



## From the Principal High Talent

Aryan Jani (12F) will be among 120 Year 11 and 12 students from around Australia attending the 24<sup>th</sup> National Schools Constitutional Convention (NSCC), being held at the Museum of Australian Democracy at Old Parliament House, Canberra on 19-21 March. All Australian



education ministers support the NSCC, with most states and territories funding feeder conventions and the Australian Government Department of Education and Training funding the NSCC. The aim of the program is to provide senior students with an opportunity to become informed better, about how Australia's Constitution provides a democratic framework and encourages them to take an active interest in the operation of government. The topic of the 2019 Convention is '*A new constitutional preamble for Australia?*'



### International Women's Day Assembly

We celebrated International Women's Day on Friday 8 March. My speech to the assembly is reprinted below:

Good morning staff, guests and students. Today is International Women's Day. On your behalf, I extend welcome as our special guest Dr. Mehreen Faruqi, NSW Senator in the Australian Parliament. International Women's Day is an opportunity to celebrate the contributions of women. However, it is also a time to highlight the actions needed to accelerate gender equality into the future. Janelle Weissman, Executive Director of the UN Women National Committee Australia, wrote a rallying letter to mark the occasion. "This International Women's Day, our theme is 'More Powerful Together', recognising the important role we all play - as women, men, non-binary and gender diverse people, to accelerate gender equality and create a world where women and girls everywhere have equal rights and opportunities. It requires all of our

participation to create a world where everybody can live a life free from violence and discrimination. 'More Powerful Together' is a call for all of us to take a stand in unison for gender equality. If we are to realise the goal of a gender equal world, we must all play a part and show our support for women's empowerment".

Last year there were several milestones in the slow journey towards gender equality. Catt Sadler, the co-host of E! News, resigned when she discovered that Jason Kennedy, with whom she had worked since they both joined the network, was earning double her pay for exactly the same work. That inequitable and intolerable arrangement, was a glaring example of how unreconstructed the Human Resources practices of some male-dominated corporations are. Dr Christine Blassey Ford had the courage to make historical sexual assault allegations against a Supreme Court nominee, Brett Kavanaugh, and held firm against the pressure of the Republican Party machine. Her testimony inspired sexual assault survivors internationally. So too, did the testimonies of the hundreds of victims of disgraced US Olympic gymnastics team doctor, Larry Nassar.

At the 2018 Golden Globe Awards, 300 actresses wore black and signed a "Time's Up" pledge to fight against sexual harassment, assault and inequality occurring even in their privileged workplaces. Oprah Winfrey made a powerful speech when accepting her Cecil B De Mille Award for outstanding contribution to the world of entertainment. She traced her humble beginnings, her experience with sexual assault, female empowerment and the #Me Too movement. Even in the repressive society of Saudi Arabia, women are now able to hold licences to drive cars and may attend football matches. Several daring young women have tried to break free of family oppression by attempting to immigrate to western countries in search of personal freedom.

Here at High we are working more closely with SGHS to show our solidarity in being more powerful together than separately in raising awareness of the imperative of gender equality. Together, students produced a video highlighting gender issues. Students were invited as guests to each other's assemblies. Our Prefects are hosting a luncheon to discuss topical issues.

The central message, around the world and here at High, is that female empowerment is a growing trend and should be supported, not opposed. As students who have many relationships with siblings mothers, relatives and friends, I ask you to think,

about your utterances and your actions. Audit your own behaviour against the yardsticks of fairness and equality. If you do, you will be preparing yourselves to become better men, husbands, friends and fathers.

Culture is changed by early adopters influencing others, until a critical mass with changed behaviour, creates outliers who become unpopular and powerless representatives of the past. The mainstream then dominates the practices and rituals of the changed behaviour. Our society is still quite a long way from achieving the vision of a gender equal world. Our actions during the last few years at High, have indicated that staff and students want to be seen to care enough to confront the issue of inequality and to take steps ourselves to work towards decreasing its impacts. Let us be the early adopters, particularly in a boys' school, of changed beliefs, changed values and changed behaviour. I commend the work of staff and School Prefects who have highlighted this mainstream social justice issue and made the assembly celebrating International Women's Day an important fixture on our calendar.

### Funds Held in Trust for the Benefit of High Boys

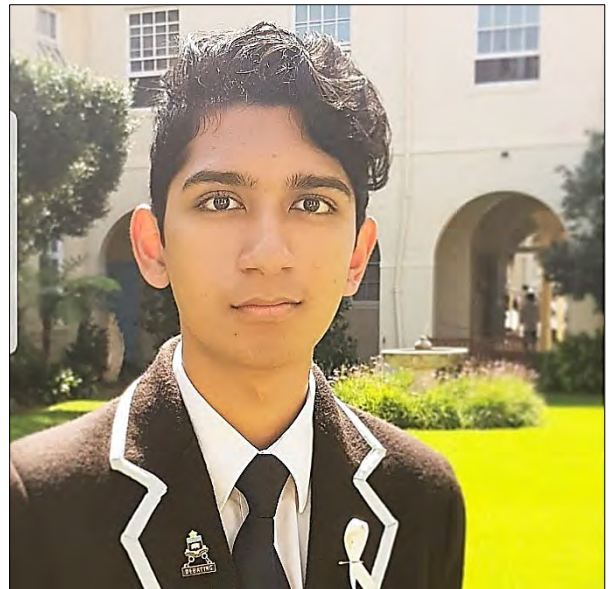
The *Sydney High School Foundation* holds funds in trust for the benefit of the school. The **SHS Advancement Fund** enables tax-deductible donations to be made for the purposes *of school buildings, scholarships and student support by way of bursaries*. Audited accounts for the Foundation show that as of December, 2018 there were the following balances within the *Advancement Fund*: \$110,000 for Old Boy funded bursaries; \$15,037 for the Ethel Killip Memorial Fund; \$118,037 for Prizes; \$103,657 for the Phil Day Memorial Scholarship Fund; \$52,532 for the Student Support Fund and \$8380 for the Mitchell Seow Memorial Prize. In total, SHSF manages \$376,496 in funds for the school. Usually, half of the interest earned on these funds is donated to the School for uses as determined by the Fund Deeds. However, due to a sustained period of very low interest rates, interest has been retained 2014-19, in the interests of maintaining the real capital value of the funds. The Seow Fund is a specific prize commemorating the sudden death from unknown causes of a much-loved student who had just completed his HSC. The *Student Support Fund* supplements the DoE Student Equity Funds with direct financial help to students in necessitous circumstances. The *Phil Day Memorial Fund* finances an annual scholarship, worth \$1,500, in memory of an Old Boy and long serving teacher, Head Teacher and Swimming MIC. The Prizes Fund helps to pay for some of the >\$30,000 worth of prizes awarded each year to students. The Ethel Killip Memorial Fund pays for the replacement and upkeep of honour boards, memorabilia of Old Boys, photographs on walls and the school artworks collection. The *Ethel Killip Memorial Fund* purchased >\$30k (2014-17) of indigenous artworks for our collection in McDonald Wing. We are always seeking donations for any of these fund purposes. If you would like to help, contact High's Development Office on 96629330 or email [WoodsP@sbhs.nsw.edu.au](mailto:WoodsP@sbhs.nsw.edu.au).

Dr K A Jaggar  
Principal

### Meet the Prefect

I joined Sydney High as the bespectacled kid who never wore shorts. Quiet and unassuming, I had planned to spend my years through this school as a one-tracked academic recluse: "Get in, remain unnoticed, do well, get out".

But from day one, High pressed down onto my bubble, and it took very little time until it broke. It gave me nowhere to hide, forcing me to step up, to think broadly and to be actively involved in the community around me.



