



The Weekly Newsletter of Sydney Boys High School

From the Principal High Talent



The highlights of the AAGPS two-day carnival last weekend came in the Intermediate Division on Sunday, where Joshua Suto (10S) set AAGPS records in the 15 years long jump (6.62m) and the high jump (1.95m). He ran second in the 100m. Kane Shields (10R) won the U16 800m and placed second in the 1500m. Max Russell (9T) ran second in the U15 1500m championship. Justin Lee Nonis (11R) ran third in the U16 200m championship, with Caden Ma (10T) 3rd in the 110m hurdles. In the Junior Division, the U13 4 x 100m relay team placed second and Dylan Dutt ran 3rd in the U13 90m hurdles. In the senior division, despite strong running by Rhys Shariff (11S) and Thomas Brcic (11F), High boys were unplaced in the events. Personal best performance should be our collective goal and that is all that can be asked of anyone. I was proud of the boys I saw



competing on Saturday. I want to congratulate competitors in all events for their commitment to the cause and for the spirit they showed in representing themselves and their school in what is always a very high standard competition. Thank you to Mr Rich, Ms Luu and the coaches for the level of organisation, mentorship, enthusiasm and dedication to the athletics program, they delivered over the season. Congratulations to Avi Ahi (10E) on his selection in the A.W. Green Shield Junior cricket team.

Education Week – National Aboriginal & Torres Strait Islander Children's Day

During Education Week our focus is on how well we are preparing our students for the future. Tuesday 4 August is set aside to recognise and acknowledge ATSI children. The theme of the day this year is: 'We are the Elders of tomorrow, hear our voice'. The aim of the day is to hold celebratory events and to explore means of upholding the rights of ATSI children and improving the quality of their lives. The issue of how to create a national structure to honour



ATSI voice to inform legislation and regulation of aboriginal lives by governments is complicated. Options need to be canvassed in a bipartisan way in Canberra to make any progress towards an authentic voice for ATSI people in their own governance. Educated, aware ATSI children are the hope for the future of reconciliation and racial harmony in Australia.

HSC Trial Examinations

Our Trial HSC examinations take place next week, commencing with music and drama practicals on Monday. Encourage your sons to use the study day on Tuesday profitably, ahead of a hectic series of tests to follow, starting on Wednesday. The Trial examinations are quite high stakes, given that they comprise up to 30% of the final assessment mark in some courses. Students are advised to stick to a study routine involving changes of courses and rest breaks every 45-minutes. Our efficiency level drops off sharply after this length of time. It is important for students to get 8.25 hours of sleep each night to allow developing brains to process all the inputs of the day. It is important that every student meets his GPS sport obligations this week and next, during the Trials. Exercise helps us to process concepts and content, reduces anxiety and stress levels and re-energises us for the next round of study. I wish all Year 12 students the best of health and luck during their preparations and during the testing period to follow.

Full School Uniform Policy

In surveys, High students were proud of the fact that boys wear their school uniform. The staff expect boys to be in their appropriate uniforms at all times. In winter, there can be extreme weather events but where adjustments need to be made in clothing, the High Store has responded to the requests from the SRC to supply approved supplementary items. Uniform items are approved by the school community through the P & C. The school beanie and school scarf can be worn at all times as part of the official school uniform. Students feeling the cold should not improvise with random items of clothing of various colours and designs. It is permissible to wear white skivvies, underneath school shirts when it is really cold. Students are allowed to wear sports clothing on sports days (Wednesdays for Years 10-12 and Thursdays for Years 7-9) and can add the school tracksuit for warmth.



