patrick YI	Fairland	2'23.94 Mins	6/02/2017
14 Male	Patrick YI	Fairland	2'17.41 Mins	5/02/2018
15 Male	Jake ROWLANDS	Rubie	2'10.00 Mins	3/02/2014
16 Male	Christian HADD0	Eedy	2'10.00 Mins	3/02/2014
17 Male	Thomas MILLER	Torrington	2'05.41 Mins	3/02/2004
18_O Male	David GOH	Rubie	2'22.81 Mins	4/02/2019

### Freestyle 400m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
15_U Male	Jake ROWLANDS	Rubie	4'38.02 Mins	3/02/2014
16 Male	Andrew REIS	Eedy	4'26.33 Mins	8/02/2005
17 Male	G BREWER		4'12.00 Mins	31/01/1976
18_O Male	Eric HOLMSTROM	Torrington	7'02.97 Mins	4/02/2019

### Freestyle 50m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
12_U Male	James LUO	McKay	31.50 Secs	3/02/2014
13 Male	Kazuo NAKAMURA	McKay	29.50 Secs	14/02/2011
14 Male	Jaden YI	Torrington	27.54 Secs	4/02/2019
15 Male	Leonard MAH	Rubie	26.80 Secs	6/02/2012
15 Male	Christian HADD0	Eedy	26.80 Secs	4/02/2013
16 Male	Tom MILLER	Torrington	26.15 Secs	6/02/2002
17 Male	Thomas MILLER	Torrington	25.18 Secs	3/02/2004
18_O Male	Adam FENG	Saxby	26.13 Secs	5/02/2018

### Freestyle 800m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
16_U Male	B EBEL		9'16.34 Mins	31/01/2003
17 Male	S CROFT		9'30.91 Mins	31/01/2003



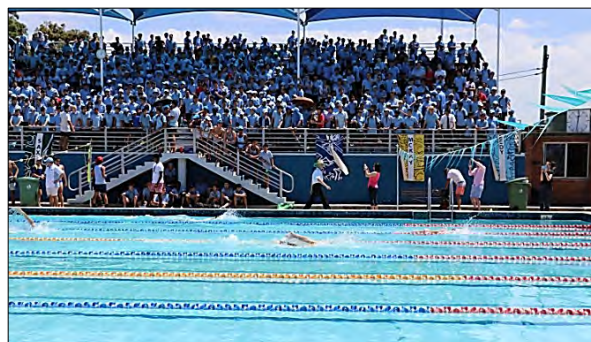
## Individual Medley 200-400m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
16_U Male	Andrew REIS	Eedy	2'28.00 Mins	8/02/2005
17 Male	David GOH	Rubie	5'45.00 Mins	6/02/2018

Congratulations to all participants, especially those recording their personal best. A special mention to the swimmers who broke records on the day: (As per table of Record Holders)

### Age Champions 2019 and Records

12 years – Thomas Chen  
13 years - Brian Ahn  
14 years – Jaden Yi  
15 years – Nathan Wang  
16 years – Ike Matsuoka  
17 years – Derek Sae Jong  
18 years – David Goh





The GPS (4x100m) medley relay

From left to right: David Goh (captain) Ike Matsuoka, William Amos and Derek Sae Jong

#### GPS Captains dinner (St Joseph's College) - Monday night 11 February 2019

Congratulations to David Goh (Captain) and Jimmy Xu ( Co-Vice-captain) who represented our school with such pride at the captain's dinner on Monday night. They were all fine ambassadors for the school. David's speech emphasised the importance of hard work, self-discipline, teamwork, attitude, training and his swimming journey from a young age. He also focused on the benefits of the GPS competition and his strong desire to make the team this year and well as his aspiration for the junior swimmers coming through the ranks. Well done.



David Goh (Captain)



James Luo (Co VC)



Jimmy Xu (Co VC)



