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The Weekly Newsletter of Sydney Boys High School

Vol 21 No 20 26 June 2020

## From the Principal High Talent

## DEBATING

Thomas Zheng (11T) and Harry Wu (11R) participated in an international high school debating tournament called *The Interschool Debate*. They were grand finalists in a tournament with 24 teams but lost to a team from Singapore. They tied as 2nd best novice speaker and equal 6th best speaker overall. Congratulations on your initiative and result boys!

#### **Restarting Our Programs**

With restrictions being eased further from 1 July, our full suite of co-curricular programs should be back in operation by the start of Term 3. Adults are being allowed back into schools to deliver services. Debating and chess are up and running. Music ensembles will start again in Term 3. School-based programs involving groups of students - SRC, CSC etc- are back meeting again. Volunteers can return to help in the canteen and co-curricular programs. Nevertheless. there remains in place regulations around knowing who is on site. Were there to be a case of COVID-19 identified on any one day, the department of Health would need to know the contact details of everyone on the site that day. Tracing cases is imperative to identify community transfer origins. There is an External Visitors to School Site Form which needs to be completed by everyone visiting the school. We have adapted our Visitors Register to accommodate the requirements of this Form. Essentially, we need your name, telephone



number and email address, so you are capable of being traced, by the Department of Health, should this become necessary. Our lives are going to be affected by having to live with this virus for the foreseeable future.

#### Joint P & C Meeting - SBHS & SGHS



Geoff Waring and Binh Johnsun hosted the zoom meeting for 210 parent online attendees from both schools last Thursday evening. Dr Jae Jung spoke about the inherent problems of university course selection for gifted students with multipotentiality. Often, they chose a narrow selection of traditional careers primarily to meet the expectations of others. He identified the need for both career information and careerrelated experiences in a future work landscape requiring multiple skill sets and varied roles. Chris Lewis was confident that in time, clever kids work out how to find a rewarding career. In his experience at UNSW, 60-70% of undergraduates do not know what they want to do for the rest of their lives. He advises them to look around the intersection between their passions and their abilities. He stressed the need for technology, higher cognitive and socioemotional skills in the contemporary workplace. Caroline Taylor advised school leavers not to choose a course or career on the basis of a piece of paper handed out at a careers' information evening. She found work experience and internships helped her to decide what career she wanted to pursue. Oliver Kirk took time out to pursue his singing and song writing after Year 12. In the course of exploring and experiencing life, he happened upon a career involving the practical application of mathematics - a discipline he was good at and liked. Links to videos of the presentations have been sent to the school communities. I want to thank the SBHS P & C for organising and running the event so smoothly.

#### **Winter Sport Co-Payments**



Invoices for participation in winter sports have been mailed. As usual, we ask for your support by paying them promptly. All of our winter sports depend on a timely settling of invoiced co-

payments to pay coaches. Parents are reminded that all programs have to meet their budgetary obligations and cannot do so without maximum support from everyone. Our sports are delivered at a fraction of their actual cost, being subsidised heavily by allocations from the school's budget, parking revenues and ASF donations, along with the structural support and supervision of MICs provided by the school with assistance from the **co-curricular support levy**.

In the current climate High's finances are being pressured by two external forces out of our control. Our parking revenues were down by more than 40% last year as a result of the sports stadium rebuilding project. We do not expect that revenue to be back on stream until 2024. COVID-19 related restrictions this year have led to the complete collapse of parking revenue since January. There may be a few events with small crowds in the next few months. The entire parking proceeds are distributed among the co-curricular programs and the P & C each year. The estimated loss of these funds which are generated externally is \$205,000 for 2020. To balance budgets in these circumstances is impossible, but revenues must be raised, and costs cut. Co-payments must rise and non-essential expenditures must be cut. Even with these measures in place, delivering our programs this year will mean expenditure will greatly exceed revenue. Schoolwide I estimate the worst-case scenario shortfall could be \$350,000. Our operating reserves for 2021 will be placed under an unavoidable and onerous strain. In such circumstances, >95% compliance in paying co-payments would help considerably. I ask for your support.

#### 30 June is EOFY time

More and more Australians are thinking about philanthropy, about giving something back to society to help others. Universities and schools are benefitting more than ever before from this growing social conscience. Moreover, the donor feels better for having made a contribution to a worthy cause. If you have intended to make a tax-deductible donation to our SHSF Building Fund (The Governors Centre Fit-out or The Classroom Technology Project) to the SBHS Library Fund or to the SHSF Advancement Fund (Fairland Rebuilding Project), or to one of our ASF Projects but

haven't yet done so, I invite you to make that donation, as I have done, before the end of the financial year. There are so many great achievements that are made by the boys in a diverse range of endeavours. In order to consolidate, maintain and improve our facilities and resources for them and services to them, they would really benefit from your financial support. There are only a handful of days left to make a difference in this financial year. I ask for your help to make High an even better place in which our students can learn, grow and be enlarged as people.