When it is raining, umbrellas, disposable ponchos or the new school wet weather jacket are authorised. Nonuniform anoraks, jackets, caps, beanies, scarfs and wet gear are not permitted under any weather circumstances. It is important not to wear sports uniform on days when sport is not scheduled. Given that the school has tried hard to be flexible and adaptable in its policy on school uniform, compliance is expected from students. Teachers are reminded to ask students to remove items of clothing that are not school uniform and warn them about the need to comply with the school dress code. Explain the options they have available. Put students on detention if they re-offend. If the student still does not comply with school uniform, report recidivist students to the relevant DP, for persistent disobedience in their failure to wear approved school attire.

Dr K A Jaggar Principal



NATIONAL WINNERS

WINNERS & GOLD

NSW-ozclo032	Senior	Sydney Girls High School
NSW-ozclo280	Senior	Sydney Boys High School
VIC-ozclo238	Junior	Melbourne Grammar
QLD-ozclo102	Senior	Brisbane State High School
NSW-ozclo343	Senior	Sydney Grammar School

In early March, our Year 11 team (Ryan Ong, Harry Wu, Nicholas Arvanitellis, Nathan Jones) and Year 10 team (Ming Lee, Jack Keating, Dean Nguyen, Mithilesh Lekhi) participated in the Australian Computational Linguistics Olympiad, also known as OzClo. We developed strategies and problem-solving techniques to decipher challenging foreign languages. Although partaking in the competition was at first daunting, we were inspired by Sydney Girls' success last year, and hoped to do equally well.

When results were announced, we were overjoyed to learn that our Year 11 team had made it to the national round! The national competition was even more challenging, consisting of 3 top teams from every state, vying for the chance to compete in the international round. Our team achieved an outstanding national placing of 2nd, missing out on 1st place to Sydney Girls. Due to Covid-19's restrictions on travel, this year's international Olympiad was cancelled, though we hope to participate again next year.

OzClo was an enjoyable experience and we are thankful for Ms Eggleton's support. By thinking outside the box, our team collaboratively found patterns and created strategies to learn unknown syntax and grammar. We have developed a better understanding of how different cultures observe their surrounding world, through style and nuances in language. We are now more aware of languages, which are the threads that weave the fabric of cultural identity.

Ryan Ong (11M



DEBATING

Last Friday was the start of the GPS Debating season and we were up against The Scots College, who were technically the hosts, though the round was conducted via Zoom. SBHS students did well with the challenging topics and the challenge of debating via Zoom.

This week we are hosting Riverview – face to face, which the boys are looking forward to.

Junior debates start prep at 5.45 pm and debate at 6.30pm. They should be finished by 7.30pm.

Year 10, Firsts, Seconds and Thirds start prep at 6.30pm and debate at 7.30pm. They will be finished by 9pm at the latest.

A reminder that due to COVID restrictions, parents are NOT allowed on site to watch the debates and you should collect your son from the carpark at the conclusion. Supper is not provided so you should ensure that your son has enough food to see him through to the end of the evening. Thank you for your assistance in this regard. Madeleine Rigby MIC Debating

The Inaugural SBHS Spirit Week



Last week, the Prefects hosted the inaugural Sydney Boys High School Spirit Week with the aim to instil a sense of school spirit in amongst the students. This event was held on the week of the AAGPS Athletics Championships to show school support for the athletes competing on the

weekend. Spirit Week featured a Year 7 House Dodgeball competition on Tuesday and Wednesday, a Tug of War competition on Wednesday and Thursday and High's Greatest Race on Friday. The week capped off with a War Cry led by Felix Cao, the Athletics Captain and Prefect.

The Year 7 House Dodgeball Competition was met with great enthusiasm from the Year 7s. There was a phenomenal turn out from Year 7s both participating and supporting their peers. Congratulations to Rubie for taking out 1st place of this competition and to Fairland for being runners up! The Rubie house banner is now hanging above the bear pit.



The Tug of War Competition saw many Seniors, forming teams of up to 7, to battle it out for the winning spot. We witnessed some intense rounds over the two days, but in the end, a team from Year 11 took out the competition as winners. Congratulations to everyone who competed!