Thus, just mere weeks into term one, I found myself bonding with my Fairland housemates, forging friendships that have persisted with people who have challenged and inspired me. I found an environment that allowed me to pursue the sport I love, fencing. I learned how to truly strive, to transcend my self-expectations and realise my potential. High tore down my fear and insecurity. It cast away the boy who never raised his hand or stated his opinions. The one that was too quiet, too scared to be himself and had decided to cover up instead.

This is what amazes me about High. It is able to completely reshape a character, replacing whatever negativity that drove us with, instead, 'courage, bold and strong'. Through participation, through having forced me to confront myself and my inhibitions, it made me see how I could think, what I could do and who I could be: someone who may actually have something valuable to offer.

High gave me self-belief. High gave me a voice.

I currently stand as a First-Grade debater, a First-Grade fencer, a public speaker, an advocate and now a Fencing Prefect and Fairland House Captain. And looking back retrospectively on my journey to now – the years of participation in welfare, justice, community service and environment groups, fencing, legal debating, Model UN

and everything else - it gives me the greatest pleasure to say that I indulged in and thoroughly enjoyed all that I did.

But more importantly, it was these experiences that both propelled and taught me. It was only through this participation that I overcame my personal barriers. And it is through this system of participation, in sports such as fencing, our multitude of activities, or even in house competitions and its camaraderie, that High helps all the rest of its students break through theirs as well.

I am now a shorts-(and occasionally glasses)-wearing Year 12 student who is not afraid to be critical, vocal or even emotional. I am now a student who is unafraid to learn and to grow and to broaden. Unafraid to use his voice to share a vision, and to work on achieving something better together.

I am forever grateful for this change, and hope that in my tenure, above all else, I can help others with their own.

**Aman Mohamed**

**Fencing Prefect and Fairland House Captain**

### Meet the Prefect

Since entering High as a small and timid year seven student, my experience of walking down the corridors of the school buildings has changed markedly over the years. That is a testament to the culture of High: the faces of the grinning boys, the supportive teachers and the encouragement we receive to ensure that we reach our full potential.

The painting of a rowing crew that hangs in the Killip Wing is a powerful image that resonates with me. It is a symbol of the individual and collective effort to push the limits of possibility to achieve our goals, sporting or otherwise. The wonderful community here at High is one that encourages you to be the best version of yourself but is also willing to accept you for who you are – your personality, your choices, your idiosyncrasies. Nevertheless, by breeding healthy competition in various aspects of school life and motivating us by celebrating the achievements of other boys, High has certainly created an environment of success that transcends generations of Boys.

You learn a lot here at High – and that's beyond hitting the books. You learn that, despite the adversity and personal hardships you face, the incredible people you meet here, friends and teachers alike, will help you overcome these challenging times. In time, you will learn the true meaning of the phrase 'High Spirit' and what it encompasses. Taking into account all of my experiences at High, I can personally say that there is no better feeling than donning the chocolate brown and sky blue uniform alongside my teammates and staring down our



opponents, knowing that we all have one goal in mind: playing to win.

**Matthew Le**

**Water Polo Prefect and Rubie House Captain**



### High Store

#### BUCKET HATS

The SRC have organised with the High Store a special order for school bucket hats.

Orders must be placed by Friday 15 March, the cost being \$27.50.

Parents can wear the bucket hat while spectating your son at sporting matches.

We require a minimum of 100 orders, otherwise the hats will be cancelled.

Support the SRC & get your order into the High Store NOW!

**M Gentele**

**High Store Manager**





## Notice of SBHS P&C Association Meeting

### General Meeting

**6.30 - 8pm, Monday 11 March 2019**

**Venue: The Great Hall**

### Agenda

- 1. Welcome and Present and apologies**
- 2. Minutes of last meeting & matters arising**
- 3. Treasurer's report Chuhong Chen**
- 4. School Council / Sports Council Report Ron Trent/Charlie Appleton**
- 5. Principal's Report Kim Jaggar**
- 6. Other Business**
  - **Academic Topic: Dr Kim Jaggar, *HSC Statistics and Results for SBHS 2018***
- 7. What did we do well or poorly this meeting? How can we do better?**
- 8. Meeting close**

---

### Next P&C Meeting

Monday	13 May	5:30 – 6:30pm	P&C Executive Meeting (Board room)
Monday Meeting	13 May	6:30 – 8pm	P&C Gen Meeting Biennial Co-Curricular



### From the Canteen

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

Our canteen stocks an extensive range of hot and cold foods, mostly prepared on-site by our parent volunteers. Wraps, rolls, sandwiches, focaccia, panini, homemade sushi, pasta, rice box and soup are among the many items on the menu. Our Friday specials include nachos. We also stock pies, pizza slabs and pide, which are commercially procured.

Canteen managers Karen Barry & Tracey Trompp (Tel: 96629350) make every effort to be inclusive. Vegetarian, vegans and those with special dietary requirements such as halal are always catered for I would like to take this opportunity to remind canteen patrons that our freshly made foods are heavily subsidised. Please support the school canteen. It is open daily from 8.30am. Every dollar raised after operating costs is returned to the school community for worthy causes that will directly benefit our scholar sportsmen.

### Lunch orders

Recess/lunch orders can be placed between 8.30 – 9.00am at the front of canteen and collected at lunch from the side window. We always encourage boys to pre-order as it reduces both waiting times and food wastage.



### Tap n Go payments

Did you know your son can make tap-and-go payments at the school canteen using his Student TaG (ID Card). High Canteen has launched cashless payment options by partnering with Flexischools. Details are available through student and parent portals. We would like to thank David Isaacs for successfully delivering this project.

**Usha Arvind**

**President Canteen Committee**

**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**

### CASH REGISTER RECEIPTS

**Cash register receipts** for all items (with the exception of General Contributions and Tax deductible receipts) **are not delivered to students in classrooms.**



Receipts for payments made via telephone, the online payment system or left with the office for processing will need to be **collected by the student** before the end of each term.

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

#### Monday to Friday

Lunch 2

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

Receipts will still be issued directly when paying in person at the register.

**S Kearns**

**SAM**



### European Music Tour Rehearsals

Students involved in the 2020 European Music Tour have been notified of rehearsal times for 2019 and the ensembles they are involved in [European Music Tour Meeting on Friday 22 February in the Great Hall]. The first weekend rehearsal was held last Sunday 3 March, 9.30am-12.30pm for Concert Band and the String Ensemble. The next rehearsal for Concert Band [only] will be on next Tuesday 12 March, 3.30pm – 4.30pm in Room 201.

### Marching Band

Two COMPULSORY rehearsals each week i.e. Tuesday after school, 3.20pm – 4.20pm in Room 204 or the Great Hall AND Friday before school, 8am-9am on MPW. Mandatory attendance is required for all students in concert bands, stage bands and selected percussion students [no piano students].

Students have been reminded that there will be no Marching Band rehearsal on Tuesday 12 March after school. Rehearsals will resume back on Friday 15th March, 8am – 9am on MPW.

### Music Ensembles & Private Instrumental Lessons

Please ensure to arrive 5-10 minutes prior to help set up and tune. Please see an UPDATED ensemble schedule below. It is important for ALL music students in the music performance program to check the DAILY NOTICES regularly for updates. Students need to remember not to schedule private instrumental lessons during ensemble rehearsal time[s]. It is never too late to join an ensemble[s] or sign up for instrumental lessons.

