



From the Principal

High Talent

Congratulations to Kenny Chen (9F) who achieved a perfect score in the National Latin Examination – a competition in the USA with around 100,000 participants worldwide. This is a rare and impressive achievement.

Science Demountable Project

On the last day of last term, we were informed of our success in attracting funding for our science lab demountable project. The idea is to have a laboratory for senior science students positioned adjacent to Killip Wing near the Cutler Gates. Science courses need practical demonstrations and experiments. In our school in Year 11 there are 15 science classes and in Year 12, 12 classes. We only have seven laboratories. An extra laboratory for senior classes will materially affect the possible exposure of senior school students to laboratory experiences. Our contribution to the project, to be managed by School Infrastructure NSW is \$200k. The cost of the project may exceed \$350,000. Funding this project will be the primary focus of our tax time appeal for May and June. Make your tax-deductible contribution before June 30 to www.shsfoundation.org.au

Caught Doing the Right Thing

I was pleased to receive the following email from a commuter this week. "This morning I travelled on the Sydney Metro. It was standing room only. I'm a 59-year-old, reasonably fit male, yet one of your boy students immediately stood up and offered me his seat. I was taken aback. I told him I was fine and thanked him for his courtesy. I don't know his name, but he appeared to be a Year 7 boy from the Hills area. I wanted to send this as a note of commendation for your school and the boy's parents. If you can identify him please pass on my compliments, if not, congratulations on raising the right kind of people". To the student concerned, well done! Your behaviour on public transport was exemplary. It should inspire others to do the right thing when no one from the school is watching.

ANZAC Day Assembly

Last Friday we held our annual ANZAC Day assembly. My speech is reprinted below:



'Distinguished guests
Colonel Warwick
Young OAM – NSW
Australian Army
Cadets, Lieutenant-
Colonel (retired) Frank
Brown, Vice-President

Maroubra RSL Sub-Branch, John Unicomb
Vice-President Paddington-Woolahra RSL
Sub-Branch, Old Boys – Commander Andrew
Dale RFD RANR, Captain Andrew Pham, Ian
Devereux, John Frith, Viv Littlewood and Alf
Tremain - staff and students - welcome to our
Anzac Day Assembly.

It is timely this year that we can hold our assembly so close to the actual Anzac Day on April 25th to be able to commemorate our important national day. This year will mark the end of the so-called 'longest war' in Afghanistan. We need to honour the sacrifice of 41 deaths in combat among our service personnel during this conflict. More disturbingly, more than 400 veterans have died by suicide since the war began, while trying to re-integrate into civilian life. We hope the Royal Commission will lead to more effective support practices for veterans on their return home from active service in the future. On this occasion, I like to draw the attention of the School to some of the current theatres in which our service personnel are engaged. There are 600 assigned to Operation Accordian in the Middle East. They provide communications and command and control functions in support of our personnel in Operation Okra (110 in Middle East and Iraq) and Operation Highroad in Afghanistan, 80). On Anzac Day we extend our thanks and appreciation to service personnel deployed overseas, away from their families, who help keep Australia safe by assisting with regional and international peacekeeping efforts. Australia has been involved in many wars, but since the end of World War 2 our total deaths in war, in Vietnam, Korea, the Gulf War and Afghanistan – were less than on a single day in October 1917 at Broodseinde Ridge during the Third Battle for Ypres, when 1,279 Australian lives were lost.

Anzac Day is a time for us to remember those who served across the generations and in the many theatres of conflict. We acknowledge them and thank them for their service as we honour those who made the supreme sacrifice in dying for their country. This morning I am going to revisit the Pacific War when Australia was threatened very directly and seriously by the Japanese air force, navy and army. After the Battle of Midway in June 1942, the American commanders started to plan an offensive against Japan. The question was via which route – the north Pacific with Admiral Nimitz and the navy 'atoll hopping' or the south west Pacific with General Macarthur and the army, 'island hopping'. The compromise decision was to take the southern route but to divide it into zones. The navy was given Guadalcanal Island to take.

The Japanese saw Guadalcanal as the southern anchor of their defensive line of islands and resolved to defend it. They sent reinforcements as soon as the US marines had made a successful landing on the island on August 7. There were five naval battles fought in the campaign to deny supply to the Japanese defenders or American attackers on Guadalcanal. Fighting was bloody and at close quarters. It wasn't until February 1943 that Japanese resistance on the island ceased.