At the end of the week, Mckay, Rubie, Saxby and Torrington were all neck and neck with their House Shield Points, although Eedy and Fairland can still easily make up the difference. At the end of Term 3, we will be awarding the House Shield to the House with the most points accumulated throughout this year.



We would like to thank Ms Millet for supervising the Year 7 House Dodgeball competition and thank the PE teachers for allowing us to use the Gym and lending us the Tug of War rope. Thank you to everyone who joined in or were on the sidelines supporting their peers throughout this week. **Steven Meng (12S)**



From the Canteen Support Your Canteen

Open daily from 8.30am, the Canteen raises substantial funds for school projects each year. This is possible only due to the prudent business model adopted by canteen managers Karen & Eirini as well as the generosity of our parent volunteers, who form the backbone of school canteen.

Each day, 3-4 parent volunteers are required to help prepare our extensive menu that includes soup, salad, hot and cold rolls, sushi, wraps, sandwiches, burger, rice and pasta. Parents also serve at canteen windows during recess & lunch. This greatly reduces our operating costs and allows canteen to revert all profits to P&C. Our extensive menu and reasonable prices can only be sustained due to the valuable contributions of the parent volunteers who so generously give their time.



If you have a few hours to spare each month, please ring **9662 9350** or email <u>canteen@sbhs.nsw.edu.au</u>. Many hands make light work. Full training will be provided and language is no barrier.

We would like to acknowledge the following volunteers last week:

- MON: Sunny Song, Winnie Chan, Mook Kooi Loo
- TUE: Letty Chan, Anne Chen, Hee you Choi
- WED: Jin Song, Rowena Dixon, Yogita Sawant
- THUR: Helen Xia
- FRI: Xi Chen, Vivian Yip, Roy Yunzhi

Orders Preferred

Thank you to the all students who have been placing



lunch and recess orders daily either in person or online.

There is still plenty of capacity for pre-orders and we strongly encourage more families to opt for this method. It will help reduce

food waste and streamline operations.

Collecting Lunch Orders

Please do not forget to pick up your orders. A number of students are failing to turn up. Any uncollected items will be sold. Refund will not be provided unless there is a valid reason.

Cashless Options



We also encourage students to use Student TAG to purchase items. This will minimise cash handling. Usha Arvind President Canteen Committee



Sydney Boys High School P & C Notice

General Meeting (Virtual) 6.30 – 8pm

Monday 10 August

Venue: Online Meeting

To Register:

https://us02web.zoom.us/meeting/register/tZwucO ytqDktHdVCkYGkHAQwV668JgH4Fb0A

Next P&C Meeting: Monday 14 Sepember 2020



Term 3 Music Performance Program

From Monday 10th of August (Week 4 of this term), we are planning to recommence the Music Performance Program in small stages:

*1-1 private instrumental lessons will be able to take place, onsite at Sydney Boys High School

*The following small ensembles will resume rehearsals onsite from Week 4:

- Guitar Ensemble (Monday 7.45am 8.45am & Monday 3.30pm 4.30pm, Room 202)
- Percussion Ensemble (Wednesday 3.20pm-4.20pm, Room 201)
- Senior Strings (Friday 7.45am-8.45am, Room 101]

Please note:

*This plan will be revised if COVID circumstances change approaching Week 4

Students should not be participating private instrumental lessons and/or ensembles when they are unwell and/or showing flu or cold symptoms (cough/shortness of breath/sore throat/fever/runny nose)

*Parents and Guardians will not be allowed on school site

*All other ensembles (choir/concert band/stage bands/orchestras) will be postponed until further notice

*Students are to bring their own musical instrument[s]/equipment/accessories (e.g. guitar picks/valve oil/mallets/drum sticks/guitar leads etc.) These will NOT be loaned and/or supplied by the Music Department

Music Performance Program – CANVAS

Attention Music Ensemble Students: If you are in the Music Ensembles Program and have not yet received a Music Performance Program Canvas invitation, please email the Music Department: <u>music@sbhs.nsw.edu.au</u>

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.