### 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 <i>Term 1 &amp; 4 ONLY</i>
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 <i>Term 1 &amp; 4 ONLY</i>			

*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

Week	Date	Event	Music Students Involved
6C	Friday 8 March	International Women's Day Assembly, 10.15am, Great Hall	2 Piano Students TBC
7A	Tuesday 12 March	European Music Tour Rehearsal Concert Band, 3.30pm – 4.30pm Room 201	European Music Tour Students only Concert Band
8B	Friday 22 March	Rowing Assembly, 10.15am, Great Hall	2 Piano Players: Jack Nguyen [10S] Andrew Gu [10F]
11B	Thursday 11 April	Anzac Day Assembly	Trumpet Student TBC
-	Monday 15 April	Marching Band Holiday Rehearsal #1: 9.30am – 12.30pm [Mufti]	Marching Band Students i.e. Concert Band, Stage Band and selected Percussion students
-	Thursday 18 April	Marching Band Holiday Rehearsal #2: 9.30am – 12.30pm [Dress Rehearsal]	Marching Band Students i.e. Concert Band, Stage Band and selected Percussion students
-	Thursday 25 April	Anzac Day City Parade March, Sydney CBD, 7.45am – 1.00pm [Full School Uniform]	Marching Band Students i.e. Concert Band, Stage Band and selected Percussion students

Music events are continually added and are subject to change

### 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 and the 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.*





### CHS Rowing 2019 – Student report

The 8-hour bus trip to Grafton for the 2019 CHS Rowing Championships started the endeavour. Seniors securing the back of the bus and the juniors in the front. Our two “nutritional” food stops were longed for. First speed event of the trip, be the first to the bathroom, then scoff down a big mac in record time, to avoid the punishment burpees for being late back to the bus.

We arrived in the Grafton around 5pm with supposedly the luxury to relax and stretch out the muscles in our legs. This luxury lasted for about five minutes before we were sent on a 30 minute run. Not being the best runner myself, it definitely woke me up after the bus trip.

It was Monday morning and everyone was up at 6:30 eating a delicious cooked breakfast fuelling us for a successful day of rowing. Either racing or training High was on the water everywhere, rowing in quads, doubles or singles, enjoying the nice flat conditions. Later in the afternoon the wind began to pick up, however, that didn't stop the mighty High Boys from racing on, however there was the rare occasion of someone disappearing off course and ending up in the reeds on either side of the river.

Tuesday morning arrived, I was positive I had set my alarm for 5:30 however instead woke up to Mr Rich knocking on our door at 6:35 telling us that it was breakfast time. Given I love food, the thought of missing breakfast put us into immediate action.

I had two races that day, a double with Oliver Sun and the quad race at 10am. Rowing up to the start line was tense, with very worthy competitors in our race, Grafton and fellow High boys.

Following a great start in the double skulls, we pulled ahead of the competition, although Nelson Cheng and Ashwin Barrett from another High crew took advantage of our fatigue and pulled ahead beating us in the end by a mere 4 seconds. Overall a successful race with High bringing home gold, silver and bronze medals.

Soon after we were rowing up again to the start line. Having focussed last week on timing as one of the main flaws of our crew, we were feeling ready for the race. As soon as the race began the adrenalin however threw away all our training, we lost focus and we had to accept the silver medal. We definitely need to improve on our timing as a team as next year we are coming home with gold.

One the bus trip home, all was quiet with most people catching up on lost sleep or thinking of an excuse to try to get the day off school on Wednesday.

A huge thank you to Mr Barris and all the other teachers, coaches and parents involved for countless hours of work beforehand, trailering up boats and giving up their weekend to allow us a fabulous opportunity to train and race at CHS Rowing 2019.

**Fraser Wait (Year 8 1<sup>st</sup> Quad)**





## All Schools Triathlon



*Sydney Boys High Senior Teams after a hot day of racing at Penrith*

On Friday 1 March six High boys competed in All Schools Relay Triathlon. The first Team consisted of Ike in the swim, Jarrod on the bike and Eric in the run. The second team saw new boy Titus in the swim, Kelvin on the bike

and Thomas in the run. Despite Jarrod suffering from his asthma during his cycle their first team managed to place 3<sup>rd</sup> in the CHS. The second team performed very well and will improve based on their experience. Well done all!



It was and always is a great day. I encourage everyone that can run long distance, swim or cycle to get involved next year.

**Kurt Rich**  
**MIC Athletics**



## HIGH SAILING

Last week there was no regular fleet racing, as instead we had the much-anticipated annual Scots Teams Racing Regatta. This was the first teams racing event for the



year, due to a drop in regular teams racing Saturdays for this season. Nonetheless, we all saw it as a learning point for this season, providing us with the necessary experience to move forward and achieve better results in future races. We initially only anticipated entering one team from High,

however, after a last minute notice that St Aloysius had decided to drop out, High 2 was in the running for the regatta. Despite a few boys unable to attend, we managed to get a couple junior boys to fill in for second grade, so thank you to Stanley Yan and Luke Palmer for giving up an otherwise free weekend.

Despite weeks of teams training, both teams were given a run for their money, with powerhouses from Scots College and Cranbrook, as well as experienced visiting schools such as Mater Maria. High 1 ended up winning races against Ascham 2, Riverview and High 2. High 2, despite not winning any of their races, came out smiling and having learnt a lot about teams racing, ready for their rise into the firsts team later on. Ben



Kernohan and Dylan Huynh proved to be powerhouses for High 1 and High 2 respectively, and despite the lack of races won, High 1, thanks to Ben, Jarrod and myself, pulled off many advanced tactics that we can build upon in the future, including the Ascham Teams Racing Regatta in Week 8.

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

*Please include*

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




### **U14s Water Polo Game Review – 2/3/19**

Saturday's Game was against Reddam College. Both teams played really well but High won in the end, 9-2. Both Peter and Eugene opened scoring early with Peter scoring twice and Eugene once in the first quarter. In the second quarter, Eugene managed to score again off the back of a successful swim off. Soon after this, Reddam managed to get a shot and scored. The score was 4-1 by the end of the half. At the start of the third quarter, Reddam won the swim off and scored as a result. Eugene matched this with another goal quickly followed by Peter scoring once more. At the end of the third quarter, the score was 6-2 and Reddam were getting tired. By the fourth quarter, both sides were getting tired and remained goal-less until Eugene scored with an amazing bounce shot from outside the 5 metre line. This was quickly followed by Peter with another bounce shot. In the final minute of the game, Tom got very lucky with positioning and managed to score a behind the back shot, sealing the game at 9-2. High were swimming back incredibly well and our passing was very good. We were consistently swimming up as well and our defence has gotten far better. All in all High played very well and we have made significant improvements since last year. I am very proud of how far we have come and how much we have all improved.

**Tom McFarland**

# SBHS 2019 WATERPOLO DINNER

Help celebrate another great year of High Water Polo

<b>WHEN:</b>	Thursday 28 <sup>th</sup> March 2019. 6.00 pm for 6.30 pm start.
<b>WHERE:</b>	Outterside Centre, Sydney Boys High School.
<b>WHO:</b>	Players, parents, coaches, friends and supporters. <i>Players to wear school uniform. Adults smart casual please.</i>
<b>WHY:</b>	To acknowledge the commitment and achievements of all our players, the parents and coaches who have worked so hard all year for our boys, and because friendships made through High Water Polo last a lifetime.
<b>COST:</b>	 <p>\$32 per person.</p> <p>Payable to the school office by Monday 18th March 2019.</p> <p>Maximum seating 150.</p> <p><i>Soft drinks and mineral water provided.</i></p> <p><b><i>Please note this is a BYO alcohol function for adults.</i></b></p>

Please ensure you book your tickets by returning the form below to the school office.