Meanwhile, since July 1942 the Japanese had been pushing forward in New Guinea towards Port Moresby from the north, having had their southern invasion force turned back at the Battle of the Coral Sea, in May. Despite winning that battle in a technical assets lost or destroyed sense, the Japanese were left with insufficient aeroplanes to support an invasion of Port Moresby.

The Japanese invasion from the north was stopped by the second Australian Imperial Force in the Owen Stanley Ranges. The Japanese retreated to their landing bases at Buna and Gona. The Australian offensive back along the Kokoda Trail proved very difficult and deadly as the terrain favoured defenders, even while retreating. In some of the most savage fighting of the war both Gona and Buna were captured by a US-Australian force. Most of the 2,850 deaths from those battles were Australian. Ironically, the Australian army did not adopt a doctrine for jungle warfare until 1943 when our major campaign was over. Our young men were trained 'on the job' along the Kokoda Trail.

On Anzac Day, we take time out to understand more about our military history and to honour those who died for our country in all wars. We pay our respects to those who died fighting us and never returned to their families. They suffered in a similar way to our families who were forever changed by war. Please pay your part on our

national day of remembrance by attending a service, watching the march, going to your local memorial to see who served and died in your suburb or just by reading or viewing material about the ANZAC tradition'.

Dr K A Jaggar
Principal

SHS Cadet Unit 2021



Each year on the 25th of April, we commemorate the lives of the Australians who had given their lives to protect our country. We honour the fallen through ceremonies in remembrance of their sacrifices in the hopes that we can repay them. We wear the medals, not to show valour in battle, but to honour those who died and pay respects to them by carrying on what their sacrifices accomplished. In the early hours of the morning, Sydney High School Cadet Unit posted a catafalque party at the ANZAC Obelisk during a dawn service for the 106th ANZAC Day. The catafalque party was led by CUO Gilbert Win and performed flawlessly with little time to learn the procedure before the actual event. The wreath was laid by Sophie Jin CDTCP and Shaleeta Xia on behalf of the Sydney High School at the Obelisk in Moore Park. A big thank you to the cadet staff – Rachel Fong, Ronald Luo, David Smith, Harvey Luo, Andy Li and Meredith Thomas for attending the dawn service and taking us through our procedure as part of the catafalque party. The speakers told us their experiences of the horrors of war, the sun broke through the horizon as the national anthem rang out. The catafalque party was then dismantled and as we departed from the obelisk. As the sun rose that ANZAC Day the words of the Ode stuck with me, "At the going down of the sun and in the morning, we will remember them. "Lest We Forget."





Nathan Cox
Platoon Sergeant



A new oven has been installed in our school canteen! We would like to thank the school for the purchase and installation of the new appliance. We are now able to cook more food for our hungry customers!

We are trialling new dishes and would love some feedback from our

students and teachers. Please drop by the Canteen to let us know what you think about the special items or suggest new dishes (healthier options please 😊). Some dishes that we have offered recently include Teriyaki tofu, Red lentil & tofu dahl, and Grilled salmon fillet with ginger, chilli and soy sauce served with rice.

Lunch orders

We encourage students to place their lunch orders between 8:30am and 9:00am in person or online, to help reduce food wastage and decrease waiting times at

Lunch and Recess. Please remember show your Student ID when picking up orders as it is often quite difficult to hear a student's name over the background noise.

If students are unable to pick up their lunch order, please notify the Canteen ahead of time so that they can get a refund and we can minimise wastage. Any uncollected items will be sold, and unfortunately, refunds will not be provided unless there is a valid reason.

Volunteer

If you have a few hours to spare on a regular or ad hoc basis, please consider joining our team of volunteers. We are extremely flexible and will gratefully accept any time you can donate to the canteen and the students. Full training is provided. Please complete the [Canteen Volunteer Registration](#) form, or send an email to canteen@sbhs.nsw.edu.au, or call us on 9662-9350.