Dr K A Jaggar Principal



#### **Future Young Lawyers Program**

Unable to participate in the Mock Trial competition due to COVID-19 and the period of online learning, the Legal Debating team could have been forgiven for relaxing and enjoying some extra free time. However, they decided to participate in the Future Young Lawyers Program, run by the Law Society of NSW.

This was a six week program of Zoom lectures, given by experts in different fields of law, followed by a weekly test. Nearly 430 students participate from 53 schools and most of the participants were Year 11 Legal Studies students. This makes the achievement of Nikolai Shchekochikhin, in Year 10, even more amazing: Nikolai came first!

A great effort by Ivan Samsonov, Dean Nguyen, Andy Xia and Anthony Hoang who all came in the top 20. Congratulations to all the boys who participated and, now that the Mock Trial competition has recommenced, good luck in Round One next week!

**Hazel Stephens** 

#### **Opal Card Reminder**



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









#### **School Plan Process**

Our staff are currently in the process of developing the 2021-2024 School Plan utilising a range of measures. To ensure that everyone across the school community has the opportunity to be involved in the development process, we have started by gathering information on what the strengths and future needs of the school are through:

- Student surveys
- Recent Year 12 exit surveys
- Parent surveys
- Staff focus groups
- Old Boy surveys
- Tell Them From Me student and parent feedback

We have used this to firstly develop the big picture of where we want to be 5 years from now with the school's vision. The planning team has been looking to develop a vision that needs to:

 Matter enough to energise everyone across the school community

- Align to the school's values and traditions
- Be simple and clear enough to provide direction, knowing that not everything can be included in the vision itself
- Point to a future that everyone advocates
- Be truly aspirational

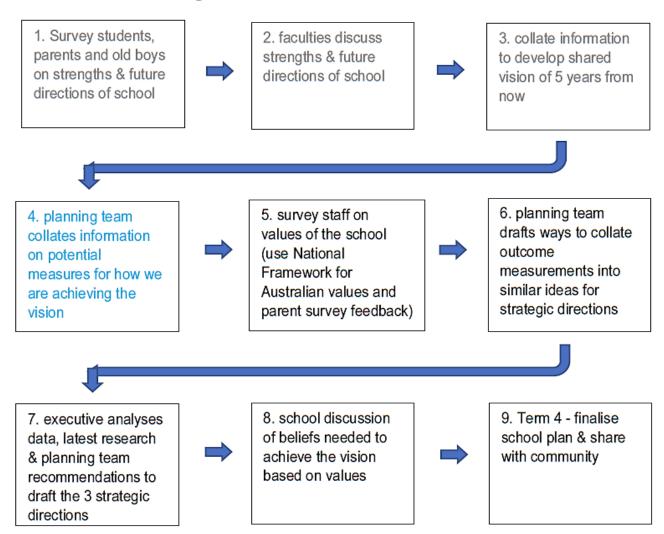
The following is the 2021-24 Draft School Vision the team have developed:

We strive to be at the forefront of holistic educational practice in developing creative and motivated, lifelong scholar sportsmen.

If you would like to comment on the draft vision please do so at https://forms.gle/79i7WCtkdFkAmWFj8

Below is a flowchart of the overall process to be followed in developing the plan. This includes re-examining the values and beliefs of the school that underpin our actions to achieve the vision.

#### Flowchart of Planning Process





#### **Term 3 Music Performance Program**

All music ensembles and private instrumental lessons will RESUME from Term 3 Week 1 i.e. from Tuesday 21 July (Monday 20 July- Staff Development Day).

Students will only be charged for ONE music co-payment of \$178.00 for this year only. If the music co-payment has already been paid in semester 1, payment is not required for semester 2.

#### Music Storage Room

Students are advised to take their music instruments home as soon as possible. There are several music instruments [owned by students] left in the music storage room. 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.

## <u>2020-2021 Parent/Guardian Music News and Future Notifications</u>

In addition to the weekly High Notes, there are currently TWO communication methods the Music Department is notifying parents and guardians regarding upcoming Music Events e.g. Music Camp, Music Workshops and/or Music Committee Meetings.

PLEASE NOTE: All future music news and notifications will be transitioned to **SZapp** at the start of **2021**.

For now, there are two communication methods for parents and guardians, please see the two options below.