2020-2021 Parent/Guardian Music News and Future Notifications

All future music news and notifications will be transitioned to **SZapp** at the start of **2021**. There are currently 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 <u>music@sbhs.nsw.edu.au</u> 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

*Please note Option 2 – Emails will no longer be sent to parents/guardians from 2021. Please consider downloading SZapp as soon as possible.

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

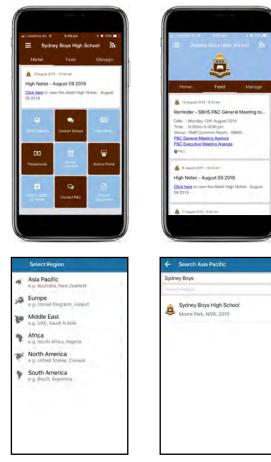
WEEK	DATE	TIME	EVENT	MUSIC STUDENTS INVOLVED
3C	Thurs 6 August	8.30am – 5.30pm	HSC Music 2 & Extension Composition Recording, Room 101 & 201 [All Day]	HSC Music 2 & Extension Students
4A	Mon 10 – Tues 11 August	9.00am – 4.00pm	HSC Music 1, 2 & Extension Trial Practical Examination, Great Hall (All Day)	HSC Music 1, 2 & Extension Students
5B	Wed 19 August	12.10pm – 2.10pm	HSC Music 2 Aural & Musicology Trial Exam, Room 201	HSC Music 2 Students
6C	Tues 25 August	9.00am – 10.30am	HSC Music 1 Aural Trial Exam, Room 201	HSC Music 1 Students
8B-9C	TBC	TBC	HSC Music 1, 2 & Extension Practical Exams, Great Hall	HSC Music 1, 2 & Extension Students

Term 3 Music Calendar

Stay up to date with **E SZ**app

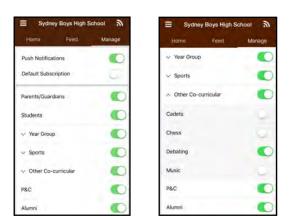
Download this App to be kept up to date with everything that is happening at **Sydney Boys High School**. It features School Calendar, School Newsletters, School Contacts, Documents, and Push Notification Alerts. Messages can be translated through the app into many different languages.

Installation Instructions



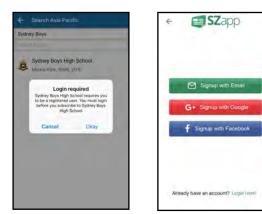
2. FIND OUR SCHOOL Select Region: Asia Pacific

Sydney Boys High School



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.



3. REGISTER A USER

1. DOWNLOAD SZAPP

Apple Devices

Android Devices

Search the App Store / Play Store for SZapp.

Download and install SZapp. Install is Free.

Available on the

App Store

Google play

ANDROID APP ON

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

Notifications SZapp	(*)	APP NOTIFICATIONS	
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Badges			
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Show Previews	Alweige (Delling)		
Notification Grouping	shohoonaalii		

5. CHECK SETTINGS FOR APP NOTIFICATIONS

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

For any further information see: http://www.schoolzineplus.com/app-fag



SYDNEY BOYS HIGH SCHOOL

The Phillip Day Memorial Scholarship Applications Close 27 November 2020



NURTURING SCHOLAR SPORTSMEN SINCE 1883 556 Cleveland St, Moore Park NSW 2021 www.sydneyboyshigh.com Ph: 9662 9300