We would like to thank the following parents for volunteering in the Canteen in the last two weeks of Term 1 and the first two weeks of Term 2:

24-Mar	Alicia Moe, Anne Hopkins, Michelle Feng
25-Mar	Amy Xia, Binh Johnsun, Chamila Jayawardhana, Renee levitt, Sophia Xue, Sunny Song
26-Mar	Alicia Moe, Binh Johnsun, Clara Qiao, Nicole Ma, Wei Gao, Xuemei Du
29-Mar	Haqing Liu, Jenny, Na Li, Yan Liu
30-Mar	Carol Han Huaping Xu, Xuemei Du
31-Mar	Alice Wei, Heidi Yuen, Xiaoyan Xu
1-Apr	Cecilia Chan, Heidi Yuen, Helena He, Letty Chan, Min Lin, Rosaline Perry, Wei Gao
20-Apr	Cecilia Chan, Michelle Danyan Wang
21-Apr	Chunmei (Juliet) Zhu, Jessica Pu, Likang Wang
22-Apr	Amy Xia, Sunny Song
23-Apr	Clara Qiao, Diana Phuong Anh Duy Chan, Nicole Ma
27-Apr	Cathy Fang, Kim Jikai Xie, Selvy Wijaya

Also, thank you very much to our dedicated Prefects and SRC students for helping out at the Canteen. We would not be able to cope without them and greatly appreciate their assistance.

Tania Kirkland

President Canteen Committee



Sydney Boys High School Athletics Carnival ES Marks 26th April

It was great to have the school athletics carnival back after having to cancel it last year. Many boys participated with great effort and thank you to the teachers who did a great job facilitating this wonderful day.

Congratulations to the winning house Eddy.

A special congratulations to the following boys who were age champions:

12's Max Gao 7R

13's Athithan Mayuran 7F

14's Aiden Lee 9R

15's Ryan Yu 9T

16's Xavier Nath 10E

Open's Thomas Brcic 12F

Full results are available on the school website <https://www.sydneyboyshigh.com/documents/carnivals/2021/ath/index.htm> participation data is being entered and should be done by the end of the week. Award scheme points will be allocated to students who participated in 3 events (3 track or 2 track 1 field) or more.

Zone Team selections will be made in the coming weeks. The Zone Athletics Carnival scheduled to be held on June 8th.



Kurt Rich
MIC Athletics





1.00 - 3.00 pm
Monday 10th May 2021
Ms Dam & Mr Prorellis

CHS Selection Trials

This year, the Cross-Country event will involve ALL Year 7 & Year 8 students. The carnival will be held at Centennial Park, McKay Oval & fields on **Monday 10th May**.

Parents:	Your son will be dismissed earlier than usual on <i>Monday, 10th May 2021</i>			
	1.30 pm	14 years	4 km	2 Loops
	2.00 pm	13 years	2 km	1 Loops
	2.20 pm	12 years	2 km	1 Loops

Instructions:	<ul style="list-style-type: none">• All students should bring a water bottle with them to the event.• Runners should eat their lunch at the first break, so not to get sick while competing in the race.• On the day of the carnival, Year 7 & 8 students are to wear either PE gear or sportswear for the day.• Students are to attend regular classes for periods 1 - 3. Students leave for Centennial Park at the start of Period 4 for the Cross-Country CHS Trials.• Students are to cross the road at the lights only.• Roll Call classes will be marked at Centennial Park, by your Year Advisers.• All students will have a pre-racecourse walk to familiarise themselves with the course.• Stay in supervised viewing area and watch the other years until your race is called.• When your race is called go to the starting area.• If you are in the first 15 places your position will be recorded.
---------------	--

Rules:	<ul style="list-style-type: none">• All Year 7 & 8 students attend and must compete <u>unless you have a doctor's medical certificate for illness.</u>• Students with a medical certificate must hand it in to Ms Dam by 9am on Friday morning.• You must run in shoes.• Stay on the course and follow directions from course marshals.• Spectators must stay within the viewing area and are not permitted on the course.• Winning house determined by the lowest total of the first ten runners to finish.• To qualify for the Award Scheme points, you must compete & finish the race.• Top ten runners will comprise the provisional school team to compete at the zone Carnival.• Only the first 15 places will be recorded.• Cross Country Champions will be selected from this event.• Any MIC ruling is final.
Additional Info:	<ul style="list-style-type: none">➤ The School Cross Country is the first qualifying event within the CHS Competition.➤ The first 10 runners for each age division will make up the school team for the Eastern Suburbs Zone Carnival.➤ The first 10 runners at the Zone Carnival will compete at the Sydney East Regional Carnival and the first 10 runners from Regional Carnival go on to the NSW All Schools Carnival.