\*Option #1: Please download **SZapp** from the Apple App Store or Google Play and subscribe to **MUSIC**. Installation guide is in High Notes

\*Option #2: Please send the following details to music@sbhs.nsw.edu.au if you would like to receive emails regarding the Music Performance Program only (i.e. Music Events e.g. Music Camp, Concerts, Workshops and/or 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

#### Term 2-3 Music Events Calendar

All music performance related events have been cancelled till further notice. Please consider joining and downloading 'SZapp' for all music related news, announcements/notifications. The Music Department will notify students and parents of any further updates, changes and/or future notices via the student daily notes; SZapp; Music Parent/Guardian Email Contact list.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School	Before School	Before School	Before School	Before School
Intermediate Concert Band Room 201 7.45am-8.45am	Senior Concert Band & Symphony Orchestra Room 201 7.45am-8.45am	Junior Stage Band Room 101 7.45am-8.45am	Intermediate Stage Band Room101 7.45am-8.45am	Senior Strings Ensemble Room101 7.45am-8.45am
*Guitar Ensemble Room 202 7.45am-8.45am		Senior Stage Band Room 201 7.45am-8.45am		Chamber Choir Room 201 8.00am-9.00am
		Philharmonic Orchestra Room 204 7.30am-8.30am		***Marching Band MPW 8.00am-9.00am Terms 1 & 4 ONLY
After School	After School	After School	After School	After School
	*Guitar Ensemble Room 202 3.30pm-4.30pm	Percussion Ensemble Room 201 3.20pm-4.20pm		Jazz Ensemble Room 201 3.30pm-4.30pm
	***Marching Band Room 204/GH/MPW 3.30pm-4.30pm Terms 1 & 4 ONLY			

Please note the schedule is subject to change. Please check with the Ensemble Conductor and/or the Music Department
PLEASE CHECK THE DAILY NOTICES-HIGH NOTES-SZAPP-MUSIC PARENT/GUARDIAN EMAIL FOR UPDATES/NOTIFICATIONS/CHANGES

- Students need to remember to schedule lessons at a different time to music ensemble rehearsals.
- ✓ An attendance rate of 80% per Semester (i.e. 2 absences per Semester only) is necessary to obtain Award Scheme Points.
- ✓ Music Pocket: Attendance of 5 full years is required. New Students in Yeas 8-11 will need to speak with the Music Department.

<sup>\*</sup>Guitar Ensemble (2 Sessions): Students who are unable to attend one of the rehearsals can join the alternate session.

<sup>\*\*\*</sup>Marching Band will commence from Term 4 in 2020. No rehearsals in Term 1 due to the 2020 European Music Tour. Rehearsals will commence in Term 4 in 2020. Compulsory attendance is required in Concert Band, Stage Band and selected Percussion Students (no piano students).



#### Athletics Update - Week 3

ES Marks sessions and 3 times per week training, Athletics training at its exciting best. In the absence of competition our athletes have greater opportunities to develop efficient and effective technique. This week saw the introduction of more specific to the event training. Over the next coming weeks, the sport time sessions at ES Marks will be geared towards their specific event(s). The outside of school sessions will be used for speed development & general conditioning. All sessions include trunk strengthening and body awareness drills/exercises.

## Trial events will be run during sport time in Week 10 as well as the school holidays.

Please be aware that the training schedule (Week 10 below) including the holiday sessions can be found on CANVAS. I made an error with the holiday schedule. All athletes will be attending the Saturday sessions. Apologies for any inconvenience.



We are back at ES Marks during sport time sessions

A reminder to email me <u>richk@sbhs.nsw.edu</u> & <u>Absences.Sport@sbhs.nsw.edu.au</u> by 9am on Friday if your son cannot attend a session.

#### Week 10

	Monday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday
Date	29/6	30/6	1/7	1/7	2/7	2/7	3/7
Time	3:15-5pm	3:15-5pm	1-3pm	3:15-5pm	1-3pm	3:15-5pm	7-9am
Location	MPW	MPW	ES Marks	MPW	ES Marks	MPW	Gymnasium
Athletes	15's 16's 17's & Opens	13's 14's	Year 10, 11 & 12	Year 8 & 9	Year 7, 8 & 9	Year 10, 11 & 12	Year 7 Athletes

Kurt Rich MIC Athletics





#### LASTING FRIENDSHIPS- HIGH SPIRIT-PASSION – RESPECT -TEAMWORK DISCIPLINE – INTEGRITY

### **High Spirit**

With the exam period over for the majority of the senior players, we returned to training on Friday. On a very cold morning, the boys arrived at Moore Park West and warmed up with the recently implemented *Activate* programme. We had still been prohibited from engaging in contact, so we spent the majority of the session doing fitness, practising various defensive drills and working on our offensive shapes. Throughout, we shared a few jokes and laughs; a few dropped balls and mishandles; but cohesively, we all displayed our potential and displayed many good plays.

We finished the session in our forwards and backs groups, each working on our different skills. It was a most welcome session back after exams. The training schedule will continue throughout the term and the holidays to prepare us for the season beginning in Term 3.

Joshua Zhang 12R







# Lasting friendships- high spirit- passion – respect -teamwork discipline – integrity $\underline{\text{High Spirit}}$

# Holiday Training for all Rugby Students Mckay 9.30am-11.30am Seniors Monday-Wed Fri both weeks Juniors Mon-Wed both weeks

#### **NOTES**

- We have donated boots available for those who are needing them.
- All training is done within NSW DoE restrictions and cleaning advice.
- Calendar of Events Below for the season.
- https://docs.google.com/spreadsheets/d/1BrXppUHIXJ8zoYV-MvFRATbRTAuAcr381X7lapkh3IE/edit?usp=sharing
- General communication is via the school website and at a team level via coaches and teams.
- Many parents like to use ZApp and TeamApp to play a more active roll in the rugby community and I
  would love to see more parents involved with this rewarding attribute of the school.