SYDNEY BOYS HIGH STORE & CLOTHING POOL AUTUMN / WINTER PRICE LIST 2020

6-8 weeks delivery from date of order From		PE / HOUSE SPORT	PE Polo	\$40.50
				φ40.0U
-	\$295.00		Black Short with logo	\$40.50
			Sport Socks	\$9.90
Trousers - Junior, Dark Grey	\$79.00			
Trousers - Senior, Light Grey	\$79.00			
Grev College	\$55.00	TRACKSUITS (sold as	separates)	
				\$95.00
Black Leather	\$20.00		Microfibre Pant	\$65.00
Sky Blue & White, Short Sleeve with	Crest			
Sizes 10 - 14	\$28.00			
Sizes 16 - 22	\$30.00			
Sizes 24 - 28	\$32.00	ATHLETICS	Singlet	\$55.00
Sizes 24 - 28	\$34.00	CROSS COUNTRY	Тор	\$69.00
Sizes 24-26	\$100.00			
		FENCING	Top with SHS Logo	\$55.00
Sport Socks	\$9.90			
		FOOTBALL		\$65.00
				\$45.00
				\$40.00
			Socks	\$20.00
SRC	\$33.00			
		RUGBY	Jersey Fitted	\$85.00
SHS Cap	\$22.00			\$49.50
			Socks	\$20.00
Sports Bag	\$/1.50			* (0, 0 0
	45.50	VOLLEYBALL		\$68.00
				\$55.00
			Socks with SHS Colours	\$9.90
Visual Art Diary A4 120 page	\$9.90			
				#11 02
CHINOLOGY				\$33.00
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Calculator	\$40.00			
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	Sky Blue & White, Short Sleeve with Sizes 10 - 14 Sizes 16 - 22 Sizes 24 - 28	Black Leather \$20.00 Sky Blue & White, Short Sleeve with Crest Sizes 10 - 14 Sizes 16 - 22 \$30.00 Sizes 24 - 28 \$32.00 Sky Blue & White, Long Sleeve with Crest Sizes 10 - 14 Sizes 10 - 14 \$30.00 Sizes 10 - 14 \$30.00 Sizes 10 - 14 \$30.00 Sizes 16 - 22 \$32.00 Up to Size 14 \$96.00 Sizes 24 - 28 \$34.00 Up to Size 14 \$96.00 Sizes 24-26 \$100.00 Anklet SHS Colours \$9.90 Knee High SHS Colours \$15.00 Sport Socks \$9.90 Junior \$28.50 Senior \$31.50 Prefect \$27.50 Old Boys \$27.50 SRC \$33.00 HIGH Beanie \$22.00 Hav-a-Sak \$33.00 Sports Bag \$71.50 Progressor 2B Pencil \$5.50 Progressor 4B Pencil \$5.50 Visual Art Diary A3 \$11.00 Visual