Annual Music Camp

Forms and payment are due on Wednesday 5th May (Term 2 Week 3). All students in SBHS Music Ensembles from Years 7-12 will be attending a 3-day Music Camp from Tuesday 15th June – Thursday 17th June (Term 2 Week 9) @ The Tops Conference Centre (51 Bendena Gardens, Stanwell Tops NSW 2508). There will also be a Music Camp Concert on Thursday 17th June, 6.30pm in the Great Hall.

Students have been informed about Music Camp in Term 1 and have been asked to pick up a Music Camp Letter located outside the Music Department and/or download a copy via the Music Performance Program Canvas page. Please note:

*Mandatory attendance is required for all students in the Music Ensembles Program (Years 7 -12)

*Consent/Medical/Dietary forms including payment due on Wednesday 5th May (Term 2 Week 3). Please submit forms to the school's main office (and not to the music department). Payment can be made online and/or via the school's main office.

Parent/Guardian/Student Communication

Parents and Guardians: Please download **SZapp** from the Apple App Store or Google Play and subscribe to 'MUSIC.' Installation guide can be found in the school's High Notes.

Students will be notified of any music news and notifications via the Music Performance Program CANVAS page, school's daily notices and High Notes. Students are responsible to read and keep updated of any Music Performance Program related events/material on a regular basis.

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: music@sbhs.nsw.edu.au. Please note: Students will also be notified of any music related events during ensemble rehearsals.

Music Storage Room

Students in the Music Performance Program (i.e. music

ensembles and/or private instrumental lessons) are only allowed to leave their music instruments in the Music Storage Room. Please ensure students have a clear name tag on their music instrumental case.

Please note: SBHS does not provide instrument insurance and/or cover and will not take responsibility for loss or damage whether on or off school property.

Jordan Chung (2017) – YouTube Channel/ Performance

Please check out Jordan Chung's YouTube Channel, "Jordan Chung" including his performance of "My Favourite Things:"

<https://www.youtube.com/watch?v=LW2sXxrRQhY>

Jordan Chung graduated Sydney Boys High School in 2017. He was an accelerated music student completing his HSC Music 2 course in Year 11 and received full marks for his HSC Music Extension Performance Program. Jordan went on to pursue his music performance studies at the Sydney Conservatorium in 2018 on Jazz Piano.



2021 Music Ensemble Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Intermediate Concert Band 7.45am – 8.45am Governors Centre	Senior Concert Band & Symphony Orchestra 7.45am – 8.45am Governors Centre	Junior Stage Band 7.45am – 8.45am Room 101	Intermediate Stage Band 7.45am – 8.45am Room 101	Senior Strings Ensemble 7.45am – 8.45am Room 101
Guitar Ensemble 7.45am – 8.45am Room 201		Senior Stage Band 7.45am – 8.45am Room 201	Philharmonic Orchestra 7.45am – 8.45am Room 201	Chamber Choir 8.00am – 9.00am Room 201
			Junior Strings Ensemble 7.45am – 8.45am Room 203	Marching Band 8.00am – 9.00am MPW <i>Terms 1 & 4 only</i>
Guitar Ensemble 3.20pm – 4.20pm Room 201	Marching Band 3.30pm – 4.30pm Great Hall <i>Terms 1 & 4 only</i>	Percussion Ensemble 3.20pm – 4.20pm Room 201 /Governors Centre		Jazz Ensemble 3.30pm – 4.30pm Room 201

Please note:

- * The above schedule is subject to change. The Music Department will inform students asap via the CANVAS Music Performance Page and the school's daily notices if there are any changes
- * Guitar Ensemble: Students who are unable to attend one of the rehearsals can join the alternate session
- * Marching Band: Rehearsals only run in Terms 1 and 4 only. Compulsory attendance is required for students in Concert Band, Stage Band and selected Percussion Students only. (no piano students)
- * Students must schedule private instrumental lessons at a different time to music ensemble rehearsals
- * An attendance rate of 80% is required per semester to obtain Award Scheme Points
- * Music Pocket: Attendance of 5 full years is required. New students in Years 8-11 will need to speak with the Music Department