## SBHS 2019 WATERPOLO DINNER

Student Name: ..... Year/Roll Class: ..... Team: .....

Number of Adults: ..... Number of Students: .....

Total number of tickets: .....

Total number of tickets @ \$32/person = \$ .....

Do you have any special dietary requirements?

.....

.....



# SHOOTIN' 247 HOOPS

Welcome to another edition of Shootin' Hoops! This week we played against Grammar, one of the biggest basketball schools in the GPS. Firsts still remain dominant and undefeated sticking to Mr Hayman's game plan, defeating arguably one of the best teams GPS has to offer by over 20 points in yet again a spectacular home game. Seconds, on the other hand, played an intense game however coming through and winning by 3 points. Special mention also goes out to the 15As, who remain undefeated this year after an amazing 68-28 win on Saturday, led by Isaac Ayoubi, Ryan Mulholland and Blake Mulholland, each putting up 15 points. Well done to High Sport this week!

The Second-grade boys were matched up against one of the big teams in the GPS, despite it, High came out into



the game strong, until the fourth quarter, where Grammar showed their last burst of energy, enough to put them up by one. Big performances go out to Tyler Harpin with 12 points and numerous big boards, Ratch with a clutch three with only a few seconds remaining in the fourth quarter, to put the team back up by 1 point. Well done to Kristian also, for great shooting, and also two clutch free throws at the end to put High up by 3. Well Done.

Our First Grade side walked into the change rooms knowing that this game was going to have to be a definite win. Winning the three next games meant winning the premiership. First grade started out strong, obtaining a 10 point lead in the first 3 minutes. Our home court

advantage meant that we had big crowd of over 50 people, chanting High chants as our High side fought valiantly. The turnout for the tunnel was so great, the tunnel went beyond halfway and all the way into Grammar's warmups. Well done to Noah and Julian who led in points, Kwabena who had well over 5 blocks, including a couple on Grammar's dangerous big man, and to Adam Gordon with big rebounds and many putbacks which resulted in an and one. Great effort to these boys.

On another note, the 14<sup>th</sup> Annual Sydney High Basketball dinner will be held on Friday 12/04/19, at 6:00 pm and finishes at 9:15pm. This will be held at the Great Hall, and



we encourage all players to buy tickets soon to celebrate with your team, as there are a limited 230 spots. Each team will have two trophy winners for MVP and MIP, and it is compulsory for them to attend, so pay ASAP to the office. Check out posters around the school for further details.

This week High faces Riverview (St Ignatius), one of High's biggest challenges and on paper the best team in the AAGPS. Riverview have not lost top aged in their 6 school years!! Make sure to keep grinding this week to preserve the amazing success High has achieved so far into the season! Firsts are undefeated and that title will be challenged this week by another one of the most dominant and undefeated teams, everyone be sure to come support both the seconds at 10 and first at 11:10 at High (Home). Riverview will bring a huge crowd with, so it is a must that we have over 100 people at the event. This is SBHS's biggest and most meaningful game in years! Award scheme points and free lunch will be provided, for anyone who turns up

Good luck to everyone this week, and remember to play hard, play smart, and play together.

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**

	Played	Won	Lost	For	Against	Points
St. Ignatius'	5	5	0	466	347	10
High	5	5	0	461	374	10
Kings	5	3	2	428	400	8
Shore	5	2	3	379	397	7
Scots	5	2	3	363	432	7
Grammar	5	2	3	312	381	7
Newington	5	1	4	347	379	6
St. Joseph's	5	0	5	379	464	5

	Played	Won	Lost	For	Against	Points
St. Ignatius'	5	5	0	315	202	10
Shore	5	4	1	282	229	9
Scots	5	3	2	243	224	8
High	5	3	2	240	222	8
Grammar	5	2	3	224	214	7
Newington	5	2	3	253	250	7
Kings	5	1	4	220	295	6
St. Joseph's	5	0	5	184	325	5

9

### High vs Grammar Term 4, 2018

### High vs Grammar Term 1, 2019- (This week)

1st	WIN	77-69	E.FITZGERALD 27, J.MARKWORTH-SCOTT 24
2nd	WIN	53-38	A.RYAN 14, K.LISICA 12
3rd	LOSS	30-44	H.YIN 6
4th	LOSS	30-50	J.WANG 8
5th	WIN	47-12	C.TUNGUSKA 15
6th	WIN	20-19	D.CHAN 11
7th	WIN	30-14	TEAM EFFORT
8th	WIN	28-24	TEAM EFFORT
9 <sup>TH</sup>	LOSS	14-21	TEAM EFFORT
10th	LOSS	22-26	TEAM EFFORT
16A	WIN	41-26	W.JOVANOVIC 13
16B	WIN	30-29	J.OY 6
16C	WIN	32-26	B.NGUYEN 7
16D	WIN	16-14	G.LIU 4
16E	WIN	36-12	T.MAO 10
16F	WIN	45-31	Y.LI 25
15A	LOSS	33-48	J.ROBERTO 12
15B	WIN	28-31	TEAM EFFORT
15C	LOSS	20-25	I.HUYNH 10
15D	LOSS	31-32	I.CHAN, J.CHEN 8
15E	LOSS	29-24	D.LI 8
15F	LOSS	41-19	K.CHENG 6
14A	LOSS	18-36	A.BARUA 16 REBS
14B	LOSS	17-20	P.HUA 8
14C	LOSS	16-47	TEAM EFFORT
14D	LOSS	16-26	A.KAO 8
14E	LOSS	3-53	S.KAMATH
14F	LOSS	13-34	TEAM EFFORT

1st	WIN	77-56	JULIAN MARKWORTH- SCOTT 20, ADAM GORDON 18
2nd	WIN	40-37	T.HARAPIN 12
3rd	DRAW	29-29	A.LAI 14
4th	WIN	39-31	R.KIM 10
5th	WIN	27-19	C.TUNGKA
6th	LOSS	17-24	D.CHAN, O. XU
8th	WIN	30-20	Team effort
9 <sup>TH</sup>	WIN	22-40	P.BOYLAN 8
10th	LOSS	25-27	E.WONG 7
16A	WIN	32-31	W.JOVANOVIC 12
16B	LOSS	16-21	J.LY 8
16C	WIN	25-16	R.BOW 9
16D	WIN	14-13	TEAM EFFORT
15A	WIN	68-28	R.MULHOLLAND, B.MULHOLLAND, I. AYOUBI 15ea
15B	WIN	39-21	A.JIANG 12
15C	WIN	37-17	M.RAHME 10
15D	WIN	26-23	TEAM EFFORT
15E	LOSS	18-39	TEAM EFFORT
15F	LOSS	16-20	TEAM EFFORT
14B	WIN	24-22	A.YANG 9
14C	LOSS	20-28	J.YIP 10
14D	LOSS	16-52	A.KAO 6
14E	LOSS	45-16	J.PANG 4
13A	LOSS	33-21	TEAM EFFORT
13B	LOSS	43-14	A.LEE 10
13C	LOSS	10-25	G.JIANG 4
13D			
13E	LOSS	48-2	TEAM EFFORT
13F			

## Sydney High Annual Basketball Dinner 2019

Celebrate another fantastic year of basketball at High by organising your team to attend the **14th Annual Basketball Dinner and finish the year in winning style!**

Every team will receive trophies for the Most Valuable Player and Most Improved Player. Speeches will be made by staff members about their age groups and players will be able to show their thanks to them as well (buy your coach a present). There will be a big screen projection of the Annual Highlight video presentation and the best meal in the history of the dinner.

When: Friday 12/4/2019. Commences at 6:00pm, Concludes at 9:15pm

Where: Great Hall, Sydney Boys High School

Who: Players, parents, friends, supporters and coaches of all teams!