Art Diary A4 120 page	Black Leather \$20.00 Sky Blue & White, Short Sleeve with Crest Sizes 10 - 14 Sizes 16 - 22 \$30.00 Sizes 24 - 28 \$32.00 ATHLETICS Sizes 10 - 14 Sizes 10 - 14 \$30.00 Sizes 10 - 14 \$30.00 Sizes 10 - 14 \$30.00 Sizes 10 - 22 \$32.00 Sizes 10 - 22 \$32.00 Sizes 10 - 22 \$32.00 Sizes 16 - 22 \$98.00 Sizes 24 - 26 \$100.00 FENCING FENCING Anklet SHS Colours \$9.90 Knee High SHS Colours \$15.00 Sport Socks \$9.90 Frefect \$27.50 Old Boys \$27.50 SRC \$33.00 Sport Sag \$71.50 HIGH Beanie \$27.50 SRC \$33.00 Sports Bag \$71.50 Progressor 2B Pencil </td <td>Black LeatherS20.00Microfibre JacketBlack Leather\$20.00Microfibre PantSky Blue & White, Short Sleeve with CrestSizes 10 - 14\$28.00Sizes 10 - 22\$30.00Sizes 16 - 22Sky Blue & White, Long Sleeve with CrestSizes 10 - 14Sizes 10 - 14\$30.00Sizes 16 - 22Sizes 16 - 22\$32.00Sizes 16 - 22Sizes 16 - 22\$98.00Sizes 24 - 26FENCINGTop with SHS LogoFENCINGSizes 16 - 22\$98.00Sizes 24 - 26Sizes 16 - 22\$98.00Sizes 24 - 26Sizes 16 - 22\$98.00Sizes 24 - 26Sizes 16 - 22\$98.00Sizes 16 - 27Sizes 16 - 22\$27.50SocksJunior\$28.50Short Matching DesignSenior\$31.50IsC Training TopPrefect\$27.50SocksSRC\$33.00SocksHIGH Beanie\$27.50Socks<t< td=""></t<></td>	Black LeatherS20.00Microfibre JacketBlack Leather\$20.00Microfibre PantSky Blue & White, Short Sleeve with CrestSizes 10 - 14\$28.00Sizes 10 - 22\$30.00Sizes 16 - 22Sky Blue & White, Long Sleeve with CrestSizes 10 - 14Sizes 10 - 14\$30.00Sizes 16 - 22Sizes 16 - 22\$32.00Sizes 16 - 22Sizes 16 - 22\$98.00Sizes 24 - 26FENCINGTop with SHS LogoFENCINGSizes 16 - 22\$98.00Sizes 24 - 26Sizes 16 - 22\$98.00Sizes 24 - 26Sizes 16 - 22\$98.00Sizes 24 - 26Sizes 16 - 22\$98.00Sizes 16 - 27Sizes 16 - 22\$27.50SocksJunior\$28.50Short Matching DesignSenior\$31.50IsC Training TopPrefect\$27.50SocksSRC\$33.00SocksHIGH Beanie\$27.50Socks <t< td=""></t<>