## Canteen Price List 2019

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	\$2.00
Cheese & Tomato Toast	\$2.00				Chicken & Corn Roll	\$2.00
Ham & Cheese Toast	\$2.20				Chicken Burger	\$4.50
Cheese/spinach/tomato toast	\$2.20	Sandwiches / Wraps / Rolls		Rolls	Chicken Mayo Roll (hot)	\$4.00
Bacon & Egg Muffin	\$3.20	Buttered Roll		\$1.50	Chicken Mayo Sandwich (hot)	\$3.20
Hot Chocolate (Term 3 only)	\$1.00	Cheese & Tomato (v)	\$2.00	\$2.60	Chicken Schnitzel Roll	\$4.00
		Cheese & Salad (v)	\$3.00	\$3.60	Foccacia - chicken/avo/cheese	\$3.50
		Chicken & Coleslaw	\$4.00	\$4.60	Foccacia - chicken/mayo/cheese	\$3.50
		Chicken & Lettuce	\$4.00	\$4.60	Garlic Bread (v)	\$2.00
<b>Fruit / Snacks</b>		Chicken & Salad	\$4.00	\$4.60	Japanese/teriyaki don, noodle set	\$5.00
Fruit - apple/orange/banana	\$0.80	Curried Egg & Lettuce (v)	\$3.00	\$3.60	Lasagne/Macaroni Cheese	\$3.50
Fruit Salad	\$3.00	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
		Egg & Salad (v)	\$3.00	\$3.60	Pasta - homemade large	\$5.00
assorted snacks at various prices		Ham & Tomato	\$3.40	\$4.00	Pide - sausage, chicken/mushroom	\$2.50
		Ham & Salad	\$4.00	\$4.60	Pide - spinach/cheese (v)	\$2.50
		Roast Beef & Tomato	\$3.40	\$4.00	Pie - Garlo's (halal)	\$4.50
<b>Drinks</b>		Roast Beef & Mustard & Lettuce	\$3.40	\$4.00	Pie - meat (sauce+20c)	\$3.80
300ml Plain Milk	\$1.20	Roast Beef & Salad	\$4.00	\$4.60	Pie - Pizza	\$3.80
300ml Flavoured Milk	\$2.20	Salad (v)	\$2.80	\$3.40	Pie - potato	\$4.50
600ml Plain Milk	\$2.00	Salmon (red) & Salad	\$4.00	\$4.60	Pizza Slab	\$3.20
600ml Flavoured Milk	\$3.00	Vegemite	\$1.20	\$1.50	Rice Box - homemade	\$4.00
Up & Go	\$2.00	Turkey cranberry & lettuce	\$3.80	\$4.40	Sausage Roll	\$3.00
Water - Spring	\$1.50	Wraps	\$3.80		Spinach Ricotta Roll (v)	\$3.00
Water - Pump	\$3.00	Anari	\$3.60		Steak & onion roll	\$4.00
Juice Bomb	\$2.50	Sushi	\$3.60		Sweet Chilli Chicken Wrap	\$4.20
Appletiser	\$2.50	Vietnamese Rolls	\$3.60		Traveller Pies	\$3.80
Berri Juice	\$2.50				Falafel Wrap	\$4.20
Bottles Diet Coke 300ml	\$3.80					
Cans Diet Coke	\$3.00					
Chill Aloe Vera	\$2.50				<b>Miscellaneous</b>	
Chill Ice Tea	\$3.50	Salad Boxes(meat or egg)	\$6.00		Tissues	\$0.60
		Salad Box (plain)	\$5.00		Spoons / Forks	\$0.05
					(supplied free with meal purchase)	
<b>Special Orders</b>					<b>Seasonal Foods</b>	
# 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.					**NB Not all food items are available all the time. For example, home style lunch boxes - pasta, rice, salads, soup etc are all seasonal. Please check with the canteen before you order.	