Why: 1. Because the friendships made through SBHS Basketball last a lifetime  
2. Because the program has improved significantly again this season and requires your support for this to continue



### STUDENTS TO ATTEND IN SCHOOL UNIFORM

All drinks will be provided on the night. Advise when booking if any specific meal details are required.

**230 seats only – limited seats – pay at the office today, especially if you won an award.**

Please pay ASAP. NB: Proceeds from ticket sales etc. go into the Basketball program to help improve future basketball experiences for our students.

*Please return the slip below with \$40/per person to the front office by 5/4/2019*

---

**Sydney High Basketball Dinner**

STUDENT SCHOOL ROLL NAME/S: \_\_\_\_\_ TEAM: \_\_\_\_\_ e.g. 15F

Type of payment: Cheque ☐ Cash ☐ Credit Card ☐

Card Type: MasterCard ☐ Visa ☐ Expiry Date: \_\_\_\_ / \_\_\_\_

Ticket cost: \$40 No. of tickets: \_\_\_\_\_ Total cost: \_\_\_\_\_

Card Number: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

*[please print]*

Cardholder's Signature: \_\_\_\_\_ Bus. Phone: \_\_\_\_\_

\_\_\_\_\_ (Office Use Only)

---

**Please complete the following for office staff/parent committee, as we need these details to allocate tables:**

Student School Roll Name/s: \_\_\_\_\_ Basketball Team \_\_\_\_\_ e.g. 15F

Number of adults: \_\_\_\_\_ Number of students: \_\_\_\_\_

Do you have dietary requirements or require a vegetarian meal? \_\_\_\_\_







## Cricket Results/News Update – 2019 Term 1 Week 6

2 March 2019 – Day 1 Round 6 of the GPS Cricket Competition 2018/19 vs. Sydney Grammar School (SGS)

	Score	Result	Highlights
1 <sup>st</sup> XI	Sydney High School 8/321 vs. Sydney Grammar School 0/0	2- Day Game	Arvin Niranjan 91 Adhirath Senthil 59* Nicolas Leong 30 Menuja Goonaratne 43
2 <sup>nd</sup> XI	Sydney High School 10/143 vs. Sydney Grammar School 3/14	2-Day Game	Sudaraka Pieris 69
3 <sup>rd</sup> XI	Sydney High School 6/88 def. by Sydney Grammar School 8/89	LOSS	Gautama Desaraju 31 Sam Colgan 3/24
4 <sup>th</sup> XI	Sydney High School 10/84 def. by SHORE 6/99	LOSS	
5 <sup>th</sup> XI	Sydney High School 6/109 def. by Sydney Grammar School 7/112	LOSS	Nabbhan Hassan 58
16A	Sydney High School 2/50 vs. Sydney Grammar School 10/298	2-Day Game	
16B	Sydney High School 10/288 def. Sydney Grammar School 10/166	WIN	Shivraj Dave 152 Ryan Pandit 5/25
16C	Sydney High School 10/49 def. by Sydney Grammar School 3/50	LOSS	
15A	Sydney High School 1/16 vs. Sydney Grammar School 10/125	2-Day Game	Tarrant Williams 3/24 Ronnie Rastogi 3/36
15B	Sydney High School 2/160 def. Sydney Grammar School 6/158	WIN	Raghav Roy 96* Devansh Raval 3/37
15C	Sydney High School 3/47 def. by Sydney Grammar School 10/95	LOSS	David Jose Sao 3/36
14A	Sydney High School 3/14 vs. Sydney Grammar School 10/124	2-Day Game	
14B	Sydney High School 10/119 def. by Sydney Grammar School 10/162	LOSS	
14C	Sydney High School 10/69 def. by Sydney Grammar School 2/70	LOSS	
13A	Sydney High School 10/99 def. by Sydney Grammar School 6/277	LOSS	
	W/O = Washed Out N/A = Not available due to two-day match WIN (F) = Win on Forfeit		

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

With our title hopes over after a tight loss to Kings, the 1st XI were keen for our annual match against Grammar, a fixture we haven't won for 3 years. They won the toss and decided to have a bowl on what looked to be a good bowling deck.

Saarangan and Menuja made them regret their decision taking us none down to drinks. Then Arvin and Menuja saw us though to lunch at 2-90.

Menuja's dismissal for a brilliant 43 then sparked some handy partnerships between Arvin and Bilal and then Josh.

At tea we found ourselves at a commanding 4-202. Arvin was then dismissed for a scintillating 91, meaning that he is still searching for his first hundred for Sydney Boys.

Unfortunately, a collapse saw us scrape to 8 for 240 with over 20 overs left in the day. No one expected what would happen next.

Our number 9 and 10, Nick and Adhi played the innings of their lives disposing of some wayward Grammar bowling.

Grammar decision to take the 2nd new ball chose to be a bad one, and we were able to score at nearly 6 r.p.o towards the end of day to see us to a mammoth score of 321 after 96 overs. Adi finished up on 59 and Nick on 30, grinding Grammar had a very long and tough day.

A declaration next week will see us hopefully knock off Grammar and potentially see us rise up the table as we look to secure the 2nd position with Kings having already won the premiership.

**Arvin Niranjan**

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

**Cameron Pereira**

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

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

Up against our rivals, Sydney Grammar, we started off our two-day match winning the toss and electing to bat on what deemed to be a dry, flat pitch, suitable for batting. After a horrible start losing 5 wickets for 22, at one point being 4/5,

Sudaraka and Charlie looked to consolidate with a substantial partnership. Together, they combined for a 67-run partnership, Charlie playing patiently and Sudaraka aggressive in his approach for a counter attack. Both composed, they played positively with intent, aware of the situation and taking measures to contribute to a respectable first innings total. Unfortunately, Sudaraka's innings saving score of 69 came to an end and we found ourselves 6 wickets down for 89 runs.

Charlie and Soneeshun then looked to stabilise and move the run rate along. Charlie's wicket for 14, meant that we were now in our lower order and as a result Soneeshun looked to change gears, taking the attack to the Grammar bowlers.

Grammar then wrapped up the tail, Soneeshun finishing unbeaten on 20 and High bowled out for 143. With 13 overs left in the day, we knew that if we could grab 2 or 3 wickets, we would be in a good position to win the game. Opening bowlers, Aleksei and Charlie gave us the perfect

start pushing Grammar on the back foot with Charlie picking up 2 vital wickets and Aleksei 1, leaving Grammar 3 wickets down for 14 runs at the end of the first week.

With Grammar's best batsmen at the crease, we know that if we can seize his wicket and win the important moments of the game, a historic victory is in our sights.

**Harris Memon**

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



**Teams of the Week: 15Bs; 16Bs**

### **15B**

Finally, a win for us, and it was against Grammar!

A really good game for us as every part of our cricket game was good. Our fielding, bowling and batting were all on point, and as a result, we got our first win!

Hats off to Raghav Roy who completed the game for us in 16 overs, however it is quite sad that he just missed out on the century; perhaps he can get it next game.

Furthermore, incredible bowling by Raghav Roy who just missed out on a hat-trick.

Everyone's bowling was extremely good this week and we barely gave away any sundries. Devansh did really well in bowling and managed to get 3 wickets.

Hopefully we can get another win this week!

**Alfis Khondaker**

**15Bs Captain**

### **16B**

High was sent out to bat in fantastic batting conditions. Our openers got off to an absolute flyer with Shivraj Dave passing the 100 mark in under 13 overs.

He went on to finish on a mammoth 152 runs with 16 6's and 12 4s.