2021 Term 2 Music Events Calendar

WEEK	DATE	EVENT	MUSIC STUDENTS INVOLVED
5C	Thursday 20 May	Leadership Assembly, 9.50am	2 x Elective Piano Students TBC
5C	Friday 21 May	Winter Sports Assembly	2 x Elective Piano Students TBC
9A	Tuesday 15 June – Thursday 17 June	Annual Music Camp at The Tops Conference Centre	All students in SBHS Music Ensembles Program
9A	Thursday 17 June	Music Camp Concert, 6.30pm Great Hall	All students in SBHS Music Ensembles Program
10B	Thursday 24 June	NAIDOC Assembly, 9.50am Great Hall	2 x Elective Piano Students TBC

Music Events are continually added and are subject to change

SYDNEY GIRLS AND SYDNEY BOYS HIGH SCHOOLS PRESENT

Roald Dahl's

Matilda

The Musical

Book
**DENNIS
KELLY**

Music & Lyrics
**TIM
MINCHIN**



THE GOVERNORS CENTRE

**WEDNESDAY
19TH MAY 7PM**

**THURSDAY
20TH MAY 7PM**

**SATURDAY
22ND MAY 7PM**

**SUNDAY
23RD MAY 2PM**

Orchestrations and Additional Music

CHRIS NIGHTINGALE

Roald Dahl's Matilda The Musical
Licensed exclusively by Music Theatre International (Australasia).
All performance materials supplied by Hal Leonard Australia.
<https://www.trybooking.com/events/landing?eid=748350&>





Volleyball Results SHS vs WC Saturday 24th April (Term 2 Week 1) 2021

All matches @ SBHS, except 13A & 13B vs SGS @ SGS.

2nds, 3rds and 16A had 'friendlies' at SBHS.

1st & 4th Opens, 15A, 15B, 14B all had 3 – 0 Wins. 3rds and 16B had 2-0 Wins. 14A had a 2-1 Win.

2nds, 3rds and 15B had 1-1 Draws. 13A and 13B both had a 1-2 Loss. 16A had a 0-2 Loss.

1st Grade vs WC: 25-8; 25-7; 25-5. 3-0 Win. 2nd vs SBHS 3rd: 25-18; 18-25; 1-1 Draw.

3rd vs SHS 16A: 25-17; 23-21. 2-0 Win. 4th vs St Aloysius: 25-11; 25-12; 25-6. 3-0 Win.

16A vs SHS 3rd: 17-25; 21-23. 0-2 Loss. 16B vs WC: 25-18; 25-12; 11-1. 2-0 Win.

15A vs SGS: 25-6; 25-18; 25-7. 3-0 Win. 15B vs TSC: 25-6; 25-13; 25-11. 3-0 Win.

15B vs SGS: 25-19; 23-25. 1-1 Draw.

14A vs SGS: 25-18; 25-21; 12-15. 2-1 Win. 14B vs WC: 26-24; 28-26; 19-7. 3-0 Win.

13A vs SGS: 21-25; 25-21; 18-25. 1-2 Loss. 13B vs SGS: 15-25; 10-25; 25-21. 1-2 Loss.

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

Area (/3) A score of 3 means the hit was a kill or the pass was perfect	First Grade	Second Grade
Serving	Edward LY – 2.5 (18) Matthew AWAD – 2.36 (11) Billy NGUYEN – 2.33 (9)	Jaden YI – 1.75 (4) John LIU – 1.62 (8) Anthony HWANG – 1.57 (7)
Serve Reception	Blair ZONG – 3 (3) Zac LIU – 3 (2)	Anthony HWANG – 2.2 (5) Addison CHEN – 1.64 (11)
Freeball Passing	Alec NG – 3 (4) Billy NGUYEN – 3 (3)	Addison CHEN – 2.45 (11) Aaron LEE – 2.33 (3)
Outside and Opposite Hitting	Billy NGUYEN – 2.5 (6) Blair ZONG – 2.4 (5)	Aaron LEE – 1.4 (5) Anthony HWANG – 1.27 (15)
Middle Hitting	Edward LY – 2.67 (3) Alec NG – 2.67 (3)	John LIU – 1.67 (3) Jaden YI – 1.4 (5)
Setting	David ZHOU – 2.83 (12) Owen SEONG – 2.6 (20)	Patrick WANG – 2.33 (46)

Mr Coan



SBHS vs SHORE Results

<u>Team</u>	<u>Score</u>
1 st XV	28-0 L
2nd XV	34-10 L
16's	26-10 W
15's	42-28 W
14's	22-12 W
13's	L – Great Effort

16's Report

After four weeks without footy, the boys were itching to get back into it. Having had multiple training sessions throughout the holidays, we were confident we could get a win against Shore.