## 2019 PRICE LIST

8.30 to 9.00 am \*Breakfast is available \* Time to place lunch orders

ALL CANTEEN PROFITS ARE RETURNED TO THE SCHOOL FOR THE BENEFIT OF THE BOYS' EDUCATION AND DEVELOPMENT



# February/March 2019

15-02-2019

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>4 A</b>	<b>18 ***</b> Music Extension: The Great Hall, 08:00-09:00 Viva Touch Yr 7 house, lunch 1+2, E+F Cricket: Davidson Shield game, McKay 1, 09:00-17:00 n Debating: DSG Meeting, Common Room, 18:00 Debating: Information evening, Great Hall, 19:00-20:00 Music: Encore, Sydney Opera House, elective	<b>19 ***</b> Years 10, 11 and 12 Awards Assembly, Great Hall, 09:55-10:40 Viva Touch Yr 7 house, lunch 1+2, M+R Excursion: Cyber Security Challenge launch event, selected students, 10:00-12:45 Presentation Night rehearsal (All prize winners), Great Hall, 11:50-12:50 Presentation Night, Great	<b>20</b> Years 7, 8 and 9 Awards Assembly, Great Hall, 09:50-10:35 Viva Touch Yr 7 house, lunch 1+2, S+T	<b>21</b> 2019 Meet the Music Concert Series, Sydney Opera House, 18:30-20:30 Elevate: Kickstart, Year 7, P1, all students in normal classrooms Class test: 8MaL-P2	<b>22</b> Basketball: CHS Opens KO Round 1 Volleyball: SE Trials, Olympic Park Marching Band Rehearsal, MPW, 08:00-09:00 Class test: 8MaS-P2 European Music Tour meeting, The Great Hall, Lunch 1+2 Debating: FED SHS v Newington Swimming: GPS Qualifier 2, 18:45 (SIC)	<b>23</b> Sport: Group 1 TKS v SHS, Group 2 SHS v Shore Rowing: Kings/PLC, Seniors Rowing: GPS Junior Regatta, H&C Bay Room Booking: Grad ready, Classrooms, 08:00-20:00	<b>24</b> Room Booking: Grad ready, Classrooms, 08:00-20:00 Rowing: CHS, Grafton
<b>5 B</b>	<b>25</b> Attendance and Progress Review (all Years) Music Extension: The Great Hall, 08:00-09:00 Class test: 9MaL-P5 Rowing: CHS, Grafton Year 10 Meeting, Great Hall, 09:55-10:20 Wallarugby House Oztag Lunchtime competition, Y7 Rugby: Committee Meeting, Staff Common Room, 18:00	<b>26</b> Rowing: CHS, Grafton Year 9 Meeting, Great Hall, 09:55-10:20 Wallarugby House Oztag Lunchtime competition, Y7 Class test: 9MaA-P4 Marching Band Rehearsal, Great Hall, 15:30-16:30 Fundraising Management Committee meeting, 17:30-18:30 Foundation meeting, 18:30-20:30	<b>27</b> Wallarugby House Oztag Lunchtime competition, Y7 Fencing: Information evening, 18:00, staff common room	<b>28</b> Year 7 Try Rugby Day, McKay, P1-3 Year 8 Meeting, Great Hall, 09:55-10:20 All Schools Triathlon (Individual + Relay), SIRC	<b>1 ***</b> Marching Band Rehearsal, MPW, 08:00-09:00 Excursion: DT, Shape seminar, 2019 Power House Museum, 11:30-14:30 Clean up Australia Day, 06:30-09:00 Morning collection: Bandage Bear Day, 07:30-09:00 Chess Selection Trials, Great Hall, 09:00-15:20 Debating: Eastside SHS v	<b>2</b> Sport: Group 1 SHS v SGS, Group 2 SHS v SGS Rowing: SRC Regatta, SIRC Rowing: Shore Regatta, H&C Room Booking: Grad ready, Classrooms, 08:00-20:00 Room Booking: Grad ready, The Great Hall, 08:00-20:00	<b>3 ***</b> Room Booking: Grad ready, Classrooms, 08:00-20:00 Room Booking: Grad ready, The Great Hall, 08:00-20:00 Europe Music Tour Rehearsal, 09:30-12:30, Room 101 +
<b>6 C</b>	<b>4</b> Winter Sports Selections (online) Music Extension: The Great Hall, 08:00-09:00	<b>5</b> Marching Band Rehearsal, Great Hall, 15:30-16:30	<b>6</b> Summer Sports Photos, 09:00-12:30 Rowing: Committee Meeting, Staff common room, 19:00 Room booking, 506, 801, 16:30-20:00	<b>7</b> Year 7 Meeting, Selected Locations, 09:55-10:20	<b>8</b> Basketball: CHS Opens KO Round 2 Marching Band Rehearsal, MPW, 08:00-09:00 International Women's Day Assembly, Great Hall, 10:15-11:00 Debating: Eastside Cranbrook v SHS Debating: Fed SHS v Scots Swimming: GPS Competition 3, 18:45 (SOPAC)	<b>9</b> Sport: Group 1 SHS v SGS, Group 2 SHS v SIC Rowing: Riverview Gold Cup Room Booking: Grad ready, The Great Hall, 08:00-20:00 Parking: Waratahs v Reds, 19:45	<b>10</b>
<b>7 A</b>	<b>11</b> Mufti Day BBQ - Lak Saviya/KRMV (Y10 Charity) Music Extension: The Great Hall, 08:00-09:00 P+C Executive Meeting, Board Room, 17:30 P+C Meeting, Great Hall, 18:30 Principal's HSC & ATAR Presentation	<b>12</b> Zone Swimming Carnival, Botany Pool School Council Meeting, Board Room, 17:30-19:00 Marching Band Rehearsal, The Great Hall, 15:30-16:30	<b>13 ***</b> Last day of Summer Sport (Years 10-12)(non-rowers) World's Greatest Shave Excursion: French Film Festival, 09:00-12:30, Year 10 + 12 French classes, Chauvel Cinema, Paddington National Latin Exam Periods 1 and 2 in Hall(Years 9-12) Cricket: Committee meeting, 901, 18:00	<b>14</b> Selective Schools Entrance Test for Year 7 2020, Great Hall, 08:00-15:20 World's Greatest Shave Junior Rowing Photos, Abbotsford, 14:00 Last day of Summer Sport (Years 7-9)	<b>15</b> Diversity Conference, The Great Hall, P1-5 Excursion: US Technology Tour excursion - Baraja, 09:00-15:15 World's Greatest Shave, events lunch 1+2 Marching Band Rehearsal, MPW, 08:00-09:00 Debating: Eastside SGHS v SBHS Debating: FED SHS v MLC Parking: Roosters v Rabbitohs, 19:40	<b>16</b> Sport: Group 1 SHS v SJC, Group 2 SHS v SJC Water polo: Thomas Whalen Cup, 1sts and 16As	<b>17</b>