His innings followed by some power hitting in the middle order took High's score to 10/288 after 30 overs.

Our bowlers went out and started bowling very economically with Grammar 4/72 at the halfway mark.

The game was tightening up and was shaping up to be a last over thriller.

All until Ryan Pandit took a 3 wicket maiden over which caused a batting collapse and led him to figures of 5/25 to close out the game with grammar 166/10 in 24 overs.

**Aryan Zaman**  
**16Bs Captain**

### Players of the Week:

#### Shivraj Dave 16B

Congratulations to Shivraj Dave who posted a massive 156 to help his team dominate against the Grammar opposition!

It's great that you have found some form and hopefully you can take it into the final 2 weeks of the season!

#### Raghav Roy 15B

Congratulations to Raghav who posted a massive unbeaten 96\* to help his team to victory!

Good luck in the last couple of games in the season and make them count!



### MIC Report

Coming into the penultimate week, some of our teams will be playing their Day 2 of their 2-dayers against Grammar. It is extremely pleasing to see most of our teams playing 2-dayers to be on top in their respective matches!

Our 15Bs and 16Bs have also played very well in the past couple of weeks; remember to continue your great form as a team towards the end of the season!

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

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







## End of Season 2018-19 Dinner

All players and parents are warmly invited to help celebrate Sydney Boys High School annual dinner marking the end of cricket season for 2018-19. The night is an opportunity for all players, parents and coaches to come together and celebrate our boys cricketing achievements during the season while enjoying some mouth-watering food (vegetarian and halal options available).

**When:** Saturday, 13th April 2019.  
**Where:** The Great Hall, Sydney Boys High School.  
**Cost:** \$20 per student, \$20 for anyone 12 years and under, \$30 for adults  
**Time:** 5.30-7.30pm. Please be there by 5.15pm for a strict 5.30pm start.  
**RSVP:** Latest by Mon 18<sup>th</sup> March 2019.  
**Dress code:** Students must wear full school uniform. Smart casual for others.  
**Beverages:** Water and soft drinks supplied. BYO alcohol.

Please ensure you book your tickets early by calling the school office or by returning the form below to the office.

---

## Sydney Boys High School Cricket Dinner 2019

**Student name:** \_\_\_\_\_ **Roll Class:** \_\_\_\_\_

# of Tickets (students and anyone 12 years or under): \_\_\_\_\_ tickets @ \$20 per ticket  
# of Tickets (adults): \_\_\_\_\_ @ \$30 per ticket

**Total Amount Paid:** \$ \_\_\_\_\_

Payment: Cheque ☐ Cash ☐ Credit Card ☐ Card Type? Mastercard ☐ Visa ☐

Card Number: \_\_\_\_\_ Expiry \_\_\_\_\_ / \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_ Phone: \_\_\_\_\_




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

After last week's disappointing wash out, High's first grade tennis team was urgent to win 9-0 against Grammar to close the gap with Scots College. The night before, the weather forecast predicted 6mm of rain on the day. Luckily, the team was gifted with a nice sunny day, perfect for tennis. The No.1 and No.2 doubles overwhelmed their opponents, whereas No.3 doubles went off to a shaky start, losing the first set 0-6. However, Khobi and Stepan regrouped, coming back to win 6-0 in the second set and finally 10-7 in the deciding tiebreak. The singles matches proved Highs dominance in the GPS, with Antonio and Andre not losing a single game in their matches. Stepan also won comfortably, only dropping 3 games in the entirety of the match. Samuel won in a tight two set match, having battled a stomach ache throughout the game. Khobi overcame his opponent by a small margin, 7-6 in the first set, proving his experience on the court, followed by a comfortable win in the second set. Hikaru, having lost the first set 6-7, came back fighting harder in the second and third sets, also showing the high competitive level of his tennis. The team came home with a 9-0 victory over Grammar – a necessary score keep Scots in our reach for the premiership. Having only two matches remaining, High must ensure two 9-0 victories against St Ignatius followed by St Josephs to have a shot at winning the premiership.

## Overall Results

First Grade Results		
D1	Antonio Li + Hikaru Ikegami	6-3 6-1 W
D2	Samuel Yu + Andre Putilin	6-0 6-0 W
D3	Khobi Deep + Stepan Sytnyk	0-6 6-0 10-7 W
S1	Antonio Li	6-0 6-0 W
S2	Samuel Yu	6-3 6-3 W
S3	Hikaru Ikegami	6-7 6-3 6-2 W
S4	Andre Putilin	6-0 6-0 W
S5	Khobi Deep	7-6 6-2 W
S6	Stepan Sytnyk	6-3 6-0 W

Season Wk 5 Saturday - High v Grammar			
	Total Matches Won	Total Matches Lost	Winning Percentage
<b>1st Grade</b>	9	0	100%
<b>2nd Grade</b>	5	4	56%
<b>3rd Grade</b>	4	2	67%
<b>4th Grade</b>	6	0	100%
<b>5th Grade</b>	5	1	83%
<b>6th Grade</b>	0	6	0%
<b>16 A</b>	5	1	83%
<b>16 B</b>	3	3	50%
<b>16 C</b>	2	4	33%
<b>16 D</b>	1	5	17%
<b>15 A</b>	0	6	0%
<b>15 B</b>	2	4	33%
<b>15 C</b>	1	5	17%
<b>15 D</b>	3	3	50%
<b>14 A</b>	0	6	0%
<b>14 B</b>	1	5	17%
<b>14 C</b>	1	5	17%
<b>14 D</b>	4	2	67%
<b>13 A</b>	0	6	0%
<b>13 B</b>	0	6	0%
<b>14 C</b>	0	6	0%
<b>14 D</b>	0	6	0%
<b>Total</b>	<b>52</b>	<b>86</b>	<b>38%</b>

## **VOLUNTEERS NEEDED**



**Tennis has upcoming parking duty**  
**Thursday 4 April 5-8pm**

Place your name with Kurt Rich NOW!

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	Monday 4th February All School Swimming Carnival = No Training
4-8th	<u>All Tennis Players</u> <u>Attend Sprints</u> <u>Monday's 3:15-5pm @ MPW</u>		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		Year 7 Camp Wk 3 Monday 11th - Wednesday 13th February
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		Tennis Development need to attend one

*How's your backhand*



Practice.....practice.....practice



# **SYDNEY HIGH TENNIS**

---

## **END OF SEASON FUN DINNER**



**Date:** 16<sup>th</sup> March

**Time:** 6-9pm

**Location:** School Tennis Courts

**Cost:** \$20 per person or (money goes towards food, drinks, court hire & prizes)

(Paid in cash to Kurt Rich by 11<sup>th</sup> March)

***Please indicate if you want a salad (chicken or vegetarian) or Vietnamese roll (chicken, pork or vegetarian)***

David Deep & Kurt Rich invites and encourages all tennis parents, coaches and players to its annual end of season social.

The night is a casual celebration of the 2018-19 season including a season review, prizes, food, drinks & Games (Jumbo Tennis, Challenge the coach/senior player).

The future success of the tennis program depends on the enjoyment of the boys and parental support. The School Tennis staff are looking forward to this event, it will be a great chance for everyone to meet and get involved. We look forward to seeing you there.



### SBHS Weightlifting Club

On Sunday 3 March, seven current students with one old boy represented Sydney Boys High in an Open Weightlifting Competition. For four boys it was their first competition and for the other three, it was

their second. The boys performed very well and have ranked highly in Australia for the U15 and U17 divisions. It was a great and fun experience for the group as they now prepare for the Youth State titles in July.