See you all soon!!
Matt Cotton
MIC Rugby





# SYDNEY BOYS HIGH SCHOOL

Applications for Years 8, 9 & 11 Close 24 July 2020



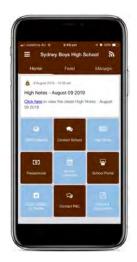
NURTURING SCHOLAR SPORTSMEN SINCE 1883

556 Cleveland St, Moore Park NSW 2021 www.sydneyboyshigh.com Ph: 9662 9300

# Stay up to date with SZapp

Download this App to be kept up to date with everything that is happening at **Sydney Boys High School**. It features School Calendar, School Newsletters, School Contacts, Documents, and Push Notification Alerts. Messages can be translated through the app into many different languages.

#### **Installation Instructions**





#### 1. DOWNLOAD SZAPP

Search the App Store / Play Store for **SZapp**. Download and install SZapp. **Install is Free**.











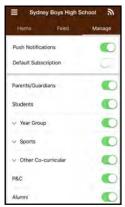






#### 2. FIND OUR SCHOOL

Select Region: Asia Pacific Sydney Boys High School





#### 3. REGISTER A USER

You will need to register a user with your email or sign in with Google or Facebook.





#### 4. MANAGE NOTIFICATIONS

Choose which group/s you would like to receive notifications from. Groups with arrows indicate that there are sub-groups which you can join.

#### 5. CHECK SETTINGS FOR APP NOTIFICATIONS

Check your phone settings to allow for push notifications from SZapp.

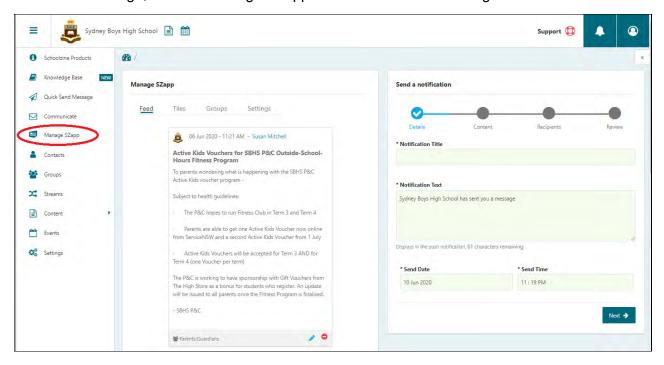
# Sending an App Notification via **SZ**app using the Control Centre web interface

With SZapp, sending notifications is simple and quick. Functionality is available to send from both the Control Centre web interface or via the SZapp mobile app. Below are the instructions to send from the SZapp using the **Control Centre web interface**. The same instructions also apply when sending a notification from the **SZapp** in the mobile phone app.

Go to <a href="https://www.schoolzineplus.com/">https://www.schoolzineplus.com/</a> and sign in using your SZapp username and password.

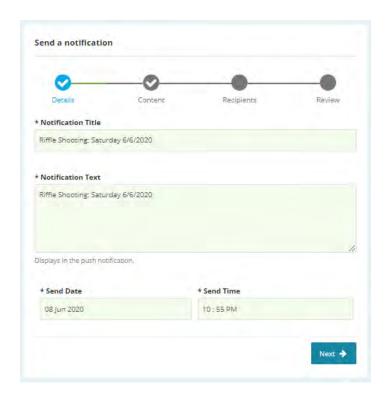


To send a message, click on "Manage SZapp" on the left-hand side navigation bar.



- In the 'Send a notification' panel:
  - (i) Enter the **Notification Title** you would like to apply to your message. This is the title that appears on the **feed** notification within the app.
  - (ii) Enter the Notification Text you would like to apply to your message. This is the message that is displayed in the push notification alert on the mobile phone. Keep this short. Quite often this will match the Notification Title.

**IMPORTANT TIP:** It is strongly recommended to have a standard format and also a prefix for all your messages. To encourage a consistent format across all

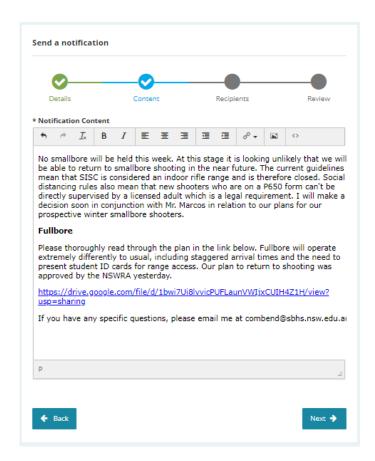


messages, the recommendation is to prefix the Notification Text with the activity name e.g. "Football: ". Parents can receive many different messages via the app so having a standard format will allow parents to quickly identify the relevant topic.