However, within a couple of minutes, we conceded a try due to lapses in concentration. We were hit with further adversity as Anthony Wang was taken off due to injury shortly after.

With our backs to the wall, we only grew stronger in belief, as we marched up field before Saxon Gerstl slipped between Shore defenders to gain the lead. Having faced pressure from defending a number of sets on the line saw Shore barge over for their second try.

A fired-up Edward Brownlie put us on the front foot with some strong carries, before Andrew Yang connected beautifully with Nelson Cheng who raced away to score High's second try, giving us a 14-10 lead at halftime.

Coming out of the break, the boys were pumped with confidence that we could outplay Shore in the second half. However, Shore came out firing but a valiant and united defensive line repelled all of their opportunities. Andrew Yang, was inspiring in defence; his constant fast line speed caused trouble for Shore.



Then it was High's turn to attack and off a scrum close to the try-line saw Saxon Gerstl crash over for a double to extend High's lead to 19-10. Off the resulting kick-off, High made a break down the sideline, Alex Kazija, supported down the sideline and in only his second rugby game, scored his first try. This try, gave High a 24-10 lead. A score which would remain until the final whistle.

The boys showed really good signs for the rest of the season, we remain undefeated and hope to keep that up next week against St Greg's.

14's Report

Oscar started off the match with a quick try after running through their defensive line. Alisdair made some really good tackles, which probably saved a few tries.

This was the first game where we displayed structure in our attack, with organised brown balls and set plays such as pulls. We could use a bit of work in our defensive line, as we let through some unnecessary tries. Our kicking was on point as we didn't miss a single kick, thanks to Kalan Cusick and myself. The final score was 42-21 our way.





SBHS FOOTBALL RECAP – GPS Plate Round vs Newington College

Saturday 24 April

Last weekend saw the return of the GPS Football season with fixtures against Newington College. A fantastic day out at Centennial Park saw some great competitive fixtures.

Well done to the 16B, 16C, 16E, 15D, 15E, 15F and 13D teams on winning their first matches of the season. Some great individual performances included some fantastic saves and a clean sheet for Dev Sood in the 15E's and a hat-trick for Andrew Li in the 16E's.

Our 1st and 2nd XI played under lights on Friday night in a GPS first, providing a great atmosphere for the boys to play in. The 2nds performed admirably and were unlucky to concede two late goals in a close fought match.

1st Grade had a tough fixture against a strong Newington side, but were able to bounce back in good fashion this week, beating Menai High School 2-1 to progress to the next round of the CHS Knockout Tournament.

Team	Opponent	Result	Score
1st	Newington	L	0-5
2nd	Newington	L	0-4
3rd	Newington	L	0-4
4th	Newington	L	1-5
5th	Newington	L	0-5
6th	Newington	L	1-5
7th	Newington	L	1-5
8th	Newington	L	2-3
16A	Newington	L	0-4
16B	Newington	W	3-2
16C	Newington	W	2-1
16D	Newington	L	0-4
16E	Newington	W	5-1
15A	Newington	L	0-2
15B	Newington	L	1-2
15C	Newington	L	0-3
15D	Newington	W	2-0
15E	Newington	W	4-0
15F	KNOX	W	1-0
14A	Newington	L	1-3
14B	Newington	L	1-2
14C	Newington	L	0-6
14D	Newington	L	1-11
14E	Newington	D	2-2
13A	Newington	L	0-4
13B	Newington	L	0-8
13C	Newington	L	1-8
13D	Newington	W	2-0
13E	Newington	L	0-12

Mr S Higgins
MIC Football



A background image showing a physiotherapist in a white coat assisting a male student. The physiotherapist is on the left, looking down at the student's leg. The student is on the right, looking down at his leg. The background is a blurred gym setting.

**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

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.