*Pictured – Boys from the first session – Nelson Cheng (y9), James Liu (Y10), Coach Kurt, Alan Ji (Y11), Alan Jessup (Y11), Lawrence D'mello (Y11) & Rick Saha (Old Boy)*

Also competing on the third of the day were Mihir Marathe (Y10) and Winston Wang (Y11)



*Nelson Cheng - Clean & Jerking his way to the No.2 position in Australia U15's*

**Kurt Rich**  
Head Strength &  
Conditioning Coach



*Lawrence executing a great overhead position in his Snatch.*

## Free Effective Parenting Course



This **five** week course is facilitated by experienced clinicians specializing in adolescent development and behavior. The course will assist parents to build stronger parent-child relationships and better manage and understand their adolescent's behavior. **This is a skills building and educational program only.** Places book out well in advance as we prefer to keep spaces limited.

"This course is one of the MOST beneficial things we have done as parents- everyone should be taught these Strategies / knowledge. Totally needed in the community"

"Both facilitators were extremely knowledgeable and generous with their information. It was great to have practical experience to reinforce the theory. I thought the content was pitched correctly to the target audience. Great service and felt privileged to have access to it"

"Absolutely life changing for me! Already recommended it to a few people"

### TOPIC AREAS INCLUDE:

- ✓ Understanding your child - adolescent development
- ✓ Reflecting on your parenting - the impact of various parenting styles
- ✓ Setting limits and boundaries that stick
- ✓ Effective communication and conflict resolution strategies
- ✓ Practical strategies for building resilience in your children
- ✓ Special topics: alcohol and other drugs, sex, mental health, Navigating social media and cyber space, enhancing internal regulation

### WAYS/BONDI BEACH

63A Wairoa Ave North Bondi

DATE: Four Mondays and one Tuesday (May 11<sup>th</sup>) on the long weekend.

Monday May 20<sup>th</sup> - Monday June 17<sup>th</sup>

TIME: 6PM - 8PM

P. (02) 9365 2500

E. Emma@ways.org.au / Michal@ways.org.au

Please call and speak to Emma or Michal to register or to enquire





# TALKING WITH YOUR TEENAGER ABOUT CHALLENGING TEEN ISSUES

Monday 1 April 2019 | 6.15-7.45pm  
Waverley Library Theatrette

Tips for  
parents

This seminar is designed for parents with children aged 10-17, who want practical, effective information and strategies to build stronger parent-child relationships and better manage and understand adolescent behaviour.

WAYS Youth & Family are specialists in the field of parenting and adolescent development and behaviour. This seminar will be led by experienced adolescent and family clinicians and will give parents:

- practical strategies for effective communication and managing conflict;
- practical strategies for building resilience in their children;
- in depth understanding of the adolescent brain, thought processes and decision making.
- Practical strategies for managing cyber space and at risk behaviour

Free - Bookings at Eventbrite or call 9083 8936  
for more information.

   Follow us





# SCHOOL HOLIDAY COURSES

April 2019 Courses

10% Early Bird Discount

1300 065 281  
[aftrs.edu.au](http://aftrs.edu.au)

For Kids and Teens (Year 5–12)

AFTRS Film Club, Kids Digi  
Animation, HSC Video Intensive  
Music For Film & TV, Stop  
Motion, Blood & Guts Movie  
Make-up, and Video Editing  
with Premiere Pro

## AFTRS

Australian Film Television  
and Radio School

**SYDNEY BOYS HIGH STORE & CLOTHING POOL**  
**AUTUMN / WINTER PRICE LIST 2019**

SCHOOL UNIFORM			SPORT UNIFORM		
<b>BLAZERS</b>	6-8 weeks delivery from date of order		<b>PE / HOUSE SPORT</b>	PE Polo	\$40.50
	From	\$295.00		Black Short with logo	\$40.50
				Sport Socks	\$9.90
<b>PANTS</b>	Trousers - Junior, Dark Grey	\$79.00			
	Trousers - Senior, Light Grey	\$79.00			
<b>SHORTS</b>	Grey College	\$55.00	<b>TRACKSUITS</b> (sold as separates)		
				Microfibre Jacket	\$95.00
<b>BELTS</b>	Black Leather	\$20.00		Microfibre Pant	\$65.00
<b>SHIRTS</b>	Sky Blue & White, Short Sleeve with Crest				
	Sizes 10 - 14	\$28.00			
	Sizes 16 - 22	\$30.00			
	Sizes 24 - 28	\$32.00	<b>ATHLETICS</b>	Singlet	\$55.00
				Short	\$49.50
	Sky Blue & White, Long Sleeve with Crest			HIGH Training Top	\$79.00
	Sizes 10 - 14	\$30.00			
	Sizes 16 - 22	\$32.00			
	Sizes 24 - 28	\$34.00			
			<b>CROSS COUNTRY</b>	Top	\$69.00
<b>JUMPERS</b>	Up to Size 14	\$92.00			
	Sizes 16 -22	\$96.00			
	Sizes 24-26	\$100.00			
			<b>FENCING</b>	Top with SHS Logo	\$55.00
<b>SOCKS</b>	Anklet SHS Colours	\$9.90			
	Knee High SHS Colours	\$15.00			
	Sport Socks	\$9.90			
<b>TIES</b>	Junior	\$28.50	<b>RUGBY</b>	Jersey Fitted	\$79.00
	Senior	\$31.50		Titanium Short with Crest	\$49.50
	Prefect	\$27.50		High Rugby Bottle	\$9.90
	Old Boys	\$27.50		Socks	\$20.00
	SRC	\$33.00			
<b>CAPS</b>	HIGH Beanie	\$27.50	<b>SOCCER</b>	Jersey Sky & Choc Stripe	\$65.00
	SHS Cap	\$22.00		Short Matching Design	\$50.00
	Bucket Hat	\$27.50		Training Top	\$35.00
				Socks	\$20.00
<b>BAGS</b>	Backpack with Lap Top Section	\$95.00			
	Hav-a-Sak	\$33.00			
	Sports Bag	\$71.50			
<b>ART</b>	Progressor 2B Pencil	\$5.50	<b>VOLLEYBALL</b>	Polo Top Numbered	\$68.00
	Progressor 4B Pencil	\$5.50		Short with Sydney High	\$55.00
	Visual Art Diary A3	\$11.00		Socks with SHS Colours	\$9.90
	Visual Art Diary A4 120 page	\$9.90			
<b>DESIGN &amp; TECHNOLOGY</b>					
	DT Apron	\$12.00	<b>WET WEATHER</b>	Umbrella (Golf)	\$33.00
<b>MATHS</b>	Calculator	\$40.00			
	Compass	\$1.75	<b>SCARF</b>	SHS Scarf	\$22.00
	Grid Book 96 page	\$2.95			
	Protractor	\$0.75			
<b>MUSIC</b>	Music Book	\$2.95			



# SYDNEY BOYS HIGH STORE & CLOTHING POOL

## AUTUMN / WINTER PRICE LIST 2019

### RESTED MEMORABILIA

Bridge Scorer	\$11.00	Mug - new	\$22.00
Car Number Plate Cover	\$39.95	Pen	\$8.80
Car Sticker	\$4.50	Pencil Case	\$9.90
Cufflinks (Stainless Steel) - new	\$66.00	School Centenary Book	\$15.00
Drink Bottle (Stainless Steel)	\$18.50	Spoon	\$5.50
Foldable Chair	\$49.50	Sticker	\$1.10
Letter Opener	\$6.50	Wine Glasses (set of two)	\$44.00

### OLD BOYS MEMORABILIA

OBU Tie	\$27.50
GPS Tie	\$40.00
Sydney High Hoodie Grey Marle	\$77.00
Cufflinks (Stainless Steel)	\$66.00

### CLOTHING POOL

A recycled section operates within the High Store Shop. Items such as blazers, shorts, trousers, jumpers, rugby/soccer tops & boots, tracksuits, can be sold on a commission basis - The High Store Shop retaining 1/2 of the sale price.