(iii) You can schedule the message to go out at a specified date/time by simply adjusting the **Send Date** and **Send Time** to schedule the message to be sent at a future time. Select **Next.** 

Note: If you would like to send the notification straight away, you do not need to adjust these fields. Scheduling is useful for sending reminders in the future or for example if the current time is after 9pm, it may be recommended to defer non-urgent messages to send the next morning instead.

- Populate the content of your notification using the content window, and applying basic text styling and formatting using the toolbar.
- If you copy the message from another source such as a Word document, email or web page and paste directly in the notification content, the original formatting will in generally be retained. However, if the formatting after pasting the message is not correct, then it may be better to copy the text message from Notepad instead so it doesn't carry across any formatting. Formatting can then be applied using the toolbar controls.



- To upload a PDF document from your computer hard drive, click on the Link button, then select "Link to Document". Then click on the document upload button and find the PDF document you want to upload. Finally update the text to display in the message that will link to this PDF.
- To insert a URL in the message, click on the Link
  button, select "Link to URL" and then paste
  the required link to the Page URL field. Add the text
  to display in the message that will link to this URL.

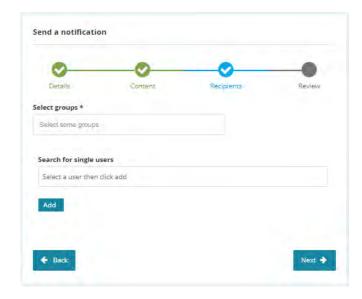
  Note: If you are inserting a Google Forms URL,
  please use the full URL starting with
  "https://docs.google" instead of the shortened URL.



To **add an image**, click on the Image button , then click on the document upload button image you want to insert into the message.

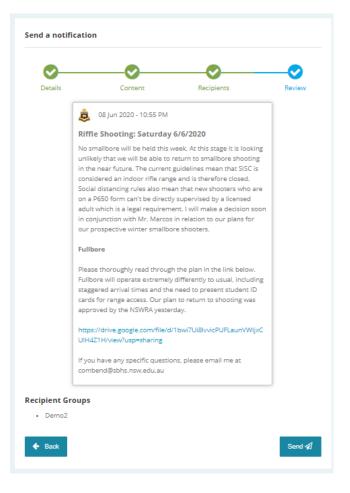
Note: it is also possible to link an image that you have previously uploaded into your Schoolzine account by using the icon with the magnifying glass button.

- Select **Next** when the message content is complete.
- Select one or more groups in the dropdown, or select All to send to all SZapp contacts, then select Next.
- If you wish to remove an already selected group then click on the [x] next to the selected group name.



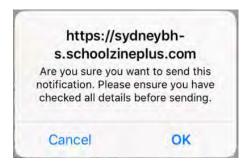
- From here, you can review your SZapp notification before you Send.
- Should you need to adjust any content, you can navigate Back at any time prior to sending.
- It is recommended you test any PDF or URL links in the message are OK before sending.

IMPORTANT: To do this, right-click on the link and open the link in a new tab or window. If you left click on the link (instead of RIGHT clicking on the link), you will lose the message you've drafted so far and may need to restart.



Daniel Johnsun – 11/06/2020

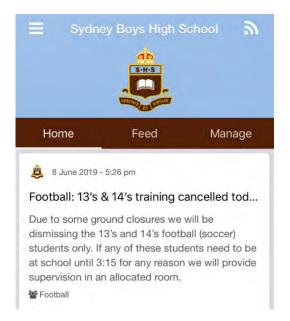
After selecting the Send button, the app will prompt for final confirmation before sending the notification
after the OK button is selected.



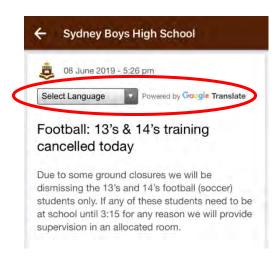
- If the notification is set to send immediately, then within a minute or so, the message will be pushed to recipients who have subscribed to the relevant group(s) targeted by the message.
- The pop-up message displayed on the recipients' mobile phones is the Notification Text that was entered in the initial step.
  - Note: The SZapp does not need to be running on the phone. Push notifications are enabled by default but can be disabled.



- The SZapp user can tap notification alert to open up SZapp and the last notification message is displayed in the Home page of the app.
- The notification message will also appear within the Feed tab along with other notifications previously received.



Touching on the notification message on the Home page of the app will display the full message contents of the notification. It is also possible to translate the message in over 80 languages with Google Translate. Click on the Google Translate drop down menu to select the language.