SYDNEY BOYS HIGH STORE & CLOTHING POOL AUTUMN / WINTER PRICE LIST 2020

RESTED MEMORABILIA

Bridge Scorer	\$11.00	Mug (boxed)	\$25.00
Car Number Plate Cover	\$39.95	Pen (red wood in leather box)	\$33.00
Car Sticker	\$4.50	Pencil Case	\$12.50
Coaster Wooden (box of 4)	\$27.50	Spoon	\$5.50
Cufflinks (stainless steel) - new	\$66.00	Sticker	\$1.10
Drink Bottle (stainless steel)	\$20.00	USB (wood)	\$16.50
Letter Opener	\$6.50	Wine Glasses (set of two)	\$44.00

OLD BOYS MEMORABILIA

\$27.50 \$40.00 \$77.00 \$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					
BADGE	S					
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 \$2.75					
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

Breakfast						
Broakfast		Lunch and Rece	SS			
Broakfast						
Dicaniasi		Items	Hot Food			
		*So you don't miss out on what you wa		ke sure		
Cheese Toast	\$1.80	you ORDER it before s	Chicken Fingers	\$2.00		
Cheese & Tomato Toast	\$2.00		Chicken & Corn Roll	\$2.00		
Ham & Cheese Toast	\$2.20				Chicken Burger	\$4.50
Cheese/spinach/tomato	* 0.00					
toast	\$2.20	Sandwiches / Wraps / Rolls		Rolls	Chicken Mayo Roll (hot)	\$4.00
Ham & Egg Muffin	\$3.20	Buttered Roll		\$1.50	Chicken Mayo Sandwich (hot)	\$3.20
Hot Chocolate (Term 3 only)	\$1.00	Cheese & Tomato (v)	\$2.00	\$2.60	Chicken Schnitzel Roll	\$4.00
		Cheese & Salad (v)	\$3.00	\$3.60	Focaccia - chicken/avo/cheese	\$3.50
		Chielen & Calaslau	¢4.00	¢4.(0	Focaccia -	¢0 50
		Chicken & Coleslaw	\$4.00	\$4.60	chicken/mayo/cheese	\$3.50
		Chicken & Lettuce	\$4.00	\$4.60	Garlic Bread (v)	\$2.00
Fruit / Snacks		Chicken & Salad	\$4.00	\$4.60	Japanese/teriyaki don, noodlesetc	\$5.00
	¢0.00		\$4.00			
Fruit - apple/orange/banana Fruit Salad	\$0.80 \$3.00	Curried Egg & Lettuce (v)		\$3.60 \$4.00	Lasagne/Macaroni Cheese	\$3.50 \$2.80
		Dagwood Roll	¢2.00		Noodles In A Cup	
Banana Bread	\$2.20	Egg & Lettuce (v)	\$3.00	\$3.60	Pasta - homemade small	\$4.00
accented analysis at various		Egg & Salad (v)	\$3.00	\$3.60	Pasta - homemade large	\$5.00
assorted snacks at various		Ham & Tomato	\$3.40	\$4.00	Pide - sausage, chicken/mushroom	\$2.50
prices		Ham & Salad	\$3.40	\$4.60	Pide - spinach/cheese (v)	\$2.50
					Plue - spinach/cheese (V)	\$2.30
Drinko		Roast Beef & Tomato	\$3.40	\$4.00	Dia maat (aquaa, 20a) Carlala	¢4.00
Drinks	¢1.00	Roast Beef & Mustard & Lettuce	\$3.40	\$4.00	Pie - meat (sauce+20c)Garlo's	\$4.00
300ml Plain Milk	\$1.20	Roast Beef & Salad	\$4.00	\$4.60	Mexi Wrap	\$4.20
300ml Flavoured Milk	\$2.20	Salad (v)	\$2.80	\$3.40	Pie - potato	\$4.50
600ml Plain Milk	\$2.00	Salmon (red) & Salad	\$4.00	\$4.60	Pizza Wrap	\$4.00
500ml Flavoured Milk	\$3.00	Vegemite	\$1.20	\$1.50	Rice Box - homemade	\$4.00
Up & Go	\$2.00	Turkey cranberry & lettuce	\$3.80	\$4.40	Sausage Roll	\$3.00
Water - Spring	\$1.50	Wraps	\$3.80		Spinach Ricotta Roll (v)	\$3.00
Water - Pump	\$3.00	sushi (homemade)M T W	\$3.00		Steak & onion roll	\$4.00
Juice Bomb	\$2.50	Sushi (Thur Fri)	\$3.80		Sweet Chilli Chicken Wrap	\$4.20
Appletiser	\$2.50	Vietnamese Rolls	\$3.80		Traveller Pies	\$3.80
Juice	\$2.50				Falafel Wrap	\$4.20
LA Ice	\$2.50					
Cans Diet Coke	\$3.00					
Chill Aloe Vera	\$3.50				Miscellaneous	
Chill Iced Tea	\$3.50	Salad Boxes (meat or egg)	\$6.00		Tissues	\$0.60
Waterford	\$2.50	Salad Box (plain)	\$5.00		Spoons / Forks	\$0.05
					(supplied free with meal	
					purchase)	
Special Orders					Seasonal Foods	
# If you have specific dietary					**NB Not all food items are avail	
your favourite sandwich is no menu - all you have to do is					the time. For example, home styl boxes - pasta, rice, salads, soup	
may be able to make it for yo					all seasonal. Please check wit	
sure you order before sch					canteen before you order	
-						
		2020 PRICE	LIST			
8.30) to 9.00) am *Breakfast is available	* Time to	place	lunch orders	_
		RE RETURNED TO THE SCHOOL FOR THE BE				