Please ensure that when sending items for sale you include your name and address.

All items sent should be clean and in good condition. Shirts are gladly accepted as donations.

### PAYMENT

Cash, Eftpos, Mastercard, Visa or Cheque payable to HIGH STORE.

### GOODS & SERVICES TAX ( GST )

GST is included on all prices listed.

### BLAZERS

GPS Pocket	\$31.00
Music Pocket	\$35.00
Prefect Bottom Pocket	\$52.00
Prefect Top Pocket	\$31.00
Service Charge	\$39.50
Dry Cleaning	\$16.50
Full Braiding	\$90.00
Embroidery Line	\$22.00
Embroidery Line Removal	\$33.00
Crossed Rifles or Swords	\$38.50
House Badge (cloth)	\$12.50

### BADGES

Basketball (metal)	\$7.70
Cricket (metal)	\$7.70
Debating (metal) with attachment	\$8.95
Fencing (metal)	\$7.70
Orchestra (metal)	\$4.40
Rifle (metal)	\$8.80
Rowing (metal)	\$7.70
SBH Lapel Pin (metal)	\$2.75

## OPENING TIMES

Open During School Terms Only

Monday, Tuesday, Wednesday & Friday      10.30am to 1.30pm  
Telephone 9662 9360

# March/April 2019

08-03-2019

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 A	11 Mufti Day BBQ - Lak Saviya/KRMV (Y10 Charity) Music Extension: The Great Hall, 08:00-09:00 Class test: 10MaB-P5 P+C Executive Meeting, Board Room, 17:30 P+C Meeting, Great Hall, 18:30 Principal's HSC & ATAR Presentation	12 *** Zone Swimming Carnival, Botany Pool Excursion: Yr 10 Advanced Film making, Fairland Pavilion, 09:30-14:45 Rowing: Assembly, Great Hall, 09:50-10:35 (9, 11, 12) Year 11 Meeting, Great Hall, P2 Class test: 9MaB-P4 School Council Meeting, Board Room, 17:30-19:00 Marching Band Rehearsal,	13 *** 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) Class tests: 7MaS-P2, 8MaU-P5	14 Selective Schools Entrance Test for Year 7 2020, Great Hall, 08:00-15:20 World's Greatest Shave Preliminary HSC Assessment: Ancient History, P1 - room 211 Water Polo: SE KO, Bexley Pool Junior Rowing Photos, Abbotsford, 14:00 Last day of Summer Sport (Years 7-9)	15 The Great Hall, Refurbishment 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 Rabbits, 19:40	16 Sport: Group 1 SHS v SJC, Group 2 SHS v SJC Water polo: Thomas Whalen Cup, 1sts and 16As The Great Hall, Refurbishment	17 The Great Hall, Refurbishment
	18 *** The Great Hall, Refurbishment Cricket: Davidson Shield, Bathurst International Mathematical Modelling Challenge, selected year 9 students Elevate: Junior time management, Year 8, P1, selected students Class tests: 11Ec1-P1, 10MaL-P3, 11Ec4-P3, 11Ec3-P4, 11Ec2-P5	19 The Great Hall, Refurbishment Cricket: Davidson Shield, Bathurst Year 12 Meeting, location TBC, 09:55-10:20 Excursion: Year 9 Science, Long Reef, 07:30-15:00 (from Driver Avenue) Class test: 10MaU-P1 Marching Band Rehearsal, MPW, 15:30-16:30 Harmony Day	20 *** The Great Hall, Refurbishment International Mathematical Modelling Challenge, selected year 9 students Summer Sport Reports to be submitted to W drive Summer Sport record reports Change to Winter Sport (Years 10-12)(non-rowers) French excursion: French	21 The Great Hall, Refurbishment Change to Winter Sport (Years 7-9)(non-rowers) Basketball: Sydney East CHS Opens KO, Sutherland Basketball: GPS training and dinner, Riverview, 16:00-21:00 Preliminary Assessment: Studies of Religion, Theologian lectures	22 *** The Great Hall, Refurbishment International Mathematical Modelling Challenge, selected year 9 students Science: Year 8 Excursion, Australian Museum and Botanical Gardens, all day Rowing: Head of the River preparations, SIRC Marching Band Rehearsal, MPW, 08:00-09:00	23 The Great Hall, Refurbishment Rowing: GPS Head of the River, SIRC Parking: Waratahs v Crusaders, 19:45	24 The Great Hall, Refurbishment
9 C	25 The Great Hall, Refurbishment Excursion: Art Camp Bundanon Y10/11 VA, VD CHS Inter Regional Volleyball Tournament, Bathurst NAPLAN Online Practice Test, Year 7 and Year 9	26 *** The Great Hall, Refurbishment Excursion: Art Camp Bundanon Y10/11 VA, VD CHS Inter Regional Volleyball Tournament, Bathurst Year 8 Geography/History Excursion Marching Band Rehearsal, Great Hall, 15:30-16:30 Fundraising Management Committee meeting, 17:30-18:30	27 The Great Hall, Refurbishment Excursion: Art Camp Bundanon Y10/11 VA, VD CHS Inter Regional Volleyball Tournament, Bathurst Basketball: GPS v CAS Room booking, 506, 801, 16:30-20:00	28 *** The Great Hall, Refurbishment Excursion: French Film Festival 'One Nation, One King', Chauvel Cinema Paddington, 12:30-14:30, year 12 French Geography Competition, all Years, P1 Basketball: CHS Opens KO, 11:50-12:50 CHS Inter Regional Volleyball Tournament,	29 *** The Great Hall, Refurbishment Marching Band Rehearsal, MPW, 08:00-09:00 Preliminary HSC Assessment: Modern History Part A due SRC initiative: UDON Day Class test: 9MaL-P5 Swimming: GPS Competition 4, 18:30 (SOPAC) Debating: Eastside SHS v Reddam Parking: Swans v Crows,	30 The Great Hall, Refurbishment Football: TBC Rugby: Grammar 10s Cross Country: NC, Sydney Park, 09:00 Volleyball: TBC Rowing: Dinner, Outterside Centre, 17:30-21:30	31 The Great Hall, Refurbishment
10 A	1 The Great Hall, Refurbishment Attendance and Progress Review (all Years) Excursion: Visual Arts Year 9-12 Art Gallery of NSW, Art Express and the Archibald, 09:30-14:45 Prefect Mufti Day Drive Years 7 vaccinations and Year 8 catch ups, room 801, 09:00-13:00	2 The Great Hall, Refurbishment Year 12 Study Day Environment Team: Bake Sale, COLA Computational and Algorithmic Thinking Competition (Years 7-10) and selected students Year 11-12 (tbc) Marching Band Rehearsal, room 204, 15:30-16:30	3 Year 12 Assessment Exams Room booking, 506, 801, 16:30-20:00 Fencing Committee meeting, staff common room, 18:00	4 Year 12 Assessment Exams Parking: Roosters v Broncos, 19:50	5 Year 12 Assessment Exams Elevate: Memory and mnemonic, Year 9, P1, selected students Marching Band Rehearsal, MPW, 08:00-09:00 Debating: FED SHS v Redlands	6 Football: TBC Rugby: St. Andrews Cross Country: WC/SAC, Mutch Park, 09:00 Volleyball: TBC Parking: Sydney FC v Melbourne Victory, 19:50	7 Daylight Saving ends