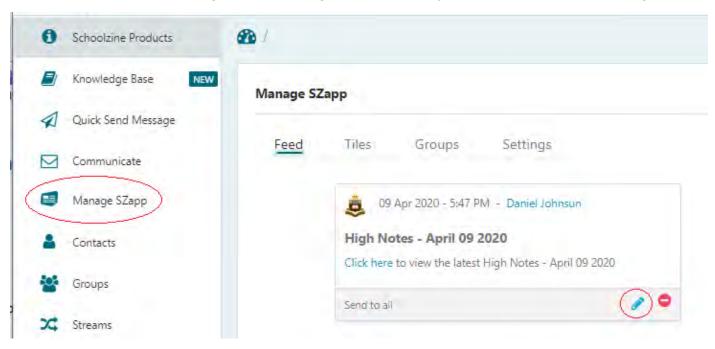


Daniel Johnsun – 11/06/2020

#### **Editing Message after it is sent**

It is possible to edit a message **after sending** should you wish to make any corrections. Any changes will be reflected immediately in the message feed within the app.

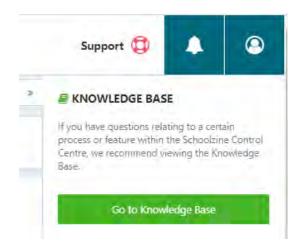
To edit a message, first find the relevant message in the Feed tab under "Manage SZapp". Then selecting the pencil icon on the bottom right of the message pane will allow you to edit and save the message.



You can also delete a message from the feed by clicking on the minus icon located next to the pencil icon. Note however that whether you are editing or deleting the message, it will <u>not</u> re-push a new notification text to SZapp users. It will only reflect on the latest message feed.

#### Have questions about posting messages?

There is an online knowledge base in the **Control Centre web interface** that can be accessed via the Support icon located on the top right of the web page. Clicking on this icon will provide you with the ability to access online live chat support as well as display email and telephone contacts for any support issues. There is no additional cost for raising any support queries.





#### SZapp Update for Sydney Boys High School – June 2020

#### Background

In the May 2019 P&C General Meeting, a business case for the adoption of SZapp mobile app was presented with the primary goal of improving school to parent communications. With the support of the school, the P&C passed the motion to fund the initial setup costs (\$299) and the first year annual fee (\$599) for SZapp school communications app. The P&C SZapp subcommittee then proceeded to rollout SZapp to the school trialling initially with Fencing and pushing the notification of the weekly High Notes. Subsequently after raising awareness of SZapp at the Sports Council and providing a numerous demonstrations to MICs of the various cocurriculars, the use of SZapp to push out messages was progressively rolled out more broadly across different school activities.

#### SZapp Subscriptions

As of June 2<sup>nd</sup>, there are 1,039 users who have installed SZapp having subscribed to Sydney Boys High. The chart below shows the growth of the number of user subscriptions since the initial launch in June 2019.



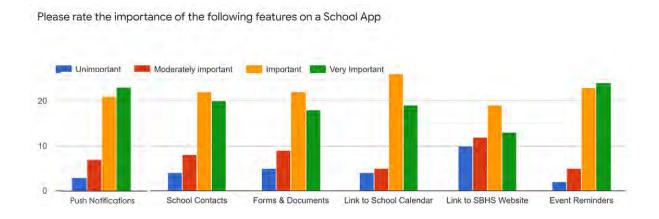
#### **Key Points to note:**

- Key driver for increasing SZapp adoption by parents is being able to receive targeted message content that is relevant for them.
- Term 4 2019 Gradual increase as rolled out to Rowing, Rifle Shooting and Tennis.
- End Nov 2019 a large uptick due to sign up of new parents at the Year 7 orientation. This continued to flow into Christmas and New Year holidays as the new Year 7 parents prepared for their son's entry to the school.
- Term 1 2020 Rollout to Music and Debating both of which involved large number of student participation saw a significant increase in subscribers during Feb 2020. Weights and Tennis also started publishing on a more regular basis starting from Term 1.
- End Term 1 2020 Suspension of co-curricular activities due to COVID-19 resulted in few messages being pushed out and in turn a slow down in new users.

#### SZapp User Survey

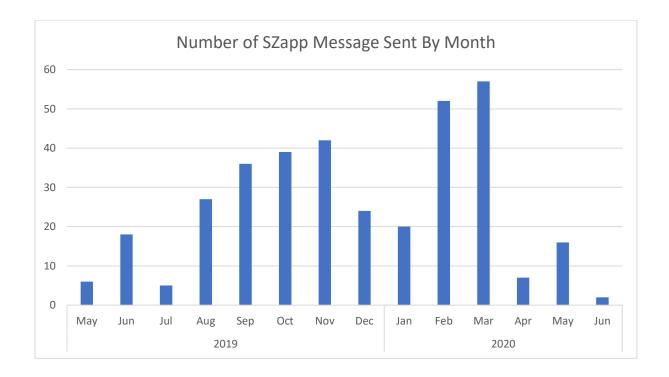
In September 2019, a survey was sent out to parents requesting feedback on SZapp. There was a total of 54 responses, 9 of which had not yet installed SZapp as they were not yet aware of the app. At the time there was approximately 300 SZapp users in total.

Some key results of the survey showed that push notifications and event reminders are were the most valued app features.