PHYSIOTHERAPIST SERVICE FOR SYDNEY HIGH ATHLETES

School Physio

SBHS Gym Gallery outside Room 901 School Term Mondays 7am-9am Free of charge

No need for an appointment Priority given to 1st and 2nd Grade Athletes

August/September 2020

07-08-2020

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 A	Music: HSC Music 1, 2 + Extension Performance Trial Examination, The Great Hall Drama: HSC Trial, 15:30-16:30 P+C Executive Meeting, Staff Common Room, 17:30 P+C Meeting, Staff Common Room, 18:30 PDHPE: 1600m Run, Y7 to Y10	Trial Examination, The Great Hall Basketball: Year 7 House Competition, McKay v Saxby, lunchtime	Winter sport Reports to be submitted to W drive winter sport record reports PDHPE: 1600m Run, Y7 to Y10 Room booking, Jnr Library, room 302, 16:30-20:30 Rowing: Committee Meeting, zoom, 19:00	13 Sports Council Meeting, Board Room, 07:30 Trial HSC Mock Trial, Tempe High School, 09:15-13:30 (tbc) Excursion: Latin, Year 9 Reading and Art competition, 19:00-21:00, SGHS PDHPE: 1600m Run, Y7 to Y10 Parking: Roosters v Storm, 19:50	14 Trial HSC Debating: SHS v NC PDHPE: 1600m Run, Y7 to Y10	15 Football: SHS v TSC Rugby: SHS v TSC Cross Country: TBC Volleyball: TBC Fencing: 07:30-13:00, COLA	16
5 B	17 Trial HSC Sports Selections open for Summer	18 Trial HSC ICAS Science Competition, online Basketball: Year 7 House Competition, Eedy v Rubie, lunchtime Foundation meeting, 18:30-20:30	19 Trial HSC Music: Meet the music, City Recital Hall, 19:00-21:00 (elective music students 9-12) Room booking, Jnr Library, room 302, 16:30-20:30	20 Trial HSC Australian Informatics Olympiad, selected students Years 10-12 (tbc)	21 Morning collection: Daffodil Day, 07:30-09:00 Trial HSC Class test: 9MaP-P1 Debating: SHS v Shore Sports Selections close for Summer	22 Football: SHS v Shore Rugby: Shore v SHS Cross Country: TBC Volleyball: TBC Fencing: 07:30-13:00, COLA	23
6 C	24 Trial HSC Class tests: 10YHs-P2, 10ZHs-P4 Debating: PDC Round 1, SHS v FSHS, 09:00-12:00 (tbc) Music: HSC Music 1, 2 + Extension Completion Submission Date (tbc) Water Polo: SE trials	25 Trial HSC Basketball: Year 7 House Competition, Saxby v Fairland, lunchtime	26 Trial HSC Elevate, Year 7, Junior Time Management, P1, normal classrooms Room booking, Jnr Library, room 302, 16:30-20:30	27 Trial HSC	28 *** Trial HSC HSC Drama Practical examination, Room 204, 08:30-09:45 Morning collection: Daffodil Day, 07:30-09:00 Assembly: Wear it Purple Day, The Great Hall, 10:15-11:00 (9, 10, 11) Wear it Purple Day: Activities on the basketball courts at lunch time	29 Excursion: Year 8 Classics camp, Elanora Heights Football: SHS v NC Rugby: SHS v TAS Cross Country: TBC Volleyball: TBC Fencing: 07:30-13:00, COLA	30 Tournament of minds Excursion: Year 8 Classics camp, Elanora Heights
7 A	31 Photos Representatives (GPS, CHS etc), all Music Groups)	1 Excursion: Year 11 Biology, Narrabeen platform (tbc) Basketball: Year 7 House Competition, Rubie v Torrington, lunchtime	2 Room booking, Jnr Library, room 302, 16:30-20:30	3 Year 11 Meeting, The Great Hall, 09:55-10:20	4 Morning collection: Legacy Day Year 12 Meeting re References, Great Hall, Period 3 Debating: SHS v SGS, The Great Hall	5 The Great Hall: room booking, 07:30-15:30 Football: SIC v SHS Rugby: SIC v SHS Cross Country: TBC Volleyball: TBC Fencing: 07:30-13:00, COLA	6 Fathers' Day