For any further information see:

<http://www.schoolzineplus.com/app-faq>

Canteen Price List 2021	
-------------------------	--

Breakfast		Lunch and Recess Items			Hot Food	
		*So you don't miss out on what you want for lunch, make sure you ORDER it before school				
Cheese Toast	\$1.80					
Cheese & Tomato Toast	\$2.00					
Cheese/spinach/tomato toast	\$2.20					
Bacon & Egg Muffin	\$3.20	Sandwiches / Wraps / Rolls		Rolls	Chicken Mayo Roll (hot)	\$4.00
Hot Chocolate (3rd Term)	\$1.00				Chicken Mayo Sandwich (hot)	\$3.20
Banana Bread	\$1.20	Cheese & Tomato (v)	\$2.00	\$2.60	Chicken Schnitzel Roll	\$4.00
		Cheese & Salad (v)	\$3.00	\$3.60	chicken wings	\$2.50
		Chicken & Coleslaw	\$4.20	\$4.60	nachos	\$5.00
		Chicken & Lettuce	\$4.00	\$4.60	Garlic Bread (v)	\$2.00
Fruit / Snacks					Japanese/teriyaki don, noodles	\$5.00
Fruit - apple/orange/banana	\$1.00	Curried Egg & Lettuce (v)	\$3.00	\$3.60	Lasagne/Macaroni Cheese	\$4.00
Fruit Salad	\$3.00	Dagwood Roll		\$4.00	Noodles In A Cup	\$2.80
Banana Bread	\$1.20	Egg & Lettuce (v)	\$3.00	\$3.60	Pasta - homemade	\$4.00
					Pide - sausage, chicken/mushroom	\$3.50
assorted snacks at various prices		Ham & Tomato	\$3.40	\$4.00	Pide - spinach/cheese (v)	\$3.50
		Ham & Salad	\$4.00	\$4.60	Pie - Garlo's (halal)	\$4.50
Drinks		Roast Beef & Mustard & Lettuce	\$3.40	\$4.00	Beef Nachos (Wed, Fri)	\$5.00
300ml Plain Milk	\$1.50	Roast Beef & Salad	\$4.00	\$4.60	Vegetarian Nachos (Wed, Fri)	\$5.00
300ml Flavoured Milk	\$2.30	Salad (v)	\$3.00	\$3.40	Pizza wrap	\$4.00
600ml Plain Milk	\$2.20				Rice Box - homemade	\$4.00
600ml Flavoured Milk	\$3.50				Sausage Roll	\$3.20
Up & Go	\$2.00				Spinach Ricotta Roll (v)	\$3.20
Water - spring	\$1.50	Wraps	\$4.50		Steak & onion roll	\$4.00
Water - Pump	\$3.00				Sweet Chilli Chicken Sub/Wrap	\$4.50
cans - carbonated	\$2.50	Sushi	\$3.00		Traveller Pies	\$4.20
Berri Juice	\$2.50	Salad Boxes(meat or egg)	\$6.00		Falafel Wrap	\$4.50
		Salad Box (plain)	\$5.00			
		Vietnamese Rolls	\$3.40			
					Miscellaneous	
					Tissues	\$0.60
					Spoons / Forks	\$0.05
					(supplied free with meal purchase)	
Special Orders					Seasonal Foods	
# If you have specific dietary needs or your favourite sandwich is not on the menu - all you have to do is ask! We may be able to make it for you. Make sure you order before school.					**NB Not all food items are available all the time. For example, home style lunch boxes - pasta, rice, salads, soup etc are all seasonal. Please check with the canteen before you order.	

2021 PRICE LIST

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

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

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

As a service to the High Family

A FULL PAGE ADVERTISEMENT



can be placed for a fee of \$50.00 (GST incl.)
for a full page ad in two weeks' publication

Whether it be a business service,
educational course/s or something for sale.

Contact :