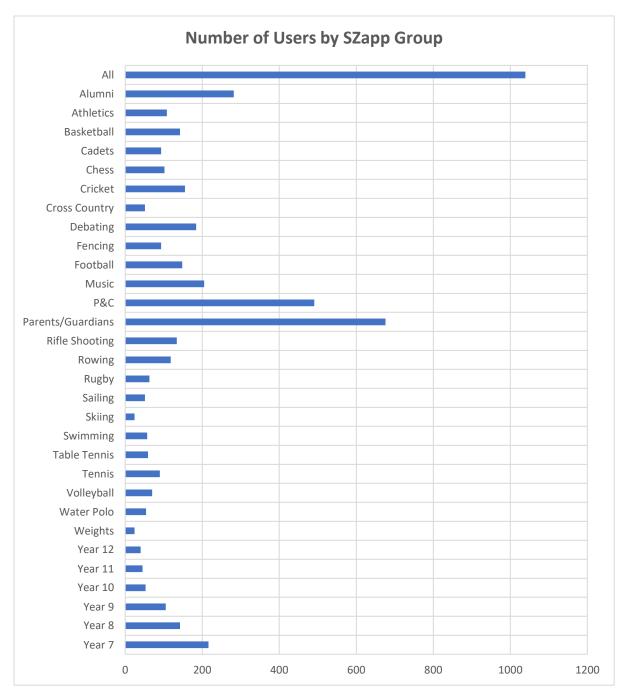
#### SZapp Message Notifications

In the chart below you can see that up until March 2020 after which school activities were suspended due to COVID-19, there is a very clear upward trend with the gradual increase in SZapp message notifications that are being sent out during the school months.



#### SZapp SBHS Groups

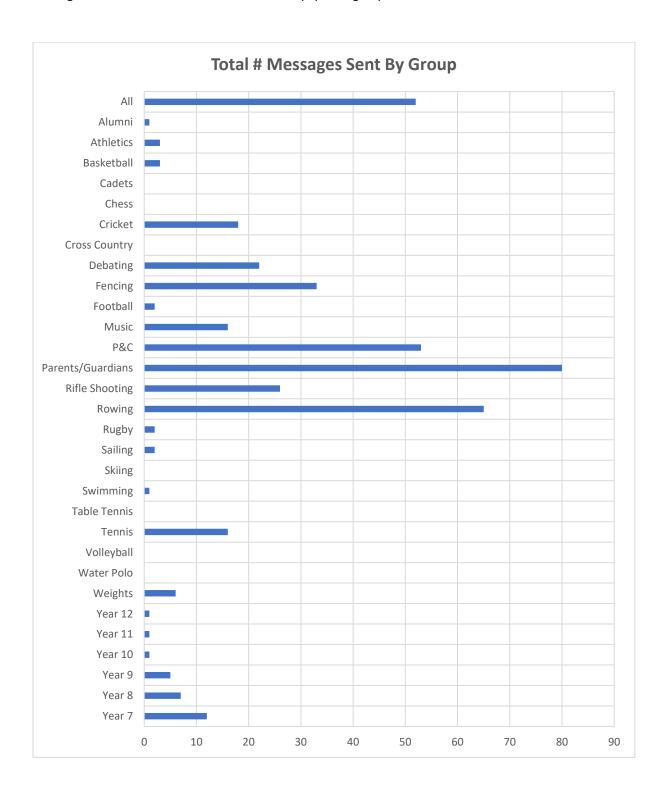
SZapp users are able select which groups or categories they wish to receive message notification for. The below charts show a break up both in the number of users that have subscribed in each group.



#### **Key Points to note:**

- There is a stronger adoption from parents in the junior years.
- Music currently use both email and SZapp. However the Music Department have indicated they will be transitioning all news and notification to SZapp at start of 2021.

The below chart shows how many messages have been sent in each group. The "All" category here represents messages that are sent to all users rather than any specific group.



#### Future Opportunities at SBHS with using SZapp

Aside from the already demonstrated benefits of improved parent communication, SZapp can provide significant other benefits such as reduced operational school costs and the potential to improve the efficiency of school administration work.

#### **Sending of Urgent Messages to Parents from School**

Especially given the current circumstances with COVID-19, there may be a need to urgently broadcast a message to parents. Email is generally less effective in reaching parents in a timely manner and this is where SZapp real-time push notifications to phones has most advantage.

#### Benefits:

- No cost to the sending of messages via SZapp as opposed to sending with SMS.
- There is little additional effort to sending an email. Simply copy & paste same email message into SZapp admin web portal and target the correct group(s).
- Better chance of reaching attention of parents in a timely manner than email.
- Issue of out-of-date parent email/phone contacts is not an issue given the opt-in model for receiving SZapp notifications.

#### Making physical forms more easily accessible online

Make various forms accessible as a downloadable PDF. For standard forms, this can be retrieved via the "Forms and Documents" section in SZapp or for one-off forms such as excursion forms or notifications, this can be sent as part of a message notification. Forms can then be downloaded by parents or students and printed at home if a completed hard-copy is required to be returned.