Dave Te Rata or Meredith Thomas - High Notes Editors

P: 9662 9300

F: 9662 9310

Email: highnotes@sbhs.nsw.edu.au

N.B. Content is subject to approval

May 2021

30-04-2021

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 A	3 Year 7 Half Yearly Exams Basketball: NSW CIS trials (selected individuals)	4 Year 7 Half Yearly Exams HSC assessment task: Legal Studies, 08:30-10:00 Excursion: Da Vinci decathlon, selected year 7+8 students Young Justice Program: The Supreme Court of NSW, Mock Trial team and selected Legal Studies students, 08:30-15:15	5 Year 7 Half Yearly Exams Excursion: Da Vinci decathlon, selected year 9+10 students	6 Year 7 Half Yearly Exams Class test: 10MaB-P2 Parents Book Club, 18:00, Senior Library	7 Debating: Eastside Semi Final at SBHS SBHS Iftaar	8 Football: SGS v SHS (trial) Rugby: SJC v SHS (trial) Cross Country: Scots, Upjohn Park, 09:00 Volleyball: CS v SHS P+C event: Year reps get together, 15:00-17:00, The Great Hall	9 Mothers' Day Rifle Shooting: Fullbore, Cessnock Open Prize Meeting (tbc)
4 B	10 School Cross Country Carnival, years 7+8+GPS runners, p4-5 P+C Executive Meeting, Zoom video conference, 17:00 P+C Meeting, Zoom video conference, 18:30-20:00	11 NAPLAN: Year 7-09:50-11:10, Year 9-12:35-13:55, The Great Hall, room 802 School Council Meeting, Board Room, 17:30-19:00	12 NAPLAN: Year 7-10:05-11:00, Year 9-13:10-14:15, The Great Hall, room 802	13 Sports Council Meeting, Board Room, 07:30 NAPLAN: Year 7-10:05-11:05, Year 9-11:30-12:30, The Great Hall, room 802	14 NAPLAN: Year 7-10:05-11:25, Year 9-13:20-14:40, The Great Hall, room 802 Years 10 vaccinations, room 801, 09:30-13:00 Debating: FED Quarter-Finals (SHS host) Cadet Bivouac All cadets starts 15:30 Parking: SCG event, 19:30	15 Football: Plate finals Rugby: SPX v SHS Cross Country: Knox, St Ives Showground, 09:00 Volleyball: KN v SHS Room Booking: The Great Hall, 07:00-16:00 Cadet Bivouac Parking: Swans v Magpies, 13:45 GC event: Solander Event, 18:30-21:00	16 Cadet Bivouac
5 C	17 Year/Class Photos Years 7-12, 09:00-12:30, The Gymnasium Parent/Teacher Night (Years 9 and 12), Great Hall, 15:00-19:00	18 *** Cross Country: Zone carnival, Centennial Park Economics competition, class time (tbc) Basketball: Year 7 House Competition, lunchtime Tennis: SE Boys Tennis Knock Out CVD (tbc) Mufti Day/BBQ - Boggabilla Central School Exchange (Year 9) Musical co-production, Matilda the Musical,	19 Tennis: SE Boys Tennis Knock Out CVD (tbc) Musical co-production, Matilda the Musical, Governors Centre, 19:00	20 Leadership Assembly, Great Hall, 09:50-10:35 (9, 11, 12) Tennis: SE Boys Tennis Knock Out CVD (tbc) Musical co-production, Matilda the Musical, Governors Centre, 19:00	21 Winter Sports Assembly (Rugby, Soccer, Cross Country), Great Hall, 10:15-11:00 (7, 10, 12) Excursion: Year 9, Geography/History (tbc) Debating: FED Semi-Finals Debating: Eastside Grand Final at SBHS	22 Football: SHS v SIC Rugby: SHS v SGS Cross Country: Kings, 09:00 Volleyball: SHS v Trinity Musical co-production, Matilda the Musical, Governors Centre, 19:00 Parking: Roosters v Broncos, 17:30	23 *** Musical
6 A	24 Year 11 Half Yearly Exams Year 11 Minimum Standard testing - literacy, 13:30, The Great Hall HSC Assessment: English Extension 2, Critique of Creative Process submission, 09:00	25 Year 11 Half Yearly Exams Business studies competition, class time (tbc) Basketball: Year 7 House Competition, lunchtime	26 Year 11 Half Yearly Exams HSC assessment: Visual Arts, Resolution of BOW Incursion: Year 9, Zohab Zee Khan spoken word poet, GC, 14:00-15:00	27 Year 11 Half Yearly Exams	28 Year 11 Half Yearly Exams Assessment: Year 9 History, task 2 Debating: FED Grand-Final at St Aloysius Swimming: NSW All Schools Championships, SOPAC 09:00-16:30	29 Football: TKS v SHS Rugby: TKS v SHS Cross Country: Barker, North Ryde Common, 09:00 Volleyball: internals	30 Salvo's Red Shield Appeal, 09:00-12:00