#### Benefits:

- School cost saving in printing costs.
- Easier access for various forms.
- Resolves issues of forms going missing or having to re-issue them.
- Environmental benefits

#### **Electronic Forms**

SZapp has the ability to create digital forms that allow for online input. This can also handle input of a signature that is captured and stored as an image. This can be suitable for standard forms such as:

- Absentee forms
- Change of address
- Update of contact details
- Parent permissions slips

A workflow can be configured such that a notification email is sent to a specific email address once the form is submitted.

#### Benefits:

- Reduces teacher and admin staff workload in terms of distributing, collecting, processing forms.
- More efficient data collection for completed forms. Can be exported to a spreadsheet or input to another database.
- Saving on printing and postage costs.

## JOIN OUR TEXT MESSAGING STUDY

We want to find out if the TEXTBITES program can help improve your health through support with physical activity, nutrition and wellbeing via text messages to your mobile phone

We invite you to participate if you are aged 13-18 years, above a healthy weight and own an active mobile phone

For more information please go to

www.textbitesstudy.com

OR contact us directly on

0412 961 432 OR email warc.textbites@sydney.edu.au

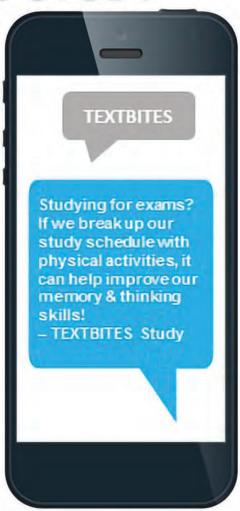
This research project has been approved by the Sydney Children's Hospital Network Human Research Ethics Committee (HREC/18/SCHN/374)













Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 C	29 Class test: 9MaP-P4	30 Class tests: 10MaA-P3, 10MaB-P3	1	2	3 LAST DAY TERM 2	4	5 Parking: Sydney Swans v Melbourne FC, 15:35
1 A	20 Staff Development Day Rifle: GPS Shoot, Hornsby	School resumes Years 7-12 Rifle: GPS Shoot, Hornsby PDHPE: 1600m Run, Y7 to Y10 Foundation meeting, 18:30-20:30	22 Rifle: GPS Shoot, Hornsby PDHPE: 1600m Run, Y7 to Y10 Room booking, 204, 205, The Great Hall, 16:30-20:30 HSC Assessment: SoR, The Great Hall, In Class Timed Response, Period 1	PDHPE: 1600m Run, Y7 to Y10 Cross Country: CHS, Eastern Creek HSC Assessment: Ancient History, In Class Timed Response, Period 1, Room 403		25 Football: Trial (tbc) Rugby: SAC v SHS Cross Country: TBC Volleyball: TBC Fencing: TBC	26
2 B	27 Library Amateur Chess Competition (all Years, Junior Library) The Great Hall: High Resolves, Year 8, Just society workshop Mufti day and bake Sale: COLA, lunch + recess (Boggabilla)	28 School Photos: Years 7-12 Library Amateur Chess Competition (all Years, Junior Library)	29 Winter Sports Photos, pl-3 Room booking, 204, 205, The Great Hall, 16:30-20:30	30 Australian Mathematics Competition, 09:35-11:00 Australian National Chemistry Quiz, 11:20-12:30	31  Debating, Public speaking, Fencing, Rifle Shooting, Volleyball Assembly (Years 8, 10, 12), Great Hall, 10:15-11:00  Debating: TSC v SHS	1 Athletics: GPS Athletics carnival	2
3 C	Beducation week Class tests: P1- 11Ma1, 11Ma2, 11MaP, 11 MaL, 11M22, P2- 11MaA, 11MaB, 11MaU, 11MaS, 11M21 Rugby: Committee Meeting, Staff Common Room, 18:00	v Eedy, lunchtime Afternoon PD: Great Hall,	Athletics: Regional Carnival, Sylvania Cyberia (Year 9), The Great Hall, 14:15-15:15 Room booking, 204, 205, The Great Hall, 16:30-20:30	Music: HSC Music composition recording, Room 201, all day Basketball: Committee AGM, 901, 19:00 The Great Hall: Summer Coach induction, 13:00-15:00 Vaccinations: Year 10 Meningococcal ACWY, room 801	Morning collection: Jeans for Genes, 07:30-09:00 Music: HSC Music composition recording, Room 201, all day Debating: SHS v SIC Music: HSC Music 1, 2 + Extension Rehearsals, The Great Hall	8 Football: SHS v TKS Rugby: SHS v TKS Cross Country: TBC Volleyball: TBC Music: HSC Music 1, 2 + Extension Rehearsals, The Great Hall Fencing: 07:30-13:00, COLA	9 Music: HSC Music 1, 2 + Extension Rehearsals, The Great Hall